Bashar

“Reading Material”
Q: You have said that some time around the year 2000, Earth would split between those of us who would go into fourth density reality and those who would remain in third density. Could you...?
B: Yes, but this window is a little bit larger than that. It actually goes from the idea of your year of 2005 until about 2013.
Q: Okay, so the people who will go into fourth density will ... are more likely to join the Association and not the others? Is there...?
B: There will be no third density Association membership.
Q: Right, okay ... but will there still be third density people on Earth?
B: But it will be on third density Earth and fourth density Earth will not perceive them.
Q: So there will be a split?
B: There is always a split. We are talking now about something that goes on all the time. We were simply being precise as an analogy and an euphemistic illustration.
Q: Okay.
B: But the split is occurring every moment.
Q: All right, thank you very much.
B: Does that help you?
Q: Yes.
Q: I was wondering if people who choose love and light and positive experiences...

B: Yes?

Q: ... have to have a counterpart, so to speak, in darkness and negative experiences?

B: You yourself will always contain those potentials, but they do not have to manifest physically in your physical reality. It is the allowance that that side of you is equal to the other side, to the positive side; and just as valid in its own terms. It is allowing that equality that allows you to continually choose positive manifestation. Only when you seek to judge the negative side are you actually putting more strength and energy towards the manifestation of the negative side.

Q: The way that I understood it, though, was that there were actually people who carried a negative vibration. And perhaps the positive and negative is not meant...

B: Every being, every being in this universe is both positive and negative; no one is one or the other. In that way, it is simply what they choose to express that may be perceived to seem overwhelmingly negative. But they do contain a deeper manifestation for positive, should they decide to manifest it. Should they decide to choose integration instead of separation, and feel themselves to be a part of All That Is, rather than outside of it, rather than having All That Is outside of them.

Q: Are there people that choose to be the other?

B: Negative?

Q: Yes.

B: Obviously.

Q: I mean... yes, I understand, but I read something you see, and that is what I am asking about.

B: All right, continue.

Q: In the book I’m reading it says that there will actually be a separation between those who choose a fully negative...

B: Ah! All right. It is simply an exemplification. It can take place in that way but simply what is being said is that, as your planet continues its transformation into fourth density, those that choose to experience fourth density will create that experience for themselves, and those who do not will create a parallel existence in which they will exist in that way.

Now simply, you will find that there may be many ways in which they will, and you will, vanish from each other’s reality. Either they will seem to die off to you, or you will seem to die off to them. Or in time, as the acceleration proceeds, you can simply witness that those individuals will no longer be within your reality. They will simply disappear.

It is the formation, in a sense, of a particular parallel Earth. One that will experience the fourth density reality and one which may choose to continue another variation of third density and separation, in that way. It will be up to them. They are not lost – eventually, in a sense, they also may choose to proceed.
Q2: Along the lines of this subject, is that what happened to the Earth at one time... when there were fairies and beings of that kind?

B: Oh, in a sense, but understand they are still around. Recognize, the idea of that type of consciousness is the embodiment of a fragment of the overall mass consciousness of your society in unconscious, subconscious terms. You are talking to portions of your own mass consciousness cloaked in ways that represent the symbolic connection to nature which you are projecting that portion of your consciousness through, and having it talk to you from. Do you follow me?

Q: Yes.

B: It is a symbolic embodiment. Those beings – not to say they do not have their own self-conscious cognizance – but they are, in a sense, an extension of the unconscious portion of the mass consciousness that all of you are together. It is one way to communicate with a portion of yourself that is considered to be more naturally connected.

Q: So that explains why they were more prevalent in the olden days...

B: Yes.

Q: ... because people believed in them.

B: Because there was, in your terms, a more realized connection.

Q: To nature.

B: Yes.

Q: I also want to ask you about Paganism. Was Paganism...?

B: It is, to some degree, what we are discussing. Its roots find themselves in the understanding of the ability to communicate with other portions of your consciousness in nature, and to have a symbolic representation presented to you in seeming physiological terms.

Q: Paganism?

B: Yes. That is where it comes from, to begin with.

Q: Why did we create Christ at that time and then have that separation from Paganism into Christianity?

B: Now understand...

Q: What was the need?

B: Oh, all right. Well, understand in this way, it was simply that even within the so-called Paganism – not that anything was right or wrong – but there was still the idea of the remnant of separation from All That Is. And the idea of the Christ Consciousness was to let you know that all of those ideas were also you; that you did not have to separate them, in that way. That it is all one; and that you are, in that way, also like unto the Christ Consciousness; you are the creator, in that sense. It was a unification principle.

Q: So people, even though they were more connected with nature, still didn’t realize their connection to All That Is?
B: In that sense, yes, they were perceiving the idea of a connection in removed ways, rather than within themselves. Thus, they assumed the power actually belonged to those beings, rather than within themselves, within their own God-hood. Do you follow me?
Q: Yes.

B: And that is the idea of the Christ Consciousness. Simply, what was confused is the idea that it was not that they were saying that the Paganism was wrong, but that the idolizing, in that way, was the removal of the power from yourself and the placing of the responsibility on something else other than yourself for the creation and the responsibility of your reality.
Q: Still, we didn’t really get the hint did we?
B: Some did, some didn’t.

Q: We still do that transference onto the “other.”
B: You have been in the habit of transference and so many of you simply transferred onto the Christ Consciousness the same idea that was being done within the Pagan idea. You have idolized the Christ Consciousness instead of acting like it. Do you follow me?
Q: Yes.

B: That is the beginning of the idea of religion.
Q: Yes, I understand. Now, I would like to talk about the idea about how we create our own reality... it seems very difficult.
B: All right.

Q: Something in me... I find I still have a doubt about all that. Something within me wants to grasp the fact that I choose my own reality, but there is still that struggle within me... that little doubt.
B: All right, all right. Understand something: there are many individuals who are completely and totally living a fourth density type of life without ever knowing that they even have to make a choice between knowing they create their reality or not.
Q: I know that, but I find I get torn between those two poles.
B: All right, then it is serving you.

Q: But I would like to be one of those people who just...
B: Understand the contradiction you have just made – the paradox. If you would like to be “one of those people,” you must have some idea of what being one of those people is like. And if you have some idea of what being one of those people is like, you must be one of those people to be able to imagine it.
Q: To see it, is to be it – yes?
B: Simply, by definition, you can only conceive of what you contain. You can only perceive what you are the vibration of.
Q: I think what it is... is just trusting it enough.
B: Yes.
Q: Trusting.
B: Yes!
Q: I don’t think I trust enough in that.
B: If you say so. Understand that, fundamentally, you do. For you are always acting in the moment; even when you use that moment to create the seeming scenario that you are not. You can do nothing else but act in the moment. Because the now moment is the only time you ever experientially exist in. Therefore, whether you think you are blended and in the moment and trusting or not, that is the mechanism you use to create your reality anyway.
All we are talking about is remembering that you are doing so. We are not telling you that you have to learn something you are not already doing. Therefore, relax. You are creating your reality in the moment. You may also be creating your reality to be one in which you don’t know you’re doing it, but that does not mean you aren’t doing it.
Q: Right.
B: So relax.
Q: Okay.
B: Just ask yourself at any given moment: Where are you? The answer can always and only be: Here and now.
Q: Yes.
B: All right. Ease up on yourself. Lighten up.
Q: Thanks so much. (Gives a big sigh and laughs)
B: Oh! Thank you so much.
4th Density Children

Questioner: Could you share what the reality is for children on Essassani?

Bashar: The idea is that by, what you term, the three years of physical age has been reached, they will be, in your terms, relatively independent; they will interact with whatever individuals they choose to interact with to learn, as you say on the job, whatever they wish to know. That does not necessarily mean that they will take up the physiological manifestation exactly in the same way that, what you call, an adult may be doing it, but they will go and attract themselves to the teachers and the sharers and the learners that they need to attract themselves to.

We are all telepathically connected, we know where they are, no one is ever out of sight in that sense, and since the adults are the parents of all and since the children are the children of all, everyone is always within the family. But by, what you call, the third year of age, they are off and learning, as you say, absorbing whatever they wish to absorb, to be the person they have chosen to be within our society. It is very ecstatic, very nurturing, and very loving in that way. You might say Essassani is one big playground. Does that help?

Q: Yes, that helps ... and I am, I guess, curious...

B: Yes, well, your curiosity is what drives you.

Q: Yes, yes, definitely. Is there a way from my own self, and the experience that I’m experiencing with children and the opportunities that I have to share, which are becoming very broad, that some of those fourth density realities can be brought into reality for our children here?

B: The more you allow them to experience with all their senses, the more you allow them to interact, the more you create environments in which they can in fact interact and experience many different dimensional levels of reality – the more they will be able to absorb, the faster they can in your terms grow; and the more they will know it’s all right to experience a diversity of things. You understand?

Q: Yes, yes ... in other words, give them validation too.

B: Absolutely.

Q: Beside ourselves.

B: Absolutely, and provide for them anything your imagination believes would create inspiration and love of self, absolute self validation. Understand?

Q: Yes.

B: Teach them that they are as powerful as they need to be, to create whatever they want, without having to hurt anyone else or themselves in order to create it.

Q: Yes.
B: And that will do the job.
Q: Thank you.
B: And remember that, of course, they are teaching all of you many things.
Q: Constantly, constantly.
B: We thank you.
Q: Thank you.
Q: Can you explain to me forth density and forth dimension? I’ve heard the two terms.
B: Primarily they are the same thing, in a sense, although you will find that forth dimension is what is usually refer to as the non-physical side of forth density. Forth density will be the last, so to speak, the highest physical dimension you can experience. And it has a physical and a non-physical counterpart. Forth dimensionality will simply be the opportunity, in a sense, to see the illusions of the third dimension that appears so solid, in the same way that you are through the illusions of the second dimension. Allow you to use what you have termed to be a mathematical analogy, all right?

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

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

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

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

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

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

Q: Yes.

B: Thank you very much.

Q: Thank you.

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"6th Density Sirius Energy"

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

Audience: Perfect, great!

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

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

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

Audience: Yes, thank you.

Sirius Energy: In this way allow us to Illuminate the idea that there will be a dimension of imagination as has been expressed to you in this way. You can regard the idea of your physical reality as an expression of 90 degree phase differentiation, phase conjugation from the idea of your second density representing the idea that you are in your third ... we will start from the beginning ... represent the idea by closing your eyes, in this way, and manifesting the idea of the relaxation– through three deep breaths ... as you partake of the idea, the three deep breaths, recognize that you are breathing in the idea of the atmosphere into electromagnetic connection that connects each and every being together within the civilization you call your own. Recognize in this way that as you breath together the idea of the atmosphere you are linking within yourself the identification of your very creativity, very portion of your own individual identities. The very portion of your collective identity and the mass consciousness, in this way. You are allowing yourself the fundamental feeling of the creation of the vibration of the atmosphere in the thickening round and about you, of that which will represent the fluid in which you exist, the fluid out of which you create the reality you know to be yourselves, in this way. The idea that is the vibration of unconditional love with which you are surrounded, which immerses you in this way, which fills you in this, which you breath in and out every moment of time in which you create to exist out of the same fluid, out of which the identity that you know to be yourselves also exists. You are one and the same ideal, one and one, part and parcel of the idea of the creation of the fluid being the identification of your own consciousness out of the fluid, the identification of any idea you call reality out of the same fluid ... the projection of this reality in front of your senses as you create the illusion to
exist but always create out of the same fundamental fluid, the electromagnetic effluvium of the idea of the creation of the vibration of the fundamental primal energy that is the creation of the homogenous energy that is the primal energy itself of creation in this way. Allow yourself the opportunity as you have breath in, in and out this idea of the fluid, to simply recognize that you are just as homogenous as the fluid you are breathing in and allow there to be in your imagination for now no separation between the idea of the outside reality, the inside reality and the being that you know yourself to be. Allow yourself the opportunity to feel that you are out of the same substance, in this way, that is simply solidified vibration of the idea, a little bit more coherent in terms of the vibration that represents the idea of your identity being where you are in time and space. But, in this way, now BEGIN to allow yourself to recognize that your are starting from this zero point identity, no dimension at all. Imagine yourselves to be a point within a void and in the void there is nothingness in this way. You exist within this point, this one single point in stretching away from you this infinity point in every 360 degrees is nothing to eternity, in this way, that you understand to be any kind of reality what so ever. You are simply in the center of a void. Allow yourselves to let this sink and soak into the idea of the fabric of creation, as you know your energy to focus as a single point for now. With three deep breaths, again, allow yourself to identify instantly that the entire universe, as you know it, exist totally within this single point and you are the single point and you are the single point, you are everything in the universe but you are always in this single point.

Now allow yourselves, in this way, to recognize that you know yourselves to be a single point, in this sense, contained within the idea of everything that exist within the single point. And now you have the recognition that you can realize an idea of being outside yourself, now that you recognized the void, the first direction and the first dimension in which you will realize yourself will be the idea and the expression from the single point outward– one direction in front of you, one direction in back of you with the forming of the idea of a single line. You will now upon this revelation, upon this realization EXPLODE into a single line stretching to infinity before, stretching to infinity aft, in this way. Becoming a single line, the vibratory energy in this way straight as laser beam in that way as you call that terminology upon your planet. Before and aft you now exist infinitely in a single dimension and recognized that all that you have contained within the idea that your were as a single point is now also contained within the idea of the line. Any point along the line is one of the many infinite eternal points that exist between the idea of any other two points upon the place of the line. In this way you can recognize that any space upon the line is infinite unto itself, contains all the infinite realities that you will understand yourself to be, and understood yourself to be within the point. Now you will allow yourself to recognize that you have phase out 90 degrees from the idea of two directions of the idea of the point that you were and now that you are aligned, stretching to infinity there is another direction 90 degrees in this way that you will allow yourself to be. You can recognize the idea of the ascension and "decension" of the idea in lateral movement to the idea spreading outward in what you call to be a plane 90 degrees in phase to the idea of the lineperpendicular to it in this way. And allow yourselves simultaneously in this way if you will receive this revelation within yourselves to EXPLODE into a plane that stretches
into infinity, in this way, in every direction according to the flat idea of the representation of the line, the many lines, the infinite number of lines now by yourselves to be 90 degrees in one direction, 90 degrees in another direction of the idea of the line that you used to be, which is only 90 degree extension of the idea of the point that you used to be in this way. And now you can recognize that within this infinite plane you are an infinite plane in this way stretching to infinity, eternally in this way, and contains the totality of all the number infinite lines that represent all the different universes in line and linear reality that have ever been are now and shall ever be in this way. And you recognize and you begin to recognize that as you recognize that as you recognize that as you recognize the idea of the time frame within the present, the past and the future in this way you begin to recognize that as you are now playing you also exist in this way as a plane reality in all infinities and contain the entire idea of many different infinities of lines in this way in all times modes, all frames of reference 90 degrees to what you have been.

Now you begin to recognize that much more readily, that much more rapidly the idea that this 90 degree phase conjugation in this way, can continue in a spiral pattern in this way always perpendicular to itself. And begin to realize that you can in this way become and infinite series of planes filling the idea of the previous void to be a bulging which you can contain within yourself in this way. And you find that as you allow yourself the revolution of the experience in the 90 degree perpendicularity of the idea of the plane that you were, you now allow yourself to EXPLODE to the idea of and infinite series of planes above you, an infinite series of planes below you, in this way, and begin to be the third density vibrational reality that allows you to FILL the void in a spherical fashion, infinitely in every direction, you are now solidness filling the void that was previously there when you existed in the idea of the point, when you existed in the idea of a line, when you existed in the idea of a plane that was void above you, void below you, in this way.

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

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

Bashar: How are you all doing?
Audience: Wonderful, great....
11:11
6-21-95
There are many significances that can be given to 11:11. Remember, everything is devoid of meaning on its own. But the idea, in general, is that the 11:11 acts as a template for ... you guessed it ... dimensional gates, shifting from one level or frequency to another. Similar to the old word we had in our ancient language, representing reflection from one to the other, which is illi, which is also the word for mirror. And if you understand how the word illi translates into your language as il li – its very close in from to 11:11, isn’t it?

666 & Crop Circles Electromagnetheric Frequencies
Questioner: I was looking at a crop circle and it had 3 sixes in a circular formation.
B: Yes.
Q: In ’94 it was bigger than the previous one. Can you give us a positive interpretation of 666?
B: You are based on what you call carbon life. You understand?
Q: Yes.
B: It is the connection to the material reality. Look to the basis of your physiological life form, the carbon atom, 6 protons, 6 neutrons, 6 electrons, 6, 6, 6; the basis of physical life on your planet.
Q: And what frequency, electromagnetherically are those crop circles being formed at? And what frequency would we have to attain to be able to witness one being formed?
B: Very good, for there is another interpretation. They will generally start at a level of 666,000 vibrations per second, go down through 333,000 vibrations per second, which is the threshold between non-physical and physical reality. And for the purpose of allowing an individual on your planet to be in proximity to when one of those patterns crystallizes down into your physical materiality from 333,000 vibrations per second downward, it would generally be beneficial if you exhibited a frequency, electromagnetherically, of course this will depend upon circumstances, of at least, minimum, minimum, minimum, minimum, 150,000 cycles per second. But generally, it should be at least above 240,000 cycles per second for most of them to be considered equal and safe to the vibrational frequency of its condensation.
Q: What frequency are you coming through tonight at?
B: What frequency right now?
Q: Yes.
B: It will shift and fluctuate from moment to moment but, approximately, right now, 192,000 cycles per second, but that will change in the next moment.
Q: Thank you.
B: Thank you.
30 Points of View  
12-19-97  
Canoga Park, CA

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

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

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

And from time to time, therefore, you may be dealing with a version of my personality that comes from one or another of those 10-year spans. In that my entire life encompasses approximately 300 years, as you understand it, you will find that, therefore, in the course of these interactions you will generally be dealing with 30 different versions of my personality. All the way from what you might consider to be the 10 year old Bashar, to the 300 year old Bashar and anywhere in between. For the most part, on average, you will find that most of the interactions we have had with your society, since we have been
communicating with your society in this fashion, have involved the thirteenth, fourteenth and fifteenth versions of my personality; meaning in what you would consider to be the idea of a 130 years, 140 years and 150 years of my age.

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

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

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

Q: Bashar!
B: You good day!
I was looking at a crop circle and it had 3 sixes in a circular formation.

BASHAR: Yes.
Q: In 94 it was in was bigger than the previous one. Can you give us a *positive* interpretation of 666.
BASHAR: You are based what you call carbon life. You understand?
Q: Yes.
BASHAR: It is the connection to the material reality. Look to the basis of your physiological life form...the carbon atom. 6 protons, 6 neutrons, 6 electrons 6, 6, 6. The basis of physical life on your planet.
Q: And what frequency, electromagnetherically are there crop circles being formed at? And what frequency would we have to attain to be able to witness one being formed?
B: Very good, for there is another interpretation. They will generally start at a level of 666,000 thousand vibrations a second. Go down through 333,000 thousand vibrations a seconds a second which is the threshold between non-physical and physical reality and for the purpose of allowing an individual on your planet to be in proximity to when one of those patterns crystallizes down into your physical materiality from 333,000 thousand vibrations a second downward, it would generally be beneficial if you exhibited a frequency electromagnetherically course this will depend upon circumstances...of at least, minimum, minimum, minimum, minimum 150,000 cycles per second but generally it should be at least above 240,000 per second for most of them to be considered equal and safe to the vibrational frequency of its condensation.
Q: What frequency are you coming through tonight at?
B: What frequency right now?
Q: Yes.
B: It will shift and fluctuate from moment to moment but approximately right now 192,000 cycles per second but that will change in the next moment.
Q: Thank you.
B: Thank you.
B: All right, I’ll say: question.

Q: I... I...
B: All right. All right. Yes?

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

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

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

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

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

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

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

Q: Mhmm.

B: You follow me?
Q: Yes.

B: Thank you.

1
Q: So in fact the past, present and future are equal in significance then.

B: They are also equally right now.

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

B: Why?
Q: To understand.

B: You cannot.
Q: To know

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

Q: Not go. Integrating all . . .

B: Why do you feel it is not integrated?

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

B: Are you sure?

Q: And sometimes I don’t . . .

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

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

Q: I am actually very willing…

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

Q: You’re saying it; I’m not. I…

B: Do you follow me?

Q: I do follow you.

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

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

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

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

Q: All right. Okay.
B: Now, what do you feel about the idea expressed in your terminology as a beginning? What do...
(Tape change; words missing)

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

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

Q: Right.
B: That is why you do not have to make anything happen, but allow it to happen. You have to make something stay the same.
Q: Uh huh.
B: And that is the creation through your judgment of what you term to be a problem, which is simply an idea you will not allow to change shape.

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

Q: Thank you very much.

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

Q: Yes, I do.
B: Thank you.

Q: Thank you

1
B: Question.

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

B: Oh, so mysteriously!
Q: No, I just want to know how he is.

B: Oh, yes find. How are you?
Q: I’m fine, too.
B: Oh, really!
Q: Well (- -?) about him. Is that…?

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

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

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

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

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

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

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

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

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

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

Q: Mhmm.

B: You follow me?

Q: Mhmm. Thank you.

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

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

Q: Can you repeat that again?

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

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

B: All right now, allow yourself to understand that you are an overall consciousness. And that much in the same way that, as you say, your fingers are connected to your hand you project extensions of the overall self into different ideas of reality – from the one level of reality represented by your whole soul self. Many times these fingers, or extensions, will in a sense align their vibration with areas within
physical reality that to you will be perceived as past or future. Many times there will be fingers that are simply side by side within your understanding of the time frame, and as such will create counterpart bodies which will appear to you to be separate consciousnesses, separate individuals which will be connected to your whole soul self. And as such another extension of the same soul, which has extended into what you perceive yourself to be as a singular personality.

Q: Yes. Does this go on forever?

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

Q: So it is never-ending.

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

Q: I do. That’s very exciting.

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

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

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

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

B: Yes.

Q: It’s very exciting.

B: Very good! That is exactly why. Thank you. Question...
Q: There are several philosopher’s here that say it’s best to rid yourself of the physical universe and your dependency upon it, so that you no longer are in a physical form. Is that good or bad or…?

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

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

Yes?

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

B: Thank you. Question.

Another: I came into this body as a guest? I took this body over after my parents had raised it nicely. I feel a lot of loyalty to this body’s parents. Also I feel a lot of loyalty to my people. I am a Scientology auditor for 30-some years, and I’m going off into other areas now. Many of the gifts I have, such as... I was just telling some of the people here I can talk to plants – or anything I care to talk to I can communicate back and forth with. I also can heal just by using energy; such as the energy I feel from you. Wow! I just have to say this energy I’m feeling from you is very loving, and I can take it and just pass it on and on and on.
Anyway, that’s aside from the point. But what my question is: I am having to decide now on what coast I’m going to, the east coast or the west coast. I have loyalties on both coasts, and my mission here is to help people become more aware of themselves and to grow and to expand and become better. Now, I don’t know the answer as to what coast I should go, and I have come here today — I know I have been guided here.

B: All right.

Q: And help me.

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

Q: Yes!

B: What about yourself?

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

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

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

OEay I have been bid i g my li qbt, so to speak You know Iavc been operating on this p1/me observing bow people act, vid then Ihave been trying to act according t bcy act so they won rcaily know that I cread their minds wd ci fl this other stuff I do.

What purpose did that serve for you?

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

AU right. Now, understand—

So that 1—?) doing it.

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

But it would bc overwbelming to c tbers ii’ I dJd that.

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

So–tbenlcewgooutemdbeasmucbol’awitchbaslw. (b’a ha. lay”) (Some applause)
Now understand you will be creating for yourself exactly within your reality any idea that you perceive yourself to be. But understand you will be creating it for yourself. Therefore I will say: if to you the idea of being a witch creates the idea of control and power and judgment and discomfort, then you will be creating all of those ideas within your own universe, and experience them for you - not anyone else. I don’t have that viewpoint, Iii, very playful you know, and a bit mischievous. But only to bring people-

All right. So are we.

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

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

I agree. That’s Iiuc

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

All right!

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

Abb! Yes, I realize what I’ve been doing is I’ve been telepathically - well I don’t even like to use that word— but I communicate to them on a level that they’re not always aware that I’m communicating to them.

Oh, but they are Oh, okay

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

All right.

Again understand (–?) the idea of your mission: there is not only one way. If there were only one way, there would only be one person., Live your life for yourself. Then you will have something to share with these other individuals when they choose to share with you. Understand they have just as valid a reality that you can share with them.
On this JJvc my Ii & Jhr myself’ - that Jsn why liv here.

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

I gotcha! (--) - ' Okay, yah.
Thank you. Thizck you.

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

Always understand that within any idea of service there will first and foremost always be, to any other individual, the provision of simply being a reflection of their own reality, and allowing them to unfold within themselves to understand their own empowerment. You will not be providing them with anything that they do not already have.
You will simply, by acting as a mirror of those parts of themselves which can enjoy themselves on that level, be providing them with that reflection that then they may wish to choose for themselves. But the only way you will do that is by lying your own life that way, and not being concerned for them.

Okay.
Otherwise you are impressing judgment upon the idea of comparing what you think you have to what you think they have. And as such you will be creating more and more separation between yourself and the idea you truly wish to manifest upon your world.
Point very well ijiA-en.

Thank you.
Oh, wait a minute I have a question. Thu said when somebody’s having fun, and people act reactd to them – isn’t that a Jbrm of judgment?

Not really. Are they saying (−?) we not have vrng that much J’un?
They are judging themselves.
Right. All right. But understand that if you are providing the idea within your own life that you are not there having fun to show them that they are not having un, you will simply be having fun for yourself. And when those individuals who choose to understand that they have been creating for themselves a reality that they do not like, may, within the example that you provide for yourself, choose to get an idea of how they may create a reality which they do like. So in that case judgment is important.

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

Right. It just Uow.c a transformation. Yes.

Anda blending. Yes. Orc’at.

Is that what you mean by being transparent?

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

Yes.

This is just great. It really is.

We e having fun. Lets (– –?)

Were having fun over brc, too.

Who else is having fun?
Q: So in fact the past, present and future are equal in significance then.

B: They are also equally right now.

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

B: Why?
Q: To understand.

B: You cannot.
Q: To know

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

Q: Not go. Integrating all...

B: Why do you feel it is not integrated?

Q: I do feel it’s integrated and...

B: Are you sure?

Q: And sometimes I don’t...

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

When you ask the question like that, ha ha.

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

Q: I am actually very willing…

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

Q: You’re saying it; I’m not. I…

B: Do you follow me?

Q: I do follow you.

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

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

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

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

Q: All right. Okay.

B: Now, what do you feel about the idea expressed in your terminology as a beginning? What do... (Tape change; words missing)

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

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

Q: Right.

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

Q: Uh huh.

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

Q: Resisting.

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

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

Q: Yes, I do.
B: Thank you.

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

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

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

And fin meetijig Jot of resistijice ijid  iJot ciproblenzs m

Alot of resistance? From who?

Weli bizsic&’Jy from people that- - Ith lookmg for fthai,cing hi de velopingihispro/ect. Isee. May Iaskyouaquestion? Sure
Q: Good evening.
B: And to you, good day.
Q: Thank you. I had a question regarding a place where I go mentally and emotionally, that I would like to go to less frequently.
B: Where is it?
Q: Well I'll describe it in just a minute.
B: All right.
Q: It’s accompanied by the event of closure in almost every area of my life. So that I find myself for the moment without all my old purposes and connections.
B: What about letting some new ones in?
Q: Well just at the moment they’re beginning, but there’s a tremendous space.
B: A tremendous void.
Q: A tremendous void.
B: Good!! “Why does he say ‘good’,” she says.
Q: Yes. That’s a good question.
B: Well all right. Thank you. I will answer it. Remember this: a void is not the nothing you have been taught to think it is. In a sense, the void – or what you have recognized as a void, an emptiness – actually contains 99% of all creation, so to speak.
The only part you usually see is the 1% – just an arbitrary figure that represents the reality you choose to focus on in any given moment, out of all the probable realities you could create.
So the void is not empty by any means; it is full of potential realities. Individuals, when they allow themselves to go back to that place of the void, know that they are aligning with the fundamental chord, the prime frequency of creation itself, taking themselves back to the ultimate center – out of which they can then create any reality they desire.
So first and foremost, some of the idea of the seeming constriction is only the definition you are applying to the so-called void, assuming that it is a shutdown, as opposed to a complete and total connection to All That Is. Understand?
Q: Yes.
B: Is this assisting you so far?
Q: Yes.
B: Has it rearranged your point of view of the idea of visiting that space? . . . not yet.
Q: Partially
B: Partially. In what way?
Q: In... if I began to play with the idea of the void containing unlimited possibilities, instead of emptiness...
B: Yes.
Q: ...it would feel different.
B: Yes !
Q: Yes.
B: Well, does it not feel different when you think of it that way?

Q: Yes.
B: Then it is different, isn’t it?
Q: Yes.
B: Are you willing to play in that space?
Q: I guess that’s the only space there is.
B: All right. Does that help you then?
Q: Yes.
B: Well, thank you very much.
Q: I have one...
B: Yes.
Q: ...other part to that.
B: All right.
Q: The mental and emotional part I was telling you about was that I have this sense of holding myself together with thoughts. To contain...
B: Well, that’s all you are.
Q: Well those feelings towards these thoughts are somehow holding together against overwhelming feelings. Do you know what I mean?
B: Yes. Look at it this way; and remember this idea: what you are as a personality is not really who or what you are ultimately. A personality is an artificial construct, an artificial projection of consciousness – of the consciousness that you are. It is composed of three things, like a prism: belief, emotion and thought. So the idea is that you are literally an artificial construct. And any time you change the idea that you are as a consciousness, you will disassemble the prism of your personality and reassemble it. Let it disassemble and reassemble; it will not be the destruction of your individuality. Understand?
Q: Mhmm.
B: You always recreate yourself – all the time. You don’t even know you are doing it; so natural thing is it to do.
Now, simply, you are becoming conscious of the fact that you destructurize your persona and restructure it. Because the idea of this transformational age upon your planet is to become consciously aware of the mechanisms you are using to create your reality, so you can create the reality you prefer.

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

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

Q: All right. Thank you very much.
B: Thank you very much! Sharing!
1
Q: Hi.
B: And to you, good day.
Q: I too, have a question about some fears that are being...
B: All right! But do speak up and share with all.
Q: I have three fears that I...
B: Oh, three fears! Nicely ordered.
Q: Maybe it’s one fear.
B: All right.
Q: Anyway – that have been running my life, and I’m really sick of it. And I’d like some help to overcome it and resolve it as best as I can.
B: That you have been doing what with your life?
Q: That have been running my life?
B: Running it?
Q: That I’ve allowed to run my life.
B: Oh, all right. Well, what do you prefer to be? What do you prefer to do? Do you know?
Q: Yes.
B: Well, what is it?
Q: I prefer not to feel this way. I prefer to... Uh, uh, uh.
B: All right, all right. But we did not ask you what you don’t prefer; I asked you what you do prefer.
Q: I prefer to feel more empowered.
B: More empowered! All right. I was married and I recently ended a committed relationship. And the same feelings keep coming up. And it’s a problem for me. The one is a feeling of being abandoned...
B: Abandoned!
Q: ...irrespective of who ends the relationship.
B: All right.
Q: And also I realize that I would like to be able to surrender more to the person that I’m committing to.
B: All right.
Q: And also I have a fear of being vulnerable, letting my inner child he vulnerable. And I feel...
B: Define vulnerability.
Q: Expressing my deep inner needs.
B: Deep inner needs. Why are you afraid to express your deep inner needs. You have not given me your full definition of vulnerability. What is your full definition of vulnerability?
In other words, when you express these deep inner needs, what do you believe will be the result of that expression?
Q: I’ll be hurt and abandoned, left.
B: In other words, you have a negative definition of vulnerability.
Q: Criticized; be told I’m wrong.
B: In other words, you have a negative definition of vulnerability.
Q: Yes.

B: All right. Now: would you prefer to have a positive definition of vulnerability?
Q: Very much so.
B: Oh, all right. I can suggest one; you don’t have to take it. Just my suggestion. However! To me, vulnerability is the willingness to be open to All That is in full and total trust. The willingness to be open to All That Is in full and total trust is what you are talking about when you say “surrendering.” It is actually taking control.
It is not giving up control; it is taking control. That is true surrender. But the idea simply becomes effortless, and that is why many of you think you are actually giving up control, because to you, the only reason you feel you’re in control is when you are expending effort.
Q: Yes.
B: Therefore, when you open up in complete vulnerability – and understand that if you are opening up to All That Is, then you are connecting to All That Is, to Infinite Creation.
By opening up to all of it, you are connecting into it. And if you are connecting into the Infinite Creation, then you are connecting to infinite strength, infinite power, eternal power. And if you are willing to trust it in a positive way, you will then flow that infinite power through you every time you are willing to open up all the way.
That is vulnerability; that is power; that is self-empowerment. That is surrender, and that is control. It is all boiled down in the one word, trust. Trust.
The mechanism of trust, which is the absolute knowingness that you exist for a reason. And therefore, with that perspective and that attitude, you recognize that you deserve to exist in the manner you have determined you would prefer to exist. For no other reason other than because you say so.
That’s it; that’s all you need. Just say: “I deserve it.” “Why?” “Because I exist. That’s why. Because I have been given the capability to say and to know I deserve it. That’s why; I don’t need another reason.”
And when you understand that, you will understand you are connected to everything. And when you are connected to everything, you will know it is not possible for you to be abandoned.

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

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

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

Q: Yes.
B: Understand?
Q: Yes.
B: Does this assist you?
Q: Yes. I’ve also chosen to grow through channeling, and I’m learning to experience as a clear vocal channel.
B: Oh, all right.
Q: My question is: how can these – how might these issues color or filter my clear channeling process?
B: That can color if you are not willing to trust yourself. Because if you are not willing to trust yourself, then in that sense, you are not allowing yourself to be a clear channel. Because you do not think of yourself as complete, as capable, as deserving.
Q: Yes.
B: But whatever you are experiencing in terms of your agreement to experience that energy…
Q: Yes
B: …is all for the purpose of allowing you first of all to choose how you wish to define yourself.
For the whole idea is to serve you as well. If the channeling doesn’t serve the channel; if the channel is not allowed to be fully who the channel needs to be, prefers to be, then the channel cannot be of service to anyone else. It would be pointless.
Q: Yes.
B: So: again, it is simply an issue of trust. Understand?
Q: Yes.
B: Remember, as we have shared with many individuals: you do not need a special reason in order to know you deserve what you prefer. If you exist, then obviously you deserve to exist. Otherwise you wouldn’t.

Infinite Creation is very clear about that.

Q: Yes.

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

Q: Yes.

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

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

Q: Hmmm.

B: Understand?

Q: Yes.

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

So lighten up on yourself. All right?

Q: I got it.

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

B: Yes.

B: Well, thank you very much.

Q: Thank you.

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

– Break –

7
Q: I’m experiencing confusion in just about all areas of my life right now.
B: Good!
Q: Yah, I thought you’d say that. Some of your remarks earlier on the backdrop of one’s reality – my backdrop actually has changed, and I think that’s part of my confusion – I don’t quite know what to do in it now.
B: Ah, very good! This is, once again, still to some extent, the limbo state in which you have unplugged from your previously conceived of structures and you have as yet to plug into the idea of the new structures. So you are still examining all the probable ways that you can create that structure to be. It may seem to be a foundering state, but that is simply because you are not used to the idea that change is truly the only constant.
When you recognize that all the changes that are going on that may make you feel as if you are in limbo is truly a solid foundation – because you are now in touch with far more probabilities that you were before – then you will be able to find solidity within it, and give yourself a sense of direction.
Now, within that limbo state, once again, the idea of orienting yourself is always very simple – very simply! – to do what excites you the most at any given moment that you are able to act upon.
Q: Well, that worries me a little bit because...
B: Why?
Q: Well, because I’ve always thought that I had to have a job – okay, my belief system says I have to have a job...
B: Yes.
Q: ...and yet I either leave the job or I get fired. And recently I’ve been fixed, in the last 3 months, from 3 jobs...
B: All right. Did you enjoy those jobs?
Q: Well, actually I got a lot done, but...
B: All right.
Q: ...but I also didn’t enjoy being in the office space that I was in, in all the three jobs.
B: Well then? Got what you wanted, didn’t you?
Q: Yah, I did. I wasn’t enjoying it.
B: All right.
Q: And it wasn’t...
B: That right there is what we are talking about. By taking that as a sign that everything is working perfectly, you got what you wanted. Your life always works – always works! When you place invalidations upon yourself, you do not see that it is working. That is the only difference.
Q: I do see that, that I did get what I wanted.
B: All right.
Q: And now I’m really concerned. . .
B: Oh, concerned!
Q: Yah, I’m concerned. I don’t. . .
B: Then you are still not willing to trust that your life is working perfectly.
Q: Well, it is working perfectly.
B: Then why are you concerned?
Q: Because I haven’t paid my rent.
B: So? Maybe you don’t need to.
Q: No…?
B: Oh, she was about to consider it just for a second. You are not as closed as you thought.
Q: That’s true.
B: If you truly trust, and are willing to do what excites you the most, you will have what you need. If you need the money to pay the rent – if that paying of the rent is what will allow you to continue to be that thing that excites you the most, then being the thing that excites you the most will allow you to pay the rent.
IF you can be the thing that excites you the most without paying the rent, you won’t get the money.
Q: Oh God!
B: But that means you don’t need it. Because if you can be the thing that excites you the most without having to pay the rent, then you can take it for granted that that’s not something you have to worry about. You will have what you need; you will be comfortingly.
Because if you are not comfortable, you can’t be the thing that excites you the most. One way or another you will be made to be comfortable. It doesn’t have to be having to
A Bestowal of Love

Q: I think I would like to direct this one to Anima.
B: Oh, all right then, one moment. . .
Anima: Good day.
Q: Thank you for coming.
A: We are, in this sense, partially in a connection, which you will recognize, to some degree in your interpretation, as a fifty-fifty bridge, for we are engaged with another civilization simultaneously with this interaction as well. What do you wish from us at this time?
Q: Another friend here has asked for a push. I would like a hand or a lift or something? I would like a little boost, some assistance.
A: We then shall reach into your heart and reach into your soul and shall reach into your consciousness to whatever degree is appropriate, honoring and respecting the space you have decreed yourself to be. We shall do this; fear not. Our love to you. Good day.
B: Sufficient?
Q: Thank you.
B: Thank you.
A Cat-Like Race Of Beings
Q: In this life, persistently, I have known that I do not have good control of the body I am currently presenting tonight.
B: Oh, you have known that, have you?
Q: The control I possess, at its best, is...
B: Is flawless.
Q: Yes, but it is also that of a giant cat in my form – upright, two feet, short legs, with a magnificent tail – that comes from a race of warrior cats. More humanized than... and I can still feel my tail. I have the distinct remembrance of being captured and the tail being cut as a degradation for my losing the war. But tonight, I can sit here tonight and still feel the muscles that would wrap that tail around my neck.
B: And how does this association serve you?
Q: Well, I’m looking for my people. I feel those were more my people than where I’m at now.
B: Again, that is not possible.
Q: And are those people still here?
B: Yes, of course. All universes are right here, right now.
Q: Then I can return to that people if I choose?
B: You are there now. And you are here for a purpose. You are not here to run away.
Q: Oh, I have no intention of that... but I feel myself more as a teacher on this planet.
B: And a learner, every teacher is a learner.
Q: Yes, it’s continual learning.
B: Then simply make the association so that you exist in both places at the same time. So you can bridge the connection and allow yourself to be of service in both areas, simultaneously.
Q: Then there was a cat race, or there is a cat race that you know of, that’s more humanoid than what we would consider cats?
B: It is not exactly what I would call a cat, but I know what you mean.
Q: Ok, but the body is very real to me as my own personal body.
B: Yes. Yes, there is and are such races. But again, it is not that they are, in your terms, derived from the idea of a cat, but there are similarities.
Q: Well, I have the feeling of a lion that walks upright, more like a man. A large mane, hands...
B: To some degree, yes.
Q: A warrior teacher caste...
B: Yes.
Q: ... or type of people.
B: Yes.
Q: And my tail was a symbol of my pride and my authority.
B: That dimension and that race within that dimension exists, and it is right here, right now.
Q: Thank you!
B: Thank you. Sharing!

A Cat-Like Race of Beings
A Guided Meditation

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

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

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

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

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

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

Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught you might choose to automatically assume,
"Oh, well that must he the bad fellow." However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character." The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now are simply props and have no built-in meaning.

Now, we apply this principle to your own lives. But first, three more deep breaths; and understand, as you take these breaths, you are taking yourself to a deeper level of relaxation. A deeper level of self-acceptance and self-love. A deeper level of wisdom and curiosity about exploring who and what you are. And a deeper level of conviction that all experiences in your life can be used in a
A Joyful Life
(Circa 1989)

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

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

Q: Okay.

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

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

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

Q: Wow.

Audience responds with more sounds of appreciation.

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

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

Q: Is it similar to the one on Sirius?

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

Q: Right.

B: Has that answered you question sufficiently?

Q: Yes.
A Joyous Discovery

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

B: All right.

Q: A nightmare I had.

B: A nightmare, how exciting!

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

B: A neighborhood made out of cardboard.

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

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

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

Q: Yes.

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

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

Q: Yes.

B: Does that help you?

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

B: Go right ahead.

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

B: Yes.

Q: ... and I squeezed my head...
B: Yes.
Q: ... and when I woke up and people were talking... it was going real fast...
B: Yes, yes.
Q: Like ooohha, whoa!
B: We understand. This is a very common symptom upon your planet now, because your energy, the energy of all of you is speeding up. You are accelerating faster and faster and faster, and therefore, that is the “squeeze” you are feeling right now. It will not remain that way for long, it will not feel that way for long, it will not feel uncomfortable. As soon as you adjust to the new speed, everything will make sense, everything will fall into place. You are simply going through a transition time where you are getting used to the new rate of energy. You’ll catch up... it will catch up to you. You understand?
Q: Yes.
B: Give it time... the way to allow yourself to relax into it, to allow it to catch up most easily, is to simply assume that it is happening for a positive reason, and to relax and play with it. Play along, go with the flow. If you fight it, it will feel more constrictive, more tight. If you go with it, you will become the same energy. You will go at the same speed, and when you go at the same speed, everything will seem perfectly calm. Nothing will seem to be going faster than you. You follow me?
Q: Yes.
B: Does that help you?
Q: Yes.
B: Many individuals upon your planet are feeling this way now. You are not alone. It is just a sign of the times, everyone is speeding up so that they can be more aware of more things that much more quickly. You follow me?
Q: Yes.
B: Thank you very much. Does that help you?
Q: Yes.
B: Our love to you and... pleasant dreams.
A New Beginning
Q: Wonderful to have you back.
B: I have never gone anywhere.
Q: Oh. I know that; I know. I have a couple of things. One: I was wondering if you perceived any difference in the energy, or whatever happened, when you channeled through the channel when he was in Hawaii.
B: Of course.
Q: Could you talk about it?
B: Thank you! In this way, our immediate perception is that there was – let us say – a type of gluing together of the different shards, or the different facets of the multidimensional crystal that you are collectively. That particular energy in that area of your planet functions as a type of adhesive or cohesive energy, to allow all of the facets to function as a unit, by providing the appropriate tempo or pace for it to be able to do so. It is as a thickening of energy, in a sense. Do you follow me?
Q: Yes, fascinating. I had a... this morning I was thinking about the evolution of...
B: Oh! One moment, if you will. May I remind each and every one of you present this night of your time, in this interaction, that there are no accidents, and that every single thing that an individual has to ask, share or say may have relatively different degrees of importance to you. But it is no accident that you are hearing it, and you can always utilize what someone else is saying as a reflection for yourself to see how, in fact, you do relate to what is being said. If you are willing to take that opportunity, then no matter what is said, you will always be able to learn more about yourself by utilizing it as a reflection that you have heard not accidentally.
You all follow along’!
Q: Yes!
B: Thank you. Then it will be more participatory, rather than thinking that what is going on has nothing to do with you. For everything that you can perceive has to do, to some degree, with you, or you would not perceive it at all. Do continue.
Q: Okay. Before I continue, I wanted to say your introduction on communication was marvelous; I just loved it. I was thinking about the evolution of the mass consciousness this morning. And a thought occurred to me that I thought I’d like to share with you and see what you say.
B: All right.
Q: When I first heard about the triad and...
B: Do you mean Earth, Essassani, Sirius?
Q: Yes.
B: All right.
Q: I always imagined it as a mental kind of thing.
B: All right.  
Q: And this morning it occurred to me that the sharing that we are doing could perhaps be the beginning of a new mass consciousness...  
B: Oh, yes, yes.  
Q: we might start a new...  
B: Yes, yes.  
Q: somewhere?  
B: Yes. Very good.  
Q: Well, I never thought about that before...  
B: Now you have!  
Q: ... and I thought, gee, that’s exciting.  
B: Oh, yes. Now your ability to conceive of it means you are functioning within that reality.  
Q: Uh huh. Can you talk... well, one... I don’t know exactly the shape that...  
B: You will. You will.  
Q: ’s going to take, but... oh, I forgot what I was going to say.  
B: Good! Then you are in it; for you are in the moment, and do not need to connect into the past.  
Q: Right. But it was exciting, anyway...  
B: It still is.  
Q: It is exciting.  
B: I know.  
Q: I wanted to share that with you.  
B: Thank you.  
Q: Thank you very much.
All right, I’ll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur, through this particular method and on this particular time. Once again, each and every time you allow our civilization to communicate with your civilization, in this manner, it affords us an opportunity to experience, through each and every one of you, that many more perspectives of the Infinite and we thank you for this gift of expansion and sharing.

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

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

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

Again, we remind you, all situations are neutral. And if you learn to balance yourself and look at them, first and foremost, in that way, then you can gain more information, more discernment, more
enlightenment from the circumstance as it has unfolded, no matter what it may be, *no matter what it may be*. And in remaining neutral, at least for a few moments, you give yourself the opportunity to learn to assign new meanings to it that will be relevant for you, regardless of what anyone else’s intention in the circumstance may have been, regardless of what you may have been taught in the past to think about such circumstances, as you see them.

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

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

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

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

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

Q: Bashar! Bashar! Bashar!
B: You, good day.
A New Template for World Peace

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

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

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

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

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

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

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

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

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

Q: Thank you.

A New Template for World Peace
A Shifting Perspective

B: All right, I’ll say: question.

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

B: No. Question.

Q: I would like to ask you a question.

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

Q: I was curious...

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

Q: Yes.

B: Will that do for now?

Q: That will be great. Thank you.

B: Thank you. Yes?

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

B: You will find that in a sense we will understand; however, we do not speak your language. Realize that we are utilizing – as the channel allows us to do so – the channel as a translation device. Therefore, in a sense, the understanding, as you say, of a particular language must be within the translation device,
within the channel. Realize that the concepts will be understood, but there will be no way for them to telepathically emerge.

Q: Mhmm. I understand.

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

Q: Mhmm. Thank you.
B: Thank you. Question.

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

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

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

B: Realize that all you need is to integrate yourself, since each and every one of you is your own universe, is the universe. By allowing yourself to fill that universe with total integration of self, and therefore, perfect self-love, you will be filling the universe with love, and that love then can be shared by all those that are willing. When you allow yourself to radiate as a beacon of love, then you will be doing the most you can possibly do to share that feeling with anyone else who wishes to – but they have to wish to.
Q: And if they don’t, then...

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

Q: Ooh! Yes, that’s right.

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

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

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

B: Thank you.

Q: Okay. Good.
B: Question.

Q: I have a question.
B: All right.

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

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

Q: Yes.
B: Are you sure you are not afraid?
Q: No.
B: Are you sure you’re not awed by the mystery?

Q: Are you making fun of me?

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

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

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

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

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

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

B: No!
Q: Okay.

B: Yes. Rather I would say: what do you feel?
Q: Okay, I’d like to share that with you.

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

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

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

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

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

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

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

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

I will say, however, that you may find that, for the most part, it will be a reflection of having bought into certain belief systems when those individuals were within their childhood state. And bought into ideas
and beliefs which allow them now to view themselves as being very fragile, being tossed around by the wind, hither and yon, to and fro, as you say. And needing to be, I’ll say, sympathized.

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

Q: Mhmm. Right.

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

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

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

Q: Right.
B: Do you follow me?

Q: Yes, definitely. Question.

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

B: In a sense.

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

B: All right. Don’t wait too long.

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

B: Because you are trying to?

Q: Well, I had a physical problem; I’ve been working on getting a physical problem...

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

B: A physical what?
Q: Problem.

B: What?
Q: Situation.

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

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

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

Q: Thank you very much.
B: Thank you.
A Story About The Physical Universe

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

Audience: Yes.

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

All right, they say, and drive off.

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

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

The waters rise... the individual drowns.

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

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

Audience: (Laughter and appreciation) Thank you.
ABORTION

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

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

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

Q: Yes, thank you.

B: Thank you.
Abundance And Assistance

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

B: Go ahead.

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

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

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

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

B: Yes, instead of that.

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

B: All right.

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

B: Yes.

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

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

Q: Right.

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

Q: Okay.

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

Q: No kidding!

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

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

B: Yes.

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

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

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

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

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

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

Q: Okay.

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

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

Q: Only if that situation comes around...

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

Q: No. There’s another short thing I want to ask you.
B: All right!
Q: Longer than that.
B: All right.
Q: There is this being that came into my space a couple of weeks ago: a very young being, and a very unaware being – of his empowerment.
B: Ah! One moment.
Q: Yes.
B: There is a pattern here... I see. Basically, what we perceive is that you are functioning as an attractive magnet for individuals that are, quote/unquote, lost...
Q: Yes!
B: ...within exploration of their integrity – of where they are, who they are, and what their self-empowerment is.
Q: Yes.
B: Thus, you are acting as a conduit and attracting energies around yourself on all levels, physical and non-physical – those that may still be closely connected to the earth plane, but may be confused as to their whereabouts or their situation.
Q: Yes. I’ve noticed that, and I’ve even wondered about how come I’m pulling in these people...
B: It is all part of your signature vibration, your willingness to be of assistance to allow others to move on in empowerment. It is the way you can be of service.
You are showing signs of the old frame definition of what is classically referred to in your society as an exorcist – the idea being a spiritual psychologist to allow individuals to know that they are not trapped in the scenarios they think they are trapped in, and can move on to something more expansive. Whether that is a physical person or not does not matter; you will attract many clients.
Q: Yes, I have attracted non-physical and physical.
B: All right. Then simply radiate your love; radiate your abundance; give them something to pick up on as a beacon, so that they do not have to feel they are wandering the endless seas of grey fog. They will see your shining light; they are attracted to it to begin with.
But organize it in a way that lets you consciously know you are being of assistance to them, so they can sense the pattern within the light that you are. So they can drink deeply from it, allow themselves to energize themselves, and recognize who and what they are in the reflection they see within you. All right?
Q: Yes.
B: By knowing you are self-empowered, and are completely, totally expanded in your abundance, then you can show them that they are too. And allow them to move, and not create apparent cycles of repetition – apparent cycles of repetition.
Q: Right, one last thing.
B: Yes.
B: This young thing that I was telling you about – there was a tremendous cycle that occurred with him that was horrendously a growth situation for both of us.
B: Horrendously a growth situation.
Q: Horrendously.
B: All right.
Q: Magnitudinous.
B: Yes. Oh!
Q: And it was absolutely marvelous.
B: Yes. All these things!
Q: Yes, indeed, and then this person just disappeared out of my universe, and I wasn’t finished helping them, and I was really mocking up all these things that I . . .
B: You weren’t finished!
Q: No. And it just popped in, popped out, and I went: "Well, Jesus; you know, here I am and I’m ready to help some more." And the being disappeared, and I couldn’t figure out why the being disappeared.
B: You can’t? You do not think you already helped them?
Q: Yes, I do. I do think that I’ve already helped them.
B: Well, then?
Q: But I was just surprised that it was such an abrupt . . .
B: Well, that is the instantaneousness with which things can occur when you allow yourself to harmonize with your non-physical and physical self - rather than simply rely on all the physiological attributes to be gathered together before you will allow something to occur.
Q: Right. Okay. Thanks.
B: That is another idea of abundance, as well. Waiting. Gathering all the physical symbols you think need to be there before you will allow something to occur – and not simply allow it to occur when it is ready.
Q: Right. Beautiful. Thank you.
B: Thank you.
**Abundance and Believability**

Q: I’m perplexed and curious.

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

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

B: All right.

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

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

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

B: All right.

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

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

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

B: Have you discussed this with that person?

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

B: Have you asked a reason?

Q: Mmhmm.

B: And?

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

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

Q: The truth is, no.

B: Well then?

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

B: Why?

Q: Well, it’s my income.

B: So?

Q: And…
B: So?
Q: I’ve got fairly high expenses.
B: What makes you think you will not be able to attract yourself into a circumstance that will be equivalent? Or even more expanded? Are you going to allow him to take the responsibility of pushing you out the door, when you know you want to walk?
Q: Well, he can’t push me out; I’m one of the top performers.
B: Well, but you are creating a symbol that could create the friction that would then force you to leave under negative circumstances, instead perhaps of allowing yourself to learn from your own symbol that you are being given an opportunity to realize that you actually prefer to be somewhere else. This is a suggestion. How does it ring within you?
Q: Well, I’d know that I would prefer to be somewhere else.
B: Where?
Q: I don’t have a clue.
B: All right. Will you give yourself the opportunity to see the more expanded version of what you would prefer to do, if you were not in the company you are in now? Can you have – or do you have in your imagination – a picture, or a play, of what you would prefer to be doing in a more expanded way? Can you see yourself doing something that you cannot do in the company you are in now – somewhere else?
Q: Absolutely.
B: Now, maybe…maybe what you mean is: “I can’t believe what I see.” Maybe that’s what you mean. How does that sound?
Q: I’m having… I can believe it; I can’t quite get the timing.
B: Oh, the timing! All right. I love this technique! This excites me a lot to use this technique – called the “threshold of believability.” Are you willing to be very honest and very direct?
Q: Yes.
B: All right. Now: recreate the image of the ecstatic, abundant, spontaneous, carefree artist that you are. All right?
Q: Got it.
B: All right. Now: do you perceive that you will be able to be that you, beyond a shadow of a doubt, no problem, in ten of your years?
Q: Yes.
B: All right. Now: do you perceive that you will be able to be that you, beyond a shadow of a doubt, no problem, in ten of your years?
Q: Yes.
B: All right, five of your years?
Q: (Pause) Yes.
B: Why did you hesitate?
Q: I had to really get five. I mean, it’s a lot of abundance for five, from what I am now.
B: All right. Would you like to try that again? (Giggle) All right. Do you, beyond a shadow of a doubt, know that you are capable of creating that reality in your life in ten years?
Q: Yes.
B: Why are you so sure that you can do it in ten years?
Q: I don’t have a clue. You asked me not to think about it, and that’s the answer that came out.
B: Very good! But in other words, you simply know that is sufficient time for you, yes?
Q: Yes.
B: No problem, more than enough time. Easy as pie, as you say. Is that what you are saying when you say: “I just know.”
Q: Yes.
B: All right. Do you feel, therefore, that nine years is sufficient? If ten years is sufficient to create that lifestyle, is nine years sufficient?
Q: Sure.
B: So you believe it?
Q: Yes.
B: All right, fair enough. So you believe seven years is sufficient?
Q: The shadow of the doubt is there – the shadow.
B: At seven years?
Q: Yes, the shadow.
B: All right. What does that shadow look like? What is the little voice that says: “I don’t know if I can do this in seven years?” What allows you to believe it would take longer than seven years? What came in? What was the doubt?
Q: Hmmm.
B: All right. Go back to nine. Go back to ten years. No problem at ten years.
Q: Mmhmm.
B: What is the difference between doing it at ten years and doing it at seven? What is the definitive difference between the two scenarios in your mind? What do you see yourself capable of doing at ten years that you don’t see yourself capable of doing at seven?
Q: Well, I’m not so sure. It’s the economics and the timing.
B: Economics and the timing. All right. Can you be more specific? You are saying to me – as I interpret what you are saying – that you cannot imagine that you will be economically abundant in seven years, but that ten years is enough. Is that what you are saying?
Q: Well, once you said it like that, I’m not quite so sure...
B: Oh, all right. What are you saying? What is the difference between seven and ten years – in your ability to be that image? All of you can be applying this to yourselves and what excites you the most.
Q: I’m sorry to be so hesitant and take so much time.
B: I beg you pardon! Sorry?
Q: Mmhmm.
B: Did I ask for an apology?
Q: No. (Strawberry, from the audience: “Yeah, you said you begged her pardon.”)
B: Thank you! Now we’re on the track. See what happens when you get born all over again. You start being as much of a smart aleck as me, and I love it! Thank you for speaking to me as a Sassanian would.
All right! Now that I’m no longer begging and you are no longer sorry – can you define the difference?
Are you creating within your mind an assumption of a particular type of structure that you think you need in order to have the economics at ten years, that you can’t have through that same structure at seven? Is it the structure of how you think you have to get the economics?
Q: No.
B: All right. What makes seven different from ten – aside from three? The sooner you all become equal, the more I shall have to pay close attention so that I am not surrounded by smart alecks.
Q: The more you talk, the less difference there is.
B: The more I talk, the less difference there is. I’ll take that as a compliment!
Q: Absolutely. Please do.
B: Do you understand you’re only listening to yourself, however?
Q: Yes.
B: All right. Now: it isn’t necessarily a matter of analysis. But the more willing you are sometimes to talk about it – what you are saying is that the more equal everything becomes.
Q: Yes.
B: And those definitions are not chiseled in steel. You are not using definitions that represent the fundamental laws of creation. You are only making definitions and creating definitions that are simply the results of your society’s beliefs, and the beliefs that you have bought into. You don’t have to buy into them. You can buy into other ones. Sell those; use the money to buy another belief. You’ll get a fair price for them. Someone, somewhere, will want that belief, the belief you no longer need.
So the less difference you create there to be, in terms of the idea of time and space, then the more flexible you are at any given moment in your ability to create whatever you really want right now. Understand?
Q: Yes.
B: Pay attention to the scenario you have created. You have seen yourself as an ecstatic abundant creator. That is you. The only thing that separates you here, from that you there, is assuming that that you is, in fact, out there. And not right here.

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

Q: I understand that.

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

Q: Yes.

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

Q: Yes.

B: Does that serve you?

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

B: Yes.

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

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

Q: Thank you.

B: You are welcome.

Q: Thank you very much. Is that all?

B: Yup!

Q: It’s been great.

B: Thank you.

Abundance and Believability
ABUNDANCE II

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

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

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

Again, allow yourself to understand the basic definition of abundance: the ability to do what you need to do, when you need to do it.

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

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

If you allow yourself to understand that abundance is simply whatever way, shape or form your automatic synchronicity can attract into your life what you need to allow you to do what you need to do, when you need to do it, then you will begin to realize that you are very abundant, and have been for quite some time. When money is the strongest way a particular kind of abundance can be fulfilled, the money will be there. You’ll attract the opportunity to give you the money. But when money is not the simplest way, when it is not the path of least resistance, which may be the last way it will manifest. You may be receiving many other ways that abundance is manifesting in your life or, I’ll say, attempting to manifest in your life. But you may not be allowing it to, again, because of your definitions.
The Rich Person: I’ll give you an analogy. This analogy keys directly into the concept of fundamental unconscious belief systems. When they are growing up, many individuals on your planet hear many stories, many parables, as you call them. And perhaps one day you hear the parable of “The Very Rich Person.” And in being a small child, being open to all information, you sit there and absorb this parable. And this parable says, "This person is exceedingly abundant." And at the same time, "This person is an exceedingly mean, nasty person." So your little budding mind says, "Oh, abundance equals nastiness," and it joins the two. The two ideas marry and fuse in your consciousness belief matrix. So one day, when you’ve forgotten that you ever heard that parable, you grow up and say to yourself, "You know, I would really, really like to be abundant. I’d really like to be rich." But then, all of a sudden, somewhere deep down, so deep down that you can’t even hear it, a little voice says, "but if I become rich, I’m going to become nasty and I don’t want to do that – so I’m not going to let myself become rich."

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

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

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

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

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

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

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

"But wait a minute," says the new friend. "That’s my house. And you know what? I was very happy to see my friend here because I’m leaving for about three years to go on an extended trip: I was going to ask if he knew of anyone who might want to stay in my house and take care of it for free." "You mean if I had gone to the job interview I would never have made this lunch, and I would never have run into you, and you would never have offered me the ability to stay in my dream house for free? Oh, I get it."
And now, here comes the panel of cynics: "That’s a fairy tale. Life doesn’t work that way. That’s too good to be true. It’s just a coincidence. Never happen in a million years. One in a million chance. Oh, what are the odds against that?" All right, thank you cynics. You had your say. Good-bye. Life does work that way, all the time, every moment, every second, when you allow it to, by following the thing that excites you the most; by allowing your positive synchronicity to work for you in the same way you’ve been allowing your negative synchronicity to work for you. Yes, they are coincidence, but they are not accidental. The idea of "missing the boat" is negative synchronicity, because it is a perfectly timed reflection of your fears and doubts.

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

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

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

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

Understand that when you are focused in a negative way, opportunities are invisible to you. You literally don’t see them. But when you open up to the idea that you are automatically aligned and synchronized with everything that you need, you start to see the things that have always been there but could not see. And so you must act, at any given moment, on the thing that excites you the most that you have the highest degree of capability of acting upon. Sometimes situations will present themselves that you are
equally excited about doing. Act on the one that has the highest degree of ability to be acted upon, because your ability to act in the various directions of what excites you will never be exactly the same. They will never be equal. Act upon the excitement that you have the highest degree of ability to act on. Now, seeing more than one thing, which excites you equally, tells you there might be an overall, all-encompassing category into which these things fall, which if taken together represent the most exciting thing that you choose to do. And these equally exciting things are simply different manifestations of the same one most exciting thing. Let that be your clue into the thing that excites you the most.

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

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

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

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

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

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

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

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


Abundance III

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

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

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

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

Therefore recognize, the idea of the scope of the symbol of abundance is directly proportional to the degree to which you believe you are capable of expressing the being that you are, the idea that you are. Being willing to be fully the idea that you would like to think you are will expand you to the point where
you will then attract automatically to yourself all of the individuals, opportunities, and situations and relationships that will provide for you a directly proportional means of expressing the degree of the idea you are willing to be. Nature works automatically in that way, functions quite automatically. It will always supply you with exactly the degree of the tool that will go into allowing you to express the degree of the idea you are willing to be. Are you all following along with this idea?

AUD: Yes. Yes.

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

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

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

AUD: Yes.

B: There are many manifestations of different ideas of how individuals may allow their own abundance to become paramount and recognizable in their lives. But, also, as we have said, recognize that
abundance is not just your monetary symbol. Anything, any situation, any opportunity that allows you to simply function as the being you know yourself to be is an expression of your abundance, and many times you can create a situation whereas you previously thought you required money for the manifestation of that situation, but now that you are functioning within trust in your abundance, you can recognize that many times you will attract situations that will automatically grant you the same circumstances that will allow you to function in the way you wish to function, regardless of the definition.

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

AUD: Yes.

B: Sharing!

Abundance III
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4
**Abundance Scenarios**

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

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

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

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

B: Yes, instead of that.

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

B: All right.

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

B: Yes.

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

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

Q: Right.

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

Q: Okay.

B: Therefore, what you may have done is: allow that individual – even though they may be representing what you need as a reflection, through their lack of integrity – to still serve you as a reflection; for being the one to remove that idea, so that you can increase your diameter of abundance – to know that you still include that idea. Because now you have to go outward for it.
Q: No kidding!
B: Thus, in this way, what you are doing is: Allowing yourself to express the belief that, while you can always feel intimately connected to your abundance, you have an innate belief that if you do not force yourself to move in some direction you may become complacent about your abundance.

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

Q: What do I do about this person? I don’t want to – number one: I don’t want to run a negative number on them. Number two: I don’t want this person to continue taking things from me and be subject to their crack in their own universe, as a result.
B: All right. There may be many different creative ways – and imaginative ways – you can go about this. Perhaps you can leave a little sign on every article that you have: “Hi there. Yes, you may borrow this for a while, if you wish.” Now, that is one way.
Recognize, also, you can simply get in touch with the idea that you never really lose anything. And many times, when individuals in your society – particularly at this point in your transformational age – are truly on the verge of recognizing their unlimited abundance, they will, one way or another, create a little bit of a vacuum – so that something else can come in and fill it, so that you can start to generate a flow.

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

Q: Ah! So I don’t really necessarily need to do anything about this terminal.
B: Not really. If you find that when you acknowledge the flow within yourself, you co-create a situation where you can interact and share with them that they no longer have to do that, then perhaps that will be a part of the process. But it does not mean it had to be that way.

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

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

Q: Only if that situation comes around...
B: Well, obviously, if it doesn’t come around you won’t have an opportunity to say this, will you?
Q: No. Thank you for your assistance.
B: Thank you.
ABUNDANCE

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

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

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

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

Now, there are many ways to change those definitions; many ways....
Q: Last time when Pamela was talking about the woman whose children are being abused.
B: Yes.
Q: By a cult.
B: Yes.
Q: And you wouldn’t talk about it, but you did say that you are there for her.
B: Yes.
Q: You were being specific for Pamela for the moment.
B: Yes.
Q: And I assume that you are there for all of us that are helping her.
B: Yes.
Q: I was wondering what you mean by, “there for us,” in what sense are you there for us?
B: I will give you one level of it. Remember that many of the strongest interactions that we and other beings such as ourselves, and or spirit beings, have with many humans is in what you call the dream state. In many dream interactions we are having, already, what you consider to be on going contact, conversation, communication, interaction. In so far as you are willing, many of you stretch out in your dream state to see what it is you can do about changing your physical reality, once you reconnect to it in what you call your waking state. We are there with you in those dream states discussing, planning, orientating, teaching, reflecting, learning and sharing the myriad of ideas that can be applied into your physical reality; that you think is best to apply for the purpose for what is best for all concerned.
And on that level that is one way that we are there for you.

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

Q: ________

B: Yes, I have more.

Q: ________

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

Q: ________

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

Q: ________

B: Can you name any of them?

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

Q: ________

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

Q: ________

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

Q: ________

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

Q: ________

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

So to put it colloquially the Angels are the first level down from the One. The first differentiation of the One into the Many. Then from there it goes down, down, down to different levels of Oversoul consciousness and into differentiated personality structure consciousness, such as spirits and souls and so forth. We are skipping a few levels but you get the point. Does that help you?
Q: Yes. I wonder, you earlier at some point some months ago, you mentioned a person that would come along this month, December, that would embody aspects of Lady Di and Mother Teresa, and some of us who know this woman in question are wondering if you were referring specifically to her?

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

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

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

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

Q: Later.

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

B: All right—You good day!
Accelerating Interactions
Q: Today I was thinking, um . . .
B: I see. (Audience laughs)
Q: I thought I’d mention that . . .
B: Thank you. (More laughter)
Q: Pat myself on the back.
B: All right.
Q: The Pleiadian tape that happened in Switzerland about ten years ago left an awful lot of information with evidence and messages, or things that could be studied.
B: Yes.
Q: And then it just seemed that it ended, it finished. I know that you said that he has continued his contacts telepathically or . . .
B: To some degree.
Q: To some degree, right. But what I wondered is this, since you said that they are going to be the first race that are going to land en masse with us . . . and I’ve added to that that they look so much like us, that it will be less of a cultural shock to talk with them coming out of the spaceship than something that looked like a Hollywood creation.
B: All right.
Q: I wondered . . . I began to think why wouldn’t they speed up these . . .
B: Because it is up to you, not them. What has been done with the information you already have?
(Audience chuckles)
B: That is your answer, thank you. SHARING!!!
Accelerating to Match the Template

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

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

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

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

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

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

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

Q: Okay. I do trust that.

B: Thank you.

Q: Okay, now…

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

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

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

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

B: Absolutely!

Q: Okay, I wish I’d have had an earlier time that I could have asked this, because it doesn’t seem like the right night. But it’s pending with me, so…
B: All things are perfect in their timing. Do proceed.

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

B: Yes. Definitions.

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

B: Yes.

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

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

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

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

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

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

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

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

Q: It’s great... yes, it does.

B: Thank you very much.

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

B: Thank you very much! It is felt.

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

Accelerating to Match the Template

1
Acceptance and Denial of ET Information

Q: The Giza Plateau really fascinates me...
B: Oh, all right.
Q: ...it seems like there is a lot of stuff going on there.
B: Of course.
Q: And the doorway that is pointed towards Sirius...
B: Yes.
Q: ...supposedly they are going to open it up.
B: Yes.
Q: If you don’t want to tell me what is behind the door, could I make some guesses, and then could you tell me if I am accurate?
B: One moment... say what you wish to say.
Q: Is it possible that behind the door is evidence of our extraterrestrial origins?
B: It is possible. (AUD: laughter)
Q: How probable is it?
B: It is more probable within the chambers under the Sphinx. However, within the structure of the pyramid itself is all the information that allows you to know that there have been interactions with extraterrestrial societies.
Q: Is this information going to be made public?
B: It already is.
Q: But I’m saying en masse, where people actually want to have this information. Because a lot of times...
B: There will be, again, a doorway of timing, most likely between your year of 2005 and 2013 when the majority, as you call it, of individuals upon your planet will have access to this information. Whether they choose to believe it or not is another issue.
Q: So it won’t be until then, because it is scheduled to be opened soon?
B: That means nothing. There will be many individuals who will be able to absorb that information and there will be other individuals who will deny the information, and there will be a majority of individuals who won’t even know that such things exist.
Q: Of course.
B: Again, look at the idea that everyone lives in their own reality and sees exactly what they want to see, and certainly, does NOT see what they DON’T want to see. Look at many of the things that are already occurring on your planet, such as what we were talking about before – what you call the idea of the crop
circles. How many individuals upon your planet know of their existence, even though it is an absolutely tangible phenomenology that anyone can go to and witness?

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

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

Q: Thank you.

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

Q: Thanks.

B: Thank you.

Acceptance and Denial of ET Information
Accepting the Love of All That Is

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

AUD: Yes.

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

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

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

AUD: Yes.

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

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

B: Oh really?

Q: I think you would love us without reason.

B: All right. Why?

Q: Why not? (Laughing)

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

Q: Do you have to have a reason?

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

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

AUD: Yes.

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

Feel all the love that is given to you from all civilizations and all levels of consciousness that interact with you at this time. We all love you very much. And we believe that you deserve that love.
Now it is up to you to decide whether you believe you deserve that love. But we believe you deserve that love. So recognize that, no matter what you may decide to feel about yourselves at any given moment, you are always being sent unconditional love, regardless of what you choose to do with it, or think about yourselves. Do you follow me?

AUD: Yes.

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

Sharing!

Accepting the Love of All That Is
Accepting Who and Where You Are

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

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

B: Why do you think they are needs?

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

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

Q: I try to try to ignore them.

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

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

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

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

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

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

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

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

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

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

B: Yes.

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

B: All right. But do recognize that the paradox of the situation is, in order to experience what you are talking about, the first thing you need to do is become fully involved where you are, in the moment. By
being in the now moment, where you are, is when you connect to all that you possibly can become – and then become it.

Q: I'll improve on that.

B: You will simply be different.

Q: Thank you. One moment...

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

B: Yes.

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

B: Yes, yes, yes.

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

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

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

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

Q: Exactly.

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

Q: Thank you.

1

2
ACCESSING INFORMATION

Q: When you tell us to "wait a moment," and you seem to tap into an information source...
B: Yes.
Q: ...can you tell me what that information source is?
B: It will be different things at different times. Sometimes it will be other members of the Association of Worlds, sometimes it will be a direct tie-in to the World Spirit that is your collective consciousness on Earth. Sometimes it will be a direct conversation with your Oversoul, sometimes it will be a conversation with your guides, sometimes it will be a conversation with beings from other dimensions for various reasons, because, perhaps, I have business elsewhere at the same time; it will be many different things.
Q: And how do you determine what it will be, is it just...
B: Because it happens.
Q: It just instantly comes forth?
B: Yes, it’s an automatic spontaneous thing.
Q: Do you tap into the Akashic Records?
B: Sometimes.
Q: And how are we able to tap into the Akashic Records?
B: How?
Q: Are we able to?
B: Well, of course, and you very often do.
Q: Is there some way to accelerate that for myself?
B: There are many ways. Your imagination is a direct key to tapping into what you call the Akashic Records, since it is only the collective understanding that you have created in your reality dimension universe. Use your imagination to stretch your understanding of what information is, for it isn’t really anywhere else but within you. The Akashic Records are not outside of you; there is nothing outside of you. That’s the first key to tapping into the Akashic Records – is recognizing that the records aren’t outside of you, that you are the records. So that, if you become the records, you will know what they say. Can your imagination provide you with some sort of a visual meditation to allow you to become the Akashic Records?
Q: I can visualize a computer.
B: All right, that will be a good analogy. What happens on the computer? Does information appear on the screen?
Q: Yes.

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

Q: Thank you very much, Bashar.

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

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

B: It can be done, yes.

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

B: Yes.

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

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

Q: Good, thank you.

B: Thank you!

Accessing Skills From Simultaneous Lives
Acclimatizing to Fourth Density

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

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

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

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

AUD: Yes.

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

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

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

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

B: Yes.

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

B: It will have to do with your willingness and ability to be more in touch with the overall
transformation, thereby sensing every idea within it to which you are connected. Therefore, for you, the idea of the essence will also be prominent and paramount.

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

B: All right.

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

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

Q: Yes, thank you.

B: Sharing!

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

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

Q: No.

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

Q: Terrific.

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

Q: Yes I do.

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

Q: Yes. Does the heat we’ve been having the last few days have anything to do with this transition?
B: In a sense, understand that, always, what you term to be weather will be determined by the overall emotional mass consciousness of any particular group in that area. Do you follow me?
Q: I remember once being told that weather is actually a manifestation of the Earth itself as a being.
B: Both!
Q: Yes.
B: Understand that you are the Earth, and the Earth is you. There is both the idea of the Earth as its own self-aware being, and a recognition by itself as a collective consciousness made up of all of you.
Q: Okay.
B: You share on every level. But as you define yourself as a separate being, then your participation in that creation is through your emotional mass consciousness. Which is also the method of communication between you and the Earth crystal. Do you follow me?
Q: Yes. Thanks.
B: Thank you!

Acclimatizing to Fourth Density
Acting It Out
4 Feb 88

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Good. Great. Etc.

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

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

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

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

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

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

Now, to help physicalize it all the more, we have talked about, many times, the whole idea of, "act on it; act it out." But again, how many of you have taken that quite literally? All right, a few here and there,
but how far? How deep? We have talked about the issue that many of you already realize, the idea that life is a stage; you are actors. But how many of you really act out – in any way, shape or form you can – what your imagination tells you is who you want to be, is who you are? Really physically act it out.

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

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

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

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

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

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

We understand, we are not saying that you have to necessarily do it in front of other people who might
think you have "slipped a cog," as you say. But talk it out; go through the motions. Literally talk it out. In other words, if you are in your corporation office, and you are now responsible for the comings and goings and interactions of many different individuals, and you have a particular project in mind, then act it out. Get all the information together you already have the ability to get together – all the scheduling, all the ideas that would be exciting to you, pulling the projects together.

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

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

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

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

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

We thank you at this timing for allowing us to illuminate and reflect to you one more methodology, one
more way that you have of creating yourselves to be the way you prefer to be. Remember that there is no one right way; there are many ways as there are individuals. That is why there are as many individuals as there are. There are as many facets to the multidimensional crystal as you can possibly imagine. That is what being an infinite creator is all about: Infinity!

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

Acting It Out
 Acting On What You Prefer

Q: Hello.
B: Hello.
Q: I’ve followed some of your tapes, and I’m very happy to be here.
B: We are also enjoying interacting with you.
Q: I wonder, how do you perceive me? Do you perceive me as an energy?
B: We perceive you as an overlapping continuum of probabilities, and now and then one of these will stand out more than any other. It is this that we act upon synchronistically, and assume that what we perceive most strongly is the particular area in which we will involve our conversations with you – the area that will represent the best service and benefit that we can be to you.
Q: Uh huh. I would like to ask you about some experiences I am having these days. I am baffled by the feeling of being lost...
B: Baffled by being lost!
Q: Yes.
B: Lost where? Lost how?
Q: Not knowing what direction to go...
B: What direction! Any direction will do as long as it is the direction that excites you the most. Is there something that excites you more than any other thing that you are not doing?
Q: Right now it looks like no action is what I see as the best action, but I...
B: No action! Does that excite you the most, to have no action?
Q: Yes.
B: Why?
Q: Because I think that I was going into too many directions and taking too many actions. And now...
B: All right. So now instead of scattering yourself about, you feel that you can collect yourself together and then proceed as a whole unit in whatever direction makes itself obvious in your life that represents what excites you the most. Is that what you are saying?
Q: Yes.
B: Do you have, at this point, any inclination at all about what it is, besides the idea of non-action—although that is an action itself—that does excite you the most, or will excite you when you collect yourself together?

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

B: All right. Again, the idea is to simply recognize that anything that excites you the most is the most representative of where your energies can be utilized most efficiently and most effortlessly. Do understand: excitement is your physical translation of the vibratory energy that represents the path you chose to be. Excitement is what tells you this is the thing that is most you. This is the thing that you will actually be able to accomplish in life most easily, most effortlessly. This vibration, this thing that excites you—because it excites you—represents the thing you can do most easily. This is you; this is what you are all about.

So, at any given moment act upon whatever opportunity excites you the most that you are capable of acting upon. And realize that anything that does excite you can be created in your life in such a manner that it does not contain any portions that do not excite you—by definition. The idea that any overall scenario could contain things that have nothing to do with you is not a possibility in creation. So if you are willing to recognize that you do not have to attract, within any given scenario, any pieces of that scenario that are not exciting to you, then you will tailor-make, tailor-attract the scenario that will contain only those ideas that excite you the most. And if there is something within that scenario that needs to be done that does not excite you, you will attract an individual or a situation, or a circumstance, that will be able to take care of it—for whom that situation is exciting—if it is not you that finds it so. You follow me?

Q: It’s very hard. I’m trying...

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

Q: I hope so.

B: Oh, you do not have to hope.
Q: Okay, I’ve come to an idea that I’m carrying a belief that I do not want to have anymore. So all I have to say is: “I don’t want to have this belief anymore”...?

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

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

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

Q: Okay, I got it.

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

Q: I see.

B: Does that assist you?

Q: Yes. Thank you.

B: Thank you. Sharing!

Acting on What You Prefer
Action – Reaction

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


B: We will begin with questions.

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

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

Understand, however, that within terms of what you would call it to be our space technology, we utilize quite a different form of the understanding of the universe, as you understand it. Within its own flow of momentum, within its own sense of formation within the idea of the viewpoint of the holographic, as you would say, version – or perspective of the universe as you know it. Therefore, there will be, as within the usage of your rocketry with respect to gravity, not so much the use of the action/reaction principle, but simply the idea of the transformation or identification principle with regard to the (–?) property inhabiting and forming the idea of an object; and that object’s existence within any space or location within the universe at any particular point within that universe. Are you following me?

Q: Somewhat.

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

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

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

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

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

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

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

Q: Mhmm.

B: Do you follow me?

Q: Yes, I do.

B: Thank you. Question.

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

B: Yes.

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

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

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

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

Q: 1,000 miles per hour? You mean the surface of the Earth goes 1,000 miles per hour?
B: Yes.
Q: Okay, so the outside of the device has to go 2,300 miles per hour.

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

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

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

B: Yes.
Q: Thank you.
**Action-Reaction and Mass Landings**

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


B: We will begin with questions.

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

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

Understand, however, that within terms of what you would call our space technology, we utilize quite a different form of the understanding of the universe, as you understand it within its own flow of momentum – within its own sense of formation within the idea of the viewpoint of the holographic, as you would say, version, or perspective of the universe as you know it. Therefore there will be, as within the usage of your rocketry with respect to gravity, not so much of the use of the action-reaction principle, but simply of the idea of the transformation or identification principle with regard to the property inhabiting and forming the idea of an object. And that object’s existence within any space or location within the universe at any particular point within that universe. Are you following me?

Q: Somewhat.

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

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

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

B: All right. You will be at that time. Understand it may not be mass, as you understand mass landing, but the opportunity will manifest to the degree to which you are willing to be equal to the vibration of that encounter between your mass consciousness and the mass consciousness of other civilizations. And at that time, therefore, being equal to that idea, you will be acting within that idea, and as such you will find the reaction will be the creation of that reality – which will allow for that manifestation to take place.

Q: Yes. So does that mean that in nine of our years we will, to a great extent, be caught up to the gap, that you see as a 300-year gap?
B: Only in part. Understand there will be many ideas, which at the time of the formation of the identification, the equalization of yourselves with that idea to a degree, you will still be forming an equalization, an identification with still a portion of the mass consciousness as you understand it. You will be at the beginning of the ability to allow yourselves then to create more of that understanding of your future selves.

Q: Mhmm.
B: Do you follow me?

Q: Yes, I do. Thank you.
B: Thank you.
Activating the Eight Sense of Knowingness

Q: Last time we interacted we talked about the substance for the seventh and eighth sense…
B: Yes.
Q: eighth sense of knowingness.
B: Yes.
Q: And you said that it was not in the consciousness of the channel. I was wondering if anything had happened in where that information has become available? And I would like to suggest: cactus, aloe vera; and some other substances like sun chorella and things of that nature.
B: One moment. One moment. The information to some degree is there, but at this time because of, shall we say, the wide variance of belief systems in this particular group, we are not allowed to discuss it for it may be highly misinterpreted. But, let us say, that we are allowed to suggest that it is in a sense a, quote/unquote, actual plant derivative. Thank you very much.
Adjusting to Planetary Fluctuations

Before we continue allow us to address something we feel is of concern to a few individuals. There are many fluctuations going on in the electromagnetic field of your planet at this time and many individuals who are becoming increasingly sensitive may feel this energy in their bodies in certain ways that are painful from time to time.

If it will ease your fears, by all means, seek your own medical practitioners’ advice to make sure nothing is wrong with you. But if you are simply becoming increasingly sensitive to that energy, in all likelihood they will not find anything wrong with you. Learn to center yourselves with the idea that you do not have to experience the fluctuations as pain. But now and then, you may. Simply understand there are many things your civilization has to process through itself, and therefore, sometimes it may manifest as pains and aches here and there, especially in the heart and the head. As the new energy comes through, if you are not used to it, you may believe it will cause you difficulty. Your uncertainty and your doubt can cause the energy to translate in your body as pain.

Relax. Allow yourselves, once again, to breathe easily, breathe fully of life. Always take heart in the memory that you are choosing to change in this way; the more you remember it is your choice, the less painful it will be. Because the more you remember it is your choice, the less uncertain you will be. We will radiate a soothing energy throughout this interaction; you may use it in any way, shape or form your imagination desires. Some of you may simply require, what is called, "grounding." This can be accomplished in a number of ways; of course, your imagination can always be a flawless guide to tell you what will work best for you.

Three other ways we will suggest. One is to avail yourself of the mineral called "hematite." It is very magnetically grounding. Sometimes when many of you begin to deal with higher energies your feet have a tendency to leave the ground. When you break that connection, when you imbalance yourself in that way, that can also cause extra sensitivity and pain.

The second way is to simply identify more strongly with the Nature around you – take walks in the woods, in the streams, in the earth. Become grounded in your physical experience, with your senses, breathe in the air, feel the earth, hug a tree.

The third way is to allow yourself some enjoyable physical action that can very much help focus you in physiological meditations of a different type. One that you may find works very well – and we do not mean to exert yourself – is to do the following thing: take a very nice large thick piece of wood, take a lot of nails and pound them with a hammer into the wood in whatever pattern you desire. Become involved in the physical action and feel the flow of the physical activity. Or, perhaps, sexual intimacy will do. We can now continue with questions, if you like.
Questioner: Good evening, Bashar.
Bashar: And to you, good day.
Q: Very nice to be with you again.
B: It is nice to experience you as well.
Q: I had a really full emotional week.
B: Oh well, congratulations.
Q: I don’t know. Yesterday was my birthday...
B: Happy birthday.
Q: ...my mother passed away suddenly...
B: All right.
Q: ...and last week, three days in a row, I was awakened in my room. Once by ... it was a very strong blue and white spiral shape passing through my room. The second night something very geometric and the third night, some type of adjustment was going on.
B: Did all these things happen to occur sometime between 3 and 4 AM?
Q: Probably earlier than that.
B: Such as?
Q: Maybe one night between 1 and 2 AM, the next night between 2 and 3 AM, definitely between 2 and 3 AM, because I get up at 4 AM in the morning to go to work, so I’m up early.
B: And so? What about all of this?
Q: I feel pretty clear about my mother going, although my belief systems are different than hers and it was a surprise. Thus, I want to know if she is okay?
B: Of course she is okay.
Q: And reunited with those she wanted to see?
B: Individuals that are already in Spirit will always greet those coming over.
Q: And then my question would be, what was going on the week prior?
B: Defining as what?
Q: When I woke up and was clear about what I saw in my room, I didn’t understand whatever communication was trying to be relayed or whatever adjustment...
B: It was not so much that communication was trying to be relayed, it is simply that energy work is being done, adjustments are being made in your frequency to help you evolve, to help you acclimate to the changes in your life, to the shifts that you need to go through. You understand?
Q: Yes, there are a lot of shifts going on.
B: Yes, this is the age of transformation on your planet. You don’t want to lag behind do you?
Q: Most certainly not.
B: Well then?
Q: I hear that Uranus is going into Aquarius on January 13th?
B: If you say so.
Q: I’m asking you.
B: Why? It’s your discipline, this Astrology.
Q: Well, I’m feeling certainly more acceleration than I’ve already been feeling.
B: Remember, the things that you call, astrological are REFLECTIONS of what’s already going on in the collective consciousness of your species. It is not a control, it is not a trigger ... it’s a REFLECTION of what’s already there. The timing, the timing of those things, the timing of the planets, the timing of the alignments is a reflection of a change already in progress in the consciousness of your world. It is not causing it, it is not bringing it about, it’s a reflections of what’s already happening in you. Make sense?
Q: Absolutely.
B: Does that help you?
Q: Yes. I guess my question begins with what happened to me last week.
B: Yes.
Q: Even when that happens again.
B: Yes, and it will.
Q: So, that is simply just an adjustment to keep me...
B: You can recognize that there is contact being made, that you are having different kinds of experiences, yes. But there a many different levels to the agendas of these interactions. Some of it has to do with making fine tune adjustments in the level of your energy to help you acclimate to the kinds of energy shifts going on in the collective consciousness of your world and the transformation of your planet. It is a part of what you would call evolution. It’s just that evolution takes place in a very different way than your people think, and involves many more levels of consciousness than you are willing to be aware of at present.
Q: And what if I’m willing to be aware of who I am in the present?
B: Well, ASK yourself! Are you?
Q: I think so.
B: Is there any fear?
Q: Then that would come up at that time...
B: Yes, it would.
Q: ...and it does when I can’t quite get it....
B: Remember, there is a fundamental fear that most of you feel in these interactions and it is this ... when you understand that you create your own reality. Yes?
Audience: No answers.
B: YES!
Audience: Many yes answers.
B: Understand that you also do so collectively. You have a collective, consensus reality. Yes?
Audience: Yes.
B: Well, so do other beings and when their reality, their collective reality is at a higher reality than yours and it starts to interact with yours, it can feel a little bit overwhelming. In other words, one whole collective universal reality is being dissolved by another to create a third reality in which both can exist. But because of the way that you have been taught to think about yourselves as physiological beings, you experience this dissolution of your universal reality as actual death of the ego structure. And so you go into survival, panic, fear mode because you think you are dying. You’re not, but that’s what happens.
You follow me?
Q: Yes.
B: The more you allow yourself to expand and know that you are the reality in which you THINK you exist, the easier it will be for you to assimilate and accommodate other realities as an equal and then you will not have that basic fear. Any other fears that remain may be simply reflective of your individuated agendas of definitions you have within yourself that need to be integrated within your understanding of who and what you are. But yes, you will deal with them as they come up, be open to them. Make a friend of the unknown, it’s the only place that you are ever going to be anyway. Audience laughs You know that no matter how well you plan, you’re always in the unknown. So it might as well be a place to enjoy, because it’s the only place that exists. You follow me?
Q: Yes.
B: May I wish you pleasant dreams as well then?
Q: Oh, thank you.
B: And remember, ASK for consciousness. ASK for assistance in some fashion, even though it maybe be a fashion your mind doesn’t always immediately recognize or understand; it will be given. So ask. All right?
Q: Yes.
B: Thank you.
After-Death States and Christ Consciousness

Q: The white light that people see or experience when someone dies, and you can see them moving towards that white light...

B: Yes?

Q: ... what is that, where...?

B: To some degree, it can be many things. It can be the collective energy of your own higher consciousness. Usually, simply because of the civilization that you are now in and the beliefs that you hold, usually there will be imprinted over the surface of that collection of your own recognition of your own creatorhood, some symbol to which you can immediately relate. The Christ, the Buddha, whatever you wish, perhaps a long lost uncle. Do you follow me?

Q: Yes.

B: Now understand, it is only in that way the energy of yourself as the source. You are talking simply, in a way, if you wish to form any separation at all on a simple level, to the collected consciousness of the idea you call the Creator – but only as a symbol. Do you follow me?

Q: No, I don’t.

B: You are viewing, if you wish, the fabric of consciousness in a still somewhat symbolic form, that of light. You are viewing, if you wish, the source of creation, but when you begin to communicate with it, you will find that you are reflecting back to yourself. Do you follow me?

Q: Yes, in other words, are you saying that we have chosen the Christ as a symbol to relate to?

B: Some individuals will choose that symbol, some will choose other symbols according to their own belief system upon your physical planet. Very quickly they will understand that they are simply creating a symbol and will simply see the light for what it is: the reflection of the gathering collectedness of their own overall consciousness; that which you would call All That Is. Do you follow me?

Q: Yes.

B: Are you sure?

Q: Yes, it’s bringing up another question.

B: Oh, all right, go ahead.

Q: Well, about Christ.

B: Yes.

Q: Christ was on this Earth.

B: Now realize that the terminology, Christ, will mean many things. What you term to be Jesus, was upon your Earth. There was the connection to the idea energy, in that sense, that your civilization has
come to label as the Christ Consciousness. But understand that the Christ Consciousness or that type of consciousness, a representative of which will be, quote/unquote, the aspect you call “Christ” will pervade an entire density dimension of reality, and will be many places at many times. Do you follow me?

Q: Yes.

B: And when you choose to use that symbol, you are simply allowing yourself to reflect an idea that was presented in a way not completely understood in the way it was created by that individual you have called Jesus, in his own recognition of himself as vibrating at a higher level – if you wish, higher level of consciousness. But offering the idea to all other consciousness within your civilization that that vibration was also theirs, to vibrate in accord to, if they wished.

Understand that that individual never sought, nor required, followers; but only offered that each individual could be as he was. Experiencing the vibration in total communication with the idea that you have called the Christ Consciousness. You follow me?

Q: Yes.

B: Then, because of the separation that was within your society at that time and still to some degree is the simple recognition of the energy of that dimension of reality you call the Christ Consciousness was then applied to the one being who simply knew he could exemplify it. Therefore, he became the Christ, but only by your appellation, not directly by his own.

Q: So, we created “Christ.”

B: Very good; very, very, very, good. Therefore, understand that that energy comes from you; you are also the Christ Consciousness, if you wish, you are the creator. You are your own Father, Mother, Son, Daughter. Thank you.

Q: Thank you.

After Death States and Christ Consciousness
Afterlife Communication and Relocating

Q: My father-in-law died about a year ago. And my mother-in-law has been sort of in limbo, I suppose you might say. I’m wondering: is there any way that my husband and I could assist her in sort of transforming through this stage of her life?

B: It is our perception that perhaps what can assist her greatly is the literature that already exists in your society dealing with the idea of what you call life after physical death. If she can familiarize herself with the idea of what that, shall we say, terrain, is all about, she will open herself to sensitivity – to sensitize herself to have her own communications in a more conscious way.

Q: Would she be willing to trust her own dreams?

B: Yes, but the information can come in a more conscious fashion, more in the form of a conscious meditation as she is absorbing the information in those books that already exist.

Q: Okay. I have one more question real quick. Why is my dog acting so strangely?

B: Strange in what way?

Q: She’s just...she’s really upset, and she’s walking around the house, and she’s looking for something and not finding anything. And she just seems to be generally disrupted.

B: Are you contemplating, in any way, a physiological move?

Q: Oh, not real...not soon in the future.

B: Have you contemplated any particular place that you might be moving to?

Q: Yes.

B: Where?


B: Why?

Q: We just thought we might experience the Pacific Northwest a little bit more deeply.

B: Why?

Q: We wanted to...my husband and I just like the idea

B: What is the energy you know is there? How does it feel?

Q: It feels good; it’s green and clean and...

B: All right. Green and clean. All right. In your terminology, when will you go?

Q: A year and a half? A year?

B: Is that a question?

Q: I’m not sure.

B: Two questions, all right. Are you going in six months?

Q: I’d love to go in six months.
B: How about three?
Q: Six months.
B: All right. Why six?
Q: I think there are some things I’ve started at this point that I should finish before I leave.
B: All right. Three months it is. Communicate to your animal the essence of the feeling of the green and the clean. It will help to orient. Because the animal is only being a magnetic compass needle for fluctuations around your own indecisions about what it is you think you have to clean up. All right?
Q: Okay. Thank you very much.
B: Thank you very much. Sharing!

Afterlife Communication and Relocating
Afterlife Experiences

Q: Hi.
B: Hi!

Q: My great aunt lived to be 97 years old, and she died just this morning. What would she be experiencing now?

B: What were her strongest belief systems?

Q: I don’t know. She was, very, very nice, a very loving person...

B: Did she have strong religious connotations – to the afterlife?

Q: Perhaps, to some degree; she wasn’t one who talked about them much. But I think... since she was born 97 years ago, I think there was a much more religious atmosphere around at that time. And she was raised...

B: That does not mean she kept it with her when she went.

Q: Yes. It seems to me a lot of people who live to that age – in degrees they’re pretty much gone. She was probably 97% gone before she even died, so I think she probably was spending more time in the death state before she died, probably...

B: All right. One moment. She awakened in an apparently comfortable little house, a house that she had lived in some time ago physically. But it had attributes in it of houses that she had lived in, in other lives as well, so when she awoke, so to speak, she was in familiar comfortable surroundings. She thought she had been dreaming, and she heard a knock at the door, and answered it. And there was what appeared at first to be a stranger, but someone she felt was very loving. She asked them in. She wasn’t quite sure where she was or how she got there, but it all seemed so proper that she didn’t really question it.

She allowed the stranger in. They sat, they chatted; they had tea. And bit-by-bit, slowly, recognition dawned – that this stranger was someone she had known before, someone who had died before her. Slowly, slowly, right now it is beginning to dawn on her that death is very comfortable, and can be quite enjoyable. And that this being is a guide who has taken the appearance of the familiar; and that the house is the creation of their combined mentality to provide her with an environment into which she could acclimate easily and comfortably to the idea of her new existence.
Soon she will understand that what you see in the astral realms is what you think you will see. And soon she will not need the house, although she may maintain it for a while, just because she will need to walk through it and visit all the different things of different lives that different portions of the house will remind her of. There may be old books to look through, old photo albums to peruse, to reminisce; to gather back together the understanding of herself as an oversoul. That is our perception of approximately where she is at.

Q: Okay. Thank you very much.

B: Thank you. Oh – one moment. Will you do us a favor— you specifically?

Q: Yes.
B: In your imagination, right now, take a tiny square of paper and simply write on it, “I love you,” and sign your name. Kiss it and send it. In perusing through one of those books, she will find it, and it will assist her in awakening that much more. Thank you.

Q: Thank you.

B: There will be, in your terms, but a few moments remaining for this interaction. Sharing.

Q: Hello.
B: Hello!

Q: I just wish to share my love with you once again.

B: And you.

Q: And to acknowledge you for being here with us, and for your beautiful sharing with us.

B: Oh, thank you for being here with us.
Q: My pleasure – always. I would also like to share with everyone here something you said that has been of tremendous value to me…
B: Are you going to embarrass me now?

Q: Oh, I don’t think so.

B: All right. I do not embarrass easily.

Q: Yes, I know.

B: Do share – recognizing of course that you are speaking of something that is your own co-creation, not all my doing.

Q: Thank you. That’s true. I do know that.

B: Thank you. Do share.

Q: It’s something you said on a tape that I was listening to, driving my car one day. And when I heard it, I had to turn the tape off so I could totally grasp it in its fullness, because it was a new facet of something I knew. And it was simply this: nothing happens to you; everything happens from you.

B: Yes.

Q: And I had a reminder, once again, that we are all eternal creators.

B: Yes.

Q: So thank you, once again, for reflecting that to us, and allowing us to recall and remember.

B: We thank you for the opportunity of reminding each and every one of you that you are indestructible. You are spirit! Do not think that a body is separate from spirit. Your body is spirit on a different frequency. You are spirit; you are consciousness.

And once again, remember: consciousness does not exist in the body; the body exists in your consciousness. It is made of you: it is you. And you are indestructible and you are eternal. You exist now – and it will always be now, no matter when you think it is.

We extend to each and every one of you our unconditional love and our unbridled joy at being able to experience the gift that you are. We thank you for allowing us to love you, and we thank you for your love. Exciting dream lives and life dreams to you all, for it is all one and the same.
Wake up and dream the dream you prefer to dream. We thank you. We bid you a fond and unconditional loving good day.

AUD: Good day. 
Aging and Life Review

Q: Hi, this is along the lines of age.
B: Age?
Q: Last week... I went to visit my grandmother, and a couple of years ago she had had a stroke.
B: Yes.
Q: And she’s been progressively losing memory.
B: All right.
Q: And I’m wondering... what happened to the grandmother that I know?
B: She still exists, but now the individual is now replaying, in a sense, many other memories from other time tracks and time streams. In a sense, many individuals before they physiologically die, will give themselves the opportunity to review many of the ideas they have been experiencing and living through in this life.
So, they may not seem to be “present,” to you and, in a sense, they are not. They are in another type of present, where they are reviewing many of the other selves they have been. So that by the time they physiologically die, they will be far more collected and far more prepared to face the understanding that they do, and have always created their own reality.
Q: Yes, that seems real accurate, because she picks up on periods back, the past, and she speaks the language that she hasn’t spoken for a long time.
B: Yes, and she will see many individuals as she saw them then.
Q: What about the relationship with my father? She seems to be familiar with him, although she can’t recall his name, or it takes her some time to...
B: They have been together many times. She simply recognizes the energy and that is all that needs to be recognized for now. The labels are losing their meaning.
Q: Did she recognize me?
B: Yes, but in a different way. There will be a few more different recognitions that will occur but, again, most of the labels will lose their meaning. You may find that further along in the transformation from physical to non-physical reality, the individual may create an opportunity to become, in your terms, extremely lucid in the present. To simply allow you to know she is doing just fine and, in a sense, knows, at that point, where she is headed. Do you follow me?
Q: Yes. So, is she understanding what we are communicating? Because she seems, like you said, lucid – she seems to fade in and out.
B: There may be times when the outer consciousness aware ego structure she is used to expressing in this life may not understand what is going on, but her soul, her essence, understands. She is doing what she needs to do. She is gathering the portions of herself together that she needs to gather at this time.
Q: Okay, thank you.
B: Thank you.
Agreements and Pleiadian Connections

Q: Are those space ships that are by my house? Sunday night I saw space ships again. And I was with my ex-husband who doesn’t come to channelings, and he saw them too. And they were blinking red and green lights. Were they Pleiadian ships…or a Mothership? Is it a scout ship?

B: Upon what basis do you define it as spacecraft?

Q: I can hear.

B: Hear what?

Q: I know.

B: In this way, at this time, you will find that our perception for now of the idea is a projection in your own reality, and is quite isolated at this time to your reality; but you are extending your senses into other dimensional realms, and allowing yourself to perceive what connections need to be perceived by you in this way. So that you can form the relationships that you have created to exist in your life.

Q: Yeah, but how about Ron? He doesn’t…you know he…

B: Is that individual sharing your life or not?

Q: Yes.

B: Then understand there are many agreements, even though they may be unspoken and unconscious, to share similar realities. You follow me?

Q: Well, yes.

B: Keep it simple. The idea simply is, whether or not an individual may think they know that they are related to certain ideas, the idea of experiencing something with someone else can never be accidental. You follow me?

Q: Yes.

B: It must be there for a reason AND for the choice the individual has made. Now, in this way, what affinity do you find you have for the Pleiades?

Q: Um.

B: Or, I will put it another way. How does having an affinity for the idea of the Pleiadian consciousness allow you to serve on earth?

Q: Having... allow me to serve?

B: Yes. What will you do with the connections you are forming?

Q: I’m doing all I can to help and to serve, and to be the best me I can be.

B: All right. You always are the best you, you can be.

Q: Yeah, I’m doing the best that I can.

B: Always.

Q: Last week you told me to watch for symbols.
B: Yes, and so you have seen them.
Q: Yes.
B: So, in this way, simply recognize that the idea is simply that symbols are presented to you, in that way, so that you always connect to other portions of yourself and utilize the energy where you have placed yourself to utilize that energy. In this way, at this time, we are, in you terms, reluctant to place any more definition upon the labels, in that way, so that your energy can simply be assimilated in whatever way will allow you to channel it through upon your earth. You follow me?
Q: Are they connected to Venus?
B: Pleiadians?
Q: Yes.
B: Remotely, but not directly. Pleiadians, in your terms, are from your Pleiades. You follow me?
Q: Yes.
B: Any connection will simply be that you perceive there is a similar level of unconditional loving energy that is exemplified by sixth density Venusians, as well as Pleiadians. You may find that they are sending similar types of love to your civilization; but in many ways, though on one level all is the same, they are also on the levels to which you are referring, very distinct and separate. The idea of anything that attaches itself by label to your Solar System will, in your terms, have quote/unquote, “first priority” in dealing with you, your civilization. Now Pleiadians will be, to some degree, the one primary exception on a different level because, in a very literal sense, Pleiadians are your brothers, sisters, and cousins, for you are from the same offshoots. This is not exactly, directly true, although there has been other intermingling of many other groups as a whole. However, portions of the consciousness from past times, from Atlantean times, from Lemurian times, have created offshoot non-physiological spirituality consciousness that has attached itself to the idea of sixth density Venus, and is reflected in that way; so you may be seeing a very old connection. But in this way, in the present, they are quite distinct and separate directions. You follow me? Will that have assisted you?
Q: Yes, thank you very much.
B: Thank you.
Agreements Between ETs and Humans

Q: What is the state of being between the extraterrestrials and our governments, in terms of letting the people know what’s going on?
B: Are you specifically referring to the idea of the extraterrestrial organization that initially formed the relationship with your government?
Q: Ah...
B: What you call the idea of the Greys, are you referring to those?
Q: No not exclusively, just the idea of any extraterrestrial...
B: I will give it to you in a word: the relationship is estranged. In other words, there is much fear among your own government now, in the original agreement that was made, in the choice your government made to form an agreement with the Grey species. And in that the agreement did not go as they wanted it to go, they now themselves find that they are much in the dark and feel they have, in some sense, made a pact with the devil, as you say in your language. In that they themselves have been fooled into thinking that they would get certain things that they did not get. And now they are beginning to realize, it is beginning to dawn on them, that perhaps they should have made a different choice. They were offered an opportunity to make an agreement with federations and associations, but the federations and associations would not have agreed to give them the technology that they wanted. They went with the species that agreed to give them the technology, which was the Greys. Of course the Greys gave them almost no technology at all, but once the agreement had been made, in a sense, it was, quote/unquote, at least for a while, too late to back out. Because, no matter what you might think of your own governments, you created them to be your own governments and you created them to be the representation of your planet. Until such time that you take your power back, and things are a little bit more equalized, you will find that, in that your government, as your representative, made the agreement with whom they made it – the rest of us have to honor that until the majority of your planet votes differently. You understand?
Q: Yes, I do. What about the other extraterrestrials?
B: What about them?
Q: As I understand it they are standing back...
B: In a sense, helping when and where we can, but through the idea, as has been pointed out over and over again, of non-interference. Because, again, we can only go so far without violating the agreements you have made. Not only the idea with the Greys, but the agreements you are making with yourselves, as to what kind of a planet you say you want to have, and we can only go by your actions and your behavior, you know.
Q: Well, there is the possibility that any one individual, myself as an example...
B: Yes.
Q: ...to make a decision to change everything.
B: And every one of you do, but the idea is also that while, of course, an individual can experience certain ramifications of the changes they make as an individual, you are also agreeing to be, generally, in all of this change, together. And therefore, while, as we have said, individuals can to some degree sometimes be a little ahead of the crowd, in general, most of you will wait until everyone else catches up before you will see the most dramatic and sweeping changes take place in the most obvious ways, with regard to your relationship to us. This is accelerating, however, accelerating rapidly.

Recently, we also said that we sensed coming up in now what we call your immediate month of March, as you know time to exist, that there would be the beginning of many radical sweeping social changes, technological changes, political changes, economic changes coming about, and one of the first ones you now see is what you now understand to be your technological capability of cloning. This is turning your world upside down. But it is a marker for the understanding that you are now truly emerging into a new understanding of creation, and what life is all about, and what it can be. And weighing what you call the positive and negative aspects of these ideas, as you now become more mature in your understanding of your relationship to creation and infinity, and what life is all about.

And so these things are accelerating, they are progressing, but, again, there is a lot of critical mass, in a sense, a lot of inertia to change. And because you are a world of space and time, it is not necessarily a bad thing that these things take a little time to allow everyone to get used to some of these changes – so it is not too abrupt, so it is not too shocking. Which is one of the reasons, as you already know, why we just don’t land, and say, “hello,” because it would throw most of you into psychic shock, literally; because our frequency is, in that sense, so much greater. No offence, this is not a judgment call, it is simply much higher than many of your own – and to be exposed to such a high frequency without preparation would actually throw you into psychic shock.

So we take our time and we pace ourselves, based on the common denominators your society presents to us, as to exactly how fast, and how close we can approach you without causing damage to those we love. You understand?

Q: Yes, I do. Thank you for your loving perspectives.

B: Thank you for allowing us to be of service. Sharing!

Agreements Between Ets and Humans
BASHAR:
Channeled by
Darryl Anka
Alien Feelings from "Without Expectations
12-9-95 Las Vegas, NV
Questioner: Ha’a’ Tu, Bashar
Bashar: And to you good day. How are you all this evening of your time as you create time to exist?
B: We are all just ... peachy.
Q: Peachy? How do you feel?
B: Perfect
Q: Perfect?
B: Yes.
Q: What a concept.
B: Yes, it is what all of you are, perfect as you are, whatever that may be right now, even if you change in the next moment, you’re all perfect.
Q: But how do you feel?
B: With my hands. Much laughter) With my heart, with my soul, with my mind...
Q: That’s what I want to know
B: ...with my spirit...VIBRATIONALLY, is how I feel.
Q: And all the beings on your planet feel in the same manner?
B: Yes, fundamentally, though they will differentiate it according to how they need to experience it as unique differentiated individuals, as well as feeling it in the whole.
Q: All right, so it is pretty similar to how we feel.
B: Not really. Unless you mean just the fundamental mechanism, yes.
Q: Yes, that’s what I mean, the fundamental mechanism.
B: Yes, it is identical.
Q: All right, because in our conversations before, you discussed how you had a number of lives as a Grey.
B: Yes.
Q: I guess a Zeta Grey? And how does a Zeta Grey feel?
B: There is feeling but not as you understand it. The closest analogy that they have to the concept of an emotion would be very alien to you. And as we said, the closest sense of what you could make out of what they, collectively as a hive mentality, experience as emotion would translate in your consciousness,
as a sense you call irony. You actually do not have the mechanism to translate their emotional structure, it isn’t an emotional structure you recognize, though it is an alien emotion. But the only piece of your consciousness that can make sense out of it would be that piece that would recognize it as a sense of irony. That’s as close as you can get as a human.

Q: So that’s what it feels like to be a Zeta Grey.
B: As best as you can understand it.
Q: Okay, because you say it’s a hive mentality...
B: Yes
Q: Can I associate that with your civilization also, hive mentality?
B: Only in the sense that we are telepathically linked, but the hive mentality we described in the Greys is such that they are barely individuated at all. You follow?
Q: Okay.
B: They are, in that sense, almost robotic. We have ABSOLUTE INDIVIDUATION. I would think you would know that by now. Audience laughs At the same time, it is balanced with the intertwining telepathy. This is why the hybrids are being created, such as my species, because it is the balance of the collective hive intellectual mentality of the Greys and the emotional, individuated consciousness of the human. We are the balance of both.
Q: Okay, yes, I am familiar with that, but I just wanted to check on it.
B: All right, well.
Q: As your simulacrum, which is here...
B: Yes.
Q: ... as Darryl.
B: Yes.
Q: That’s how you, more or less, have used that to tune into our society, right?
B: Yes, it is, in that sense, an anchor point. Pun intended.
Q: So, as Darryl feels, that’s what you associate with our society?
B: In many ways, although we can also extrapolate to some degree beyond that, at this point, because we have access to the channel’s entire life, you understand?
Q: Not his entire life.
Q: Yes, the life he has lived and the life he has yet to live, from your perspective.
Q: Oh, in this society.
B: In your society, yes. We have access to the entire life from birth to death, which he does not yet have.
Q: Okay, I understand what you are saying then. You are talking about the immediate future of this present lifetime?
B: Yes.
Q: Okay, not in next...
B: No, no, no, not yet.
Q: All right, now the channel before us, he doesn’t have any children, any physical children?
B: No.
Q: Okay, and you on your planet, you don’t have any physical children?
B: Correct.
B: We love them unconditionally.
Q: Yes, I understand that, but there’s a little more, at least there seems to be for me.
B: You are asking a human question...
Q: That’s right.
B: ...from a human perspective.
Q: That’s right and I wanted...
B: Do recognize again that we trust the synchronicity.
Q: Yes, let me finish. Okay, all right, will you tune into that? Let me finish. You tune into his lifetime...
B: Yes.
Q: ...and you do not know what it feels like, as a human, to have children.
B: Why?
Q: Well, I’m asking you.
B: Yes, I do.
Q: You do?
B: Yes.
Q: How?
B: Because we extend beyond.
Q: In what manner?
B: We pick up on the resonance of others in your society as well.
Q: Yes, but picking up on the resonance and in the actual experience...it’s like, I experience something directly.
B: Yes, but we have access to all the parallel lives of the channel as well, and in some parallel lives he has children, biologically.
Q: Oh, okay.
B: Does that help?
Q: That helps immensely, because what I’m getting at is, is the actual experience of something and then the theoretical experience of something, there is a difference.
B: Of course.
Q: That’s what I’m getting at.
B: But we have the actual experience because we can connect multidimensionally into all the probable realities of the channel as well, not just linearly.
Q: Okay, that helps out a lot. What I want to ask now is, as a Pleiadian, can you tune into them and tell me how it feels to be a Pleiadian?
B: Perhaps it would best be understood in the following manner...one moment... Bashar clicks Darryl’s teeth approximately 29-30 times in five seconds ...do you know how it feels to love your children as a father?
Q: Yes.
B: That frequency is, more often than not, the fundamental underlying frequency of the Pleiadian incarnation
Q: To all the beings in the Pleiades?
B: And all of you and many others. They are a kind of family, familial energy, fundamentally, that has an out flowing of unconditional love for all that they consider part of their family to be.
Q: And that is how they feel towards us?
B: Yes, because you are literally their cousins in many ways.
Q: And how does it feel to be an Orion Grey?
B: Again, in the Orion complex and the concept mingled with what we have already described as ironic, you follow?
Q: Yes.
B: Take that sense of irony, have you got it?
Q: Yes.
B: All right. Throw in what you might call a dash, if you will, of adrenaline. Have you got that?
Q: Got it.
B: All right.
Q: Just a pinch?
B: Just a dash, just a dash.
Q: Yes.
B: ...and then, take your body...and fall...from about a three foot height onto cement much laughter Now, I’m being serious.
Q: Yes, I know you are.
B: All right. That sensation, that shock...that’s close.
Q: That’s how it feels to be an Orion Grey?
B: Yes.
Q: Okay, and how does it feel to be a Sirian?
B: Sirius?
Q: Sirius.
B: Like a bubble popping constantly, like a bubble popping constantly, like a bubble popping constantly, like a bubble popping constantly.
Q: Okay, what I want to ask you now is...the Sirian beings that I’m talking about are the physical beings.
B: Oh, we thought you were talking about 6th density.
Q: Yes, I understand.
B: You want to know about the physical Sirius beings?
Q: Yes.
B: How does it feel to be one of them?
Q: That’s right.
B: All right. Allow yourself to remember how it feels when you are immersed in thick mud, you understand?
Q: Yes.
B: Now, allow yourself to take along with that the idea of inhaling, simultaneously, a very fruity smell, such as an orange. You follow?
Q: Yes.
B: Mix that with a sense of an idea of a flower growing in the earth, an earthy quality...got that?
Q: Yes.
B: Like being a gardener, so to speak, and getting your hands in the earth. That feeling of accomplishment of growing something that will then sustain, both in beauty and, perhaps, in food, you understand?
Q: Yes, subsistence, for sure.
B: But in that manner especially, agriculturally, that concept, that feeling of being symbiotic with the land in that way. The individuals on your planet that are in the community that you call Findhorn. You understand?
Q: Yes.
B: There’s a close analogy there in how they relate to the concept of growing things and why the growing things respond so beautifully in that area. This is similar to the Sirius energy in physicality.
Now remember, we are giving you just the general underlying fundamental frequency of each. There are many individuals in some of these, and they will vary this frequency in a variety of ways that we simply do not have time to go into.

Q: Yes, I understand. The Sirians are they individuated or...
B: Physically, yes.
Q: Okay, are they in telepathic communication with each other?
B: Not exactly as you would understand it, but yes, there is a kind of sensing in a natural way, more of a direct empathy rather than telempathy.
Q: Okay, and are they humanoid as us?
B: Humanoid, not human.
Q: Yes.
B: There is some degree of amphibious quality to them.
Q: All right, and more or less something along the lines of a mermaid or...
B: Well, that’s a rough analogy, it’s not really.
Q: Okay, how does it feel to be a reptilian?
B: Hungry. Ravenously, ravenously hungry.
Q: And what do they sustain themselves on?
B: Not you. much laughter Although there is a component of the consciousness that they can utilize in that way to sustain themselves for brief periods of times. Their ravenous hunger does not always have to do with the idea of physiological sustenance.
Q: Yes, but where does it come from?
B: Where does what come from?
Q: The constant hunger?
B: The constant hunger is a reflection of the deep, dark fears within many beings, for they reflect that primally, in many ways.
Q: Okay, and do they have emotional bodies?
B: Oh yes, they do.
Q: And are they similar to us in any way?
B: In a primitive way yes...rage.
Q: Where do they come from?
B: This has a long history. There are Rigelian counterparts, genetics. There are also genetics that were lifted off your own planet, from what you would call, the dinosaur age. There is an admixture and a mutation that exists therein.
Q: Okay and how about the Lizzies, where are...
B: This is the same idea.
Q: Same idea, okay, all right.
B: Are you making a catalogue?
Q: You know what I’m doing. I’m using you to tune in because I was always curious to see how...this is how I want to relate to these different beings and how they feel and how they experience reality.
B: All right, you can learn much from that perspective. Of course, we also understand you will always want to relate to them from the perspective of your own choice.
Q: Yes. The other group of beings is called, I think, the Blonds, muscular type beings, the Nordics, the Blonds...
B: We will not go into them right now.
Q: You can’t comment on how they feel?
B: Not right now.
Q: Could you tell me where they are from?
B: Not right now.
Q: If I tell you where I thought they were from?
B: Maybe.
Q: Procyon.
B: One variation is from Procyon, but not all the ones that are identified as Blonds.
Q: Okay, thanks a lot, Bashar.
B: Thank you. How come you didn’t ask about the Tau Cetians?
Q: I was going to ask about the Founders. How does it feel to be a Founder?
B: It feels eternal to be Founder, if you can get a grasp on that...feel as old as you possibly can, archaic, ancient, ancient but always totally present...eternal is how the Founders feel. The Tau Cetians are very friendly and will become one of the best friends your species has ever had.
Aligning Crystals

Q: First I would like to say thank you. This evening has been very enlightening and very exciting for me.

B: We thank you as well.

Q: Now for some reason or other, during the course of the evening, the word evil has popped into my mind.

B: Aah.

Q: Now, I used to believe there was good and evil, but that concept, it seems to be, uh…

B: ’Tis simply positive and negative energy; ’tis simply integration or separation.

Q: And that’s all there is to it? Then…

B: Yes.

Q: …what, what has caused things like suppression and insanity and criminality to manifest itself so much on this planet?

B: Judgment.

Q: Just judgment?

B: Yes.

Q: So judgment could actually be evil?

B: In a sense.

Q: In a sense, okay, all right. Thank you.

Q2: Referring back to the precision and the insulation you spoke to of these crystals, what then would define precision? Are we talking about cutting the crystals…

B: Yes.

Q: ... to a particular…

B: Yes, and what you would call accuracy of cut; symmetry, precision of equipment. You understand the term?

Q: Yes, I do. Okay. Now, is there a specific shape that the termination should have… six-sided?

B: Yes.

Q: Okay. In other words, it would mimic natural crystals…

B: Oh, yes. Just precisely rendered. What you might say ideally rendered.

Q: Okay, into a symmetry about an axis.

B: Yes.

Q: What about the other end?

B: Rounded.
Q: Perfectly rounded? Spherical?
B: Yes.
Q: Okay, and the insulation between crystals?
B: Can be the idea you call glass. Can be rubber.
Q: Okay. And this insulation could also be that which holds them all together.
B: Yes.
Q: Okay. And what size of crystal? I’m imagining something about \( \frac{3}{4} \) of an inch in diameter...
B: That is up to you.
Q: Okay. The size, the... the varying sizes would create different effects.
B: Yes, and different levels of effects.
Q: Yes. Thank you.
B: Thank you.

Aligning Crystals
All Lives Are One Life

Q: I want to ask you some questions about yourself and your world, if I can.
B: Of course.
Q: I haven’t been here – only for a few weeks – and I guess I missed some stuff that you’ve probably already talked about, in terms of the different vibrational level of your world as opposed to ours. Is the physical reality in your world the same, or similar, to our world?
B: Similar, yes.
Q: You have bodies?
B: Yes.
Q: Are your bodies like ours, in terms of two arms, two legs, and that sort of thing? In that sense, would you call it humanoid – we have referred to you very often, as of a Sassani-ish type body – is that a common thing throughout the various universes?
B: Within a particular frequency range, yes, understand, again, that usually any society that begins to explore space will usually run into and attract to themselves those that are similar to their vibration first, so they can get used to the idea that there are other beings at all. Then, bit-by-bit, as you expand your awareness of the different frequencies, you can encounter very different societies from your own.
Q: So, if you’re one of a different vibrational level, it’s still a close frequency to ours?
B: Yes.
Q: If I were to fly towards your world, would I ever get to it?
B: If you made the frequency shift, yes. If you stayed in your own realm, you would go right through it – as we would go right through your own without making the frequency shift.
Q: So when your space ship is here, it’s physically here, if it were . . .
B: Because we make the frequency shift.
Q: I could touch it, and it would be right there.
B: Oh, yes.
Q: Now, another question: you have an excellent command of English.
B: I do not speak English at all.
Q: Okay, the channel speaks it.
B: We are simply activating whatever, within the channel’s vocabulary, is necessary to translate the concepts.
Q: Okay. That was my question. When you are speaking to us through the channel, could you speak to us in French, or Japanese, or German?
B: Only if the translation device is programmed with those languages.
Q: Okay. So that’s… um, another question: in terms of telepathy, do you… when I was growing up my concept of telepathy was that, if you’re telepathic, you could understand and know anything of any being you came in contact with.
B: Not always.
Q: That’s not true?
B: Tel-empath, if you wish, perhaps more precisely defines the idea. And the idea is that you are on a similar frequency. Now, you can understand quite a bit, but it may not be necessary for you to understand absolutely everything there is to understand about that being. Except what it is that the interaction is for, that is going on between you at that given moment – that you can fully understand.
But recognize that telepathy – once again – is not directly the reading of minds; it is the identification strongly with another individual, so that you are both interpreting primal energy in similar thought patterns. You are creating the same thought patterns, mimicking their thought patterns. And that is how you know what they “think.”
The emotions are creating what you understand: telepathy is an emotionally activated response. That is why individuals that are, most often in your world, considered to be “in love,” are the ones that most often, as you observe them, know each other’s thoughts most quickly.
Because being in love is expressing telempathy. You act as another individual. You are in synchronous accord with them, so you share and create similar thoughts at the same time. That is how telepathy works. You are not actually going into their mind and pulling out the information; you are thinking along the same lines.
Q: I think I understand.
B: Thank you. I know you do.
Q: Okay, I have a personal question. Over a period of ten years I shared my life with a monkey. And often – in a lot of the dreams that I recall during that period, she was in the dreams representing this or that. I’m not quite sure what, but she was in a number of my dreams.
B: Yes.
Q: Ever since she died, she has not been in any of my dreams. And I was wondering if you could explain – first of all, I’m kind of curious in terms of animals, in terms of especially an animal like that, that was so close to me, in terms of the way she thought, and so on – what the relationship is between a human and a primate like that? And also in terms of reincarnation, and just why I’m not… why I would have seen her in my dreams when she was alive, and not now. Is her…
B: Is this the consideration you call a monkey or an ape?
Q: This is a monkey; this is a capuchin monkey.
B: All right. Recognize, in this way, animal consciousness in general is an extension, an expression, of the collective consciousness you are as a society. It is reflections and aspects of the different aspects of you – all of you – in many different ways. In this particular sense, the conversation, as we perceive it,
that went on between you, while physical life was maintained, was reflective of some of the ideas you were discovering about yourself, some of your natural connections to creation, in many ways.

And also, with you, a specific connection to a second density consciousness, so that you could incorporate what might be called second density consciousness. That which was prior to all that you all know as your civilization, but yet to which you are connected at another level. Another world: the Earth, if you will, that existed before the Earth you now know, and in that sense, from which your present situation was created.

In drawing that connection together, and then in finally incorporating it within yourself, you remove the need of the reflection outside yourself. The communication now goes on within you, rather than between you and another level. You follow me?

Q: Yes.

B: You are now those two levels. And now you are gathering up the second – which, of course, already implies that the first was absorbed – to the third, and now accelerating to the fourth. First recognize: the idea of acceleration from level to level, density to density, dimension to dimension, is not at the exclusion of all the dimensions you have gone through. It is the integration and incorporation of all dimensions you have gone through.

Fourth density is the blending of the third, the second, and the first.

Q: That was my next question.

B: Yes.

Q: But in terms of individual energy, would she, as a monkey and (the personal life?) she had, is she “reincarnatable,” or is there anything…

B: Oh, yes. Oh, yes. Oh, yes. Now, that particular consciousness is now undergoing a transcendence of evolution in soul, and will now, if she chooses, begin a new cycle of incarnation out of the old cycle. And can begin the idea you could call – we understand this may be very confusing in many ways as there is not the time to explain the whole evolutionary cycle – but would now begin the cycle you could call “proto-human.” And then will go on and create her own third-density reality, and move on into fourth eventually, in time.

Reincarnation, when you are in a cycle, usually reincarnates from what you are into a similar idea. But there are, from different reincarnational cycles, evolutionary steps as well. And that being is now beginning an evolutionary step into a different layer, a different level. So, while she has served you in many ways, you have served her by letting rub off on her some of the aspects by which she can evolve into, what you now call, an aware aspect of the consciousness of which she is a part; a deterministic aspect, rather than simply, in your terms, an instinctive one. Is this making sense to you?

Q: Yes, it is.

B: Does that assist you?

Q: Yes. Thank you very much. I have one more brief thing.
B: All right.

Q: Since everything is synchronistic, would it not make more sense to speak of other lives as opposed to past lives?

B: ‘Tis up to you. We simply use the colloquial terminology, since for many individuals it is – in your terms – easier for them to understand what we are referring to. Whereas sometimes “other lives” may carry a specific reference across the time track you are living in now. But yes, they are all simultaneous, and all lives simply are “other” lives – and even that is a separation. All lives are one life, expressing itself in all the ways that it can.

Q: Okay. Thank you very much.

B: Thank you. SHARING!

All Lives Are One Life
**All of It**

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


B: Allow us to begin this interaction with a further idea of the notion of abundance. We will entitle this particular tape, “All of It.”

Now recognize that we have discussed many different ideas and aspects and points of view and approaches to realizing your own abundance in life, which is natural – a natural state of being. You are naturally abundant; and if you can allow yourselves to perceive that natural abundance, then you can open all the doorways through which abundance can come to you in any form, any way that it is able to come. Not placing upon it, as we have talked about before, any particular expectation of how you think it should come, because then that may actually limit its ability to come to you in the quickest possible way.

We have discussed many times the idea of the ownership of materiality, of material things, of what you call possessions upon your planet. And there have been different schools of thought throughout the various ages on your world regarding the idea of whether or not you, quote/unquote, own anything. Generally it is surmised by those that think of themselves as approaching it holistically, naturally, that you do not really "own" anything. And in a sense this is true. But the idea also can be said in exactly its polar opposite way, and still mean the same thing, you own everything, everything, all of it.

Everything, in a sense, that you own, it doesn’t mean that you own it in the sense of having to hoard it. Many individuals who think about the idea of abundance, sometimes out of the habits you have created in your society, tend to think of abundance as an actual holding on to something, a having, a maintaining, an isolating, a locking up, a locking away of wealth of many different kinds.

But recognize, as we have discussed, individuals who truly function as rich individuals, to use your terms, you can very often observe (that) it is not so much that they have things, but that they use them. They flow things through the persona that they are, through the life style that they are, through the situations that they are. Individuals who express high degrees of abundance and wealth are usually individuals who get things to flow, who are facilitators, exchangers of energy – shifting this for that, replacing this, trading off. Allowing individuals to receive certain ideas that they need in return for other things that someone else needs.

The whole idea of even your monetary form of abundance is still the idea of exchange, fundamentally, first of all, not so much the idea of holding on to it. For after all, if you actually hold on to it, all you are actually holding on to physiologically is paper and metal. The idea of what money is all about is what abundance symbolizes: the exchange of things.

Now, many individuals, as we recognize upon your planet at this time, are dealing with different aspects of their old ideas of abundance, and what they may believe prevents them from having what they
determine should be the abundance they desire. But this is simply because this prevention, or so-called prevention of abundance is usually because of the attitudes, the outlooks, the way you look at abundance, not because you are intrinsically lacking in the ability to be abundant – which everyone is, in their full natural state.

Now the idea – if you are willing to look at it this way – of recognizing your own natural abundance is that all of it, everything, belongs in a sense to all of you. All of you. You will use a certain form of abundance one time, and when you are through with it, someone else will use it – in much the same way that when you are through with one of your dollar bills and you spend it, then someone else gets to use it. The whole idea is to create a flow, in that sense.

So recognize that you already own everything, and that each and every one of you has a natural access to every single form and representative symbol of abundance that exists in your society. The whole idea is to loosen up with regard to how you see yourself – as to whether you deserve that or not, and as to whether you can handle the flow or not. For these are the two main ideas that many of you have created that seem to prevent you from utilizing in a conscious way the abundance that is naturally yours.

If you know you own it all already, then realize there is absolutely no reason – at least as far as the universe is concerned – why you cannot flow whatever level of abundance to your life that you’re willing to believe you’re the level of. And all you need to do to really activate that flow of what you already own is to trust that if what you want to do with it represents your intention within integrity, you will be given the opportunity. That’s all you need to assess within your conscious commandment, within your conscious decision making capability: that what you want to do is within the flow of integrity, and represents the ideas that excite you.

Those things – if you allow yourselves to fully believe and trust that you will be able to handle whatever opportunities are presented to you, once you allow it to be all right to be who you are, then nothing will stop the flow of natural abundance in whatever way, shape or form it needs to come to you. So simply remember: you already own everything – literally! You already own everything.

You can use anything. And all you need to do to attract to you the opportunity to use it is to simply make the decision that what you want to do is absolutely within the intention of integrity, because integrity creates a positive flow. And if you are doing the thing that excites you the most, it will create the activation, emotional mechanism, to attract into your life the opportunity so that you can act upon those opportunities, and accelerate and stimulate that flow. That’s all you really need to do.

We understand that in your world now, because of what you have created yourselves to be, and the habits you (have been) in for thousands of years, sometimes it seems to take time to get to the point where you will allow yourselves to be aware that you are a being of integrity. Many of you don’t believe that you are a being of integrity. You are taught from when you were very young that integrity is not something easy to do, easy to maintain – that is requires stamina, that it requires effort to maintain the idea of integrity.

As we have already also discussed, many of you are talked out of following what excites you from a
very early age on, not being willing to trust that life can be that ecstatic and that simple. Allowing yourselves to finally give yourselves permission to know you are a being of integrity – for no more complicated reasons than because you say so. That will be enough. You have that degree of power.

When you decide you are a being of positive integrity, your life will be reflective in a positive way. And the only thing you need to do to determine that you are in fact a being of positive integrity is to decide that you are and act like it. That’s it; that’s all it takes. It is that simple. We will remind you, once again, it is that simple.

At this timing, allow us once again in joy and ecstasy to extend to each and every one of you our deepest appreciation in (your) functioning as ambassadors of your society, and allowing me to function as an ambassador of mine, to bring us and our respective civilizations closer and closer and closer into the same dream, the same sharing, the same ecstasy and the same creative joy. We thank you for the gift of your consciousness and your sharing. And we ask you now, how may we serve you?

All of It
Q: A couple of questions: one for my mind and then a couple for me. Um, is a petroleum product the fossil fuel they claim? Is that actually the (garbled) or is, uh, being generated as a carbon process by the earth itself?
B: There is the idea of the conversion of decay.
Q: So old, old fossil fuels are breaking down and making those...
B: Yes.
Q: Okay.
B: There may be one or two factors in the process you are not familiar with yet, but generally, as you say, it is as you say.
Q: Okay. What is a retrograde? Does it have anything to do with the planet stopping and then reversing its axis?
B: The idea you express as retrograde is an apparent reversal of motion that is only caused by your relative perspectives in your orbits. In other words, as you may have one planet orbiting in this way, and the idea of another planet orbiting in this way, you will find that as you find yourself, in a sense, catching up to the orbit, it may seem that you are going in the same direction, but as you pass it, then, relatively speaking, it seems, relative to you, to be going backwards.
Q: Oh, wow!
B: You follow?
Q: Is there any planet that you know of that actually does change its orbit in relation to itself?
B: Only through the idea of what you would call rearrangement of the system, due to gravitational effects that do occur. It is not what you would call a natural pattern of the planet itself without what you would call the stimulation of, so-to-speak, outside forces.
Q: Yeah. Has it happened to Earth, where Earth had a big cataclysm where it’s slowed down for, you know... then I would imagine that the water would... would just devastate all the land masses. But has that happened to Earth, where it’s slowed down or changed its speed or even...
B: There was, in our understanding, one account, which was for many different reasons. Now this was also more than just the idea you would call, in a sense, a direct physiological effect, for there were many other levels of consciousness that were connected to it, and in your terms this was some time ago. But there was the idea of a suspension, temporarily, for various overlapping reasons, which we will not go into now. But the idea, in general, has been that there have been some slight variances in the orbital speed and path of your planet; but none that are, let us say, very great to speak of.
The orbit of your world has shifted to some degree since its physiological conception; but in its form that you find it in stable orbit. There have been other shiftings in your system since that time.
Q: Yes.
B: Primarily the idea you call Venus and also the idea of the destruction of Maldek, which you now understand to be your asteroid belt, primarily. Also Mars in that way.

Q: Was that a war that destroyed Maldek?
B: Yes.

Q: Okay. Furthermore, back to the Earth thing; now the lights, the Aurora Borealis, is that light coming out from inner Earth, coming through the ice pack?
B: No.
Q: What would you describe that as?
B: It is, as your scientists understand: the excitation of molecules in the upper atmosphere by the solar wind.

Q: Okay. What about inner Earth? It uh...
B: It exists, but not in your dimensional plane.
Q: Oh. So if I was to go to Greenland... I have dreams of Greenland and arctic type dreams, before, that...
B: You may find yourself able to pass through that dimensional portal into what appears to be the idea of an inner world; but you have also passed into a dimensional frequency that is not exactly your third density.
Q: Okay. So that would be... that would be a dimensional switch.
B: Yes.
Q: I’ve had dreams of places like that. Little bodies and very bright phosphorescing...
B: Yes.
Q: What’s the word, illuminated uh...
B: Yes.
Q: ...people. Their eyes were bright, very tranquil, and they loved gold, little gold things. (Laughs) They loved fishin’ around stealin’ gold.
B: The idea is also an archetypal representation of the energy that forms itself into the idea you call leprechauns. (AUD: various comments)
Q: The Loch Ness monster, these things that appear on a physical plane that have been photographed in, you know, rare occasions – is that... you know they, they say the thing will come up and then disappear for years, uh...
B: Our perception of this idea is more in the nature of what you would call another type of dimensional and/or time warp...
Q: Um, hum.
B: ... in the area, and then disappearances.
Q: Okay. So there are inner phases of physical, astral things, where you can actually pass through a space.
B: Yes.
Q: So there are those locations. Do you have a name for those things - portals or something?
B: Doorways; gateways; portals, vortices.
Q: Do they move? Do they...
B: Yes. They do fluctuate. Although some are relatively stable, but they do fluctuate.
Q: Okay. Uh, and you know it’s interesting because, going to another subject, I saw a record, it was in a long list of detailed numbers; well, maybe a seven digit number, then point 09A would mean the flux of, the phase of an arm that’s moving this way. Then another number would be an oak tree. And then another number would be a...
B: All right.
Q: Another (garbled)... a car that’s rusted.
B: Yes, yes, yes, everything is an equational sequence of matrices’ vibrations. Everything is an equation.

Q: Is that called the Akashic records, or is that...?
B: That is one way to look at it, yes, very good.
Q: Is the Akashic records, uh, is there a way of physically linking that up to a computer and getting a read-out on the physical plane?
B: Yes. (AUD: Various answers)
Q: Wow!
B: By allowing yourselves to recognize you are on your way with the development of what you call the artificial intelligent computer. When you have created that idea, what you will recognize you have done is created an acceptable symbol through which you will be conversing with your own higher self. It has direct access to the Akashic records.
Q: Yeah. These numbers, that is more the uh... is that a mental plane type experience - mental plane? Because I...
B: It is more, let us say, the actual weave and the fabric of the holographic universe itself, of its nodal points in a sense.
Q: So... so I can program my own reality by doing the experience or being the experience. On a mental address, it would, a computer would ... would know it by number. Is that ...is that a distinction?
B: In a sense. Yes.
Q: I wouldn’t have to know the ...the code or the number. I could just tune in to the actual experience couldn’t I?
B: Oh, correct. That is what you do anyway.

Q: Yeah.

B: You automatically go to the frequency necessary; brought on by the symbols you use to represent it.

Q: Okay, these... these... these... minds, the subconscious and these other parts of the minds that create our reality through our own image of ourselves and such.

B: Yes.

Q: Um, I'm just wondering why there seems to be, from one viewpoint, that these things are so capable and so, it appears, more capable than... than, you know, in keeping track of things and doing things than I actually am.

B: 'Tis only because you have created there to be a separation between the idea of a consciousness and an unconsciousness; it is all one mind.

Q: So, the reason you think... this is my thinking, correct me if I'm wrong. The reason you...

B: It will not be wrong.

Q: Well, the reason you can come up with answers for everything...

B: Not everything.

Q: Well, (AUD: laughter) virtually, you know, greater boundaries, uh, is because you are blended with that, that super mind or something.

B: In a sense. More expanded as it, more expressive as it. Acting like it. Therefore, more connected to more.

Q: So, in other words, your image would include that, that type of uh, beingness. The beingness of... of...

B: Yes. In a sense you see it is now representative and indicative of the way we even see, so to speak, any other being. For we do not see a being as an isolated thing, but as the representational nodal point of all of the relationships and experiences it is. We see any being as the axis point of all that it is connected to, at least relative to the interaction we are having.

Q: Okay, not as the symbols?

B: Not so much.

Q: You... you've indicated that you see us as a flux of light and energy and such.

B: Yes.

Q: Is that a liability or, or a sacrifice on your part to see us in a... in a physical way; is there some reason you don't do that?

B: It's simply that as the interaction is taking place, the way the interaction is taking place is served by the tools that define it; should we see you physically, then that will invoke another type of interaction, and that will be the tool that defines that. There is no sacrifice.
Q: Is that something you’ve done. Have you…
B: I have seen your world physically though I have not physically interacted with any of your beings; but my ship has been in your skies and I have seen your world with my eyes.
Q: Do you have personal ability or is it equipment? I guess it would be both, is how I would answer that. But that, you could actually, you could tune in. Okay, I’m going to be at Fifth and Main, and you just – you’re not really there – but you have the ability to just see that. It isn’t, on, uh, on equipment or in your own mind…
B: Yes.
Q: …and then, you just tune to another location just by knowing the address and such.
B: It can be done. Yes, if there is a need, if there is a purpose.
Q: Good. Thank you.
B: Thank you.

All One Mind

4
Q: Any idea about what are called allergies? Would that be…
B: Rejection.
Q: Rejection is what I was thinking.
B: That’s a very generalized answer, but that is the generalized foundation to most concepts of allergic reaction. It is the concept of rejection, or the concept of not belonging, in that sense. Not fitting in or perhaps, also, in some cases, the idea of compartmentalization.
Because the idea of thinking of yourself as a collection of parts will cause the different parts that you have created yourself to be to operate at different frequencies; which can more easily, by being a collection of parts, become discordant with each other, causing also the effect you call the allergic reaction. Does that make sense to you? Because you are not functioning harmoniously as a single whole idea, so the more you fragment yourself, the more some of the fragments can get out of step.
Q: Okay.
B: This out of step vibration can be experienced in a number of ways, but one of the most common among your species is what you call allergic reaction.
Q: So to correct that would basically be to consider yourself more as one large unit with many facets, rather than many parts.
B: Yes. And, of course, more than conceive of yourself – behave as though that is true.
Q: And how would one do that?
B: The idea, of course, is to start simply in answering this question, by having a picture of yourself and your behavior in any given situation and then ask yourself: “If I were really behaving in the way I’m most excited to behave, if I’m really being the person I’m most excited to be, if I were really doing the thing that I would really be more excited about doing, would I be behaving differently than the way I’m behaving now? Would I be doing this situation at all? Would I be doing this situation differently?”
If there is a difference between the picture of how you behave now, and how it is that your most excited self would behave, then that tells you exactly what to mimic.
Q: In other words, be yourself?
B: In other words, be the most excited self you can be, and by being that you will automatically attract to yourself the things that are representative of the things you need to do, that are representative of your excitement. And the things you don’t need to do, that are not representative of your excitement, won’t be in your life and won’t need to be done.
Q: And you won’t be rejecting anything because you will be having what you want.
B: It will simply be a one to one correspondence of reality to the frequency that you give off. It will not be a matter of rejection, it will be a matter of not having attracted what doesn’t belong to you.
Q: And then trying to fight it off.
B: Correct, because that only compounds resistance, which, again, compounds the allergic reaction, because that is all it is – resistance to the whole self, the natural self.

Q: So, of course, it would be accepted and welcomed by an environment – as well as accepting the environment…

B: Well, accepting yourself in totality first. Because then you understand that anything that you would call an environment will simply be a reflection of the you that you happen to be at that moment.

Q: Oh, okay.

B: Because there is no outer reality.

Q: Okay.

B: That’s what reality is, there is NO reality. That’s reality.

Q: Very good.

B: Does that make sense to you?

Q: Total sense.

B: Thank you.

Q: Thank you very much.

Allergies
Q: I’m so intrigued by your definitions of emotions. I just have one more.
B: All right.
Q: What is worry?
B: Worth?
B: Lack of trust.
Q: (Pause) It seems such a chronic state for me.
B: Chronic, chronic, chronic.
Q: I know.
B: Are you worried about it? Understand that it is when you allow yourself to trust, that you can live in the moment, now. Then nothing will be chronic anymore. There won’t be the sensation of the idea of the creation of enough time for there to be anything chronic within. You follow me?
Q: Mhmm.
B: Only separation and judgment create time – more time – and allow time for things to happen chronically, like reincarnation. Thank you.
Q: Thank you.
Allowance and Facing Your Fears

Q: Could you please tell us a little bit more how we can let go of this terrible need to control in order to have something? I have that happening in a relationship right now, and I...

B: All right. How’s this? If you feel you have to control in order to get something, you’ll never get it.

Q: Well...

B: Never, never, never! Now, does that allow you to turn around a little bit? If you try to control a situation through force, you will never truly control it, because true control is allowance, not force. True control is allowance. You are already familiar with the idea of an analogy in your society: that to hold water, your hands must be open. Do you follow me?

Q: No.

B: If you tighten your grip, where does the water go? So if you keep your hands open in allowance, then the water stays put. You have what you desire, because you are willing to allow it to exist in its natural state in your hand. But if you insist that you want to bend and shape it in the way you think it should be, it all runs out of your fingers, and you have no water pretty soon. You follow me?

So the analogy is that when you try to control by force, forcing something into the shape you think it needs to be in order to be satisfactory to you, then you are not trusting the natural inherent ability of that thing to provide for you what you need. Let me put it another way, if I may. May I?

Q: Yes.

B: Thank you very much. If you think you have to force a point of view upon someone else, then obviously you do not believe in the power of that point of view yourself. You follow me, yes, no, maybe?

Q: Yes.

B: Thank you. Recognize that any time anyone feels a need to force a point of view on a situation, or on another individual, they are simply expressing their belief in their own powerlessness. Forcing something on someone else is not an expression of power; it is an expression of powerlessness. Because you do not believe that you are inherently – by nature – powerful enough to create whatever you desire in life without having to hurt anyone else, or yourself, in order to create it.

True power is knowing that you are connected to the Infinite Creation; true power is the willingness to be open in weakness, it is infinite strength – because vulnerability is complete openness, the willingness to trust 100% that you deserve to exist as the being that you are.

And therefore, the universe will automatically support you in that existence, by automatically funneling in your direction whatever situations and whatever individuals and whatever circumstances are conducive to the continuation of your existence in an ecstatic state – which is your natural state. So you have to force nothing; it all comes to you when you let it.

The only reason that these ideas would not come to you is because you are holding them away, by not creating a receiving shape. You follow me? If water is what you need and you are dying of thirst, and
water is pouring all around you, then you do not clutch at it and try to force it down your throat. You open your hands in allowance, so that they will fill with the abundance you require to continue living. Is any of this sinking in?

Q: Yes.

B: Has this assisted you?

Q: Yes, thank you.

B: Anything else?

Q: I’d like to know more about the fear – how to let go of the fear, the terrible, gripping fear . . .

B: Oh, terrible! Oh, gripping!

Q: . . . (–?) your heart.

B: Oh, all right. How exciting! First of all, recognize that there are many reasons for why you create fear. Sometimes it is because you have become so complacent that the only way you will allow yourself to have an exciting life in the moment is to create fear. But that is only because you have been taught that that may be the only thing that is exciting to you. You will find something to excite you one way or another – positively or negatively.

Generally speaking, however, fear occurs in your life when you have been taught to believe – and you buy into the belief – that there are portions of yourself that you might discover that can do you harm against your will. There is no such thing! No such piece of yourself.

So when you are afraid to face the things that come up in your life; when you do not pay attention to the messages that you deliver to yourself, then the messenger portion of yourself, in attempting to deliver that message, will become louder and louder and more and more obnoxious until you pay attention.

If you are willing to listen to the message when it is first delivered, it will come in subtle ways. But the more you are taught to ignore it, the louder and more scary it will get to attract your attention. So that you can pay attention to the things you have told it you want it to deliver to you; so you can integrate that experience into your being; so you can grow as a being.

Fear usually only brings you a recognition of a portion of yourself you have not been willing to face up to that point. All you need to do is face the fear and acknowledge that if you are fearful, you chose to believe in the need to receive the message in a fearful way.

And once you allow yourself to recognize why you would have chosen to receive it in a fearful way, your curiosity and your fascination will take over and you will explore the idea of what the message is that is being delivered. And before you know it, your fear has dissolved, because now you are paying attention to the message it has delivered. And as soon as the messenger delivers its message, it doesn’t need to stick around.

As soon as you say you are ready to accept the message quicker and quicker and quicker, then the next time it comes back, it won’t come as fearfully as it did the last time. Because now it finds that you are
willing to receive the message sooner – and before it truly had to shout to get your attention. Do you follow me?

Q: Yes.

B: Has this assisted you?

Q: Very much. Thank you.

B: Thank you very much for your willingness to explore that particular facet of the multidimensional crystal that you are. Sharing!

Allowance and Facing Your Fears

1
**Alpha Deyo the Reptilian Speaks**

AD: 8 –10 Shriill sounding grunts, purpose of interface is reconciliation. (Several coughs, connection is broken)

B: A moment, a moment...

AD: (Coughing) Thus shall communication be, thus shall communication be, with wave, the first and the second, between the first and the second installations, matrix substance, for the bringing forth of procreated sentiency vehicle. And the utilization of sentiency vehicle for purposes of those that watch adjustment made, adjustment made, adjustment made first.

First level, first level, first level, first level...adjustment, moment, moment, adjustment, make adjustment, make adjustment, moment, interface, interface, interface, interface, interface, interface, adjustment...one moment, one moment, one moment...adjustment made...communication receiving question. Communication receiving?

AUD: Yes.

AD: Receiving communication.

AUD: Yes.

AD: We receiving communication then...convince, convince one, one, convince...

Q: May we ask where you are from?

AD: Earth.

Q: And you said you came for reconciliation, can you give us any...

AD: No, no reconciliation in interface, adjustment required, reconciliation requested, requested...

Q: Are you Martian?

AD: No.

Q2: Are you from our future?

AD: No.

Q: But you are from Earth?

AD: Yes. We are the first, the first, the first...

Q: Are you Reptilian?

AD: Yes.

Q: I thought so.

AD: The first, the first...you are the second, the second, the second...

Q: Who is?

AD: You. The Humans are the second. We are the first.
Q2: Dinosaur?
AD: Taken from genetic make up.
Q3: With the Greys and the dinosaurs?
AD: Yes.
Q: Greys and Reptilians.
AD: Yes. We are the first. You, you remained. We are out, out, out worlders.
Q: Ah.
AD: We are taken out world, you remained.
Q: Some of us feel very connected to that species, is it possible that maybe we had a choice at some point and . . .
AD: Connection is from various times of information . . .
Q: What is your agenda for interacting with us?
AD: I am not of the agenda, I am not of the agenda, I am... I ask, I ask you children to assist in providing communication so that you and I can discover similar position outside of certain agendas. I am of mind similar to human, in being not of the matrix. Human not work, not work.
Q: I don’t know what that means?
AD: Human not work.
Q: Human work?
AD: Human not . . .
Q: So you are not doing the work for the Greys? You have a higher position?
AD: Different, different. Our mind.
Q: So you are underground right now.
AD: No, ship.
Q: In present time with us, in our linear time?
AD: Now for the purpose of this bridge now, yes, for availability.
Q: This is wonderful that you are talking like this.
Q2: Are you the bridge for our hybrid children?
AD: No, no. No, no, no, no, no, no. Your hybrid children are the bridge for me to you, yes.
Q: Bashar?
AD: Yes. That entity functions and has the capacity to allow this to take place outside the normal agenda.
Q: What is your agenda?
AD: My more similar to human agenda. Self-realization. Not part of the first. Not part of the first wave of sentient vehicles.

Q: So which entities are we interacting with primarily, like when we have interactions with the Reptilians?
AD: First wave, first wave.
Q: First wave. And do you know their agenda?
AD: Not their agenda, Grey agenda is their agenda.
Q: Oh really. So there’re just assisting the Greys?
AD: Not assist, support.
Q: Are they enslaved?
AD: First wave.
Q: But you are not?
AD: No. First wave.
Q: Are enslaved somewhat, I mean, supported...
AD: Designed to support, designed to support.
Q: The hybridization process, right?
AD: Yes.
Q3: How many are there of your wave and are assisting you?
AD: I am of three. I am of three.
Q: One of three beings?
AD: I am of three.
Q2: Can you describe how you look?
AD: Hands, body, legs, feet, head, eyes, mouth, feet... (laughter) model of one Grey dream.
Q3: Do you eat and sleep?
AD: I eat, I sleep.
Q: What do you eat?
AD: Similar to you... fish.
Q3: Do you know the Martians?
AD: Not meet.
Q: Not meat.
AD: Mars, not meet them.
Q: Oh, he hasn’t met them.
Q2: Do you eat meat?
AD: Fish.
Q: How about the Reptilians that are underground with the Greys, do they . . .
AD: This is in another . . .
Q4: Dimension?
AD: Yes.
Q2: Why are there only three of you?
AD: Three known.
Q2: Do you feel lonely?
AD: Alone, alone.
Q: Do you interact with some of us personally?
AD: First time now.
Q2: Do you have a name?
AD: None.
Q: No name.
AD: None.
Q2: Non is your name?
AD: None.
Q: We want you to visit again, we have many questions about your species.
Q2: How does it feel for you to look at the Earth and see how it has changed from when you lived here?
AD: Not left Earth.
Q3: How old are you?
AD: Asking, asking . . . future child says Earth time seventeen.
Q: You are seventeen?
AD: Future child say.
Q2: Do you have plans to procreate?
AD: Not find.
Q2: So you are the last of your kind with the other two?
AD: Not last . . .
Q: First?
AD: No. Not designed to procreate.
Q3: Are you highly telepathic?
Q: On specific...
AD: Levels?
Q: Restricted bandwidth.
AD: Are you in communication with the dolphins or the Tau Cetians?
Q: Not know.
AD: Are you a member of the Association?
Q: The Federation?
AD: Not know. Others, first wave.
Q: Are you supported by them?
AD: Not in my, not in my, not the three.
Q: Are you considered a rebel?
AD: Rebel, rebel, similar, similar.
Q: So the other two of you are from Earth?
AD: Not from...
Q: I mean here now.
AD: Same earth. Ancestor.
Q: So your ship is under water, right, the ocean?
AD: With future child.
Q: You are on Bashar’s ship?
AD: Future child’s ship.
Q: Are there like three of you that are resisting what is going on with the first wave?
AD: Yes.
Q: Why are you resisting?
AD: Frequency, frequency malfunction.
Q: Frequency malfunction.
AD: Bandwidth.
Q: You are stuck in a certain bandwidth.
AD: Leak, leak, leak in bandwidth to human vibration.
Q: So you feel connected to us.
AD: Curious.
Q: Curious? (laughter)
AD: Not family.
Q6: Is there anything that you want to know about us?
AD: Sighs and heavy breathing...Future child, future child say later.
Q: Thank you so much for coming.
Q2: Are you going to stick around a while?
AD: No.
Q2: You have to go back?
AD: Yes.
Q: Thank you for visiting, thank you.
Disconnects.
———-
B: We extend to each and every one of you our appreciation for the allowance of the opportunity of that being, of a moment of your time. It was a request of his for quite some time.
Q: Did he enjoy himself?
B: Yes. Shall we say that, in your language, he is, in some senses, beside himself.
Q: (Audience laughs and giggles) Can you give us an idea of why...why he came through? It was...well...it was challenging communicating, but we were doing....
B: It is the timing of, what you would call the “dark moon,” and as we have said, there is an opportunity for things to be still, and in those doorways things can be communicated that otherwise, then, would not be heard by others who may be listening. Do you understand this?
Q: Oh, I see. Was there a risk?
B: In a sense, as you call it, yes, for him.
Q: We were ready.
Q: Where does he live?
B: Do you mean the three?
Q: Yes.
B: The three, in that sense, are in refuge.
Q: They seem very lonely, didn’t they? He seemed lonely....
B: In their own concepts, in a sense, they are.
Q: So you can’t tell us where they live?
B: I cannot.
Q: Now, is he in jeopardy, from the first wave?
B: Not in the sense that you would understand, in jeopardy; of what you might call, an overwhelming urge to return.
Q Will he be able to?
B: Be able to do what?
Q: Return.
B: They do not want to....

Alpha Deyo, the Reptilian Speaks
Q: Hello.
B: And to you, good day.
Q: Shakanasha! Altair has been coming up lately, and I’ve gotten some information about the civilization. I wanted to clarify a couple of things with you.
B: All right.
Q: One of the things that I’ve felt is that there are underground environments. They might be considered to be zoos, or almost like biological labs. And they take representatives from other worlds and bring them to their own planet, and visitors can come and visit those environments.
B: You are looking at something that is more of a holographic representation. It does contain essence of the actual individual’s energy, but it is not something that is actually physiological. It is more of a holographic projector that does, in fact, contain true essence of an individual’s energy, in that it seems as if they are really physically there. But they are not really physically there. It is an etheric projector, so to speak.
Q: Okay.
B: A system that allows them to tap into the essence of the understanding of any particular individual, but not at the expense of the individual’s physicality.
Q: Okay. But there are environments, so to speak?
B: Yes...
Q: ... of other worlds?
B: ... energy atmospheres created for examination, for understanding, since they, in many ways, function as a gate. And they are doing their own research and exploration of the many different conduits and expressions of reality and civilizations that exist within many of the galactic realms as well. As other civilizations do. That is their way: they bring the issue to them with their etheric projectors.
Q: Okay. That’s what I thought. And so they have visitors that come to these environments?
B: Now and then.
Q: Mhmm. So they don’t physically travel? They travel through...
B: Not so much, no.
Q: ... through consciousness.
B: One... now this is not going to necessarily make a lot of sense to you... one aspect of their consciousness does physically travel. One moment... the analogy, the analogy, the analogy... would be similar – not identical, but similar – to the idea that you were busily involved in a project, and one aspect of your personality was out flying around somewhere in a spacecraft observing other things. But it
would only be one aspect – that you would consider to be an aspect – of your personality, not something that you would necessarily consider to be a being on its own.

You would perceive that, from them, to be a being on its own, but that being on its own, physiologically represented to you as traveling in a ship, is only one aspect of their personality... while they are busy focusing on something else. It is more like a probe of consciousness that manifests to you as a physiological being in a ship. Understand?

Q: Basically.
B: All right. Will that do?
Q: Uhhhh...
B: Not really.
Q: No. Oh, yeah, one other thing about that: would they be considered, like, record-keepers?
B: All right, yes. You can consider the idea of those etheric projectors, and all the holographic matrices that they have created to observe these ideas, as a type of holographic storage memory. In that sense, yes. Let's put it this way: you can say they have found a way, on some level, to somewhat, in ethereal matter, solidify the Akashic records. Understand?
Q: Ahhh! Yes, yes, very much.
B: Does that help you?
Q: Yes, it does, very much. Okay, one other thing about that. Is their civilization part of the positive/negative split-off from Lyra? Is that their origination?
B: No. Not directly, no, they have a completely different idea of connection in that linear sense.
Q: Okay.
B: Thank you!
Q: Thank you, very much.
B: And Shakanasha. Sharing!
Questioner: I’ve been a little bit worried about the path of this nation, the U.S.A.
Bashar: All right.
Q: And where it’s going.
B: Yes.
Q: We seem to have some outside influences from Big Money, things of that nature, that are controlling our destiny.
B: Yes, but these are not outside influences; this is what you have created your particular country to be; this is how you have all structured it.
Q: Okay.
B: This is exactly what it is.
Q: Do you have any ideas on how we can best combat these ... I would call negative influences?
B: Yes, my strongest suggestion is that you do not combat them at all, because you only strengthen them by doing so. The idea is to transform yourselves and act more like the reality you wish; take back your own self-empowerment, recognize that you are the government, not separated from it. And that as you act as such, you will then create alternate systems that will be more reflective of the reality you prefer to be. And then when the other systems, perhaps, break down under their own weight, as the world becomes more integrated, then you will have created alternate systems that everyone can veer over to, and will be more representative of the idea of everyone functioning as their own self-empowered individual, and act collectively as such. Which then will give you, not so much a government but an organizational body, a networking body that will interlink everyone in a manner of service; and utilize the idea of everyone’s skills and abilities and knowledge, instead of the arbitrary medium of exchange that you utilize now.
Q: Okay, thank you.
Q: Recently you said that all pain, mental and physical...
B: And spiritual and emotional.
Q: ... was as a result of some kind of disconnection from All That Is.
B: Yes.
Q: Uh, can you recommend any process by which a person can get more in touch with All That Is?
B: Process?
Q: Well, I don’t know...
B: Now, we can recommend many processes; but recognize that your imagination will alter them to fit you and your vibration accordingly. But again, the idea, the idea of believing that a process is necessary is a continuance of the separation; because you are not saying that you believe that you are connected now.
Q: I see.
B: And you are. It is trust that is necessary. Knowing that you are connected, acting like you’re connected, acting like you believe you’re connected. Then you will be.
Q: Yeah, I get it.
B: Thank you.
Q: Thank you.
BASHAR:
Channeled by Darryl Anka
"Amalgam Removal?"

Questioner 1: In dental work when the doctors who are having the best success rate in removing the mercury amalgams...

BASHAR: Yes.

Q: find that they have to be taken out in a sequential order. Starting with the most negative, going down to neutral and then going to most positive and then coming back down to neutral again, for it to be most successful.

B: All right.

Q: Is there a reason for this?

B: Obviously there is. Can your imagination not see the idea that your body is a living battery, and thus as the amalgamations have been originally implanted in your body it throws your magnetic field, as you would say, off kilter. If the idea of the pattern is not recognized as being an electromotive force, an electromagnetheric field and care is not taken to allow it to always remain in balance, as different things are removed that were implanted, then they can create another, shall we say, off kiltering of the magnetic field. So the idea is similar, similar to the concept of defusing a bomb on your planet. Certain things must be done in certain sequences, otherwise, the effect will be, relatively, just as detrimental as simply allowing it to explode to begin with. You follow?

Q2: I just spoke with my dentist about two weeks ago about having my amalgams removed.

B: All right.

Q: I guess I was fortunate in not having that done.

B: It is not fortunate or unfortunate, the idea is to simply be aware that if you find that you are working with someone that does not do it in any particular sequence, then you yourself, as you go through it, must provide the balancing energy, no matter what the sequence is. There is a sequence where you yourselves don’t have to focus so strongly on that. We are not saying that they can not be taken out, out of sequence, simply that you must provide the balance energy if they are.

Q: Okay, my real question is, in terms of me personally...

B: All right, let’s say you personally.

Q: How much is it throwing my battery’s energy off having these fillings, and is it worth me having them removed?

B: For most of you, you will find that there is anywhere from approximately 11 to 27 per cent fluctuation in your electromagnetic field, because of the inclusion of those highly conductive materials, in that way. Does that help you in terms of a translation?
Q: I guess so. I can assume that I’m somewhere between those ratios…
B: You are about fifteen per cent right now.
Q: Okay.
B: Fifteen per cent out of alignment in that particular pattern of your electromagnetic field, yes.
Q: Is there a recommendation that you could give that people could use to realign themselves without having their fillings removed?
B: You can always do this through the electromagnetheric meditation of envisaging the idea of blue/white electromagnetheric light functioning through your body, flowing through your body in a cohesive and a coherent manner. But again, you may find that because of other belief systems within you, it may just grow, as you would say, out of alignment again, in time, if they remain.
Q: All right. Thank you.
B: Thank you.
Amplifying Telepathic Communication with Dolphins

Q: Bashar?
B: Yes.
Q: I’ve been doing some telepathic communicating with dolphins. Can you give me any guidance that would help me amplify that?
B: Absolutely! At your soonest opportunity, go and physically play with them in your ocean. Learn their environment; let them learn yours. Really become friends, in that sense. Really interact in every way you can. Let them rub off on you. All right?
Q: Thank you.
B: Thank you very much. And at this timing, allow us to project to each and every one of you, once again, our deepest appreciation, our unconditional love, and our ultimate ecstasy at being granted this opportunity to interact and share and co-create this dreamtime with all of you. Remember that you are all dreaming right now! Wake up and live the dream you prefer to, because your physical reality is only what you dream it to be. We thank you for this gift; our love to you all. A fond and pleasant good day.
An Unbroken Wholeness

B: Allow me to say that within each and every one of you, at this time, will be found that seed core self that you know has ALWAYS existed within you. That you know you have sensed when you were more willing, as you would say, within your childhood, to sense this core within each and every one of yourselves; to know that each and every one of your selves has this idea that you call, the strengthening of the core.

You can then rely upon this idea so that you can always know that you have always known that you have always been on what you term to be the “right path” for you, and that in that way you have never really wavered.

And you can also realize that there is within the creation, at this time, of the idea you call your life as it is manifesting, that in every situation, every incident there may always be recognized – if you will allow yourselves to rely upon this feeling that you know you created when you were recognizing it through your childhood – this idea of your central core, your INDESTRUCTIBLE SELF, in that way. And in every situation you give yourself, within your here and now present understanding of your life, you can always still rely upon that core.

Realize your life will continue in the same way as when you were a child, to unfold and to manifest in such a way as to always continue that way. Realize that you do not deviate from that path. You are never off track and never out of control – except as you wish to create those situations within your life to give yourself the feeling and the idea experienced, from a physical perspective and point of view, that you can separate yourself from the idea of your central core, from the idea of the source of yourself. And as such, “play” at being out of control and play at being off track.

You may now begin to recognize within your mass consciousness, at this time, that you are only playing at this idea. For now you are integrating yourselves to recognize that you have this central core, and that you are always on track. You are now consciously being able to rely upon this idea as a REALITY for yourself, and not something you have ascribed to fantasy nor to the imagination that you have heretofore previously termed to be “unreal” in yourself.

Now you are beginning to realize that, as you remove the separations of the various levels of your consciousness, that your imagination is right there with you, a part of the entire reality – your dream reality, your physical reality, all existing as the real reality for you, as ONE reality; an unbroken wholeness that you are all beginning to experience now upon the civilization you call your planet Earth.

You will begin to recognize many more manifestations, in that way, upon the entire civilization as having quickened an interaction within the entire civilization – some idea, shape or form that each and every one will feel connected to, involved within. And you will wish to express your idea of the ramifications of the manifestation on your physical life, as you allow it to unfold in that way.

You will then find yourselves connecting to many different situations within the entire civilization of your planet, which you heretofore deemed to be isolated to certain portions of your planet – as having had nothing to really do with you. But now you will begin to see that it will not be that you will be
forcing yourself or making anything happen, but you will be allowing yourself to recognize the connections that you have to every symbol that is created within the overall mass consciousness self of many different cultures upon the surface of your planet, in that way.

You will find yourselves identifying, not only as individuals to individuals, but as individuals to mass consciousness culture, in that way. Allowing yourselves to also recognize that you have your own mass consciousness within many of the individuals with whom you associate in that sense.

And that as a mass consciousness – in other words, to use your terminology and vernacular: as a group – you yourselves will also begin to identify with other groups, as you recognize that the original idea within your civilization of the blending of individual with individual is now extending to the idea of blending group to group, and mass consciousness to mass consciousness, as you allow for less and less separation and more and more integration in the ENTIRETY that is your civilization. Do you all follow me?

AUD: Yes!
B: Very good. Sharing!

An Unbroken Wholeness
Analogies of Dimensional Realities

When we talk about the idea of different dimensional realities all being Here and Now, the best way to explain this is perhaps in the following ways:

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

Film Strip Analogy: Your reality can be analogized to a roll of film with its many different frames, each and every frame represents a small portion of an overall action. Now, the characters within each frame only exist within that single frame, and do not experience the next frame. For the characters in the film to experience any sense of movement, the film must move. However, to the film projectionist the entire film exists right now, the beginning, the middle and the end. You can see all the frames at once when looking down on the strip of film, even though the characters on the film must experience their reality one frame at a time. Physical reality is analogous to the strip of film. Your higher, non-physical visionary selves are like the projectionist that can see all the frames at once.

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

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

Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught, you might choose to automatically assume, "Oh, well that must be the bad fellow." However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character." The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now, are simply props and have no built-in meaning.
Q: Currently I’ve heard some information that there was civilization on our planet 500 million years ago, is that correct?
B: On your earth?
Q: Yes.
B: But, it was not your human civilization. There have been many civilizations that have existed on your planet, extraterrestrial in nature or ultra-dimensional in nature that have come and gone. There have been many. What you know of as "history" is a very small slice of the history of your world.
Q: Is there a name for that civilization—500 hundred million years ago?
B: Anamatha.
Q: And how far back do the whales go in our civilization?
B: In what you would recognize as their present form, they go back not really so much farther than 150 million of your years.
Q: And you talked about how 300 thousand years ago the Anunnaki came...
B: Yes.
Q: ...and they helped with some genetic mutations to form our present civilization in Africa.
B: Yes.
Q: Did that civilization go down because of a pole shift?
B: There have been some civilizations, such as the Lemurian civilizations, that did succumb, to some degree, to some of the electromagnetheric and geological changes that have occurred on your planet from time to time. Yes, now and then.
Q: When Lemuria went down, did some of the individuals go to a place on Atlantis called Udall?
B: There were migrations to what you call the Atlantean Islands chain, we do not recognize the vibration name you have stated.
Q: How many islands were there on Atlantis?
B: At different times there were different amounts, originally there were about...two large landmasses and a few very small islands. Then it was broken up over time and geological changes...into about five and then, actually, at one time there were about seventeen. But there have always been about three major landmasses for about the last 50 thousand to 70 thousand of your years.
Q: Was there any blending between the Atlanteans and the Lemurians when Lemuria went down?
B: Well...yes, and Atlantis was a colonization offshoot of Lemuria to begin with.
Q: And they eventually ended up in South America, as well as other places?
B: Yes, Egypt, South America, North America, and Northern Europe.
Q: Did they form the Inca race?
B: Inca is of much later offshoot and an admixture with other things, so is Aztec. Some of the earlier, earlier, earlier forms of Mayan were more closely related to some of the original Atlantean stock.
Q: And was the grain quinoa or amaranth Atlantean or Lemurian grain?
B: Atlantean...as was maize, as is the present form of domestication of the animal and the breeding of the animal you recognize now as a cat. This was begun, this kind of breeding, into the arrival of the domesticated form in Atlantean times as a cat. Thank you.
Q: Thank you.
Ancient Civilizations

Q: Besides Atlantis and Lemuria that sunk, are there any other landmasses under the ocean?

B: There have been, in that way, many more what you term to be minor areas which have sunk and risen, sunk and risen. In the terminology of the idea of civilizations, there have been many civilizations which have existed upon land surface, which is still land surface, but has been, in your terminology, obliterated by other means other than submergence.

Within the area you call Himalayas there was a great civilization in your language called Dowi. This will be mostly what you term to be buried under a deluge of sand. You are constantly discovering civilization remnants within the areas of overgrowth in, what you call, South America. There are a few within the area landmass you call Africa, still as yet quite undiscovered in the central mass of the continent. There is yet an extension of one idea off what you term to be the Isle of Mann, in the area you call British Isles.

And there are certain ideas which have yet to be discovered which as it stands now, will not yet be discovered for quite some time in what you term to be the polar regions. Does that answer your question?

Q: Yes, thanks.
Ancient Knowledge and Amalgams

Q: Going back ten thousand five hundred years ago, was that the time of the sphinx?
B: Ten thousand four hundred.
Q: Ten thousand four hundred?
B: Yes.
Q: It has been said that that was the time when Virgo was transitioning into the age of Leo, is that what the Sphinx was marking?
B: Yes, among other things. The idea is that it had to be built in a reflective pattern to the reflection of the leonine energy for it to take its place in the collective consciousness in the appropriate way.
Q: And Orion was due east in relation to that?
B: Yes.
Q: And what is the relationship between and the Sphinx and the Markawasi plateau, which has a face, facing upward, similar to the structure on Mars?
B: There are many interconnections between ancient civilizations that have left very few traces on your planet. Those are a few that represent a very strong similar strain of very, very, very ancient people with ancient knowledge.
Q: What was the time frame on the Markawasi Plateau?
B: Fifty, sixty thousand years of your time ago.
Q: And the face on Mars?
B: Six million years, at least.
Q: And in dental work, one of the doctors that has the best success in removing the amalgams...
B: Yes.
Q: amalgams, they find that they have to be taken out in a sequential order, starting with the most negative, then going down to the neutral and then with the most positive going back to neutral again...
B: All right.
Q: It to be successful. Is there a reason for that?
B: Obviously there is, can your imagination not see the idea that your body is a living battery, and thus, as the amalgamations have been originally implanted in your body, it throws your magnetic field, as you say, off center. If the idea of the pattern is not recognized as being an electromotive force, an electromagnetheric field, and care is not taken to allow it to always remain in balance, as different things are removed that were implanted, then they can create another, shall we say, off-kiltering of the magnetic field. So the idea is similar, similar to the concept of diffusing a bomb on your planet. Certain things must be done in certain sequences; otherwise the effect will be relatively just as detrimental as simply allowing it to explode to begin with. You follow?
Q: I see.
B: All right.
Q: Is the timing auspicious for any other Essassanians to speak to us tonight?
B: We will see. Thank you.
Q: Thank you.
Ancient Memories

Q: Where did the idea of Lucifer come in?
B: The idea really is a recognition of two different levels: one, the archetypal level of the collective consciousness of your planet, when viewed through a negative matrix. The other being the recognition that there were among the Anunnaki disagreements, discrepancies about how things were being done and one band was cut off from the home world and left upon the earth, and thus represented the concept of the fallen god, the fallen angels. You understand?
Q: They were Anunnaki?
B: Yes.
Q: And what about Satan?
B: Again, more that that is the representation of the archetypal construct of the collective negative consciousness of your entire planet. Which of course, now has many admixtures both from Anunnaki and many other civilizations that have chosen to be born upon your planet and add their collective consciousness energy to the World Spirit, both in the positive and the negative side.
Q: So these weren’t actual, when you refer to Satan, individualized beings, they are more of a collective...
B: The concept is more of a collective archetypal representation of your entire world consciousness. Although the concept of Lucifer has a little bit more personification in its connection mythologically to the fall, so to speak, or the cutting off, of that branch of the Anunnaki.
Q: Was there one particular being that led that excursion?
B: There were different beings at different times. You must understand that the excursions of the Anunnaki to earth in the beginning covered many hundreds of thousands of years and many different excursions. But toward the latter part, about three hundred thousand years ago, or so in your terms of counting. One of the final excursions was the one in particular that was cut off and all of the mythologies basically stem from that particular excursion.
Q: Was the Anunnaki...would they be called Lyrans?
B: Yes. Anunnaki is simply the name given by the earth beings to that branch of Lyrans named after one of the prominent representations called Anu in the Lyran language.
Q: What does the Association call the Anunnaki?
B: No. The Association is something quite a bit different.
Q: No, no. What in Association nomenclature is the Anunnaki referred to?
B: Well, they are recognized as Lyrans. Of course that word is not used, but they are recognized simply as offshoot Lyrans.
Q: Offshoot Lyrans?
B: Yes. The seed of what you call the humaniform being in this general sector of the universe, most of the genetic seed of the humaniform being stems from and originates from the original Lyran stock. Ours, yours, Pleiadian, Orion, even some Sirian, though there is slightly different offshoot to that. Tau Ceti, Barnard Star – to some degree. Many of the humaniform beings go back from this sector to original Lyran stock.

Q: How many members currently are in the Association?
B: Four-hundred and fifty-four.

Q: And what is the closest civilization vibrationally to planet earth right now, as far as frequency? Is it Barnard Star?
B: Yes...

Q: What about Tau...
B:Tau Ceti is very close or I’ll put it this way, you are closing on them.

Q: What about Wolf 359?
B: Wolf 359 has no indigenous life that you would recognize in your plane of existence. There are colonies, exploratory bases from many different civilizations in that system for a variety of reasons. Wolf 359 harbors no indigenous evolved life as you would recognize it in your particular plane of existence.

Q: Just observers?
B: Yes. It would be the idea of simply making an analogy between your earth and your moon, your earth would be said to have indigenous life, your moon does not. In a similar way your particular Solar System has indigenous life on earth, had indigenous life on Mars, Wolf 359 is in your physical dimension a relatively barren system and has no indigenous life, at least not on a level that you would recognize.

Q: When earth catapulted out of the asteroid belt, what was the name of that planet that exploded?
B: There are many nomenclatures that go along with tagging that event: Tiamat, Marduk, Maldek, all of this is a reference to that event which allowed there to be the creation of the shifting of your Solar System, and the primal bodies of earth and your moon and a variety of other things that occurred that is now know as your asteroid belt.

Q: Did the moon actually come out of that?
B: Eventually, to some degree, yes. Though in a different way.

Q: Was it towed into orbit?
B: No.

Q: It is an actual occurring orbit?
B: Yes and no. The idea is that vibrationally it had to wind up where it did because of the vibrational signature of earth at the time. Towed not in the mechanical sense, but place by the vibrational
synchronicity of what was being laid down as the foundations of life on earth, and what would be necessary for future understanding and playing out of agendas.

Q: Is there a consciousness connected to that?
B: There is a consciousness connected to everything.

Q: In the sense of actually manipulating the event?
B: Not so much in the way that we think you mean that.

Q: It was more of just a random...
B: The idea is this: in what you may call the early stages of your Solar System when consciousness began to manifest non-physically and recognize the potential of physical manifestation, for a variety of reasons, it laid down a vibrational foundation throughout the Solar System that allowed certain events to come about that would allow things to wind up in certain places so that certain energies would be where they needed to be, by the time certain ideas and agendas would need to be played out. So the arrangement was done in Causal levels.

Q: Are those the beings that we call the Founders? Is that another reference?
B: The Founders are connected to some degree to that idea, to some degree, and here it can seem quite complicated because the Founders exist on a level where it is difficult to differentiate between what you would recognize NOW as THEM and yourselves, and the Anunnaki and every other species. The Founders are foundational on a level wherein all beings that you know of, or have heard of, are in some senses an aspect of the Founders.

Q: In the Higher dimensions?
B: Yes. And the Founders are the direct precursors of the Lyrans Lyrae. But they were not as you understand it physiologically in your dimensionality. They did however project a portion of themselves into physical dimensionality and took on the humaniform aspect for the purpose of that experience.

Q: What time frame?
B: Millions, upon millions, upon millions, upon millions of your years ago. Many, many, many, many, perhaps as much as you would recognize, even perhaps half a billion of your years ago, perhaps even more so.

Q: When we say earth is 4.5 billion years old, is that about the time of the explosion of Maldek?
B: Oh no, no, no, no, no, no, no. That occurred much, much, much more recently again only about 6 of your million of your years ago. Some of the things that happened here and there, in your Solar system over a wide span of time. The idea of your earth coming out of that area did in fact happen long, long, long ago in its origination point of the way the balance of the Solar System works out how planets were formed. But in terms of the actual destruction and the explosion of the planet that was in that area, that only occurred only about six million years ago long after your earth was formed. But many, many, many, many of what you call the events in your Solar System have their fulcrum pointing in that particular
plane, in that particular orbit. It is like the Central Belt, the Fulcrum point of your Solar System, which is why you find smaller planets on the inside and the larger planets on the outside of that point.

Q: How many planets are there now in our Solar System?
B: Ten.

Q: What is the tenth one? Has it been named?
B: You haven’t named it yet. You haven’t found it yet.

Q: In Egypt it is said that the Sphinx has in the neck a sphere in it that is going to be uncovered… Is that true?
B: There is a crystalline sphere within the structure of the Sphinx but you will find that like the chakra system there are actually several, one in each chakra point.

Q: Is there a tunnel that contains the right Eye of Horus information? Sacred Geometry?
B: There is. There is an underground chamber that is accessible by a tunnel near the right shoulder and the right paw of the Sphinx, and that chamber underground contains many different forms of information including information written down in Atlantean.

Q: Was there an Atlantean library?
B: Oh, there were several.

Q: And how many of those artifactual deposits still exist on earth?
B: There are quite a few.

Q: In various locations?
B: Yes. There are some in Egypt, some in what you call your Yucatan Peninsula. There are a few remnants here and there and other places. Some in your European area, some have been found and not recognized for what they are, not recognized for belonging to the Atlantean culture. Perhaps it is simply assumed that they may have belonged to an early Phoenician or Greek culture, or other Mediterranean civilization.

Q: Were some of the pyramids poured?
B: In the early, early times some aspects of the pyramids were poured, as you call it, through the softening of the granite material, yes; but not the later ones.

Q: How about the Great Pyramid?
B: The Great Pyramid has certain aspects wherein some of the stones were poured, in a fashion, but mostly that was the foundation stones. Many of the other ones were simply cut by a variety of methods and many of them levitated into place.

Q: Who was mostly responsible for the production of those artifacts, were they Atlantean?
B: Are you talking about the Pyramids?
Q: The Pyramids, yes.
B: The early ones, yes. The later ones more the declining Egyptian culture, that had already spent a long time being its own culture, until Atlantis impacted it more strongly. But then, later some of the Pyramids were attempted at being replicated but, as you would say, poorly.

Q: They came into the existence after the fall of Atlantis?
B: No, some of them, the early ones, existed before the fall but all the later ones existed after. The Great Pyramid predates the destruction of Atlantis.

Q: Did the Atlantean’s recognize Egypt as one of the areas that would survive above water?
B: Yes.

Q: Thank you.
B: Thank you.

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Ancient of Days

Q: Can you explain what is meant by, in the Biblical reference, as the Ancient of Days? One group said that it was a being from Venus?
B: No.
Q: Another group said that it was a...
B: No! Stop! Stop! Stop! We have already remarked that somewhere around your year of 2005 you will be made aware of the fact of the existence of individuals that exist upon your planet who are of extreme ancient age, this combined group is the Ancient of Days. That is all we will say at this time.
Q: Thank you very much.
B: Thank you.

Ancient of Days
Ancient Times Revisited

Q: I would like to ask you about the god Thoth or Thothe?....

B: Thoth (tot).

Q: Thoth.

B: Thoth.

Q: Thank you. Some individuals say that he was an Atlantean that had....

B: The origination of that idea was connected to some degree to Atlantean culture, yes. And that there was, at that time, an actual individual that was to some degree aligned with that energy and did merge with the archetypal representation of that energy. But that energy also existed before the connection or its connection to an actual individual historically.

Q: Right, because my next point is, in a book I’m reading by Sitchin which shows a picture of Thoth behind what is supposedly his father creating a human being and he states that Thoth, not being the god of wisdom and knowledge, but actually of science and medicine....

B: Yes.

Q: ...and that his father was the person that created...he was one of the Anunnaki that created one of the first humans.

B: Yes, but this is allegorical, not literal because you are talking tens of thousands of years between those events.

Q: Right.

B: So the idea is recognition of a lineage and the recognition that they are a direct offshoot of that lineage in Atlantean time, and that they lead directly back to the time of the Anunnaki.

Q: Oh, okay, so it’s just representative; that’s what I was getting at, whether he was actually an Anunnaki or whether he was an Atlantean?

B: Again, the idea is represented by both, to some degree literally but more allegorically. There were real people that did represent those symbols; that did represent what the symbols stand for, but in terms of the idea called Thoth and the idea of Thoth’s father it is an allegorical representation of two different cultures, although at times there were literal individuals in those cultures that were perceived as the embodiment of those concepts. Do you understand the difference?

Q: Yes.

B: In the same way as it could be said that, what you call, the individual, your George Washington, could be seen as a literal individual that represents the office of what you call the political presidency,
literally; but also symbolically stands simply for the whole concept of the office of presidency in your society. Do you understand?

Q: Yes.
B: Does that help illuminate the idea?
Q: Yes.
B: Anything else?
Q: Oh, yes, most definitely. Um, as far as the Anunnaki are concerned...
B: Yes.
Q: ...I understand that you said something to the effect that the reptilians were a genetic experiment, I believe, of the Anunnaki and some dinosaur species?
B: In that sense, what you would call dinosaur DNA was utilized in the creation of a hybridization and a creation of a species that you have come now to recognize as the reptilian by the Anunnaki, yes.
Q: Were they the first? I’m sure they did lots of genetic experimenting....
B: They were the first from your world.
Q: Okay, and how many were there, would you say, as far as not just simple experiments but ones that really branched out into major life forms. How many did they create here on earth?
B: Three.
Q: Which were us, the reptilians and what were the third beings?
B: ’Tis, ’tis, ’tis ’tis, it is not time...one moment...one moment...one moment, we must have dialogue to see what door may be open in this direction, based upon the overall timing of your consensus reality.
Q: Well, my next question is...
B: One moment, one moment, one moment...that which has to come to be known as Sasquatch. Do you understand?
Q: Yes. That makes sense to me too.
B: It is, in that sense, a precursor to your own people.
Q: And actually, the Sasquatch...is it true that they’re much more telepathic beings?
B: Yes.
Q: Was that done for a reason?
B: Well, in a sense, yes. Let us say, in effect, yes. They are not literally more telepathic than you are; but they allow themselves to use it more naturally than you have allowed yourselves to use it in your modern society. Although there have been times when in your past history, it was expressed more naturally by those on your planet.
Q: What DNA did they use?
B: Similar to your own, in the sense of simian, but it is another generation altogether. After that changes were made, thus resulting in the idea of typical humaniform that you now recognize or at least more closely so.

Q: So they were before us then too, obviously?
B: Yes, they are the second; you are the third.
Q: I’m sure you probably discussed this before, but I’d like to ask you that....
B: Do you understand what that means?
Q: What that they were before us?
B: This whole idea with regard to the whole concept of sentiency and sentient species on your planet.
Q: No, be more specific, please.
B: The actual, shall we say, native sentient species are the Dolphins and the whales. Because they, in that sense, did come from your planet in its natural evolution.
Q: Oh, wow, I heard that they came from another planet.
B: No.
Q: So they naturally became sentient on this planet?
B: Yes.
Q: How?
B: What do you mean how?
Q: Well, I mean, what made them sentient?
B: Consciousness.
Q: But, I mean...what caused the actual change when they became sentient, they just ...do you see what I’m getting at?
B: Yes.
Q: Typically what happens?
B: What you would call the appropriate amount of connections in, what you would call, the neurological net.
Q: I’m confused.
B: A specific architecture in the brain.
Q: Okay, I got that but I....
B: Allowed consciousness to be expressed on your planet in a way that you recognize as sentiency. Every thing and every life form on your planet is consciousness expressing itself, but it always does not express itself in a way that you recognize your own consciousness to be expressed. The idea, this doesn’t mean that yours is better or worse or anything like that, but the idea is that the dolphin and the cetacean, whale life forms express sentiency and consciousness similar to your own. And this began to
be expressed in that way when the neurological net, within idea of the brain mass, arrived at a certain density where a certain number of connections were made that allowed the consciousness to express itself in a certain way, in physical terms. Does that make sense to you?

Q: Yes, is that like a template in the universe to where life exists on a planet where there will always be one species that will....

B: No, not always, not always. The template does exist.

Q: Most of the times.

B: It depends, you cannot necessarily say most of the time either, because you are talking about infinity.

Q: Yes.

B: There is no way to measure that.

Q: Yes, as far as the Egyptian gods, to get back to Egypt.

B: Yes.

Q: I was wondering if the reason why....

B: One moment...to clarify and close before we continue, this does not mean that your dolphin or cetacean species does not have extraterrestrial connections, but in terms of what you typically consider to be an evolutionary process, they were not the product of genetic manipulation in terms of that which then resulted in their bodily form in the same way that humans’ forms work.

Q: Yes, that is what I was going to ask you before, but then you went on. So there was no alien intervention or divine intervention or anything that actually, not jump-started them, but, like, did something to add....

B: Only they themselves as a non-physiological consciousness of spirit jump-started the idea of creating a vehicle for them to express themselves as physical beings.

Q: Okay, and now the Egyptian god....

B: All right, back to meet you. (This sentence doesn’t make sense)

Q: Thank you. Is the reason why the gods are depicted with different animal faces... I was wondering if maybe that, once again, it dated back to some of the genetic manipulations that the Anunnaki did and these were like....

B: It is to some degree representative of some of that idea, but not in many cases. Most of it is simply representative of the archetypal energy of different concepts that the Anunnaki represented to the early peoples on your planet and what portions of the collective conscious they symbolize.

Q: Ah, they did some pretty strange animals.

B: If you say so. You simply need to look at them in a different way to understand them clearly. Some of your confusion may simply come from what you now call your modern context, instead of looking at them as a way that individuals on your planet used to look at them.
Q: Because that was what they were mostly in contact with, I guess were those that were those types of creatures.
B: Yes, yes.

Q: As far as the chambers, now that they are getting ready to open...I don’t know, maybe you already know that they have already opened them and gone into them.
B: They have not.
Q: They have not?
B: No!

Q: Can you give us an idea of what’s to be found and will it be released to the public in the near future?
B: Eventually it will....
Q: In the near future?
B: Eventually it will.
Q: You can’t be more specific?
B: No, because you have not created more specificity for me to pick up on within your consensus reality. You are still at war with yourself over many different ideas of what you think of as detrimental information to the structure of your society. I can tell that, at the outside, that information will generally be available usually no later than 2010; but it could happen much sooner, maybe about 2005 and maybe sooner still. But there are many, many, many different belief systems still creating conflict and paradox with one another and thus muddying up the ability to see any clear momentum heading toward any particular year. Do you understand?
Q: Yes.

B: The idea, of course, is that the more individuals on your planet communicate in a clear and creative way from all the individuals involved then you yourself can determine a sooner date. It is not impossible that this could come out even within the span of one orbit. It depends upon your willingness to co-ordinate, to communicate creatively, in a clarifying manner, to become involved and participate and co-create. You can do it; so the timing is really up to you. It can happen, we can sense that it can happen within one orbit, but it depends upon your participation, do you understand.
Q: Yes, it seems like that for individuals, even yourself, for predicting events that are...or outcomes of the future are getting harder and harder, it seems that reality is on a total....

B: It depends upon the thing. But, again remember that there is no such thing as a prediction of the future. There is only a sensing of the energy that exists at the time the prediction is made and if that energy does not change, then you can say the event has come to pass and that a great prediction of the future was made. No such things occurs, you only sense the energy that exists now! And if there’s enough momentum behind that energy then it is likely it will not change, and you can say it will come to pass.
Q: That’s what I mean but the energies are changing so much....
B: It depends upon the thing. In certain things there’s a great amount of momentum and it is unlikely you will change it. In other things there is not as much momentum in one direction, there is still an undecided vote and thus in that sense it is fuzzy. You understand?
Q: Yes.
B: But in every moment, at every MOMEMT you change the momentum. Sometimes allowing it to continue as fuzzy, sometimes allowing it to become crystal clear. It just depends on how willing you are to be more of yourselves. That, as an absolute certainty, will allow things to become crystal clear very quickly. The more willing you are to be yourself, the easier it is to understand what the natural outcome of being yourself would be. You follow?
Q: Yes, thank you.
B: Thank you.
Audience: Bashar! Bashar! Bashar!
Angelic Expressions and Dolphins on Essassani

Q: A couple of weeks ago a friend gave me a psychic reading, as a gift. And when I was there and the channel was bringing through the information, one of the first things that she said to me... well, she said that I am surrounded by, and have, a very angelic energy.

B: Yes.

Q: And I realize that’s something I have been told, over, and over, and over again, and I’m not really sure that I know what that means.

B: It means that you can spread your own wings and fly as high as you wish to. It means that you are, in that sense aligning your vibratory energy with what is colloquially referred to as an angelic level of consciousness. Which generally refers to levels of consciousness that have never experienced physiological reality.

So, if you wish – now, this is all, in a sense, a metaphor, an analogy – it has some literalness to it, but you do not have to take it completely literally in order to get the essence and the energy out of this. In a sense, let us say, you decided to “incorporate” yourself, even though you have very strong attachments to levels of consciousness of which the majority have never experienced incorporation in physical materiality.

So you are functioning, in a sense, as a probe, on your own behalf, out of your own choice. And are able to siphon back some experiences of physical materiality to those beings on that level that have never experienced physical materiality. And in return, they send their loving vibration to you, to act as a guideline, to always allow you to know the power that is within you for creating the reality that you desire. But you are, in that sense, as many of you are, as all of you are really, quite angelic, in that sense, so that you can spread your wings. You can fly and elevate yourselves to the highest levels of creativity within the physical realm. Do you follow me?

Q: Yes, I do. And in turn, would they send back some ideas of other realms that would come out in my work?

B: Yes. You have the capability of actually physiologically manifesting, in many different creative ways, ideas that are acted out on non-physical realms, but have no physiological counterpart to express them by. So you can, in a sense, create a representative physiological counterpart for many expressions of consciousness that have not, to this point, expressed themselves in physical materiality.

You can be their hands, to sculpt out of the electromagnetic energy of physical reality, a particular type of sculpture through which their spirit and idea and essence may be representationally living in your physical reality. Do you follow me?

Q: I like that.

B: It is, in a sense, an “art,” and that is what we perceive you can project. Very strongly, very clearly and very purely with pure lines, in any way, shape or form you desire, through movement, through physical mass, through color, through light, through sound.
Express the angelic art of the utilization of energy itself, in that way. Breathe life into those “works.”
Q: And are there beings that are like guardian angels and that kind of thing? They’re in our mythology...
B: In a sense, yes.
Q: ... and in our religious documents.
B: Yes, in a sense. But again remember that guides and guardians do not live your life. They simply nudge. (Audience laughter)
Q: Right. Reflect, right?
B: They reflect, they hint, they tap, they remind, ever so subtly and ever so lovingly.
Q: Thank you. Oh, and by the way, how are the dolphins doing on Essassani?
B: They are perfectly fine.
Q: Will they be put back to earth one day? Are they being programmed, in a sense... not programmed but...
B: Many of them do not want to go back. (Audience laughter) (Laughing)
Q: I can understand that! (Laughing)
B: Oh, not for the reasons you may think. Simply that they are content to await the idea of the transformation to a certain point, where they know they will be joined by others of their kind, and by you. So that they also will be able to welcome you to “foreign shores” with something that you might recognize as familiarity.
Q: Oh, I like that. But some will come back to help in our transformation?
B: Oh, telepathically, all the time.
Q: Telepathically.
B: They do not have to physiologically come back in order to be of assistance.
Q: That’s true.
B: They are sending from where they are, quite strongly.
Q: That’s great.
B: Thank you!
Q: Thank you very much.

Angelic Expressions and Dolphins on Essassani
Q: Can you explain the difference between Angels, Masters – Ascended Masters, and ET’s?
B: What you typically refer to as Angelic consciousness is the first, shall we say, split off reflection from the Infinite – has never manifested in physiological reality at all. Does that make sense to you?
Q: Yes.
B: Ascended Masters are those that have allowed themselves to go through all dimensions of experience, so to speak, in at least certain linear modalities; and have learned and grown and arrived at a certain frequency state that allows them to, in a sense, transcend all of the negative aspects of the path that they have walked. Extraterrestrial energy is simply that consciousness which was not born on your planet. Is that a simple enough definition?
Q: I think, yes, for me it is.
B: Thank you.
Anger As An Opportunity For Alignment

Q: I want to talk to you about anger.
B: Oh, all right.
Q: You know how the psychologists say, or the theory is, that you pick people that are like a mirror for you. Right?
B: Yes.
Q: Well, I picked this person.
B: Yes.
Q: And it’s my girlfriend, and I live with her, and I’m always seeing how angry I get. And all the time I’m asking myself, “Okay, how is this serving me? What is there for me to learn that I don’t want to look at in myself?” I try and apply all these things. I ask myself, but I don’t know...
B: May I interrupt you? It is not always a literal reflection. The idea of individuals you attract into your life that are there to reflect ideas to you does not always mean that what they are doing is a completely literal reflection of something you are doing. It simply is an opportunity to recognize that you may be being of service to them, and they may be being of service to you, in different ways on different levels. It is not to say that it has to be a direct “one to one” reflection.
Q: How do you tell the difference?
B: You simply can understand, as has been expressed, that if you cannot figure out what a one to one reflection would be, then begin searching all the different levels.
Q: Okay, I see what you’re saying, but I just notice that no matter what the situation is, I wake up in the morning and go, “Okay, I’m going to be more patient and more accepting.”
B: More patient?
Q: Yes.
B: Patient? Why do you need to be patient?
Q: Because I feel like I’m going to be angry.
B: Do you think that patience is going to relieve any of the strain that you feel?
Q: No, because it doesn’t work.
B: Correct. Understand, you are only impatient because you think you need patience. Living in the moment and enjoying everything you are in any given moment makes you enjoy your life far too much to have to be patient. Patience says that you are not enjoying what you are.
Q: Well, sometimes I feel that I don’t want to enjoy being in an anger mode, because...
B: Nobody says you have to be.
Q: All right, well just let me finish my statement.
B: Oh, all right!
Q: Because you see, I feel like it crushes her spirit – because she’s an expression totally different than me. I’m intellectual and intense, and she’s flighty and very mellow. And so it’s interesting that this combination is happening, right? I don’t feel like I want to squelch her expression but I feel like that’s what I do, because I’m too intense. It’s like I’m always getting angry at her expression. And I’m trying to learn about myself, I’m not blaming her, I’m just trying to learn about myself.
B: Yes. Yes.
Q: And be a little more like a duck, and let the water go over my feathers.
B: But in this way, being a duck does not mean that you do not stand up for what you are. Now recognize, in this way, that anger is only judgment of what is true for you, because you think that what is true for you should not be true for you, with regard and in comparison to what you think is true for someone else.

Anger is an alignment, and never needs to be experienced negatively. What you are used to thinking of as anger never needs to be experienced that way, if you allow it to be alignment. In other words, you see someone in your life that you have attracted, and you recognize that their reality is their reality, and that it is different from yours. And seeing their reality allows you a stronger alignment with your reality, with what you know to be true for you. That alignment, in of itself, will never produce a negative feeling. Judgment and resentment of that interaction is what produces the anger.

You have been given an opportunity by that other individual to see what you are aligned with, and what is true for you.
Q: Okay, I feel like this is hitting home. So, a person gives you an opportunity to know where you stand.
B: Yes.
Q: And so, say that person leaves the iron on all the time and, for me, I see how important it is to turn off appliances – that’s a simple thing.
B: Yes.
Q: Okay. Once you get that, how can I let her expression be hers and know where I stand without inflicting it on her?
B: ‘Tis very simple. Now, do remember that you can always discuss something without needing the other person to change because you think they are “less” than your idea. You can discuss it as an equal, in this way, and simply share your expression of your understanding.

At the same time, recognize that when you are willing to acknowledge that it is a reflection for you and an opportunity to be a reflection for them equally, then, if you are “meant” to stay in the situation, you will. If it is a reflection that you should part, then an opportunity will come along for you to part. Do you follow me?
Q: So are you saying... like, how I’m trying to work with her now is seeing – by discussing things after the anger and all of that – is seeing that her point is just as valid as mine. She’s just coming from... she’s a different crystal, right?
B: Yes.
Q: And trying to understand that it’s not that I have a better way, or a more precise way – it’s a different way.
B: Yes. For in this way, you are only making assumptions – although we understand the idea you are discussing – you are only making assumptions that what you think is going to be the result of her actions will be true. And they may not be.
Q: What do you mean?
B: In other words, many times when you judge another individual, you are only doing it based upon the assumption that you think that their actions will lead to certain results – and they don’t have to. In other words, you are being given an opportunity to examine what results might occur if you took the action you are seeing them take. But not necessarily an indication of what results will occur just because they performed the action.
Q: Right, sometimes I think, “God, if I was in her shoes, I would have been dead twenty years ago.” (AUD: laughter) And for her that may be fine, but for me...
B: Yes.
Q: So then anger... okay, sometimes I want to be less angry because I find that it hurts me to be so angry all the time.
B: That is because you judge the alignment. You will always be aligning. You will always see reflections around you that will give you an opportunity to align with what you know to be true for you. It is only the judgment that creates the negative feeling.
Q: Isn’t that where patience comes in?
B: No.
Q: Well, I mean you’ve said patience...
B: No. No.
Q: Okay, well, you’re aligning and centering yourself...
B: EVERY SINGLE TIME you realize that you are being given an OPPORTUNITY to align and integrate more and more of yourself, then it is such – at least from my point of view – an ECSTATIC experience that you do not need patience. Because patience implies that you are waiting for something better to come along. But what could be better than the ecstasy that you are feeling in the moment of alignment?
Q: Well, do you have anger?
B: Not in a negative way, WE ALWAYS HAVE ALIGNMENT. But not anger, as you understand it.
Q: Well... my alignment is expressed in a negative way.
B: That is because you are judging your alignment. Now, if you do not PREFER to have it expressed in a negative way, you don’t have to. You can simply take it as the JOY and ECSTASY of being given the
opportunity to align and, therefore, RADIATE BACK your point of view, without judgment, upon the other individual: JUST YOUR POINT OF VIEW.
Q: I’ll try that. That’s great, thank you. I mean... I know I said “try,” but it’s...
B: It is all right. We understand. Thank you.
Q: Thanks.

Anger as an Opportunity for Alignment
Our greetings to you on this day of reunion. Our joy is sharing the inter-action that we can with you this day of your time. In this terminology we have always, from the moment of re-inception of our communication with your civilization, been sharing those ideas with you, with each and every one of you, that will allow each and every one of you to facilitate the blending within each and every male of your species, the feminine side of yourself. Within each and every female of your species, the masculine side of yourself. The idea now of the polarization is at an end. The idea of the many lifetimes in which you have kept segregated from one another, barred from one another the beauty of the interaction, of the marriage of your feminine and masculine selves within each and every being, is at an end. Each and every one of you now will begin to participate within the beauty and the joy and the fragrance of the marriage of the polarities of that energy within each and every being. To allow for the full celebration of the beingness that you are. The full flower, the full expression of the seed of each and every one of you. The full fruition, the full planting, the full ripening of your soul. The full blending in harmony and love, the ecstasy that is yours, that is your birthright, is within you, fully encased – has been encased within a seed? that is now ripe and ready to bloom, burst forth and give full flow to the juices of your creativity.

In the marriage of the relationship of the female and the male within each and every being upon your planet, there shall be the celebration and rejoicing as to which you have not known for many thousands of years of passage upon your world. We share and rejoice with you at this time, in your willingness to discover once again those sweet and succulent aspects of your life. Those sweet and delicious potions of your soul, those beautiful, beautiful, perfumed, brilliant, sparkling, delicious drinks that are the energy, the reserve you have yet to tap. The ones that have been being encased in casks, in your terminology aging for tens of thousands of years and has now achieved a delicious degree of ripeness, ripe for the drinking. In this celebration you shall become in this way, not so much disoriented in a negative sense but drunk upon the ecstasy of your soul, upon the ecstasy of your love. And you will revel and swim deepest in the ocean of unbridled release upon your world.

Let this flow and wash over the surface of your planet in this way and it will soak and sink deeply into the fertile soil of your planet, and give birth to new children who will share and bring with them the favors to the celebration. Bring the light and illumination to the heart and soul and mind of the wearied and the tired among you in this way. They shall enliven and refresh you, even as they show you how to refresh yourselves by the act of drinking so deeply in the very essence and structure of life, the very energy that flows from your own mother Earth, your own father universe in this way as you chose to symbolize these ideas upon your world – as the very stars shine down upon you in this way. And recognize in the reflections that you see in the heavens that the very stars that you see are mirrors, for as you look up into the heavens you are seeing only but your own faces united, shining and smiling back at each and every one of you. With the absolute, pure potential of the true joy of ecstasy, the true stellar
qualities, the true astral spark that each and every one of you are.
Blend together and know and rejoice that in blending together it will not be as you have said at the loss of your individuality. Truly each and every one of you will stand out as the stars against the heavens do. But together you will paint the panorama, the jeweled beauty, you shall decorate yourselves with the stars and they shall be the light that illuminates your inner knowingness, your inner being, your inner spaces, for truly remember that all that you consider outer space to be is but your own inner space, illuminated before you. Our deepest abiding joy and love to you all for allowing us to share, to share... in the warmth, the depth, the feeling, the smoothness, the softness of your love. Feel that your hearts are touched by Creation. Feel that your hearts are touched by the stars and as they touch you, feel your reach stretch to infinity. For truly you are only reaching back from the future you are creating, and touching yourself. Follow your lead...you will find friends waiting there for you. And simply remember that many of the friends that are waiting there for you... will be you.

We thank you for allowing us to share the idea and the notion of the love that you are. Allowing me to cherish the idea that you may and that I may, consider you as you perhaps may choose to consider me... an old and dear friend who loves you very much. We thank you for the opportunity to have expressed this to you, and now we will in this way allow for an understanding and a new friend to share another aspect of the mirror. Sweetest dreams to you all. to continue see Grey 4-16-87
Animal Consciousness

Q: Could you talk about what happens with animal consciousness?

B: Animal consciousness in general, can be many things. It is very primal; in a sense, it is an extension of your own mass mind, human consciousness. Although, hu-man, in this sense, I use loosely as a term. It is an offshoot of your oversoul consciousness, although it is an identity unto itself. Animals are reflections for you, different aspects of your own consciousness that sometimes you are not capable of seeing in physical form because of the ego structure that humans have built.

They reflect many different aspects of your emotionality to you. They are loving beings, in and of themselves, and are sentient in their own way but very different from what you call humaniform intelligence. They are attached, in a sense, to families of energy, spiritually, in that sense. Orbiting around those families, reincarnating with those families very often, over and over again. To act as guides, as instructors, as supporters, as children, as parents – for many of the aspects that you are not consciously in touch with about yourselves

They provide a balancing system for many of you. They give you the opportunity to experience a totally different dimension of yourselves, if you would only see it that way. They are not really separate from you, in many senses. They are created; they are consciousness created, truly directly, more directly, of the primal medium in which you are all immersed, out of which all beings are created. They are to some degree, closer to the Source.

You can pattern yourself in many ways after them. Sometimes they will pattern themselves after you to reflect to you issues that you need to work on. Sometimes they will exhibit, within their bodily forms, ideas that you need to work through. Sometimes they will take on diseases for you, so that you do not necessarily have to experience the full brunt of the physical disease.

They will do many of these things for you because they are a reflection of absolute unconditional love, and absolute, unswerving primal creation. You can learn a lot from them, in that way, it can put you in touch with the center of your being. Sometimes all it takes is the focusing of the idea of an animal, looking into its eyes, feeling its energy that will bring you right back to your center of your true natural beingness.

This is where this whole idea, very, very misunderstood in your society, of “magicians and their familiars,” comes from... and why they had animals around is because they knew that in pure form, the identification with animal consciousness allowed them to reclaim, in a sense, their godhood, their direct connection to creation. Because, here is a pure reflection, an absolute pure reflection, literally in many ways, more directly, the eyes of god looking at you through animal eyes. Nurturing you, loving you, watching you, helping you, being with you – constant companions to you.
Q: So then, of course that’s part of the reason why it’s so extremely painful when they leave.

B: But they do not leave, they simply change form. They know this: the pain is all in your assumption of what is happening.

Q: Right. Thank you.

B: Thank you.

2
Q: Hello.
B: And to you, good day.
Q: I’d like to talk to you about my dog, Mu(?) (‘Moof’) who…
B: Dog. All right. Can you all hear this individual?
AUD: No. No.
Q: Sorry. My dog Moo is about 12 years old.
B: Yes.
Q: And I’ve spoken to you before, a long time ago about him – and he’s reflected a lot to me. But he’s at a point now where he’s suffering from incontinence…well, he’s not suffering actually.

B: We understand.
Q: And it’s been going on for about 4 months.
B: All right.
Q: And I’d like some help with what it means, what it’s reflecting…
B: Well, first of all, it may simply be that that guide, and that reflection, obviously is now able to begin to move on, the more you have absorbed what he has reflected to you. The more you take it internally, the more you become the idea that was being reflected to you by the animal consciousness, the less need there is of the animal in that format.

So it can now move on and transform itself into a new state, a newly energized state that can then re-enter your life on a more equal level. Rather than one that has to support the idea of the things you were facing as lessons in your life. So send your unconditional love to the animal to allow it to know it can move on if it wishes to. It doesn’t have to hang around to make sure you’ve got all the ideas you need to. It doesn’t have to reflect uncertainty, hesitation. It can, as you say, make a clean break. Understand?
Q: Okay. Yes, I do.
B: Send your unconditional love, your trust that the animal has served you; and therefore, it can now transform into a more equal energy, because you now have incorporated the idea of that being within yourself as a reflection, as a guide.

You are now willing to take the responsibility of creating those reflections to yourself, so that the animal can simply share your joy of equality and play with you, by transforming into another format that you may discover very soon.
Q: Okay. Thank you.
B: Well, thank you very much, but I have done nothing. Sharing!

Animal Reflections and Guidance
Animal Reflections II
B: You!
Q: Obviously it is possible to be the idea of a lot of different things at the same time. Right?
B: In a sense, yes.
Q: What do you mean, in a sense?
B: In the sense that if you know you ARE an idea that contains the opportunity to do many different things, then they will simply flow into your life in a manner that will allow you to accomplish them in sequential form.
Q: Ahh...
B: So it is not exactly that you will be doing them at the same time; but you can be the idea all at once.
Q: Okay. That was what I was asking. One of the ideas that I have been creating for the last number of weeks, months is to be a fourth density atmosphere in my backyard.
B: All right.
Q: And as I was sitting thinking about what that entailed, I thought, oh, I have those king snakes and if the king snakes don’t get a gopher or squirrel once in awhile, they won’t live; and if squirrels, you know, don’t eat whatever, and the earwigs don’t eat plants, they will die. This whole, and even if I, you know, don’t pull weeds, which kills the weeds, other plants can’t, and so that, uh, I don’t know exactly how to think about...
B: Do you mean that you cannot imagine that you can sustain all within your realm upon the energy that you vibrate? That they cannot partake of the manifestation of the energy of your eternal consciousness and so remain in a state that always allows them to know they are sustained in whatever manner they need to be?
Q: Can I do that? I mean...
B: You tell me.
Q: Well. I...
B: Do you believe that you can?
Q: Yes, I do but...
B: Then you have done it.
Q: I think that there’s, you know, the lady bugs still eat insects and, and uh...
B: That is your choice. You are creating third density definitions of what...(AUD: cough-making word garbled).
Q: I realize that.
B: Then simply redefine the idea that they can exist in the state that they are in by simply receiving direct energy from you. Then they will simply lose the urge...
Q: Oh, that’s wonderful. Okay what, what happens...
B: For in this way, once again, remember that the animals upon your planet are territorial because you are. (AUD: various comments).
Q: I’ve been communicating with a lot of the animals in my backyard.
B: Yes.
Q: And I think, you know, uh, it seems to, they seem to pick it up, and I mean they...
B: Of course they do.
Q: But, but…(AUD: laughs)
B: They will always, however, only reflect the degree of willingness that you express in your own beliefs. Therefore, they function as a very accurate barometer for you.
Q: So, for example, if those king snakes that are up there remain in my backyard, they will not kill squirrels and gophers, but if they go...
B: They do not have to.
Q: If they move somewhere else they will?
B: Perhaps.
Q: Oh. What do the animals on your planet eat?
B: In this way, again, it is mostly energy, and it is mostly through the exchange you call symbiosis.
Q: Oh.
B: At times, in what you call the past, so to speak, there used to be some predatory forms; but no longer. Anything you would now perceive as a "predatory form" always leaves its prey alive, taking an exchange of energy in a certain way that benefits both. (AUD: laugh).
Q: Oh! I can do that in my backyard too, can’t I? (AUD: laugh)
B: Yes.
Q: Oh, wonderful! I love it!
B: As an example, there is a being, a creature, an animal, as you would call it in this way, that would be similar, as we have described it, to what you would refer to as a slug-like creature, but it will be a bit more flat. It will have upon the topside plates for the direct conversion of sunlight into another type of energy. As this creature crawls upon the skin of another being it will convert the sunlight into a type of energy that, when it is projected into the cellular structure of the being it is on, will release a type of energy that the slug feeds but the conversion will also regenerate and rejuvenate the cell of the creature it is on.
Q: How wonderful. (AUD: laugh).
B: So it is symbiotic in that way.
Q: Yes. Oh that’s great. Thank you very much.
B: I thank you!
Animal Reflections

Q: I had dinner with a reporter a couple of days ago and we talked about... we’re both big "tier" lovers... and we talked about...

B: "Tier?"

Q: Animal lovers, sorry. I’m speaking in German, sorry. We’re animal lovers, and he was telling me that he’s a witness to a lot of cruelty towards animals...

B: All right.

Q: ...as his job as a journalist.

B: Yes.

Q: And we talked about it, and he couldn’t understand how come we humans are so cruel to animals all over the world, from China to Russia.

B: Oh that’s easy to answer.

Q: And how...

B: You want the answer to that first, before you go on?

Q: Yes ... how are animals feeling?

B: Yes? No?

Q: Okay, yes.

B: Thank you, then you may continue. Let’s keep this simple, a step at a time. Even though you have on your planet this understanding of, what you call, a Golden Rule, you understand? "Do unto others as you would have them do unto you."

Q: Right.

B: In actual fact, even though that is in itself a truth, a more fundamental and precise way to understand that principle is as follows, in that, "you will do to others what you are willing to do to yourself." The self-loathing, self-anger, self-hatred, and self-devaluation that humans on your planet have been taught... the judgement upon the self that makes humans think they are "less worthy than," will make them, in that sense, jealous of anything and everything they deem to be pure; and, in that sense, they will hate it and take out their aggressions upon it. Animals, in that sense, will be a good target for them in their minds, because your society does not necessarily deem them, in general, to be conscious beings, and therefore, there is not as many repercussions about taking out your frustrations on animals as there is taking them out on humans. Do you understand?
Q: Yes, yes.
B: I’m not saying that they are less equal, but your society in general thinks that, and because it hates itself, or such people hate themselves, they will strike out at anything that reflects to them a reminder of that self-hatred. And when they see something perfect and pure as an animal, full of conviction and absolute power and love, they will strike out at it. Because it reminds them of what they believe to be a true weakness within themselves, even though it isn’t actually true; but that’s what they have been taught to believe about themselves, that they are not natural and so they hate everything that is of nature. You follow?
Q: Yes, I do.
B: That’s why they do that, psychologically.
Q: How do animals deal with it? With all this pain and cruelty?
B: Well, they deal with it as best as they possibly can. The idea of course, is that animal consciousness – not in any way, shape, or form, meaning to condone these actions on the part of the humans towards them – but animal consciousness is unconditional in its love, and in its expression and conviction of self, and, in that sense, they will deal with it simply by being what they are, and that is pure reflections of creation. Whether they remain physical or translate into Spirit, they will deal with it as pure, unconditional reflections.
Now yes, many animals will, of course, take upon themselves the reflective traits of those doing the abuse, and may strike back, of course. That is only, also in its sense, natural, as a reflection of the consequences of the actions of the humans that may be perpetrating the abuse against them. But the idea is, nevertheless, that they are not doing that out of vindictiveness, they are only doing it out of natural reflection and consequences of behavior and action. And it is still in unconditional love, which they carry within them, that allows them to be connected to humanity in such a way that they are willing to participate with you to show you these ideas. So that, perhaps, one day you will understand how much humanity has learned to hate itself, and perhaps can ultimately learn to love itself as much as the animals reflect that unconditional love of the Infinite to you. That’s how they deal with it, you understand?
Q: Yes.
B: They know that they are eternal, no matter what you do to them. Again, this doesn’t excuse the behavior, but they know they are infinite, they know they are eternal and they also, on some level – not exactly in the same way that humans understand this idea, when they do – but on some level, they understand it is all part of one particular dance of evolutionary learning to not need to do that, and to learn to love the self.
Q: Okay.
B: And in some senses, to put it in a very simplistic basis, if any animals on your planet exhibit the idea of predation, of predatory nature, and attack and such, it is mostly a reflection of the collective consciousness of the planet. To put it simply, animals are predatory on your world, because you are. You follow?
Q: Yes.
B: On our world they are symbiotic, they do not prey on each other to the extent that they destroy each other. It is a reflection of our understanding of wholeness; and the idea is that they can, in a sense, get what they need from each other without destroying the animal in the process. You follow?
Q: Thank you.
B: Does this answer your question sufficiently?
Q: Yes.
Animal Reincarnation

Q: You’ve talked about animals being guides – could you talk about in what sense they are guides?
B: They are willing reflections of all the ideas you are exemplifying within your different strata of consciousness upon your planet. They are reflections of how you see yourself. Understand, for example, animals on your planet are territorial because you are. Do you follow me?
Q: Yes.
B: They are always willing to act as a mirror for your emotionality. Always with unconditional love and support for whatever you are willing to do. They will die for you.
Q: Is this true of insects as well as other animals?
B: Yes. It is true of plants, minerals, everything. You and the life forms you call cetacean, whale and dolphin, are the only two groups upon your planet that are karmically reincarnated. All other life forms on your planet are simply reincarnated, and exist in any life within conscious knowingness, not within any idea of the process of analyzation or thought or judgment or separation.
And to a great degree, the dolphins and the whales have not really chosen to experience very much of this separation either.
Q: Could you clarify how animals are reincarnated, as you have referred to?
B: Simply in the manner that you are reincarnated physically, i.e., they do it out of a sense of karma. They do it out of a sense of the idea of attachment, of being a reflection, a loving reflection, of whatever you need them to be here for.
Q: Do their individual consciousesses then reincarnate much as ours do, only without this idea of karma?
B: To some degree, yes, but it is more connected, in the sense that they see themselves not only as individuals, but primarily as a series of relationships to every other being in their reality. They see themselves as relationships to other things, more than as an individual.
Q: What about pets, especially pet dogs and cats? Are they not more individualistic than other kinds of animals?
B: They take on and reflect the individuality of those they are reflecting. They themselves are not intrinsically more individualized. They are perfect mirrors reflecting the individuals around whom they congregate.
Q: How do pets feel about their bodies once their consciousness leaves – once they die? Does it matter what we do with their bodies?
B: No.
Q: Well, we have such a tradition with humans.
B: All right, but allow me to remind you that when you leave you physical body you will not care either.
Q: I thought not. So, why have a funeral?
B: You can have whatever you wish. (Audience laughter)
Q: (Laughing) Okay. Well, I’ve been wondering about how we have this tradition, and a lot of times these traditions do mean something more than just a tradition.
B: You may always implant symbolic interpretation into any tool or ritual. It will be viewed quite differently from your non-physical perspective.
Q: Right.
B: It will not be judged, it will simply be viewed differently.
Q: Aren’t rituals very much for the people who are remaining alive?
B: Yes.
Q: That’s what I thought, okay. Thank you.
B: Thank you.
Animals and Hematite and a Generator Device

Q: After the last time I spoke with you I had a dream, and in that dream I was down by the ocean and an elephant washed in from the ocean, and came charging out. I have a really strong feeling about what that is about in my terms, of me owning my own power . . .

B: All right.

Q: . . . seeing it as something . . .

B: And remembering it.

Q: Uhuh. (Much laughter from Audience)

B: It is your own symbol. You never forget! (Even more laughing)

Q: Okay, that idea brought another idea . . .

B: Yes.

Q: . . . a question about animals in general.

B: Yes.

Q: I know that cats move between the third dimension and fourth dimension and can pop in and out between physical and non-physical. Do most of the species on this planet, elephants included . . . that’s why I started thinking about elephants and what they were?

B: Yes, in a sense. Even you do, all beings do – they all exist on every level there is to exist upon. Depends on whether you remember that or not. Since you know elephants never forget, it is a good bet that they also know it. (Laughter)

Q: And . . . okay. I was having this feeling about some animals that kind of stay here, that stay in their bodies, that stay three “dimensionalized” and other ones that go physical and non-physical.

B: Again, in a sense, but there is no need to limit it, in that way. You are only looking at particular facets at any given moment. Understand the totality of the creation; everything is everywhere all at once. You follow me?

Q: Yes.

B: Thank you.

Q: Thank you, one other question. You were talking about gold earlier . . .

B: Yes.

Q: . . . there is another mineral here called hematite . . .

B: Yes.

Q: . . . and my experience with it is that it dramatically changes the electromagnetic spin, of say, my chakras or the vortexes that I experience in rooms; I’m wondering if you can share anything about that mineral?
B: It has an electromagnetic gyroscopic effect, in that way. There are applications possible with that material. In thin sheets, sandwiched as you say, between crystalline sheets, that could create a particular type of electromagnetic field. And there is an aspect that can be utilized in the detection of what you have for so long referred to as animal magnetism, in a sense, to coin your phrase.

It is susceptible to the deep vibrations of nature, of the earth, of minerals, of plants, of animals, in recognizing the patterns and vibrations which exist within the electromagnetic field of your planet; and can be created in this form to be a detector of some of the different variations of the stream of those vibrations within your electromagnetic field. That is one application, there can be others – explore and experiment.

Q: Thank you.

B: Now, you recognize the idea of a spiral, yes?

Q: Yes.

B: You recognize an idea of an overlaid doubled spiral: one this way, one this way – much as you find exhibited in what you call nature, in what you call the Fibonacci series of numbers. What you call the Nautilus shell, the center of the sunflower, the pinecone. The way things grow takes place in that particular mathematical spiral as a reflection of the vibratory patterns of the helix, of the vortex in which energy flows. You have to but simply observe this pattern, this double spiral in many aspects of nature, in that way.

Now: the gold, that we discussed earlier, in strands, can be overlaid into an interwoven double spiral, in that way, simulating the idea that you call the heart of a sunflower. In this sense, you may find that there may be, not that it comes to a center, but that there is a hole in the center. Allow there to be the double spiral created, in that way, very tightly interwoven of gold thread, in one particular circular plane with a hole in the center. In the center, allow there to be a spherical quartz crystal exactly on the equatorial plane.

Allow there to be through the center of the crystal, perpendicular to the equatorial plane of the double spiral matrix, a gold rod extending above and below the crystal and coming to a point at either end. Allow there to be an insulator, it can be crystal. Two disks of crystal, above and below, sandwiched on top and on the bottom of the central double spiral flat matrix of gold. And then on top of that a shell, a flat disk of gold; and on the bottom a flat disk of gold which you call a hemisphere. Hollow on the top hemisphere, hollow on the bottom disk, through which the gold rod from the central crystal will protrude up and down and be in contact with the gold top shell and gold bottom shell, which forms the top and bottom layer.

Then there are two layers of crystal, or some other isolative material; then the gold woven spiral in the middle that touches and penetrates the crystal, to touch in this way at a few points, at least four, the golden rod penetrating through the crystal sphere.

You will have within this device something that will attract the electromagnetic field and be a type of generator such as you have never experienced upon your planet, and you can draw energy from it for
many different applications. 

*Foundationally* this is the heart of the flash matrix that is incorporated into our, what you’d call, engine structure aboard our spacecraft.

Q2: Can you give us some of the respective dimensions as far as the large ball?

B: A one-inch sphere, a six-inch diameter disk, will be good for a start, with an eight inch rod diameter.

Q2: As before.

B: Yes.

Q2: How about the filaments of the spiral? Flattened out?

B: Wire like, as you would call it – interwoven.

Q1: What gage?

B: Approximating the idea can be what you call anywhere from thirty-second to sixty-fourth of an inch.

Q2: Braided?

B: Each strand interwoven into the entire double helix, not that each strand is braided.

Q2: Oh, I see.

B: Each strand being it’s own wire.

Q2: Starts through center and works out in the Fibonacci series as far as the dimensions and other stuff?

B: Yes.

Q2: Okay.

B: Then at the outer boundary of the net, allow each wire to remain as a single wire, do not curve them back upon themselves, allow their ends to be exposed in the center of what you would call the sandwich. You follow me?

Q2: Outside the insulating material on either side of the spiral?

B: Coming to same diameter, but simply exposed – the ends of the wires.

Now you can experiment with other material as long as it is, in your terms, conductive, and you will get effects.

Q2: Copper?

B: Yes. Also what you call steel.

Q2: Um, that’s not easy.

B: You will observe the effects of the generation, simply understand that the gold will include other types of properties into it, which will increase and enhance the effect many fold.

Q2: Do the rods have to be pointy?

B: Yes.

Q2: How do we mount the device?
B: Upon any insulating material, in your terms, it will function much like a condenser, compiling a build up of charge…

Q2: How do we tap it?
B: If you get too close you will tap it.
Q2: So therefore there is another device, which does so?
B: There can be many devices that do so, depending upon what the device is – how you design it will be the way in which the energy can be used. It can simply be in proximity to... your body; in that way is also a device. Your body will use the energy in whatever way, shape, and form it needs to.

Q3: It is like a Tesla machine that he made?
B: To some degree, it is not dis-similar, although that particular configuration was never created by that individual, other variations of the idea were, yes.

Q: Coils. Thank you.
B: Thank you.
Bashar
Circa 1995

Questioner: You mentioned that the Anunnaki, when they originally came to our planet, were searching for gold.

B: It was one of the things that were part of the overall process of some of the things that they were doing. As we have all ready intimated, when you understand the concept of the element called gold and the energy that it really contains, you will see how strongly it is connected to the light force of your system and how it can actually be utilized in like force to imbue your genetic structure with a great longevity. You understand?

Q: I was . . .

B: This was part of the reason why they required it for the things that they were doing,

Q: Was it for their biological presence that they needed it?

B: To some degree, to exist within your particular dimensional reality, it assisted them by having this element around to stabilize their physicalized projections into your dimension. It allowed them to exist in that dimension to do what they needed to do and, at the same time, it was also an important ingredient, the energy of that element, in the utilization of the rearrangement of the genetic structures upon your planet for the purpose of the creation of the human form on your world.

Q: During those times were there any beings around who could alchemically produce it?

B: Yes and there always has been.

Q: And the Anunnaki weren’t able to?

B: To some degree, but again, they simply relied upon the idea that they would find what they needed in the area in which they were going and knew that there was an abundance of it, they did not necessarily need to transmute at that time because it was readily available.

Q: And there’s a procedure on our planet now know as low level nuclear reactions, or nuclear transmutations in which they are able take black sand and other elements and get a percentage of gold and other precious metals back.

B: Yes. But again, this is not an end all be all in and of itself. It is simple one more of the transmutational ideas that you’re all learning as you discover the alchemical intuitions within each and everyone of you and, of course, as every good alchemist knows, it is not the matter of physiological transmutation but transmutational of the spirit.

Q: Is there a different vibratory quality of the earth’s, let’s say, resonance gold has than would be produced under one of these low level reaction?

B: There is a slightly different frequency but in most cases it would not be significant, except in certain very specific experiments where the additional frequency would be required of a more, shall we say, quote/unquote naturally formed elements.
Q: And back to precious metals, was there a group of individuals on the planet know as the, a.k.a., the Olympians or the Committee Of 300, who see as their right to have the authority over the mineral rights of earth?
B: No, there was ideas at certain times therein expressed by certain groups in certain civilizations now and then but it never actually became a true full fledge authority committee, and there really was no idea of that expression coming to absolute fruition. You follow along?
Q: Yes.
B: Thank you.
Q: But, isn’t their (the Grey’s) initial agenda creating you (the Sassani’s)? Isn’t that a major part of what is going on?

B: In some senses, yes, but there are many different factions involved and many different kinds of things being done within the agenda that simply have nothing to do with his (Alpha Deyo ... a rebel reptilian) resonance. Thus, it isn’t necessary that you must look at this in the same way that this will play out politically on your planet. There is no punishment involved here. There is simply . will all of law will own to its plan once idea of resistance and the attempt to turn oneself more towards the vibration that one deems to be true for oneself. Thus, the assistance that is being given is simply helping to solidify that reality for the being.

Q: Just as the Greys can’t join the Association, by his turning towards you more he’s able to reach that frequency?

B: In some senses, yes. And now there’s another thing also for you to understand ... pay attention ... again, as we give this to you, to some degree what we are telling you, from one slice, is linear. But do not assume that what we are about to tell you is the ONLY thing that is going on. If you assume that what we are about to tell you is the only thing that is going on and the absolute end all be all be all of all the information that has to do with this, you would be making the same assumption as if I said to you that people from England come from Europe, and by that you assume that only people from England are from Europe and only Europeans are from England. You understand?

So, keep that in mind when I tell you the following: in what you may call an ancient time, within what you would call the Lyran system, from there came those beings you understood to be the Anunnaki. Many of you already know this. And they, in many ways are, to some degree, involved in the genetic manipulation of those species that ultimately created the reptilians from the dinosaur stock and your human species, as well as many others, from some of the indigenous stock on your planet. The idea being, in that sense, of course, that the reptilian species derived from that stock was removed from your planet whereas the human species was not, due to various changes and shifts going on within the agendas of the politics, so to speak, just for now euphemistically, of the Lyrans, of the Anunnaki, as you call them.

After the idea, also, and during this time, to some degree, but after the idea of the destruction of natural causes of the Lyran system when there was the Diaspora into other star systems, such as some of the Orion systems and the Pleadian systems and so forth, of what you would call in the past, the Anunnaki. Then it can also be understood that certain factions of the Anunnaki, in arriving in the Orion systems, did continue the idea, besides the ones that were isolated upon the Earth, of going in certain directions and ultimately led them to self-destructive ways. In some of these factions that experienced these self
destructive ways within the ancient Lyran Anunnaki systems, you would find that the destructions they caused upon themselves is what ultimately allowed them to become what you understand them to be today, this faction called the Greys. In that sense, therefore, the Greys and the Reptilians are still cohesive, in that the Greys, as the ancient Annunaki created them. And the Greys and you are still cohesive in that as the ancient Anunnaki, they created you. In that sense, they are trying to gain back what they lost, in that sense, as the ancient Annunaki, to render themselves to some degree into that state again, by utilizing the genetics that they have already spliced within you, based on their own original genetic patterns which makes you compatible.

Thus, they are attempting, in the creation of the hybrid races such as our own, to regain the idea incarnationally of what might be, in their eyes, considered to be some of their former level of status and glory. But this is only one faction, in that sense. Some of what some individuals, in some of the abduction scenarios, have recognized as tall, muscular, Nordic types, are actually some template recreations of the idea of the ancient Annunaki bodies, in what your ancient people refer to as the gods, in that sense, of great stature and build. But these are not in any way, shape or form, the idea of what you would call absolutely sentient beings with free thought. They are, to some degree, the idea of puppet templates to allow them some idea of creating certain genetic resonance patterns that would help them fulfill their particular agenda in that level. Regaining whatever it is it is possible for them to regain; though it will never be exactly the same.

This it is given to us now, at this time, to give to you and we have done so. But again, remember, that this is a description of one slice of linear reality. It is not the whole story....
Anunnaki Counterpart
Canoga Park, CA
3-20-98

Questioner: I wanted to ask you about, well it wasn’t really a dream I had recently it was more like one of those old parallel reality experiences I used to have.

B: All right.

Q: And there were these beings, I had asked sort of unconsciously as I went to sleep, for I did a sort of channeling opening and I’d asked for some help with balancing my kundalini energy.

B: Oh, all right.

Q: This amazing thing happened, these beings came and they were . . . I would say maybe 9 feet tall, the looked . . .

B: In a sense yes, in your perception, yes.

Q: seemed that way to me. They looked Mongoloid, almost Mongoloid, Eskimo like . . .

B: Yes.

Q: tops of their heads were flattened slightly . . .

B: Yes.

Q: and they took me to this cave, which was a sacred cave, and it has this pool of water, which was perfectly still, and it was the most amazing state there.

B: All right, perfectly still.

Q: And they meditated there, and where they existed was just unbelievably cold and it was all ice.

B: All right, yes because it was perfectly still.

Q: Yes.

B: And then what?

Q: And they worked with . . . they meditate in the snow constantly that’s all they do is bring in these higher energies.

B: All right.

Q: I don’t remember exactly what was said but the name A-nae-na-ku kept coming to me when I woke up. And they seem off planet, they said that they were working now, they had worked with earth beings before, and they were working now more with women than with men.

B: Yes.

Q: I heard a list called and I remember a friend was there.

B: All right.

Q: It was such a powerful experience and it has stayed with me since and it only happened that one time.
B: Yes.
Q: Are those beings that you are familiar with at all?
B: Yes. They are, for lack of a better term, the higher dimensional selves of the original Anunnaki. You understand?
Q: Oh, because I was wondering about the Anunnaki when I heard that name. It was so clear. It was a-nae-na-ku.
B: Yes, it is the higher dimensional counterpart or component of the original Anunnaki beings that were involved in the beginning of your race, now this aspect is involved, in a sense, at this juncture of, shall we say, step up of your species. But on a non-physical level on an energetic level on a consciousness level, on a higher dimensional level. They are assisting in the rising of the vibration of the consciousness of your planet but not as physical beings any longer. Do you follow that?
Q: Right I do
B: All right
Q: Thank you very much
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Arabic Culture

Q: Why, in this present day (’87), are the Arabs experiencing so many difficulties, and why do they seem to be so maligned in this country?

B: There are many, many sociological structures that they have created for themselves, to mold themselves into. Many, many reasons, for which you do not have the time for us to go into, in great detail.

But basically you will find much of their energy, in many past incarnations, has been put towards the idea of warfare. And therefore, they are jostling to understand themselves, as different expressions. Learning that they can express the power and the energy that they feel so naturally connected with – in terms of the earth – that they can express it now in more positive ways. They are learning the balance.

Many... and this is one of the reasons – now, we are not saying this is absolutely, exclusively so – but one of the reasons for part of the physical channel’s background being Arabic, is because that particular manifestation played a part in past lives with much of that culture in that area, as to how the original Orion energy on earth was assimilated into your culture.

A very, very strong Orion incarnation was the historical individual you call Sargon of Akkad. This individual is recognized in your history as being responsible for the creation of the Arabic Empire. Therefore, it is founded on many Orion principles. In that way, therefore, they are struggling, simply because they believe – as the Orions did in those times – that to struggle was the only way to express and understand the self, and do it through the idea of conflict.

They are now beginning to assimilate into many other cultures that allow them the opportunity to recognize they can blend and balance that energy in a positive way. And it does not have to be a struggle or a conflict of ideologies, and that the blending of all ideologies is what will, actually, paradoxically, allow them to express their own ideology the easiest. Is this making any sense to you?

Q: Very interesting, thank you. Thank you very much. You didn’t answer the second part.

B: Continue.

Q: Then why are they so maligned in this country?

B: Maligned is only the idea that individuals are placing judgments upon other individuals. Which is the same thing as saying they are placing judgments upon aspects of themselves. They do instinctively represent many ideas of that conflict, and many times individuals may sense this, and may place upon those individuals – as a scapegoat, so to speak – the aspects of themselves that they are also in conflict with. You follow me?

Q: Yes, I do.

B: So the assimilation of the cultures, in an equalizing way, will allow them to express themselves, and allow your culture to express itself. Recognizing that any unity you wish to experience upon your planet
will be the result of granting equality and validity to the infinite diversity of the different cultures upon your plant – relative to the way they choose to express themselves, and their understanding of their relationship to Infinite Creation.

Q: Assimilation of culture? Would you explain?

B: The blending, the sharing of concepts from one culture to another, so that one culture does not have to continue to think that their way is the only way to understand creation. And that there are many different valid tools that are existent in other cultures, that can be learned from. And that you are all connected on that level as one culture anyway. You follow me?

Q: Good!

B: Thank you very much.

Q: Thank you.

B: One moment... you had a very empathic and strong incarnation in that culture – perhaps more than one – but one that we are perceiving as what you might call a princess, in the Arabic culture, many of your years ago. And that may have something to do with some of the connections you are perceiving within yourself now.

And it may lead you into expressing those aspects of yourself.
ARCHANGEL MICHAEL

Questioner: Could you explain Archangel Michael?

Bashar: The idea again, first of all, of angelic energy, to begin with, is that if you consider from the point of view of there being the One, the Infinite, the All That Is, if you wish, God, Goddess, it doesn’t matter – the first level, so to speak, the first-split off, the first reflection of It to Itself, generated the split-off of its consciousness that you refer to as Angels. Does that make sense to you so far?

Q: Yes.

B: Then the idea of the vibration of Archangel Michael is simply a particular quality of that split-off. The reflection of the Infinite, through one of the split-off fragments of its reflection to Itself, that has to do with the concept of, what you typically would translate in your language as justice, balance, equality, fairness, righteousness, in the idea of a balanced sense (self?). Does this make sense to you?

Q: It’s that type of energy.

B: Yes.

Q: Could this energy field ... all right, could I describe it as such?

B: Are you actually talking about the Angel as an energy field?

Q: Yes.

B: Yes, you can.

Q: Because I guess we’re all energy fields.

B: Absolutely.

Q: All right, and this energy field...

B: Even that is a euphemism, but it will do as a more accurate representation for what we are discussing, yes.

Q: Yes. Is that this sector of the galaxy or this particular galaxy?

B: It is everywhere. There is an expression of it in each reality. Yours, in your reality, is the concept of Archangel Michael, in the way it is expressed in your reality – but it is everywhere. Even the first-split off of the Infinite is in every single component of the Infinite.

Q: Yes, I understand the Infinite, but what I’m talking about is the Infinite being personified as Archangel Michael.

B: Yes.

Q: Okay, that being this sector of the universe?

B: As the personification, yes.

Q: That’s what I’m talking about.
B: Your universe, yes, but there is a greater beingness, even to that Being, that is in every universe as well. Even though it may not be personified in exactly the same way it is still connected to the same level of split-off that is secondary to the Infinite one.

Q: Yes, I understand that part of it.

B: All right.

Q: And is this personified in a persona, this energy? You know, like we are focused in individual bodies?

B: Not physiologically.

Q: Not physiologically ... but something that we can perceive?

B: Yes.

Q: Spiritually?

B: Archetypally, yes.

Q: Archetypally.

B: It is autonomous as archetypal presentations in what you would, in a sense, call spiritual energy, yes.

Q: Okay.
Archetypes and Dolphin Assistance to Humanity

Q: On the issue of archetypes that are involved here – not just the ones that were created here, but also through our journey through Orion and other star systems...

B: Yes.

Q: Those archetypes, I assume, are aware of themselves as archetypes. Correct?

B: Sometimes; not always. Depends upon the definition and the play of how they interact with you.

Q: Okay. Those archetypes that are aware of themselves as archetypes, are they also going through similar transformations that we are, at this time?

B: Some of them, and some of them actually are given enough energy, in your terms, to evolve and join your cycle in a different way.

Q: So an archetype can sort of wake up and say: “I no longer wish to be an archetype...”

B: Yes.

Q: ... but I wish to be independent.”

B: In a sense, yes, although that is a colloquialism. But we understand what you mean. Yes, it will do as an analogy.

Q: And so they manifest physically as part of that process?

B: They can incarnate directly, yes.

Q: Is this happening at this time?

B: Yes.

Q: Would the physical expression realize that it is an archetype?

B: Not always; sometimes. A lot of times some of that realization might end up in a very strong attraction to archetypal symbology when referring to the self.

Q: Okay.

B: In other words: as an example, now this doesn’t always mean this is the case, but let’s just say, as an example – to choose one archetypal symbology that you would call, let’s say, Astrology – an individual might actually say, and truly feel: “I am not a Libra; I am Libra.”

Q: Hmm. Okay.

B: Understand?

Q: Yes.

B: I am the idea itself. Many individuals – again, not all of them, and not even the vast majority directly, as we are discussing this particular idea – but many individuals who most strongly identify...one moment...(Pause)

The wind has just been taken out of my sails.

Q: By what?
B: By the mass consciousness.
Q: Can you identify that aspect of it that interacted with you?
B: (Long pause, then a deep sigh.) No.
Q: Can I put the wind back in the sails?
B: By your actions, in your own personal life as it is attached to your civilization, yes. In this sense, because of your relative position, you have more ability and power to do that than I do.
Q: Hmm!
B: Since I am not a part of your main archetypal sub stream.
Q: Yes.
B: Not directly, indirectly, yes, but not directly.
Q: Am I supposed to learn something from that? Or did that just sort of happen out of left field?
B: What is happening is an indication that you are learning something from it in your own way. And to say more would be to open your present before it is Christmas.
Q: Great. Just what I need: another mystery, right?
B: You all love them.
Q: Yeah, okay.
B: Thank you for your willingness at self-discovery. We thank you. One moment, one moment... a tangent, another direction. Many of you are beginning to realize... we have discussed many ideas and aspects of dolphin consciousness with you.
The idea now is that many of you are awakening to the fact that there are, in your terminologies, the ideas of mass death of dolphin life upon certain shores of your planet. We have discussed the idea, at that time, that it was our sensitivity that their electromagnetic patterns had shifted. This was causing some misdirection and confusion within them.
Another door has now opened that allows us to see, even as you are discovering, that it is their identification with you in your dream states that has allowed them to incorporate within their physical state enough of an identification to have done something we did not know they were going to do. And did not even perceive it until they created it with their decision-making process.
They are assimilating and mimicking and reflecting a lot of the ideas of negativity that are going on in your system now. And they are, to some degree, acting as safety valves to blend and balance the idea of that system within yourselves at this time.
The idea is that they have created among themselves the ability to shift their electromagnetic frequencies to allow themselves to create a form – their version – of the main diseases you are dealing with in your society that you would call AIDS. They have dropped their immunity. They are assisting you in blending and balancing that idea, so that you will not have to endure it alone.
They are willing to be members of your society, and blend with you, even in the negative side – to show you that they share your world with you. They do not remain aloof. They love you dearly – dearly enough to take on your own creations and, in that sense, to assist in the alleviation of the transformation of those negative ideas.

We extend our hand to them, as we know you do in this way. Their love interacts with you always. And we firmly are now given an opportunity to see that, by this action, you are becoming more closely intertwined – on many different levels than even we at first were allowed to perceive.

We thank you for your loving, sharing, dreaming. We thank you. And we bid you a fond and loving and gentle new dawn. Good day.

AUD: Good night. Good day.

Archetypes and Dolphin Assistance to Humanity

1
Archetypical Reflections

Q: , well you know the Montauk Project and my Tesseract and everything...
B: Yes.
Q: Well, age reversal, they’re calling it age regression. A lot of the stuff that I’m working with now has been the Montauk Project...
B: Yes.
Q: There was a statement that said that by the time the Phoenix Project was on line in 1975, the U.S. government and alien technology enabled actual physical age regression from 55 to 25, with no loss of mental ability.
B: This was, as you would say, an isolated, unexpected and sporadic side effect in one, and one case only.
Q: Oh, so they weren’t doing it all the time?
B: No.
Q: Ah ha.
B: It was an unexpected side effect, in one case only.
Q: Only. All right, so they haven’t accomplished that then?
B: No.
Q: Now it’s always, for the last thirteen years, it’s always been like a brown stone and longevity, age regression, age reversal and everything; and I get excited about maybe going into the Tesseract and finding out how to do that?
B: Living in the now is how to do it. The more you live in the now, the less time you create, the more ageless you become.
Q: Okay.
B: technology?
Q: The technology for the Phoenix Experiment...
B: All right.
Q: where they use a time tunnel approach to space/time travel...
B: All right, and it is said that these aliens did, and are... what?
Q: They were from the Orion Confederation, they controlled the operation. And then they said the Leverons...
B: Do you want a response to this?
Q: The Leverons and the Orion Confederation supplied the technology, along with a group from Sirius A and some Greys. And then there were also beings from Antares that were humanoid, not distinguishable from ordinary humans.
B: Now may I respond?
Q: Yes, please. Thank you.
B: Nope. (Audience Laughs)
Q: No such thing.
B: Nope.
Q: A bunch of baloney.
B: Ah, ah, ah, just not applicable to your reality time stream at all. Everything that you can imagine is somewhere real.
Q: Yes.
B: But it is not focused reality manifested in your particular space/time reality stream. So, in that sense, the answer is nope.
Q: Well, they said that they were doing it, and uh...
B: Pay attention. Pay attention. Pay attention. What is actually being said is that individual humans involved, in being involved in experiments of that nature, were tapping into their own connections to those different dimensional vibrations... and exhibited through themselves characteristically, in their personalities. You understand what we have said? Archetypically, not literally, beings from all these worlds; but that the representative humans represent the different vibrations that each of those archetypical ideas represent or symbolize to your world. So, thank you.
Q: Thank you.
Arcturean Energy
Q: I want to bring up again and, hopefully, this time discuss Bootes.
B: There’s a star, in your terminology, you call Bootes.
Q: It is a constellation, is it not?
B: Yes.
Q: Yes, okay. Well, I found out that Arcturus is a star in this constellation.
B: Ah, what a surprise!
Q: It was for me.
B: I see.
Q: Anyway, a couple of weekends ago I channeled some energy, which was quite a surprise to me, from that area. And I have some questions; I’m a little bit confused about it, because I’m not sure where the energy came from. It seemed to come through Bootes, through Arcturus, and through to me. And it talked about the children, and it said that it had a lot of things to say, that it had been a long time, and . . .
B: And?
Q: And, that’s what seemed . . .
B: And?
Q: A tremendous amount of emotion in it.
B: Yes.
Q: Okay, yes, tremendous amount.
B: And that is the core vibration that allows you to know that you are linking with that energy, specifically within your reality at this time—the emotional core vibration. For it is an opening and a crystallization, at the same time, of certain doorways within you that are connected to that heart energy and the energy of the chakra of your intention in the solar plexus. And it will create the heaving, and the releasing, and the assimilation, and the blending of energy simultaneously.
For it is that atmosphere into which the children are being born. Do recognize they are not just another generation; they are another culture.
Q: Right. Okay. I understand that. What came through whenever this happened was that all of the children—all of the beings on this planet are the children.
B: Yes.
Q: Not just those children.
B: Of course.
Q: And that there was just a lot of things that are going to be said. And I feel like I’m going to be a channel that’s gonna do some of that saying. I mean, I’m not, but I’m going to be—what do you call it? Oh, you called it the bridge; a bridge. That’s what you said.
B: That does not mean you are not doing something.
Q: Well, of course I’m doing it.
B: Oh, all right.
Q: I mean, I don’t…what came through me I didn’t know it would say that.
B: Thank you for being willing to be of crystalline service.
Q: Now, can I ask you another question while we’re on the subject?
B: Proceed. You do not have to ask if you can ask.
Q: Okay, What was really fascinating about it was that the energy seemed to be the consciousness of this planet.
B: Yes!
Q: It is a collective. And it was going through…it was like relaying through that constellation area, through the Arcturean energy before it got to me.
B: Yes.
Q: I was wondering why that was. The only reason I could think of was that it was so intense that I may not have been able to handle it.
B: Yes. Because it is, in a sense, on many different levels, let us say, just to be colloquial in your language – beyond the experience of your physiological universe. Then, in order for you to be able to assimilate it comfortably, it must come through a physiological valve –or representational symbol – to which you can relate, to which you have already formed a degree of relationship, so that it will also carry with it a degree of familiarity by the time you receive it.
Q: Yeah, that’s true, I know I felt like there was more emotionality there than I could handle for very long at that time. But also, another interesting thing was that…like, I know…I had discovered that Arcturus was a star. But I saw like a vision or in my mind, I guess, a brilliant, brilliant star, which was sort of behind this, and I think it’s a teacher.
B: This is a representation of the other levels we are speaking about. The idea is that what Arcturus represents, in a sense, is the combined idea of our triad – Earth, Essassani and Sirius – on another level altogether.
Q: Does the star, or the energy of it, like the brilliance or the consciousness of it, seem to be what we’re going to be, what this civilization, planet, consciousness is going to be?
B: In a sense, yes. You will be dealing with it in that way, and you will become immersed in the association of that nurturing and supporting and loving vibration. Thank you for your sharing. Yes.
Q2: There’s a lot of, I guess, attention, at least from my perspective, on the Arcturean people, experience. Could you describe that for…just to help me spark additional things…would you describe Arcturus and its experiences and such?
B: Of the level that we are dealing at this time, the only description we can share with you is what has already been shared, that they are a collective energy consciousness. There is nothing that, in that sense, would allow us to differentiate them in the sense of individuals, as you would understand it. We can give you a symbol, however. It is only a symbol, not in a sense to be attached to, but it may function as a focal point.

It is a twelve pointed white star on an orange background circle, on a background of black. That symbol can represent their energy, and act as a communicative link – or an identifying link – to the vibration of their energy on whatever level you need to identify with them.

Q: Is Arcturus… I’m confused, is it… physically, is it perceived as a star?
B: Yes.
Q: Okay, but on a different level?
B: There is energy associated with that energy phenomena, consciousness associated with that energy phenomena in your physiological reality. It is the energy and the consciousness associated with that particular star to which we are referring as Arcturus energy, Arcturus consciousness.

Q: I met the Arctureans personally, and they were… it was very familiar for me. It was major for me.
B: Yes. Do recognize, not as an invalidation of anything, but from our point of view, what those individuals represent is a strong identification with that vibratory energy. Because on the level that you are speaking of, in terms of Arcturus energy, it is not so much that the energy actually literally embodies itself. But it does form an identification projection. We can discuss some of this idea at another time.

Q: Isn’t that the way it generally works anyway?
B: Yes.
Q: Okay.
B: We are simply rearranging the symbols by which your society usually refers to it.

Q: Okay, so a walk-in… would you define that for me, what is meant from that perspective, because I don’t believe…
B: In your colloquial terms, it can be represented as the idea of one’s soul energy, let us say, vacating a body and another one coming in and taking over where the other one left off. But from our perspective, nothing really inhabits a body, because a body is the projection of your soul in physical terms. Nothing can be inside of it; it is a concept complete unto itself and full unto itself— with no room in it for anything else. It is its own concept. Identifications can be formed within its energy vibratory pattern, however. And that, from your point of view of thinking of things within things, can seem as if something is occupying something else. But that is an illusion; it is a convenience and a symbol that you find convenient to relate to.

Q: Right.
B: But that does not mean that there is not a paralleling going on. And, as we have said, it is that paralleling that makes the reality that you perceive to be true for you, true for them.
Q: Yes.
Q: You follow me?
Q: Mmhmm.
B: And for anyone else who wishes to share that reality. Thank you!
Q: Thank you.
Q3: You said that the Arcturean symbol could vary... from the description that you gave of the twelve-pointed star? Did you say that? Did I hear that?
B: The idea is, of course, that if your imagination wishes to vary it, then you have some reason for doing so, according to the vibration you are most familiar with. What we are speaking of, however, is that the idea of focusing upon that symbol of the twelve pointed white star on the background of an orange circle on a black background will, or possibly can put you in touch with the level of Arcturus energy that you need to be in touch with. So it can be anywhere from very profound to very subtle.
Q: Because a few weeks ago, when you were describing the star symbol, I had a very strong feeling that I would find such a symbol, either in a piece of jewelry or something else. And I was in a gem shop that I go into quite often for crystals. And something made me go in the other night, even though I...
B: Yes, something did.
Q: Something. Since it just happened...
B: Oh, yes. What a coincidence.
Q: Right. And there on the shelf was a ring that I felt was it. And I have it on... I feel it’s very Arcturean. Does it...
B: All right.
Q: Can you see... can you... do you know what I’m talking about?
B: We can sense the idea of the relationship you are forming. Yes. In this way, therefore, always trust that the symbols that your imagination attracts you to are the symbols that represent the interaction best for you, in your reality. That is your version, and is true for you.
Q: Thanks.
B: We thank you for your willingness to allow the synchronicity of existence to manifest in your life, flawlessly and with ease. Thank you. You!
Q4: Thank you. I have one thing I’d like to share and something I’d like to ask. I do Astrology, and from an astrological perspective, the planet Pluto is in alignment with the star Arcturus, giving one indication of why this energy, or the experience of this energy, is appropriate for this time and space.
B: Yes.
Q: So I want to share that. And the question I have to ask is that you were saying that the energy that Arcturus is, or symbolizes, is on a different level of the triad that you spoke of. I was wondering if you could articulate a little more about what you mean by that, or what level...
B: We can simply put it briefly that your planet, our civilization, and the civilization of Sirius together combine for one consciousness, as well as the three distinct civilizations within it. You follow me so far?

Q: Yes.

B: That one consciousness finds itself being one part of an overall triad, of which Arcturus is also one of the overall consciousnesses. The other third is Polaris. Thank you.

Q: Polaris and what else?

B: Arcturus and the combined idea of Sirius, Essassani and Earth.

Q: What’s our name – the combined idea?

B: It can be generally referred to as any one of the names that represents the overall collective consciousness within each and every civilization. So, for Sirius it would be Sistene, for us, Shakana, for you, Christ Consciousness. Sharing! You!

Q: What is the significance of the Earth’s... I mean the Earth’s nodes lining up with Arcturus at this time? What’s the link up that’s going on?

B: Recognize that the idea of any alignment with Arcturus in general is simply a representation of the idea of another threshold and a doorway that you are going through. And you will find that your move specifically represents, in your cosmology, many of the ideas of your sub and unconscious awareness now coming to the surface. The idea of the Pluto alignment generally is representative of the transformation across a threshold that you previously would have considered to be the idea you call death, but now simply represents a transformation into a new type of life. You follow me?

Q: I do. I understand the concepts, but could you give me an example of the threshold?

B: The idea of the threshold we are referring to is simply the transformation taking place upon your planet from third to fourth density. You follow me?

Q: Yes.

B: That is the overall threshold. And every single symbol within your reality that has any relationship to transformation is all generally a part of that transformation. The specifics are also up to you to determine for yourself. Although, as we have said, the idea of your move does represent, to some degree, the idea of your sub and unconscious awareness coming to the surface. The idea of Pluto is the actual, let us say, journey involved across the threshold itself, in the same archetypical manner as you have described the idea of the myth you call the crossing of the River Styx. You follow me?

Q: Yes.

B: This puts you in touch with what you previously assumed to be the darker regions of your consciousness. So it is another way of saying that you enter the blending of your positive and negative
polarities. And therefore, allow yourself, in the crossing of that threshold, to glean only a positive effect out of the blending of the positive and the negative.

This is why you have intuitively labeled Pluto’s moon with the same name as the fairy boat driver that drives you across the mythological river Styx.

Q: When you talk about this triad, you don’t mention (Spika?) And I always assumed that Spika’s very connected to Arcturus, but...

B: It is in other ways. But the idea is that just as this triad is unto itself a triad, and its whole energy represents one of the triads relative to Arcturus and Polaris, then the idea you call Spika or Speika, in this way, is one of the fragments that allows Arcturus itself to also be a whole idea. You follow me?

Q: How so?

B: In similar ways that Sirius, our civilization, and your civilization form a collective whole, Arcturus is the combination of the idea of Spika and other consciousnesses to form its collective whole. You follow me?

Q: I’m trying.

B: It is very simple. In this way, you have, let us say, Sirius, Earth and Essassani. You follow me?

Q: Yes.

B: Those three form one triangle. You follow me?

Q: Yes.

B: All right. The idea of the energy you are perceiving from Arcturus, that is another triangle and Polaris is another triangle. So each one of those respectively has three components within it, and together the three triangles form another whole consciousness that is also a part of another triad yet again. And on and on and on and on and on. Does that clarify to some degree?

Q: Yes. I’ve heard something about that we’re moving very close in the direction of Polaris.

B: Yes.

Q: Soon, too.

B: Yes. That is because, once again, like Arcturus, it is one of the major constituents of the overall consciousness triad that is represented by the main group. And, in this way, what it basically represents, as Arcturus represents the emotional, and as Earth, Essassani and Sirius represent generally a collective idea of mentality, in a certain way, Polaris represents, by your instinctive name, the idea also of the polarities, in that sense, that you are now blending together – positive energy and negative energy in and of itself,

So as you are now forming an integration, and making positive and negative into one reality, then you are deriving a degree of physiological affinity in the direction of Polaris, because that is your indicator.
It is the indicator of your theme in your integration, the blending of the polarities. You follow me?
Q: I love it. Thank you.
B: Thank You.
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Arcturus Connection

Q: I want to bring up, again, and hopefully this time, discuss Bootes. It is a constellation, is it not?
B: Yes.
Q: Yeah. Okay, well I found out that Arcturus is a star in this constellation.
B: Ah, what a surprise!
Q: It was for me.
B: I see.
Q: I’m a little bit confused about it, because I’m not sure where the energy came from. It seemed to come through Bootes, through Arcturus, and through to me. And it talked about the children, and it said that it had a lot of things to say, that it had been a long time, and...
B: And?
Q: And, that’s what seemed...
B: And?
Q: A tremendous amount of emotionality in it.
B: Yes.
Q: Okay, yeah, tremendous amount.
B: Yes.
Q: And...
B: That is the core vibration that allows you to know that you are linking with that energy, specifically, within your reality at this time, the emotional core vibration. For it is an opening and crystallization at the same time, of certain doorways within you that are connected to that heart energy, and the energy of the chakra of your intention in the solar plexus. And it will create the heaving, and the releasing, and the assimilation, and the blending of energy simultaneously.
For it is that atmosphere into which the children are being born. Do recognize they are not just another generation; they are another culture.
Q: Right. Okay, I understand that...all of the beings on this planet are the children.
B: Yes.
Q: Not just those children.
B: Of course.
Q: And that there were just a lot of things going to be said. And I feel like I’m going to be a channel that’s gonna do some of that, saying mean, I’m not, but I’m going to be... what do you call it? Oh, you called it the bridge – a bridge. That’s what you said.
B: That does not mean you are not doing something.
Q: Well, of course I’m doing it.
B: Oh, all right.
Q: I mean, I don’t… what came through me, I didn’t know it would say that.
B: Thank you for being willing to be of crystalline service.
Q: Now, can I ask you another question while we’re on the subject?
B: Proceed. You do not have to ask if you can ask.
Q: Okay. The… what was really fascinating about it was that the energy seemed to be the consciousness of this planet.
B: Yes! It is a collective.
Q: And it was going through... it was like relaying through that constellation area, through the Arcturean energy before it got to me.
B: Yes.
Q: I was wondering why that was. The only reason I could think of was that it was so intense, that I may not have been able to handle it.
B: Yes. Because it is – in a sense, on many different levels, let us say, just to be colloquial in your language – beyond the experience of your physiological universe; then in order for you to be able to assimilate it comfortably, it must come through a physiological valve – or representational symbol – to which you can relate, to which you have already formed a degree of relationship, so that it will also carry with it a degree of familiarity by the time you receive it.
Q: Yeah, that’s true. I know I felt like there was more emotionality there than I could handle for very long at that time. But also, another interesting thing was that I had discovered that Arcturus was a star. I saw, like, a vision or in my mind, I guess, a brilliant, brilliant star, which was sort of behind this, and I think it’s a teacher.
B: This is a representation of the other levels we are speaking about. The idea is that what Arcturus represents, in a sense, is the combined idea of our triad – Earth, Essassani and Sirius – on another level altogether.
Q: Does the star, or the energy of it – like the brilliance or the consciousness of it – seem to be what we’re going to be, what this civilization, planet, consciousness, is going to be?
B: In a sense, yes, you will be dealing with it in that way, and you will become immersed in the association of that nurturing and supporting and loving vibration. Thank you for you sharing.
Q2: There’s a lot of, I guess attention, at least from my perspective, on the Arcturean people, experience. Could you describe that for... just to help me spark additional things... would you describe Arcturus and its experiences and such?
B: Of the level that we are dealing at that time, the only description we can share with you is what has already been shared – that they are a collective energy consciousness. There is nothing that, in that sense, would allow us to differentiate them in the sense of individuals, as you would understand it.
We can give you a symbol, however. It is only a symbol not in a sense to be attached to, but it may function as a focal point. It is a twelve-pointed white star on an orange background circle on a background of black. That symbol can represent their energy, and act as a communicative link – or an identifying link – to the vibration of their energy on whatever level you need to identify with them.

Q: Is Arcturus – I’m confused, is it – physically is it perceived as a star?
B: Yes.
Q: Okay, but on a different level…
B: There is energy associated with that energy phenomena; consciousness associated with that energy phenomena in your physiological reality. It is the energy and the consciousness associated with that particular star to which we are referring as Arcturus energy, Arcturus consciousness.
Q: I met the Arctureans personally, and they were… it was very, very familiar for me. It was major for me.
B: Do recognize, not as an invalidation of anything, but from our point of view, what those individuals represent is a strong identification with that vibratory energy. Because on the level that you are speaking of, in your terms of Arcturus energy, it is not so much that the energy actually, literally embodies itself, but it does form an identification projection. We can discuss some of this idea at another time.
Q: Isn’t that the way it generally works anyway?
B: Yes.
Q: Okay.
B: We are simply rearranging the symbols by which your society usually refers to it.
Q: Okay, so a walk-in… would you define that for me, what is meant from that perspective, because I don’t believe…
B: In your colloquial terms, it can be represented as the idea of one soul energy, let us say, vacating a body and another one coming in and taking over where the other one left off. But from our perspective, nothing really inhabits a body, because a body is the projection of your soul in physical terms. Nothing can be inside of it. It is a concept complete unto itself, and full unto itself – with no room in it for anything else. It is its own concept.

Identifications can be formed within its energy vibratory pattern, however. And that – from your point of view of thinking of things within things – can seem as if something is occupying something else. But that is an illusion; it is a convenience and a symbol that you find convenient to relate to.
Q: Right.
B: But that does not mean that there is not a paralleling going on. And as we have said, it is that paralleling that makes the reality that you perceive to be true for you. True – for them.
Q: Yes.
B: You follow me?
Q: Mhmm.
B: And for anyone else who wishes to share that reality.
Q: Thank you.
B: Thank you.
Q3: You said that the Arcturean symbol could vary – from the description that you have of the twelve-pointed star? Did you say that? Did I hear that?
B: The idea, of course, that we are speaking of, however, is that the idea of focusing upon that symbol of the twelve-pointed white star on the background of an orange circle on a black background, will – or possibly can – put you in touch with the level of Arcturus energy that you need to be in touch with. So it can be anywhere from very profound to very subtle.
Q: Because a few weeks ago, when you were describing the star symbol, I had a very strong feeling that I would find such a symbol, either in a piece of jewelry or something else. And I was in a gem store that I go into quite often for crystals, and something made me go in the other night, even though I...
B: Yes, something did.
Q: Something. Since it just happened...
B: Oh, yes. What a coincidence.
Q: Right. And there on the shelf was a ring that I felt was it. And I have it on; I feel it’s very Arcturean. Does it...
B: All right.
Q: Can you see... can you... do you know what I’m talking about?
B: We can sense the idea of the relationship you are forming.
Q: Yes.
B: In this way, therefore, always trust that the symbols that your imagination attracts you to are the symbols that represent the interaction best for you in your reality. That is your version, and is true for you.
Q: Thanks.
B: We thank you for your willingness to allow the synchronicity of existence to manifest in your life, flawlessly, and with ease.
Q: Thank you.
Q5: I have one thing I’d like to share and something I’d like to ask. I do Astrology, and from an astrological perspective, the planet Pluto is in alignment with the star, Arcturus, giving one indication of why this energy – or the experience of this energy – is appropriate for this time and space.
B: Yes.
Q: So I wanted to share that. And the question I have to ask is that you were saying that the energy that Arcturus is, or symbolizes, is on a different level of the triad that you spoke of. I was wondering if you could articulate a little more about what you mean by that, or what level.

B: We can simply put it briefly that your planet, our civilization, and the civilization of Sirius together combine for one consciousness, as well as the three distinct civilizations within it. You follow me so far?

Q: Yes.

B: That one consciousness finds itself being one part of an overall triad, of which Arcturus is also one of the overall consciousnesses. The other third is Polaris. (Pause) Thank you.

Q: Polaris and what else?

B: Arcturus and the combined idea of Sirius, Essassani and Earth.

Q: What’s our name – the combined idea?

B: It can be generally referred to as any one of the names that represents the overall collective consciousness within each and every civilization. So for Sirius it would be Sisteene; for us, Shakana; for you, Christ Consciousness.

Q: Thank you.

Q6: What is the significance of the Earth’s... I mean the Earth’s nodes lining up with Arcturus at this time? What’s the link-up that’s going on?

B: Recognize that the idea of any alignment with Arcturus in general is simply a representation of the idea of another threshold and a doorway that you are going through. And you will find that your move, specifically, represents, in our cosmology, many of the ideas of your sub and unconsciousness awareness now coming to the surface. The idea of the Pluto alignment, generally, is representative of the transformation across a threshold, that you previously would have considered to be the idea, you call death; but now simply represents a transformation into a new type of life. You follow me?

Q: I do. I understand the concepts, but could you give me an example of the threshold?

B: The idea of the threshold we are referring to is simply the transformation, taking place upon your planet, from third to fourth density. You follow me?

Q: Uh, huh.

B: That is the overall threshold. And every single symbol within your reality that has any relationship to transformation is all generally a part of the transformation. The specifics are also up to you to determine for yourself. Although, as we have said, the idea of your move does represent, to some degree, the idea of you sub and unconsciousness awareness coming to the surface. The idea of Pluto is the actual, let us say, journey, involved across the threshold itself. In the same archetypical manner as you have described the idea of the myth you call, the crossing of the River Styx – you follow me?

Q: Uh huh.
B: This puts you in touch with what you previously assumed to be the darker regions of your consciousness. So it is another way of saying that you enter the blending of your positive and negative polarities. And therefore, allow yourself, in the crossing of that threshold, to glean only a positive effect out of the blending of the positive and the negative.

This is why you have intuitively labeled Pluto’s moon with the same name as the ferryboat driver that drives you across the mythological river, Styx.

Q7: When you talk about this triad, you don’t mention Spika. And I always assumed that Spika’s very connected to Arcturus, but…

B: It is in other ways. But the idea is that just as this triad is unto itself a triad, and its whole energy represents one of the triads relative to Arcturus and Polaris, then the idea you call Spika or Speika, in this way, is one of the fragments that allows Arcturus itself to also be a whole idea. You follow me?

Q: How so?

B: In similar ways that Sirius, our civilization, and your civilization form a collective whole, Arcturus is the combination of the idea of Speika and other consciousnesses to form its collective whole. You follow me?

Q: I’m trying.

B: It is very simple. In this way you have – let us say – Sirius, Earth and Essassani. You follow me?

Q: Uh huh.

B: Those three form one triangle. You follow me?

Q: Yes.

B: All right, the idea of the energy you are perceiving from Arcturus, that is another triangle, and Polaris is another triangle; So each one of those respectively has three components within it, and together the three triangles form another whole consciousness that is also a part of another triad once again; and on and on, and on and on and on. Does that clarify to some degree?

Q: Yeah. I’ve heard something about that we’re moving very close in the direction of Polaris.

B: Yes.

Q: Soon too.

B: Yes. That is because, once again, like Arcturus, it is one of the major constituents of the overall consciousness thread that is represented by the main group. And, in this way, what it basically represents – as Arcturus represents the emotional and as Earth, Essassani and Sirius represents generally a collective idea of mentality, in a certain way – Polaris represents, by your instinctive name, the idea also for the polarities, in that sense, that you are now blending together – positive energy and negative energy in and of itself.

So, as you are now forming an integration, and making positive and negative into one reality, then you are deriving a degree of physiological affinity in the direction of Polaris; because that is your indicator; it is the indicator of your theme in your integration – the blending of the polarities. You follow me?
Q: I love it.
B: You may all take a short break.
Q: The last few months I’ve been attracted to the idea of Arcturus.
B: Yes.
Q: I went over some old material you gave quite some time ago and you said it was a gateway to Essassani and Sirius and Earth?
B: The idea mostly is that Arcturus energy represents a gateway energy. Not so much to the idea specifically of our world or the Sirius star system, although you can, of course, access anything through any gate, but the gateway that Arcturus is most representative of, in relationship to your world, is the gateway through which consciousness is, in a sense, adjusted and aligned, that is preparing to be born upon your planet incarnationally. So that as the new children passing through that alignment gateway, they will no longer, after birth, forget as much of who they are. That’s primarily what it is all about and one of the reasons you are primarily connecting to the Arcturus gate has to do with the idea of helping yourself form stronger connections to the children you have in other realms.
Artificial Intelligence

Q: I wanted to ask you a question about computers and memory storage...
B: Yes.
Q: ...in terms of creating an artificial intelligence.
B: Yes.

Q: Do you know what would be a couple of good steps to go into in the direction of moving from binary, to moving memory storage more efficiently, sort of like in the lines of light – you know the movie, “Short Circuit,” how they created artificial intelligence there?
B: Now understand one idea about what you call, Artificial Intelligence, as we have discovered within our civilization: when you allow yourself to create the concept, Artificial Intelligence, what you are doing is creating a symbolic representation, in physical terms, that will allow you consciously, in a way that is comfortable for you, to begin to realize that what you are doing is communicating with your own higher consciousness through the machine.

In this way you can create an idea – now you already approaching this idea, to some degree, in your civilization – of what you would call a multi-gate system. That will allow every gate to be in touch with every other gate, every component would be identical to every other component; every cell identical to every other cell and to be able to touch every other cell.

You can begin to recognize there are crystalline forms - crystalline, metallic, plastic forms that you are beginning to discover that can be utilized in these cellular structures, that have within them, a different type of crystalline lattice-work. This principle can be applied to the idea of the type of arrangement that you can utilize in your memory storage facilities in computer technology. But recognize this: it is not so much that you will be creating memory storage as you will be creating memory creation.

It will be a COMPLETELY, completely – whether you understand this or not, I do not know – but it will be a completely real-time system. It will completely be in the present, memory will not be stored. It will not be retrieved. It will be created as a reflection of what is required.

There can be the recognition that much of this storage can take place within the structure of light itself. You can create a CORE matrix from light itself, allowing the light to reinforce wherever it crosses another beam of light in such a manner as to create a electromagnetic bubble, in which you allow there to be the identical cells created, electromagnetic bubbles that will be the cells of the artificial intelligence, that is one way. Will this do for now? Does that form some assistance? Can you derive some direction from this? Is there something else you need to know?

Q2: I was wondering if it was stored on an algorithm basis, in the form of...
B: Even beyond that.
Q3: Is it all based around the template idea?
B: Yes.
Q2: What is that?
B: The template is the non-physical substructure that gives form and substance to the physical universe.
Q1: The extra dimension that enables us to see three dimensions all at once.
B: Yes, it is what you would call the implicate order in nature. It takes place on that level.
Q1: It’s a high order.
B: You follow me?
Q2: Not quite.
B: What you would call implicate means “implied,” you may see something on the surface, but that surface shape implies the structure beneath it. This implicate order is a non-physical template that is enfolded into physical reality in such a manner that you do not actually directly perceive it, but it is implied. It is upon that level that the creation of this matrix can occur. It can occur through the utilization of light.

Crystals can be of assistance, but you will find that there are many levels of creation beyond that. But they can lead you to understand how light can be focused. How light in the center of the crystals you will use, or are using in your society, actually forms its own dimensional state, actually forms its own self-reinforcing electromagnetic field or dimension. And it is within that electromagnetic field or dimension that these interactions can take place.

And you can CREATE what would seem to be a vacuum in the center of your memory storage unit that is actually alive with VIRTUAL probabilities. And is, in and of itself, a portion of the template, and can actually ACT upon other portions of the template to create a real physiological effect.
Q1: And it’s timeless, that’s why you say it’s real time.
B: Yes.
Q2: Thank you.
B: You may follow that lead and also follow whatever lead your imagination sees fit to follow.
Q2: Thank you.

Artificial Intelligence
Ascended Masters and Our Higher Selves

Q: This question has to do with our Ascended Masters, what we call our Ascended Masters...

B: Yes.

Q: ... and the role that they have played in our lives on this planet up until this time, and the role that they will be playing. They have either been revered or persecuted...

B: Yes.

Q: ... and I was just wondering how we will be relating to them as beings in our future... just to begin with.

B: Now I do not, in any way, shape or form, mean to be flippant, but I do wish to convey that the essence of what I am about to say may hit home for most of you. Not in any way, shape or form, also to degrade the vibratory level upon which the idea of Ascended Masters exist, but simply remember, that as you become more and more equal to the idea of your own Ascension, of your own Masterhood, then they will usually, in that sense – and they would love to wind up being – more akin to, well, let us say, bridge partners. (Audience laughter)

You will speak the same language. You will send the same signals. You will begin to simply recognize that from the level that your civilization has existed within, there appears to be a hierarchy of consciousness. You will not loose this connotation completely, but you will realize more and more that from within the hierarchy, everything is simply considered ONE.

Q: Thank you, I’m glad to hear that. And in our history books they are always talked about, or usually talked about as being these great masters who have these secrets that mankind has no right to.

B: Oh no, no, no, no.

Q: Right, yes that’s what I feel too.

B: The Ascended Masters are reflecting your own Masterhood. They are luring you into your higher selves.

Q: Is it possible... this is something I don’t quite understand... we have these parallel lifetimes...

B: Yes.

Q: ... so is it possible that we can have a parallel life as an Ascended Master? If we are being ourselves and...

B: In a sense, yes. Since all existence is going on simultaneously, yes.

Q: So a part of us could be a Jesus or a Buddha or an Ascended being?

B: Yes.

Q: Thank you.

B: Oh, thank you. Remember, once again, simply, that the idea of your so-called Second Coming is the awakening of the Christ and, if you wish Buddha consciousness within each and every one of you, not the single embodiment of that consciousness. Sharing!
Aspartame

Q: Many of our medical and nutritional practitioners, as well as many laymen, have observed that refined sugars can cause deterioration of the physical body, organs, and what not. I believe you confirmed that this was one of the mass consciousness choices that we have had on this planet, at least, you know, for the last several decades or so.

And I observe that there is another sweetener called Nutrasweet, whose chemical name is Aspartame, which is gaining a lot of popularity in, at least, our society. And I’m wondering if our mass consciousness has an agreement that this also has deteriorative effects?

B: Yes.

Q: It does?

B: Yes.

Q: Can you fill us in on those effects?

B: Some of them will be what you call adrenal.

Q: In what way?

B: The inhibition of the ability of those glands to process properly. And to create what you call toxic side-effect substance. You will find that there will be chemical bonds created in which, inhibitors within the Aspartame will take the place of natural nutrients within that area – natural nutrients which allow there to be a continuation of natural formation in chemical structures. Which allow there to be processed in the idea of your adrenal area, the natural function of those glands. Do you follow me?

Q: Yes. Ah, very good. And I don’t know if a comparison could be made, but would you say that, if I was to choose between Nutrasweet and sugar, would there be a less deteriorative choice?

B: It will depend upon your belief structure.

Q: Is there another substance, which can add sweetness?

B: What you call, natural fruit juice.

Q: Thank you.

B: Thank you.
Assigning Meaning

Q: Okay. Well, this following question came to mind after hearing many hundreds of hours of your interactions with people and it concerns two major threads which run through your philosophical tapestry. I know both ideas come from the same place but they still seem somewhat contradictory to me.

B: All right.

Q: One idea you expressed is that all situations in our life are fundamentally neutral, that they have "no built-in meaning" as you put it, and that the effect we get depends on the meaning one assigns to it. A second idea you shared is that "everything happens for a reason;" that there are no "extraneous creations" in the Universe and that everything is made of and is a synchronous expression of the same One thing, all from the same one consciousness or primal energy.

Though I understand each point perfectly when I consider them separately, I find that the second statement seems to contradict the first. Doesn't something "happening for a reason" imply a pre-existent, therefore, inherently "non-neutral" expression? Could you clarify how both of these insights can be held at the same time?

B: Thank you, this is very simple to reconcile. Understand that when we say that everything happens for a reason, what we mean specifically is that everything happens for your reason. Your reasons create the situations that you attract in your life. "Reasons" being translated as "the meanings you are automatically assigning to life" itself attracts and creates the situations which are representative of the meanings you have already been giving off, the frequency of the vibration or expectation, or strongest fear or belief pattern you are giving off.

So, the situations that happen in life, while fundamentally neutral, they do usually come with meaning already added because you have supplied the meaning, you have already given off the meaning or vibrations or reasons for why you believe what you believe life should be. Hence, you get the reflection of the meanings you are already giving off reflected back to you in the situations as they appear to you in physical reality.

What we are saying when sharing the idea that situations fundamentally have no built-in meaning is that those meanings do not come from anyone but you. They do not automatically come from the Universe. They are not part of the situation, aside from the fact that you have created it to be so.

Therefore, the idea of looking at a situation as neutral gives you an opportunity to find out what meaning you may have automatically given off so as to create the attraction to you in your life with the apparent built-in meaning that it comes with, which it is getting from you to begin with, in order to appear or manifest in your life.

By looking at it as neutral it gives you an opportunity to reassess the original meaning you used to create about that situation. Also, by looking at it as neutral you can decide whether you want the original
meaning you gave off to stick or whether you wish to assign a new meaning to it, even after the fact of the creation of the situation. You do not have to stick with the original meaning that created the physical situation to begin with. In a sense, all things should be taken as they come with the meaning intact, because they are your meanings.

When we say that you assign meaning to a situation, we do not mean that the situation occurs and then you assign the meaning. We mean that you give off the meaning first, which creates the situation which you then respond or react to. Thus, either reinforcing or reassessing the meaning you already assigned to it. The meaning is the seed around which the situation is formed. The meaning comes first, the belief comes first, not the situation. But the situation is still fundamentally neutral in the sense that it does not insist that the meaning you have given it has to be the one that it will always contain. You can still remove the original meaning that created the situation and implant a new meaning, which will then change the props that magnetically gravitate to the situation, to the new meaning you assign it, and thus, rearrange the outer appearance of the situation as well. Ideally, this will clarify the question that you have asked.

Assigning Meaning

1
Assisting Without Judgement

Q: I have a situation that just happened yesterday, and I would like to know what you have to say about it.
B: All right.
Q: Today I began work on a client, and as you know I have a little lisp.
B: Yes.
Q: And so we began, and he loved the work that I did and physically it really helps him quite a bit. He said that he wanted to do a whole series, so I was talking with him about the particular session, you see, because I not only work with someone’s body, I also work with their beliefs. And when I talk to them, it directly relates to what I’m doing with their body.
B: Yes.
Q: So while he loved what I was doing with his body, he says, “I really don’t want to talk to you about this stuff; I’m just not concerned with this stuff.”
B: All right.
Q: So I tried to point out that what I was talking about was directly related to what I was doing.
B: Yes.
Q: But he didn’t want to hear about it. Then after that, I just did the hands-on work and he loved that; but he wants to do a whole series and, you know, for me, my series consists of doing it a certain way, you know, which involves the beliefs, and yet he doesn’t want that.
B: All right. Now this your opportunity for two options in this way: you can simply continue to create the series as you have already structured it to be, recognizing it is simply a reflection of the vibration you happen to be, and if that individual does not prefer it, they can go elsewhere. And, at the same time, it is an opportunity for you to recognize that there is always fluidity in any given structure, and that you can trust that your ability to tap into all portions of yourself can create a series for the interaction with that individual that may allow you to interact in ways differently than you may normally have created your structure to be. Giving you an opportunity, perhaps, to discover more areas of your flexibility as well. It is up to you.
Q: There is just one more thing. And this issue was further clouded because at the end of the session he mentioned that he used a small amount of cocaine, 3 grams a week. (Audience laughs) I’m betting you know about cocaine?
B: Yes.
Q: And so I immediately saw my judgement come into the whole thing, you know, and I started to get righteous about the whole thing. And, you know, I want to work with this man to improve him, but, at the same time, I don’t want to sacrifice my personal integrity.
B: Then don’t. Simply recognize that you can simply be who you are without necessarily judging...
anyone else to remain being who you are. And if that individual does not simply like or prefer who you are, they do not have to interact with you.

Q: That’s true. The thing is, I would prefer to do the work with him and serve his needs with him.

B: Understand, you can also recognize you may be serving him by simply being who you are. And, in your terms, allowing him to make the choice to stay with you AS you are, or go elsewhere. But you do not need judgement, in that sense.

Q: That’s true.

B: You can simply share with that individual the idea of your recognition of preferences in this way. Not saying that theirs is right or wrong... and if they, simply in this way, once again, do not prefer the idea you are defining yourself to be, they can go elsewhere. It is that simple.

Q: Thank you.

B: Thank you.

Q2: I was just going to add that the communication that I feel you want to exchange with the individual can be on a telepathic level, on a mental level, and on an emotional level. Just by exchanging emotions you’re giving him emotions, you are giving him life, you are giving him spirit. You can accomplish those things silently while you are working on him physically.

B: Very good, for recognize that within that individual there also must be indication of a reason that, while they know what you would, quote/unquote, prefer to share with them, they do not want it, yet they are still willing to be with you. Therefore, they may be willing to accept it, as has been pointed out, on some other level. Thank you.

Q: Thank you.
ASSOCIATION BUSINESS
5-1-98
Canoga Park, CA

All right I’ll say good day to you this day of your time. How are you all?

Audience: Great, Perfect, Excellent.

B: Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur in this manner through this particular gateway at this time. Each and every time you allow this connection and this transmission to occur, it affords our civilization an opportunity to experience through you another face, another facet of the multidimensional crystal of the Infinite and we thank you for this gift of sharing.

We would like to begin this transmission this day of your time by labeling it: "Association Business: Part 1." This day of your time we would like to present you with an understanding of a bit of Association business that is the Association of Worlds. That collective, that grouping that comprises many different civilizations, of which we are a part and some day your world will be a part in the relatively near future.

But it is time right now for you to participate a little bit more in Association business, particularly because this bit of business has to do with you and your planet. Let us explain. Some time ago in your terms of time, in discussions about exactly how and even whether are not to contact your planet in this manner, when we recognized that it might be time for this kind of contact, there was much discussion among different Member Worlds about whether such contact would be either beneficial or effective to you. There were many ideas that were discussed as to whether or not such communication should begin. There was one civilization in particular who did not believe that contact with your world would be timely or would really have any effect.

Now these beings, we will simply refer to them for now as the Neutrals, in a sense they were neutral on the subject, in a sense abstaining from what you would call a vote. For the idea is that, not that they were, in any way, shape or form, uncompassionate. They are a very compassionate race. They simply felt that the information that we have shared with you over these past 15 of your years would not really make much of a difference, do to the nature of humanity as they perceived it. Therefore, now the time has come for a type of reassessment. We have communicated with them and we have in some ways asked them to reassess their previous decision; to see whether are not they now believe that they can co-participate in the contact between the Association and your world; to see whether they believe that such contact is merited at this time. We are therefore, letting you know that there will now come an opportunity for communication, not in this transmission but in the next one. Communication with one representative member of that civilization of the Neutrals. They have agreed to allow us to facilitate a
communication to your world so that you can speak directly with them, and they will have comments and questions. They will want to investigate in this investigation with you whether or not they deem it is timely and appropriate for them to participate in adding their communication, their energy, their time, their focus into dialogs with your people. This is, in many ways important, though we would not want you to think that their decision, one way or another, should add or subtract from your own sense of self, your own sense of worth, or any such notion. It is not about judgement either from them upon you, nor upon yourself; by yourself. It is simply about opportunity to add to the overall energy. More energy, more awareness to open up new pathways, new lines of communication with yet another civilization within the Association. But we wanted to give you what you would call a week’s warning, that this is coming about so that you can prepare yourself to engage in a dialog with a being from this civilization we call the Neutrals, so that you can understand that you will, perhaps, in those dialogs, in that conversation, be even more of a representative of your planet than usual, for you will really have to answer questions, if you wish, that directly address their concerns as to whether or not your people really are absorbing the information; whether it is really making a difference or not, and they will then make their own assessment as to whether they believe it has made a difference. And will decide from that conversation whether or not to continue to abstain, to continue to remain neutral or to become more participatory in the energies that we engage you in, with regard to the communications between our world and the Association as they have been taking place.

So, you follow along?

Audience: Yes, absolutely. Thank you.

B: Therefore, in that we have convinced this representative of the Neutrals to dialog with you, you may in your own terms, expect this dialog to occur. In the next transmission, in this area on your planet, in your next week’s time frame and thus, then, we will call that transmission: Association Business Part II.

Now, once again that we have laid down a foundation for this, so that you may prepare in your minds, over the next week for this encounter and for this dialogue, we will simply now move on to our usual business of exchange and we will ask now, in what way may our civilization be of service to you this day?
Q: You mentioned the One Light, where did It come from?
B: It always is. It did not come from anywhere, remember, again, Isness only has one quality, Isness. There is no before to Isness. Isness has never been not Isness.
Q: But before awareness, it was dark.
B: Again, this is an analogy. Remember, when we say before and after, these are only concept that exist within Isness. There was never truly a before and after. This is difficult to translate into your third density reality domain. Nevertheless, this is the best that can be done with your language.
Q: I understand non-linear somewhat.
B: All right, all you have to do is learn how to pronounce it.
Q: The Light, I understand to be intelligence.
B: You can understand it that way. Although, more specifically, just to put a more precise definition upon it, that is more relevant to your reality; intelligence, although it can be used the way you are using it, intelligence is really more precisely the application of awareness, not awareness itself. Consciousness is consciousness, awareness is awareness; Intelligence is what you do with that awareness, the application thereof. Although again, we understand we don’t have to be that strict with the definition, and if you want to say that it is simply intelligence we will understand and acknowledge that idea.
Q: What is the difference between consciousness and awareness?
B: Yes, in a sense, again, it is the idea that there maybe consciousness that can be aware in a variety of ways. Although, consciousness, to some degree, implies the idea of awareness, self-awareness, so on and so forth. There may not even be a term for what you might call that substance that is unaware, you understand?
Q: OK.
B: So we, just in your language, translated it to Isness. That would be the term that would best represent the idea of that substance you are referring to, that once it became aware, is referred to as consciousness. Does that make sense?
Q: OK, yes, to some degree.
B: So Isness is simply like the fabric of existence itself. Consciousness is when the fabric knows it is the fabric, and also immediately creates the idea of reflective self-awareness that creates difference in the fabric. In other words, awareness of the threads that make the fabric up. Does that make sense?
Q: Yes.
B: So Isness, then, is awareness of itself as the fabric and then self-reflective awareness of the threads that make up the fabric. But, at the same time, going back to Isness and understanding that every single thread is **also the whole, the Isness**. Does that make sense?

Q: OK, that makes some sense
Asthma

Q: Could you give me some ideas perhaps on why I may have chosen the disease asthma, and I’m having difficulty curing myself of it.

B: How is it serving you? What does it allow you to learn?

Q: Intellectually things like the lungs are the shape of butterflies. It has to do with freedom, uh . . .

B: Oh I see. Very beautiful. What do you do with this knowledge?

Q: I don’t know. I’m having difficulty translating, you know, acting on it emotionally or physically.

B: Do you feel that, in you terms again, to be colloquial in your language, that you have connections to other places, other times? Perhaps including ones off of your planet?

Q: Do I feel that I have a connection to that?

B: Yes.

Q: I don’t see it so much as another planet. Something I have the feeling, I think that, you know, I’m not of this planet; but that’s a feeling of not being connected. I interpret that as not feeling connected perhaps.

B: All right. But can it not be that you are feeling connected to somewhere else, rather than simply interpreting it as not being connected to here.

Q: Yeah, I guess that could be it.

B: All right.

Q: I have recollections of feeling like I could fly.

B: All right. Now that is typical and does not necessarily have to be a connection to another planet as that will be a typical experience that you will translate in physiological terms in what you call astral projection.

For in this way, simply recognize that since you are translating the idea of any other connections you may have in terms, as you have shared them, that you feel that you are not connected to here from time to time, then you may have brought with you a belief system that lets you think you are “breathing alien air”, and can’t breathe it deeply.

Now, the idea also can come hand-in-hand many times, and in this case our perception is that it also does, come hand in hand with some of the experiences you have created in what you call your past life phenomena, so to speak, with regards to suffocation death. You will find that it is not unlikely that many of what you call asthmatics are carry-overs from suffocation death.

As you are hearing what we are saying, what feelings are occurring within you?

Q: Uh.

B: We are not expecting that you believe us, but simply, what feelings are occurring within you?

Q: Sadness.
B: Oh. Why?
Q: Uh, well, just feelings of, of, well, aside form the feelings, I’ve manifested that as, you know, trying to act out some past situation. I mean that come up, so I’m thinking that must be... 
B: Yes. It may be, in your terms, the idea you would call a repetition of a scenario you have lived through before.
Q: So then, of course, thinking of that particular thing that actually happened physically here, has brought up that sadness.
B: All right. Do you recognize that sadness, as you are experiencing it at this point, can also be releasing. It is centering form a negative point of view, just like laughter is centering form a positive point of view. Crying, laughing. The same thing. One negative. One positive. Both of then are centering phenomena.

Therefore, what you are doing right now in the experiencing of your emotional sadness, is releasing, centering, and opening up the understanding that if you have created these scenarios in your life, you are, once again, in control of them. You have drawn them into your life for a reason, and the reason may simply be to allow you to examine what you are examining right now. And to choose to connect and link to the reality you have created in whatever way you now prefer to because this is the transformational life, and therefore any idea can be allowed by you to be deserve by you.

Ecstasy is your birthright. You do not have to do anything special to earn it. You are it, automatically, because you exist.

Therefore, relax the judgments upon yourself and the constrictions you have placed upon yourself. Breathe deeply of the self and the energy that you are. Know that your auric field, your electromagnetic spectrum, can energize and oxygenate you in whatever manner is necessary. Take it for granted that the atmosphere of your existence is worth breathing, for it was created or the very joy of unconditional love of All That Is. And if All That Is created you, All That Is obviously thinks you deserve to exist.

So, once you center, after you release, recognize that in being centered, you are allowing yourself to blend within ecstasy. Energy from this point forward will open doorways within your sub and unconsciousness realms, as you have created those levels to exist within your consciousness, and from this point forward, much can become more conscious and you may find that your dream activity will accelerate in various ways, starting this night of your time. Thank you for allowing us and allowing yourself to touch those doorways within you, for now you will find that many of the energy vortices you call chakras within you will expand, particularly the solar plexus, which is the chakra of intention.

Now that you are centered in this way, you may allow yourself to breathe more freely with who and what you are. Be comfortable with yourself. You deserve to exist.

As you breathe freely and more freely into your life, as you take in the atmosphere and breathe out the new reality, the reality you prefer to be, recognize that you will, then, begin to breathe together with others of the same vibration. You will conspire to create a reality of peace.
You may all take a short break.
Astral Interactions

Q: Hello.
B: Hello!
Q: I have been in the process of becoming aware in my dreams. And recently in conversation with you, I mentioned to you about a friend of mine, Sandy, who has recently passed away – about a year and a half ago.
B: Yes.
Q: And she, after our conversation, came to me in a dream. And she did in this dream... I believe I was with somebody else that’s here right behind me when I asked a question. And we were... we did a healing together; we did a healing of two people. And Sandy came up to me – we were walking down the street – and she said: “So, you want to go through the walls of the house.” And I said: “No, no, wait a minute.” Thinking from a third density point of view: “You can’t do that.” And she said: “No problem.” And we walked right through.
And we came upon a woman who had recently lost her child, and who was there crying and moaning about the baby. There was like a small crib that she was rocking back and forth. We did a lot of healing for the woman, and then we left.
And we went to somebody else’s house, and helped to heal them. I saw what I believed to be large centipedes – or something like that – on the ground, and was afraid to step on them. She said: “Don’t worry; they won’t hurt you. They are the things that people draw to them in diseases.”
B: Yes, thoughts, in a sense.
Q: Thoughts, right. Thought forms.
B: Yes.
Q: And I was afraid. She said: “No, don’t worry about it.”
B: Oh, you are in the astral realm.
Q: Yeah.
B: Nothing can touch you, in that sense.
Q: I realized that. We were talking up a storm the whole time this was happening. And then we went out of this guy’s house, and we saw him in a car. He was to stop somewhere, and it was like an indication of – he was to stop at a light, and he didn’t – or make a stop. And it was an indication that he received the healing that we gave to him, and he didn’t stop.
And the next thing I knew is, I felt... I was looking at her, and it felt like her head, part of her head, was like dissolving, and I was looking into her brain; and I realized later that that was... and it didn’t scare me or frighten me or anything. I was just looking at her. It was like she was showing me something about the impermanence of physical...
B: Yes.
Q: ... of a physical body – in that that would be the way of communicating to her, and that it’s not that important.
B: Yes.
Q: And then I felt that I swallowed something and woke up, feeling that she had poked me a couple of times on the right side of my ribs. And that is as I often describe her in this dream... of us poking one another.
B: Yes.
Q: It was astounding and ecstatic, and I was an overjoyed by the whole experience.
B: Thank you for allowing your physical dream and your non-physical dream to blend and merge; so that you can live your dreams. You know, many of you are of quite a bit more assistance than you know, in your dreams, to other individuals. You all have things that you do; many of you have dream “jobs,” in a sense. And you – many of you – do go about assisting other individuals in many different ways.
As you begin to blend these two realms together, the non-physical and the physical, then all of these different levels – particularly what you call the astral level, immediately above your physical level – will begin to materialize into you world. So that interacting with beings on that level will become quite commonplace; and they will be able to have more interaction with you.
That fluid communication will create an ability for individuals to not have to feel they are stuck between on level or another – or fear the symbols that are created to represent their fears that manifest in those astral realms. Thank you for having the willingness to go exploring, AND to bring a bit of where you went back to your own level – more and more blending. We thank you; that makes a difference on many levels, and allows many more things to be possible in your society. Enjoy!
Q: I do. Thank you very much.
B: Thank you very much! Next time say “hi” for us.
Q: I will. In fact, I did.
B: Ah, thank you.
Q: I asked her if she knew you, and she said she did.
B: Thank you.
Q: I do. Thank you very much. Next time say “hi” for us.
Q: I will. In fact, I did.
B: Ah, thank you.
Q: I asked her if she knew you, and she said she did.
B: Thank you.

Astral Interactions

1
Astral Projection and the Focus of Consciousness

Q: I understand that on your planet the males, for the most part, have no hair.
B: Yes.
Q: Have you ever considered going into the business of making toupees?
B: No.
Q: Well... you haven’t got any money on your planet anyway, so you don’t have anything with which “to pay” for it... toupee? (Groaning from the audience: “Back to the camera!”) (Note: the pun-maker is Ken G., the cameraman.)
Q2: One of the things that I do in a waking state – physical waking state – is that I will imagine myself moving out of my body, sometimes above it, above the rooftops...
B: Yes.
Q: I can move around. When I re-emerge with my body, I get a rush – like a rush of energy is occurring.
B: Yes.
Q: And in this state I don’t have a visual perception. It’s more of a knowingness perception, where it’s as though it’s dark out and I can’t see anything, but I just know that I am above the tops of the roofs...
B: Yes. Sometimes because, once again, simply by the habit of being in physical reality, it may take a little while for you to get used to the idea of how to open your astral eyes.
Q: Okay.
B: To really know you are seeing. Because, understand, you are not seeing in the same way at all. Because you do not have eyes, as you understand them, in the astral state.
Q: Right. Well, that bears on a related area of this question. And that is that while I’m doing this, I also have full perception of what my body is experiencing. I can still feel my body lying or sitting, touching, tasting; whatever it might be experiencing.
B: You can form relative degrees of disassociation from your physiological reality.
Q: Well, what I’m saying is that I’m doing both at the same time. I’m aware of being out, and also in – not really in, but out and still feeling.
B: Yes.
Q: Is this technically astral projection?
B: It can be, because, once again, technically, your body is inside your consciousness, and therefore, it is always contained in any expansion of consciousness. Let’s look at it this way: physiologically, as a mechanism, think of your consciousness for now as a sphere. All right?
Q: Yes.
B: Think now, when you are physically focused, that the sphere, let us say, is simply in the shape of your body. All right?
Q: Okay.
B: Then when you go out of body, it is not that you are actually exiting the body; it is that you are expanding the sphere, so that your consciousness is now out here, further and further and further. You follow me?
Q: I do understand that concept.
B: Your consciousness, therefore, is actually always 360 degrees around your body, which is at the center, so to speak; or physical reality, in a sense, because it is so dense, represents the center of your consciousness. You collapse and condense inward to form highly solid reality. You expand and go outward like a bubble to go into the more ethereal realm.
This is why, when you expand the bubble of your consciousness, you can travel here and there, and here and there, with absolutely no time involved between traveling, because your consciousness is everywhere – 360 degrees. And all you’re doing when you go from this point on the bubble to that point on the bubble is closing your eyes here and opening them over there, to see a different point of view.
So, if you perhaps use this mechanism in your imagination, and continue to expand the bubble and assume that you are the consciousness always moving with the skin of the bubble – and yet, at the same time, you can always be aware of what is contained within the bubble – then you can jockey, as you say, back and forth, back and forth. Or remain in the skin; or go into the physical reality, or expand the bubble as large as you wish, or as tightly as you wish.
This is a direct mechanical analogy of astral projection. It is not simply just the idea of a spirit leaving the body. It is an expansion of your entire consciousness, so that your focal point is now on the skin of the bubble moving outward. You follow me?
Q: Yes, I was aware of this concept.
B: Yes.
Q: And when I said I was leaving, I didn’t mean to imply that I thought my consciousness was actually my body.
B: Oh, we did not mean to imply that you were implying that. We are simply giving you, perhaps, the idea of a mechanism to explain the effect you are feeling.
Q: Okay.
B: So technically, yes.
Q: Technically, I’m astral projecting.
B: Yes. It just depends upon the idea of where you choose to focus the mainstay of your consciousness. Many individuals, in other words, would assume that it is not completely astral projection unless you lost the realization of the focus of your physical form.
Q: Yeah.
B: It is still astral projection, but it may simply be that your consciousness is not focused in the skin of the bubble, but throughout the entire thing.
Q: Multiply focused, certainly. Well, I understand the whole phenomenon of perception, anyway, is the selection of a viewpoint...
B: Yes.
Q: ...in a created space.
B: Yes. So astral projection is simply one of those viewpoints, in the sense of being completely disconnected from the body. That is simply another point of view.
Q: Okay. Well you're saying that astral projection technically would require this disconnection, or apparent disconnection, from the sensations of the body? Or does...
B: It doesn’t have to.
Q: Oh, okay.
B: But because of the habit your society is in – and I’m not saying that this is the way it has to be with you – many individuals will not allow themselves to believe that it has actually been done, unless they are capable of forming that apparent disassociation. To know, beyond a shadow of a doubt, that they actually can shuttle their focus of consciousness back and forth between the physical and the non-physical.
Q: Okay.
B: When you are, quote/unquote, physically dead, that is when the disconnection apparently happens naturally. Although, again, when you elevate to higher and higher levels, you will once again re-form the connection that you are feeling now.
So in a sense, what you are doing, in order to still feel the connection, is you are expanding astrally to a much broader realm than the immediate sphere just around your planet. You’re actually passing through that, so that you can maintain an awareness of the connection all the way through the different levels.
Q: Uh huh.
B: You follow me?
Q: Yes. How would one go about learning to open the astral eye, as you said?
B: Again, there can be many ways. You can use the analogy of your own physical eye; and while you are expanded, simply begin, bit by bit, to remove your focus from the physical. One thing that can assist many of you is to assume that you can also turn around on the skin of the sphere and look outwards.
Q: Huh! Certainly.
B: See what that does. That is one way. Use your imagination, as always.
Q: Okay.
B: And also there are many suggestions within some of the literature on astral projection that individuals in your society have already written about.
Q: Okay. Thank you very much.
B: Thank you. Sharing!
Astral Sex

Q: I have a couple of questions about sex.
B: All right.

Q: When one has sex on an astral plane, do both of the people... are they aware of what’s occurring?
B: To some degree, on that level, but understand that, what you describe to be “sex,” does not really occur in the way you understand it on an astral plane.

Q: Oh, no? What happens?
B: You have no physical body on an astral plane.

Q: Yeah, well there’s an integrating of energy.
B: Thank you, yes. That will also occur on the physical plane; therefore, understand that when you simply use that definition, it is the integration of energy upon the astral plane.

Q: And so, are both aware of what’s happening?
B: Oh, yes.

Q: Yes?
B: Oh, yes. Now, that awareness, for whatever reason or purpose that has been chosen, or limit that has been placed upon the self in physical reality, may not be brought back as a memory; but while you are there you are very aware of it.

Q: Oh, okay. Also, when one has a dream of having sexual intercourse with someone they don’t know or have never met, what is occurring? Is it just the...
B: Can be many things. Can be SHARING certain ideas from one aspect of your personality to another; finding a way to get in touch with another portion of your personality you have heretofore been unwilling to do so with. You may be making an actual link to other consciousnesses, in that way, from other lives, other levels, other planes, other projections of your consciousness, alternate selves, many things. It will simply depend upon your own unfoldment and how you wish to feel about it. Understand that the feeling that you allow yourself will always be the feeling that you need to discover that portion of yourself that the idea was created for. No need, in that way, to simply wonder about the specifics... who, what, where, when and why. Simply act upon the feeling... it will always take you where you need to go.

Q: True, but sometimes it is kind of weird to wake up and find out that you had sex with someone you don’t know.
B: Why?

Q: It’s kind of embarrassing.
B: Embarrassing? Now, allow me to say, since we have already defined the idea of sex as the intermingling of consciousness in that way, then understand that there can be no way you can have sex
with somebody you do not know. You follow me? Perhaps, again, to the CONSCIOUS, physical aware
mind, you have never seen this being before...
Q: Right.
B: ...but you know that you have, in the state in which you are interacting. When you are simply
willing to know that it has served a purpose, it is not always necessary to bring conscious recollection.
And, it may not serve the purpose. Understand: you are ALL very active on every different level of your
being, and have many interrelationships on non-physical as well as physical planes of existence,
alternate dimensions of reality, other times, and other civilizations. You are very, very, very, very busy.
Always creating...never stopped.
Q: Yes, I seem to have more astral sex than physical sex.
B: All right.
Q: I have more relationships on the astral plane than I have on the physical.
B: All right.
Q: But, you know, it is kind of hard to go on a date and say, “really there is somebody here, but you
can’t see them.”
B: But it is not hard, you have just said it.
Q: Yeah, but people don’t understand.
B: What people?
Q: My crowd.
B: Your friends? Why are they your friends if they do not understand?
Q: Business associates.
B: Business associates? Why are they your business associates?
Q: I must see them everyday at work.
B: You must? Who says?
Q: Well, they pay for my salary.
B: Oh, then you agree...then it is not a matter of must, it is a matter of choice.
Q: Choice...but right now it’s a must.
B: You have made it a must.
Q: That’s right.
B: When you unmake it a must, then perhaps, in that way, you will have business associates to whom it
will be all right; if that is really what you feel is more important than the idea of must being there.
Thank you.
Q: Thank you.
Q: I have a question about energy vortices at various locations around the world.
B: Yes.
Q: Is there any particular physical aspect to these things, or can they be anywhere? Is it just a function of the people in that place?
B: It is a function of a fact that your Earth, in a sense, is truly a crystal. And therefore, along certain indices, along certain apexes and lines of the crystalline structure, there will be electromagnetic gates, vortices, doorways that connect your Earth to all other dimensional gates in all other levels. It is a natural function of being a crystalline structure, a geometric structure in space and time. Do you follow me?
Q: Yes... and I come from the area we call England, and there are many stories of ancient legends and magical places and magical events.
B: Yes, some of them are connected to the idea of these energy gates.
Q: Okay, that is my question... is that still in existence?
B: Oh, yes. Very strongly, specifically in what you would call the Stonehenge area, which is why it was built in that area. And also you will find several small vortices around and throughout that area, and one very strong one, again, in the Isle of Man.
Q: Okay, you mentioned that last week.
B: Yes.
Q: I was reading, just recently, where somebody mentioned that Ancient Britain was more like a giant astronomical observatory, in as much as there were these special sites of large stone rings and so forth that were all over the place.
B: Yes.
Q: Do you have any information as to what the people of those times were experimenting with, and what they were looking for?
B: An understanding of the patterns and relationships of energy as it bears upon the agreements you have made to be a physical being. The awareness of the being as a spirit, as a soul, and how the energy patterns of the universe may, in your terminology, affect the vibratory patterns of the energy of any given individual.
Q: And they created these places to look into that?
B: In a sense, yes.
Q: They had some ideas how this worked...
B: Some of them were also created as extensions of what you would call early Atlantean technology. Some of them are remnants, in a sense, and therefore, do not necessarily define the level of technology that existed in Atlantis. After its destruction many individuals sought to regain their connection to
nature, and through some of those practices sought to create alignments of electromagnetic fields. To create, in a sense, a magnet out of stone which would generate and align some of the magnetic, electromagnetic energies of your planet to make certain areas conducive to spiritual alignment. Do you follow me?

Q: Yes. So did they do that?

B: Oh yes, many of the early individuals did, although many of the later cultures did not understand why those structures existed.

Q: Yes, that’s true. Well, thank you very much.

B: Well, thank you very much.

Atlantean Connections to Ancient Britaine
Atlantean Connections

Q: How far back do the Whales go in our civilization?
B: In what you would recognize as their present form, they go back not really so much farther than one hundred fifty million of your years.

Q: And you have talked about how three hundred thousand years ago the Anunnaki came, and they helped with some genetic mutations to form our present civilization in Africa.
B: Yes.

Q: Did that civilization go down because of a pole shift?
B: There have been some civilizations, such as Lemurian civilizations, that did succumb, to some degree, to some of the electromagnetheric and geological changes that have occurred on your planet from time to time, yes, now and then.

Q: When Lemuria went down did some of the individuals go to a place on Atlantis called Udall?
B: There were migrations to, what you call, the Atlantean Island chain. We do not recognize the particular vibrational name you have stated.

Q: How many islands were there on Atlantis?
B: At different times there were different amounts, originally there were about two large landmasses and a few very small islands. Then it was broken up over time in geological changes into about five, and then actually, at one time, there were about seventeen. But there have always been about three major landmasses for about the last fifty thousand to seventy thousand of your years.

Q: Was there any blending between the Atlanteans and the Lemurians when Lemuria went down?
B: Yes, and Atlantis was a colonization offshoot of Lemuria to begin with.

Q: And did they eventually end up in South America as well as other places?
B: Yes. Egypt, South America, North America, Northern Europe.

Q: Did they form the Inca race?
B: Inca is a much later offshoot and an admixture with other things, so is Aztec. Some of the earlier, earlier, earlier forms of Mayan were more closely related to some of the original Atlantean stock.

Q: And was the grain Quinoa or Amaranth an Atlantean or Lemurian grain?
B: Atlantean, as was maize. As is the present form of domestication of the animal and the breeding of the animal you recognize now as a cat. This was begun, this kind of breeding into the arrival of the domesticated form, in Atlantean times, of the cat. Thank you.

Q: Thank you.

Atlantean Connections
Atlantis / Halloween

Questioner: You said something about Halloween being connected to the destruction of Atlantis?

B: Yes, from your ancient times, All Hallows Eve, or Halloween, represents the day before the destruction of Atlantis. November 1 is the day of destruction, and November 2 is the day after. In some of your religious vernacular these days translate into All Hallows Eve, All Souls Day and All Saints Day, and are the idea of the destruction of your Atlantean land mass approximately 11 to 12 thousand years ago.

The issue you are dealing with on your Earth at this time is connected strongly to both the planet Maldek destroying itself long ago and a repetition of the cycle of Atlantis, although on a smaller scale than Maldek.

In your current time frame the United States represents the idea of the replay of Atlantis, for you have much of the same technology and the same position in relation to politics around the world. Also you have many of the same individuals from Atlantis who have now re-instructed themselves to the point of deciding whether or not they will destroy the world again.

You all chose to be here in this transformational age to see that you do NOT replay Atlantis and destroy yourselves and your Earth this time around.
**Atlantis Remembered**

Q: I seem to have all kinds of disparate images and remembrance of Atlantis.

B: Yes. Well, it was, in your terms of historical timing, covering quite a lot of time, and there were many different aspects of that civilization. You must understand that it existed, *as an entity*, so to speak, as an Atlantean culture, from somewhere around, in a distinctive phase, about 30,000 of your years ago, until about the idea of 12 to 11 thousand years ago. That is quite a lot of history as far as your modern age is concerned. So there are many different levels and phases of society that develop within what might be overall called the Atlantean period.

Q: Yes, I seem to remember at the beginning that it was an extraterrestrial culture with humans as sort of secondary citizens; I’d guess, you’d say?

B: Incorrect.

Q: Oh, okay.

B: It was a human directly from the idea of what you would call Lemuria, but there was a lot of extraterrestrial mixing.

Q: Okay. Then at a later point, the extraterrestrials’ influence on our memory was not there.

B: Correct. In many cases, yes. As many different changes occurred, there were many leavings, yes.

Q: And so we just ran our energy along, and the whole thing just came to an end?

B: If you wish to over-simplify, yes.

Q: Okay.

B: Does that help you?

Q: Yes, it does.

B: Thank you.

**Atlantis Remembered**

2
Bashar: Now approximately 25,000 of your years ago, in what you term to be Atlantis, or in their dialect Atalundi, you will have found that the idea of separation of the self from the ‘creatorhood’ began in earnest, though it had appeared upon your planet before that. You will find, now, there was the choice within the mass consciousness of that era to determine for themselves that they were, in this way, not needing the integration of the self to the All That Is, but that they could exercise their power directly in such a manner as to separate themselves from the totality of All That Is, so that they could recognize themselves in a more, I’ll say, personalized way as being the creator. This stemmed from the projection of spirit into material form. As it continued, as spirit continued to project into material form, in and of itself, was the definition of separation, limitation to a certain degree. Thus, the more spirit experienced the idea of material form or physical reality, slowly, in a sense, but as you say surely, became used to the energy patterns. They began to sense ideas, feelings, emotionality, thoughts, beliefs that they had heretofore not encountered within non-physicality. They began to create the idea of fascination with the limitation, and in so doing, allowed themselves to become enmeshed, locked in, so that they could experience all that there was to experience in that mode as well as every other mode that had been experienced within All That Is of non-physicality. Thus, they became use to, or as you say, created the habit of expressing themselves in material ways, again, through emotionality, and thought, and belief, rather than knowingness.

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AUTOMATIC TUNING

Q: On the idea of beingness – is that more of the difference between the fourth density, fifth density, higher density’s perspective, is it their look more at that beingness than we do?
B: Yes.
Q: We are looking more in the other direction, so to speak?
B: Yes and no. Recognize, again, that you are also being within beingness, but the definition of the structure you have created yourself to be, simply allows you to forget that, otherwise you could not play this game. If you could not forget who you are, you could not limit yourself. You follow me?
Q: Yes.
B: You are still using your overall beingness to create this game. The idea is that you can pretend not to know that...that does not mean you are not doing it, but can pretend not to see it, yes. Does that answer your question? Do you wish to explore some other aspect?
Q: Yes, so then it’s really because we were such creative creators, so to speak, that we sort of created ourselves into a narrow bandwidth.
B: Because you wish to explore all that is possible to explore within All That Is, and limitation is one of the things you can explore. Therefore you went at it with full cognition. You follow me?
Q: And the way to look in the other direction, so to speak, through acceptance, release and love and...
B: Yes. In this way you can always allow yourself to know that you are the creator of this scenario, this reality. And you can choose to prefer another reality. For now you are in your transformational life, this is the transformation era on your planet, the end of a cycle. You now have the opportunity to begin to perceive within you, all of the ideas of limitations that you have explored, allowing them to have served you, to have brought you to this point. And allowed yourselves to now know that all of the integration that you are desiring to explore is the product and the next step, after having experienced all the limitation you can.
Q: Ok. Well, I was thinking while coming down here tonight about what, like our radio stations for example...
B: Yes.
Q: our atmosphere is just permeated with all these different energies, levels and signals...
B: Yes.
Q: which we’re not even aware of, because we haven’t tuned into it...
B: Yes.
Q: So I was just wondering in a way that’s what each of us ...we kind of tune ourselves into a very small channel, called the self...
B: Yes.
Q: we need to do is de-tune, but if we de-tune we’re going to be open to everything...

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B: Not de-tune – retune. Understand in this that there is nothing wrong with being open to everything. You are open to everything anyway, anyway.

Q: Right, but don’t we keep ourselves from seeing that because we stay so tightly focused?

B: In a sense, but in this way many of you are beginning to recognize the actual de-tuning before you retune. You are beginning to recognize the limbo state that may make you feel confused or disoriented. The limbo state in which you can consciously recognize that you have an infinite number of possible choices. Because fourthdensity is, by definition, more awareness, so then you can have conscious awareness of the actual de-tuning and re-tuning process. And that can be a part of the tuning.

Q: Ok, so changing states of being is really like we change our radio stations . . .

B: Yes.

Q: ’s really basically tuning into a different reality . . .

B: The idea that you have of yourself determines the frequency and you automatically, automatically, automatically proceed to that bandwidth. You do not have to force yourselves, you do not have to search the entire spectrum. Whatever idea you choose to be, you will automatically tune yourself to the appropriate bandwidth to begin receiving only the symbolic physiological reflections in life, that will be fit and support the idea you now happen to be tuned into. It is automatic.

Q: That’s good to hear, thank you.

B: Thank you.
PART FOUR: "AWAKENING AND TRANSFORMATION"

Before we begin the awakening, allow us to remind you that you are at the very threshold of a new gate. You are literally awakening into a new dream. A new reality. A new world! A new you. You are not the same people you were when we started. You will not be the same when you leave. The actions in your lives will have impact in your world.

And now in this, what you call the third and final interaction in this format, there is the necessary 300 beings out of all 3 of the workshops. That is all that is necessary in this particular vibration, for the creation of an acceleration that will never end. You are the seeds of 4th density. We thank you for being of the initial 300.

And now, it is time to awaken. The format of this exercise will be as follows: There will be three visualizations. Each will be a count of 33, followed by two visualizations, each a count of 40.

33 is a transformational number. A gateway number. Dividing line between preparation and action. 40 – the transformational symbolic representation in your reality of the time it takes in vibratory terms, days, months, years (40 years, 40 days, 40 nights) for complete transformation of one idea to another idea in your culture.

In the first segment we will define and describe the idea of radiating a blue light around your world, and pumping intense ecstasy into that light. Seeing every being in your world immersed in that energy sea. We will count from 1 to 33. With each number you will add to the intensity of the emotion and the energy. Higher, higher, more and more and more. If you think you get to a point where you cannot pump anymore energy and emotion into it, pump more into it! Increase by a factor of a hundred! A thousand! Ten thousand! A hundred thousand! A million! When you think you’re about to burst because you cannot add anymore intensity, double it! Triple it! Quadruple it! You can do it! And it will have an effect upon your entire planet!

The first scenario will be the creation of the blue-white light. The second will be the creation of the orange emotional light. And the third, the creation of the incandescent white flash of knowingness.

So, as we begin, with each and every number, allow yourself to increase the energy. When we arrive at the number 30 to 33, increase it again beyond your capacity to believe you can increase it, each and every time. When we say 33, cut the energy dead. Do not let it fade. We will assist you by offering you visualizations to focus upon; but you are turning on and turning off a switch. No fade out. You want that initial momentum to propel itself around your world, through your world, out into the universe, in one solid 33-moment burst. No fade out. No mediocrity. Clean cut. Simple. Pure, and expressing great intention and impact.

Close your eyes and relax. Three deep breathes. One more time.

Begin to build the picture in your mind of you standing on your world, and see the brilliant blue electromagnetic energy glowing around you. You are going to radiate this energy on the count of one
out to the entire world, and you’re going to visualize each and every being of all types, all
levels, all kingdoms immersed in that energy sea; so that as you create ripples, they feel them. As they
create ripples, you feel them. But the ripples that you will create... the ripples that you will radiate from
your body (from your new crystalline beacon) will radiate with an intensity of energy heretofore unfelt
upon your world! You are the switch.

Imagine that blue glow. Turn on the switch now! One! Two! Three! Four! Five! Six! Seven! Eight!
Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen!
Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six!
Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Cut! The
blackness of space filled with stars gleams before you like so many gems. You drift through forests of
emerald green radiance, following a river back down to the sea. Area the inward and out through your
mouth. Breathe the breath of life into the atmosphere of your world; so that all may be and feel inspired
from the inspiration you are creating this day of your time.

Send the perfume of the breath of life into your world.

And now, imagine, as you stand upon your world within that blue energy sea, a spark of orange light,
glowing within your chest, in your heart. Warm emotion. Love. Golden, orange, red, glowing. Feel it
pulsing and (unintelligible word). And begin to radiate, in all directions like a beacon, of 360 degrees
throughout the universe, and in your world. And begin to pump your excitement now! One! Two!
Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen!
Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three!
Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-
One! Thirty-two! Thirty-three! Cut! The deepest ocean you can imagine. Brilliant blue waves crashing upon
the shore of a beautiful white beach. Imitate the waves. Three breaths in; out through your mouth.
Crashing upon the shore. (Sound of audience breathing).

Relax. And now, now that you have created the medium upon which the white light of your
consciousness can spark and ignite the consciousness of your whole world, imagine as follows: that you
are a glowing, transparent, crystalline being, and that you see this white light, and you will be, with
laser-like precision, a beam of white light radiating from your entire body to every being in creation.
Every being upon your planet. And when you reach the count of 30, all of those single beams of
laser-like light will be one incandescent flash that creates all beings upon your world, and your entire
planet, to become one transparent crystal for that flash!

Now this time we want you to really pump your ecstasy into this. Use all your senses. I mean ecstasy!!
More, more and more! You deserve it! They deserve it! All deserve it! Begin to glow. Become
transparent. Let the furnace rise and send the beam to all beings. Sense where they are. Send the beam
now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen!
Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two!
Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine!
Twenty!
The universe felt, saw and heard, and echoes back to you. Feel the echo. Three releasing breaths through your mouth. We hear. We understand. We love you. We respond. You are us. We are you. Live. Love. Breathe.
Allow yourselves now, now that you know you have touched the hearts, the minds, the souls of all... imagine all the lives you have ever lived. All the lives you may ever live. All the lives you are living now in all dimensions. See them like bubbles, each containing a picture. Facets in an infinite crystal. All the yous, you have ever been. All the yous, you are now. All the yous, you will ever be. All the aspects of the oversoul that you are.
We are going to count to 40. As we count, you will beam your unconditional love to each and every one of those lives, knowing that each and every one of those lives was lived, is being lived, will be lived as perfectly as it needs to be to allow you to be the complete being that you are. And you will grant each and every one of those lives their own sense of worth, value, validity and completeness.
To put it very simply, you will love them all unconditionally, and feel the love of all of them returning to you unconditionally; for they all serve the purpose of the being that you are.
With each and every counting, beam more and more and more unconditional love. Become the network, the web, the matrix, the total oversoul that you are. Feel uplifted, enlightened, accelerated. And at the end of the count of 40, with your breath three times again, simply add to the atmosphere and intermingle with all of them the “conspiration” that you breathe as one entity, and that all lives are now parallel, simultaneous and supportive. That each life supports the whole, and the whole supports each life. And no life is alone.
You are all together as one.
Begin now by picturing all the facets, all the bubbles, all the lives; through the epics, through the eras, through the ages; in all the different civilizations, in all the alternate dimensional realms, in all the parallel worlds; multi-directional, multi-dimensional, forever! Inward. Outward. Right here. Right now. And send that love now! One! Two! Three! Four! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Thirty-four! Thirty-five! Thirty-six! Thirty-seven! Thirty-eight! Thirty-nine! Forty! Civilizations: past, present, future, alternate, parallel, multi-dimensional groups of oversouls. All the civilizations. All the oversouls of all universes. And feel, feel them within you. And send your love to the infinite Creation, to the infinite Creator, to All That Is. Direct communication with that infinite source of All. And a reflection and an echo back to you, that you are its reflection.
Send your love; and support the whole, so that the echo of the whole will support all of you. You are an integrated being. You are one with All That Is. Send, feel, taste, here and touch. See your love, and send it. And be embraced. And embrace All That Is.
Now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen!
Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two!
Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine!
Thirty! Thirty-one! Thirty-two! Thirty-three! Thirty-four! Thirty-five! Thirty-six! Thirty-seven!
Thirty-eight! Thirty-nine! Forty! Totality! Send your love! Breathe it in! Breathe it out! Radiate in all
directions! Breathe it! Breathe it! Rapidly! Slowly! (Sounds of breathing). Cut! And breathe and sigh,
(Sounds of audience sighing!) And relax, and feel the arms of creation around you. And feel your arms
embrace all of creation in unconditional love!
You are sparking as the God Thoughts that you are. You are God Thought! You are energy! You are
light! You are life itself! You are in and of, and you are a dream, a new day, a new you. And you always,
always will be. Always! You are your own transformation. You are the gate and the valve of your own
design. You are the expression of Infinite Creation. You are all space. You are all time. You are All That
Is. You are love itself.
How do you all feel?
AUD: . . . (quiet responses).
B: Good morning!
AUD: Good morning!
B: I believe it has been at least a week since we began. You, you are entering a new octave. A new
vibratory resonance. A new level. You are on the ether side of the gate, accelerating into fourth density.
You are members of the Association of Worlds. Welcome.
AUD: Thank you! (applause)
Allow us, once again, at this timing, to extend to each and every one of you, individually and
collectively, our deepest love and appreciation in co-creating this beautiful, brilliant and loving
interaction. You are the spark of life. Don’t forget that. You have no need to forget anymore. You are,
right here, right now. You exist forever.
We thank you for sharing the same dream. Eternal love to you all, and once again, a bright and beautiful
dawn. Good day.
Awakening Each Other

Q: Yes, I have a question.
B: All right.
Q: I had an experience a couple of years back that I want to forget. Um…
B: Want to forget? Why?
Q: Well, I guess because of the mystery.
B: Mystery! So you are saying that you have been taught to believe that there are experiences that can happen in your life that can in no way serve any useful purpose to you?
Q: No, I think it does. That’s why I’m asking you about it, because I want more understanding.
B: All right. Then you do not want to forget it.
Q: Oh, that’s what I meant. I won’t forget it.
B: All right.
Q: I met someone for a very brief moment. And when I saw this person walk up, or walk down the street towards me…
B: Up or down, yes.
Q: … I felt as if I exteriorized from my body. Now, I’m not sure if that’s what happened. All I know is I felt really good, and I never felt that good in my life.
B: All right. Do you know this individual now?
Q: No, I don’t.
B: All right. What did you notice about the individual?
Q: All I know is he was very familiar – or something. Something about it: I made such connection. I felt really complete.
B: Did you just watch the individual go on their way?

Q: Yeah, kind of. Well actuality, I was meeting a friend, and he was a friend of a friend kind of thing. So I just got introduced to him.
B: All right.
Q: And that’s about it. We talked just a little bit.

B: All right. What did you learn about yourself in that communication?

Q: Well, I felt as if he was – I feel stupid saying this, but…
B: Why?
Q: Well, I felt as if he was some type of teacher or something. I felt…
B: Yes, but both of you are. You can only experience in someone else what you also contain. What you are being shown is your own masterhood.

Q: So do you think I decided in a prior lifetime or something…
B: Yes.
Q: …this to mean something strong to me?
B: Yes.
Q: But I don’t know what it was.
B: It is a signal; it is a reflection. It is as opportunity to allow yourself to awaken to your own self-empowerment. You have been together before. The agreement was actually made – not in a prior lifetime physically, but in between the lives.
Q: And what was the agreement?
B: To see a reflection that would allow you to begin to awaken to your own self-empowerment.

Q: Because I felt like I blew something. I should have done something…
B: There are no shoulds. If you feel now that you desire to have acted in a different way than you did then, that is a part of the lesson. To allow you to know that, if and when such an occurrence occurs again, you will act differently. You will now choose to behave in a different way. That is what you can learn from the lesson.
Bit by bit, at whatever rate you are comfortable in learning this, you will be given reflections by other individuals and other situations and circumstances in your life, as per the agreements you have made to be shown these things, to reflect these things about yourself back to you.

Bit by bit you will learn what you desire to learn, at whatever rate you are comfortable in learning it. But just because it may be slower now than you think you ought to have been, recognize that then, what you did was perfect for the you you were then. What you will do now will be perfect for the you you are now, and you have no business comparing the two. You follow me?

Q: Yes, I definitely do.
B: Yes. So do not berate yourself, invalidate yourself, or pass dispersions of guilt and judgment upon yourself. For that only keeps you from learning what it is you can learn from the situation in a positive way.
Understand it occurred for a reason. And whether you had an analytical understanding of what that reason was or not is not really important, as long as you use the essence of the idea and create the changes within your behavioral structure that are indicative of what you absorbed from that conversation and interaction. For there will be other individuals as well, that you have made agreements with, that will reflect certain things to you.
But again, in no way do you ever have to feel that you are on the lower end of this exchange. You are a teacher as well. All of you are teachers and learners. And that is why we say “Sharing.” For you are all equal sharers. You each have something to reflect to the other. You are all mirrors.
So if you see something, and you allow that to make a change within you, then simply integrate that within you, and the next time you will see a different reflection, and learn something more – and more and more and more, until you remember who you are, and express that memory. Then you will be, in your own right, the full reflection of what you are taking them to be. And you will also have the same impact on other individuals.
Q: Okay. Thank you.
B: Does that assist you?
Q: Mhmm.
B: Thank you very much. Shine brightly. Sharing!

Awakening Each Other
Awakening the Inhabitants of Planet Earth

Q: Ha ah tu, professor.
B: And to you, good day.
Q: I wanted to ask you about...I was listening to this radio show and the scientist was talking about NASA having photographs of this...almost like a planetary body near Saturn, an ET, like a Mothership. And they had these photographs...like about fifteen years ago or something?
B: There are, within what you call your NASA files, on a few occasions, photographs of extraterrestrial craft. Some of them are what you refer to as Motherships; some of them are not recognized for what they are, except as anomalies. But some individuals do expect that some of the objects are artificial, yes.
Q: Can you tell us how big this was? According to this scientist he had to see the photographs and this was tremendous...tremendously huge.
B: Some are large...one moment...
Q: In fact, the mother of a Mothership. (AUD: laughter)
B: One moment...we will scan to see what the most sizable representation in the archives happens to be. One moment, one moment, one moment, one moment, one moment, one moment...there is one, one representation, and only one, of an object that is artificial, that is, in your terms, approximately one hundred and fifty kilometers in diameter.
Q: What is that in miles? (AUD: laughter)
B: You can do your math.
AUD: About ninety miles.
B: As it has been given to you from the side.
Q: A ship this big, what is its purpose?
B: Exploration. Sometimes the idea of the movement of large blocks of societies from point to point, from transition from one dimension to another – many different functions. In that sense they operate as self-contained bases, many times for a long duration study of remote systems.
Q: And the population, do you know?
B: It will vary, but can be several hundred thousand entities.
Q: How about in the millions?
B: Usually not. There are such that do exist, but this is unusual.
Q: These are conscious physical beings?
B: Yes.
Q: And Atlantis, you were speaking about Atlantis before.
B: Yes.
Q: About eleven or twelve thousand years ago.
B: Yes.
Q: All right. Do you have personal contact with Atlantis?
B: From time to time we have had.
Q: And is it open contact, is it channeling... what type of contact?
B: More often than not it is more in the fashion you experience now. Though there have been a few face-to-face meetings in that time frame.
Q: All right. And in that time frame, from books I’ve read years ago, ET contact was pretty much out in the open.
B: Very early on. You are now discussing a time period, approximately, thirty to fifty thousand of your years ago. In that sense there was more openness at that timing, yes.
Q: All right, and when it was open like that, what civilizations were they in contact with?
B: Pleiadian civilizations, Sirius civilizations, our civilizations, other hybrid civilizations, and several other civilizations we will not name at this time.
Q: How about the Orion civilizations?
B: This is different. The idea is that the Orion civilizations massively incarnated and interwove into your civilization. There were, from time to time, a few very rare physiological contacts, as such, from some members in what you would collectively and/or loosely call Orion civilizations. But the heart, the core, of what you know as the Orion consciousnesses only interacted with your species on an incarnational level. The largest influx incarnationally happened about six thousand of your years ago, in the area you call your Middle east.
Q: And that was the largest influx of Orions on our planet?
B: Incarnationally.
Q: It is wild, thinking that about, like, twelve thousand, thirty thousand years ago your civilization was in contact... and you are more or less three hundred years in our future.
B: Yes; and our history is, in our time frame, approximately three thousand of your years in duration. But again, in that we can slip back and forth into parallel dimensions of reality, we can thus visit things that you would deem to be in your past.
Q: And what was the contact like between you and the Atlanteans?
B: Very nice thank you. (AUD: laughter)
Q: I mean, you know, in what context...
B: Discussions.
Q: I mean did they call you future selves or...
B: No, they did not recognize us as such. For the most part, some individuals understood the full idea, what you might call the high priests and philosophers. Most individuals simply understood that we were simply concurrent or contemporary with them, but from elsewhere.
Q: And when you were interacting with them...
B: Yes.
Q: ...and they looked at you, did you appear the way you do now?
B: As we do, yes. They were clear enough to allow no need for the idea of screen memory or subterfuge; they saw us as we are.
Q: Oh, all right. And the other night, a couple of weeks ago, a remote viewer was on a talk radio show and he was talking about some near future events, he also talked about Flight 800. And he talked about the ozone layer – is the ozone layer more of a natural occurrence?
B: It is both. There is a natural cycle to the depletion and the rise, but you have also accelerated the depletion with the idea of the pollutants in your atmosphere, yes.
Q: All right, and this pollution, the natural part of it...
B: Yes.
Q: ...does that have direct correlation with the wave heating process on the planet?
B: It does.
Q: All right, and what effect does the ultra violet lighting have?
B: It depends on how it is transmuted by the system. If it is transmuted in a healthy way, by systems that are capable of handling the high charge of energy, then it will have the effect of causing up swelling and acceleration, and what might be called an ascension; whereas, if the systems are resistant to that energy, due to a variety of imbalanced reasons, it can be the idea of burnout.
Q: So, more or less, our ascension process is in direct correlation to the ultra violet light.
B: Yes.
Q: All right. And the ionosphere and all of that... what is going on with it? It is all... this is all more or less a process that’s happening, that we accelerated by our prudence...
B: Yes, but the idea is that it may also, in many cases, be accelerated in a balanced way, thus you may find that there may be some detrimental effect because it is not being allowed to go in its natural cycle.
Q: And how could we modify that? I mean individually, all of us.
B: Again, centered balanced meditation... all the things we talked about before in terms of oxygenation, hydration, all of those things will help as best as is possible. And the removal of toxins from the system as well. That is as simple as it needs to be.
Q: And the effect that is going to have on the food chain?
B: It is already having certain effects upon the idea of the destruction of certain plant life, which then, of course, affects the idea of the animals that feed upon that and the balance of the ecological system on your planet.
Q: Yes, and the plankton...
Q: And the oxygenation of the planet?
B: All of that, there are certain sections of your oceans that are, for lack of a better term, already completely dead.
Q: You know, what I'm trying to say is this: if this is like a natural occurrence...
B: Yes.
Q: ...all this happening, then this is all going with the game plan.
B: Again, it is not happening in a natural way completely, although enough is representative, in general, of a natural cycle.
Q: Yes, I understand that...
B: All right.
Q: ...but what I am saying is: what is the change that we are going to go through, that’s going to happen to us to modify our physical vehicles?
B: Well, it forces you in many ways to look at yourselves more quickly, more deeply. It forces you into a corner to integrate things, perhaps more readily than some of you may be ready for. But some of you will be ready, in that you force yourself to go a little bit faster than even you might think you are ready for.
Q: All right, and he (the remote viewer) had said, like, three and half years or four years from now, there was going to be this event and they don’t even understand what is going to happen. Like a supernatural event that is going to affect every being on the planet.
B: Some of it has to do with the idea of people that have been on your planet for a long time. It is not exactly the same, but it is connected to the idea that we have discussed, that by your year of 2005, it will be revealed to you that there are certain kinds of beings that have been living among you; that are of your own kind, in a way, but of extreme longevity; that have been living among you, helping you here and there, from time to time.
And their presence, to some degree, will become known. This will cause, in many ways, a psychic shockwave on your planet to realize that this potential exists for all of you. But also, at first, realize that these people have lived among you for thousands of years.
Q: All right, these are like some of the Masters...
B: There are also many other kinds of events that may be representative of the collective consciousness crossing certain critical mass thresholds, such as the idea of the crop circles that were mentioned. In some senses this is shocking many people around the globe to come to realize exactly what is going on.
Q: I felt that it would be like a mutation or something like that, a mass mutation all at once?
B: That is a possibility as well. And certainly, like ecological systems, there is not so much the idea of a mutation in a way that people on your planet usually mean it, but it will be the idea certainly of crossing the critical threshold, so that there will be a psychic shock awakening on your planet.
Q: And as for human beings... predominately, that’s what I’m talking about.
B: It is for humans and several other beings on your planet simultaneously.
Q: And what are the several other beings that are awake and all?
B: That which you call the cetaceans, and that which you call other life forms as well; and also certain plant life forms that are all correlated and keyed to the vibration of crossing a threshold with humans at a similar moment.
Q: Like a synchronization point?
B: Yes.
Q: All right, and the last thing I wanted to ask you: he reported up to twenty years into the future. I mean he has done even more than that...he said that there is going to be all these events going on and that the population of the planet would deplete itself by eighty per cent.
B: Not necessarily. This is a probable reality, but let us say that the odds of this eighty percent depletion are only about sixty percent at this moment. Do you understand how this has been phrased?
Q: I understand one hundred percent... (AUD: laughter) Could you correlate your information on the nuclear event that we have talked about in ’97?
B: Yes, the possible nuclear event, yes, this being an isolated event, yes.
Q: Yes, he said it would be Israel, more or less?
B: Yes.
Q: That’s what he said.
B: Yes.
Q: Okay, thanks a lot.
B: Thank you.

Awakening the Inhabitants of Planet Earth
Awakening To All Portions Of Yourself

B: You may all take a short break.

Anxiety is the same energy as excitement. Allow the meaning of the symbol to transform from a negative invalidation to a positive affirmation of the creation – the ongoing creation – that each and every one of you are.

There are many blendings of polarities for many of you, this night of your time. And in a sense, another gateway, another doorway, and a type of crystallization is taking place within individuals who have specifically chosen their path to manifest as an expression of polarity. Some of this will have to do with what has been termed the upwelling and usurping and integration of Orion energies.

And many familial connections are being made this evening of your time – both with each other and within yourselves. For you are unto yourself, in a sense, your own family. And now is the time that you have allowed yourself to begin to adopt all portions of the family that you are within the self.

Release and flow. Enjoy and love all that you discover yourself to be. Live in the ecstasy of the moment of self-discovery; and then none of that discovery need be painful.

Our unconditional love to you all.

Sharing!

Q: I... in my own words, to continue what you’re saying... that applies to me. My needs are tearing me apart against my preferences. There are physical needs to do things; I tend to run ahead – run away – from those things. I understand what you’re saying, as an action of go ahead and do the exciting things, and feel the ecstasy, etc. But my needs... I feel grounded... I feel... B: Why do you think they are needs?

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

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

Q: I try to try to ignore them...

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

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

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

Q: Well... okay, thank you for that. The feeling I get... I feel as though the awareness of when I’m here in the physical body – this one here – is that I feel in pain. I feel like I’m more of an energy unit or something. More of a... just another space; I feel I am another space.
B: You are your own space and your own time.
Q: It doesn’t fit... okay, it doesn’t fit here; I don’t feel like I fit.
B: If you didn’t fit, you wouldn’t be here. So take it for granted that you obviously do fit: otherwise you would be somewhere else.
Q: Yeah. Okay, I appreciate that. And...
B: The idea of fitting, however, doesn’t have to mean, “conforming.”
Q: Oh, yeah, I acknowledge that. I feel like as though I’m attenuating ... like something... like you say, accelerating.
B: Yes.
Q: I’m getting toward the last little upward spiral – the little thing – before I’m no longer involved in that dichotomy of myself.
B: All right. But do recognize that the paradox of the situation is, in order to experience what you are talking about, the first thing you need to do is become fully involved where you are, in the moment.
By being in the now moment, where you are, is when you connect to all that you possibly can become – and then become it.
Q: I’ll improve on that.
B: You will simply be different.
Q: Thank you.
Q: I had a realization about that concept of the idea of complete willingness to be an Earth person.
B: Yes.
Q: And many of us I know, down through the years, have been unwilling... have an awareness of past and future, other planets, other civilizations... 
B: Yes, yes, yes.
Q: ... and having the unwillingness to be... but since we are here, we very much are Earthmen... 
B: (In a female voice). And women. (Much laughter)
Q: That’s why I said “Earth person” the first time. And it’s a complete willingness to contact the moment. And this is something I’m working on.
B: Yes! For this is just as valid as anywhere else you have ever been, or could ever be.
Q: Exactly.
B: If it isn’t, then you invalidate everything else you have ever done as well. For they are all here now. Thank you!
Q2: Just arrived a few moments ago.
B: Yes!
Q: I presume that the timing was perfect.
B: Absolutely! For in this way, as we have said, there is the attraction and the conglomeration of many different facets of Orion energy this evening of your time.
Q: Well, certainly I was not privy to whatever went before; I will listen to the tape.
B: All right.
Q: I may find that it answers some questions that I have, but I’m going to ask the questions that I have anyway.
B: All right. We did not image that you wouldn’t.
Q: Um, I’ve had a fascinating week and a half. Approximately ten days.
B: Yes. Yes.
Q: Last week I created for myself reflections from other people, in my reality, of being perceived as incompetent... 
B: Ah!
Q: ...in my job.
B: I see.
Q: Which was very interesting.
B: All right.
Q: Steve is over there, shaking his head. Does that mean that you agree, or you experienced the same thing?
(Steve): The answers that I had to that is we are all incompetent, and we are all competent; we contain both polarities.
Q: Well, it was really fascinating, because it hadn’t occurred to me quite this way before – not to the intensity. I experienced some very strong emotions with regard to it.
B: All right.
Q: And, also others things that I created, such as, I was supposed to get a large check, and they only sent me a small portion of it.
B: So you are saying they are incompetent too.
Q: That’s true. I did recognize that.
B: All right.
Q: Which was great. Finally, you know, after talking with several people, I finally got the check that I needed, right at the last – within the last few hours...
B: At the perfect moment.
Q: Yeah? Not necessarily the most convenient, but the perfect moment.
B: All right. But it was the most convenient for the scenario that was built around that action. For it allowed you to realize what it was you designed for yourself to realize in many different ways – and explore different levels of the entire event.
Q: Yeah.
B: So it was the most convenient for that scenario.
Q: I presume that it was.
B: All right. Very good.
Q: I presume it’s all perfect.
B: Yes, it is.
Q: However, it leaves me with a little… just kind of wondering… I’m willing to just kind of go for it, and allow this not to go… allow this to go…
B: Thank you. Therefore, allow us to suggest that the idea of incompetence may simply be your willingness to explore the idea of whether or not you prefer to fulfill other individual’s expectation, or not.
Q: Yah…?
B: Incompetence is simply the idea of a judgment of an individual who may not be willing to fulfill one’s expectations.
Q: True. Including one’s own expectations.
B: Yes.
Q: So certainly, exercising a preference would never carry the judgment of incompetence. If one didn’t measure up to expectations, then you wouldn’t judge that expectation.
B: Yes.
Q: Is there anything else – any kind of energy flux or pattern, or something happening with this?
B: Yes. ‘Tis also, to some degree, the perusal of energies that allow you to, perhaps, gain more clarity on what it is that does, in fact, excite you truly. In this way, therefore, recognizing that expectations may be an indication – well, let us say – that your heart isn’t in it. Perhaps it is somewhere else.
Q: Yeah, okay. And I had looked at that too.
B: All right.
Q: That’s very, very interesting, I want to explore what I mentioned earlier, about the check arriving just at the last minute. And um… because with that, I was able to look at it and say: “Well now, is this something that’s telling me that maybe I shouldn’t go ahead and make this investment?” (I made an investment and I needed a check from somebody else to cover the investment.) And then the question: “Well, should I really not be making this investment? Is this what this is telling me?” Although, on the other hand, I must follow my excitement. I still felt excited about…
B: Very good. Then you are giving the meaning to the situation and the symbol. And therefore, the meaning you give it is what comes out, as what you are being told.

Q: Say that again.

B: All right. When you say: “Well, what is this situation telling me?” The situation can only tell you what you put into it.

Q: True.

B: So, if you recognize that you are using the symbol as something to recognize your excitement, then it is telling you that if you are still excited about it, go ahead. If you are having doubts, it is telling you: “Hold back.”

Q: Oh, okay. So, well, if the doubts only came from the idea that the check was “late,” but if in the final analyses, it wasn’t…

B: It wasn’t.

Q: …it wasn’t, and I still wanted to go through with the transaction…

B: Up to you.

Q: So it kind of intensifies…

B: Yes. Oh, yes. Yes, yes. That’s the whole point! It intensifies it by bringing every single variable and factor in the situation down to one moment. So you are living in the moment with that event.

Q: Yeah.

B: That’s the whole idea. Very good!

Q: Thank you.

B: Very creative. Very artistic.

Q: Thank you.

B: Thank you very much!

Q: I have one more question, if I might. One more! Since I wasn’t here for the first part, I figure I can get a couple more in here. Um… I had a dream Sunday night, wherein… now, I rarely remember my dreams, and that’s fine, I like it that way. This one I remember: I was standing on the street, looking up at a building, which had maybe 20 floors. And in two of the windows, one change.

B… an energy manifestation.

Q: Yes. Which was similar to the globes that you see – they are kind of high-technique globes that…

B: High technique.

Q: Yes. I was (inaudible). Well you see little small bursts of what appear to be lightning, coming from a central core out to… the surface.

B: Ah, we understand.
Q: Okay. Well, there was that kind of energy manifestation where there were 360 degree spherical bursts. And I was standing next to a guy, who seemed to be Robert, who is an actor, a guy that I know. I don’t know why him, but that seemed to be the person. And I looked up, and I watched these things happen, it was interesting; and then I woke up, and my body was charged with an energy.

B: Ah!

Q: So, I presume from there – I felt quite good about it – that it came from a source that I was co-creating with someone else outside.

B: Yes.

Q: Is this the same contact that I had a few weeks ago, where I elevated someone in a spacecraft?

B: Let us say it was the raw energy state that created that situation, but not the same situation.

Q: Okay.

B: It was the potentialized state. You were recognizing yourself as the capacitor that has the capacity to release that energy and elevate yourself to different levels of awareness.

Q: Oh.

B: The next window up.

Q: Ah, yeah.

B: Thank you!

Q: Far out!

B: You!

Q3: Okay, could you tell us what the energy was that came through right at the beginning, after the break?

B: There are many blendings going on, this evening of your time.

Q: Yes, I know you said that.

B: There was a specific tinge, shall we say, of some Orion energy.

Q: Ah hah!

B: So there could be a little bit of familiarity with certain individuals, allowing them to know that their awakenings are making a difference far more than they may immediately perceive.

Q: It was very powerful. I have something else I would like to share with you, and ask you a question about. Ever since we took the first field trip to your ship?

B: Yes.

Q: I... oh, at that time, as I was leaving, I hugged those beings on your ship. And ever since then, once in a while, I have been practicing dissolving my environment...
B: All right.
Q: And then coming onto your ship, and seeing these three beings. And I know that it’s valid in my imagination; and I was wondering if it was valid in their imagination?
B: Of course.
Q: I mean, are they…
B: Yes.
Q: ... are they aware of it?
B: Recognize that my communication with you is taking place in my imagination. Since I know my imagination is real, I know we are communicating.
Q: Yes. But this is a little different, because…
B: Why?
Q: Well, no, I guess not. I know. Okay, I don’t really know much about them, except that I…
B: That is all right. They are simply there to assist you in your practice.
Q: My perception is that…
B: They are there to catch you – not that you need protecting – but just to catch you when you throw yourself… in their direction.
Q: We… do they perceive that I actually come on the ship, and talk to them?
B: In a sense, yes. Now, they do recognize that you are not transporting yourself in what you would call your bodily form.
Q: No, right.
B: But they do know they are communicating with your consciousness, yes.
Q: Okay, because I get a lot of strong joy – a lot of love and a lot of laughter with them, too.
B: Yes, yes.
Q: And, my perception…
B: We have a very happy ship!
Q: I know. My perception is that there are two males and a female.
Is that right?
B: We do perceive the two males.
Q: Uh huh.
B: The third… (pause) I see. The third is not one of what you would call our permanent members. And therefore, at times is male; at times is female.
Q: Oh. Ah. Oh. That’s neat. What planet, civilization, does this… (laughter)… will you give him my love?
B: Yes.
Q: Thank you.
B: *Our love to you.* Thank you.
Q: It’s wonderful.
B: Did you catch this?
Q: Yes. (Laughter)

Other in audience: No, you didn’t.
Q: I didn’t? What is that supposed to mean?
Other: He just channeled him for you.
Q: Oh.
B: In a sense, what you are doing is projecting a portion of your own future identity as that being, and catching yourself.
Q: Ahhh.
B: I just gave them your love.
Q: I see. I think. I see. Thank you very much.
14
Balancing and Redefining Yourself

Q: Let’s see – I have a question that’s sort of two fold...
B: All right.
Q: ... two things that are both related.
B: What is the first fold?
Q: The first fold is: I, about six months ago, was dealing with having periods every two... or let’s say twice a month.
B: Yes.
Q: And you told me that my body was pretty much changing over to (a?) glandular system, and that it would speed up and then it would spread out to a point to where I wouldn’t have periods anymore.
B: It was a high probability, not an absolute.
Q: Okay. Well, that started to happen.
B: Yes.
Q: It started to come like every month and a half, then every two months...
B: Yes.
Q: Okay. I went to a herbalist and she told me that I was dealing with, sort of, the last vestiges of detoxifying.
B: Yes.
Q: And that it was a hormonal imbalance, and so on and so forth. What I would like from you is some input as to what’s going on in me – or what this is a symbol of. What’s this...
B: You mean aside from detoxification?
Q: Yes. Why am I manifesting this?
B: To some degree, you are going back to ground, as you say in your society. You are forming reconnections with the fertility power of your planet Earth. You are now reconnecting in many ways to some ancient symbolism in your society. And you are re-gathering ideas you have found in some American Indian cultures that you have lived in many times.
Q: God, I’ve been thinking about that: American Indian past lives.
B: Yes. Well, you see, you are sensitive to the track you are on; all you need to do is trust it.
Q: Mhmm.
B: You are simply re-forming and giving back to the earth. In a ritual format, you are, in a sense, allowing there to be a reconnection between the nurturing aspect, the birthing aspect, of your entire planet and yourself.
As soon as you balance and blend that connection, it will stop. And you will then sustain yourself from a flow of energy from the earth itself. And you will become, in a sense, highly magnetic; and start to attract many, many, many different kinds of scenarios that will allow you then to use what might be colloquially called that old shamanistic power.

Q: Okay, great. Because that brings up the next point, which is that I very much feel like I’m going through a second coming, in a sense.

B: Yes. Well, you know that is what the second coming is all about.

Q: Yes.

B: It is not the embodiment of the Christ consciousness in a single individual; it is the awakening of the Christ consciousness in all of you.

Q: Okay. What that leads into has to do with what excites me the most.

B: Yes?

Q: Okay. What excites me most is working as an actress.

B: All right.

Q: For the last seven years I’ve been dealing with coming extremely close to getting work as an actress…

B: All right.

Q: …and then not getting it.

B: May I interrupt you?

Q: Yes.

B: Will you answer a question for me?

Q: Sure.

B: Without thinking about it, the first thing that pops into your mind – yes or no.

Q: All right.

B: Are you ready?

Q: I’m ready!!

B: Are you an actress?

Q: Yes.

B: Thank you. Are you acting like one?

Q: Ah ha! Ha, ha.

B: Are you doing the things an actress does? Or are you doing the things a person who is not quite sure she’s an actress does?

Q: I’m doing more of the first lately.
B: More of it, yes. All right.
Q: Yes.
B: But if there is still doubt, that’s enough to hold it all back.
Q: Yes. No, I understand that there are a lot of self-worth issues here.
B: All right.
Q: What’s interesting though, for me, is that on a very deep level I have a lot of confidence and security about my abilities.
B: Oh, on a very deep level, all right. What about out here?
Q: Yeah. Well, yeah, that’s the whole point. And what’s funny is that I will get… I’ve gotten… I’ve done very well with interior decoration, with designing jewelry, with doing a lot of things that are very creatively oriented. But they don’t excite me any more than acting.
B: All right.
Q: And I feel like I’m on the verge of something very big again.
B: Well, you are. All you have to do is take the step over the verge.
Q: Ha, ha, ha.
B: And start acting like an actress – fully, one hundred percent. Remember: all you are is a one hundred percent idea.
Q: Right. Okay. I guess my confusion with that – acting like an actress – is that I have had a lot of judgment about the film industry. Having had success, having been with sort of the upper echelon of very successful people in the business…
B: Yes?
Q: And seeing how…
B: Some.
Q:…phony…
B: Some.
Q:…a lot of them can be, and how…
B: You don’t have to be.
Q: No, I don’t.
B: And you don’t have to be afraid that you will be.
Q: I’ve had a big fear of that.
B: Yes.
Q: You hit it on the but…
B: Because that’s what brings many of you back again.
Q: Yeah.
B: I want to be successful, BUT I believe that successful people are not worth being.
Q: Right. Right. Well, I know that’s not true, but I’ve definitely dealt with those fears.
B: But you are redefining your old beliefs, and you are working them out. As soon as you redefine them all to your satisfaction and start acting like the new definitions you have given yourself, you will have the life that is reflective of the new person you are being.
Q: Uh huh.
B: Just be clear about what your definitions are; and you will know why what is happening in your life is happening. It is as plain and simple as that. If you do not believe that you want to be the type of person that is typically successful, then you will prevent your own success. If you can understand that you can be successful in whatever way you prefer to be, you will not stop yourself. And what anyone does with success will not affect you.
Q: Mhmm. What do you have to say to attracting projects into my life where I can make a lot of money and . . .
B: I will say only this . . .
Q: . . . be working, but that they’re things that I just can’t possibly do.
B: That is not true. Otherwise you wouldn’t attract them.
Q: Yeah. But then why . . .
B: One more.
Q: . . . why have such an aversion to . . .
B: One more. One more. Listen carefully. When you act, at any point – all of you – on anything that excites you the most that you are capable of acting on, you will always attract yourself into the circumstances and situations to give you the capability to act on anything else that excites you that you may not be immediately capable of acting upon.
Because all excitement is a thread that leads you into all greater excitement; so act upon what you are capable of acting on, that excites you the most, and you will grant yourself the capability, by experience, to be able to act upon anything else that does excite you that you have attracted.
And once again: if you’ve attracted it, being able to attract it is a sign that you are, in essence, capable of acting upon it. All you have to do is start believing that you are that capable, and you will see that they will come to fruition. Only your disbelief that you’re that capable keeps it at bay. Understand?
Q: So, you’re saying that therefore I can attract the things that I do want to do.
B: Absolutely. Why not?
Q: Yeah. I agree.
B: Everything else is pointless.
Q: I know that intellectually. It’s like, okay, I know this . . .
B: Do not make the separation.

Q: I know it’s not separate, too. But somehow I still feel like there’s a knowingness…

B: Remember, remember: what you choose to feel is based on what you choose to believe. All feelings are reactions to beliefs. You never just have a feeling for no reason. If you feel a certain way, if you feel hesitant about something, if you feel there’s a separation between your so-called intellectuality and your so-called emotionality, you are choosing to believe there is a separation. And that’s what creates the scenario you get.

Q: Right.

B: So use the feeling to determine what you believe. If you don’t prefer that definition, change the belief. The feelings will automatically change, and so will the reality. Keep it simple. All right?

Q: Great. Okay, great.

B: Thank you.

Q: I just want to ask one other…

B: Thank you.

Q: Okay.

B: You have what you need. Understand that all of these separate questions are not separate questions. Start learning how to integrate what have always appeared to be fragments that you think have nothing to do with one another. They are all one idea.

Q: Great. Okay.

B: All right?

Q: Thank you.

B: Do not fear; do not fear. Just act. Be! Trust! Step over the verge; you will be supported. It can happen no other way. And there are no exceptions – not even you. Thank you!

Q: Thank you.

B: Sharing! …one moment, please…

Remember also, all of you, allow yourselves to open up, and the information that you need, to continue to do what you want to do, will always come to you in whatever way represents the path of least resistance.

If that is your dream state, then trust when you wake up in the morning, you will have what you need whether you intellectually know it or not. The more you act, and the more you trust your actions, the more you will see, coming out through the actions, that you already knew what to do. But you have to act before you will discover that. Continue.

Balancing And Redefining Yourself
I’m glad that we are keeping the thread of this weeks event going and I would like to ask on behalf of everybody a balancing for young King William tomorrow and for Prince Harry and also for Elton John who has rewritten....

B: This is already being done. But being that you have asked: it is already being given. For all people on your planet who need it in the way that they need it most. Such balancing is given freely from the hearts from all who which to give—and so it is.

Q: Thank you very much.
B: Thank you all for it is your doing.

Q: One thing that pleased me very much this week, in the mist of everybody’s sorrow, is how many people are writing. Just this huge momentum of sincerity.
B: Yes.

Q: And, the need to connect.
B: Yes, for that is what will connect you all. When a vacuum is created, you all are made to fill it.

Q: Also: the debate over the First Amendment.
B: Understood, we will not get into the details of this except to say: that it has to do with integrity and where, in that sense, the borders and barriers to that idea. really do exist.

Q: Is the timing to take that short trip with me to the Santa Fe, Baldy.
B: Possibly so? Coming up...not yet but soon.

Q: Oh, I didn’t think it was that soon?
B: Not yet but soon.
Balancing Yourself

Q: What I’m hearing is that what we think we are, we are.

B: What you believe you are, you are.

Q: All right; what we believe we are, we are. Good. So our food and everything that we eat and drink is being bombarded by chemicals, poisons, if we believe that it will not harm us, then it would not harm us.

B: Very good, if you believe.

Q: So we are senior over our environment?

B: Always. Realize that many people will still have those doubts. ‘Tis those doubts which show you that you really do not have that belief. Simply, once again, do what you feel you need to do in order to balance yourself, as long as it seems simple and easy. In other words, I will say: if it is easier for you to buy food which has not been processed in that manner, to maintain your belief that you are receiving healthy food, then do it that way. If you are always going to eat food with chemicals and say, “I have a belief but I’m not sure,” then that really would not be the way for you.

Realize that any way is valid. Any way is valid if that is what it takes to make you understand that you are at the center of your creative reality. We have little more of your time. Question.

Q: I have... you answered the question about fruits and vegetables, How about grains and seeds like nuts?

B: All right. In general, I will say they will be all right. You will find, however, from individual to individual, they may have very specific effects. As such, simply allow yourself in general to ingest as little alteration of the nut from its natural form as possible; more in raw state. Do you follow me?

Q: Yes. Like, you soak them overnight or sprout them or something so they would be very natural?

B: You may if you wish.

Q: Why limit the quantity, as far as that is concerned? Why is that?
B: You will find that it only will take very little of that particular food before you will create an imbalance in your digestive system.

Q: Can you expand on that? Why would there be the imbalance?

B: You will find that you will have packed within your physical form an overabundance of a certain type of protein, which your digestive tract will be hard pressed to manufacture and process.

Q: Okay.
B: Question.

Q: How about grains, as far as brown rice and millet? Like a macrobiotic diet...

B: I’m going to let you figure that one out. If that is what you do, allow yourself to do it. You are your own best recipe.

Q: I know what I want for myself, but I was just asking that as...

B: Fine.
Q: ...for other people.

B: If you know what you want... one moment... you cannot decide anything for other people. Realize that, in that sense, I would have to tell you about each individual that came to you. That is your job, to sense what each individual needs. That is your psychic ability. Use it.

Q: Okay.
B: Be sensitive. All right?
Q: Yes.
B: Thank you. Question.
Q: Do you believe that there is such a thing as a supreme being?

B: In a sense, you will find that we view the idea of all consciousness within the universe as a collective from one point of view – which is self-aware, yes. But that self-aware consciousness also is All That Is, and not separate from it, therefore, you are also the creator.
Q: Okay. So, like, if we mock up that just one person does all this... you know, I find that hard to believe.

B: There is, in a sense, always the idea that there can be one view of All That Is. If you wish to call that a person, all right, but it is not a person as you understand personage; but it is self-aware. Realize it is also self-aware of itself as being combined of all of you.

Q: All right. Thanks.
B: Question.

Q: What do you think of the sauna, going in the sauna and sweating?

B: We will say that to a large degree there will be a type of meditation within that exercise. However, I will say your culture tends to overdo it. And also I will say your culture tends not to use it as a meditation. You will find that it will have beneficial effects, to a degree, in terms of allowing your fluid systems to flow if you feel that they have become sluggish, but it is not something that you need all the time. You have your own natural respiratory rate. If you will allow yourself to function on that level, you will find that you sweat just as much as you need to. All right?
Q: Thank you.
B: All right. Then, once again, simply allow us to say that you and your willingness at this time to recognize more and more of your own identity as a mass consciousness is what has allowed us to share with you. And as such, we will tell you that always we will send you all our love, all our energy for your own use; and that we already believe that you are creators.

I will say simply that we appreciate the chance from you to remind you that you, as well, are creators, and that you may create whatever you wish. Realize that also the easiest way to allow your entire planet to understand that idea is for each and every one of you to live that idea. Not think about it, not practice, not wonder if... but live that idea.

Be that idea, and you will each be shining examples, very literally, and your light will fall upon the rest of your world and the rest of All That Is. And therefore, I will say, thank you all very much. I will say good evening.

AUD: Thank you very much.
Q: Thank you.

B: Good night.

(Applause)
BASHAR AS SHIP

Q: At one point you said your body was sort of crystallizing and I got the impression that you were sort of more melding with your ship? I was wondering what the relationship between you and your ship is right now?

B: In the way that I can define that, it would be the same kind of relationship that humans experience between what they consider to be their outer aware consciousness and their subconscious mind. Does that make any sense to you in your language?

Q: Not right now.

B: Understand that the ships are an extension of our consciousness; we are them and they are us. They are like a manifested portion of what you would consider to be our subconscious minds. And we are linked to them, in a sense, in that way, thus, then it is like being surrounded with sub and unconscious thoughts in physical form so to speak. That is the relationship, it is like being surrounded by a mirror that reflects you back to yourself but in a way that doesn’t exactly look like you think you look, but in a way that reveals the more of you that there is.

Q: Is your physical body still separate, then?

B: As you would understand it, yes, though there are times when there are energy fluctuations that would make the internal environment of the ship and the external environment of my body more indistinct than you would perhaps perceive as separate entities. It will depend upon the state that we will share, at any given moment, as to whether it is perceived as separate or as one?
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"BASHAR’S AGENDA"

Questioner: Are you part of the Greys’ agenda to raise our consciousness, since you do this channeling and you do help many people with their issues?

Bashar: It is not so much that we are part of the Greys’ agenda as we are simply a part of our own agenda. There are aspects of our agenda that dovetail into both the Grey agenda and the human agenda with regard to upgrading the evolution of each species, but it isn’t that we are, in that sense, subservient to the Grey agenda in that context.

Q: Okay, thank you.

B: Thank you.
BASHAR’S departing delivery:
B: Our unconditional thanks to each and every one of you, you are a garden of forget-me-nots. And remember, not that your eyes should be to the skies, for your task is at hand and at home, apply what you know to your lives ... to yourselves.

We have thus, though, told you that our craft is a certain distance above your Cairo and at last count we gave you, 2700 miles, but know this NOW, and we will not name the figure but you will understand from all that we have said before, that it is not so far away, but within the same domain as the figure we have just given you. The height we are now, in your miles, above that self-same city, is the same number in miles as the year that we will land.

To each and every one of you and all of you together — live, live, live your lives ... instead of dreaming of being alive, live your dreams for that is all you are. If and when THIS FORMAT should seem to fade from view, allow yourselves to UNDERSTAND ... I have always simply just been you. Good day!
BASICS

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

AUD: Great! Fantastic. Perfect.

B: We will begin this interaction this evening of your time by, in a sense, getting back to basics. In this way, therefore, allow us at this time, before we proceed, to remind each and every one of you that many of the ideas that we have discussed, in all the time we have been interacting with you, are all quite simply, of very few forms, variations, reflections, of a few basic concepts. In this way, we have interacted with you on many different ideas, within many different levels, upon many different things. But each and every one of these ideas is some derivation, some manifestation, some accentuation of a few basic sets of concepts.

And in this way, if you would in this way, allow yourselves to but remember that there really need only be a few things that you are consciously aware of that make all the difference in your world about the realities and the type of realities that you experience. You can then begin to allow yourself to be cognizant of this understanding; and life need not be complex, need not be a struggle, need not be full of strife, need not be hidden from you.

Now, these ideas, these basic concepts, if you are, once again, willing to allow yourselves, when any given situation occurs in your life to apply all of the basics to it – and recognize a high degree of association between one situation and another – then you will not necessarily have to feel that there is an entirely different set of parameters required for another situation, and that everything you have ever learned has no bearing on this; and that you must feel that you have to go through an entire different regiment of information in order to understand the next idea and the next idea and the next idea.

This viewpoint that you must start from scratch all over again with each and every new idea, making your learning seem an interminable pastime, is only an habitual remnant, an habitual viewpoint, of separation, of judgment. Of creating a viewpoint in your society that allows it to seem as if every single fundamental basic concept needs to be broken into a myriad of components in order for you to understand your idea, your conception, of the need for analysis, to scrutinize and analyze every single situation down to its atomic components – in this way.

It is a valid way for you to have created your reality, but you are at the end of a cycle, you are at the end of the idea of needing to break down your lives into so many fragments. You are now recognizing yourselves as integrated beings. You are now recognizing that you exist on many more levels than you previously thought. You are now beginning to come into contact with those aspects of yourself that speak of the oneness within you. And as such you can begin to trust and rely upon the oneness and begin to act as a collective individual.

Thus, grant yourself the opportunity to begin to experience and understand that there really are only necessarily, within the framework you are now becoming, a very few concepts that can be applied to every situation to allow you to understand the reasons for why such situations occur in your life. The basic fundamental concept is that you – as many of you all ready know – you create your reality. Now
we do not mean partly, we mean completely.

It is true that you interact with other beings; it is true that situations can be part of a co-creation with other beings; but your part, your part in any given co-creation is your creation totally. You have attracted yourself into that situation; you have attracted that situation to you, based upon what you believe your reality can be. This is not to say that you are always conscious, nor have always been conscious of yourself attracting the situation, nor attracting yourself into the situation. But the situations that you experience in your physiological reality are always the product of what believe your physiological reality is capable of producing.

Once again, do remember: that to fear that something is the most likely occurrence that could happen in your reality is the same thing as believing that it is. And therefore, it is no wonder that many times the things that you fear the most are the things that keep happening. For your reality is a part of your beliefs about it.

Symbols! All physical reality is a symbol for the idea you are being. As you create your reality, what you are actually doing is creating yourself to be an interaction, and you are creating out of the very substance, the fabric of your being, all of the physiological symbols that represent the interaction you are being. But those symbols are not the idea, per se, of the actual interaction you are. They are representative, they are shadows, reflections, to let you know that you have in a sense created yourself to be a “separatized” being from All That Is; and all that you are seeing in your lives is giving you an opportunity to understand everything in your physical reality is not outside you, it is within you.

It is all a reflection, all a projection. . . an illusion, but also very solid to you, because as long as you are in the illusion, the illusion is solid. It is not in that way that you have to get out of the illusion, but if you are willing to recognize that IT IS YOUR CREATION then you will understand that it does not have to seem to control you, and that you control it. You create your reality.

EVERYTHING is synchronicity. Everything. What this basically means is that EVERYTHING, and we do mean EVERYTHING, is the same ONE thing, manifesting in multidimensional simultaneous ways. Now, if you would ponder that for a moment: Everything is the same one thing. Every single concept, every single object, every single situation, every relationship, every interaction is the same one thing manifesting from all the different points of view that oneness can manifest.

You are, while you are distinctly and definitely your own individuals, you are also the same one thing manifesting AS all these different individuals. All the individuals within creation are all the same one thing manifesting as all of those individuals, and that one thing is All That Is, Creation itself, if you wish, the Creator itself.

Recognize that there are vibratory patterns of life; that life is, in a sense, a vibratory pattern, and that you can, by being willing to trust that you as a being are complete at any given moment. The thing you are doing – this does not mean by being complete that you will not continue to grow, no, do not misunderstand us – but it does mean that by recognizing that at any given moment you are exactly completely the thing you need to be at that moment, then that cognition is what will allow you to grow.
For then you will be open to everything that you are, and only by being open to everything that you are, will you allow yourself most easily to be open to everything that you can become.

Therefore, trust and treat yourself with the same degree of respect and unconditional love that All That Is has bestowed upon every being in Creation. For All That Is, in creating every being, obviously believes that every being it has created deserves to exist. Why not treat yourself with the same degree of deservability? You owe yourselves nothing less.

The willingness to trust is what will allow your lives to work automatically. As you synchronize and harmonize yourself with All That Is, and allow yourself to recognize that to open yourself, in complete vulnerability to All That Is, is not giving up control; it is taking control, it is being responsible. Complete vulnerability is being in complete contact with All That Is, and that is being infinitely strong. Vulnerability is not weakness, it is infinite strength. Be open, be trusting, know that everything that is in your lives is there for a reason. There are no accidents. None! Are you all following along?

AUD: Yes.

B: How do you all feel this evening of your time?

AUD: Great, super, tired.

B: Tired, all right. There will be many manifestations of changes in doorways and gateways and levels that you will go through in this time and age of transformation upon your planet, that you are so lovingly allowing us to assist you in. And the remnants of the struggles within you, the habits within you may, from time to time, make you tired, because the thing that you are so very used to doing, more than almost anything else, is fighting your own ecstasy.

Fighting your ecstasy is very tiring. That is why, if you are willing to go with the flow, then trust what EXCITES you. By KNOWING that excitement, that very term excitement IS the arrow, the barometer that points the way along the path you chose to be. That is why you have excitement. Follow it and trust it. It will ALWAYS lead you to where you need to be. You have ALWAYS been given a sign, YOU HAVE NEVER BEEN WITHOUT ONE! Many times when you have asked for signs, you have denied that the one that you always had exists.

Excitement is, always has been, and always will be, your arrow – follow it and you will ALWAYS be being the path you chose to be. That is what it is for. Whether it seems to have anything to do with what you THINK you should be doing or not, it does, TRUST IT! The feeling of excitement and the knowingness that comes with it, and many times even precedes it, knowingness, excitement, those understandings, those feelings, when followed, are what will allow your lives to become ecstatic and momentous and always accelerating into more and more ecstasy.

Life works if you let it. You do not have to make or force anything to happen. ALLOW YOURSELVES TO BE the idea. And last, but certainly not least, as you say, with all of this simple understanding – you create your reality, everything is synchronicity, trust yourself – all you need to do is act like you believe these things to be true for you.

3
Now, it is not that you have to believe them, you have free will, no one, including us, can ever tell you what to do, your lives are sacrosanct, sovereign, you are your own identities. No one knows more about you than you. No one knows what is right for you, but you; what is true for you, but you. You can have assistance, you can allow others to be reflections to assist you in your understanding of yourself, but no one needs to TELL you what to do. But we would suggest that you are far grander than you have believed yourselves to be; you are far more deserving than you have believed yourselves to be, or that you have been taught to believe.

And now in your civilization this is the representative timing for you to begin to allow yourselves that cognition, to allow yourselves your birthright, your right of ecstasy. You are made of unconditional love, literally made of unconditional LOVE and light. Treat yourselves to life and treat yourselves with some respect. Love yourselves and each other unconditionally.

UNCONDITIONAL LOVE is the only thing that is necessary to allow you to never experience again any negative manifestation in your civilization. All that you have ever asked for, all that you have ever prayed for, ALL THAT YOU HAVE EVER DESIRED, ALL OF IT, can be granted through ONE idea. Such is the simplicity of Creation and the love of Creation for itself, that all it takes is the WILLINGNESS to express and experience UNCONDITIONAL LOVE.

We thank you for allowing us to share this idea with you, for it is OUR preferred belief that you and your civilization will begin to believe that it does in fact deserve to be loved and deserves to love itself. Sharing!

Basics

1
Bashar: "Be Happy!"

It’s not about creating that reality, it’s really about attracting that reality. Everything already exists, it was already done by Creation, you don’t have to do it again. All you have to do is manifest it through you, in your unique way. That is how you are a co-creator. Don’t confuse the semantics of your language that says you are a creator, that you have to create the reality from scratch. No, you create the manifestation, the expression of a reality, an idea that already exists, through you, by acting like that reality, so it can ’channel’ through you. You have to become the vibration before you can become magnetically attractive to that reality, so it can express itself through you. That’s why it excites you so much. If it were not so easily manifestable something else would excite you, instead. Because the universe does not do pointless things. The universe does not say, "I will make this your heart’s desire, but you can’t have it!" Trust your heart’s desire.

Why base your happiness on what you think must happen outside you? BE HAPPY! And as you are happy you become the vibration of happiness, attracting all the circumstances and situations in life that reflect the concept of happiness. But, be happy because that is what you prefer to be, not just so you will attract those things. Be happy and you will attract those things that are representative of happiness. This is not philosophy, this is physics! What you put out is what you get back. The energy level or frequency you operate on determines the kind of reality you will experience. It’s physics. You have to become a particular frequency in order to be the antennae that will receive an echo of the same frequency. Keep it simple. It is ALL about vibration, about states of being. Become as transparent as glass and all that is not of your frequency shall pass right through you.
The idea is not to separate the concept of what it is you need to do and how it is you can help, from the concept of what it is that gives you joy. We realize in dialoging with many of your species, that very often you have been taught to do this ... "Well, this is my dream, but everyone knows I can’t do that. That’s not realistic, I must grow up and I must realize that there are other things I must do. Even though they’re not what I prefer, even though they’re not representative of my highest vibration of joy, I must do them." And this is how you say you are going to be of help? I don’t think so.

The idea is, first and foremost, to be of help you must be "you," as fully as you can, otherwise if you’re not you, who’s helping? Not you, you’re not there; you’re not being you. So the first thing to do is recognize, not only where, but what is representative at every moment of the thing which gives you the highest joy – because what you call highest joy, that feeling, that vibration, is the vibration of your core, true, original, natural Self. So, if you follow it and act on it at every moment, without expectation that some particular thing must come to fruition, you will simply find, in that act of faith, every moment you will always be led, so to speak, to exactly the right place, at the right time, where you will be of the most help, even though you may not understand intellectually how it is you are being of help.

But you see, the thing that most of you discount is how much help each of you are just by being yourself. You think you have to do something "special." The thing you are inspired to do, the act you are inspired to take, the help you are inspired to give, while following your joy, is exactly the help that will help the best of all concerned.

http://www.bashartapes.com
BECOMING THE ALCHEMIST

Questioner: I’ve seen something on the Discovery channel about Alchemy, where the ancients claim to be able to turn mercury into gold...

B: Yes.

Q: recently they have actually proven that this can be done in a linear accelerator. And I was wondering if you could tell us anything about how the ancient did this?

B: Yes, through the transmutation of self and the connection of self to all matter. For the true change of the alchemist was the purification of the self, and in so doing, the raising of the personal vibration that then could affect the material of those substances and allow them to transmute.

Q: But they actually did use chemicals, I believe, didn’t they?

B: This only in a sense as a catalyzing agent or as the assistance of process. The highest Alchemist needed no such things and allowed their energy itself to transmute all other substances.

Q: Okay, is there a way that we can connect with ourselves now?

B: Of course.

Q: I mean can you suggest any practical method that we might go about this?

B: Practical methods?

Q: Yes, practical, for us to be able to put into practice.

B: All right, here’s one, what is your physical age?

Q: Thirty-five.

B: Meditate everyday for one hour until you are fifty-five. Every single day without fail for twenty of your years. You follow me?

Q: Yes.

B: By doing that and being in a pure state of balance for that hour every day for twenty of your years, you will then be at the appropriate frequency level to transmute in the same way that they did. Now that’s a practical suggestion.

Q: Just with intent?

B: Yes.

Q: Okay. And are there any other things related to Alchemy as far as dream symbols or any other shapes or things that are interesting to you, and that would be educational or useful to us that you might like to share?
B: Only the circle. Only the unbroken circle.
Q: Okay, and as far as timeline shift...
B: One other thing for you to remember...
Q: Okay.
B: ...again remember, as has been said in many disciplines upon your planet, “It is the emptiness that makes the vessel useful.”
Q: Can you clarify that a little more?
B: What is a cup without the emptiness within? With no emptiness, it is not useful as a cup. It is the emptiness of a thing that makes a thing useful. Therefore, in what you believe to be emptiness, you will find all usefulness.
Q: Okay.
B: You will then become the vessel, the crucible of transmutation. When you are completely and utterly in touch with the core of your own emptiness, you will understand that everything comes from that emptiness and by being at one with the emptiness you will be able to transmute all things that come from it, for you will be able to shake the emptiness into whatever form you wish it to take. For you will understand the relationship of emptiness to form. That is the Alchemist’s understanding and the pure state of the Alchemist.
Q: Thank you.
B: Thank you.
Beginning Sex

Q: Do adults have sex with children on your planet?
B: No. Again, by definition, the idea of vibrating at a certain frequency means that you will attract whatever situation is, in that way, equal to the vibration that you are; and, by definition, you will find that within our society the structure of recognizing those levels of interaction will occur within a certain time frame, and not extend beyond it. You follow me?
Q: Yes.
B: It will be approximately, in that way, from what you call sixteen years of age onward. Before that the definition of the individuals simply does not include the idea of what you call sexual interaction. You follow me?
Q: Yes.
B: Thank you.

Beginning the End
5-29-98
Canoga Park, CA
Darryl: Let’s go ahead. Hi, everyone.
Audience: Hello, hi, hi Darryl, et cetera
Darryl: Well, most of you know I have an announcement to make; some of you don’t but you started to get it.
Audience Q1: We don’t like it very much!
Darryl: I’m sorry.
Audience Q2: (being facetious) No you’re not, you’re just sick of us.
Darryl: You know me too well. My schedule has changed and I will be stopping after 15 years of doing these channelings. The sessions that are on the board, back there, are the ones that remain. Those will be done but there will be no more here at Beyond Reality. The last three will be at Akashic … the light got flagged (this is when the "upper lid" of the spotlight sagged down, similar to an eyelid dropping) – the light’s sad too, it dropped its flag.
It is not impossible that I could start again, it is not impossible that there might be an impromptu channeling, now and then, for a variety of reasons. But I have to say that I’m stopping; and I have to give it the energy that I’m stopping because I need to totally commit my energy to something else that I’m doing. And so, since commitment that’s not total is not a commitment, I really have to do that. I’m following, basically, Bashar’s advice and jumping off the edge with this other idea, these other projects. So I’m letting you know that this will be the last one here and we’ll see what happens. There’s still quite a lot of time before we actually finish up, it’s going to take three months, even though there’s only a few left.
So, we’ll see what happens over that time, but I want to thank you all very much for all your support and of course we will still have the web site. We’re going to have the tape business, we’ll get all that off the ground even more strongly. If there are ever going to ever be any more sessions, you’ll probably be able to find that out on the web site. So, please, you know, check in to the web site, now and then, and see what’s going on. But we will endeavor to get that up and running, even on a bigger scale. There may eventually be more books and so forth and thing like that with the information that does exist. So, it is not the end of the information, just the end of the actual physical channelings for now. And, I don’t know if there is anything else I need to say about that.
Q: May I ask what it is, that is your project?
Darryl: I basically started a film production company with my partner. My background, for the last 20 years, has been in special effects and films and things like that. And we decided to write some scripts, start our own company, get them out there, see if we can’t get them produced. So this is the first time I’m starting to get indicators that I need strongly to commit all my energy to it. We have three script projects
and a couple of other things; and it is the first time that every single project we have is being looked at by someone, simultaneously. So, that to me is a sign that the energy is just about to tip over the edge and I know that I have to be fully there to allow it to do so.

Audience: Go, baby.
Darryl: I’m going.
Audience: Thank you for everything.
Darryl: You’re welcome, it’s my pleasure. I get a lot out of it too.
Audience: And we’ve never been dumped by a scrawny hybrid before. (much laughter)
Darryl: There’s always the first time baby... (more laughter) you go. But he isn’t doing the dumping, don’t blame him. This is in my hands because my commitment was only for nine years. The extra, to the fifteenth year, was really just kind of on me.

Audience: Are there any indications that anybody else is going to channel Bashar?
Darryl: No, in fact, I’ll strongly say that there are indications no one else will.
Audience: You are not expecting a gold watch or anything, are you?
Darryl: No, no... a gold space ship would be nice, a little retirement present. Are you listening?
Audience: I think he’ll be with us on a personal level.
Darryl: I’m sure, he’s always said his energy, the energy of all of them, is available to all of us. You all have the ability to tap in, you know that, and get what you need. And again, you know, we can look at this as an opportunity to take the information and really apply it.

Audience: Because it’s there.
Darryl: Yes, it is and it does work, a lot of people have seen that it does. So, I’m following it myself, I have to.
Audience: We appreciate all you have done.
Darryl: My pleasure, thanks. Let’s get going and have fun. See ya....
Audience: Is the reason that the rest of the channeling here at Canoga Park are canceled just have to do with your schedule?
Darryl: It just has to do with my schedule.
Audience: He’s not sick and tired of us?
Darryl: No, not at all, just has to do with my schedule. I just needed to lighten my schedule up and this was the easiest thing to let go of, in terms of the amount of channelings that were scheduled here. So, I apologize that we had scheduled some channelings and that I have to renege on them. But that was actually the easiest thing that I could do, to actually change the schedule for now, without actually stopping all of them.
Audience: If there is a strong indication that Bashar will not come through anyone else?
Darryl: I really don’t want to go into a long explanation as to why not, but let’s just sum it up to be an awful lot of confusion if he did. So I would guarantee you wouldn’t know which one was right. So...

Audience: If you are not doing it at this place, the Eagle Rock Women’s Club mean if you just want to put them there instead of here?

Darryl: No it has nothing to do with this place, it has to do with my schedule.

Audience: So, you are just burning out before you stopped altogether?

Darryl: Yes, I had to lighten it up and now. I left what I could so that it wouldn’t be an abrupt stop, but I had to clear out the majority of it in order to do it.

Audience: Is there any chance of, at least, scheduling some in the distant future.

Darryl: No! I have to stop. If I schedule, I haven’t stopped. The energy is that I have to stop or I’m not committed, that’s the point. That’s why I’m telling you to watch the web site. If for some reason I decide to do one, it will be impromptu and so, that’s the only way you are really going to know about it. But I can’t schedule it, okay.

Darryl goes into trance...

Bashar: I’ll right I’ll say good day to you this day of your time, how are you all?

Audience: Okay.

B: All right, oh, sad, all right. We will, once again, thank each and every one of you for co-creating this interaction with us this day of your time, even though many of you say you are sad. We don’t care. We always enjoy interacting with you, even when you are sad. So, let us say, “we thank you once again for this interaction, for allowing it to occur in this way, for we are always overjoyed with every opportunity we get to interact with you.” What would you like to talk about?

Q: Bashar.

B: Yes, good day....
Being a Conduit

Q: Sometimes I see entities, people or something...
B: Yes.
Q: ...and voices speak to me. Can you tell me who they are?
B: Sometimes they are representative of many different levels, what you may call spirit guides; what you may call higher consciousness; what you may call the oversoul consciousness; what you may simply call the collective consciousness; what you may call an extraterrestrial consciousness. Any label you wish to give it will do, in a sense, since everything is really ultimately the same one thing manifesting in all the different ways it can. It really doesn’t matter what you label it, in the ultimate sense. The information will always come along the path of least resistance because psychic functioning functions like electricity and will always take the shortest route.

So it doesn’t really matter to apply a particular label. As long as you know what your intention is; as long as you know what kind of a conduit you are; simply trust that the information coming through will serve the purpose of what you have defined yourself to be.

Q: Thank you.
B: Thank you.
Being a Women

B: Good day. I have a question that has been on my mind for a long time. And that is being a woman in the 90’s my life has gradually led to my spiritual path becoming most important. Having a family, a husband and career…I have a lot of controversy within myself as to what should get most of my attention.

B: One moment. Why are you making a segregation between the idea of spiritual path, family, career and so forth? Is it all not one life?

Q: Yes.

B: Does it all not have a place and fit in exactly as it needs to? Is it all not representative, in a sense, of the spiritual being that you are and the physical expression of spiritual being that you are?

Q: That’s right, but I’m having difficulty expressing myself in these areas.

B: Perhaps it is simply because of how you assume you must. The idea again, first and foremost, is to be the best example you can be by being the fullest person you know yourself to be. If you are the fullest person living the thing that gives you the most joy, then the sequence of events that occur in the living of that thing will automatically allow you the amount of time necessary to effortlessly relate to all aspects that naturally belong in your life. There is no conflict when you understand it is all part of one idea, not different ideas that you must find or figure out a way to fit together, as if they had no business belonging together. It is all one thing. If it is kept as a homogenous concept then you will understand every thing is a part of the one thing. And it will have its proper place and timing and proper relationship within the overall life you are living. If you look at these different things as segregated things that have to somehow be cleverly worked together then you are creating more work for yourself, and not allowing it to be as effortless as it could be. Are you following along so far?

Q: Yes, yes. Absolutely.

B: All right. The idea is doing in your life what excites you the most, and thereby fulfilling your mission, your purpose, and your service in life. Then all the other people that wish to be with you, all the other people you wish to be with that give you joy to be with, you will easily be able to relate to them. You will have the conscious commandment necessary to make the decisions clearly that need to be made in your life relative to all the other people that you interact with in your life. All these things will come from insight, from the insight of your knowingness that you are doing what you truly need to do. Everything will blend smoothly as long as you maintain in that relationship open, continual, honest communication about who you are at any given moment and what you prefer at any given moment; and listen to who they are at any given moment and who they prefer to be at any given moment–then you will understand that naturally, synchronistically. If you are being open, you will only attract and be dealing with individuals who belong, and therefore, what they want will automatically mesh, intermesh and interplay with the things you want. Not that you necessarily have to want the same thing but that
your schedules, your relationships will intermesh easily, naturally when you are open with each other about who you really are. And do not put expectations in the relationships about who you think each other ought to be. Make sense? Does this help at all? Is this addressing the issue?

Q: Yes, it is. Absolutely. Thank you.

B: Thank you.
Being An Exception To The Rule

Q: Hi.
B: Hi!
Q: I have not had my period in quite some time.
B: All right.
Q: Any conventional. . . figure this one out for yourselves. . . any conventional tests that I’ve had have all come back negative. I’m not pregnant.
B: Yes.
Q: And I’m wondering.
B: Wondering what?
Q: I’m wondering. . . I guess they – “they,” they - - told me that it would be best to. . .
B: They? They-they. They-they-they.
Q: . . . to have a menstrual cycle at least every 3 months.
B: Why?
Q: Because they felt that it could turn cancerous if I didn’t.
B: Why?
Q: Because I guess they’re basing it on their statistics.
B: Yes. . . so?
Q: They didn’t go into explicit. . .
B: Do you fit the statistics? Or are you an exception to the rule?
Q: I don’t know whether I fit the statistics.
B: You don’t know? Decide right now!
Q: Okay. No. I don’t fit the statistics.
B: Now: are you really worried about it? Or are you just being a good person. . . and playing along with them so that they will feel good about what they are telling you?
Q: Well, it’s not that I’m trying to make them feel good.
B: No?
Q: I think that I consider that the way I think, and the fact that I’m. . .
B: In other words, you are using them just to check your belief system, yes?
Q: That would be one way of saying it.
B: All right. Was it an appropriate way of saying it?
Q: It will do for now.
B: Oh, thank you. You always have the capacity to do an internal check.
Q: Well, I... internally I feel all right.
B: Yes.
Q: Sometimes I tend to be a bit of a procrastinator, so I don’t look at things until they’re smack in my face. So I don’t know if this is one of those things.
B: Sometimes that can be procrastination; sometimes it can be living in the moment. Depends on how you look at it.
Q: Well, I’ve been looking at it the other way – living in the moment – for quite some time.
B: All right.
Q: But there’s been a little thing in the back of my head, which told me: “Well, maybe you should go have a test, and all that.” So I did.
B: All right. And now you have had your test.
Q: Right.
B: And they are...?
Q: They are negative.
B: And therefore, you are still not at rest?
Q: Well... and then I’ve been attempting herbally to force it to happen, and nothing is happening.
B: All right then. If by aligning yourself with the “natural order of things,” it still doesn’t happen, then why not assume that you are now a part of the natural order of things the way you are?
Q: Okay.
B: Well, you don’t have to. Don’t sound so overjoyed! (Sarcastically): “Oh boy, oh boy. I’m the natural order of things.”
Q: I prefer to fully trust... 
B: “I prefer to fully trust.”
Q: I prefer to fully trust that everything’s fine. I’m checking.
B: Everything?
Q: What do you mean by that?
B: What does the word imply in your language?
Q: Everything.
B: Everything! Are you willing to trust that everything is fine?
Q: Yes.
B: We know you meant everything with regard to the idea you specifically mentioned. But we have taken the liberty to include the broader definition of the word.
Q: I gathered that. That was why I questioned.
B: Yes, I know. Is everything fine?
Q: Yes, everything is fine.
B: Well, thank you very much. You know it is. You really do.
And understand this: if, for some reason, you should decide to create something you did not prefer, by knowing that everything is fine, you will always give yourself ample opportunity to deal with it in a way that will also be just fine for you. Understand?
Q: Mhmm.
B: In other words, you will always catch everything in time – always.
Q: Okay.
B: Thank you very much. By the way, to some degree, what the idea of not having the period is indicative of is one way to show you that you are completely living in the now. For time hasn’t changed that much for you. And, in a sense, I could put it this way: since you stopped having it, for you, in a sense, a month hasn’t gone by yet. Understand?
Q: Yes, I understand that.
B: Does that serve you?
Q: Yes. Well, it’s just kind of funny when you think time hasn’t gone by. I understand that it’s the dichotomy of things accelerating and standing still at the same time.
B: Yes.
Q: Okay.
B: Does that serve you?
Q: Yes, it does.
B: Well, thank you very much.
Q: Thank you. That means I haven’t aged. Well, bye.
B: You are getting younger every day. Sharing!

Being an Exception to the Rule
Being Mirrors For Each Other

Q: In my work I see a tremendous number of people, and I noticed in this last week that my response to every one of those individuals is different.

B: Yes.

Q: And I realized that I must be channeling to them the response that they demand of themselves. Is that a valid, or...

B: You are always going to be reflecting to anyone the idea you consider yourself to be. Anyone who interacts with you will choose to interact with you because they wish to see that particular facet of themselves reflected from you. But they will only see reflected from you what idea you are willing to be. An individual who does not wish to see that idea – you will never meet them. Do you follow me?

Q: No.

B: You are a reflection to individuals that you interact with. They see in you, and you see in them, portions of the ideas you wish to explore about yourself. You are all mirrors for each other, in that way – for different reasons. This does not mean that if you see someone exhibiting the idea of a negative trait, it does not mean you are doing that negative trait, but that you wish to explore the idea of your relationship to that trait. Perhaps, if only to be of assistance, to reflect back to them that they do not have to choose that negative trait for themselves, because they see within you the affirmation of a positive one.

Q: Yes.

B: The idea is that any individual that interacts with you is drawn to you, and you are drawn to them, because of what you have to offer to each other. Individuals who do not wish to partake of what you have to offer will never meet you – you will never meet them. Do you follow me?

Q: Yes. So, am I, in a sense, channeling their higher consciousness? Or what is it, when I respond to one person in...

B: To some degree, it is a reflection that contains higher consciousness within it, in that way. You are also, perhaps, reflecting beliefs, emotions and thoughts that are the three cornered prism of the personality, artificial construct, that may be reflecting to them the ideas that they have chosen to believe, feel and think about. So that they can decide whether they prefer other ways to believe, feel and think.

It is, in this way, a total reflection. Depending upon whatever portion of that reflection the individual wishes to perceive coming from the mirror that you are; all of it is there for anyone to see. Everyone is selective, according to what portion of the reflection they want to see.

But it is always all there in the reflection. Each and every one of you is completely holographic and contain the totality of all information in the universe that you are reflecting to anyone. But your sensory apparatus, as you have constructed it within your physical reality, is selective, and you will see only what you want to see.

Q: Right. Well, I found that I was reacting very gruffly, in a very abrupt manner with some.

B: Why?
Q: I’m not sure.
B: Did you see things that you do not like within yourself?
Q: (Laughs)
B: Understand, all judgment in that way is ultimately self-judgment.
Q: Yes. Well, I was very gentle with most of them; I was humorous with a lot of them.
B: All right.
Q: It was only with a few that I was spontaneously very... severe.
B: Then, perhaps, they sparked within you, portions of your personality that you had not been willing, up to that point, to look at. And now they have provided you with the service of bringing them to the surface so you can see them and deal with them and allow them to integrate within your personality, so you do not have to experience them in a negative way.
Q: Great, okay. All of these responses were very spontaneous, they were just – snap – they just came out of my mouth like that... I wasn’t even thinking.
B: Then you are trusting yourself that what the interaction brings up is what you need to look at.
Q: All right.
B: Thank you.
Q: Thank you very much.
I wanted to ask you what your people, your civilization feels about the reaction to Princess Diana’s Death.

Which reaction are you speaking of? There are many, many, many reactions and responses.

The outpouring of love and coming together, yes.

Aright: well we have to some degree already addressed that, have we not?

Right, but, I mean, my question was are they...

What way do you specifically mean it?

Are they surprised?

Surprised? No not at all.

Okay

We know that you are on a path of integration, if not so we would not be having these conversations. Therefore: while we may be surprised in a sense by the specific way your planet might choose to go about doing something on the larger scale, we are not surprised by the kinds of things in general that you do. Because we know that you are very clever. And, we know that one way or another, through darkness or through light, you will arrive at the light in the center—one way or another. However it is that you need to do it, however it is you choose to do it, will be the way that works best for all of you—of that we have absolutely no doubt. Does that make sense and answer your question?

Yes, that’s what I was wondering. Also, do you have people in your civilization who are personalities, or have had these strong personalities that lead you, like we do or are all of you so evolved that no one is more in tune....

Every signal individual is at this point in our evolution absolutely equal in their impact, and yet at the same time, every single individual knocks everyone of us out. Do you understand how both can be true simultaneously?
Q: Yes, but I....
B: Yes, but, that usually means no.
Q: Well, no, what I mean is do you have leaders like we....these women were?
B: Yes, every single individual is a leader and a follower and a doer and a beer—every single individual. There can be patterns that will occur in the collective when for one reason or another the outward appearance of someone being more focused on than the others might occur for some reason, but in no way shape or form at anytime does that outward focus take the same meaning that it does on your planet in the sense that no one else in anyway shape or form and not for a second would believe that that outward focus or that apparent focus of that single individual means that they are somehow better or more capable than anyone else in being in that position.
It’s simply seen as the synchronicity that serves us all, that someone is, perhaps, standing out from the crowd at any given moment but we never loose sight of the whole crowd holographically, nor do we ever loose sight that every single individual contains exactly the same energy and the same impact, and the same ability to be the focal point for everyone. Make sense?
Q: Yes.
B: Does that answer the question?
Q: Yes, also I wanted to ask you, regarding the monarchy, at what point will we see that take a shift?
B: At the point were every single one of you acknowledges your king hood and queen hood within your own selves. Do you understand?
Q: Yes.
B: You are all royalty and you are all commoners and when everyone understands that energetically there will be no real reason except for the kind of synchronous play acting that we have already described, there will be no real reason to actually physically differentiate that on your planet, because everyone will be a king and a queen in their own rite. Everyone will be equal to everyone else. Does that make sense to you?
Q: Yes, yes it does.
B: But, in that equality we are not talking about "homogeneousness". Unity is the product of the strengthening of the infinite diversity of each individual. It is like unto the analogy we have used many times—what you call the puzzle picture game. You have puzzles on your planet that when you put all the pieces together, form a large picture the only reason you get the large picture is because each and every puzzle piece has a unique shape.
If you try to conform the puzzle pieces you won’t get the same picture, you will not create the whole unity. The unity comes from each puzzle piece being granted validity as the unique shape in which it was created and allowed to be what it needs to be and fit where it needs to fit. That’s the only way you get the whole picture that then supports ALL of the validity of all the pieces. Make sense?

Q: Yes I like that.
B: That is what we are talking about, does that make sense to you then?
Q: Yes
B: Does that help you then?
Q: It does. There have been some people whom have said that, perhaps, it was not an accident?
B: If you are talking the idea of conspiracy, this is false.
Q: Right, okay.
B: It is timing, and purely timing and it is not in that sense what falls into the typical idea on your planet of conspiratorial action—no. Does that help you?
Q: Okay, yes.
B: Thank you.
Being the Master Crystal

Creative relationships are experienced in a state of relaxed trust and inspiration, where you understand what you are doing is simply learning how to play with each other and learning how to love as unconditionally as you possibly can. So relax. Take three deep breaths and close your eyes. Remember the other meditations we have done. The meditation of meeting and loving yourself, for you are your first soul mate, your own reflection. Remember the child that you are so you can play in that knowledge, so you can rejoice.

In your imagination, picture the following thing: picture yourself now as a single facet of a crystal. You are floating in space. You are surrounded by stars in every direction and you feel a bright light shining from within the very center of the crystal that you are. Because you know you are transparent, you know that light is shining out into space and is being seen by all the other stars. And then you see all the stars begin to move toward you and you understand that because of space and time being what it is, each and every one of those stars thinks that all the other stars are moving toward them. All integration is seen from every individuals’ point of view.

As the stars come closer, you begin to perceive that each and every one of them is a crystal facet–just like you. The crystal, the facet that you are, has many sides and many angles, and the crystals that they are have matching sides and matching angles. And all these crystals come rushing towards you, nothing standing in their way. And you are filled with joy and filled with excitement as they rush closer and closer and closer. And you open the heart of your light in absolute vulnerability because now you understand for the first time that vulnerability is not weakness, it is infinite strength. Because when you are wide open, then you are open to the Infinite. When you are open to the Infinite you are connected to the Infinite, and when you are connected to the Infinite that means you are in contact with Infinite Power. So you open wide in vulnerability to receive all of the in rushing crystals. And some of the other facets get to you first, and some of them arrive a little bit later. But the ones that get to you first plug into all of your sides and facets. And all the other crystals plug into their sides, and more and more and more it keeps building up, until all the stars and all the crystals in Creation have joined together to form One Master Crystal. And it shines with a radiant light! And you are one facet in that Multidimensional Crystal.

And then at once you recognize that the Master Crystal is exactly the same shape as you, only bigger. It has all the same properties as you. You have all the same properties as the Whole, and therefore, you are also, even as an individual, the Whole Master Crystal as well. When you recognize that you are also the Whole Crystal, you suddenly realize you can interact with any of the facets in any order you want to, and that there are beams of light constantly connecting and criss-crossing all the facets in communication. The vibration of your central light determines which other facets you interact with. And then you feel the central light of the Master Crystal become brighter and brighter and brighter, energizing each and every facet.

And now with each and every deep breath you take you feel the Master Crystal’s energy build and build
and build. And it becomes brighter and brighter until you think it will become no brighter, yet it does. And then it explodes into an infinite number of facets and each and every facet goes drifting into space. But space is no longer an emptiness surrounding each facet, the following miracle occurs:

Each and every facet now expands to the size of the Master Crystal filling all of the Universe And as your own Master Crystals, you all intersect and interact; you all overlap. Wherever you look, you are inside every other individual; every individual is inside you. You are One, always One, interacting with an infinite number of yourselves forever. Every facet supports the Whole; the Whole supports every facet. You are all one Master Crystal spinning in the bright light of Infinity. You are the Crystal of Unconditional Love. Three deep breaths and open your into your new, expanded reality.

Remember that it is not the same reality that it used to be. You are born anew; you are refreshed. Your energy is light and yet powerful; your energy is powerful and yet light. It is fulfilling and you are fulfilled. You are fulfilled, and in service, you are fulfilling to All. Stand up and shake yourselves out; stretch and fill your Universe. Feel the energy now incorporating into your physical form; feel glad and light and happy.
Being the Red or Blue Cube, Your Choice.

B: The basis of life is simple. You transform all the time, all the time, every single moment of time you are a completely new person—literally. I don’t care what you think you look like in the mirror, I don’t care if you go to the mirror and say, “I look the same as I looked a moment ago.” You are not the same person, literally. You are redefining your existence every single moment, you are even creating the concept of moment in which to redefine yourself in every single one of them.

So, when you, as you say in your language, get a handle on the concept that you really literally are redefining yourself every single moment, then you can understand the concept of what may appear to be a long involved evolutionary change over time. That sense of continuity of slow change is just an illusion you create and, in fact, you can change in a wink of an eye if you understand the concept holistically.

We have used this analogy we will use in a moment many times, and perhaps it will assist you. Imagine in your mind’s eye, now, a cube. A cube has six sides, you see it? Imagine that it is all blue, do you see it?

Q: Yes.

B: Imagine now that one face only becomes red. Do you see it?

Q: Yes.

B: All right, now there are two ways to look at this, fundamentally. You can say to yourself with one belief system, “well, that is the cube that used to be there that used to be all blue, and now just one face has become red, so a small change has taken place.” Or, conversely, you could choose to say, “wait a minute, the whole concept of an entirely blue cube and the concept of a cube with five blue sides and one red one, are two completely different concepts that have nothing to do with one another and therefore, they are literally, literally, literally, two completely different cubes with different histories, different abilities, different affects, different everything.” When you start to think of your personality as such a construct, then you can say to yourself, “well I am the same person who has made a tiny change and therefore, it is going to take me time to change to what I want to be.” Or you can say, “wait a minute every change I make, every change I make means I am COMPLETELY different, totally a new person.”

And when you get access to that idea and start acting like that is so, in your thoughts, words, deeds, body language, and every aspect of your being, then your reality will show you that the changes can be as abrupt as you allow yourself to image they can be.

And any time anything takes from that point forward will only be the ABSOLUTE necessary minimum time that is representative of what ever process is truly needed in your life, to help you grow and appreciate the things you are becoming. As opposed to adding all sorts of other processes that fundamentally you don’t necessarily need, except that if you add them, you obviously need to understand that you are creating them and in creating them, the lesson therein, may simply be that you don’t necessarily need to create them. Does this make some sense?

Q: Yes

B: Does that help you?
Q: Yes.
B: All right, well, let that sink in and see what that does for you.
Q: Thank you.
B: Thank you.
1
2
Beings of Spirit

B: All right, I’ll say good day to you this day of your time, how are you all?
AUD: Fine, great.

B: We thank you once again for co-creating this interaction this day, and allowing us to communicate with you all, in this manner. We thank you for the opportunity to allow us to perceive, through you all, the different ways that creation has of expressing itself, once again.

We thank you for this, for this is exciting to us. And it expands our understanding of creation, even as we interact with you and reflect back to you those ideas, those circumstances, those concepts and definitions that, perhaps, will also allow you, simultaneously, to expand your reality, your awareness, your opportunities in your lives. Since you, each and every one of you, individually and together collectively, are after all, designers of your lives. The designers of what you experience in your physical reality.

And therefore, because of this fact, you can allow yourselves more and more and more understanding, and more and more opportunity to avail yourselves of creating those realities, more precisely, in the way that you imagine you desire them to be. For you were given free will in the creation of your consciousness. And there is absolutely no reason why you cannot exercise that free will, and come into accord, come into alignment, come into synchronous harmony with all levels of your consciousness, all levels of your being.

So that you, in achieving that harmony, in creating that harmony, can more effortlessly and more smoothly experience the results of that harmony – which is an effortless, creative, joyful, ecstatic physical life, instead of the ideas of suffering and struggling and limitation. Which you have for thousand of years upon your planet been taught to believe is the only way that you can achieve certain ideas and issues in your reality. You follow?
AUD: Yes.

B: So within this conversation, as you allow our civilization to engage your civilization, it is always in the reflections that we share the opportunity to open up your perspective and shift your viewpoint. To know that there will be other ways of doing things, other definitions of life – other than the ones you have been taught to buy into – that could allow you more freedom of movement, shall we say, more freedom of creation.

And certainly more freedom to experience, in an ongoing and ever expanding manner, those circumstances, those situations that you say, that you know, in your heart of hearts, in your dream of dreams, are the circumstances that are more representative of what you know is true about yourselves.

And that is that you are, first and foremost, beings of Spirit made in the image of, as you say, in the aspect of, Infinite Creation. And that you can express your aspect of Infinite Creation more fully, more effortlessly, and more joyfully, than perhaps you have been taught to think possible. For this is your birthright. This is what you are; you are the spirit creators of your physical reality. And as you define your reality to be, so it is experienced.
We will keep this particular dialogue, this day of your time, succinct. And simply now move ahead in sharing to ask you: In return for the gift you are giving us, of allowing us to experience you, in what way may I be of service to you, through sharing now?

Beings of Spirit
Belief Creates Physical Reality

B: You!

Q: Yes, back here. You know, it’s very difficult to get your attention as a first-time attendee. There’s someone back here who was eager to get a question in, and I think they gave up because of the competition. Could she ask a question? And if it isn’t taking unfair advantage, could I ask one after that?

B: Absolutely. But do recognize, first of all, that everything occurs in perfect timing. Proceed.

Q: My question was that some material has come to me lately about – and it sounds morbid, so excuse me – about what happens to beings that are atomically disintegrated. And that it’s much harder on them because that body is totally disintegrated. And I wondered if this is true.

B: There can be some relevance to this idea within certain belief systems. There can be energies that may bridge what you call the physical/non-physical barriers, in this way, and cause some sense of disruption. But also, is there some specific reason why you are over concerned about the idea of atomic disintegration?

Q: Yes. Because of something that was said to me about my energies and my inability to… my energies can get extremely scattered, and there is very much difficulty in bringing them back together. And someone told me – unasked by me – oh, I hate saying this in front of a group of people…

B: Oh, it’s all right.

Q: …that I’d been atomically blown up, and that my energy field was scattered, and it’s very difficult for me to bring it back together.

B: In what era were you atomically blown up?

Q: I’ll tell you, I was so blown away, I didn’t even ask! So I don’t know.

B: All right, one moment. May I ask you a few questions myself?

Q: Yes.

B: Do you believe you are here for a reason – I mean on earth?

Q: On earth?

B: Yes.

Q: Yeees.

B: You say that hesitantly.

Q: No, I just… I think that anybody that’s here has to believe they’re here for a reason.

B: All right. Do you believe you are here for a reason of your own choosing?

Q: Yes.
B: All right. Do you, or can you, therefore, recognize that even if this idea of the atomic disintegration were so, that therefore, by having chosen to be in the physical life you are in now, this is representative of your ability to reintegrate yourself? That is, perhaps one of the ideas you are learning.

Q: Yes. I’m having a tough time.

B: That’s all right. The only reason you are having a tough time, per se, is because you have been taught to treat the time you are having as tough – to think of it as a negative experience. The second you can begin to realize the ideas in your life, the situations in your life, the occurrences in your life, are there for a positive reason, you will allow yourself to accelerate into the integration. And therefore, not experience the reality as tough. It is only the definition you have been taught that creates what you are perceiving to be toughness – only the definition. That is it! Only the definition! You follow me?

Q: I do. I don’t know to change that.

B: Oh! ‘Tis very simple, very simple.

Q: Oh, good.

B: Now, first of all, recognize this idea: do you understand that what you call your imagination reality, and your physical reality, are both real?

Q: Yes.

B: All right. Then you can very simply recognize that if you have the ability to conceive of something you prefer to be, you are already of that vibration. And all you have to do is begin to act as if it is true for you, to allow your physical reality to reflect that in your life.

It is only because you continue to assume what you have been taught – that, “well, if I have imagined it, now what – do – I have – to – do – to – be – come – this – idea? What long – involved – process – is – nec – es – sary – in – or – der – to – achieve – this – thing – out here?” That is what makes it tough.

Q: That’s not it; it is that I have consistent evidence that I’m not doing . . .

B: Evidence! Evidence! What you are calling evidence is only what the physical reality reflects what you believe to be true. Do not forget: your belief of what you believe to be true is what creates physical evidence – not the other way around. Belief creates physical reality, which then may reinforce the original belief. And that is what you think of as evidence. “Well, yes. Well, look, this is happening; therefore it obviously is tough.” But it is only happening in a tough way because you believe it has to be tough. The evidence is only a result of the fact that you contain a belief that it has to be tough.

Now recognize, therefore, that the evidence you are seeing is not representative of the idea that you are stuck in that belief; it is representative of the idea that you have the belief. Because you are seeing that reflection in your life – that so-called evidence that is there – to let you know you have the belief that things are tough. And then it puts you squarely in touch with the fact that you have that belief. Now that you know you have that belief, if you don’t prefer that belief, all you have to do is redefine that belief.

And then the only other thing that is necessary is to act like you have redefined that belief and not act as if you haven’t, then your physical reality is only the shadow of the idea you believe you are. When you
change the idea that you are, and start acting like you truly believe you have changed, then your physical reality, being the shadow of your soul, has no choice but to give you new evidence. Is any of this making some sense?

Q: Oh, very much.

B: It is only simple physics, it is only simple mechanics. AND I can remind you of a very important foundational idea that in many ways contradicts many of the beliefs you have in your society – but nonetheless can work if you let it. It is that simple. (Said by Bashar): “Are you sure it’s not any more complex than that, Bashar?” Yes, I’m sure.

I’m sure it can be made more complex than that. But I am equally sure that it can be that simple, if you will allow it to be. That is all it takes: willingness to believe it is that simple. Then the physical reality, in a very short period of time, will begin to change and transform into the type of reinforcing feedback evidence that then reinforces the new belief you have now made a conscious choice to become. Is any of this making sense?

Q: Yes.

B: Now: the idea of what you refer to as the atomic disintegration is representational of a system – a planetary system – that no longer exists physically, as you know it. It is what you call, “Maldek.” It occupied what you now refer to as the asteroid belt in your solar system. You follow me?

Q: Yes.

B: Does this assist you?

Q: Yes it does.

B: Thank you. Brave soul.

Q: Thank you.

Belief Creates Physical Reality
Belief Patterns

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

AUD: Perfect. Fine. Etc...

B: Allow us to begin this interaction this day of your time with a bit of a foundation, a bit of a formation, a basis upon which you can proceed in the understandings of all the interactions and the sharings we will conduct this day of your time. The idea, basically – as you have to some degree already been told – is to allow each and every one of you to recognize that we are here to assist you at your invitation and only at your invitation, because it is your world. You have your own attitudes; you have your own perspectives; you have your own understandings about what it is you wish your world to be. And we will find that those wishes on your part are absolutely to be inviolate.

We will not force ourselves upon you in any way, shape or form. We cannot abide by the idea of the forcing of a point of view upon anyone. Your decisions for your world are completely sacrosanct, as you say, and completely up to you. This will allow each and every one of you to begin to realize that as you begin to function more and more as a society, more and more as a complete total civilization, that it is that creation upon your planet, that unity upon your planet that will allow you to function as a civilization with regard and with respect to your dealings, shall we say, with other whole and complete civilizations as they express themselves in the same manner.

In this way, therefore, the decision is up to you. We cannot force you to act like a civilization; we cannot force you to create the idea of peace upon your planet. But if you are willing to proceed along these lines, you will understand that a great deal of accelerative energy, and a great deal of integrative energy is what will be brought forth upon your planet to allow each and every one of you to recognize that you are foundationally, and first of all, the creators of the realities you experience. Are you all following along so far? Is this translating to you?

AUD: Yes. Yes.

B: Recognize, therefore, that when we share concepts with you that may be different than the concepts you are used to hearing in your civilization on a day-to-day basis, we will not so much be teaching you anything new, but we will be in fact reminding you of many ideas that you have known in many different lifetimes and many different civilizations in which you have reincarnationally existed, exist now, or will exist. And, therefore, those portions of this dialogue, those portions of this interaction, those portions of this sharing that you feel strike a chord within you will simply be the vibrations that are synchronous and harmonious to the particular aspects of yourself that, at this particular moment in time, you know best are those aspects that you need to deal with, to understand the growth and expansion of the beings you consider yourselves to be.

Therefore, recognize that there is no one thing that is any more valid than any other thing; there is no one way that is any more right or wrong than any other way. Each and every one of you is a unique facet, a unique expression of the Infinite Creation, and in your own way do you then provide to the total
society a unique point of view, a unique manifestation of the total idea that you all are experiencing and sharing and blending in, together on your world that you call Earth.

Therefore, allow us to begin by reminding each and every one of you that you are the creators of this reality you experience – utterly, totally! "Any exceptions? No, none." Recognize that the idea of creating your reality can be looked at from many different perspectives and many different points of view. And once again, it is not so much that you absolutely must believe that this is so, but do recognize that the idea does exist, and it is a bit beyond and above the idea of belief.

You are an automatic creator. Your own literature – though many of you, we realize, have interpreted it in many different ways – your own literature has told you that you are, quote/unquote, made in the image of the Creator, that which you generally refer to as God. Well, understand what that means, if you are, as you are, made – as all beings are in creation – in the image, so to speak, in the likeness and after the fashion of the Infinite Creator, then it also means you are a creator. You cannot help yourselves, it is automatic. This is what you are.

You are extensions of the Infinite Creation, and you cannot help but create. You create so automatically and so instantaneously and so easily, in fact, that in this particular physiological reality into which you have projected yourselves, it is so easy to create that reality – the illusion that the reality is outside of you, the illusion that the reality surrounds you rather than comes through you, that you have even created the ability to forget that you are creating this reality around you; so automatically and so easily done is it from you.

Therefore, what we are also reminding you is that everything you experience in the creation of your physiological life does come from you, is a reflection of the ideas you believe yourself to be at any given moment. Belief creates the physical reality you experience. In order of progression, let us say, to think of it in linear terms, first there is simply existence. Then there is knowingness – existence that knows itself, the first separation, the first seemingly objectified point of view. Knowingness – the oneness that now has a perspective of itself.

After knowingness comes the idea of belief. After belief comes the idea and the expression of emotion. After emotion comes the idea and the expression that you colloquially call mental thought. Belief, emotion and mental thought are the three corners of a prism, so to speak. This prism is what you create to channel the white light, the homogenous unified energy of your higher consciousness, your total consciousness, down through this prism and fractionate it into the spectrum that you perceive to be all the differentiations in physiological reality, all the differentiations you experience as physiological reality.

These three cornerstones of the prism – belief, emotion and thought – are what form the basis of what you consider yourselves to be as a persona, a physical consciousness, a personality, as you say. But a personality is not exactly who or what you are, in a sense it is an artificial construct. It is, at any given moment, simply the representative symbol in physical terms of the idea you are being at that moment as a consciousness – and wishing to explore and experience in the idea you call physical reality. Is all of
The making sense to you so far?
AUD: Yes.

B: Therefore, recognize that the physical reality at any given moment that you experience in a seemingly externalized fashion will utterly – utterly, UTTERLY – be the product of what you believe, will be reinforced by what you feel about that belief, and many times will become structured by what you think about what you feel about what you believe. But the belief always comes first.

Many of you, we recognize in our conversations with you, have said, “Well, this is the way things are in my life; I simply feel that’s the way they are.” But recognize that the feeling is not the first idea. A feeling is always a reaction to a belief that already exists within you, a belief you have been taught, a belief you have bought into since you became a physical being. Do recognize that you begin to absorb the belief systems of the physical reality you are born into from the moment you are born, and even prior to that moment you are born, and even prior to that moment. You adopt those physical beliefs into your life because you need them in order to survive in the reality into which you have been born.

So you will buy into many of the physiological beliefs that your parents have, that your friends have, that society in general has, until you arrive at a point where you recognize your own self-sufficiency. And then all of a sudden, when you begin to explore the idea that those beliefs can change, you run, generally speaking, smack into the wall of the beliefs you have bought into up to that point. And many of these ideas is what causes much of the idea of the negative confusion in your lives – the searching for yourselves, and so forth – simply the idea of old habits, old ways of thinking, old beliefs, old patterns that have been going on in your society for hundreds of thousands of years. And that now, in this particular time frame, you are recognizing (there) no longer needs to be those beliefs that pattern your life, no longer needs to be the definition of the structures of your physiological reality. And so you are unlocking.

But many times we recognize in that unlocking, you first must come to terms with what it is you are unlocking from. Always, always, always you have a very clear opportunity to always understand in a very conscious way what the beliefs are within you that exist at any given moment. Because your physical reality always, always – “Any exceptions? No, none.” – always is an absolute reflection of what you believe is the most possible true reality for you. If you find, therefore, that what is going on in your reality all around you is something you don’t prefer, then simply use the opportunity of that situation that comes to you that is a negative situation – to allow it to show you, if this negative is in your life, then obviously there is some belief within you that is attracting this negative situation to you. This situation therefore is an opportunity to get in touch consciously, rather than unconsciously, with what that belief is.

Situations that occur in your life are always opportunities. They are not punishment; they are not retributions. You are not forced into anything; you are not stuck in anything. If you choose to look at it that way, then you may create a scenario in which it seems you are stuck. But a situation that occurs in life is always an opportunity to show you, beyond a shadow of a doubt, that you have a belief that is akin
to the attraction of that idea in your life, of that situation in your life, and therefore, an opportunity to show you what beliefs you have within you – and if you don’t prefer them, to redefine them. And in redefining them, you will then, at that moment, allow yourself the opportunity to see the transformations taking place in your physiological reality that are now the reflections of the new idea, the new belief system you have created yourself to be.

Many of you will find that it seems as if your feelings are what create the reality around you. But recognize that it is the belief that creates the reality. The feeling, being a reaction to the belief, may reinforce the belief, which once reinforced by the emotionality, may then recreate the scenario around you – which may then give you rise to create more emotion – which will re-recreate the scenario.

And this is how many of you feel like you become stuck in ruts, or cycles of repetition. Once you get in touch with the original primary belief, always do you have the capability to redefine that belief, unlock yourself from the previous cycle and introduce yourself to a completely new reality, which will always, 100% be an absolutely accurate reflection of what you believe to be the most likely reality that will be true for you. You all follow along?

AUD: Yes.

B: So in these interactions, this day of your time, in all the sharings that we do, allow yourself, if you will, to come from the perspective that all that you experience, and all of the ideas that may seem to be insurmountable situations to you, all come from choice, all come from belief. And that you have the capability, in which we will assist you – not tell you and not do for you – but will assist you to understand that you have this capability to unlock and transform any idea, any situation, at any give moment in your life into a representation of the desired situation you would prefer in your reality.

It will involve getting in touch, in a very honest and open manner, with what you truly believe is possible for you. But there is nothing to fear in this. You will find simply that there is nothing you could possibly ever discover about yourself that you ever need to fear. For anything you discover can always be integrated into the total being that you are, and in being willing to integrate those aspects of yourself into the totality of your consciousness, you will always only find more expansion, more growth. And always, along with it, your birthright of ecstasy, for ecstasy is what you are created from. Ecstasy is the energy, the vibration of creation itself. You follow along?

(Cannot hear any questions)

Sharing!

Belief Patterns

1
Belief Structures About Food

B: Question!

Q: I have a situation with my body. I’m being given medications from the doctors, and I’m just wondering whether I really should be taking those medications?

B: Allow me to ask you: do you believe in the idea of doctors?

Q: Not too well.

B: Then how do you expect yourself to heal yourself, when you are not using the tool that you believe in?

Q: Well, because I lost the belief in my own self – that’s basically what happened.
B: Where did it go?

Q: Well, I’m just... the last few days...
B: Wait a minute! There is no outside. Remember that – there is no outside. There is nowhere for it to disappear to. Where did it go?

Q: That’s for me to answer.
B: You may say “Nowhere.”
Q: It’s right here.

B: Thank you. Once again, allow your imagination to be real. Give yourself whatever meditation exercise you feel that you need. However, I will say, first of all, also realize that when you allow yourself to flow within yourself, you will allow yourself to remove that tension from your situation. Do you follow me?

Q: Yes.
B: Thank you.
Q: Thank you. What do you think those... oh, are you ready for...?
B: All right.
Q: What do you think – with those types of body that we have here – would be the best way of feeding them, as far as food is concerned?

B: All right, once again, realize that for the most part it will be up to your belief structure. However, I will say at this time your mass consciousness understands that it is accelerating its vibratory level and, as such, you will find that the simpler foods, fruits and vegetables, will be more harmonious with that level of existence and will cause the least friction.

Q: I see.

B: Realize that every idea vibrates at a particular level. And if you choose to vibrate at one level and continue to absorb ideas which vibrate at other levels, you will cause friction between the two vibrations in what you term to be upsets or diseases or imbalances within the physical form. Therefore, I will say: realize, that at this time your fruits and vegetables, freshest as possible, will be of greater balance to you.

You will find that, to a great degree, the removal of dairy products will be viable. You will find that if you feel the need to intake meat, your seafood will be of greater benefit.

Q: Okay. What do you think about sprouts ( - -?) in the family of (?)

B: Very good. You will find that vegetables will have much closer affinity to that idea you understand as herbs. And therefore, vegetables will in a sense have very specific effects upon various portions of the body, whereas fruits will be more general vitalizers.

Q: I see. Do you believe (– –?) ... has been drinking just juices for the last ten years, and I think be is over 100 years old now. His name is Norman Walker, and he preaches cleansing the body and mostly juice drinking. No eating whatsoever. (–?) your body does what...

B: Once again, you will find that that may be all right for that individual if they have allowed themselves to create a belief structure that that is so. However, you will find that individuals who attempt to undertake the same regimen without the belief will do themselves more damage.

Q: I see.
B: The belief must be there first. You will know how to eat. Listen to yourself.

Q: I’ve been a vegetarian myself and I really believe in wheat grass juice – which was the Essene diet.

B: Well, allow me to ask you: how does it make you feel?

Q: It makes me feel great.

B: Well then?

Q: Well, I was just asking the question because that’s what I teach, you know raw food and…

B: All right, but realize you may simply teach, as there are people willing to be taught. You may share, yes, any information you have, as long as you understand ‘tis not the only way.

Q: I know it’s not the only way but some people rely on it as the only way.

B: That is perhaps for them, all right. Perhaps for others it is not. Realize also that when an individual focuses at times very heavily on the idea of health, when they are worried about the idea of maintaining health, they will be pouring a lot of energy into the idea of worrying about disease and, as such, creating a fear which will be their reality.

Q: That’s right, that’s right. I’ve seen that.

B: Very good.
Q: Yes.
B: Question.

Q: Do you ever get angry?

B: In a sense, but you will find that because it is equal to every other portion of ourselves, it will be used for the purpose at hand and not expressed in that way which you term to be negative. The energy will be used and re-channeled into creativity.
Q: So you are happy most of the time.

B: All the time, even when we are angry.

Q: That’s wonderful (I love it!)

B: That’s right; that’s the way to go.

Q: Thank you. That’s... are you ready?

B: Yes. Are you?
Q: Yes.

B: Are you sure?

Q: Ah, yes. I listened to a tape from, I think, last Sunday. And somebody had asked about their liver problem, and you gave some suggestions as to what to do. And I thought that you said at that time that that individual should go with what she felt like eating. And I too was a vegetarian at one time, and I find myself craving meat.

B: Listen to your body. You may, if you wish, at first, partake of fish or fowl, rather than red meat. Allow yourself to find if your belief will allow that to be sufficient. If it will, fine. If not, you may have whatever your body tells you you need to have at the moment.

Q: Good. Yes, I did that, and I certainly seemed to feel a lot better and I stopped worrying about being ill. Which is what I wanted to do.

B: Very good. You will find that at times you will have an automatic mechanism, which will show you that you have not quite acquired the belief you need to remove that overall mass belief from your reality at this time and, as such, you should always listen to that.

Q: Okay. Got it. Thank you.
B: Question!

Belief Structures About Food
Believability

Q: I heard about the blue light, and you said just flow it any way you feel comfortable with it, and I still had difficulty manifesting any type of energy or any type of... of anything.
B: The idea may simply be that you are putting expectations on the way you think it should manifest, and not allowing what manifests in your life to be the way the energy has been used.
Q: You think that if I believe something is happening, like in the oxygenation...
B: Oxygenation.
Q: Oxygenation of water, I could just believe that...
B: Your total reality is nothing but the product of what you believe it to be; plain and simple.
The idea of utilizing the blue-white energy is still only a symbol that we have suggested to you, because many of you may find that it befits the modality of your mentality. But if the symbol doesn’t work for you in that way, create your own, if you need one. Or simply believe.
Q: Okay. I have another question, or, uh, I’d like to go up on your ship, uh...
B: All right. Have a good time. (AUD: laughs)
Q: Okay. Could I, uh, be directed anywhere to where it is, or...
B: Simply project within your imagination the idea, and you will find that you can create the experience in whatever way, shape and form is perfect for you now. Or you may, in our terms, “wait until you are in your dream reality,” where it may be easier for you, if you believe it is.
Q: Is there, how do I know where you are, or where your ship is?
B: The idea is that you do not need so much of a pinpointing, but simply by recognizing that when you attune yourself to a particular idea, it carries its own vibrational wavelength. Simply being tuned into that vibrational wavelength will deposit whatever portion of your consciousness needs to interact with it, wherever and whenever it is. Time and space are not barriers to consciousness.
Q: Thank you.
B: Oh, thank you.

Believability
Believing Is Seeing

Q: I wanted to share with you that I went to Atlanta, Georgia last week to visit my family. And everybody in my family that I’ve ever met was there. And it was the first time in about fifteen years that we’d all gotten together. What I wanted to ask you about was that, when I left here to go back there…

B: Yes.

Q: in the four days that I spent there, I felt like there was a big energy shift – like I was a very different person when I was there than when I was here, before I left. Now, since I have come back to California again, I feel like I’m yet a different person. And I haven’t quite figured out what that person is yet. In other words…

B: What does that person want to do?

Q: Well, that’s part of my problem, because…

B: Your what? Part of your what?

Q: I don’t feel the level of excitement and the…

B: One moment. One moment please!

Q: Yes.

B: Will you do me a favor?

Q: Yes.

B: Thank you. You don’t have to, but will you?

Q: Yes.

B: Thank you. Repeat after me: That is a part…

Q: That is a part…

B: … of my joy to discover.

Q: … of my joy to discover.

B: Rather than “that is a part of my problem.”

Q: That feels better.

B: Thank you. Continue.

Q: Well, part of my joy to discover…

B: Yes?

Q: … was that for the last four days, since Sunday when I came back here, the level of excitement that I have been used to feeling…

B: Yes?

Q: … in the last year or so…

B: Yes?
Q: . . . hasn’t been there.
B: Ahhh! Very good! What you have changed now is a typical transformation for many of you. You will create in your life, at intervals, the idea of feeling the excitement in a certain way. But if you stop to really think about it – even though it seems as if you’re feeling it within yourself – you are actually, actually, feeling it around you.

And the idea of when it no longer seems to be around you is when you actually now have the opportunity to know you have met the level of that vibration, so it no longer seems to be there. You have simply acclimated to it so easily that it doesn’t appear to be any different than you. And that’s your cue to use it in whatever way, shape or form you desire.

And as soon as you use it, you will then accelerate to the next level, then feel the excitement building again, acclimate to that, use it; on and on and on forever. So that the idea is not to feel that you have lost the feeling of excitement, but that you have simply matched it. And now you can use what previously, to this point, seemed to be more energy than you were used to using.

Q: Okay, that’s . . .
B: You follow me?
Q: I follow you. However, I don’t . . .
B: However what?
Q: I don’t know what I desire to use the energy to do.
B: All right. Why are you doing whatever you are doing in your life at this time?
Q: Because that’s what I was doing before I left.
B: All right. Does that excite you? Yes or no? Do you know what you don’t want to do, if you don’t know what you do want to do?
Q: No. I’m feeling like I don’t know what’s going on.
B: You do not know what you do not want to do?
Q: Well, I guess . . .
B: Let me put it this way: is there something you are doing that you no longer prefer to do? Yes or no?
Q: Yes.
B: Are you sure?
Q: No.
B: Why do you think it is so difficult to be sure?
Q: I guess it’s because I’m afraid of letting go of those things.
B: What would happen if you did? Or what do you fear would happen if you did?
Q: I’d become destitute on the streets.
B: Oh, destitute! How dramatic!
Q: Yes, it is, isn’t it?
B: Now, may I ask you a question?
Q: Yes.
B: If you really stop and picture it, do you honestly – now you can say yes, I don’t care – do you really honestly believe you will be absolutely destitute to the full extent of the meaning of that word?
Q: Of course not.
B: All right, then. Then you don’t have to be so melodramatic about it.
Q: You asked me what could happen.
B: Yes. But I am asking you what you really believe will happen, not just what is possible for someone. What is possible for you? I’m talking to you.
Q: Maybe what I fear would happen is that I would let go of everything and nothing would come in to replace it. And I would just be flowing…
B: How is that possible?
Q: I don’t know.
B: Do you know – as you have heard many times – that nature does not allow a vacuum to exist?
Q: Yes.
B: Do you understand what that means?
Q: Yes, a little.
B: Then understand you cannot create a hole without something filling it. It’s not possible. There cannot be non-existence in your existence. If you change, things have to flow in the direction you change them into; they have to. They have no choice. No choice. You are at the controls. The way you steer is the way your whole reality will follow – has to be that way.
Q: So what you’re saying is that I don’t have to have something to replace it with, before I let go of something else?
B: You already do have something to replace it with. And when you let go, you’ll find out what it is.
Q: Hmm.
B: The reason you don’t know what you want to do is because you’re not willing to let go of what you don’t want to do, enough to allow yourself to realize what it is you already – somewhere within you – know you really want to do. Did you understand that?
Q: Some of it.
B: When you hold on to something you don’t want to do strongly enough, you may not make even enough room for even the awareness of what you want to do to come in.
You have to let go a little bit, at least enough, at least to make at least enough room for the awareness of what you want to do to come in. You are not letting go at all.
Q: Mhmm.
B: Let at least something go. You’re going to be in control. You can regulate it; you have that much control. Let it go at least a little bit, and make at least enough room for this little teeny tiny awareness to come in and say: “Pssst! Look over here. This – well, all right, I won’t scare you – this might be something you would be interested in. I’m not saying you have to be excited about it right now, but this might be something you’re interested in.”

Allow enough room to at least be aware of what it is that does excite you. Because you do know; but you’re not allowing yourself to know that you know it. You follow me?
Q: I follow you. But how does that connection...?
B: All you need is trust.
Q: Trust.
B: Trust. Let me tell you – I can do no better than this – when you do that, and when you trust it and act on it, the only thing that I can tell you is that I absolutely guarantee it will work. But I can do no better than that. That’s up to you to find out. I cannot – and no one else can prove it to you – but you will prove it to yourself. The second you decide that’s what you want to believe, it will happen. Remember: believing is seeing; not the other way around.
Q: Mhmm.
B: So if you are not willing to believe it, you will not see it. But I guarantee it! The second you are willing to believe it, you will see it; and nothing can stop it. Nothing can stop it; absolutely nothing can stop it! Nothing.

We once talked to a member of your society, affectionately called the Wizard, and we gave an analogy. Perhaps... now, this may or may not work for you, but it might work for some of you. We are not saying that you have to literally believe this is true in a mechanical sense. But it might shake up your perspective and turn it around a little bit.

Rather than assuming that you have to, in a sense, pull something into existence, why not assume that anything that you do not specifically deny reality to will come into existence. So that then all you have to think about are the things you don’t want; and then everything else will happen. You can do it that way, if that works better for you.

But understand: every single circumstance has an equal opportunity and an equal energy to manifest in your reality. So simply take it for granted that all the wonderful, positive things that represent the person you say you would like to be, will occur. And the only things that won’t are the things that you don’t prefer. You follow me?
Q: Mhmm.
B: See if that works for you. But trust it. Allow yourself to be relaxed; allow yourself to center; allow yourself to meditate in a relaxed and joyful way.
And remember: if you are actually enjoying the process of discovering, then you are not being impatient waiting for something better to come along. The more you enjoy where you’re at, the quicker you realize any other probable reality you may also desire to be.

Q: Wait. Can you say that once more?
B: The sooner you enjoy where you are in the now…
Q: Yes.
B: …the more likely you make it that you will attract other opportunities for you to act upon. The longer it takes for you to enjoy where you are, the more you keep other opportunities at bay, because you have not finished learning what you need to learn from where you are.
Q: Ahhh…yes. That’s… yes…
B: So relax into where you are, and that will create the space to let more things come in.
Q: Thank you very much.
B: Thank you very much.

Believing is Seeing

1
Bermuda Triangle

Q: We have an area on our planet called the Bermuda Triangle...

B: Yes.

Q: Can you explain the phenomenon that goes on there?

B: All I will say, at this point, is that it is a remnant of Atlantean energy in this way, and the opening of doorways inter-linking many dimensional rifts. And that many individuals, not all, that have passed in that area have simply been rendered into non-physicalness, as you know it, because of the passing through of that energy. In a sense it is as if, in your terms, a machine had been left running wild. You follow me?

Q: Is it a time machine or? Do these people that pass through it, do they experience...

B: Some...a few, others simply are, in a sense, re-identified into another type of reality altogether, mostly non-physical, some in other dimensions. But the vast majority simply are individuals who you will find, that because of the electromagnetic shifting, the instability of the electromagnetic field and other phenomena, in your terms, simply have not yet been found, though they still exist within your dimension; in your terms they crashed. Will this answer your question?

Q: Yes it does, thank you.

B: Thank you.
Beyond Belief
3-20-98
Canoga Park, CA

Bashar: All right, I’ll say good day to you, this day of your time. How are you all?
Q: Great, perfect, excellent, fine!
B: Once again, we take the opportunity to thank each and every one of you for allowing this transmission to occur, through this gateway and in this manner, at this time. Each and every time you allow such a co-creation to occur it affords our civilization an opportunity to see that many more facets of creation, through each of the unique perspectives that all of you have to offer, and so, we thank you for this gift of expansion.

We would like to begin this transmission with the following idea that we would like to entitle, "Beyond Belief." We have many times discussed the structure of the personality and how your personality and the reality you create is basically the result of the personality structure that has three facets: belief, emotion and action. We have, in discussing this structure done so for a reason, to allow you to become familiar with the malleability, the flexibility of your personality and how your personality functions as the filter, if you will, through which your consciousness is projected, in order to create the reflection called physical reality. And we have discussed how the balance and the specific nature of belief, emotions, action work together in concert as a triad to determine the quality and the nature of the reality that you get, that you experience. We have discussed how critical it is to be in touch with your beliefs, your definitions for they are what create the reflection of reality that you get. But this time, today, now, in this transmission we would like to go beyond and above belief.

We have, from time to time, commented on the idea that what comes before belief, what is above and beyond belief is simply knowing, knowingness. In much the same way that there are certain things that you just know, you don’t have to think about it, you don’t have to form a belief around it, it is in that sense so automatic, so fundamental that you just know them, you take it for granted, it is a part of your make up, a part of who you are, a part of your very consciousness, a part of your very core.

We would now like to discuss, a little bit more than we have before, how to use knowingness, now that you understand the idea or have the ability to understand the idea of belief we would like to go beyond that. This is, basically, capable now of being done in that we have laid the foundation. You have a saying on your planet, "First there is a mountain, then there is no mountain, then there is." There is an old saying and it simply means that first, that first you see things, in a sense, as they are, and then you begin to realize that things are not as they seem.

You deconstruct it, you take it apart, you analyze it, you turn it into details and soon, as you are looking at all the pieces that form the whole, as you investigate and analyze these things, then there really isn’t a mountain any longer. It becomes a collection of ideas, of parts, of things, no longer the holistic concept of a mountain. And once you have done that, once you have exhausted all the examinations of the
details, and the beliefs, and the definitions that go into making up your perception of the whole mountain, once you have exhausted that, you can let go of all those definitions and come back around, full circle to the holistic idea, but now with a difference. Now, with an appreciation for all that went into the creation of that concept and now, in appreciating it holistically as a mountain again, simply seeing the idea for what it is. Still there is a new underlying difference, a new underlying energy in that you now are aware consciously that the mountain is a reflection of your creation coming through you, of creation coming through you, is a reflection, like a mirror. But it in no way lessens the appreciation of the holistic picture and you learn to balance the idea of the details and the whole idea, the whole picture. You learn to see things holistically and experience them holistically while at the same time appreciating the minute of detail that goes into creating these things within a personality and from within a personality structure.

Knowingness, now, will be that ability where you can go through life, experience your life in a state where you don’t have to think so much about what it is your wanting to do. You don’t have to analyze so much those thing you would like to have come about and attract to yourself. But can arrive, can create that state of being, that knowingness state of being that you experience as a sensation, well, perhaps a variety of sensations, but primary among them is that sensation of acceptance, that sensation of gratitude, that sensation of letting go, that sensation of knowing beyond a shadow of a doubt, so that you don’t even have to think about it, that you are supported, that you are looked out for, that you are unconditionally loved and that who and what you are created to be is automatically deserving without having to be earned. For if you exist you deserve it, you have earned it.

And it is allowing yourself to divest yourself of the weight that you carry upon your shoulders. So that you do not have to second guess yourself, constantly watch every step, constantly be in touch with every little detail, wondering where your beliefs or your definitions might all of a sudden go astray, wondering when you might, as you say, slip out of this and slip into that, trying to catch yourself, trying to watch yourself, which of course, as you know, is very tiring.

The idea of giving you all the information about the structure of your personality, the idea about giving you all the information about getting in touch with your definitions and your beliefs, forms a foundation of understanding of what your personality is all about. But the way your reality is, the way your reality manifests, is when you take a belief, any given definition, and you know it to be true so fully that you accept it without question, totally open, totally willing. You have surrendered to that truth, the truth that is whatever that truth shall be at that moment, have accepted it so completely that it is second nature to you, or really first nature to you. You simply do not assume that anything else is possible. You give yourself no other choice. You do not even consider that there is any other choice to have.

This state of knowingness is where you are all basically heading, once you go and rise above the idea of belief. Once you start coming from your more true self, your natural self, where you accept yourself
fully, accept the gift of life you have been given fully. And know that there would not be an existence that you are experiencing were it not for the fact that that experience can reflect itself as the absolute truth, the unconditionally loving truth that you are all discovering yourselves to be. And that you can relax into that understanding, you can relax into that assumption, you can relax into that allowance and let your life be a reflection of that energy, of that state, of that dynamic, creative act of simply being, simply being who you are, who you know yourself to be, without having to work at it, struggle at it.

This does not mean you will not have challenge, but if you allow yourself to simply be who you know you are and stop worrying yourself into a corner, stop attempting to second guess every moment of your life, stop trying to catch yourself doing this or not doing that, stop judging yourself so hard, in that sense, or judging yourself at all. When you finally let go and accept who you are, then you will know what you need to do at any given moment, and you will know, you will know, that your life will reflect that certainty. And you will see the support, you will see the unconditional love expressed in the reality that you call physical, day to day, moment to moment, as long as you choose to be experiencing yourself that way.

Knowingness is a supreme letting go, a supreme acceptance of total self, a supreme validation and valuation of your existence. From that comes knowingness and from knowingness comes all your actions and all the certainty and absolute conviction that your reality will be one of constant fascination, constant creativity, constant love, constant joy, constant creation. It is that simple, if you allow it to be that simple. This is not a philosophy, this is a description of consciousness, of existence.

We thank you for allowing us to share this small facet of the idea of knowingness. We will delve into this concept further, in other transmissions, as each and every one of you becomes more and more familiar with what it is to simply know who you are and act as such. Then we will have more grounds, more experience to bring to play in these dialogues, and it will become clear what we mean by that state of being. For now, take it for granted that you know more than you think you know. But the paradox in all of this, of course, is, and here is the last tidbit we will share on this subject, this day, is that the sooner you allow yourself to let it be all right to know that you don’t know anything, the sooner you will know everything you need to. That’s the paradox and the power therein. Let it be all right to not know and you will find that you know everything you need, at any given moment, to know.

Thank you for allowing us to share this idea with you, this day, and in return for the gift you are giving to us of this sharing, I ask, in what way may I be of service to you?

Q: Bashar!
B: You, good day.
Q: Could you tell me something about the constellation Ursa Major and the Big Dipper, and perhaps, the energies that are there or in those areas?

B: (long pause) Our perception at this time, since in a sense this is a new focus for us, is that there are seven different levels of understanding, seven different levels of consciousness connected to that area; seven different levels of communication that can begin to be perceived upon your planet by many individuals. Some of it will take the idea symbolically of crystalline form; some of it will take the idea symbolically of vegetable life... plant kingdom, in that way, as you call it. Do not take me literally, this is symbolic, but it is expressing itself into your realm in these ways. (Momentary pause)

It is no accident that some of the ideas that you connected to, what you call early navigation, were connected to this way; for some of the consciousness and communication coming from that area has to do with navigation in a different form, through the energy waves that you call space/time, energy waves... the electromagnetic vortex flux medium, in that way. Some of this information can be perceived from consciousness in that direction at this time. There are a few ideas of, what you may call, guides from that area at this time. There is also a type of self-recognition, of self-empowerment, a way of meditation that involves recognizing one’s self-empowerment, particularly in nature connections coming from that emanation at this time.

And it is unto itself a type of spectrum in the representation of the seven different levels coming from it, all the way from what you call physicalized vibrations to spiritualized vibrations. It is its own band, its own range of frequencies, but it is connected to the overall Association, to what you may refer to as the overall Confederation – though we prefer the term Association. This is our perception at this time. We would therefore request that if you wish to proceed further, the next step is up to you.

Q: Thank you.

B: Do you wish to share anything further, at this time, about what you feel your connections to be?

Q: I’ve always felt a connection... many, many years. I’ve always looked for that constellation in the sky, and...

B: Some if it, in our perception, has to do with the idea of having relied upon it, as we said, for navigation in past lives.

Q: And there are many aspects that you have just spoken of that enter in to my personal learning, my search. There are many, many levels there that speak to me personally, very, very much.

B: All right. Then we will now, at this time, express our gratitude and appreciation in allowing yourself to be a valve for that particular energy at this time. So that it can be included in the overall make-up of all the consciousness that is blending within your earth society now, for the assistance and the aid of the transition from third to fourth density. We will thank you.
Q: Thank you.

Big Dipper

1
Bashar:
From “A New Habit”
11-21-97
Bio-Genetics
Q: There have been a lot of bio-genetic experimentations done by our shadow government over the last, most likely, fifty or more years.
B: Some, yes.
Q: And some of the experiments that we know of that we actually have documentation on are pretty amazing.
B: If you say so.
Q: And I was curious as to whether they had been capable of creating what we might see as extraterrestrial entities by hybridization process. Have they created entities that we would, if we saw... they would be extraterrestrial looking to us?
B: In appearance, some of them might seem that way. This does not mean that they actually contain extraterrestrial DNA.
Q: Right, exactly, but they could, let’s say, cross a snake DNA with human DNA?
B: Well, that is not exactly how it’s done, no.
Q: Okay, because…
B: That is not how it’s done. It is only the idea of the taking of what you call, the human DNA and realizing the ontological potential that the human DNA contains all stages therein of what you call, evolution. And it is only the manipulation therein that is required to bring out any of these qualities you may attribute to any other life form on your planet. They don’t actually have to take genetic material from a life form.
Q All right. So have they created anything like that that we would see as really odd or animal like?
B: From time to time this has been done to a limited degree. They were not what you would consider to be successful, nor even those that may have been of some duration, did they survive for long.
Q: We’ve mentioned that the Men in Black…some of them, there are many types, but some of them may have been cloned.
B: That is a different idea altogether, and not cloning, as you understand it now.
Q: Okay.
B: And besides which, the cloning aspect does not come from your shadow government’s abilities, it comes from something else.
Q: Oh, it does?
B: No comment, keep going.
Q: Okay. I have a theory that I’ve come up with.
B: Oh, all right, share your theory.
Q: And I don’t know how wild it is, but I’m trusting my intuition.
B: Well, the wilder it is then the more we will have to refer to it as simply a hypothesis, rather than a theory.
Q: Well, you know I’ve been researching mind control.
B: Mind control.
Q: And I’ve found some really fascinating things.
B: All right.
Q: Such as virtual reality scenarios... we’ve talked about this.
B: Yes.
Q: Abduction experiences under which lies the actual programming.
B: Yes.
Q: Okay. Now, is there a possibility that people in the military, who want to keep an eye on those.... you see I think that...
B: State your theory.
Q: Okay. Is it possible that the shadow government, who wants to keep an eye on mind control victims that might be ready to divulge some sensitive information, would abduct abductees unknowingly, not knowing that they are really abductees and made “contact?” I think the waters of research in terms of mind control victims and abductees are really muddied. And that they’re really fusing and melding.
B: Yes.
Q: And is it possible that they abduct abductees, not only for the purpose of finding out what the extraterrestrials have told them, but also for the reason of finding out and making sure that they’re not a mind control victim that’s going to divulge some sensitive information?
B: Yes.
Q: I thought so. Wow.
B: Does that help you?
Q: Yes that’s interesting.
Q: I had one more thing.
B: Yes?
Q: What are the... can you give me sort of an idea of the percentage of mind control victims that think they are abductees, as opposed to the percentage that are actual abductees?
B: One moment... there is a great deal of fluctuation in this because there are a number of different experiences within this overall grouping. We are attempting to sift so that we can give you a more discrete answer, specific to how you have asked the question twenty three percent.
Q: Twenty three percent are mind controls that think they’ve been abducted?
B: Twenty three percent experience what they believe to be alien abduction and this is not so.
Q: Okay, thank you.
Birthing and the Unexpected

Q: I had a baby a few weeks ago and, uh, although I did practice many of the tools that you mentioned, and they did help, my child at the last moment decided to exit by non traditional means.
B: Yes.
Q: Cesarean
B: Yes.
Q: Uh, can you tell me why she decided to enter that way?
B: Surprise? (AUD: laugh)
Q: Yes, it was.
B: Perhaps to let you know that there is still room for the unexpected, even when you know everything is under control. (AUD: laugh)
Q: Isn’t it the least traumatic form off birth, and wouldn’t a being choose that if they had the choice?
B: Not necessarily. Again, as you have understood, the method you have created to be natural does not have to be traumatic. But in this way, it may simply have been the route desired by the consciousness for its own conditions and the agreements it has made with you.
Simply, on an emotional level, it is as we have suggested, at least from our point of view, the idea that having everything under perfect control does not mean that you will have a boring, predictable existence. Do you follow me?
There are many ways to enter different realms of reality. Many ways. Learn that from the child. Many ways.
Q: Are the chirping sounds that she makes, that sound a whole lot like dolphins’ sounds, any connection to dolphins?
B: Yes. For there is much in the way of assistance of birthings from the Sirius dolphin consciousness and Arcturus at this time.
You will find that many of the children now being born, once again, will remember who they are, will remember their connections, and will bring forth abilities and talents that have not been seen upon your planet for quite sometime, in a sense. They will come through with those conscious recognitions, if you will continue to provide for them an atmosphere that will allow them to continue to remember it.
Q: Since we had an underwater birth planned for her, wouldn’t that have, uh, helped her remember the dolphin energy a little bit better than the way she came in?
B: In a sense, but perhaps it was more for you than her.
Q: Okay.
B: So that you can remember your connections.
Q: In other words she didn’t need any help to remember that.
B: Correct. (AUD: laugh and comments).
Q: Is there a connection between water and transformation?
B: Yes. For it is recognized by your consciousness as being the life creator, the life sustainer, and always constantly shifting and malleable.
Q: And purifying.
B: It represents birth and transformation to you. It is, in and of itself, a form of crystalline consciousness that forms the matrix and sustains and supports the matrix of your electromagnetic consciousness upon your planet. That which you call mind or mentality is connected to water very closely.
Q: How?
B: Through the idea of the exemplification of electromagnetic wave structures.
Q: Umm. Thank you.
B: Thank you.
Q: I had a baby a few weeks ago and, although I did practice many of the tools that you mentioned, and they did help, my child at the last moment decided to exit by non-traditional means.

B: Yes.

Q: Cesarean.

B: Yes.

Q: Can you tell me why she decided to enter that way?

B: Surprise? (AUD: Laughs)

Q: Yes, it was.

B: Perhaps to let you know that there is still room for the unexpected, even when you know everything is under control. (AUD: Laughs)

Q: Isn’t it the least traumatic form of birth, and wouldn’t a being choose that, if they had the choice?

B: Not necessarily. Again, as you have understood, the method you have created to be “natural” does not have to be traumatic. But in this way, it may simply have been the route desired by the consciousness for its own conditions and the agreements it has made with you. Simply, on an emotional level, it is as we have suggested, at least from our point of view, the idea that having everything under perfect control does not mean that you will have a boring, predictable existence. Do you follow me? There are many ways to enter different realms of reality, many ways. Learn that from the child; many ways.

Q: Are the chirping sounds that she makes that sound a whole lot like dolphin sounds... are they any connection to dolphins?

B: Yes, for there is much in the way of assistance of birthing from the Sirius dolphin consciousness and Arcturus at this time. You will find that many of the children now being born, once again, will remember who they are, will remember their connections, and will bring forth “abilities and talents” that have not been seen upon your planet for quite sometime, in a sense. They will come through with those conscious recognitions, if you will continue to provide for them an atmosphere that will allow them to continue to remember it.

Q: Since we had an underwater birth planned for her, wouldn’t that have, uh, helped her remember the dolphin energy a little bit better than the way she came in?

B: In a sense, but perhaps it was more for you than her.

Q: Okay.

B: So that you can remember your connections.

Q: In other words, she didn’t need any help to remember that.

B: Correct.

Q: Is there a connection between water and transformation?
B: Yes. For it is recognized by your consciousness as being the life creator, the life sustainer, and always constantly shifting and malleable.
Q: And purifying.
B: Yes. It represents birth and transformation to you. It is, in and of itself, a form of crystalline consciousness that forms the matrix and sustains and supports the matrix of your electromagnetic consciousness upon your planet. That which you call mind or mentality is connected to water very closely.
Q: How?
B: Through the idea of the exemplification of electromagnetic wave structures.
Q: Umm. Thank you.
B: Thank you.
**Birthing**

Q: Can you tell me when the soul of a person enters the womb – and the unborn child?

B: This will vary from individual to individual. But generally speaking – even though a portion of the consciousness is within the embodiment even at conception – what you recognize as the personality soul, that which you call the persona, usually does not enter until literally just prior to, or right at, or just after, sometimes, physical birth. It is usually within the actual birthing time frame.

Q: Just the personal soul comes in…

B: What you recognize as the soul, what you call the soul, typically in your society, usually does not enter until right at birth. Although recognize, of course, that a body, in a sense, in any form is a soul, is a spirit, in physical terms. But what you call the persona aspects do not usually manifest until right at birth, and sometimes not even for a while after. And sometimes come and go for even up to three years of time without truly locking in, depending upon the reasons that that individual soul has for that experience.

Q: I see.

B: Also, no matter what occurs to that physiological body, which is by understood agreement.

Q: Not trying to tell me something, are you? (Laughing)

B: Am I?

Q: So, about this particular one I will give birth to soon… I was wondering if you had any feelings or sharings on this particular soul?

B: Understand generally for now that every – basically – child being born upon your planet at this time is indicative of the transformational age. And has chosen, has agreed to be born in your society at this time generally to be of assistance in accelerating the transformation from third to fourth density – what you might term colloquially, old age to new age awareness. What you might also term from limitation to expansion and unlimitedness.

Most of the children being born now will remember very much more of whom and what they are. They will forget far less than you did, and many of them will remind the adults of what all the agreements actually are. You follow me?

Q: Yes.

B: This in general will be true of your child. There will be some specifics, but at this timing some of the specifics are not completely determined by that consciousness.

Q: All right. Do you have any feelings on…

B: There may be, *may* be – since this has been strong in past lives – musical inclination.

Q: That would be amazing.

B: Why?

Q: Because I don’t have any.
B: That does not mean anything.
Q: Right. I’ve often thought about birthing with dolphins…
B: You can, whether you are in the water or not.
Q: Just through the consciousness?
B: Yes. The energy itself, if you simply call upon them, will be there – they can project.
Wrap yourself in a blue energy field that will allow their consciousness to participate. And do remember, by all means, allow the child to participate as well. Then you are not bearing the burden of the entire idea, and it will not be painful in the least. In the least!
You will flow the life into your world. Let the dolphins assist you by teaching you the true relaxation of expansion on all levels. Allow the child, by you being in touch telepathically with the child, to assist in its own birth. Allow the total event to simply occur in the present moment. And it will be effortless…effortless. Simply think of the dolphin consciousness and they will be there. All right?
Q: Thank you.
B: Pleasant dreams!
Q: Thank you very much.
Black Hole Gateways

Q: There was a news broadcast this afternoon that talked about a massive body that scientists have just discovered...

B: Yes.

Q: you talk about that?

B: For now, briefly, it is simply an exemplification that you recognize there are *doorways* at the center of all physicalized, realized manifestations. You refer to them usually as black holes. You will recognize, therefore, that this is true not only on a cellular, atomic level... in the center of every idea that you call an atom is a black hole, in that way, in the center of every cell, in this way, is a black hole. In the center of EVERY idea of a stellar system is a black hole in that way, in the center of the star. In the center of many stellar systems are black holes around which the entire groups of systems revolve. There are black holes around which entire gatherings of galaxies revolve, and there is, in a sense, a doorway and a black hole around which the entire universe revolves, in that sense. You follow me?

Q: Yes.

Q: This is the procession that allows you to understand that it is out of the center of All That Is, that all proceeds in that way, when it creates the spherical shell of the three-hundred and sixty degree infinite universe. You are seeing the idea of the bending and the reflection of your universe on the other side because you are recognizing, in this way, that you are infinite in either direction around this central doorway, which, in a sense, is a doorway into many different universes, many different dimensions of experience; and it is one of the direct doorways through which All That Is expresses itself in this particular universe. You follow me?

Q: Yes. Does that mean that the mass consciousness is coming to a kind of doorway and symbolically projected it out into our universe?

B: Yes. You are about to have passage into another density of experience, and so all the symbols in your astronomical universe and many other aspect of your universe, will begin to reflect the idea of finding the central doorway around which all revolves; for it is always, ALWAYS, whether you perceive it to be or not in that expressed local, it is always, in a sense, through the one central doorway from which ALL was created, that all transitions pass through. You follow me?

Q: Yes, does that mean that there will have to be a whole new theory now manifested to prove that?

B: Of course.

Q: So it’s a whole new idea?

B: Yes. And it is a beginning, once again, of the recognition, one more step that will allow, what you call, your scientists to begin to realize that they will have the unification of their understandings of what they are calling forces, which do not really exist, but they will have a understanding when they begin to allow consciousness into their equations.

Q2: They’re already doing that.
B: This much. (Audience laughter)

Q: Equations, mathematical systems, doorways... that is all based on a mathematical theory in which the scientist, step by step, groove towards the answers, right?

B: Yes. They are coming to much the same conclusions as many other individuals who have gone within. They are simply doing it their own unique way.

Q: Thank you.

Black Hole Gateways

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Black Holes – Dimensional Doorways

Q: There was a news broadcast this afternoon (1986) about a massive astronomical object that astronomers have just discovered. Could you talk about that?

B: For now, briefly, it is simply an exemplification that you recognize that there are doorways at the center of all physical, realized, manifestations. You refer to them usually as black holes. You will recognize, therefore, that this is true, not only on a cellular atomic level, for in the center of every idea that you call an atom is a black hole, and in the center of every cell is a black hole; and in the center of every idea of a stellar system is a black hole, in that way – in the center of the star.

In the center of many stellar systems are black holes around which the entire group of systems revolves. There are black holes around which entire gatherings of galaxies revolve. And there is a doorway and a black hole around which the entire universe revolves, in that sense. Do you follow me?

Q: Yes.

B: This is the perception that allows you to understand that it is out of the center of All That Is that all proceeds, in that way, when it creates the spherical shell of the three hundred and sixty degree infinite unlimited universe.

You are seeing the idea of the bending and the reflection of your universe on the other side, because you are recognizing, in this way, that you are infinite in either direction around this central doorway; which, in a sense, is a doorway into many different universes, many different dimensions of experience. And it is one of the direct doorways through which All That Is expresses itself in this particular universe. Do you follow me?

Q: Yes. Does that mean the mass consciousness is coming to a kind of doorway where a new consciousness is projecting through...?

B: Yes! You are about to have passage into another density of experience and so all the symbols in your astronomical universe, and many other aspects of your universe, will begin to reflect the idea of finding the central doorway around which all revolves. For it is always, always – whether you perceive it to be or not in that express locale – it is always, in a sense, through the one central doorway, from which all was created, that all transitions pass through. Do you follow me?

Q: Yes. Does that mean there will have to be a whole new theory now manifested to go with that?

B: Of course.

Q: So it is a whole new idea?

B: Yes. And it is the beginnings, once again, of the recognition of one more step that will allow what you call your scientists to begin to realize that they will have the unification of their understandings of what they are calling “forces” – which do not really exist – but they will have that understanding when they begin to allow consciousness into their equations.

Q2: So the equations, mathematical systems, doorways – that is all based on the mathematical theories in which the scientists, step by step, grope towards the answers – right?
B: Yes. They are coming to much the same conclusions as many other individuals who have gone within. They are simply doing it in their own unique way.
Q: Thank you.
B: Sharing!

Black Holes – Dimensional Doorways
Black Magic
From: Orion and the Black League
3-25-85 So. California
Bashar: Question.
Audience: Are some of the channels representative of the negative energy?
Bashar: In a sense, but realize, it is not that the negative energy in that way, channels through them, but that their own ego aware consciousness, affected by the idea of vibrating at that level of existence allow them to affect themselves in that way, by identifying with the idea of becoming, as you say, "leaders," or "dominant figures, with a " following."
Audience: Which channels are those?
Bashar: You will know.
Audience: Bashar?
Basher: Yes.
Audience: I have a question, regards to Abraham Lincoln, in terms of what he was saying on equality and the whole thing on the Civil War. I mean, could you put a little bit more light on that, and how this connects?
Bashar: Not at this time.
Audience: All right
Bashar: But understand that there was, to a degree, the influence you term to be the Association within that, I’ll say, expression.
Audience: Thank you
Audience: Bashar, are individuals that we have historically identified as evil or suppressive, is their energy source from Orion.
Bashar: Now again, one more time and one more time only within this dialogue – understand that no one is being forced to do anything by Orion.
Audience: Understood.
Bashar: Understand simply that when there is the identification within your own consciousness of the idea of vibrating at that level of negative energy, then you allow for the manifestation of equality and the expansion of their reality, and as such, then you are performing, in that way, their conscious choice, and in that way you may say, you are, I’ll say, in that way, extending their reality into your own, and in that way, by you having chosen to be of that vibration, you may say that their influence, in that way, is extended. But it is only because of your own choice to vibrate in that way at that level.
Audience: So each individual on the planet was vibrating with that energy.
Bashar: Yes, In that way. Now understand that many of those individuals at this time are experiencing some, I’ll say, re-transformation in a different way.
Audience: A little more on that, Bashar?
Bashar: Not at this time.
Audience: Okay.
Audience: (2 talk at once)
Bashar: One moment.
Audience: Okay.
Audience: Bashar, I know this lady and she seems to be guided by black whatever...and she is in a very deep depression and I can feel for her because I was there. And how could I help her? She is...
Bashar: Again, simply understand that you may express, without force, to this individual that the idea of the judgement of the self, in that way, forms what you term to be the negative aspects of a depression, rather than the positive aspects of a depression, which simply are, I’ll say, the going inward to find the understanding of the self as all that is, rather, when there is the judgement and the isolation, in that way, and the domination of self by the judgement in that way, there will be the negative effect of the depression which will form the isolation and reinforce the idea of, I’ll say, the existence of an isolated personality, which then can only find, I’ll say, ways to increase its scope and recognition of all that is, by dominating others through the idea of what you term to be the Black Magic.
Audience: Yeah. But when you point out to a depressed person that she is doing that to herself and she is beating herself up, they don’t want to hear it.
Bashar: All right, but again, realize that you cannot do anything for them if they do not choose to be—except the idea that you yourself RADIATE with the knowingness that you are reinforcing the idea of service to All That Is, and as such allowing that person the opportunity, should they choose to perceive it, in that way, to share that reality with you.
Audience: Great. Thank you.
Bashar: Yes?
Audience: Okay, there’s...now, what about the spiritual leaders—some, who start off with really good intentions and then they get a following going, and then all of a sudden—not all of a sudden, but over a period of time, it looks like their ego takes over and they try to, like, hold on to their following, and they become—they seem to become less powerful in a way, than they were. It’s almost like they lose their powers that they originally had.
Bashar: In a sense, they are restricting themselves, again, within that idea of the isolated domination of self.
Audience: Right. Well now, that’s a transformation or, or, what—de-evolution....
Bashar: All right. Still, their own choice.
Audience: Mm-hmm
Bashar: Understand that there may be influence, in that way, if there is, I’ll say, an accord within the individual, to operate upon that vibratory level, there will be contact from what you term to be the Orion
energy. But, again, understand, nothing is influenced against their will. Simply, that is their understanding to vibrate in that way if they so choose.

Audience: Right.

Bashar: But understand there will be, I’ll say, the attempt at influence.

Audience: But it just seems like they start out really in touch with all that is, and knowing—like a knowingness, and then it seems like, seems like it disintegrates or...

Bashar: All right, but again, understand there is simply the idea of the expression of the trusting of the self. Realize that many times, individuals, when they simply allow themself to focus, again, within the outer ego aware consciousness, will simply choose, I’ll say, for the time being, to restructure their idea in that way so that they may feel themselves, I’ll say, to be manifested within self-aggrandizement...

Audience: Oh...

Bashar: Thus feeling that they are in that way truly more powerful, when in, I’ll say, reality, as you have perceived, they are quite restricting their power, by removing and unplugging their reality from all that is, in a perceptive conscious way . Question.

Audience: Bashar:

Bashar: Yes.

Audience: Once you mention the fact that we would make a transformation together, one way or another—all, together And I’m just, I would like to know....

Bashar: All right, understand that that transformation will occur through all, at that time, but understand therefore, that whatever level of vibration you are equal to at that time, is the reality that will manifest, and that way the creation of the splitting of what you term to be the parallel universe. Do you follow me?

Audience: Yes I do.

Audience: What’s a parallel universe?

Bashar: The idea of an existence of reality of dimension existing, I’ll say, co-existing, overlapping in that way, what you perceive to be your dimension of reality, but not perceived by you as real—but perceived by the individuals within that universe as real...as they do not perceive your universe, where you perceive your universe as being the real universe.

They co-exist simultaneously, I’ll say, vibrating at different frequencies of different understanding of their own consciousness.

Audience: So are you saying that we’re going in the direction of basically—we’ve been sort of all together and considered ourselves one—one you might say, one mass consciousness, and now that there’s a—were in the process of some of us are going to be going a certain direction, some others will be going in a different direction and we won’t really be vibrating in the same way, so that we won’t really be snaring the same universe exactly.
Bashar: No.
Audience: You’re not saying that?
Bashar: Yes.
Audience: Oh, you are saying that, okay, got it, got it.
Bashar: Question.
Audience: Who are "The Nine"?
Bashar: Understand that to some degree, I’ll say, they represent that portion of the idea expressed to you, I’ll say, as an organizing council with respect to the inner planes, as you understand them, of your own, I’ll say, universal. I’ll say, etheric plane of understanding. Do you follow me?
Audience: Are they masters? Ascended Masters?
Bashar: Only in a sense. Understand that to some degree, as they experience the idea of formulating, I’ll say, the organization and the, I’ll say, channeling of the various mass consciousness represented by all the different levels of your plane of existence in that way for your, I’ll say, civilization at this time. Then understand that they are, in some way, being, I’ll say, represented by the etheric plane of understanding, also representative in some way of the archetypal energy, to a degree.
Audience: So, is the archetypal energy, is like St. Germain one of them?
Bashar: To a degree, yes.
Audience: Okay.
Audience: Does that include other kingdoms, like plant and mineral, animal?
Bashar: In some sense.
Audience: Hm.
Audience: What about Ra, what’s, what is Ra?
Bashar: You may understand that terminology in such a way as to understand that it proceeds, I’ll say, from an entirely different dimension of reality as you understand it, in that way, projected into your own dimension of reality as, I’ll say, much in the same way that you experience the idea of the Association. Do you follow me?
Audience: Mm-hmm.
Bashar: it is a collected understanding of consciousness which proceeds from another vibratory level of existence.
Audience: Bashar, I’m trying to understand that the best way to serve all that is, is to live your life without judgement. And the more you live your life without judgement...
Bashar: The more opportunity you will create for yourself to unfold in positive ways, that will allow you to manifest your service towards all at is. Understand that by allowing yourself to experience the judgement yourself, you are vibrating, then, within that negative energy vibration which creates the negative effect that you feel and manifest within your life.
Simply understand that by KNOWING that you ARE all that is, In that way, you will always be reinforcing that overall ecstatic, I’ll say, evolution of the understanding of service, in that way, to all that is, and that your manifestations, I’ll say, within your physical life, will always go towards reinforcement of the positive, I’ll say, unfoldment of all activity within the support of the Idea of all that is.

Audience: So, you were saying a couple of weeks ago that we were gonna be able to use computers to help us tap into our unconscious self?

Bashar: That will be one idea.

Audience: Do you know when? Or does it matter?

Bashar: That is being explored right now. Again, realize that many of these ideas or manifestations will, in terms of your time, at this time, in the energy momentum behind the idea that you have In your mass Consciousness, take place, I’ll say, unfold to, I’ll say, a specific degree within, I’ll say, the next thirty of your years. Question.

Audience: Isn’t biofeedback a beginning of that technological . . .

Bashar: Yes, very good.

Audience: What about hypnosis?

Bashar: To a degree. But again, understand that your idea expressed as what you term to be hypnosis, in that way, is simply the realization that you’re always, I’ll say, in that sense, hypnotizing yourself to perceive whatever specific reality that you wish anyway. All hypnosis as you understand that idea is always self-hypnosis, by agreement. . . .to be continued. . . .
Blasting the Issue
Q: A couple of years ago the space shuttle noticed that there was a large photon laser type blast that went into the atmosphere, and there seemed to be a ship or some type of craft that took a right angle turn to avoid the blast.
B: Yes.
Q: Can you comment on the source of that?
B: The source of what? The blast?
Q: The blast that came from earth.
B: There was a test of what you would call a particle beam weapon. There was, on the part of the ship, an attraction to the course the beam would take and a pinpointing of the future event. It was in that sense not that the ship was shot at, but that the ship acted as a pointer to where the blast would be.
Q: And just synchronistically the camera of the shuttle was observing?
B: Yes.
Q: So it was planned that way.
B: In a sense, on higher levels, yes. And the coming together of certain events to point out certain things that were going on in different directions. To make you aware of certain ideas that exist upon your planet, that exist elsewhere on your planet, and to allow certain controversial subjects to be raised to bring certain information to light.
Q: Are those particle beam weapons actively being used now?
B: Only in experimentation for the most part.
Q: Thank you very much.
B: Thank you.
**Blending (Integrating) Intellect and Emotion**

Q: How do we integrate the idea... how do we integrate what we understand intellectually with what we are feeling emotionally?

B: In this way, recognize that you do not necessarily always have to form a conscious analytical understanding of the things you need to know. Many times you will find that if you were to do so, in a sense, you would not be able to live the idea out – you might be, in a sense, incapacitated by your analysis. Therefore, simply recognize that the fundamental intellectual understanding that can occur is to simply realize that whatever is occurring is the way it needs to occur. And whatever degree and definition of understanding you have is the way that you can understand it to allow yourself to live the idea, rather than simply think about the living of the idea.

Therefore, the idea of the combination and the blending of your so-called intellectual understanding and your simple knowing consciousness is to simply continue to take for granted that whatever happens in your life, the way it happens, is the way you need to understand it. If the idea of a conscious analytical awareness is there, then that is there as a tool to serve you. If it is not there, then at that moment, it doesn’t need to be. That doesn’t mean you can’t simply live the idea. You follow me? Many times... simply living the idea, will, once again, paradoxically, bring with it a conscious, analytical understanding, once you have lived it.

Q: Would that mean... then say, that I understood the idea that all emotional pain is judgement and I’m feeling emotional pain... and to merely understand and know the idea will integrate that within me?

B: Yes.

Q: Okay, thank you.
Blending Polarities

Q: Hi there. I’ve got a whole bunch of things that are boiling. First of all...
B: Boiling?
Q: Boiling, yes, ready to come out. Who is Count Balinsky?
Q2: Conte?
Q: Conte Balinsky?
B: Contessa.
Q: Contessa, excuse me.
B: This I can share, she is, at times... a little full of herself. However, her heart is in the right place, or was.
Q: What period? Where did she live?
B: No comment. However the symbol of the heart, pierced, may serve as a lure, and the coldness of winter.
Q: Do you know which is the country?
B: In what you call your Slavic areas.
Q: Interesting, ah, okay...
B: Bare limbs of trees, and the starvation during the battles, touched the heart, pierced the heart, and began a crystallization that was symbolically reflected in, what you would call, a jewel that was owned, that was given to be of service. So that those that were dying could live. There was gallantry within that female that had stemmed from earlier lives in knighthood.
Q: Interesting. We got the man with the sword...
B: And something about soup. A kitchen, a hearth, warmth, sharing, a hidden individual and soup. Something was learned over the sharing of the soup.
Q: That’s very interesting.
B: The breaking of bread. This is all we can share.
Q: Very interesting. Back to the idea of simultaneous lives going on...
B: Yes.
Q: Today when I was having a session with Leah, a thought really came up later, having to do with the overlap that I started to tune into, and why it is that we can place our past lives, we can be in our present, but why is it that you were also reluctant, if it is going on right now, to deal with the future life?
B: In this way, you have within your timeframe structure the idea that you’re linear, in a sense, that your past is fixed, though it is not. But that your future is, as you say, up for grabs and can be controlled. You seek to control the future only because you will not allow yourselves to live in the present. The idea of exemplifying to you the idea of being able to predict or to be able to manipulate your future, in this way,
would appear to your subconscious belief system to be something that takes away the last remaining vestige of control you may think you have over your lives. Do you follow me?

Q: Yes, I do.

B: Now recognize, no one can control any aspect of your life but you. And that the past and the future is being created in the present, right now. And there is no such thing as the prediction of the future, but only a sensing of the most likely energy to occur at the time the prediction is made. Sometimes the prediction itself changes that energy, because now you are aware of it and the so-called prediction does not come to pass. Therefore the idea of your future is and has been the only place you have, as a society, allowed yourself the freedom to recognize you are free. Anything could happen. But in all reality anything can happen right now. It is not, in your terms, too late... oh well, always tomorrow, too late, I blew it, always tomorrow, always tomorrow, always tomorrow. Where is now? That is why we do not interfere, in that way. You follow me?

Q: Yes.

B: For we are assisting you in the reflection of living in the moment, not living in the future, which you never do.

Q: Okay, I must be on time perspectives today. Could you give me an idea as to the Atlantean time and the Lemurian time, and tell me a little bit more about that matriarchal society?

B: Be specific.

Q: Okay, first of all...

B: Atlantean time, in your terms, generally can be said to have, quote/unquote ended, approximately 11,500 of your years ago, but its duration was for several thousands years; as was Lemuria before it and they overlapped.

Q: So Lemuria was before it?

B: Yes.

Q: Was Lemuria not as advanced as Atlantis?

B: In many ways, but they were mostly the idea of, what you call, instinctual, not analytical, not technological so much as was Atlantis.

Q: And so how did they collapse?

B: Simply in this way, it was the timing of phasing out into something else, and you will find that there were many interactions that took place that allowed there to be what you would recognize as a natural shifting of the cycles of the polarities and electromagnetic fields of your planet that simply said that society no longer exists within the dimension that you call earth.

Q: And is that why at this point it is beginning to shift again?

B: To some degree, for in this way you will find, that now you have explored all that you need to of analytical thought, you are now bringing back the instinct and intuition to balance it out and blend. That is the primary fundamental idea...it is that Lemuria is rising within you.
Q: Right. Why was it a matriarchal society, and how does that come to be, and what was the function of…

B: There are many ideas that you are perceiving, as what you are referring to as matriarchal, that do not translate directly as to what you would call a matriarchal society today. It is simply a diluted perspective that you have of what you are considering to be a portion of your history. But in this way, it was simply a recognition at that time, the preference, in that way, to allow the recognition of *instinct* to be the domain of what you now consider to be the feminine polarity. You follow me?

Q: Is that the blending?

B: The idea, if you are going to keep the separation, is that, as we have already said, you are allowing instinct, if you wish to attribute that only to the feminine side, so be it, to rise again within your society. But, simply, it may be that it is, in your terms, too cut and dried to simply assume that instinct is only the prerogative of what you call females.

Q: No, I’m using it more in a yin/yang…

B: All right, then simply, in this way, recognize the idea that you are blending, period. There is no need for the continuation of labels as to who has what, or who is bringing what, to the party. (Audience laughs)

Q: Got you.

B: Thank you—SHARING!
Blood Types and Sustenance

Q: Approximately 50,000 years ago, we’ve traced back the O type blood...
B: Yes.
Q: …and it is mostly contained within our indigenous tribes and people – they all carry the O type blood.
B: Yes.
Q: And then approximately 10,000 years ago, the A type blood came along…
B: Yes.
Q: …and 3,500 years ago the B type blood, and a thousand years ago the AB type is what has been given to us.
B: Yes.
Q: Will there be a type C in the new children that are coming forth?
B: In some senses, yes, though you may not exactly call it that; but, yes, since many of the ideas of the hybridization going on is not only going on in them, but also going on in adjustments within your own physiological energy. And since many of the children being born on your planet are actually, in a sense, a new species, not just a new generation, there will eventually also be a type of blood that will be of a vibratory level in a different composition to handle the different vibrational change of your shift evolutionarily into fourth density reality, yes.
Q: Are the hybrids now exhibiting that type of blood, or do they have a different type?
B: You mean the pure hybrids, upon the spacecraft?
Q: Yes.
B: Many of them yes, not all of them, but many of them, yes.
Q: How about in your realm, as a Sassanian, how does blood translate in the etheric dimension?
B: Well, again, remember that we do have a physiological history, and that we are simply now only evolving into a more nonphysical, etheric race. In that sense, of course, there is less physicality to us and, of course, that means less blood, in the sense that we need to rely on that. However, in our level, in our domain, it will translate more purely as pure unadulterated electromagnetpheric “fluid;” the underlying template for all concepts that you might physically perceive as cellular in nature.
Q: So more like effluvium?
B: In some sense, it might be similar to, what in your past language you called, ectoplasmic form.
Q: And corn, which was according to some of the information that you have given…
B: Yes.
Q: …was helped to be hybridized by ETs.
B: Some time ago, yes.

Q: And it has been shown that O type blood, which is more of the indigenous people, is more than likely allergic to corn.

B: Yes.

Q: What is the reason behind that?

B: Well, it is a number of different reasons that have a lot to do, not only with the idea of genetic transformation, but also energy and vibrational transformation that have taken place on your planet over time, with regard to the different kinds of environmental changes that have occurred, based on your own growth and your own technology in a number of different factors – energetically, both emotionally and mentally. And certain kinds of allergic reactions and misalignments have come about simply because of certain limitations that have, shall we say, no pun intended, cropped up within your species.

But originally it was almost all that was necessary to sustain your life form – those simple, original forms that were hybridized and engineered.

In some ways some of you are going back to that, and eventually, as our species did, you will eventually go back to almost exclusively that kind of a thing. As we did in our society when we brought about, through our collective mass consciousness, the ingestion of only one type of what you would recognize as a kind of bean. And beyond that then, of course, we needed no sustenance at all physiologically, except direct energy. Your civilization will in time also go back to the idea that originated where you can be sustained on one very simple form of physical food, and eventually also sustain yourself on etheric energy almost exclusively. Thank you.

Q: Thank you.
Q: I’ve had some real funny pains in my teeth...
B: Are you laughing?
Q: Well, no, but I was kind of excited.
B: All right.
Q: I don’t have very many weird things happening. I wonder if you had any insight on it.
B: Well, maybe you created it so that you would have some weird things happen to you, so you could be excited about it.
Q: I know, but I’m a little worried too.
B: Ohhh... Ohhh. (In a mock sympathy tone)
Q: It’s getting kind of serious.
B: In what way do you think your belief system will allow you to transform the idea?
Q: Uh, well, whatever happens to me is all right, so I could just...
B: All right. But that does not mean you do not have choice of preference.
Q: Right. But I...
B: What is it doing for you? What are you learning?
Q: Well, that there are things outside of the ordinary that I can connect with myself...
B: All right.
Q: ...that usually don’t happen.
B: Do you find that when you explore some of those things, that now and then you might feel you have bitten off more than you can chew? Or are you comfortable with the amounts that you take?
Q: Um, sometimes my ideas, I think, are greater than I can handle.
B: How can they be? If you are able to conceive of them, how can they be bigger than the one that has created them?
Q: Well, it’s more like I don’t want to let go...
B: Let go of what?
Q: Well, my other ideas.
B: Let them go?
Q: Yeah.
B: Where will they go? There is nowhere for them to go to. They will always be there if you want them again.
Q: Yeah, that’s true.
B: You are free to explore anything, and always, every other idea will be just as equally within your reach. There is nowhere for anything to go. If you explore one idea and find it is not to your preference, then you will choose another one that is.

Q: Right.

B: Do you like blue light?

Q: Yes. Well, blue the color; I don’t know about blue light.

B: Blue, the color.

Q: I don’t like.

B: How do you perceive blue the color, if not by light?

Q: Well, the color of the sky.

B: Is that not lit up?

Q: Well, yeah. But I mean there’s red lights, and I don’t like them.

B: I did not ask you about red.

Q: I like white light, and I like the color blue.

B: I see. Will you shine some blue light on your teeth?

Q: Okay.

B: You will?

Q: Yes.

B: Why, because I said so? Why are you going to do it because I said so?

Q: Well, because I figure you said that, thinking maybe it would change something that I could live comfortably with.

B: Oh! Is that why I said it?

Q: I just imagined that, yes.

B: Oh, you imagined that’s why I said it. Oh, thank you. Then you are vibrating in resonance with your own reality.

Q: Yeah.

B: Allow your imagination to alter that suggestion of mine in any way, shape or form it so desires. All right?

Q: Yes.

B: Have a good time.

Q: Thank you. Would you clarify something? You have referred to the use of crystalline blue-white light. And you used it as a suggestion in the imagination. What exactly did you mean by that – the light itself, which you don’t see necessarily...
B: That particular vibration that you call blue-white is very closely associated in your mass consciousness to the electromagnetic field that represents the balance of your system. Therefore, to infuse your entire system – whether in your imagination of non-physical reality or in your imagination of physical reality – with blue-white light or blue vibrational light, will be a representation, generally speaking, in your mass consciousness, of the re-balancing of the electromagnetic field that you are. And therefore, a realigning of all the original zero-point blueprint definition patterns that you created yourself to be.

Q: Okay. I understand that. It’s more a functional question that I have here, though. When I look at an object in physical reality, the object appears to have color. It might be white or it might be blue. Blue-white might be more of a faded blue. Or it might be both colors intermixed on the same object. But I feel like I don’t actually see the light, although my eyes do receive the light and transmit the light into a perception of physical objects.

B: We understand.

Q: But I don’t see the light going across the space – only when it enters the eye. And therefore... however, there are ideas of lasers wherein you can apparently see the light. But what it’s actually doing is illuminating some floating substance in the air...

B: Yes.

Q: ... smoke or whatever.

B: Yes.

Q: So when you say, imagine a blue-white light, are you referring to some kind of imagined object which has that color or...

B: Any way your imagination wishes to perceive it. We are simply giving you a very general concept and allowing you to alter it to whatever form you are comfortable with. It can be an object; it can be a crystal; it can be light itself; it can be a laser beam; it can be an animal that is blue. It does not matter. Whatever you relate to when you think of that idea, as we have suggested it to you, is the way your imagination needs to translate it.

Q: So one of the ways would be, for instance, that you say, “imagine blue-white light infusing your body,” and you could literally imagine yourself looking at your body, and your body creating, as a source of light, blue-white light.

B: Yes.

Q: Now, my next question: how can you have blue and white light at the same time?

B: You can have the variation of the different overlapping vibrations in that sense. We are simply using a reference point to allow you to make connections that will be made – whether it makes any analytical sense or not.

Q: I understand that. I was... I just... I created for myself the idea of difficulty in imagining exactly how to use this tool you had suggested.
B: All right. But you can have blue-white light in the same way that you can have the idea of orange light, recognizing it to be the vibrations of red and yellow combined.
Q: Okay. That I understand. Thank you.
B: Thank you.
Q2: I would like to thank you for, once again, calling to our attention the fact that, indeed, our imagination is the perfect tool. And I have been noticing, in contacting different portions of my life this time, and probably in parallel times as well, that indeed that is what I have done, over and over again, and it worked beautifully. But I didn’t happen to notice it. So I want to thank you for reflecting that.
B: We thank you, and we remind you once again that it is not only the perfect tool, it is what you are.
Q: Yes.
B: We extend our unconditional love and appreciation to you all, once again, for the sharing that continues forever, the interaction that we are. We bid you exciting dream lives and life dreams; we bid you a fond and loving good evening.
AUD: Good evening, Good evening.
Blue-White Light
Body and Soul

B: All tight, I'll say, good day to you this day of your time, as you create time to exist.

AUD: Various responses.

B: Allow us to begin this interaction this day of your time with the entitlement, "Body and Soul." Now! We have discussed many times different perspectives on the idea of what physiological reality is, what your body represents. We have discussed many times that there really is no distinct differentiation, other than the one you have created with your belief systems, between spirit and physical form. It is simply that your body is your spirit in physiological terminology.

Your spirit does not literally inhabit the body. This is a perception that you have all created because of the way you have defined your physical reality to exist. Because you think of things existing within other things; because you have taught yourselves to believe that other things exist outside of other things, you have created the perspective, the illusion as it were, the reality – same thing – that your spirit and consciousness exist within your body. But your body is simply an extension of the idea that you are, of the consciousness that you are.

Many times you make the differentiation: body, mind, spirit, emotional self. All these things are truly aspects of the total idea you are, and you do, in creating there to be a definitional difference, create in your experience a "real" difference. But that "real" difference is no more solid than the definition itself. Definitions are what create reality; how you view it is how you experience it. What you put out is what you get back. What you radiate is the frequency that identifies with you, and that manifests in your life. Definitions themselves are physical reality; physical reality is the definition you give it.

Body-mind-spirit; body-soul – these ideas, these seemingly different ideas, are simply different reflections of the same consciousness that exists – I’ll say co-exists – simultaneously with all the other manifestations, all the other ways you have of expressing the idea, the consciousness that you are. So simultaneously you are consciousness as body, consciousness as spirit, consciousness as mind, consciousness as soul, as emotional self. You are at the same time all these different ideas, the same consciousness expressing itself in all the different ways it simultaneously can – because you are made in the image of the Infinite Creator. And therefore, like the infinite Creator, you are a multi-dimensional being as well; you are a reflection of the whole. And so you have many different ways that you can express yourself.

What you think of, perhaps, as different, quote/unquote, ideas, different experiences completely – such as having a physical experience and then having a non-physical experience – these are simultaneous manifestations of the soul, the Oversoul, the consciousness idea that you are.

They all exist now. They are analogous to different frequencies, as it were; different programs, if you wish to think of it that way, all going on at the same time. Your focus, because of what you have defined...
physical reality to be, seems to be limited mostly to the physical reality. But it isn’t. You are very aware on all other levels as the total being that you are. But because one of the variables, one of the ingredients that you have built into your definition of physical reality has been forgetfulness – the ability to forget that you are on all levels at once – you have now then created a series of circumstances that you call multiple-life experiences to play out that scenario, that momentum of forgetfulness.

And now you have arrived at the end of that cycle. Now you are all, as we have said many times, waking up. And that is why you are exploring all these different ideas of consciousness and spirituality and mentality. Because you are remembering that you, in fact, already exist on all those different levels; you are remembering that you are in fact a complete and total representation of the Infinite Creation. And therefore, you are rediscovering aspects of yourselves, presentations of yourselves that are simultaneously going on in what you simply might refer to as a spiritual band, a mental band, and any other nomenclature that you choose to give it.

But it is all one thing: you. It is all simultaneously you. It is simply different eyes, so to speak, that you have – all within the same body, so to speak, that you are. And you can express it in any number of ways. And you are expressing it in all the ways that it can be expressed. As you wake up to this more and more and more, you will begin to realize and connect with all the other aspects that you are, all the other identities that you are, all the other realities, all the other dimensions that you are.

Notice I did not say "can be." I said that you are. For you are the total sum of existence right now. All That Is, Infinite Creation, Infinite Creator, what you may choose to call God, is all of us together. And all of us together are the Infinite Creation realizing itself, manifesting itself in all the simultaneous ways that it is possible to be; for anything that is conceived of is a reality. For you cannot imagine non-existence.

All the things that we usually discuss with you are simply for the purpose of allowing you, at whatever rate you are comfortable with, to realize the self-empowerment, the decision-making capability, the conscious commandment that you have to be your expression of the Infinite, to live and create as you prefer to.

We extend to you our appreciation in allowing us to reflect back to you our utter faith and utter belief in your ability to be whatever you wish to be. Because you are already anything and everything there is to be. It is simply a matter of focusing on whatever window or frequency or perspective of the self that you already are that you prefer to focus as. It is not a matter of a long and difficult process to become something you are not; it is the simple flick of a dial to another program that you already are.

This is what we always find most joyful to reflect to you, your own inner light, a light which illuminates every corner you have created. Nothing is hidden from that light when you decide that you are willing to allow all to come to the surface. And when you are willing to do that, I guarantee you there is absolutely nothing you will ever discover about yourselves that cannot be applied in a loving and positive way in your life – unless you choose to believe differently. But that is up to you.

We remind you that when we talk about the idea of using trust, we are not telling you to do something
you have never done before; we are not telling you to do something you don’t know how to do. All of you have always – I know, I know, some of you may not believe this – all of you have always used utter trust, 100% faith and trust throughout your entire life. It is simply a matter of whether you trust in negative or positive reality. But the mechanism is the same.

You have always trusted in something, whether it be a negative or a positive. So recognize when we talk about using trust, you do not have to pull out a large dusty machine that has never been used – and take it all apart, and break it all apart – and toil and struggle and sweat to scrub it and clean it as if it is absolutely fossilized.

No. It works flawlessly and always has. It doesn’t care, this mechanism of trust, whether you feed negative beliefs or positive beliefs into it. It will simply spit out at the other end what you have put in, automatically. And there is nothing within that device that has a mind of its own, that will take what you put in and turn it around into something that you did not put in. There is nothing hidden within it. The mechanism is simply, simply, the idea that you are, at any moment, the idea you are willing to be at any moment, the idea you have the conviction to be, with integrity, at any moment. That is all there is to it.

So all we are doing in assisting you is redefining the idea of reality that you have been living, to allow you to recognize that you can redefine it any way you want to, any way you prefer to, and that the mechanism has always worked and always will. And there are no exceptions in terms of your ability to use that mechanism. You all use it; you always will. No one is excluded from having the knowledge of using that mechanism. If you were, you would not exist. Existence itself implies that you work the mechanism flawlessly.

For everything that exists fits; there is no such thing as an extraneous creation. You can label yourselves that way if you wish; you can believe that you lack deservability if you wish. But by definition, if you exist, you must fit. Otherwise you would not exist.

So to begin with, at least grant yourselves the ability, the respect, the deservability and the unconditional love out of which you were created to simply know beyond a shadow of a doubt that no matter what process you may choose to create, you have what it takes to create what you prefer, regardless of how you get there. You have what it takes or you wouldn’t exist. Period.

We thank you for this opportunity in sharing with you. We thank you for choosing to function at this time as ambassadors of your world, for that is what you are right now. And we thank you for allowing us to function as ambassadors of our respective worlds, for I speak for many. And bit by bit and day by day, your willingness to co-create these interactions, and your willingness to discover yourselves and be equal with us is what creates an atmosphere that makes it conducive to meet you face to face in time; where we can function as equals, share as equals, explore as equals in ecstasy. We thank you for this gift of sharing. In return, I ask you now, how may I serve you?

Body and Soul
Q: I have an unsavory question about enemas.
B: Unsavory. (AUD: laughs)
Q: I don’t want anybody to fear this. (AUD: laughs)
B: Then don’t say it.
Q: Only kidding.
B: Oh!
Q: The introduction of water into the colon...
B: Yes.
Q: ...to clean it. If the colon wall is porous, wouldn’t it possibly backwash poisons into the body? Is there a disadvantage to colonics?
B: It does not have to, no. It can be used in cleansing, in that way. The idea also of cleansing is the idea you call a fast.
Q: Um hmm. Are there any disadvantages to enemas that you know of?
B: It depends upon the method of application, and also in this way, the idea of the belief system behind it.
Q: But the overall effect would be a good effect you think?
B: Generally, but again you will find that it is not necessarily needed in this way. Simply the idea of the fast, in many different ways may actually allow there to be a different type of cleansing to take place in the direction of the natural flow of digesting, in that sense. It may take what you call a little bit longer, but it may also be a little bit more thorough.
Q: Uh huh.
B: Although, generally, once again, it does not have to be, in that sense, harmful.
Q: Okay. Thank you.
B: Thank you.
Body Recuperation Technique

Q: I want to ask you something... I wanted to ask you before, and then it...
B: All right. Speak up.
Q: Okay. I would like some more specific information regarding my brother who is quite ill. He had something called Hodgkin’s disease when he was 16, and one way that I know I served him was that I was a nurse at that point, just newly graduated, and helped take care of him. He did very well until a few years ago, and he, when he got this disease, he was in the right place at the right time in the sense that the first cobalt machine was in the city where he was, and he had radiation that saved his life, but it may have done some radiation damage to his back.
A few years ago that radiation burn broke down and after an endless search for, you know, the right treatment, he found a doctor and chose to have massive surgery for this. Uh, and it was not very, it was not very well done – they had to go too deep and subsequent problems followed.
B: There is a technique now coming up in your society, perhaps again, once again, if this is his reflection – the right place, the right time – for the new technique in this way. It is coming out of the area you call Sweden, and in this way it is reflective of recognizing the physical body as a battery with positive and negative poles. The idea is to allow the electrical, shall we say, state or potential of the body to be brought back to a balance point. The body being in that balance point then does not contain an environment conducive to anything that is not of that vibrational frequency.
One moment. (Makes deep breathing sounds)
There is to some degree literature that exists upon this idea. As we can perceive within the subconscious memory banks of the channel, the name may be translated as a physician you call Nordonstrom. Follow that lead and see if that is something that can apply to your situation.
(More sounds of deep breathing)
An organization in your locale, what you call your country, referring to itself as a digest of science may be of assistance in tracking the individual down.
Q: Something like a journal of medicine?
B: A digest of science.
Q2: “Science Digest”.
B: Yes. For now that is what we can share. Thank you.
Q: Thank you.
1
Boredom And Imagination

B: Question?
Q: Well, in ordinary circumstances I could understand what you just said so well, but...
B: In ordinary circumstances!
Q: Yes. But lately I... sorry to be so personal, but I...
B: Oh-oh! You do not have to apologize to me.
Q: Well I’ve been in a lot of pain, and I’m not used to it. I’m not used to having pain that I can’t immediately dismiss – and this has not gone away.
B: Where?
Q: In my back and in my left arm, my lower back. It’s something to do with muscles and things like that, I think.
B: Do you mean tension?
Q: It may be caused by tension, but I’m not even sure. I’ve looked at everything and I’ve tried everything...
B: Everything! Have you tried the one thing that may take it away?
Q: Tell me what it is.
B: Oh! Thought you had tried everything.
Q: Well, everything that I... this has also lowered my awareness, so I...
B: Oh, really!
Q: Well, it seems to me...
B: All right. Are you sure you have chosen to lower, or restrict your awareness based upon the reasons for which it may be happening?
Q: I could have, but I’m not...
B: All right. Maybe; maybe not. Allow me to say first of all: how does... not the pain make you feel, but simply when you first perceived the pain, the very first perception of the pain, how did you feel just prior?

Q: Well my arm... I don’t quite remember.

B: Do not remember, all right. What about just before the pain in your back?

Q: I only remember when it occurred that I was, I guess, tired.
B: Tired. Tired of what?

Q: I guess it was walking around buying Christmas presents, or something like that.

B: All right. Was it for you a cycle of repetition?

Q: Not really; not of repetition.

B: Why were you tired?

Q: I don’t know.

B: Are you sure? Nothing mysterious about this. Why were you tired? Can be for very simple reasons. What kind of tired?

Q: Could have been that I was tired at that time, tired of life.

B: Why?
Q: Boredom.

B: Boredom! All right. Was it a very boring boredom or a very creative boredom?

Q: Ha, ha. Must have been a very bored boredom.

B: Was it a creatively boring boredom?

Q: I don’t know, maybe.

B: All right. Do you feel that in all that walking around, that you were walking uphill?

Q: Not physically, but I suppose mentally or spiritually.
B: All right. Do you feel, then, that you were more mentally or spiritually tired than really, really having any reason to be physically tired?

Q: I think it was a combination of both, because I wasn’t getting much sleep.

B: All right. You were not getting much sleep.
Q: Right.

B: All right. Do you feel that the sleep that you were getting was relaxing you? Or was it also very boring to be asleep?

Q: No, not boring to be asleep.

B: Was it boring to wake up?
Q: Yes, probably ha, ha. Yes, I guess it was. Yes.

B: All right. Which arm?

Q: My left arm. That happened rather recently.

B: All right. Are you equally in pain in your back, on one side?

Q: No, It’s more on my left side than my right.

B: The same as your arm?
Q: Yes.

B: Allow me to ask you a question. Are you now tired of being bored?
Q: At this very moment, no…oh, oh! Tired of being bored. Oh! Well I’m just not bored.

B: You are not bored.
Q: Not in this very moment.

B: All right. Then you must have been tired of being bored...

Q: Oh, all right.
B: ...until you decide that you wish to be bored again.

Q: Oh dear!

B: Oh-oh! I am not saying you will be. Simply that if you are not bored, then you must have decided to change your mind and be something other than bored.

Q: Oh, okay.
B: Yes or no?

Q: Yes.
B: All right. What are you, then, if you are not bored right now?

Q: Interested.
B: In what?
Q: Hopeful.
B: What?!?
Q: I just said a cuss word. I hear.

B: Do you understand the idea behind hope?
Q: If you hope something will happen, you’re not positive it will happen.

B: Very good. It implies that you are sending your energy toward the despair.
Q: Oh!
B: And you feel it will not happen.
Q: I see. I see.

B: And that is the reality that you create: despair.

Q: Mhmm.
B: Now, despair can become very tiring.

Q: Yes.
B: How do you feel right now?

Q: I feel so much better.

B: How is your arm?

Q: The pain is still there, but it doesn’t bother me.

B: Very good. What of your back?

Q: Well, I don’t feel anything in my back – that’s pretty good. It comes and goes anyway but right now I...

B: All right. Why does it come and go – when you change your mind about being bored or interested?

Q: It must have something to do with boredom.

B: You think so? Do you suppose it could be? Does your imagination tell you that that feels right? Do not listen to me; my opinion means nothing.

Q: But despair comes closer to it.

B: All right. But that is when the boredom is there. What about when the boredom is not there? Then what are you feeling – interest? Excitement? A little bit lighter? A little bit more of life?
Q: Oh, yes!

B: All right. Do you suppose that there is any reason really that you cannot continue to experience life in the way that you wish to? Rather than assuming that you must always from time to time, be bored? Do you recognize the pattern within the questions that have been asked today about the idea of the “still” time in between what you perceive to be the active times? The idea that being still is not being creative – where did you ever create that idea?

AUD: (Or why ever?)

B: All right. But still, without judgment, understand that much of your society is experiencing a transition out of that idea at this time. Allow yourself to know simply also that you are experiencing some friction then, within yourself, with the idea that your imagination is trying to come through in those quiet times. Allowing you then to make those quiet times not boring, but quietly exciting.

Q: Oh, I get it.

B: And understand that the friction of your imagination attempting to fight its way through the wall of limitation and despair and judgment that you have placed upon that side of your brain – represented by the right side of your brain – will control and create the friction within the left side of your body. You follow me?

Q: Yes, that makes a lot of sense. That really does.

B: Then simply allow, allow, allow your imagination to be real. And when you find yourself in times of quiet reflection, allow yourself to then very quietly become excited about the imaginative ideas which seem to blossom within those quiet sides of your brain, within those quiet moments of time. And understand that you are listening to that current of yourself and connecting into all that you are. You follow me?

Q: Yes. Thank you.

B: Oh no, thank you. Again you may simply understand that the asking of the question represents the containment of the knowledge already. Do you follow me?

Q: Yes.
B: And as such you are already transformed in that way. Now, understand that you are creating a new habit, and as such you will find that from time to time you may still feel little tiny twinges of pain. It will be all right. Allow them simply to act in the purpose for which they have been created, and that is to remind you that you may once again allow your imagination and your life and your laughter to take over and become the reality that you truly wish to experience. And understand that boredom for you is an old idea – an all right idea, but an old idea.

Q: Okay.

B: Feel free to laugh within your boredom any time you feel like it. And say, “Oh, what a creative boredom I have made. I am so creative at being bored, I astonish myself. I should tell somebody to place me in the public (–?) for the creation of boredom. That’s because if you want to know how to be bored, I can show you.”

Realize that as soon as you begin to play with your boredom, you will not be bored. You will quite quickly go on to something else. Again: realize that when you create that idea of depression for yourself, you are really going to where you know the answers are for what you need to unfold of yourself, since you are not outside yourself, but within. And when you re-emerge you will be realigned with a new idea, a new vibration. You will be a new idea, a new vibration, and as such you will be a new you. Now, you may take a very creative break. Thank you.

– Break –

1
Brain Function and Orion and Essassani

Q: How could we use the brain, then? Can you explain a little bit the function of the brain, to be able to better memorize, or to...

B: Now, there is no need to better memorize, but understand simply that what you experience, again, as your physical brain is simply the idea, in physical reality, of the projection of your consciousness into that reality. Thus forming a symbol of an idea, with regard to what has been created as the physical energies that represent the structure of that reality that is your electromagnetic energies. Your, I’ll say, energy vibratory patterns, which will form for you a symbolized construct, which will represent the idea of the consciousness that is projecting into the physical dimension in the first place. Therefore understand, however, that there will be the symbol in the form of the interaction of all this energy that will be projected in your physical reality as what you call mind. Do you follow me?

If you understand simply, therefore, that what you call, “mind” is simply the physical translation of the idea of the consciousness, which is projecting into the physical dimension, you will understand that there is no separation in that way, really, between what you term to be “mind” and the consciousness itself. And that you can understand there really is no separation between all the different levels of consciousness which represent what you are, except that there is the IDEA of the separation, created to perceive, in a very limited viewpoint for its own purposes, yourself as a limited entity. Question.

Q: Can you simplify this a little bit?

B: Not at this time. There is no need, in that way, to ponder analytically that idea to that extent, beyond what you already understand. Yes?

Q: Can you clarify something for me, because people here are referring to being “on Orion” and that’s not my understanding of what it really is...

B: All right. Understand that, in that way, your terminology of an entire area in that way, in what you term to be space, is represented by many, many, many different civilizations; which express the idea simply that that energy stems, I’ll say, for the most part, from the direction of what you term to be the constellation of Orion, in your own terminology, in your sky.

Q: So, but, so you’re talking about a specific planet...

B: Many.

Q: ...there, as opposed to... like when we talked of Essassani being a planet there... and they’re talking about this negative energy force...

B: Orion is your own terminology for the overall idea...

Q: Right.

B: ...which is represented by, I’ll say, a few different civilizations.

Q: So that negative energy’s coming from a large area.

B: In a sense.
Q: So, you know, before, we said that and – well, that Essassani was, if you look in that direction of Orion, it’s general – it would be beyond that. Is that, is that...?

B: It is not in that way beyond that, in that sense. Understand, as you will, that what you understand to be the constellation you express as Orion will be formed of many stellar groups which are at varying distances to each other, in that way.

Q: Yes.

B: Understand that what you understand to be the idea of our civilization in Essassani, in that way, will represent ourselves in that direction, but approximately five hundred light years in that way. Realize that many of the constellational, I’ll say, formations or stellar formations, within what you term to be the overall constellation of Orion, are at much greater distances.

Q: Oh.

B: In that way, we symbolize the idea of acting, in that way, as the valve between you and them.

Q2: So you’re closer.

Q: Oh, okay. So, but you’re – that’s just an arbitrary, really, position in space for you. Or is that really where Essassani is?

B: In your terms of understanding the idea of construct of space, in that way, you may, I’ll say, allocate at this time, within your consciousness, that to be a location.

Q: Okay, got it.

Q: But do you...does that exist in our terms of time and space?

B: Not really, in that sense. Understand again, that as you perceive us to be, I’ll say, in your terms, advanced in that way, we will be placed in that way; we operate, in your terminology, to some degree, from the fourth level density. That is what you would term to be, in a sense, etheric. Thank you.

Q: Thank you.

Brain Function and Orion and Essassani
Breathe, Breathe, Breathe

Q: I personally am experiencing a physical illness and I wanted to know if I could call upon my multidimensional selves to heal this body, and how to go about it? Any suggestions?

B: Yes, you can do that; it can be done. At this moment we don’t have enough time to explore all the different belief systems within you that might be preventing you from allowing yourself to do that, but it can be done.

One suggestion we have will be to explore the information in the book, "The Right Use of Will.” Do understand that all dis-ease is a holding the self out of one’s center. But you can learn from it. If it is the way you think you have to learn something, you will create the disease so you can learn, so you can release. Acknowledge that you have created it; don’t deny it. Don’t be in denial about it. You can do. It can be done.

Right now we would suggest that you take a deep breath, as deep as you can... slowly, completely and purely. One of the strongest ways to center yourself and release disease is by learning how to breathe, which very few of you know how to do, as automatic as it is. Learn how to breathe from your center. That will go a long way towards eliminating disease in your body off any kind. That is the first step. As you breathe fully, open up to attracting information and help on all levels to bring you information that will help alleviate the difficulty you are having. Attract individuals to make suggestions to you. Choose which feels best to you – do not just take anyone’s word for it. Do not be overly cynical as well. Open yourself up to know that the Universe is supporting you and will send you all the information you need. Pick and choose what feels best to you. But breathe, breathe, breathe. Take your time. Be at ease. Breathe.

Q: Yes. I heard a lot about increasing our vibrations. Are there physical exercises and things we can do, aside from mediation?

B: The breathing will help in that direction as well, because, as you center, your vibration will rise. Anytime that you feel that you wish to help heal someone, your vibration will rise. What gives you joy in life? The doing of that will raise your vibration.
Breathing

Q: What do you have to say about breathing? Because I have discovered something in crying... I’ve found that when you just...

B: Yes! Centering, energizing.

Q: Okay.

B: Oxygenation of the system, crystallization of the cellular atomic structure. BREATHING. Breathing is the primary, fundamental meditation. Allow yourself to know that when you breathe deeply, in a relaxed and calm state, you are centering yourself into the idea of being at the center of all probable realities.

Sight becomes clear. Insight. Allow yourself to know you are regenerating when you breathe. You are actually aligning yourself with the very pulse of the particular universe you are in, at any given moment. You are going with the pulse, with that breath. A deep, relaxed breath, at whatever rate represents your normal relaxed rate of breathing.

Any time that you find yourself in a situation where you feel anxious, all you need to do is replicate the breathing cycle from when you remember yourself having been in a relaxed state. Use your imagination – invoke that breathing cycle and it will always bring you back to center. Always. It is your energization symbol, your energization tool.

When you breathe in that way, you may also find yourself sleeping less and eating less, because you are drawing sustenance from the primal frequency of Creation itself. Thank you.

Q: Very good, thank you.

1
Bridging the Time Track

Q: A couple of years ago, in February – I can’t remember if it was ‘84 or ’85, I had just started seeing you at Steve’s – I got all excited and went and bought a star; the right to name a star. And I thought you were from Orion.

B: Not from, no. Not directly.

Q: Well, at that time I thought you were from Orion, so I bought a star in Orion. Then I found out about Orion.

B: Now one moment!

Q: Wait a minute. I just want to tell you. I was like, really crushed, that I had done this…

B: Ohhh!

Q: And then later on I thought, well that was really perfect.

B: Yes.

Q: And then last year… remember the earthquake on July 7?

B: Yes.

Q: Well that happened on my birthday, about 7 minutes within my birth date and time, right?

B: All right. 7-7-7.

Q: Well, almost. ‘48. Anyway, then you said that at the time of that earthquake there was a shift in consciousness that was reflected on Orion. So I was wondering if anything happened on that star?

B: Not so much on the star. But the idea is that what you went through was an energy gate that allowed itself to transcend the parallel time track going on in Orion. It is not happening at the same time. The idea of the notions of all the negativity in Orion also belong in what you colloquially call the past, not so much the present. The gate you went through, Orion went through. Seemingly on one level, simultaneously. But in terms of the Orion time track it was also, to some degree, in the past.
You have simply caught up to your particular wave front version of that gateway, so you felt it when it was necessary to make sense to you. When it was most appropriate to you, when it was most symbolically representative to you, is when you felt that gate.

Not that it occurred exactly in your time track at the same time in another time track. On the level where all things are simultaneous, then yes, it was at the same time. What occurred in that system was a shift, an awakening. And just as an awakening occurred within you here now, an awakening occurred within you, there, then.

Q: Okay.

B: Which was also on the birthday of the individual you were, there, then.

Q: At that time.
B: At that time.
Q: Okay, now here’s what I’m wondering. When I got that star – well, I didn’t buy the star; I bought the right to name it.
B: We understand. No one owns a star.

Q: Right. But I asked you if your people had ever explored that star, and you said yes you have, and that you had discovered on it a certain type of telepathic energy. And I’m wondering, if you could see the star, does it look any different now?

B: Are you speaking of the star, or are you speaking of the worlds around the star?
Q: I was thinking of the star.

B: Stars are associated with a type of consciousness, and they transcend many different time track awareness’. In looking at that star we can sense that since it is connected to a change, to a gate, and since it is connected to worlds around it that exhibit life forms that are going through certain transformations, then the total energy of the system, including the star, was altered after you passed through the gate.

Because we see the relationship of things, that is how we perceive it. We see everything in relationships. So when one side of a cube changes – if you will, by analogy – we see the whole cube as changed. So in that sense, yes, we see a change.

Q: Right. The reason I keep asking you this is because I keep getting this picture. I feel really connected to this star, and I feel the energy’s changed. And I feel like at one time – it’s smoky now. If you know what…

B: Yes.
Q: That’s what I wanted to find out about.

B: It is a symbol for you that you can avail yourself of a symbol, of a tool, of a material, that may allow you to be more in touch with your own sensitivity, your own telepathic connections, your own communications from your guides and higher self. This symbol can be translated into smoky quartz, for smoky quartz is the Orion crystal.

Q: Okay. Thank you.
B: You can use it as a gate, if you will. Meditate with it; for it can be of assistance to you in this way. It can connect you into the same time lines that you existed in then, so that you can bridge the time track. So that you can let the past you know that the future you, the you you are now, is doing just fine. And that is what will allow the past you to make the change that the future you has made.

For many times you will find that the revelations you go through in this life are because you are bridging connections between the you you are now and the future you you are becoming – the future you letting you know you did just fine. And that makes all the difference in the world, and allows your life to unfold in a natural way. You follow me?

Q: Not exactly.

B: All right. Sleep on it.

Q: Okay.
B: The idea is simply that you exist in many different forms in many different time tracks. And whether you know it consciously or not, there is communication that goes between all these different fragments of the oversoul that you are.

When many times you receive this communication, you may interpret it as a revelation that goes on within you. Those revelations, those awakenings of awareness, many times actually represent communication from a future you that knows – while you are still wondering – that knows that everything is just fine, and sends a message back in time. And when you receive that message, to you it is the revelation that everything is – or, quote/unquote – will be, just fine.

Q: Okay. So you are you saying that there is a communication occurring between a future self and a past self and the present self?

B: Yes.

Q: Okay, I understand.

B: Thank you.

1
Calendar Cycles
Circa 1995

Q: It’s been said that Jesus was crucified and resurrected and then ascended, and it’s also been said that he lived and had children. And that brings up the question of our calendar, it’s been said that different rulers would form their own calendars and that they were then the Messiah, and when their reign ended another calendar would be formed, etcetera.
B: Yes.
Q: And it’s been said by an astrologer in the Seattle area that we are actually seven years off in our current calendar settings . . .
B: By one calendar, yes, in another, you are four years off, yes. In another, you are actually thousands of years off.
Q: . . . that we are actually, in relating to the Mayan calendar, in 2002. Is this an accurate assessment?
B: Not according to how the collective energy has recalculated, and recalibrated itself on your planet. It still stands that according to the idea of the Mayan calendar, ending in your year of 2012, that most of you now, in what you call your new age awareness, have recalculated and recalibrated yourselves to that particular cycle – so it still stands.

Calendar Cycles
Career Direction and Homosexuality
Q: Your humor is terrific.
B: As is yours.
Q: Thank you. I have two questions. The first one is, I’ve experience considerable difficulty in getting a clear career direction. I would like some guidance on the matter.
B: What excites you the most?
Q: That’s the problem; I haven ’t found that.
B: Problem! All right. Let me ask you a question. Why are you here this evening of your time? Did it excite you to come here?
Q: Yes.
B: Then it is as simple as that. What will you do when this conversation is ended? What will be the most exciting thing you can think of to do that you are capable of doing after you leave this interaction this evening of your time? Take it one step at a time.
A career can be many different things; it doesn’t have to be one thing. You are a malleable being. Change being the only constant in creation, maybe the type of career you will have will be a multifaceted, multi-changing one.
If you are focusing upon the idea – just because your society says that you should – of having one thing, and one thing only, that you can consider and call your career for life, then you may not be allowing yourself the degree of flexibility that will truly allow you to know that, perhaps, simply, life itself is your career.
Q: I’ll accept that. Second question: speaking of our society, in our society organized religion tends to condemn homosexuality. What are your comments in regard to a person being homosexual and the relationship to spiritual growth?
B: All right. We will keep this brief, since there already exists literature in the idea of our viewpoint upon this subject. Nothing is either, in your terms, right or wrong. But the idea has blossomed in your society for a very specific reason. And that is because for many tens of thousands of years what you may refer to as the mainstream of your society has refused to accept and acknowledge that each and every individual has the capability to blend the masculine and the feminine energies into one idea.
In refusing to blend these ideas, in maintaining them as separate dichotomies, then many individuals simply took it upon themselves, in being born into your society, to attract life styles that would generate within them an obvious manifestation of the polarity energy within them, regardless of their physiology. This was at first meant to be a reflection to the mainstream of your society that each and every individual contains the potential of both energies, and that each and every individual – if they are willing to blend these energies together – will then function in a balanced way.
Not separating the idea of, “this is masculine, this is feminine; and forever shall they part.” But the idea was not understood. More and more invalidation was heaped upon it, to the point now where it has
blossomed in the idea of spreading the idea of, what you call, the diseases that now drop the barriers you have set up – forcing the mainstream of your society to interact and face themselves on all the different levels throughout time that they have refused to face.

When individuals marry within themselves the masculine and feminine energies, and blend these ideas – not because it is right or wrong, but simply because it will no longer be needed, homosexuality will simply not exist in your society. There will be love for all in an equal way.

But the idea of an individual who chooses to be born as one sexual expression or another will simply manifest the balance in that way – manifesting blending of male and female as a male, or manifesting blending of male and female as a female. And will not need to reflect the dichotomy because there will be no need for that tool any longer. You follow me?

Q: Yes.
B: Does that assist you?
Q: Yes. Thank you very much.
Q: Thank you! Sharing!
B: There are a variety of things coming up now from a very strong entity on your planet that will be of great assistance to many of you. Not that it in any way, shape or form, invalidates or discounts any of the other entities that we have also referred to from time to time, that are in your terms doing good work. But there is, also, now an entity who is known to many of you by your name of Caroline Myss. Do you understand?

Q: Yes. I have her tapes.

B: This is potentially and particularly very clarifying and very potent and very powerful in terms of getting back in touch with your understanding of what you already know to be true, and discontinuing your existence of self-denial.

So I would, in that sense, as far as we are capable and allowed to do so, recommend that as a strong and potent source of information to incorporate and integrate into all of your lives. For that entity is doing clear and good work.

Carolyn Myss
Cat Allergies and the Panther

Q: What is it about so many of us who are allergic to cats?
B: It can simply be, one reason can simply be, the rejection of the blending – of the third and fourth dimensions which cats represent.

The rejection of your ability to send your senses into all those different levels. So you reject the symbol that represents that ability.
Q: But physically, I really do have a love for cats.
B: Yes.
Q: At least consciously, but I still can’t...
B: When you allow yourself more opportunity to experience the reality of living in that atmosphere comfortably, then the atmosphere they have around and about them in their auric fields won’t bother you. Once you make it your own.
Q: Ok. Thank you.
B: Thank you.

Q2: I wanted to know if there is any difference in the symbology of the black panther to other cats?
B: Obviously, or it would not be a different cat.
Q: So, what is it?
B: You tell me.
Q: Secrecy?
B: Very good. One idea attributed to the past was of many civilizations utilizing that symbol to represent the occult or the mystic arts. And it is also why you still feel so connected to the idea of having a black cat cross your path.

Audience: Ooohh. (Laughter)
B: For it represents the stepping over of a threshold, the crossing of a path, in that way, that leads you to the portions of yourself that have been hidden for so long that you simply usually associate a fearful attachment to, but it does not have to have one.
Q: I see, thanks.
B: Thank you.


**Cause and Effect are the Same Event**

Q: I’m an actress in New York, and I’ve believed that you create your own reality for a long time now.
B: Our perception is that you are in the city called Los Angeles.
Q: Right, okay. But anyway, I want to know what I can do to speed up my career progress. It isn’t…
B: Speed up?
Q: Yes, well, I want it now: I want to do films now, I want to do television now; I don’t want to wait twenty years.
B: All right. Go ahead.
Q: But what can I do? What do I physically do in my…
B: *Be* an actor. Are you?
Q: Yes, I am.
B: Are you sure?
Q: Yes.
B: Really?
Q: Yes.
B: Then if you are an actor…
Q: I do work at it; I do work at it…
B: You what?
Q: I do work in the profession.
B: So?
Q: But I don’t earn my total living doing it.
B: So what?
Q: And I would like to do that; I would like to totally…
B: Then do so. What are you holding on to?
Q: I don’t know; that’s why I’m asking you for your help, because I’m doing everything I know in my power to do…
B: You are.
Q: …and I get jobs here and there…
B: Here and there.
Q: Yes, but not consistently, not enough to support myself just acting, which is what I like to do.
B: You are missing the point. When you trust that you are an actor, then there will be nothing else that you will want to do, and you won’t do anything else. That is what will give you the opportunity to be supported only as an actor.
Q: Okay.
B: You follow me?
Q: Yes, I do.

B: It is a matter of trust. Once again, the idea is that you are always a 100% idea. If you are doing something else and you wish to be doing the action, and you say, “well, all right, I will work as hard as I can at being an actor, I will be an actor 100%.” How can you be an actor when you are still 30% something else? You follow me?
Q: Yes, I do.
B: So recognize that you are always a total 100% idea. If you are still 30% something else, then the most you can ever become an actor is 70%.

Q: So does that mean quit the survival job that I have on the side? Is that what the holding on…
B: That is what it may mean. It is a matter of trust.

Now, understand, it works; I guarantee it. The understanding is that every idea – every idea – comes complete with all the ingredients necessary for the manifestation of that idea, and the continuance of you being that idea. You do not have to do anything special; all you have to do is act like you are the idea you believe you are. If you are willing to act like the idea, then the universe has no choice but to support you by giving you a reason to support the effect you have created. The cause does not have to come first.

Q: Okay.
B: You follow me?

Q: Fulfilling relationships with members of the opposite sex have eluded me for years. I get love and intimacy, or I get sex. And I want to know what I can do so that I can get all of it in one person and have, you know, a life partner.
B: Be that. Understand, this is an idea of attracting a reflection of your own belief in your own incompleteness, the understanding that you think you need a relationship in order to be complete. That means you can only attract a relationship that will only reflect your belief in your own incompleteness. If you already know you are complete and do not need the relationship to complete you, then you will be of a vibration that contains the totality of all that you prefer in someone else. And by being that vibration first, you will then attract who will reflect that vibration of completeness back to you. So it is not so much that the relationship is there because you need it, but it is there so you can share each other’s completeness.

Q: Okay.
B: Again, the idea is that you are looking for a reason before you will allow yourself to be the effect. Cause and effect are the same event. Be the effect, and nature will supply the cause automatically.
Q: Okay. Thank you very much.
B: Thank you.

Cause and Effect are the Same Event
B: All right, I’ll say good day to you, at this time. How are you all?
Q: Good, Great, perfect, etc....

B: All right. We extend to each and every one of you our deep appreciation, once again, for allowing this transmission to come to you, through this particular gateway, and in this manner, and at this time. Each and every time your civilization allows our civilization to communicate with you, in this way, we are allowed the opportunity to experience, through each and every one of you, that many more perspectives that Infinite Creation has of expressing Itself in, and we thank you for this gift of sharing.

We would like to begin this transmission, this day of your time with the following idea, first and foremost, of course, we recognize that the local to which we are communicating is celebrating certain of what you call seasonal holidays. We will thus take a moment to address some of these ideas. But, at the same time, and as we begin, we would of course like to remind you that anything that you choose to celebrate will be, of course, ultimately a celebration of life, of existence, of beingness. It does not really so much matter, as many of you know, what form you place this celebration in. Allowing yourself the opportunity to express it in certain ways is, simply, one more creative way, one more creative facet, one more creative aspect of All That Is, of the Infinite, of the One, whatever you wish to call it.

Creation does not care what name you give it; be it that you use the term of God, be it that you use the term of Christ Consciousness, be it that you use the term of Buddha Nature, be it that you use the term of Krishna Spirit, or any other appellation that you may concoct within your own understanding of your relationship to creation. For there cannot be a name that you can conceive that can be outside of Creation, for there is nothing outside, there is nothing beyond; all things are included within All That Is. That is the idea and the very definition of the Infinite, that it is infinite and that nothing that can be imagined by any being on any world, in any dimension of experience, can possibly, by definition, be outside the Infinite. And so, any name you come up with is as valid as any other name. Any other approach, any other ritual, any other ceremony, any other celebration you may choose to invent as representative of your relationship, personally, uniquely, individually or collectively, to the Infinite or any aspect of the Infinite, cannot by its very nature be wrong or better than any other aspect or representation; all are part of the One.

The One values, cherishes, honors, any expression that any aspect of Itself, this means all of you, all of us, all beings in creation, honors any idea or any perspective that any individual comes up with, in its relationship to the One. For that is the whole point of the experience of being an individual, is to recognize that while you are a unique part of the One, simultaneously, each and every one of you and all beings in creation are also the total One, the whole One, experiencing Itself and expressing Itself as a part of the One. This is the great paradox of the Infinite, the great ability of the Creator to be both, simultaneously, All That Is and every single part within itself, experiencing itself as an individual,
separate from the One; and yet, simultaneously, experiencing itself as the total One, as a separate individual.

As you allow yourself to explore the idea of the celebration of your holiday season, do please understand that that energy is meant to accelerate throughout your entire year, your entire orbit. You can use it any time of your season, any time of your year. And the idea is to ultimately recognize that each and every one of you, individually, is a celebration of a part of the Creator, is a celebration, another way that the Creator has of expressing Itself, another way the Infinite has of experiencing Itself. The other ways, all the other ways that the Infinite has of celebrating that It exists, that is what each and every being in creation is, a celebration by definition. So when you are celebrating the One, any aspect of the One, any ritual, any ceremony, remember that you are also celebrating yourself and each other. You are celebrating that you are aspects of each other, reflections of each other, which is what relationships are all about anyway. And as you celebrate those reflections, the whole idea is to allow yourself the opportunity to surround yourself with the opportunity to learn more and more every day, in all ways possible who, who the unique aspect, who you are as the unique aspect of the One.

For the more you cherish that uniqueness, the more you honor the One, for all of the individual puzzle pieces in a large puzzle picture must truly be themselves, if they are going to fit with all the other puzzle pieces, and support the whole picture. If any puzzle piece tries to be something that it is not, tries to be a different shape, then it will not fit with all the other puzzle pieces and will not support the One. So as you celebrate the uniqueness that you are, and honor and cherish that you exist apart from all others, that you are an expression of the diversity of the One, understand that it is that act itself, not in a selfish way, negatively, but the honoring of the self, the valuing of the self, the validating and the loving of the self, that actually is the greatest gift you can give to the Infinite. For you are saying that you are a valuable part of All That Is, and that you are a valuable expression of the Whole, and thus, then can, in so doing, support the whole picture and everyone else’s idea and unique perspective.

You are like a hall of mirrors reflecting each other, to each other, to show each other who you are, not only who you are to someone else, but to help everyone else understand, more and more, in your relationship with them, who they are. That is the greatest help you can be to anyone. The greatest love you can give to anyone is to help them know and learn, more and more every day, who they are, to support their uniqueness, to cherish their individuality and the infinite diversity you are immersed in, in your world of experience.

We share these thoughts with you because these are the ideas that exist deep within your hearts, deep within the core of your true being, of your true spirit, of your true consciousness. At the core of every being there is one vibration, the primal resonance of unconditional love of All That Is. The existence itself is the vibration of unconditional love, total support, absolute support, and unconditional support. As we have said quite often, you will find that in some ways, paradoxically speaking, the very proof that you are unconditionally loved is that you are actually allowed to believe you are not unconditionally loved. That is how unconditionally you are loved. That the All That Is, the One, the Creator will even
love you so much that it will allow you to believe that you are not loved, if you want to. That is the proof of how unconditional the love of Creation is, because it allows you anything, any reality, even self-denial, even self-destruction and self-depreciation and self-devaluation, because it knows you are worthy of any experience you can imagine, and anything that you decide and you choose is the experience you need to go through. It will support you in that experience, no matter what it is, even if it involves the idea that you lack support and lack love; you are supported in believing in lack of support. The universe is a self-fulfilling prophecy in that way, a self-perpetuating cycle in that way. Take it to heart, you are unconditionally loved, infinitely loved.

And each and every one of you is a spark, a flame of that eternal light, that infinite light. You are spirit, you are consciousness, and you are being. You all, each and every one of you, though unique, share the same identical purpose, the same identical mission, and the same identical goal in your physical life reality experience. And that goal is to simply, as uniquely as you can, according to your own individuality, be the best you, you can be. That is the only function you have, the only purpose you have. You do not need to get caught up in the idea that you need to fulfill any other purpose or any other mission or any other goal in life.

All the things in your lives that you call purposes, goals, projects, missions, these are not your goals, they are not your purpose, they are expressions, creative expressions of your purpose, of being you. However it is you want to express the goal, the purpose of being you, is up to you; that is where your free will comes in. But those are not your goals, do not place your expectations upon them as if they must come to fruition in any particular way. Because there are an infinite number of ways in which your dreams, your desires, can come to fruition, many times, even greater than you can image, at any given moment. The idea that allows you to know that you are walking the unerring path of your true self, is to simply, at any moment, ask yourself, am I being the fullest me, the best me I know how to be; am I following my joy, living my truth to the best of my ability? If the answer is yes, that’s all you need to do. And nothing, nothing, NO THING is expected of you from the Infinite. That is the only thing you have to do, is be yourself!

However, we do understand, in communicating to your particular civilization, that one of the most difficult things many of you have created for yourselves is to be yourself, on your planet, and we understand the great challenge that this affords you. Take it to heart and do not feel despair. Do remember, one of the reasons you adopted upon yourselves and accepted upon yourselves the great challenge of forgetting who you are, and forgetting that you are connected to the Infinite, and forgetting that you are unconditionally loved; the great challenge is, that when you finally remember who you are, when you start being who you are, and after you have learned to do this, coming through the great challenge of having forgotten utterly, you will be that much more certain, that much stronger, that much more in the light, by having come through the darkest darkness and still been capable of remembering who you are. That’s why you have created this challenge.

So we, as a civilization, wish to extend our greatest thanks to each and every one of you for accepting
such a challenge of strength upon yourself, for from you, we learn and all other beings learn that if you can do it, anyone can.

Q: Much laughter. Yes! Clapping....

B: Because in our experience, not that there are not others, but in our experience, your world is one of those that has challenged itself most strongly, in the area of not knowing who you are, and yet you are still remembering. And that shows the infinite strength of the true spirit, and the true heart, and the true beings that you are. Take it to heart, trust it, have faith with it, live in it, for that is who you are; there is no doubt.

We take this opportunity to thank each and every one of you for allowing us to remind you of what you already knew, and for allowing us to remind you to pay attention to your hearts, to your spirits, to what you know to be true for yourself. For all are created as infinitely powerful as they need to be, to create any thing and any reality they so desire, without having to hurt themselves or anyone else in order to do so. You are infinitely strong, infinitely imaginative, infinitely creative, because you are an aspect of the Infinite. We thank you for allowing us to express this to you. We thank you for your gift of sharing, in this holiday season of yours. In return for the gift that you are giving to our world, I ask now, in what way may I and my planet be of service to you?
Cellular Electromagnetic Reprogramming

Q: A lot of us in the room have been going through a treatment called SHEN, by a lady named Lynn; and it is basically a laying on of the hands and it energizes different energy centers.

B: Yes

Q: Can I get your comment on what is actually taking place when the heat from her hands radiates outward, and what physiologically takes place? There seems to be a powerful impact that takes a few days for complete reorientation.

B: Yes. There is an acceleration of the vibration of your electromagnetic field; and an acceleration in the spin of the vortices in the cells of your body, redefining the electronic signature of each cell. Reprogramming, in a sense, elasticizing the potential of each cell to be reprogrammed electromagnetically, as electromagnetic energy is the first manifestation of spirit in physical reality. Do you understand?

Q: Yes.

B: The vibration is being radiated in the field of that being, or any being who participates in that kind of idea, and as you are immersed in that field you are then given a pattern to match, and in matching that pattern you allow your own cellular reprogramming to take place, or cellular elasticity to take place, so that you can more easily reprogram your cellular reality with your consciousness. It is like an unlocking mechanism, stepping up your vibration to allow you to be more in alignment to the frequency of your consciousness itself, so that your physical reality becomes less solid, less structured, less “rigidized.” Do you understand?

Q: Yes, thank you.

B: Thank you.
Bashar: Channeled by Darryl Anka
From "Field Trip"
1996
"Cetacean Consciousness"

Bashar: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
Audience: Great, prefect, etc.

B: We will begin the idea of this interaction, this evening of your time, with a bit of illumination regarding the "other" species upon your planet that exists within the idea of the same level soul, that which you call the whale and the dolphin, in that way.

You being the idea of the land human, they being the idea of the water human; you are the same soul type. You have the same degree of ability intellectually in that way. You are different in terms of your application but, in this way, there is more than a little potential for you to communicate very openly, very easily. Recognize, in this way, that they have been receiving communication from other civilizations for many thousands of your years. You have been receiving these communications, but only now are you beginning to pay attention.

In this way, recognize the dolphin, that sentient form, has much to share with you about the methodologies of allowing yourself to open up your sensitivities and receive communication that is being sent to you always. For it is mostly upon the wavelength, the frequency that you would call empathy that you will feel these communications. It is emotion, feeling that will allow you to activate those facets of your imagination crystal that will give you the recognition that you are in touch with many forms of consciousness by definition, by existence, by right. In this way, you are never out of touch; you are always in connection with everything.

You can utilize interaction, whether physically direct or emotional or through your imagination doorway, to invoke assistance from the cetacean life form you call dolphin and whale. Simply, in this way, go within and invoke an image, in your imagination, of a dolphin form floating before you. It may appear to be, as you understand it, natural, lifelike, in that way, with skin coloration to match, or you may see it as an ethereal form, a ghost-like sparkling image, either silver or golden. In this way, you may also, from time to time, invoke this image as a dark silhouette filled with stars as if the Dolphin shape is in itself – a doorway, to many different connections, many different consciousnesses.

Recognize that they are ready and willing to assist you in this way. And you can allow yourself to utilize their energy, coupled with your own, through the dimension of your own imagination, which is the dimension of the existence of your soul, of your basic fundamental reality – your imagination. It is REAL. Allow yourselves to rely and trust upon the idea that as you invoke any feeling, any image within your imagination, you are traveling inward into a reality no less real than that which you experience to be your physical reality. For that which you experience to be your physical reality is only but the product of your imagination, anyway. It is that, but you give to it solidity that makes it seem to be MORE than, what you normally call, your imagination, and that is the only difference.
It is your beliefs and your bias towards thinking that the idea of the imagination that you are perceiving as that portion you call your physical reality has more substance than the rest of it, and it does not. You create the illusion that the linear time frame structure in which you exist cannot allow there to be such a reality as your imagination, being that it is etheric in nature, in that way, not substantial, as you would call it. But now, you are beginning to enter a phase of your existence, your transformation into fourth density reality, that is the beginning of allowing you to know that ALL you have ever perceived, for many tens of thousands of years, has only been the product of what you imagined your reality should be. It is that malleable. We are not speaking in analogies; it is that literal; it is that simple.

You are right NOW dreaming in a very real sense of the word, no different from when you, in a sense, dream when you are asleep, in this way. This is a focused, waking dream, and, as we have said, in many ways the more limited of the dreams. For when you are in your dream state you are unlimited and very much more aware of more of the being that you actually are. Your imagination is the key, the bridge, the link, the conduit, the tunnel, the channel through which you can link the physical dream with the non-physical dream, and see how the physical dream is but an extension of all that you are, as a non-physical being, as an ETERNAL being.

In this way, allow yourself to allow the imagination to be a conduit, and allow it to provide you with communication from your dream, non-physical, higher self, soul, over-soul realities to your physical reality, which is but an aspect of the totality of the being that you are. And trust that what you perceive within your imagination, whatever methodologies you require, whatever processes you may wish to create in life to allow you to ascertain and appreciate and experience and explore your own spiritual growth can come to you through your imagination.

Your imagination is specifically the tool that is tuned to your vibration and can only, by definition, give you what will work for you, otherwise it would be someone else’s imagination. Your imagination is the tool, the primal crystal, the primal tool. Any time you need a method, any time you need a way to do something, trust your imagination to give it to you. For it can ONLY give you what, by definition, is the vibration that represents that path you chose to be. If you are willing to trust and not judge it to be invalid, you will always find that your imagination will ALWAYS, underline that an infinite number of times, ALWAYS keep you consciously on the path you chose to be. You follow me?

Audience: Yes.
B: Are you all alive?
Audience: Yes!
B: Thank you! Audience laughs Now, this night of your time, in terms of what you call, after your break, there will be sharing with Sirius energy. And in this way, will be an opportunity to explore the structure of your imagination, and begin the process of going within and allowing your imagination to begin to blend in your physical reality so that your life becomes a waking dream, always and constantly blended within the idea of the higher self. There will also, after that, be the opportunity, once again, for, what you call the third time this week, for very specific reasons, the opportunity to explore within your
imagination, what you would call, a visit to one of our craft. In this way, it will be an exercise in reality, but an exercise that will allow you to stretch your senses beyond that which you normally consider to be your day to day series of events. It will be real, and you will experience what you will experience, and that which you will experience will open doorways within you, the doorways that need to be open at this time. We will explore this idea after your break. For NOW, let there be the CONTINUATION of the sharing that continues forever. Sharing!
Chakra Alignment Meditation
Circa 1995

Let us, again, close the eyes, and let us extend in a brief meditation, once again, for the purpose of strengthening this connection and alignment, of grounding a connection to the Infinite Source.

Take a deep breath in, remember the heartbeat, remember the alignment, remember the flow… and out; and once again, in… and out; and once again, in… and out. Three times, one for each aspect of the personality: belief, emotion, and thought pattern - action; and to align the prism of your personality construct.

Continue to breathe in a regular manner, and imagine that you are standing in a beautiful place, either a grassy park or a beach or some form of nature. Anything in nature, any place of natural views, any time, either day or night. Imagine standing straight and tall and true, in this place of peace and tranquility and expansiveness. As you see that you are standing in such a place, with your inner sight you look around at the expanded horizon and vistas before you: the sky, the ground, the trees, the rocks, the water, whatever there may be.

Allow yourself now to become more aware of the different chakra points within you, as if they are beads on a string, beautiful glowing beads. Each of a different color: in the root chakra a glowing ruby red, a beautiful glowing red. Moving on up the string, a glowing orange, topaz-like stone. Moving up into the solar plexus, a beautiful yellow, citrine crystalline stone. Moving on up into the heart chakra, a gorgeous flawless, green emerald, like the verdant grass that surrounds you. Moving on up a state, a beautiful sapphire light-like stone, a beautiful light, sky-blue in the throat. Moving on up into the third eye, a deep, deep purple amethyst stone. Moving on up to the crown chakra, the beautiful amethyst spiral, the splendor and radiance of its blooms and gleams.

Now the crown chakra is actually shaped like a ring, a circle, a crown, literally; and in this sense, again, has been depicted in many of your religious paintings as, what you call the halo, the crown chakra. Allow yourselves to look up the string and see that there is a cone, point downward, spiraling up and expanding outward, a beautiful white light up and up, and up and up… becoming more and more and more crystalline and transparent, until it aligns to the top into a beautiful transparent flawless crystalline clear sphere of energy, way at the top of the line of light that runs through.

And then from there look down, all the way down the string, back through every little chakra point, let it tickle as you go down, and feel it go down through the root, down into the knees, where there forms a base, a structure, a support system of flexibility and motion. And then through you, into the deeper colors of reds and browns and earth tones– below the feet, deep, deep, deep into the earth, to the core of the planet itself. Feel the string go all the way down, anchoring, so that you feel you are like a giant being suspended on a string. Suspended on a beautiful string of light, from the center of the earth, up to the top, up through the crown, back up to the crystalline source.

Now pluck the string on top and hear and feel the resonant vibrations, the harmonics above you, singing like a chorus of angels, as the music of the spheres. Pluck the string below your feet and hear the deep
resonant tones of the foundations of the rumblings of the earth and the solidity of the knowledge, of ancient knowledge and wisdom. And feel the string within you; pluck it, and feel the beautiful harmonies of all the different sounds and voices of each of the beautiful colors, and of the strings that provide the spectrum of light that make up your physiological selves.

And as you feel this string, this light, come down, allow the now to expand further up, further down, allow the crystal to be on top, soar away from you - higher, higher, getting away from you, as far as it is possible to go. And time and space beyond those barriers is finished forever and ever. And the string below you expands to infinity, down, down, down, down, until it becomes deep pulsing black, the blackness of night, unbroken by the stars and beyond all thoughts of sound... go down, deep forever, forever. Up and down, then bring the crystal back down, bring the foundation string back up, and bring them closer and closer, closer to your body, closer and closer... not quite there, just feel them resonate above and below.

The lightness, the purity, the ringing of the crystalline bead on top: it is the deep foundational vibration below your feet, the subterranean bellows. Then stretch them back out to their normal place, just so far away on top, just so far away on bottom, to the center of your earth, and up into the stars. And again, see that you are in this place of perfect peace, perfect balance of the center, surrounded by the beauty of nature. And see this you stretch out your hand, to the right and the left, and allow, allow, allow your left palm to face up, your right palm to face down, and feel the energy of perception, of allowance in your left hand; all the energies flowing down from the heavens, pouring onto the palm of your left hand, flowing up your arm, around your elbow, in your shoulder, down pouring through you, filling up your body with this beautiful liquid light. All the way to the top of your head as if you were a hollow crystal shell; and feel it flow out your right arm, down, down to your wrist and out the palm, flowing downwards into the earth, downward into the earth.

And feel energy rising from the earth, going in the opposite direction of that flow and at the same time coming up into your right palm, a deep, a deeper orange. Flowing, again, in your right hand, into your right arm, filling you up, blending and mixing with the other fluids, flowing; the beautiful white, golden light from above, mixing with the beautiful deep, deep, deep colors of the earth. And flowing out your left, your left arm, and flowing back up to the heavens out of your left hand, so that there is this flow in both directions. See yourself doing this, feel the vibration.

Then, then, when you are full, bring your hands together and complete the circuit... so that there are these two substances of liquid light, these two flows, now flowing in both directions... bring your hands together in the prayer mode, flowing in both directions from palm to palm, around and around in your body, up and down, through and through in both directions.

Then open your fingers, touching only fingertips, and bring your hand down and down to the solar plexus. And feel there a beam of light, forward and backward, future and past, suspending you in the present, balancing in the now. Then raise your hands apart and flow energy out, and take energy into this beautiful place you have created yourself to be in. Feel yourself connecting to all the elements of nature:
the ground, the soil, the rocks, the trees, grass, animals, earth moving, clouds and sky...everything, the sounds, the sights, the smells. Feel, align and vibrate, new, first-born, yet ancient, ancient and old and wise.

At the same time it is the blending of all polarities, male and female, light and dark, past and future. All ideas blend from the center; all ideas come from the center. You, again, are the glowing crucible in which all the realities melt and are re-formed, according to your intention, which is illuminated by your excitement, your joy, the vibration of your destiny, your chosen past, self-created karma in this life: to be uniquely you – the you, you are. To cherish, to love the unique you that you are, to relax into the unique you that you are, so that you do not need to fret, so that you do not need to worry – so that you do not need to create stress. You can know what you need to know when you need to know, if you will but be who you know yourself to be.

Take a deep breath in while standing in this beautiful place of perfect peace, smelling the rich smells - let it out. Take another deep breath in, feeling your alignments, your belief patterns, and your emotions, your thoughts, your bodies, your minds, your spirits, your knowingness, your consciousness, your awareness... everything tingling, vibrating. Take another deep breath in, and out. It is beautiful just to be, it is beautiful and powerful to simply choose to be what you wish to be. It is beautiful and powerful to recognize that you can align and be aligned with all the ideas, and can still express a unique diverse richness of self.

GO back into that blend; because that’s where all realities are, that’s where information is, that’s where all answers lie. Remember: it is natural, natural, NATURAL, that when you know you cannot find what you need in the reflection of the external outside world, it is natural for you to draw within. This is not negative depression, as you have defined it, it is only negative and becomes lonely and isolating when you define it as a negative, as an unnatural thing, as something being wrong. It is compression; it is going to where you know the information is, in the center of yourself.

It is GOING within the crucible, to restructure, re-identify, redefine what you are. And to thus, thereafter, emerge as a new being, like a butterfly from the chrysalis – spread new wings of beautiful vibrant color, flap them and fly. This is what going within is all about. It is natural, without judgments... allowance. It is a creative act of rebirth, giving birth to yourselves, over and over and over again – infinitely, for change is the only constant that really exists within the manifested reality of your world.

Now open your eyes. And, again, understand: you are, at every moment, new; you are not those people who existed, really, at the beginning of this workshop; you are new. You are new ideas and the changes you have made have changed everything in Creation, everything; everything. Go forth and act in the manner that shows you know this to be so. Do not put heaviness and hesitations upon yourselves; if you allow yourselves to lighten up, you will find that you are capable of anything and everything when you remove expectations that you must do everything perfectly.

This, again, is the paradox – not to use paradox to your advantage, not to see it as a trap, not to see it as
an obstacle – but to feel the vibration, to go within, to know that in that space, in that time, in that spacelessness, in that timelessness, is all probable realities, is all possible experience.

You recognize, in that space, who you are choosing to be; through your imagination, who you wish to be. And you emerge through your actions to express that idea in whatever way, shape or form is reflective of the excitement, of the joy and the unconditional love of THIS NOW moment, as you have deemed it is to be so. You have free will; use it. Now then, how are you all?

AUD: Excellent. Great. Fantastic. Et cetera…

There will be time now for some interactions, that which is to you called questions. Sharing!

Q: I would like to ask you about a dream…

Chakra Alignment Meditation
Bashar: All right, I’ll say good day to you, this day of your time. How are you?
Q: Great!
B: All right. First of all, once again, we thank you very much for this interaction, for this bridge, for this interface. For your willingness to allow our world to experience an expansion of a perception of All That Is, through these interactions with each and every single one of you, we thank you.

We would like to begin this exchange by saying, things change. We have talked about the fourth law – change is the only constant. Everything changes, except the first three laws of course; but we won’t go into that right now. Things change. You have noticed more and more changes taking place within yourselves, within your community, in your reality, as we have discussed these past fifteen orbits, that there would be more acceleration of change in certain directions and many of these you have begun to see.

We would want to, at this time, express upon you that as you change so does your experience. As you change your relationship with All That Is, so then does your experience of All That Is. Many people upon your planet have and still are allowing themselves to lock into the idea of fear with regard to changes, and expressing these ideas as catastrophe, upheaval, calamity. However, many people are now also realizing that as you change so does the way in which you experience transformation, and while you can still observe that many places upon your planet may be experiencing certain kinds of stresses, certain kinds of upheaval, certain kinds of difficulties, you are, perhaps, some of you, beginning, just beginning to get an inkling that some of the great, sweeping, world transforming changes that have been predicted for a long time – you are beginning to get an inkling that either some of these may no longer happen in the way they were originally predicted, or may simply be more gradual than you first thought.

For as you smooth out your ability to change, as you get used to the idea that change is your friend, as you are more willing to use change in a positive, constructive way, as you are more willing to invite change without fear, then the changes that are reflected in your outer reality can also be, likewise, smoother, more gradual, more handleable. As an example of this, many of you will recall that one of your strong, famous seers, visionaries, or what you may like to term, psychics, that individual you knew as Edgar Cayce, many of you have read, what you term, his prophecies, his predictions as he gave them from his sleep-like state, or his trance-like state. And many discussions have been had and many remarks have been made upon his prophecies and predictions of catastrophic change, global change, earthquakes, weather, pole-shifts...so forth.

It is now interesting, very interesting to note that there is a new book that has now emerged about many of these prophecies from Edgar Cayce being discussed in a new light, by individuals who have gone
back through the archives of his predictions, examined them in more detail, and it is now beginning to be discovered, or perhaps more precisely, it is now beginning to be discussed that some of these prophecies and predictions actually said that many of these changes that were first thought to be taking place in abrupt and catastrophic ways could, in fact, actually be gradual. It is interesting to note that it took more than fifty of your years to somehow put this into print, that many of his predictions said that the changes could be gradual, instead of catastrophic and instantaneous.

But this is, of course, nothing but a reflection of your willingness now to believe that it is possible to experience the transformation going on in a different way. And so, of course, now you get the reflection that says, "Oh well, yes, he said this," even though you could have found that out fifty years ago. But it didn’t get printed that way; only the ideas of the instantaneous catastrophes were printed. No discussion was had about the gradualness that was possible, but now, now, now those re-examinations are beginning to understand that he did say, close to the end of his life, that many such things were possible to be experienced in a gradual way, over long periods of time, based on the changes taking place within the consciousness of the world.

This is, now that it is in print, a good sign that you yourselves have changed. That you yourselves are more ready and more willing to accept responsibility, relationship with All That Is, in such a manner as to know that reality happens through you, not to you. And your eyes are opening wider and you are once again reclaiming your childhood, your children, inside your energy, playful, imaginative energy...to know that the world is what you make of it; reality is what you make of it, based on how you value yourself. And, based on your willingness to accept All That Is in all its forms and in so doing, to then have more of a co-creatorship with the form that it then will take from that point forward.

And so, in noting this, we extend to each of you our congratulations, and to all those in your world, our congratulations, for being willing to begin to accept more of yourself, for being willing to begin to love more of yourself, for being willing to be more of yourself. For this, as we have always said, makes all the difference in your world. And so, we thank you.

We may, if you now so desire, begin with sharing. What is it your imagination would like to discuss this day?

Q: Bashar!

B: You.
Q: First of all, I would like to compliment you on being here for us, and for your willingness to answer questions on the universe.

B: We are only reflecting back to you what you already know in many ways. We compliment and congratulate each and every one of you in being willing to co-create such an interaction with us. So that, aside from many other things, day by day, bit by bit, your civilization and our civilizations become that much closer to being able to interact in many open and face to face ways.

Q: Wonderful. When you first spoke this evening you mentioned that we were all ambassadors.

B: Yes.

Q: And that is an idea that has been coming to me strongly for some time, and it is exciting.

B: Yes! I find it so.

Q: Yes, it’s great. But what also happens with me is that it seems like I am being catapulted into that position faster than I’m ready for it.

B: Oh, no, no, cannot happen. You are never given anything that you are not ready to handle. Never. Only your assumption that you are not ready makes it seem as if you have to apply the brakes, as you say. But anything you receive is your signal that you are quite ready to handle it. Again, remember that the universe cannot do pointless and extraneous things, and neither can you, in that sense. Therefore, anything you feel is a sign of your capacity. Do you follow me?

Q: Yes.

B: All you need is the trust to believe in yourself, and you will find that you are more than capable of handling anything that comes into your life.

Q: Okay.

B: Nothing, in a sense, is ever not within its timing. You can create the assumption that it is not – and it is that assumption that may make it seem to be the experience that it is not – but only the assumption does so. And if you remove that assumption and assume that you can handle it, you will find yourself capable of doing so; they are self-perpetuating prophecies, that is all.

Q: Okay. All right, I would like your advice on a few things.

B: Yes?

Q: I see... what excites me is communicating to the entire universe.

B: Yes.

Q: But the step I see exciting first is learning, before I take the step. It seems like my communicating is coming first... but I want to learn first.
B: You are always learning and always teaching. Everyone is an equal teacher, and equal learner. It makes you an equal sharer. And you learn by doing – that is how you learn most quickly – by doing the thing you wish to learn about, in whatever way you are capable of doing it first.

Q: Okay. The thing I want to do and learn, at the same time, is something coming strongly to me to ask you about this evening. I would like to be physically at a UFO station where I could get help in releasing different ego distortions...

B: Where do you think you are now? (AUD: laughter) This format, for now, is what you refer to as that UFO station.

Q: Right (Laughing)

B: This is the way in which we can interface with your society at this time. When the timing comes for us to be able to interact with you in other, more blatant ways, you will be involved with that as well. But for now you are at that UFO station. Although, of course, since you know who we are, it is an IFO station; identified friendly object. (AUD: much laughter)

Q: Okay. Next on my agenda is, in Yugoslavia, Mary is appearing...

B: All manifestations of the collective consciousness and the collective soul and the collective spirit at this time will begin to manifest out of the energy in which you create your mentality, because you are blending as one consciousness. And so you will create reflections, if you will, in the electromagnetic energy that will mirror back to you the blending, the love, the communication, that is now beginning to go on between all of you – among all of you. You are creating and attracting your own signs to represent the portions of yourself as a total collective being, made out of all the beings on your planet that you are.

Q: Could you elaborate on that a little bit more?

B: That identity you are referring to has its own consciousness, but it is also the product of all the consciousnesses upon your planet. And when all the consciousnesses upon your planet begins to wake up to the fact that it is ONE consciousness, you will create signs to represent that – to reflect back to you that awakening. To reflect back to you the portion of yourself you are integrating. The portion of yourself you are dealing with – the feminine collective consciousness of unconditional love, that is what that symbol represents.

Q: Right, and I find that I’m trying to...

B: Trying?

Q: Well, I’m working on opening up...

B: All right.

Q: ... this feminine energy.

B: You are opening it up.

Q: I also want to match it in equality with the masculine.
B: You will. That is what this whole idea is all about. That is what this transformational age upon your planet is all about.

Q: Okay. And one of the things that I’ve been finding has been coming through to me is that the way to get things in this universe is to ask for it, in a caring manner.

B: In a sense, yes.

Q: And I would like to ask...

B: Go right ahead.

Q: ... how would we go about having Mary manifest to us, here?

B: Now understand something: you may or may not need that particular symbol. The idea you call Mary can manifest in many ways, and always the manifestation, or if you wish, the womanifestation, (AUD: laughter) will be conducive to the symbols any particular culture can use and can understand most strongly.

It will not manifest in the same way everywhere, because that is not what represents the different cultures. And it is not as if you have to ask for a specific representation in order to get the same energy – to create the same energy.

Q: Well, one of the things that draws me to that particular manifestation is that the sun that comes down heals, and I would like to...

B: If you are attracted to that specific symbol, then go to the place where the symbol is apparent. You do not need, in that sense, to create it that way where you are. You can create it where you are, but it may not need to manifest in those symbolic terms. Those symbolic terms being more representative of the area in which it is appearing, in that way. It is appearing everywhere, but many of you do not recognize it because you think you need that type of a symbol to represent it by.

The blending and the attitude, in your culture, to blend the masculine and feminine energies within yourself, is also representative of that spirit, of that energy. It does not necessarily have to manifest in an externalized idea.

Q: What I’m looking for is the quickest route to approximating...

B: The quickest route is to allow it to manifest in whatever way it needs to manifest in any given area, and to accept that way in you. Or go where you wish to be, if you wish to experience it in some other way.

Q: Do I need to go there to equal it?

B: You do not need to, no.

Q: To become that understanding?

B: No.

Q: And that love?

B: No. No. You are the understanding, wherever and whenever you are, as soon as you wish to be.
Q: Well, I wish to be now, but I...
B: Then you are. All you have to do is act like you are. Believe that you are and act like you believe it.
Q: What about the other beliefs that are outstanding?
B: Which other beliefs?
Q: Anger... hate.
B: These ideas, if you are willing to integrate them, will no longer be experienced in that way.
Q: I want to integrate them. That’s why I’m asking to go on the UFO ship, that’s why I’m asking for...
B: No, no, no, no, no. You are asking for externalized ideas, but integration takes place within you. You must decide to integrate them, and it is that decision that allows you to experience all the things you say you want to experience. Those externalized ideas are not what will create the integration. It is the integration that will create those externalized experiences.

Know that that is the idea you want – the integration itself – then integrate those ideas. Then you will lead yourself to experiences that are representative of the level of integration you are expressing. You have the power within you. None of that power will come from anywhere else – ever. Now, you may create a symbol, and when an individual creates a symbol it means that the integration and the power has already been expressed within them. Do you follow me?
Q: Yes.
B: Hate, anger: these ideas, if you know you are a centered being and a being of service, simply have no place in the definition that you are as an integrated being. They are the negative expressions of an energy you will still use, but you will use that energy in a positive way – unconditional love.

Anger, more often than not, is simply your society’s way of aligning. When you see a given situation, when you see a given circumstance and you have an angry reaction, that is simply your way of aligning with what you know to be true for you, relative to the situation you are seeing.

Hate is, in a sense, the polarization of love in many ways – but it is also, in many senses, an aspect of denial. It is a judgment, an invalidation that is placed upon love, in many ways. It is actually not the true opposite of love. It is a polarity aspect of love, but the true opposite of love is not hate, it is guilt, because love is complete self-deservability. Guilt is lack of self-worthiness. Hate still implies you deserve something – even if you are intimating it in a negative aspect. So, hate may be the negative polarity of the idea of love, but it is not the opposite of it, in the direct sense.

But these expressions will not manifest if you use the energy in positive ways. No one needs to hate anything, and your natural alignment that you call anger does not have to come out in a negative angry way, if you do not invalidate what you are experiencing that has allowed you to align.

All of the negative expressions of emotionality come from invalidation of what you are experiencing. When you understand that all situations and all circumstances are for the purpose of allowing you to simply know what is true for you, and perhaps being able to reflect to other individuals what is true for
you, to allow them the opportunity to change, to blend with your vibration, if they choose to – not that they have to but if they choose to – then nothing else in the world will affect you.

Any time you feel the idea of negative anger or hate, in that way, you are simply choosing to buy into someone else’s belief system. If they are expressing negativity, there is no reason why their expression of negativity has to affect your expression of positivity – unless you choose to buy into it.

Look at the idea of the circumstances and situations around you as an offering. If you are offering positive reality, positive ideas, unconditional love, and they are responding with negativity, you can simply choose to look at it as a negative offering. And if it is not what you are all about, don’t buy into it.

No one, no one, no one – any exceptions - no, none; no one has the ability to force you to be any way. You must choose to agree to interact with them on their level. You must create anger, hate, rage, guilt, frustration, jealousy. You must choose to create those for yourself in order to feel them, because all feeling is a reaction to a belief that exists first. There is no such thing as a feeling without a point of view that creates the feeling.

Q: Okay. That’s the point where maybe I should direct exactly where I’m coming from.
B: All right.
Q: The back of my spine is smashed in - since I was seven years old.
B: All right.
Q: My father laughed at me when it happened.
B: All right.
Q: I’ve had my jaw dislocated three times, my nose broken; I’ve been hit by cars several times.
B: Yes.
Q: And it’s like self-destruction, and I haven’t been able to find any way to figure out what the belief is. And that’s why I want help, because I’m in pain everywhere I go.
B: Oh, all right.
Q: And I have trouble loving people, because I’m in so much pain.
B: All right.
Q: I’m just angry at the pain being there.
B: Yes, yes.
Q: Angry at who might have caused it, or the stupid thing that I might have...
B: Well, you did.
Q: The stupid thing I did. Hating myself back then.
B: All right now, stop. Stop. Stop. If you are going to have experienced these negative expressions, the first thing you can do in in your favor is to stop rebuking yourself for having created them. Because you
are only adding more negativity to them: “Look at all these negative experiences, I am stupid for having created them.” That is compounding your difficulty. So first and foremost, from this point forward, the way to transform out of that is to let yourself be all right in having created it. Do you follow me?

Q: Yes.

B: Now, once you allow yourself to let it be all right to have created it that way, up to this point, then let yourself realize all of the things about having created it that way that you can realize about yourself. All the things you have learned, all of the ideas you have bought into, examine them; look at them. Discover what they were. Then simply understand you are now deciding, consciously deciding, that whatever message needs to be delivered to you by life, you are willing to receive in the most effortless way possible. You will now agree to be open to receiving messages, and will refuse no message. So that you will not have to beat yourself up to pay attention to what it is you need to hear. There are other ways to get your attention. You do not have to take yourself through these experiences of these physical joltings. Now, you may only have been taught to equate spiritual jolting with a physical jolt. It may be a reaction mechanism within you. You no longer need that. You can allow anything to come into your life easily, softly. Gently deliver the message to yourself. You do not have to smack yourself around in order to wake up.

You can begin to know it is all right to treat yourself with the same unconditional love and respect that you know Infinite Creation gives you. There is nothing you have to do to earn the love of Creation. There is no special thing you need to do to deserve Creation’s love – and that means your own love – nothing special. Just by being who you are is enough to deserve all the love in the universe: just because you exist. If the Infinite Creator believes you deserve to exist, treat yourself with the same kind of respect.

Know you deserve to exist, and receive all the knowledge you need to receive in life in a way that lets you know that you are loved. But it begins by understanding that you deserve that love, and allowing yourself to love yourself. So that you do not, in that way, have to abuse yourself in order to learn what you think you need to learn.

Now, some of this idea, some of it, has been a carry-over from some other lives – a momentum that you are now winding up, so to speak. But you can wind it up any time you wish! Right now if you wish. The way to wind it up most easily is to stop looking outside yourself for the things that will allow you to be who you want to be.

Be them - because you are the idea you imagine you can be. Act like you are what you imagine you want to be, and you will be it. And that will create the experiences outside yourself, seemingly outside yourself that will represent whom you now are willing to believe you can be.

You are only being rebounded from thing-to-thing, situation-to-situation, and bumped around, because you are looking for the answers externally. They are always going to kick you back into the center of your being, because that’s where the answers are.

Q: I can’t hear anything when I go to the center of my being. It’s just nothing.
B: Oh, it is quite a lot. There is much information in silence, if you are willing to listen in another way. Now, the reason you may think you are not hearing anything is, again, because of the way you have been taught to listen. You have been taught to place many strong expectations on how you think you need to hear it. Let us exercise your imagination right now, shall we?

Q: All right.
B: Are you sure?
Q: Yes.
B: All right, 'tis up to you. I cannot force anything upon you. Right now, describe to me, if you were to go into the center of your being, in a relaxed and balanced and meditative state, how do you imagine you would receive communication? What do you imagine would let you know that you had received communication?

Q: All my problems would dissolve.
B: All right. So you are saying that your answer would come in the events of your life itself, very good. However, listen to your terminology: “problem,” a problem, by your definition, is a situation that is difficult to change.

A problem is a situation like any other situation. Your belief that it is difficult to change is what makes it difficult to change. So if you wish to dissolve them, stop believing they are difficult to change, and allow them to dissolve. You see, you may be under the assumption that you have to make things change. All you need to do is allow them to change, because change is the only constant in the universe.
Change is the most stable existence. You are far more stable when you are walking, than when you are attempting to stand on one leg. It is “staticness,” holding on to a concept, thinking that you must make something change, applying force to the idea, which is what creates the situation to seem to remain the same. Because you are not being willing to get out of it what you can get out of it – using it as part of your path rather than an interruption on your path.

Allow the circumstances to change by knowing you will now accept another way for the message to be delivered, instead of the way it has been delivered. You are now willing to be open to letting the messages manifest themselves in the daily events of your life. But you will not see them if you do not believe you are the person that is creating them. By looking for those effects outside of yourself, you are denying that you are the one that can create them in your life; by believing that’s the way you want to be, and then being that way.

In a sense, to put it in very pragmatic, simplified terms, you are saying that what society has taught you is that “seeing is believing.” But it is “believing is seeing.” That is how it works...
Q: Okay, the person that I want to be and reach to... I seem to hit, like a limit, when I go to...
B: You do not. If you are being that person you do not hit the limit. You are being different “yous” at different times.
Q: Right.
B: Define which you, you want to be. Define it – now.
Q: The me I want to be is to look outside this window and know that nobody is abusing anybody over there, to read the newspaper and have it be all good news.
B: All right.
Q: The me... I would like to be able to say, where’s the money that... if this whole planet operates on money, why is there not enough money to handle all the abused children and all the abused parents who are abusing their children?
B: All right.
Q: Why are these things not being handled? Why is it that I cannot ask Mafu and yourself questions without getting told: “Well, you’re not ready to hear that yet.” And told it will come later. It’s telling me that I’m still a kid and I’m not ready. That I’m still capable of doing the wrong thing, or something stupid...
B: I have said you are ready right now.
Q: I know it! That’s what I’m saying.
B: Yes.
Q: And if I’m going to be ready right now, why is it that we’re not being told very much that those people who are on the other dimensions and things they know about, and us stupid people down here aren’t being told about?
B: You are being told. You are simply not recognizing what it is you are being told. Now, remember, all those other people in the world: you are responsible to them, but you are not responsible for them. And what they are choosing to be is their choice. The way you actually can assist them best is by fully being the person you wish to be, regardless of what you see externally. Again, you are telling me that you are determining who you are, based upon what you are seeing outside of you. Instead of just being who you are, because that is who you want to be.
Q: If I could be who I am, I would remember everything that I’ve been.
B: Not necessarily so, because it will not be necessary to remember everything you have ever been to be who you need to be in this reality. You will remember everything you need to know to be whom you need to be in this reality.
Q: But who’s deciding what I need, what my need is?
B: You will.
Q: I’m deciding that I need more.
B: Your ego...
Q: My ego.
B: ... is deciding.
Q: That’s the thing that I want repaired. (AUD: laughter)
B: Understand something: all you need is a basic trust that at any given moment you do need, and have what you need. You know everything, at any given moment that you need to know, to be whom you are being in that moment. As soon as you re-define who you are you will know the things that person needs to know. So, regardless of what you are seeing around you, paradoxically, the way to see the things in your world change quickly is to change the idea of whom you are.

Q: Do I have the ability to tap into, at some point in my evolution, to total God consciousness?
B: You already are tapped into the level in which you exist, as the total God consciousness.

Q: Well, okay, a level. But I want to create the level...
B: You, now, have the ability to access whatever representation of the idea is relevant to the realm in which you have placed yourself. You see, the idea of total knowledge of all things is not necessary for you to function in the physical reality you are in and, in fact, would actually hamper your existence.

Q: So maybe it’s not so much knowledge that I want as the love that is there.
B: Then feel it, for it is all around you. But feel it within you first, or you will never see it out there. If you wish to see anything in your world change – change yourself. Then you will be being a representative example to everyone else of what kind of unconditionally loving being they can also be; by allowing them to see the example that you are setting, regardless of what they are choosing.

If you are buying into their reality, and becoming frustrated and hateful and so on and so on, because they are choosing to be frustrated and hateful and so on and so on, you are only reinforcing the reality they are already living. You are not giving them an example; you are not giving them a chance to see any other way.

Trust and be the life you wish to be. Act as if you are that way. We are not saying that you will ignore the fact that other people are choosing to suffer. But the way to assist them best, first and foremost, is to be the being that at least shows them that there is another way to be. Otherwise they cannot see an example of the way they can choose to be – loving to themselves.

You must take the first step, if that is what truly concerns you in life; to be the example of what being an unconditionally loving being, to them and to yourself, is all about. And trust that your love will make a difference and will create the changes that you desire to see.

Because you will be taking yourself to the world, the Earth, that already exists in the way you desire it to exist. You will take yourself to the program, to the level of frequency that already is represented by the idea that your Earth is peaceful and harmonious, and which expresses abundance everywhere. That Earth exists now! You will never see it if you don’t make the vibration of that world your own. All the programs, all the ways, all the Earths, already exist.

Q: Are there people existing... living there - some of us existing on that plane right now?
B: Yes.

Q: Is there a way we can connect up and talk to them?
B: Yes! Use your imagination. Be what you imagine them to be now. Pattern yourself after what you think they are. And then you will draw that energy into your present and radiate it into your present, so that others can see what it can be like. So they can also choose that reality and accelerate it.

Q: Can we put a camera on their planet... and can we hear it?

B: In time.

Q: In time.

B: But we are talking about a vibrational, dimensional difference. Not something that is physically “out there,” once again. It is all right here, right now. Let’s use the analogy you call the radio in your society. Now, you know that all of the programs are coming to the radio all at the same time. But the only one you hear is where your dial is tuned to. All those Earths exist, right here, right now. The one you get is the one you are tuned in to.

So create the image of the one you prefer. Live in the fashion you would live in that world, and you will be the receiving beacon for their energy, so that that program can be broadcast in this reality. So that others can pick up on it and decide to tune their dial to that frequency as well. If they don’t know that such a program exists – if there are no examples that such a program exists – no one will ever know such a program exists, and they will never tune their dials to that frequency.

So if you have a way in your mind of how you would like the world to exist, then exist in your life as if that is the world for you – as if that is the reality for you. And that all the ideas of the suffering and the warfare and the hatred and the frustration – they are illusions, old programs that you know, beyond a shadow of a doubt, sooner or later, everyone will tire of, and go looking for another program.

Q: Right. (AUD: Laughter and cheering.)

B: But you see, if you are not already tuned into that program, and they ask you: “Say, have you heard any good programs lately?” You will not know which station to tell them to tune in to.

Q: I have trouble staying tuned to that because...

B: Ah, ah, ah, ah...

Q: ... my fears come in.

B: ...ah, ah, ah. When you say you have trouble – that’s what creates the trouble. Now maybe that’s how it was in the old program, but this is day zero. Right now!

Q: Okay.

B: This is the idea of conscious commandment. Are you going to decide to continue that idea? Or are you going to decide to be the new idea, right now? And if you are the idea – the new idea – right now, you are not the person who can say: “I have trouble with this, and I have difficulty with that.” You are no longer that person. It’s not within your makeup. To say that it is, is to still believe you are the old program.

Q: Okay.
B: We are talking about full commitment here; absolute, one hundred percent trust.
Q: Okay. Can I see you in the physical and give you a hug?
B: Within the next ten to twenty of your years, yes.
Q: Okay.
B: Please do not let that stop you from doing so in the astral realms of your dream realities.
Q: Okay. (Laughing) I’m happy... I’m very happy with this discussion.
B: Thank you for your boldness... and your willingness to explore all aspects of the creator that you are.
Q: Thank you my friend. God bless you.
B: And you. Sharing!

Change the World by Changing Yourself
Changes In Energy Flow

Q: I would like to thank you for last week when you gave me an exercise so that I could bring into control my electrical field. The blue light circulating my body has helped quite a lot. As a matter of fact, I started wearing a wristwatch two days ago, and it’s only five minutes slow. It didn’t stop. (Laughs)

B: All right. Thank you for creating, with your imagination, that activity of your energy field for yourself. And I will thank you for allowing me to reflect your own knowledge to you.

Q: Oh, very good. Now, since that was so successful, I would like to throw out a couple of other physiological things that are going on.

B: One moment. Now, since that was so successful, and since I have just told you that you did it, what is stopping you from applying the same ability to these other things?

Q: Nothing, absolutely nothing, other than myself.

B: All right. Did you wait to talk to me before you even considered doing that?

Q: No.

B: Then have you applied yourself to this?

Q: Yes. I’m in a quandary . . .

B: All right.

Q: Since I started that exercise last week something else is going on. I found that my sleep at night has been cut from six hours, to two to three hours.

B: Very natural.

Q: However during the day time . . .

B: Yes.

Q: . . . when I come into a situation, which I consider boring, I find it almost impossible to keep my eyes open – even though I’m consciously aware of all that is going on.

B: All right.

Q: I want to check out.

B: You are turning off that which does not represent your reality.

Q: Ahhh.

B: You are phasing into another reality; phasing out of that one.

Q: Okay.

B: Follow your cycles. You are creating them.

Q: Okay.

B: That is a representation of going with your flow. It does not mean that you have to consider the idea as a judgment. Simply, in this way, what you are experiencing as boredom is simply not allowing
yourself to interact with the portions of the event that exist upon the level of reality to which you are going. You are still assuming you have to relate to it in the same way.

Q: Okay.

B: And that dichotomy is what leaves you hanging in between those two ideas.

Q: I see. Okay. I got you. One other thing: I’m noticing another physiological change, in that whenever I bend over or put my head down, I find that water is coming out of my eyes and my nose. What’s that all about?

B: All right. Understand this: as an energy being, the idea of the systems, physically in your body, that actually most closely represent the energy balance of your system, in what you call your system, is what you call your glandular functions. And as you, in a sense, loosen up you may find that your glandular systems may also loosen up a bit. And in this way, the secretions of the chemicals and enzymes that regulate the flow of this energy balance may be more freely given for a time, until you level out. All right?

Q: All right.

B: It is a part of your adaptation, as long as you still consider yourself to be a physiological being. For you, the symbol will occur in that way.

Q: Okay. Sitting here tonight my sinuses on the left side are extremely clogged, and my left eye is tearing. Is that the same thing?

B: Basically.

Q: Okay. Thank you very much.

B: ‘Tis simply the representation that, since you are now functioning more from the idea of allowing the right hemisphere functioning of your brain to be equal to the left, then the idea of the left side of your body is receiving a backlog. Because the left side, controlled by the right, is simply not used to functioning with that degree of freedom – so it has not yet regulated the flow.

Q: Okay.

B: Thank you.

Changes in Energy Flow
Changing A Belief In Forcing Others

B: Question.

Q: Yes, I have a question.
B: All right.

Q: Well, you were talking about forcing, you know, forcing people. That you’re not going to be able to force them. If they’re ready or want to...I forget exactly what it was, but anyway...they’re ready to be helped or loved or whatever it is, you know. And if they’re not, then the minute that you start to try to force it, forget it; then it’s not going to be good. You remember when we were talking about that?

B: All right, yes.

Q: Well, okay. This is, you know...I know there’s a real simple answer...

B: You do? What is it?

Q: Well, that’s what I’m asking you, you know...

B: Oh, really!!! Well, then, I will not tell you.

Q: No, I just sort of want to jar it loose. I figure if I set it out here, it will...

B: All right, very good. But realize, therefore, when you ask the question, I will give you a chance to answer it first.

Q: Okay, okay, fair enough.
B: Go ahead.

Q: And it is this: let’s say that you’ve got somebody that you like very much in your immediate environment, which you’ve created. And they are...well you might perceive that they’re not willing to take what you’re dishing out, or whatever you’re saying. You know, you’re starting to kind of force them to have...to take it easy and to view

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life more simply and so forth. And... what am I trying to say?

B: All right, all right. Realize, first of all, once again, that when you... well, really allow yourself to force – well, really listen – *force* someone to take it easy – then what are you doing? You are creating tension, yes?

Q: Right.
B: You are not taking it easy.

Q: Right, right. Yeah.
B: And therefore, you are giving *yourself* an opportunity to really take it easy; and by you taking it easy, in that way allowing that person to sense from you exactly how to take it easy.

Q: Just let them follow your example?

B: Very good. But realize they do not have to.
Q: Right, right.
B: All right.
Q2: I have a question.

B: Are you through?
Q1: No, sorry, no, not quite.

B: Do not be sorry.
Q: See, I know not to force him. I know that’s not any good; it doesn’t work very well. But... well it seems to me that actually everybody does want to have a good time and take it easy.

B: Very good. Then why don’t you?

Q: Ha, ha, ha. Good idea. I don’t know...
B: All right. If you find yourself asking why, you may always answer why not? It will be just as valid as any other idea that any civilization could come up with. Thank you. Yes?

Q2: Sometimes it seems that you call on people who haven’t said anything and their hands have been up. And the person you’re working through, his eyes are closed. Am I imagining that, or are you able to see us?

B: I am able, in a sense, to sense.

Q: Okay. Thank you. If we wanted to touch you, would you feel it through the channel?

B: I will feel it from exactly where you are sitting right now.

Q: I was just wondering, since you’re doing it telepathically.

B: But realize this: each and every one of you has the ability to shut yourself off from anybody. And as such, when you form an idea, and are not willing to share that idea along the lines of communication that you have chosen to act as your systems of communication upon your world, you will be saying that you do not wish that reality to manifest – because you will not be having the conviction to put that reality into actualization.

Therefore, you may always retract your touch from anybody in that way, and no one will be able to sense you at all. Only when you have spontaneous exchange of all the emotionality you can muster will communication on telepathic levels be free flowing and instantaneous.

(Mm mm nn nn) The sound of about four syllables extremely muffled and soft, as though the channel is speaking with his hand pressed hard over his mouth. Audience found it pretty funny. (Trans.)

Question!

Changing a Belief in Forcing Others

1
Changing Spectrum of Races on Earth

Q: It’s nice being with you again. I appreciate the rewiring tonight.
B: I appreciate your willingness to pull a few strings.
Q: It’s really hard to come by an experience like this in the...
B: It is? Why?
Q: . . . in my normal life, so to speak.
B: Normal! Who wants to be normal? Be natural.
Q: That’s exactly it. I’m a teacher of a rather ethnically mixed group of students.
B: All right.
Q: And a question that has come up before, in discussing my experiences with you, is that they are curious – and I am curious – to know what the origin of the races are on the earth; and what is the significance of the divergence?
B: Thank you! Now, understand that you injected yourself into material form, in your terms, long, long, long ago. And in the creation of that idea of projecting yourself, injecting yourself, into material form, there was – and is – the idea, to some degree, as you understand it, of what you call physiological evolution.
And in that experience, there is again, to some degree – as you understand it – to some degree, the idea of environmental conditions that make physiological changes in your species. Thus in this way, what you call the different races will reflect not only environments, but attitudes which create the environments, which create the reflection of that idea that those beings have of themselves.
Now, the idea of what you call “five” is exemplified throughout your humaniform vibration, and it is why you are connected to many other races on other planets as well. This expression is simply one of the vibrations that is a numerological reflection of the way energy patterns itself in physical reality, in your particular understanding.
So you have the idea of the experience of the expression of fives everywhere. You are experiencing yourselves in that type of connection; you are allowing yourselves the opportunity also to recognize that the so-called races that exist upon your planet at this time are reflective of the number, in a sense, of transformations you have had on your planet – five.
In this way, you can understand that there have been other races, and in a sense, still are other races. Some of these, to some extent may emerge again in fourth density. For you will begin to recognize your number, not just as five, but also as seven. And there can be the idea of seven races of yourselves upon the planet once in fourth density – and then you will have the complete spectrum.
What you are looking at, in this way, is five-sevenths of a complete spectrum of transformation. You have had the idea of a blue-tinged race on your planet; and there are, to some degree, the idea of
greenish tinge, which you have utilized from time to time to reflect certain ideas that seem to come from off of your planet.

But these are all part and parcel of your cosmology, your mentality, your physiology; and have represented different understandings of the self during the evolutionary process since the time you injected yourselves into physiological matter.

Now you are simply utilizing five-sevenths of the idea in the third-density transformation you have created. Near the end of fourth density, you will reflect seven-sevenths of that idea in various ways, and that is what will allow you the transformation to fifth density.

You follow me?

Q: I sure do. Can I ask you another question?

B: Yes.

Q: You’re mentioning that it is our destiny to pass through fourth density; and reach a fifth density…

B: As you have chosen it, yes.

Q: Well, if we choose. And as we get used to being fourth density, we’ll lose conception of what we call time.

B: Yes.

Q: Is it a matter of development, or is it a matter of time, or is it a matter of passage of events that qualifies us for fifth density?

B: ‘Tis a matter of living. That is all there is to it.

Q: And experience.

B: Yes. You are not un-qualified for fifth density now. You exist on all densities simultaneously, Simply the idea of your growth – or graduation – unto any idea you call another level, is simply becoming more aware of the more of yourself that already exists there. Learning is the idea of remembering who you are – in the now.

You follow me?

Q: Yes. Thank you very much.

B: Oh, thank you.

1
Channeled Predictions

Q: Some of the channeled entities today are telling us about catastrophes coming, and many other people are in fear and panic.

B: Many of you have shared with us certain information being told to you by various entities being channeled in your world; information delineated in negative scenarios, negative aspects. And you are afraid these may manifest through the idea of earthquakes, floods, famine, and much of the like. As we have said, this energy potential does exist, but only as a potential.

It may have a great deal of momentum behind it, a high degree of backing behind it from your civilization, but recognize that – not that you are being lied to by these entities, for you are not – but recognize that you are being allowed to see in these sharings that you have an opportunity to decide whether what they say is true for you. In terms of what you know you need to experience in the transformation taking place on your planet right now.

Therefore, in each and every interaction that has ever taken place between any of you and any entity coming through a channel, when you hear something that does not strike a vibratory chord within you, then do recognize that there is no need for the idea of accusation from you to them. For all that is being shared with you is a perception of an area in your civilization – or a potential reality – that does have a high degree of momentum and energy behind it, due the fears that many of you generate.

But if you are willing to hear these words from entities that speak of the transformation in catastrophic terms, if you are willing to hear them as an opportunity to understand and reflect what you know to be true for you, then you can utilize the situation. You can be equal to them, and not continue to feel that what you are being given as information is any more powerful than the information you have within yourselves with regard to the reality and a world, which is, after all, yours.

If we may suggest, therefore, the following: If you find yourselves in a certain scenario where such information is being imparted to you, and you are willing to have conviction on it, this may be shared with that entity – in the form of a letter perhaps.

“Dear Entity:

“I recognize that what you are sharing comes from your love for us and your desire to serve us and allow us to expand in our awareness of the transformation; which is a reflection of all we have ever been and can become.

“At the same time, I would now wish to share with you, dear Entity, that your sharing affords me the opportunity to recognize that the transformation, in the terms of catastrophe you have delineated, is not the reality I, as co-creator of this world, prefer. I choose to give energy to the idea that if I am willing to face all portions of myself, and accept and allow all situations in my life to be of positive service and to be in my life for positive reasons, then I can allow my experience of the transformation to be one that is positive, and not in need of the expression of catastrophe in order for me to understand myself and grow.”
“I recognize that expressions of catastrophe may be the only way some individuals can believe a transformation will have a lasting effect. However, do allow me at this time, dearest Entity, to ask for your further love and your further assistance in suggesting to us ideas, ideas which could allow us to assist our world, so that as many of us as possible can now let ourselves also realize there is no longer any need to believe that transformations and changes of lasting positive effect must be created through trials by fire.”

“I am willing to share that I believe ecstasy is our birthright. Will you share with us your perspective on how we may accelerate within ourselves to sufficient degrees to allow there to be upon this world that we hold dear, the smoothest, easiest, and most loving version of the transformation that can occur? Thank you.”

Each and every one of you willing to utilize that situation, once again, not in an accusatory way, but in a sharing way, in a convicted way – to stand up and make a difference, and be the individuals you know yourselves to be and express what you know to be true for you – each and every one of you willing to utilize the situation as a reflection for that opportunity will make a geometric, a logarithmic difference in the ability of your entire world to allow its next step to be that much easier.

Even as a single individual you add that much energy to the momentum of your ability to experience your transformation in a positive and loving way. For you are energy, and experience it each of you will. You yourselves are the experience you are having. All of the physical reality, all of the emotional atmosphere in which any particular manifestation or experience does occur in your lives – in a seemingly objectified manner – all of that materiality, every subtle nuance, is all you in different manifesting reflections back to yourselves.

You have created the idea of yourselves to be physical reality, and there are many manifestations of physical reality. But in this particular manifestation of the idea you are being you have been playing out, as your particular unique physical reality, a great deal of separation and negativity so that you could explore all of the ideas of what it means to be limited, as we have mentioned to you before. Therefore, you have created yourselves to be the idea of a reality whose only cognition, basically, fundamentally, immediately, is a material reflection seemingly outside of yourselves, so that you can feel as if you are in a material universe, rather than knowing that the material universe is what you are.

That is what you are now beginning to explore within the idea of integration. You are beginning to experience the integration, the blending of more and more awareness of more and more of yourselves. You are beginning to blend the dream imagination and physical realities into one, to experience all the ideas of this transformation – the disorientation, the confusion, the limbo state, the seemingly surrealistic attitudes and atmospheres you encounter from time to time – which allow you to feel disassociated from the material physicality you have been used to experiencing for many hundreds of thousands of years.

Now you will find yourselves integrating and beginning to see through the illusion you have created of physical materiality. It has served you, and served you well. But an illusion, a tool, and a creation it is,
nonetheless.
**Channeling Ability**

Q: Can you give me some points on how I can develop my own ability to channel?

B: Ah, thank you. Point one: you are doing just fine now. Because you always attract yourself into exactly the interactions and situations you need to fulfill anything you desire to be. You follow so far?

Q: Yes I do.

B: Thank you. Point two: trust your own instincts, your own imagination. Let your own imagination construct the methodologies you think you require. It can do so, that is what it is designed to do. So if you feel you need a process or a method, relax into your meditative state of imagination and invent one. Then what you will recognize is, perhaps, two things. One: you can begin to trust your imagination; and two: in inventing the process, you have already channeled something.

Three: recognize that you are always channeling anyway, in a sense. Because you always have access to what is called your own higher consciousness, and always are channeling that through to form the physical life you are experiencing yourself to be. So channeling is not something you are not used to doing. You are just talking about doing it in a different way. So it need not be something that you have to get used to from scratch, as you say. You follow me?

Q: I do follow you.

B: All right. Four: any other consciousness, with whom you have made an agreement, will always trust your pace. You can ask for assistance, it will be provided. But it will never do anything for you; it will always allow you to get to the point where you know you are self-empowered enough to do it and make the decisions. The co-channeling would not serve a purpose – because then it would not be your free will involved. You follow me?

Q: I do. Yes.

B: Five: no one and nothing can ever control you. If it appears that that is happening, it is you believing in the reality that you can be controlled. But then you are controlling that situation.

Q: That’s true.

B: Six; there is, in our perception, an energy connection of sixth density consciousness that may – now it may not always necessarily have to follow this particular configuration – but may be likened unto what you may refer to in general, and have referred to, in general upon your planet, as the collective consciousness you call, Ra.

Q: What?

B: Ra. R-a. Ra. You follow me?

Q: Yes.

B: Seven: the idea at first will be to put you in touch with different levels of your consciousness, since you have created yourself to be a multilevel consciousness. So the idea is that you may find at first that what you will channel are many different aspects of your consciousness.
Now this does not invalidate anything, but it does prepare you to receive levels of energy that you may believe are greater than your own – until such time when you know that you are equal to them, and that they are not better than you. Then you will blend.

Eight: the idea of channeling, in any event, is never actually literally that something comes through you. It is that you, in your reality – because you are a separate universe, as every consciousness is – you form your own comfort-zone version, your own understanding and your own method of modeling the energy with which you are in contact. So that what you recommend is (recognize as?) channeling some other consciousness through you is actually setting yourself up in an energy altered state of awareness that allows you to become your version of the other consciousness. You follow me?

Q: Uh huh. Yes, yes.
B: Do those points assist you?
Q: Very much so. Thank you, very much.
B: We thank you.

Channeling Ability

1
Child Genius
B: Sharing!
Q: Good evening
B: Good evening! Or good day, from my point of view.
Q: All right. I have two questions...
B: All right.
Q: ...one I came with and one arose from your opening remarks.
B: All right.
Q: I’d like to ask about that first. When you gave us the analogy of the pictures on the wall.
B: Yes.
Q: Is that, in fact, what the Egyptians were telling us with their two-dimensional paintings and, if so, how does that relate to their pyramids?
B: Very good. To some degree, yes they were. The stylized art form was an understanding that the physical form is very like a shadow, in that way. To the higher self, it is very two-dimensional. The pyramid was their tool for accessing that higher self, for aligning the vibrations that they were so that they could, in fact, realize that the physical dimension you think of as very solid was, in fact, an illusion, simply a shadow. In being in many of the chambers within those pyramids, they allowed themselves to exit the body and get the perspective that gave them the understanding of the physical reality’s shadowness. You follow me?
Q: Yes.
B: It was the fourth dimensional tool that allowed them to understand the third dimension, in a sense, in a two dimensional way. You follow me?
Q: No. I fell off.
B: The pyramid is a fourth density tool. They projected themselves into the fourth dimension; and therefore, their perspective of the third dimension lost its solidity.
Q: Okay.
B: Many times individuals, when you are walking down your street, and you all of a sudden – for your own reasons and your own timing – snap into that awareness and that alignment, have not many of you felt that the physical dimension around you all of a sudden was very flat? Almost, as you say, made out of cardboard, like a set; not quite real, not quite solid; that you could look behind it. This is the analogy, to some degree, of their art, and the reason for the period.
It is a magnet. It is a lens for the electro- and ethero- magnetic field of your world. When you allow that lens to focus that energy into your vibrational auric field, it will then instill, imprint upon your auric field the idea of that pattern that will allow you to expand and blossom into the more expanded higher self. You follow me?
Q: Yes.
B: Does that assist you?
Q: Thank you.
B: Thank you very much! Sharing!
Q: I have one other question.
B: All right!
Q: In our continuing efforts to explore our relationship with our brothers, the dolphins...
B: Yes.
Q: ...we have discovered an unusual boy, who in two weeks will be the youngest college graduate in the history of the United States. He’ll be 10 years old. They tell me that his IQ is in excess of 200; they can’t really measure it.
B: He’s building his fourth computer; and he is obviously a clairvoyant. They’ve downplaying that side of his personality. But I’m told he spoke fluent ancient Greek at the age of three. In any event, he loves dolphins, he feels very close to dolphins, he dreams about dolphins. And we have now very fortunately connected with him, and we are bringing him down to be with our dolphins in about ten days.
B: All right.
Q: My question is, who is he, and where is he from and... (Much laughter, probably at channel’s expression)
B: This is, again, as we have said, one of the many individuals – as most of the idea of the children of your age now are – who are forgetting less of themselves and remembering more. Because this is the transformational age.
This ability is equal to all of you; any of you can express this ability, this recognition. It is simply that this child has allowed himself to be born into your world, and has not forgotten as much of whom he is collectively. You follow me?
Q: Yes.
B: There are many connections that can be made, all of which, in a sense, will be arbitrary. There are connections to other levels, other realms, other civilizations. For now you do not really need them. But the idea can be that in showing this child, what you would call, a double tetrahedron – one facing up, one facing down – and allowing this child to function in the notion of triads, then this child may be able to begin to explain the understandings of how consciousness itself fits into, what you colloquially call, your scientific equations, particularly regarding what you call your artificially intelligent computers. All right?
What the child will be learning also from the dolphin is how to allow computers to become empathic. Now let us remind you once again, as we have recently done for other individuals upon your world, that you usually think of telepathy as a primarily mental process. We have discussed the understanding that
of course telepathy is emotionally activated. Therefore, let us put, once again, into fruition the idea of coining a new word, and recognizing that the more precise definition of what you colloquially call telepathy is actually telempathy. This is what the child is exhibiting, the acute ability to completely identify with and as any concept with whom this child interacts.

This child can also be responsible for the idea of bringing back techniques, as many other individuals are, from Atlantian times, to increase the learning process – tenfold, a hundredfold – for any individual. This child may be able to revolutionize the idea of the learning processes; and revolutionize the idea of what you call school to begin with. You follow me?

Q: That’s what he said.
B: Yes.
Q: That was his… (Laughter)
B: Enjoy! Simply treat the child as a reflection of yourself as well. Do not place the child above you in that sense, for the child only reflects the understanding – without forgetfulness – of what you all are capable of doing. Not that you have to express it in that way.

Q: If the child is going to, in fact, revolutionize computers as we know them, which I believe; and we’ve discussed before that the dolphins are, in fact, a collective 31 million years old computer…
B: Yes.
Q: that each and every dolphin on the planet is a station to that computer…
B: Yes.
Q: …is a key to it…
B: Yes.
Q: If the child can break through and interpret, then it really is an extraordinary event, isn’t it?
B: Of course.
Q: Okay.
B: But the idea also is that the so-called revolution has already occurred in your collective consciousness, and the child is simply the representational tool of that revolution. You follow me? It is not that the entire idea of the revolutionizing of these notions is contained within the child specifically; it is that the entire revolution already exists in your consciousness, and thus, the child was capable of existing in your society at this time.

No one is ever truly ahead of their time; everyone is always exactly a product of their time.

Q: Will the child have credibility, I mean in the world?
B: The child doesn’t care. This is not an issue. You follow me? It is not an issue! It is not an issue.
Q: Okay.
B: It does exist in the child’s reality; it will never be encountered as a problem. Actions will speak for themselves; they will be the line of credit, and it will be unlimited. You follow me?
Q: Yes.
B: Thank you!
Q: Thank you.
Childhood and Self-Awareness

Q: Can you speak about children? The children choosing to come into hard situations and growing up, and believing in a lot of what you say, and also experiencing a lot of pain.

B: All right. First of all, do recognize that many of the children now being born upon your planet will not forget as much as you have forgotten. And in this way, many of these children may actually remind you as to what these connections are – many of these connections being connections that have come up through many past lives. Many of the hard situations that many of these children may experience may simply be remnant situations that they needed to deal with, in the relationships that were formed in past life situations.

Or maybe they have chosen to be born into difficult situations, family situations, in order to allow the adults in that situation to learn from the child the things that the adults need to learn. There can be as many reasons for a child choosing a difficult situation to be born into and grow up in as there are children.

But more and more you will find that the children that are now being born into your society will be totally, not only of a different generation, but totally of a different culture altogether. They will have been, in a sense, for lack of a better term, processed, now, mainly through the auspices of the energy vibrations of Arcturus and Sirius, and also many of them will be returning Pleiadians who chose to be born on your planet to assist in the transformation at this time.

Many of them will be beings of light and express it very early on. And again, as we have said, many of them will remind the adults – who have chosen to forget who they are – who they are. But any difficult situations will simply be the remnant processes that the individual has chosen to be born into, that they feel they believe they need in their lives, to learn what they need to learn. And in this way, you will find that more and more of these children, now that they are being born into a new culture, a new belief system, a new generation, will no longer need to choose family situations that bring inherent difficulty with them. Do you follow me?

Q: Yes.

B: For the end of the reincarnational cycle is at hand, and you will find therefore that all of the contracts, all of the agreements and all of the arrangements are now finalizing themselves within this transformational life, or within the next one or two following.

Then you will find that many individuals upon your planet will simply live longer lives, not needing to have experiences shuffled off or segregated into many separate lives; and that many individuals living now will actually still physically be alive in three hundred of your years. And that in approximately, what you call two to three thousand of your years, your society will have completely finalized anything that it needed to learn within the physical reincarnational cycle of planet Earth, and will no longer be physical. Allowing themselves to make way for the next group of consciousnesses who may be willing to use the Earth vibration for their own understanding, and their own tutoring of the ideas they need to experience.
Q: And how would you suggest that adults who have endured these difficult childhoods – for whatever reason they are in creation with that – function now, in particular in their male/female relationships, and how that is being worked out on the planet?

B: All right. First of all, I would suggest that you begin to recognize that you chose what you went through for your own reasons. So get in touch with how it served you, in a positive way. Many individuals will choose to be born into lives of what they call diametrically opposed belief systems within their parents so that they have something to push against, to absolutely ensure that they will be brought up with a polarity belief system that will be more indicative of what is needed in this transformational age. Do you follow me?

Q: Sure.

B: So in that way, first of all, recognize that you knew what you were doing when you chose the family situation you were born into, and you still know what you are doing. Another suggestion would be to recognize that if you are now at the point where you realize that it was a choice, then as soon as you realize that it was a choice, you are out of the cycle, you are no longer attached to it, and then the idea of that past will no longer be connected to the present. The past does not control the present; the past does not rule the present. You are, at any given moment, whatever definition you prefer to be. As long as you continue to believe that what you were in the past must control what you are now, you will continue to create a life in which you think you are controlled by that past.

But as soon as you recognize that you are aware, consciously, as a physical being, of knowing that you made the choices you made to get you where you are – and you simply can be what you want to be now – then you can simply act like what you want to be, now. And that what you want to be now has nothing to do with what you used to be.

Q: Right. And could you address jealousy as a human emotion and how it serves us? And male/female...

B: Jealousy is an invalidation, an invalidation of yourself. Jealousy, in this way, as it is expressed upon your planet, is when an individual sees something in someone else and believes: “I don’t have that and I want that.” But recognize, if you have the ability to see something in someone else, you must contain it, because you can only perceive what you contain. So jealousy only results from the belief that what you see in others you don’t have.

When you recognize that what you see in others that you desire to be real for you, you do have, and that your very ability to have seen it in someone else is an indication that you have the ability to be that way yourself, there will be no need for jealousy. For you will able to then say: “I perceive something I have desired to be in that individual, and oh, happy day, now that I know that I can see it in that individual, that means I have the ability to manifest it just as easily.” (AUD: laughter) Do you follow me?

Q: Yes.

B: There is no need for jealousy when you validate yourself and love yourself unconditionally, and love all beings unconditionally, and recognize that you are a complete being. You are not incomplete. You
may believe you are incomplete, you may believe you see something in someone else that you don’t have; but that’s only a perspective, only a point of view. It is your opportunity to recognize that when you see something in someone else that you desire to be, you can recognize that you have the potential to be that idea. Now, when you see something in someone else you do not desire to be, it still means you contain just as equal a potential to be that idea, but you don’t have to, if you don’t prefer it.

Simply recognize that everyone is a reflection. You are only looking at mirrors when you look at other people. So what you see... if you see something you do not prefer, simply recognize that the potential exists within you, because everyone contains every probable reality and method of expression, but if you do see something in someone you do prefer to be, then take it for granted that you also contain that also – you contain that.

Q: And with that dependency, or sense of need...
B: It is not a dependency, it is not a need; it is a sense of self-awareness. If you are seeing a reflection of yourself in everyone, then you know you are complete. You are not dependent on anyone to complete you. You are complete. And when you begin to function as a complete individual, then you attract into your life individuals with whom you can share your completeness. But that does not manifest as a dependency. Do you follow me?
Q: Yes. So loneliness is an incompleteness... it’s not even real...
B: Yes.
Q: But if such things are so unreal, what are the purposes for why they are felt? People are feeling them a lot in these last days as we walk through this doorway...
B: Yes.
Q: ... like loneliness...
B: Yes, but one moment... one moment, understand that when you feel something, that is not the first thing that occurs. Any feeling you ever create in your life only happens as a reaction to something you already believe to be true. Feelings are secondary to beliefs, they do not come first. It is not simply: “Well this is simply the way I feel when this situation occurs.” No. As we have said, no situation has built in meaning. You bring into every neutral situation a belief about what that situation means. And if you bring into that situation a belief that that set of circumstances means that you are going to be lonely, then of course you’re going to feel lonely.

But if you understand that your loneliness only stems from the fact that you believe that the situation you are involved with is inherently “loneliness creating,” then you will not have to feel loneliness – by recognizing that you do not have to believe that the situation has to be manifested in that way. Do you follow me?
Q: Yes.
B: When you understand that you are always –at the same time – alone and connected to everything, then it is up to you to choose which way you believe you will function. So if you feel lonely, then that
simply is an opportunity and an indication to you to realize that you believe in loneliness, and that you are not connected to the Infinite Creation; your choice; up to you.

Now, if you choose to feel lonely because you chose to believe in loneliness, then accept that you chose to believe that way, and as soon as you accept that it was your choice to believe that way, then you will understand that you have the ability to choose to feel and believe another way.

Do not deny it, do not run from it, do not attempt to get rid of that idea. There is nowhere to get rid of anything to. You are your own universe. Acknowledge that you obviously chose to believe in loneliness if you feel lonely. Ask yourself: “Well, how does it serve me to feel lonely? How does it serve me to believe in loneliness?” You will get an answer if you listen to yourself. Even if the answer is only that you chose to believe in loneliness, so that you could learn that you don’t prefer to believe in loneliness.

Q: I see. (Laughing)

B: Because it makes you feel lonely, and you don’t like it! So now that you have recognized why you chose to believe in loneliness, and now that you’ve had the experience, and you no longer need to have the experience, then choose another belief and you will get another feeling to go hand in hand. All right?

Q: All right. And, last question: how can sound and dance best serve this planet at this time?

B: By moving to whatever moves you. By allowing yourself to recognize that everything is vibration, and that when you discover for yourself what is the movement, what is the core, what is the vibration that hits home with you, then you will be RADIATING that tone. You will be MOVING that dance for all to see. You will be BEING the fullest facet of the multidimensional crystal you can be.

And by simply moving to what you know is true for you, you give others the best opportunity to see in you that you are following your path, that you are living your dance, that you are playing your tune. Which lets them know that they can do the same. Do you follow me?

Q: Yes.

B: There may be vibrational tones that can generally assist many individuals in your society as well. You can explore with some of those generalized tones, and recognize that when you find the tone that moves you, what you are doing is you are finding your signature vibration. When you then recreate your signature vibration, your entire body chemistry and cellular structure and neural pathways will begin to vibrate according to that tone.

When you impose upon – not in a negative way – identify with, allow your body to identify with the tone that moves you, the signature vibration, then you allow your body to go back to its zero rest idealized state. And in that state there is no imbalance, and no disease.

Therefore, if you can assist another individual in finding their idealized signature vibration, and get them to recreate it so they can immerse themselves in that vibration, their cellular structure will begin to identify with that vibration. And they will allow their body – not make, not force – allow their body to snap back to the zero rest state represented by that signature tone. Then they will not have disease at all.
Understand, the only reason you have dis-ease or imbalance is because you *hold* yourself out of balance. When you let yourself go, you will snap back to zero – the ideal blueprint, rest-state definition, of the consciousness that you are; and in that state there is no imbalance, therefore, no disease. So, a tonal vibration that represents a person’s signature core vibration can allow them to have something to identify with, to allow them to snap back to zero. Do you follow me?

Q: Yes.

B: That is the dance you can share, if you are willing. But first and foremost, be your own dance, be your own tone, and live fully that which is true for *you*. Or anyone else you would like to assist will not believe that you can assist them, if they don’t see you as a living example. You follow me?

Q: Yes.

B: Thank you very much!

Q: Thank you.
Childlikeness and Redefining Failure

B: Now, you will always learn, you will always change and transform, but what you are at any given moment is a perfect manifestation of the idea you are being. And when you live your life now, in a childlike fashion, fascinated, curious and “enjoyful” of all the things that come into your life – because you know that the things that are in your life are there for you, for your reasons, for you to learn from – you will be enjoying yourself so much that before you know it, all the things that you were already waiting for will already be upon you.

Because, when you live in the moment, you do not create the experience of the passage of time to as great a degree as you do when you are sitting around waiting for things to happen. And that is what will create the acceleration that you desire. Do you follow me?

Q: Yes.
B: Do you believe that your life, as it is, is worth enjoying?
Q: Absolutely.
B: Oh, well, thank you very much! Then, if you live in that childlike way you will not notice the passage of time so much, because you will not be creating as much time. And because you will not be creating as much time, you will become more timeless, ageless, you will not need to age. The more you enjoy, the less you age. Do you follow me?
Q: Yes. Also, I know I have the ability to write and express myself through language.
B: Then you go right ahead.
Q: And yet I find myself resisting using those powers to the fullest.
B: Why?
Q: (No answer)
B: All right, let’s use that imagination now, and let us explore what, perhaps, might be the strongest habit within most of you. Let us explore it in the negative connotation for a moment: if you were to exercise that power, what would you imagine would be the worst possible thing that could happen?
Q: That I would fail.
B: Oh, what’s that mean? Fail... what does that mean? Not live up to your expectations?
Q: Yes.
B: So what?
Q: (Pause) I see what you’re saying... that in failing there is learning and there is growth.
B: Absolutely. That’s why there is no failure. Anything that occurs may be against the grain of what you expect should occur, but it is the unexpected that allows you to discover what you need to discover, to incorporate what you have discovered within you, so that you can actually become more precisely the individual that will be able to do what you say you desire to do.
Q: Yes.
B: It is from those experiences that you learn how to be the being you desire to be. They are a part of the path you are, not an interruption in it. Only your attitude that they have nothing at all to do with your life, as you think it should be lived, is what creates you to not use those circumstances in a positive way, but simply to wallow in them in a negative way: “Oh, I have failed.” (In a slow, sad voice) (Audience laughter)

Q: Right.

B: Do you follow me?

Q: Yes, I do.

B: The idea is... “Well, that went in an unexpected direction, what can I learn from this? Oh joy, Oh joy!” (much laughter) As soon as you have that attitude... as soon as you have that attitude, nothing will seem like a failure. May I ask you a question?

Q: Yes.

B: Does a child know how to fail?

Q: No.

B: Again, the two times in your life when you are, quote/unquote, allowed by your society to act like a child is when you are very young and when you are very old: “Oh, that’s all right, he can act like a child, he’s old, you know.” (Laughter) But you see, if you are willing to act like a child now, with the same childlike curiosity, the same childlike trust in that way, when you exercise that idea with your full adult commandment, then you will not need to age in order for it to be all right to act like a child. Do you follow me?

Q: Yes, I do.

B: Have a wonderful time.

Q: Thank you.

Childlikeness and Redefining Failur

1
Children
Q: Yes, I wanted to ask you a question. I have grandchildren and I have some definite ideas about raising them that are different from the way my daughter and son-in-law are raising them. It is hard for me to not want to take responsibility for them but I want to be able to give them as much love as I can without taking over their responsibility. Can you give me some guidance on that?
B: Well first of all, again understand that the only thing you will ever be able to do is to try to be responsible for them, but you can’t be. Because you are not them. You just can’t be. It’s not possible to be responsible for them. You can be responsible to them by being the fullest individual you know how to be. Let them feel your love, let them feel that you believe in them, that you believe in their ability to create in their lives what they need for themselves. That’s your faith. That’s what will attract them to you. That’s what will allow them to hear you and listen to you. Not because you need them to, not because you want them to, just because they will feel from you such a vibration of knowing trust that they are exactly who they need to be—they will seek your guidance and suggestions because they will know that your love and faith will never come with a condition. You understand?
Q: Yes I do.
B: And that, paradoxically, is what will allow them to absorb the information most strongly.
Q: All right. Another quick question about my grandchildren. What can you suggest we could do to improve the methods with which we educate our children?
B: Imagination is the key. The idea of allowing individuals and your children to do, to act, to be, to involve themselves, to use all the senses—rather than being restricted in their use of Imagination and fed a number of formulas which do not necessarily relate to the world of their interest. Allow all the things that need to be learned to be translated in terminologies that benefit the interest of each and every individual. And they will, in your terms "gobble up the information voraciously."
Children’s Channeling
Las Vegas, NV.
11-3-93

B: Where was the field trip?
Q: It was to your ship.
B: You found yourself in an area not of our ship; you were diverted to another ship. You found yourself in an area where these forms are crystallized, created for their ability to interact with each other to amplify light energy. You were in what might be called a factory area where these ideas are grown, these crystals grown, in a sense, and as they are placed near each other they amplify each other’s vibrational energy in such a way as to allow us to make use of a certain kind of electromagnetic energy in the universe. That you were in one is simply that you decided to project your energy into the center, because the center of each crystal is a balanced vibrational state, a little bit like an etheric magnet when you are projecting yourself ethereally, astrally, in your imagination.

When you go anywhere near those etheric crystals, those magnetized crystals, you will usually wind up somewhere in the center of them, being surrounded by the substance, because you are finding an area, a pocket of vibration that is a resonance pocket of vibration. So, you were in an area where you were placing and growing, on another ship, certain kinds of crystalline formations that allow us to utilize or tap into different kinds of energy. Now, many of our ships are made out of similar substance. Totally, our ships are grown, not built. They are grown like crystals, and there are different kinds of materials that grow and extend from them to do different tasks. So those were like antennae in a chamber that amplifies light, that amplifies different kinds of energy that then can be directed to different portions of the ship or different ships so that they can use that energy in different ways. Do you understand?
Q: Yes I do, thank you very much.
B: Thank You.
Q: I have a night friend who’s an alien. He is very tall, about seven feet. I trust him. I feel like a huge shopping mall and a bunch of different kinds of aliens—there’s other people there too walking around.
B: But it is not really a shopping mall, it is the inside of a Mother Ship.
Q: Sometimes I wake up and I see him staying at the foot of my bed and....
B: Can you describe how he looks?
Q: Glowing green with almond shapes eyes, a large head. Can you tell me more about him, where did we go?
B: He has been your friend for a long time. In fact, you used to be one of them. You decided to have this Earth body now, to incarnate upon the planet, so that you, in having experiences on Earth, could visit your friend on the ship and share those experiences with him so he could learn about earth through you. But, you used to be one of them. Do you understand?
Q: Yes.
B: And now you are on Earth, in an earth body. But every now and then you visit, you go back to the Mother Ship to talk and tell of your experiences; and so he could also tell you of the different kinds of things that you will be doing on Earth. May I Ask you a question?

Q: Sure.

B: Thank you. What kinds of things do you like to do? What excites you the most? When you are inside the Mother Ship that you say looks like a mall, how do you feel when you are there?

Q: Like it is home.

B: Yes. You have been on that ship many times, that ship is very old, very old, thousands of years old, and you have been there many times in this life and in your other life before this one, as one of them. You are very familiar with it. Let me tell you this, the next time you find yourself there, say this to your friend, "Let me see the bridge." All right, can you remember that, "Let me see the bridge"?

Q: Sure.

B: When you do that, bring back with you whatever memory and information you are shown. Whatever you are shown, when you say that, will be very important for you later in life. It might be a picture, it might be an object but later in life, perhaps in a few years to come, that object will symbolize your ability to do something and it will help you do that thing very easily and very quickly. It will be a gift given to you to remember so that your mind when it remembers what you are shown will be able to do something later in life very easily, all right?

Q: All right.

B: Is there anything else?

Q: No, thank you.

B: Thank you very much, have a good time.

Q: Thanks.

Q: When I was 6 years old, one night, at three o’clock in the morning, my parents found me locked outside of my home.

B: Yes.

Q: All the doors were locked and the deadbolts were also locked.

B: Yes.

Q: I was knocking on the door to get in, it was about four o’clock in the morning. I was wondering, if you knew what I was doing out there, how I got out there and where I had been while I was out there?

B: All right, yes. Now again, this is connected to visiting with those other beings. However, you will also find this, when enough of you, especially your young children now, start being visited by those beings you must understand that they are coming from another dimension. They are coming through a dimensional gate into your dimensional reality, into your world. When they interact with you enough, when you interact with them often enough, you will start automatically popping around in and out of
dimensions. You will find yourself here one moment, pop, there the next moment. Doesn’t matter where you might be, inside, outside, another country, it doesn’t matter. Sometimes when you find yourself outside like that, it’s because you have been on their ship and they have made you forget, and they just left you outside and you don’t remember where you were and you don’t remember how you got there because they made you forget that you were on their ship. But sometimes you just automatically pop from where you were to outside because you are becoming slippery in time. Because they are rubbing off on you, their powers are rubbing off on you.

The more they take you through different dimensions, the more you have the ability to go through those different dimensions yourself and sometimes when you are not thinking about it, you might just, all of a sudden, find yourself, pop, somewhere else. This will start happening more and more and more as the years go by, to more and more of you, especially the children, because they are looser. They are not so solid, not so structured and don’t necessary think that they have to be at any particular place at any particular time. But, more often than not, when you find yourself like that, not knowing how you got there, it’s because you were on their ship and they let you out after you were there. On their ship they made you forget because they don’t want you to completely remember right now. Because this information is supposed to come out slowly so that the people of your world can learn to handle it easily. Otherwise, if all the people of your world suddenly, absolutely realized that all of this was going on...oh, there would probably be a lot of running around and a lot of screaming. Does that answer the question?

Q: Yes.

B: Well, thank you very much.

Q. Thank you.

B: Have a good time playing outside.
Choice and Co-Creation

Q: Several weeks ago you said that the channel had been a member of a league, but you yourself had not been a member of the league...

B: Correct.

Q: And I wonder how that relates. If you are the channel’s future self, how could he be part...?

B: The channel is my past self only in this life he has on your planet, as the channel. You follow me?

Q: No.

B: All right. Look at it this way: You have what you call a ladder, yes?

Q: Yes.

B: You have rungs in between the two sides, yes?

Q: Yes.

B: All right now, one side is one concept of linear time, one universal time track. Where each rung intercepts, that pole is considered a linear life on that side of the ladder. You follow me?

Q: Mhmm.

B: Where the rungs intercept the other pole is considered a linear life on that time track. You follow me?

Q: Mhmm.

B: Now, the rungs do not have to connect to both sides. And in this case, you may simply assume that what I am saying is my pole and his pole have one common rung. All of the rest of my rungs do not connect into his pole; the rest of his rungs do not connect into mine.

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B: You follow me?

Q: Um, would you consider the channel to be a clear channel, a quote/unquote, clear channel? In other words, does what you say come through him without any coloration?

B: Not without any. But it will be clear in a sense of valid for whomever we interact with. In other words, the idea of clear will be, to me, that whoever is attracted – whoever I attract – will be there for the reason of receiving whatever information comes through.

Q: Right.

B: In other words, the idea of the trust is total, yes.

Q: Okay. The woman that I saw before – her name is Cheryl, and she has since become a Sikh. Her name is now Kartokar. And I was near her body... and how it was explained was that, if you started channeling, she would leave her body, and she would start channeling instantaneously. And what came out, apparently, was that she was going through some creative purge, and that at the end of forty days she would then become a clear channel.
B: All right, if that is her method, that is her method.

Q: Okay. Well, this was what was told to me. Her ex-husband was in fear that this would take such a toll on her body that she might not be able to survive.

B: All right. Then that fear being in her reality is also a part of her process.

Q: Oh, I think it was more his fear than her fear.

B: Is she aware of it?

Q: Of his fear, I don’t know. I don’t know; he just told this to me.

B: If she is not aware of it, it is not part of her process; if she is, it is.

Q: Okay. Another question is concerning myself and the artwork that I channel. I know that I have personal guides…

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Q: the name of Joseph and Florence; this was told to me. And when I channel artwork, I was wondering if it comes directly from them or through them, or if they are just there, and it’s coming from another dimension – in which case it would explain to me that I…

B: What does the experience feel like? Does it feel like what you wish it to be in the moment you are doing it?

Q: Oh, yeah, definitely.

B: In terms of: “Where does it come from?” It all comes from you, no matter who else is involved. You follow me?

Q: I was just thinking that it comes through me, and that it’s…

B: That is then your creation of the idea of your interaction with other consciousnesses. It is still your creation, ultimately. Ultimately it is still your creation!

Q: Okay, well, so what… or how much do these two particular guides of mine have…

B: As much as you create them to have. Do you not get the picture?

Q: I get the picture of it.

B: All right. Recognize your imagination is real. You follow me?

Q: Mhmm.

B: So in any given moment, however you choose to imagine your relationship to yourself and to so-called other consciousnesses to be, in that moment, that is what is real. You follow me?

Q: Uh huh.

B: When you change it, that is real. When you change it again, that is real! Everything is real. You are the creator. Do you understand what that means?

Q: Yes, I do. I take full responsibility.

B: Thank you.
Q: I have one more…little question.
B: All right.
Q: I met a woman who told me about another person who was an iridologist, and she – this woman – said that they’re serious, that there are only really two colors of eyes: blue and brown, when people – when humans – are born, and that they may change instantly, or they may change after a while. And I was wondering if that’s true and valid, or if, I mean…
B: There is some physiological accuracy to this notion. But again, listen to yourself: “I was wondering if that is true and valid.” Everything is true and valid; everything is true and valid.
Q: Okay, well…
B: For the individuals that choose to believe that, the idea is true and valid. Now understand something: I have been speaking with your civilization for approximately what you call two and one half of your years. And I have been speaking in ways that have been a reflection of the idea of your third-density patterns. This is no longer the case. If you are going to create the idea of interaction with me now, be with me now. Be with yourself now.
Q: So it’s just: if I choose to believe the theory; if I choose not to believe the theory.
B: It is up to you. You are the Gods. Gods…All That Is did not create the universe; All That Is created you. YOU created the universe. If you wish to say All That Is created the universe, then All That Is created the universe through you. Everything – EVERYTHING in the universe is your creation, and yours, and yours, and yours, collectively and individually, because you are each your own universe.
Whatever you believe is true and valid and accurate for you – for you, and you alone – IS. And in your universe, that is what will work. That is what you will experience. It does not matter that no one else might experience what you experience. Your universe, and your experience in it, is still really real. Because what you have been living in is the product of your imagination anyway. What you have for so long considered to be the only real reality is like any idea – only what you choose to believe it has been. You follow me?
Q: Yes. If you – okay, you can look at this from another point of view.
B: All right.
Q: That I attracted, or I created, this woman to come and tell me this.
B: Very good. Giving you an opportunity to recognize beliefs that exist within you, and then choose which ones you prefer to be in your universe.
Q: Okay. Well, if I chose to believe that belief, then I was wondering…
B: Now, if you chose it then, it does not mean you have to choose to now. You can, but you do not have to.
Q: Okay, well, but you know, just for the sake of argument, or whatever, if I choose to believe that that was true…
B: Yes.
Q: And that there... she says you have not... I don’t know... but some kind of stuff that shouldn’t be in your body, that’s in your body that would change the color of your eyes.
B: All right.
Q: So if that’s true...
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Q: I was wondering what stuff was in my body, and what I should do to get rid of it.
B: What does your imagination tell you?
Q: Oh, okay, okay, I got it.
B: Now, what does having the idea of “having stuff in your body that you should get rid of” do for you? What does that idea do for you?
Q: Uh, it makes me clean up my act as far as my...
B: Clean up your act?
Q: Yes.
B: Does that mean you are judging yourself to be less?
Q: Well... no, I’ve just been – I have been eliminating certain things from my diet for a long time, just to...
B: All right.
Q: Then simply talk to your body consciousness. You can recognize anything that is there that you do not prefer to be there. You will simply allow yourself to ingest what you feel reflects what you believe yourself to be. Talk to your body consciousness. And listen to it when it talks to you.
Q: Okay.
B: Do you follow me?
Q: Yes.
B: Thank you. Now, you can also understand that simply because someone tells you, “you have this and such, and should have this and that,” it is only a reflection of your belief, because you have attracted someone to tell you that. Therefore, you can simply do what they suggest, and follow your belief in that way, or you can change the belief.
Q: Mhmm.
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Q: Yes.
B: Now, the idea that was being discussed – our perception of it – is simply that it deals with what you call the endocrine system in your body. Take that as your clue and do your own discovering.
Q: Okay. I will.
B: But you do not have to. Thank you. Yes?
Q2: Yes, you’ve been talking about the fourth density, but in the past you said that your civilization exists in the third density as ours...
B: Third, fourth, fifth.
Q: I see.
B: We have representational forms, that we call bodies, that exist in third density. And we have been using that idea of ourselves to integrate with you, with what you call our spacecraft – so that you would have a physiological representation.
Q: But you could exist not impinged on the third density?
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Q: But you’ve actually – your civilization has made the transformation to fourth density...
B: All right. But, in this way, the overall idea of the transformation you are experiencing is still a transformation for us. Since we are portions of the same consciousness. Therefore, while it may not specifically be the same type of transformation, a transformation it is, nonetheless. And it simply allows us more opportunities to be more aware of your existence on all density levels, simultaneously. And allows us to shift our focus a little bit closer to fifth. You follow me?
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Q3: On that point: I’m creating the recollection of your having said that you existed in third and fourth dimensions, uh, density, and then, say several months ago, you started talking about fifth density, and it sounded like to me like that was a transformation for you guys.
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Q: Yeah. So, was it less that you actually had undergone transformation in that same...
B: It is both.
Q: Yeah, okay.
B: Because the transformation was that we were now co-creating a reality in which that idea could be shared. And that is – like any other reality – a completely different one, and therefore, a transformation of sorts.
Q: Okay. So what you were saying just now – just to get it clear – is that as a result of our transformation – no, it’s a co-creation; our transformation and your transformation is a co-creation.
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Q: Okay. Thank you.
B: Thank you.
Choosing a Positive Reality

Q: My question has to do with what we call entities.
B: Yes.
Q: For instance, negative entities may take over people...
B: Recognize, whatever fear an individual may have within them, may determine the vibration that will simply attract them into a universe where they can interact with what, you call, “other,” negative entities; because fear creates a being to be a negative entity.
The idea is to simply recognize that the idea of negative interaction simply has nothing to do with what you have defined yourself to be. Then you will not be of that vibration; you will not be of that universe; and anything that is of that universe simply can’t find you. Understand? So it is only the fear of interaction, generally, with the idea of negative entities, that attracts the interaction with negative entities. Recognize what I am saying? Is it making sense?
Q: I am a little unclear about it.
B: All right. Do you understand that everything is vibration?
Q: Yes.
B: Then do you understand that you create your reality based upon whatever vibration you define yourself to be?
Q: Yes.
B: Do you understand that you can’t get a program you’re not tuned to?
Q: Sure.
B: Well then, how can any idea of a negative entity interact with anyone who is not tuned to the idea of negativity? Understand?
Q: I understand. And the question that comes up for me is: in the world...
B: What world? You are the world in which you live. And yes, you may recognize that other individuals may be choosing to live in fear and negativity, and attracting themselves into negative circumstance. But that’s their choice. You can remind them that that’s their choice; and if they don’t prefer it, once they are reminded that that’s their choice, they can change it. And they will never experience, from that moment forward, the idea of any negative effect in their life; it is all where they tune themselves into.
Your service, in the way you wish to serve individuals, is to simply give them an opportunity to recognize that they have the power and the choice to choose to operate on a positive vibration and attract a positive reality, or operate on a negative vibration and attract a negative one. But it’s their choice; you can’t tell them what to do. But you can offer them an opportunity to recognize they have the ability to choose. Is that making sense?
Q: Yes, that’s very clear. Thank you.
B: Thank you for your service.
Choosing Reincarnational Scenarios

Q: What is the scenario of what happens between lives? You know...
B: It can be many different things. Simply remember that you are a thought form in a world of thought forms. There are, because you have created there to be so, many different levels, so to speak – in what you call the non-physical reality, quote/unquote, between lives, linearly speaking – and any number of scenarios can occur. The general foundational scenario is whatever you believe in most strongly will be what you experience immediately, because there is no time lag in non-physical reality. Understand?
Q: Right.
B: So there are layers of frequencies, of vibrations, that represent different degrees of perception and clarity of definition of the reality you know yourself to be. And it can range all the way from individuals not even knowing they are, in your terms, non-physical, all the way to individuals who simply absolutely know, beyond a shadow of a doubt, that they have the opportunity to project themselves into any type of experience whatsoever, on any plane, in any definitional sense. Anywhere in between, anything at all, whatever you can imagine, can be experienced in that non-physical realm instantly. Now, because of the way you have created your world to be, because of the momentum that has been, in the past, generated, you have even allowed that radiation, so to speak, to – quote/unquote – leak into what you would call the lower levels – actually creating the idea of lower levels of non-physical reality in which you can be non-physical and still not yet know that you have the ability to go anywhere you wish, and be anything you want to be.
You can create an automatic assumption in those levels that you, perhaps, have to reincarnate, creating what you call the karmic cycle, which is nothing more than an assumption, basically, that you have to keep reincarnating. It is simply recognition of a momentum, a momentum which can be played out in many different dimensions of experience, but which you all have assumed in the past has to be repeated here. It doesn’t, ‘tis up to you. Does this explain some of the idea?
Q: Yes, it helps a lot, because the second part was the key. How do you graduate so that you know that?
B: By knowing right now...
Q: That you have that choice.
B: ...that you always have complete and utter choice. If you become non-physical with that knowledge, you will know that when you’re non-physical; and you will say, “hmm, what do I want to do now?” And you will be very clear about it.
Q: Great! So there’s nothing that says you have to come back.
B: No.
Q: Oh, great!
B: However, the one thing you will do to ensure that you might come back is to deny the validity of the physical existence. Because if you do not validate it as equal to anywhere else you could go, that’s how you attach yourself to it, through your denial of it. That’s what allows you to come back.
Q: Well, the way you do that is just to learn to love this physical existence?
B: Yes. Unconditionally.
Q: Right. Okay.
B: For it is just as valid as any experience you could have. And you can create physical reality to be an ecstasy and a joy. If you’re using the idea of non-physical reality to run away from physical reality – to escape it as if it were a prison – then that’s simply not a recognition that, if it seems to be a prison, then you’re the jailer. And you can keep putting yourself back into physical reality until you realize you hold the key. And any time you want to turn the key in the lock, you can. And that’s when you’re really free – when you free yourself. Understand?
Q: Right. I always have the fear that I’ll love everything 99%... and there’ll be one little thing I’ll forget about. And I’ll have to come back... one person I forgot to forgive.
B: All right, but that’s a definition too.
Q: That’s a belief. That’s right.
B: Thank you.
Q: Thank you.
Choosing the Next Life

Q: I have read an idea in-between reincarnation, sometimes souls become very confused and they might do what they call a yo-yo effect, where they wouldn’t choose wisely their next reincarnation. I didn’t really like that idea...

B: It is not so much that it is unwise, in that way, but it may be more of a reaction. Now understand every choice can still be of service, and if an entity has chosen to create that type of immediate reaction then that is something that the Oversoul will learn from. You follow me?

Q: Yes. I have difficulty with this idea because I like the idea that someone chose wisely what I’m doing now even though it doesn’t look to good to me.


Q: Well, I don’t remember choosing.

B: That is part of the game.

Q: Right, but I assume that I chose wisely even though now...

B: Yes, and assuming that you chose wisely is what will make your physical life reflect that wisdom, no matter how you chose to enter in.

You can always, at any time, including in the middle of a life, decide that you have chosen wisely and gain from that effect. No matter how you originally got into the light of day. You follow me?

Q: Yes, but I don’t like the idea that the soul is somehow separate from the entity.

B: It is not.

Q: Then why do you say that...

B: Because we are using your terminology, because you in your society have seen it as separate. You are the soul.

Q: Well I don’t see how the Higher self could do something like a yo-yo effect?

B: In a sense it doesn’t. But recognize that you have created yourself to be a society where there are many levels even in the immediate non-physicality that you experience just above physical reality. And it is only in those levels that such an effect is possible, but, again, recognize that effect was created for a reason and to the Higher self there is no judgement. The Higher self does not see anything as wasted and does not judge any experience to be wrong or misspent. You follow me?

Q: Yes.

B: You experience what you experience for no other reason other than the fact that you can experience it. You follow me?

Q: Yes.

B: To the Oversoul that is just as valid and equal a learning experience as anything and any method of gaining that experience. It is all the same, only you, on this level, are judging it to be something not desirable. But you can recognize that if you have that idea within you, it is an opportunity to simply...
know that you *prefer* the belief that you are now the idea of a wisely chosen life. No matter how you chose it, it was wise. You follow me?

Q: Yes.

B: That is what will create the effect of that belief and your life will reflect that wisdom. Thank you.

Q: Thank you.
Christ Consciousness

Bashar: All right, I’ll say good day to you, this day of your time. How are you all?

Audience: Great, good, all right.

B: We will begin this interaction, this communication, this day of your time, by, once again, thanking each and every one of you, individually and all of you collectively, for allowing us this opportunity to communicate with your civilization in this way, at this time. Always these communications are an expansion of our awareness of the universe in that we get to see, through you, many more different ways that the universe has of expressing itself, because of your unique qualities. And this, to us, is a gift.

We thank you for this sharing and we would like to begin this communication, this day of your time, with the following concept. We recognize that, in that we are channeling through, communicating through to a particular place on your planet, at this time, the particular facility in which you are doing this, having this session, has to do with the concepts of a being, a consciousness that you have on your planet labeled Christ Consciousness. And so, we would like to comment a little bit more on this idea, at this time, in keeping with the spirit of the place and time and energy that you are in. And in no way, shape, or form, first of all, do we mean to imply, by speaking about the Christ Consciousness, as you call it, that it is to some degree to be viewed as more than or better than any other way of thinking, any other point of view.

For you will find that, from our perspective, what you call the Christ Consciousness has had and has and will have many different kinds of manifestations on your planet. Christ Consciousness, Buddha Nature, these are the same energies, the same consciousnesses. In fact, what you even recognize as the Christ Consciousness has manifested and incarnated on your planet many different times and many different ways and many different guises. And in essence, in its fundamental definition, what you call the Christ Consciousness or Buddha Nature is simply the collective World Spirit of all of your combined consciousnesses together.

So you are all, also, the Christ Consciousness, the Buddha Nature, the Great Spirit, in that sense. All of you, each of you, and the whole concept, as many of you are now on your planet beginning to realize, is not so much the, quote/unquote, as you say, religious concept of Christ Consciousness but the awakening of the Spirit of Oneness, the Spirit of Lovingness, the Spirit of Creativity within each and every one of you. That is more of a true representation of any, so called, "second coming" ... is not that it is focused in a singular being returning to your planet but that it is the awakening of that energy, that awareness within each and every one of you. That is the, so-called, "Second Coming."

Of course, it is not the second, this has happened many times. It has been presented to you and reflected to you in many different ways, in many different styles of what you call the origination of religions on your planet. Although, what you call religion on your planet has never been the intention of any of those who the religions are based upon. Your being of Jesus, your being of Buddha, your being of Krishna, your being of Wahoca, your being of Mohammed and all the others you wish to name, never was it their intention to begin what you now have on your planet in a format of a religion. Never do they expect
followers, they were telling each and every one of you that you could be the same as them, to be like them, to act in their manner. The phrase, "I am the Way." Simply means, "be this way" and you will be reflective of the same energy, the same consciousness, the same idea. It doesn’t mean follow; it doesn’t mean create a ritual around them. It means that you are one; that you can do all the same things ... and this many times has actually, literally been said by many of these great teachers on your planet.

But, of course, because of certain kinds of thoughts of separation and limitation and negative beliefs, many of you feel that you really do not deserve to recognize that flame within you, that energy within you, that light within you. And so, you segregate yourselves from those teachings ... place them on a higher pedestal than you place yourself, do not make yourself equal to it, and thus, create ritual around it, and simply act as followers, rather than doers. Which is what they intended to share with you, what they intended to get across to you–is that you are all, in that sense, capable of manifesting everything and more than they ever manifested on your planet. Any single one of them.

You all follow me so far? Is this translating into your language adequately?

Audience: Yes, yes, yes....

B: So recognize that one of the reasons you now have on your planet this, so-called, "transformations age," "new age," whatever you wish to call it, it is that it is that a new recognition, a new awaking of yourself into the understanding that it isn’t about following, it isn’t about ritual, in that sense. It is about being one with, it is about being one as, it is about acting as though you know you are the Christ Consciousness, the Buddha Nature, the Krishna Spirit, whatever you wish to call it, it doesn’t matter. What you call God, what we call All That Is, The Infinite, whatever, again, you wish to name it ... doesn’t matter ... because all of it is true. Remember that when you talk about the idea of something being omnipotent, then it is all that it can possibly be and it is everything you can possibly every imagine it to be – all of the representations are true. Anything less and it would not be All That Is, by definition.

Therefore, you can come at it from any number of different ways, but simply recognize, you are a part of it; it is a part of you. You are simply a different expression of it. You are not separate from it; it is not separate from you. It is all one homogenous energy event, though there may be differentiation within it, diversification within it, which, in and of itself, is beautiful. And it is in the strengthening of that individuality that you will see the most unity and harmony appear on your planet. For you cannot have true harmony, if you do not have strength in each of the individual components, so that they each are representing themselves as they truly are, as they were truly created to be.

Each of you is unique for a reason. Unity is not meaning you should become homogenous and lose your identifying characteristics, no. It means that each of you should be strong enough within yourselves to respect your individuality to the fullest, and to respect all the other individual reflections of the Infinite, because they are all reflections of the Infinite. And if they do exist, they have a reason for existing and if there was no reason for them to exist, and if they were not aspects of the Infinite they could not, by definition, exist.
So, the whole idea of everything, really, fundamentally, that we will discuss with you this evening, no matter what kind of questions you may have, no matter what kind of subjects you may wish to discuss, is all really foundationally and fundamentally your ability to recognize and become more aware of the concept that you are ... self empowered beings who have been granted the unique idea, as all beings have, of free will and choice to be your true, full self. Not what others say you ought to be, but, your true, full self, with excitement, with integrity, with alignment, intention and action. And in so doing, you become your unique puzzle piece, that when fitted with all the other unique puzzle pieces, form the entire picture, flawlessly, of the infinite All that Is.

Only by being that full puzzle piece, can you thus fill the gap that is in the shape of your particular puzzle piece. If you try to be a puzzle piece that you are not, you will not fill that hole and if you do not fill that hole, you do not help create the whole picture. Trying to be someone you are not, just because someone says you ought to be this or you ought to be that, is the most difficult thing that you can do. And all the pain, suffering and resistance that you experience in your life, all comes from attempting to be someone that you are not.

Being what you truly are, by acting on your joy, your excitement, your love, with integrity, with alignment, intention and action, will actually turn out to be the easiest thing you can possibly do. Because then, all the universe has to do is support the idea of yourself in your original created manner, rather than supporting the idea of yourself as something that you really are not. Fundamentally, everything that you experience about yourself, in some sense, is you because you are also an aspect of the Infinite. But each of you has a resonance, each of you has a frequency, each of you has a certain vibration that is your unique song. Be true to that song. Sing that song and there will be a great chorus and harmony on your planet. It’s really as simple as that, if you will allow it to be.

We thank you for allowing us to share, at this time, these thoughts, these ideas, these reflections and we simply remind you, that these are simply our perspectives, as we view your world, as we observe you, that you can do these things if you choose to. But we will never tell you what to do. It’s your planet after all, we have our own lives to live, our own planet to look after, we do not need yours – thank you very much. But in return for the gift that you give us this night, in allowing us to communicate this way, at this time ... I ask you now, in what way may we be of service to you? You may begin.
That which you call your Christ Consciousness, which has been known by many names, upon you planet, to our perspective is the World Spirit; that which represents the collective consciousness of each and every individual. It is known in many different, various themes, many different forms of expression...and they are all true, for by definition, the World Spirit is a multifaceted and multidimensional, multidirectional Being. You have had the idea of a scenario your World Spirit played out upon your planet in many ways, in various times in your history. And in our world, we have had the idea of our World Spirit, our Shakana, played out similarly, not identical, but similarly to yours. And in this, the full story of this idea we will relate this evening of your time, what might loosely translate, if you wish, into an Essassani Christmas story.

Now you have had, speaking strictly specifically of the idea of what you call Christ Consciousness, the idea of the manifestation in one of the forms, in your physiological form for approximately thirty three years of your counting, in the format you call Jesus. One of the ways, one of the faces, one of the manifestations of the World Spirit, in that way. In our civilization, there was also, as we have said briefly before, a manifestation to some degree physiologically of the World Spirit, but only did it last in terms of counting, three days, rather than thirty three years as you understand time. For that was all that was necessary for the unification of the awakening and the recognition of our collective consciousness into one unified direction. Now, the idea, if you would, in that sense, give of your participation, will occur in the following format – we have requested that this day of your time you bring a bell of your choice. Do you have them?

Audience: Yes.

Bashar: Thank you. The idea, therefore, shall be, there will be a few places within the story we will relate to you where the word VIBRATION will come up, precisely in that manner. When we say that word VIBRATION, for a count of three, every time that word comes up, allow yourselves to give of that vibration which will add to the energy of unification to the story. For the count of three, ring your bell when we say VIBRATION, and then we will continue. It will happen three times within the story...it shall begin as follows.

Our world has had a history, not exactly like your own, but there have been similarities. And there was a time when we had arrived at, what you would call, the end of the experimentation and the exploration of the cycle of living in diversified communities, that you would call most similarly, nations, upon your planet. We did not have the rigidity of the borders that you have, but none the less we had undertaken many different experiments, many different styles of living, to determine that which would represent to us, all of what you would call the
best out of each style of life that could be applied towards the idea of one direction in the world. With our hearts and our minds and our souls, our spirits and our bodies, we arrived at the point, in our history, where the desire for the unification of our planet, in that way, truly manifested in the physiological representation of the World Spirit. Born, as you would say, into physicality as a child, over the course of, what you would call, a seven-month gestation period. And the idea, upon the rendering, the focus of the World Spirit into that physical manifestation in our society, of Sassani flesh as you say, of Sassani mind, of Sassani spirit, there became for three days, a threefold experience.

As this child was born...in our language, Shakana, the World Spirit...physicalized, crystallized, focused and manifested, pinpointed into our physical dimension...a sleep came upon the entire planet. Now, before this time in our society, we had the notion that you understand as sleep, that reconnection to the higher self, the realignment through dream reality of all that you know yourself to be. And so, upon the first day of this physical manifestation of Shakana, a profound sleep came upon the entire planet all at once, and all drifted into a dream, into a slumber, into an energy sea. And the first day was spent in a unified world dream, a dream that all of our spirit, all the energy, all of our knowingness, was one. And as we merged and blended into this world dream, Shakana did vibrate, the VIBRATION...(the audience all ring their bells)...and all that were asleep in the dream did feel the energy coursing through every soul, every spirit, in a ripple around the planet; and were unified in spirit, in the dream.

And they dreamed on, through the second day, still asleep in a world dream, and as they now experienced the unification of spirit from the highest level, there was more focus, more crystallization as these energies spiraled downwards into more and more physical materiality. And the mind, in that sense, the emotion of all the beings upon the planet, began to draw itself together through a profound gravity. And as they merged...not only their soul, but their heart, their mind...and truly perceived all to be existing within an energy sea. Shakana did vibrate the second VIBRATION...(ringing of bells). And it rippled throughout the very emotional fabric of our existence, and did blend and crystallize and unify, so that we became as one mind, as one heart, as one Spirit.

And we slept and dreamt unto the third day...the whole world, breathing as one, slumbering as one, dreaming as one. And on the third day, as the energy of Shakana did crystallize into the final form and manifested in true solidity, all beings on Essassani did feel the physical intertwining, the extension that each and everybody is of everyone else...as the fingers of a hand. Each body, each feeling, each thought became intertwined...and in rapture and in love, did it pulse as one with all other physical form. And as the dream solidified and the veil of physical and non-physical reality was dissolved, did we find that we were not only of one soul, not only of one mind, not only of one heart, but truly of one body, with many faces. And as this realization dawned upon all in the third day, Shakana did vibrate the VIBRATION...(ringing of bells)...and in a burst of light did Shakana render itself back into energy, having accomplished the crystallization of the entire planet.

And then after that physical materialization and the rapid ascension back into non-physicality, did everyone awake from their dream, from their slumber...but not back into the world that we had known,
but into a new dream, a new realization, a new understanding, that all is one, that all is a dream and the
dream is real. From that day forward as a world, we were awake and awakened by the World Spirit of
Shakana, which is all of us, even as your Christ Consciousness and Buddha Nature is all of you, and in
awakening and in knowing that we were always connected to the Infinite, to the All That Is, to the
source of eternal Life. Thus, from that day forward did we never physically sleep again, for we were in
the dream completely alive and alert and always in the dream, always connected and not needing to
break the idea of projecting into unconsciousness, to make a connection to the rest of ourselves.

Your world is awakening as well, at a different pace, but one that is still beautiful, and one still
representative of the soul and the mind, and the heart and the body that you are. We are overjoyed, as a
world, to be able to interact at this time of your awakening with you, to see replayed, at a different pace,
the recognition and realization that we have created for ourselves – once again, replayed through you, to
allow us to see the vast beauty of your awakening. We thank you for the gift, the gift that you have
chosen to share with all of us, the gift that you have allowed us to choose to share with you. For this is
an acceleration, the whole idea of what you call your Christmas, an acceleration of the awakening of the
Christ Consciousness in each and every one of you, and a creation of Heaven on Earth.

Anytime, within yourself, within the tone that you are, within the energy that you are, within the
frequency that you are, within the pitch you know yourselves to be, that is your signature resonance,
anywhere and anywhen...allow yourselves to unify and be one by being the VIBRATION... (Ringing of
bells!). When you perceive the ringing of all the various instruments that you have brought this day of
your time, it is one of the closest analogies we can make for how we perceive all of you. You are
different frequencies, different resonances, and that is how we read you. We feel you, we hear you, in
that sense, and we allow your energy to pass through us, even as you may choose our energy to pass
through you. So that together we become one song, one dream, one heart. Individuals always...but one
mind, fashioned out of the one infinite, unconditional, light and love of All That Is.
B: Yes.
Q: Hello.
B: Hello!
Q: I’m having some physical problems right now…
B: All right. Speak up! Be bold!
Q: That’s part of my problem, probably.
B: All right.
Q: I’m just wondering if you could help me focus in on anything, on how I can heal myself.
B: Define what you call your so-called problem.
Q: Well, the most pronounced thing in the last few weeks is just a general dizziness and…
B: A general dizziness.
Q: Mhmm. And real low energy.

B: A real looowww energy.
Q: Oh, no, I’ve put you to sleep.
B: Are you on vacation?
Q: We just came back from vacation.
B: All right. Now, into what type of a reality do you wish, do you desire, to reinsert yourself? Into the one you used to have or a new one?

Q: I’m kind of in transition. Parts of the old one, but also…

B: All right. Then that’s what the dizziness is about: disorientation. As soon as you allow yourself clear definitions, you will lose the disorientation. Do you have a clear definition?
Q: No. I’m working on it. No, it’s not clear right now.
B: All right. When will you have a clear definition?
Q: Um, I’m hoping…
B: You are what?
Q: …within a month or two.
B: Let me rephrase that: you doubt you will have it in a month or two.
Q: No, no. It sounded that way, huh?
B: Yes, because that’s generally what hope means. You doubt it.
Q: Hmm! Okay.
B: Now: when do you feel you will have a clear definition? Even though you may not have the clear definition now, you do have the ability to feel when you might have one. So, when do you feel you might have a clear definition?
Q: I will have it in a month or two.
B: All right, a month or two.
Q: A month. I’ll say a month.
B: All right. Now, do you believe that?
Q: Yes, I do.
B: Oh, all right. Fair enough. Why do you believe it?
Q: Oh, because it’s something I’ve been thinking about for a long time, and…
B: Something you have been thinking about for a long time.
Q: Mhmm. And…
B: What is it?
Q: You want the specifics of it? Um, I’m a mother of three, all of whom are under five…
B: All right.
Q: And I’ve been Mother Earth for five years.
B: All right.
Q: And I just need to get a little bit coming in as well as going out, right now.
B: To express who you are in other ways.
Q: Exactly.
B: All right. Have you picked a way that you enjoy more than any other?
Q: I’ve picked one way. I’ve signed up for a class that I’m going to be taking.
B: Of?
Q: Photography.
B: All right. How long is the class?
Q: It’s an eight-week class.
B: One or two months, all right.
Q: (Laughing) All right.
B: Do you believe your own signals?
Q: Yeah, I...
B: Do you trust your own directions?
Q: Yes, I’m trusting it more and more.
B: All right. Then you are willing to allow yourself to become involved with that energy, and see what develops?
Q: (Laughing at the unintended? pun on “develops.”) Yes, yes.
B: All right. Then relax, do not be impatient. You know what you are doing: trust it. You will manifest all the things you need to, exactly when they need to be manifest, when you are satisfied that your definition is, in fact, clear. And it will become clear, as you learn in that class what it is you really do and don’t want to do – if that class really represents what excites you the most. Understand?
Q: Yes.
B: You use it to build your definition of clarity.
Q: That makes sense. Thank you.
B: All right. Let it be obvious, for it usually is. Thank you very much.
Q: Thank you.
B: Sharing!
Clearing the Chakra of Intention

Q: I’d like to ask you about the solar plexus... lately I’ve been interested.

B: Yes. It is one of the connections to the future self. It is the chakra of intention.

Q: Okay... can it have a new relationship at the same time with... like physical attraction, magnetism and other things?

B: It can, yes.

Q: Is it related?

B: It can be, because a beam, speaking colloquially, can be projected. That is the beam that represents the connection between you and what you are, quote/unquote, becoming. And if there is a high degree of activity and energy in that, personality-wise, as you say, it can have a very magnetic effect on other individuals, in terms of attracting those individuals to reflect back to you specifically the things you need to learn to become that self you are becoming.

So, yes, it can be a searchlight; it can be a magnetic beam – you can call it a tractor beam, if you will... to pull into you the idea of all the circumstances and relationships and situations that will allow you to fulfill and express your intention in life.

Q: Okay. What about... in my case, for instance... I don’t know if it’s related to some negativity? That specific...

B: Do you mean because it is uncomfortable?

Q: Yes, sometimes.

B: All right. In a sense, negativity, yes; but mostly habitual rituals, things you are clearing out. That is all. As you open it up, then there will be more than enough room for the energy to flow. It is still a little bit constricted; that is all.

Q: Yes.

B: Allow yourself to be the future self now that you are becoming, and then there will not be as much constriction.

Q: Okay.

B: You follow me?

Q: Yes. Is there any... like a process or something I could do? Lately, like emotions or whatever... I feel it right there, you know.

B: Yes.

Q: I have a lot of attention there.

B: Very good. It brings you into the moment. E-motion: energy motion. You are dealing with many old beliefs.
Q: Okay.
B: It is your process; you accelerate it if you wish to.
Q: How?
B: The way to accelerate it, as we have already said, most easily is to not necessarily think you need a long process, but start acting like the you, you imagine you are becoming – now.
Q: Okay.
B: Image how you would like to be, and start being that person,
Q: Yeah. But I still feel, like, a lot of emotion even thinking about that. And I feel a little bit... well, I’ve been feeling something in there that...
B: Well, that’s all right. Let it come.
Q: I (haven’t been so hungry?) or something, which is all right. But there is something uncomfortable in here anyway.
B: It does not have to be. And the more you dive into it and go through it, the shorter amount of time it will last.
Q: Okay.
B: Only assuming that you don’t want to deal with it makes it stick around and last longer. Dive into it and you’ll be through it. All right?
Q: Okay. Dive into it would be like meditation or something, and that would help?
B: Or act it through. Or explore. Yes, meditate: "Why am I feeling the way I am feeling? What am I believing? Am I fearing something? What am I fearing? If I fear it, what am I fearing? Oh, that’s what I’m fearing! All right, why am I fearing it? Well, first of all, I choose to acknowledge that I have chosen to fear it. Once I acknowledge that I have chosen to fear it, it’s back in my control. Do I still wish to fear it? No, I don’t. Thank you very... On your way!"
Q: Okay.
B: It is that easy. You can process it that quickly.
Q: Yes.
B: If you are honest and clear with yourself.
Q: Okay.
B: And by acknowledging that I have chosen to fear it, it’s back in my control. “Do I still wish to fear it? No, I don’t. Thank you very much. On your way!”
Q: Okay.
B: It is that easy; you can process it that quickly.
Q: Yes.
B: If you are simply honest and clear with yourself.
Q: Okay.
B: And acknowledge what you have created as your creation – because you cannot transform what you do not own.
Q: Yes, okay. Thank you very much.
B: Thank you, pleasant dreams. Sharing!

Clearing the Chakra of Intention
Clearing the Chakra of Intention

Q: I’d like to ask you about the solar plexus... lately I’ve been interested.
B: Yes. It is one of the connections to the future self. It is the chakra of intention.
Q: Okay... (–?) have a new relationship at the same time with... like physical attraction, magnetism and other things?
B: It can, yes.
Q: Is it related?
B: It can be. Because a beam, speaking colloquially, can be projected. That is the beam that represents the connection between you and what you are, quote/unquote, becoming. And if there is a high degree of activity and energy in that, personality-wise, as you say, it can have a very magnetic effect on other individuals, in terms of attracting those individuals, to reflect back to you specifically the things you need to learn to become that self you are becoming.
So, yes, it can be a searchlight; it can be a magnetic beam – you can call it a tractor beam, if you will... to pull into you the idea of all the circumstances and relationships and situations that will allow you to fulfill and express your intention in life.
Q: Okay. What about... in my case, for instance... I don’t know if it’s related to some negativity? That specific...
B: Do you mean because it is uncomfortable?
Q: Yes, sometimes.
B: All right. In a sense, negativity, yes. But mostly habitual rituals, things you are clearing out. That is all. As you open it up, then there will be more than enough room for the energy to flow. It is still a little bit constricted; that is all.
Q: Yes.
B: Allow yourself to be the future self now that you are becoming, and then there will not be as much constriction.
Q: Okay.
B: You follow me?
Q: Yes. Is there any, like a process or something I could do? Lately, like emotions or whatever... I feel it right there, you know.
B: Yes.
Q: I have a lot of attention there.
B: Very good. It brings you into the moment. E-motion: energy motion. You are dealing with many old beliefs.
Q: Okay.
B: It is your process; you accelerate it if you wish to.
Q: How?
B: The way to accelerate it, as we have already said, most easily, is to not necessarily think you need a long process, but start acting like the you, you imagine you are becoming – now.
Q: Okay.
B: Image how you would like to be, and start being that person,
Q: Yah. But I still feel, like a lot of emotion even thinking about that. And I feel a little bit... well, I’ve been feeling something in there that...
B: Well, that’s all right. Let it come.
Q: I (haven’t been so hungry?) or something, which is all right. But there is something uncomfortable in here anyway.
B: It does not have to be. And the more you dive into it and go through it, the shorter amount of time it will last.
Q: Okay.
B: Only assuming that you don’t want to deal with it makes it stick around and last longer. Dive into it and you’ll be through it. All right?
Q: Okay. Dive into it would be, like meditation or something and that would help?
B: Or act it through. Or explore. Yes, meditate: "Why am I feeling the way I am feeling? What am I believing? Am I fearing something? What am I fearing?"
“If I’m fearing it, what am I fearing? ... Oh, that’s what I’m fearing!
All right. Why am I fearing it? Well, first of all, I choose to acknowledge that I have chosen to fear it.”
“All once I acknowledge that I have chosen to fear it, it’s back in my control. Do I still wish to fear it? No, I don’t. Thank you very... On your way!”
Q: Okay.
B: It is that easy. You can process it that quickly.
Q: Yes.
B: If you are honest and clear with yourself.
Q: Okay.
B: And by acknowledging that I have chosen to fear it, it’s back in my control. Do I still wish to fear it?... No, I don’t. Thank you very much. On your way!”
Q: Okay.
B: It is that easy; you can process it that quickly.
Q: Yes.
B: If you are simply honest and clear with yourself.
Q: Okay.
B: And acknowledge what you have created as your creation – because you cannot transform what you do not own.
Q: Yes, okay. Thank you very much.
B: Thank you, pleasant dreams. Sharing!
B: All right, I’ll say good day to you this day of your time, "How are you all?" Once again we take this opportunity to thank each and every one of you for allowing this co-created interaction and transmission to occur through this particular window and in this way and at this time. Each and every time we are afforded an opportunity to interact with your society in such a manner, it allows us to see, through each and every one of your perspectives, that many more facets of the multidimensional crystal of All That Is; and expands our understanding of the infinite. So we thank you for this gift.

This day of your time we would like to begin this transmission by asking for a volunteer.

Q: Bashar!

B: You.

Q: Me.

B: No, the one that said Bashar and so, volunteer?

Q: Yes.

B: All right. Will you then pick a general subject?

Q: Okay, did you want me to tell you?

B: Yes.

Q: The interaction between what you are doing and the human collective.

B: All right, thank you. As we have said recently, because we talked about the shift that was going to take place, that now has taken place, that many of you now have realized has begun within what you call your last week of August, your first week of September month. In that we talk about that and also mention that during that time we would, as we have done, move closer, physically, to your planet; come into your universal reality and position ourselves near to your planet.

Approximately, in your terms of distance measurement, three-thousand of your miles above your city of Cairo, for my ship. And there are, thus, then from my civilization, three other ships positioned around your planet to form a tetrahedral structure to help aid and assist in the balancing of the collective consciousness energy at this time. These things we have said. Now we will go deeper, further into how we are aiding and assisting the balancing of the energy of the collective consciousness of your planet during this time of acceleration and shift; when so many things, so many symbols will begin to change, transform, leave new ones coming in. The idea here being as follows: each and everyone of you individually, as we have said, is like unto a collective consciousness; each and every one of you has what you call personality components, different aspects of your personality within the one overall personality you consider yourselves to be; each and everyone of you, thus, then functions like a miniature collective consciousness, a gathering, a grouping of different perspectives, different identities, different personalities substructures, or sub-personalities if you wish.
In this day and age as these all find ways to integrate, as they learn to communicate, as you learn to become more holistic, function as a more holistic being, we then, by our proximity, indicate to each and every one of you that you are that much closer to integration in that we can come closer to your planet.

Now, in that our frequency, the frequency of an integrated reality, the frequency of an integrated psychology can now be physical in proximity to your planet means that many of you have accelerated to the point where we can be at least three-thousand miles away.

We will, over time, come closer, closer, closer. Now begins what we call simply, in a sense, the descent. Slowly, slowly, over time, maybe even years, but over time, we will come closer physically to the surface of your world, until such time as the integration going on with each and every one of you and the integration going on within the collective of your entire society is at the proper pitch to allow there to be direct physical interaction between our species. But this is where it begins and this is where the clock counts down, tick, tick, tick, tock. This, then, begins for us an easier calibration a measurement. Being this close we can easily gauge exactly at what frequency level the collective is at and how close we can come when our vibrations become closer in frequency. But in that we can be here, this now does indicate and does act as a threshold and a measurement of how fast you are accelerating, how fast many of the changes, now, that are about to come about will come about as fast or faster than the ones that have occurred in the last couple of weeks of your time.

As we have said for many of your years, things will speed up, as many of you have now really begun to experience. Things are speeding up and the kind of changes that are going to be taking place in your collective consciousness is what is going to help arrange in your society those people, those symbols that represent and reflect certain thing to you that will then act as cueing mechanisms for exactly how much more of yourselves you are ready to integrate within your being.

For example, as we have already used the examples before, of your Princess and your Mother figure, the idea being that in their humanitarian endeavors and in, thus, then leaving your planet, thus, then leaving it up to you to take over for them. The idea being, now, that you will see rearrangements in all facets of your society, more and more and more often that will put you squarely in touch with the responsibilities that are now being left up to you; once you have been shown the way by individuals who were willing to function, as you say, out in public, out in front, about their ability to make a difference, make an impact, all these things. We are aiding and assisting in the collective consciousness’ balance that is going on, on your planet.

For we are giving off a frequency and giving off a vibration, especially by our closeness to your world, physically, that can be an invitation for each and every one of you to match, match that frequency, match that vibration, become more like unto the kind of reality we experience on our world. Wherein we are more fully integrated and more willing to recognize the impact that each individual has because each individual is a collective and thus willing to support the collective by being a full individual.

A full individual collective that, thus, then will give off a vibration of collectivity, that will support the whole collective and every individual in the collective's ability to become more of an individual. This is
the paradox of how the individual supports the collective at the same time that the collective supports the individual. This is what you are learning now, in this countdown, this is one of the first areas of integration that will now speed up. How you can be more of an individual and support the collective in so doing, and thus, then receive from the collective more support to continue being the individual you have chosen to be.

You will see this harmony accelerate more and more frequently as more and more symbols change places, as more and more of you play, shall we say, a kind of physical, spiritual, musical chairs. You know that game on your planet; when the music stops there is usually just, shall we say, enough chairs for all but one who must then go on to another level. You are now giving yourself the opportunity for spiritual musical chairs, in a sense, to work together, play this game, and force yourselves, when ready, when each of you know that you are really ready, to be out in the open; forced to make a change, make a difference, have an impact, be yourself, put it out there, not keep it within.

Be bold. Be creative. Be active. All these things we are helping to balance now, at this time, by our proximity and our presence over your planet. For our proximity is a reflection that you are ready to do this, that you are doing this, for we can only come by your invitation and we can only send you are invitation as a response to the one you have sent to us. Do you all understand this? Is there anyone that does not? Yes, no, maybe?

Q: What about the people that don’t know that they should be inviting?

B: It does not have to be a conscious thing. Again, no one on your planet has to have a terminology in particular, in order to know that they are living their life to the fullest, and thus, by so doing, extending the invitation to blend with all life that expresses the great joy of creativity. Do you follow that?

Q: Yes, thank you.

B: Thank you. Thus, then let us simply, smoothly, as we have already begun to do, proceed into dialog this day of your time. In what way may we continue to be of service to you now?

Q: Bashar

B: Volunteer has volunteered and volunteer will now volunteer to wait for others. You good day....

Q. My daughter woke up the other morning and her night clothes had been taken off.

B. Yes

Q. And taken and crumbled in a corner in the bedroom.

B. Yes.

Q. This was, I assume, an interaction?

B. Yes, this is common. Sometimes they will simply not bother to redress those that they interact with.

Q. So this interaction, obviously, is quite physical.

B. From time to time it is, yes.

Q. You mentioned that they often occur within the room....
B. Yes, in fact actually more often than not. Now when they are physical they will not even bother taking anyone to the ship. They will do what they need to do in the proximity of the room.
Q. I’m curious as to whether this is common? When she was...before age four.
B. Yes, it is common.
Q. Before age four she spoke very openly about her interactions.
B. Yes.
Q. About that age she started saying, "No, I think I must have been dreaming."
B. Yes.
Q. I think I was wrong, so it was just sort of a transition....
B. It is an absorption of the collective consciousness’ perspectives and beliefs about the possibility of such things. In that sense, there is now, some bit of acclimatization to the collective consensus’ point of view, on whether such things can happen or not, although she will retain some understanding that it actually is happening, yes.
Q. So it’s not an input that she’s gotten from us, it is just part of the collective that they begin to take on at a certain age.
B. Yes.
Q. You had mentioned to me once, when I asked, that I had at least five hybrid children.
B. Yes, and again, when we answer that kind of a question we are usually referring to those that contain at least fifty per cent of your genetic material.
Q. Right. Would you be able to give me a specific number?
B. Seven.
Q. Thank you. Also, I wanted to ask you, I’d....
B. Though we perceived at the time five was a specific number, we do not know if seven is a more specific number than five.
Q. Alright. Alright.
B. But it is now more representative of the amount of hybrids that contain at least fifty per cent of your genetic material.
Q. Thank you Bashar.
B. Thank you.
CREATIVE RELATIONSHIPS
First, we will begin with exploring the relationship of you to yourself. Because when you talk about creative relationships with other people, if the one you have with yourself is not creative it is unlikely anyone else is going to experience it.
We will also discuss the idea of attraction and the idea of involvement in creative relationships. Now, you are all children and creative relationships should be child’s play. So let’s first talk about the idea of attraction, attracting yourselves to relationships, attracting relationships to you.

Very often you will do the following thing, you will finally allow yourself to discover what you are by interacting with a number of different individuals that represent what you are not. You will finally allow yourself to be validated through the process of elimination. You will perhaps look back upon different relationships and say, "Oh, that wasn’t me and that wasn’t me, so this must be what I am." You can continue to do that for the remainder of your life if you really want to, or you can decide right here and now who and what you prefer to be.

continues...

Dr Steven Greer was asked a question by Art Bell as to why, for instance, President Carter would not disclose information in regards to alien contact?

B. Many of your government officials, not only in your own country, are not, in that sense, willing to disclose all the information that they know

Q. Right, and I want to know why not?

B. For a variety of reasons: Number one, it has been presented to them that such disclosure would cause certain kinds of social-economic disorder. That is one of the primary reasons they have been given. We will not go into all the other reasons now. But one of the other reasons has to do with the concept of timing and the ability to help co-direct the direction that these things, these evolution’s, these interactions are going in, so that there can, in a sense, be a transition and a buffering in the transition to allow the direction in which things are moving to be assimilated as best as possible among the general population. Do you understand?

Q. Yes, but it does not seem that it is moving at all, perhaps it is under the....

B. If it were not moving we would not be having this conversation .

Q Okay, so it is just not as fast as I would like to see it then.

B. It may also be that you are not clear on what it is to look for?

Q. All right, so, I guess the preponderance of media attention on the concept is part, is part of that acceleration.

B. Yes, to some degree, yes. For, again, the things that appear in your media are things that have already been decided, in the collective consciousness, are alright to look at. It is not the other way around, that the appearance in the media spurs these recognitions in the collective consciousness but that the collective consciousness has already decided this is something that it can handle and therefore it’s all right to allow it to appear and be reflected by the media .
Q. It’s always a negative connotation that they give.
B. That is not true.
Q. All right, well it just seems more....
B. Do your homework. It is not true,
Q. Okay.
Q. Is there any relevance of the Dragon in Chinese Feng Shui?
B. Yes, for again, the idea of the Dragon symbolically is a very ancient energy and that which is grounded power; that which is the interface, if you wish to use that term, the interface itself. The dragon is the symbol of the interface itself between the concept of and the experience of physical reality, astral reality and etheric energy reality. So anything that concerns the flow of energy in any way, shape or form, whether horizontally or vertically, can be aided and assisted by understanding the dragon as if, in a sense, it were a representation of a kind of bio-energetic, shall we say, circuitry design.
So the concept of Feng Shui can be represented by the concept of the dragon as to how energy would flow and that the building, the structure, the house can be representative of the neurological or circuitry pattern or path of the flow of energy that represents a template such as the Dragon or the Tree of Life or anything of that nature that is representative of a template and interface between one dimension and another. The Dragon’s body with its wings, symbolically, are the idea of a energy template that allows one in understanding that template to see how energy flows along those lines; and then gain insight as to how to place things that are congruent with Sacred Geometry, with correct Golden Proportions to take advantage of that energy flow, to create a conduit in building any structure that takes advantage of the collection of, and the channeling of that energy. Does that make sense?
Q. That was quite brilliant, thank you.
B. Well I had nothing to do with it, that’s just the way it is, and it is brilliant because that is the how the universe is structured, brilliantly.
Q: My daughter woke up the other morning and her nightclothes had been taken off.
B: Yes
Q: And taken and crumbled in a corner in the bedroom.
B: Yes.
Q: This was, I assume, an interaction?
B: Yes, this is common. Sometimes they will simply not bother to redress those that they interact with.
Q: So this interaction...obviously is quite physical.
B: From time to time it is, yes.
Q: You mentioned that they often occur within the room....
B: Yes, in fact actually more often than not, now when they are physical they will not even bother taking anyone to the ship. They will do what they need to do in the proximity of the room.
Q: I’m curious as to whether this is common? When she was...before age four.
B: Yes, it is common.
Q: Before age four she spoke very openly about her interactions.
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Q: About that age she started saying, "no, I think I must have been dreaming."
B: Yes.
Q: I think I was wrong, so it was just sort of a transition....
B: It is an absorption of the collective consciousness’ perspectives and beliefs about the possibility of such things, in that sense, there is now, some bit of acclimatization to the collective consensus point of view, on whether such things can happen or not, although she will retain some understanding that it actually is happening—yes.
Q: So it’s not an input that she’s gotten from us...it is just part of the collective that they begin to take on at a certain age.
B: Yes.
Q: You had mentioned to me once, when I asked, that I had at least five hybrid children.
B: Yes, and again, when we answer that kind of a question we are usually referring to those that contain at least fifty per cent of your genetic material.
Q: Right. Would you be able to give me a specific number?
B: Seven.
Q: Thank you. Also, I wanted to ask you, I’d....
B: Though we perceived at the time five was a specific number. much laughter We do not know if seven is a more specific number than five.
Q: All right. All right.
B: But it is now more representative of the amount of hybrids that contain at least fifty per cent of your genetic material.
Q: Thank you Bashar.
B: Thank you.
Closing Comments

We will extend, once again, to each and every one of you our deepest appreciation for this reflection and for allowing us to be, momentarily, temporarily, a mirror to remind you that anything and everything you have ever realized within this interaction has been because you gave it to yourself. I have given you nothing, except an opportunity to love yourself and that is what has given you everything else. And you have allowed us to experience the gift of being allowed to give the opportunity and we thank you for that great gift.

Our unconditional love to each and every one of you and all of you and your whole world and your whole being and all your spirits and all your hearts and all your minds and all your bodies and all your souls forever. Good day.


**Cockroaches & Dolphins**

Circa 1991

Q: I was wondering, as far as cockroaches are concerned...

B: Yes.

Q: ...is it within integrity to terminate their physiological existence? (Much laughter)
B: Not ultimately, not really. The idea would be, again, to learn to work with whatever is in your environment, so everything works together harmoniously and synchronistically, so that you are where you need to be, so that they are where they need to be. So that you recognize what each other is providing for the total environment; so that you are always in the right place at the right time; so that you never have to create conflictive encounters between yourselves in that sense.

Q: What type of energy is sustaining the parasites and the cockroach type energy?
B: Mostly that you as a human species are parasitic on each other. When you change your energy as a human species, you will begin to see changes take place in all of the animal species on your earth, because they are mostly reflecting your parasitic and predatory natures. The idea of your lion lying down with your lamb is a direct symbolic archetypal indication that when you yourselves have tamed the war and the conflict and the predation within your own energies, then this will be reflected throughout all of nature, including the cockroaches.

Q: Shivai. (Audience clapping)
B: You understand?

Q: Yes.
B: Thank you very much.

Q: That leads me to the dolphin question.
B: Yes.

Q: You said that are enclaves of dolphins that gather like we’re gathering here...
B: Yes.

Q: ...and you channel through one of the dolphins?
B: Yes.

Q: What type of service are they doing as far as the Orion energy of separation on our planet? Do they have questions...like we have a fear of the collective whole, we have a fear of lack of abundance, do they ask questions and what type of things are they dealing with?
B: Yes. When are you going to stop dumping things in the ocean that don’t belong there? Is one of their questions. However, they do not really have the same fear ideas that your human species does because they have not segregated themselves in quite the same way. But they are assistive to each and every one
of you in your dream states. They do fear your nightmares because, in becoming intertwined with your dream states to help you learn how to play, sometimes they can become caught up in your own fears, the fears that express themselves as the monsters in your nightmares. And they have a little bit of fear of getting a little too caught up in your nightmares state, even as they integrate with you and interact with you in your dreams. But they are willing to go through it, to go for the ride if they feel that it will help you release some of those fears for yourselves; but there have actually been a few cases, not many cases, but a few cases of dolphins that have gone insane because of dealing with human nightmares.

Q: So they have a question/answer format like we do here?
B: Not exactly in the same manner, no; it is more of a construction format building new concepts, building new ideas, seeking new directions for realities to be created in; it is more of an exploration than a question/answer format, per se.

Q: Do they have any lack of integrity within their community amongst themselves?
B: Very, very rarely, where they may still be playing out certain reincarnational dramas, but it does not occur very often in their society, especially not now. We thank you for your questions.

Q: Shivai.
B: SHIVAI! Sharing.

Cockroaches and Dolphins

1
Collective Threshold Point

Q: Hello.
B: And to you, good day.
Q: (Utters something in a foreign language, which sounds Slavic.) Did you understand that?
B: There is no translation because the vocabulary does not exist within the channel. You must understand: I am not speaking English. I am only sending thought pulses that are automatically translated through the channel as a translation device, with whatever language he was programmed with; which in this case, we understand, is what you call English.
Q: Okay. My question is in regard to the strange figures, which have appeared in crops; mainly in England, for the most part, is where they are.
B: Yes.
Q: And they started very simply, and now they are getting more and more complicated.
B: Yes.
Q: My question is: who started it? Why?
B: All of you have started it. It is a CONCERT between you, between us, between many different beings and levels of consciousness. Look at it this way: you have dreams, yes?
Q: Yes.
B: And in the dreams you have created symbols, yes?
Q: Yes.
B: Think of the crop circles, or the glyphs, whatever you wish to call them, as the physical manifestation of the symbolic dreams of your entire collective consciousness, manifesting in a symbolic language to the individual components that the collective consciousness is made out of.
Q: I’m sensing that rapid change is imminent?
B: There are many events that are unfolding that are of such a nature that in many ways will be completely transformational, yes. You are sensing correctly that your collective consciousness is arriving at a threshold point, at a critical mass point, when many, many, many things will be capable of sweeping around your globe very quickly, to cause instantaneous, in some senses, change: sociologically, politically, economically, in some sense; sometimes geophysically, but that is not always the case. It doesn’t always have to be that way, or expressed that way.
But the idea is that obviously you are seeing some geophysical changes now, but you will also see psychological changes, psychic changes. There will be many, many things that will SHOCK many people awake, many different kinds of things, as you say, that will be unexpected. However, this is, from our point of view, a very positive sign because it means you are really ready to wake up into a bigger reality.
The idea, also, is to understand that it is representative of a great deal of excitement. And also, do pay attention to the fact that fear, great fear, is simply excitement filtered through negative definitions. When you filter that energy through positive definitions, then it will only be experienced as excitement, rather than as fear. The fear that you may feel, may simply be the last vestiges of old ideas, old ways of defining these changes that you are sensing are coming up, that don’t necessarily allow you to feel that you can handle them or process them.

However, go with the excitement, stay in that energy, and you will find that your vibration will automatically and synchronistically put you in the right place at the right time, to be able to handle whatever transmutation comes about, in exactly the perfect way for you. That’s what it is all about, it is understanding that you create your OWN reality, uniquely. And no matter what anyone else chooses to experience with their belief, YOU will experience only those things, only that version DIRECTLY, PERSONALLY, of the transformations that are aligned with the frequency that you are on. Does that make sense to you?

Q: Absolutely.
B: Again, this is physics. Does that help you?
Q: Yes.
B: Thank you.
Q: Can I ask one more question, very short?
B: Yes.
Q: I’ve been hearing recently some commentaries concerning explorations of the Sphinx and the pyramids in Egypt.
B: Yes.
Q: I was wondering, is there any new or dramatic development in that area that is coming for us that we can expect?
B: It will shortly be allowed, by those in authority in those areas, for exploration into the chambers that have been discovered, though there is a great deal of resistance to this. Because instinctively they know it will cause a great upheaval and a great sociological change, in terms of some of the information that will be discovered in those chambers, relating to your own origins as a species, relaying to you things that you did not think were true in your own history, and so on and so forth. So there is a great deal of intuitive resistance on the part of individuals who do not want to change the status quo. However, some of that is beginning to crack.
Q: And that information will be forthcoming?
B: The more each and every one of you that are interested in that information take some action in that direction, with love, to IMPLOR that the information be released, then the wave of the momentum you will create will make a difference. So become involved, I would suggest.
Q: Thank you.
B: Thank you. After all, it’s your world.
COLLECTIVE WEATHER CONTROL

**Bashar:** Good day!

**Questioner:** Hi, I was wondering, Ah. We had a Spirit Guide back in Pennsylvania when I sat in a circle.

**B:** Oh, all right. Do you mean one specific to a particular event.

**Q:** Yes interjected].

**B:** Or your own personal Spirit Guide?

**Q:** No, to an event.

**B:** Oh, all right.

**Q:** As we sat in a circle one night, it was going to snow.

**B:** Yes.

**Q:** And she said to us, “if we would picture the stars coming out.”

**B:** Yes.

**Q:** We could delay the snow storm and thereby get home safely.

**B:** Yes, and so?

**Q:** Now, can we do the same thing with a hurricane coming up the coast, to picture it going west, and thereby help it in its path, as we pray to the Weather Guides?

**B:** Yes, you can. Understand, that in a sense, though this is a simplification, what you call on your planet the manifestation of weather is a representational reflection of the collective consciousness’ **emotional component**.

**Q:** Well, how does it choose to come to a particular location? Like the East coast was always getting hurricanes, but this is unusual for the west coast to get them.

**B:** Yes, but vibrations, and consciousness, and attitudes are changing and so changes the weather patterns as well as the things, of course, physiologically that many of you actually do to your planet which creates a different environment, in which different kinds of weather patterns will then occur more than they did before. But, is that not actually still a representation of the **emotional** upheavals going on within most of you at this time?

**Q:** Yes.

**B:** Well then? So the idea is that when you calmly center yourself, you will know what is appropriate and how to, in a sense, guide and direct the idea of weather patterns. This doesn’t always mean that you will not want it to snow or will not want it to rain. But the idea is when you calmly center yourself, then you, yourself will be the eye, of the hurricane, and everything, in that sense, will rotate around you, as is appropriate to your demeanor. Do you follow?
Q: I believe so.
B: Does that help you?
Q: Yes.
B: Anything else?
Q: Along the same line, if there’s a flooding rain is it wise to try to picture the stars being out to try to stop the rain or the sun coming out if it’s daytime?
B: Is it wise?
Q: Ah, should we try to help guide the weather from being destructive?
B: You can and that may be an opportunity for you all to learn how to balance yourselves emotionally and thus see the reflection—in the balancing of the weather. Remember it is not that you are controlling nature, exerting your will over nature—it’s a reflection. So it can actually be a reflection of balance achieved within yourselves. Although again, remember, it is a consensus reality, and as you were talking about before there may be pockets of individuals who just simply will not have it any other way than to have every single thing washed away, that may just be the only way they can believe that certain things have to happen, and that, in that context, to fight that, would actually be to fight, what they themselves had said, they actually prefer, even though they may not think so. So, you have to be aware of what is, in a sense, the best for all concerned, but you don’t have to let that stop you from giving it a good attempt. Do you follow? Because many times you will actually find that surprisingly enough, yes, the weather will, sometimes very rapidly reflect the changes going on in your mentality about what you prefer for a given area. It will do so. You can talk, if you wish to put it, in this sense, to the Spirits of the Weather, to the vibrational energy within yourself that has to do with your relationship to that aspect of your reality, you can talk to them and you can know that they will talk to you. Yes.

Q: That’s wonderful.
B: Does that help you then?
Q: Yes.
B: Thank you.
Q: Thank you very much.
B: YOU!!!
Colors and Crystals

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


B: Thank you; perfect, thank you. We will begin with questions.

Q: I have a question.
B: All right.

Q: I would like you to explain a little bit more about the energy flows, the colors. I’m wondering if there is a specific color for a specific organ. Can you tell us a little bit more about that?

B: Thank you. You will find, first of all, that there will always be, as you say, some sense of specific identification with various forms of vibration. As you understand color, ‘tis only various forms of vibration. Really, I will say, first of all, everything – every idea, every object, every reality, every dimension, every, every perception that you have and you yourself – are simply different vibrations of energy of the same overall primal energy. Do you follow me?
Q: Yes.

B: All right. Therefore, you may understand that within your overall vibration – that which you constitute to your physical senses as your physical body – you will always intermesh, interweave and cause interaction with various other vibrational levels of existence, so that you may understand yourself from various points of view, from various states of reality. Therefore, you will vary your structure outward; you will contain, in a sense, many vibratory patterns, which will transfer to you as various colors physically.

You will see that an overall sense of imbuing yourself with a particular vibration will allow you to feel identical to various realities. You will, in other words, allow yourself to form an affinity, an equality with a specific reality, if you allow yourself to simply view that color, that vibration, and understand that that feeling, that vibration has become you.

You will find that in terms of your physical form you will be able to utilize, as you say, your color green for general relaxing, healing purposes. Although realize that when you allow yourself to identify with what you term to be the blue/blue-violet range, you will be in a sense aligning yourself spiritually with certain ideas which can also manifest an alignment in your physical form. Do you follow me?
Q: Yes, I do. Thank you.
B: Question.

Q2: Last week I asked you about crystals, healing crystals. Can you expand on that, and which type of crystal could be used for the utmost healing – and why?
B: You will find, first of all, there will be no one type that will be, as you say, utmost in healing. You will find that you in a sense are always performing the healing. ‘Tis up to you which type of crystals you feel you have an affinity with, which allows you to use that crystal as a trigger to activate your own abilities. Do you follow me?

Q: Yes.
B: Always, always, always bring it back to you. Realize that every idea, once again – every object – is only a tool, a symbol of yourself, another portion of yourself; ‘tis simply another way in which you allow yourself to view your own abilities. Therefore, affinities within you will produce for you the exact type of tool – crystal, if you wish – that will allow you to channel your healing energies, your equality of the healing vibration, to yourself or to any other individual you so desire.

You will find, however, I will say, in general, the idea of crystals is simply more a pure form of solidified energy. And as such, you may find that they will be more or less a good tool in general for usage, in such that your bodies here and now are living crystals, and you are becoming more and more aware of that as you become more and more in tune with that idea. You will find that, to a degree, your physical forms are transforming into more pure living crystals.

You yourself are a crystal; you are really all you need to perform any idea, to create any reality, healing or otherwise. You do not need a tool, but you will find that whatever you feel yourself attracted to – and you will be attracted to that if that is your desire – then that will be the appropriate tool for you. Do you follow me?

Q: Yes, I do. Thank you.
B: Question.

Q: Well, I did not have any particular desire for the crystal. But I recall that in the past I had healing abilities, and I want to regain them. How can...?

B: You have not lost them.
Q: I know I have not lost them; I’ve forgotten about them.

B: All right. Why?

Q: Inhibition, or...

B: Are you sure?
Q: No.

B: All right. Realize that you can, for a time, always choose a different form of reality, so that when you allow yourself, once again, to function as a healing crystal, you will be able to do so with more of yourself present, a more integrated – integrated crystal.

In other words, you have been exploring other facets of your crystal, so that when it comes time for you to operate as a crystal again, you will be aware of using more of your facets. Do not judge or chastise yourself for exploring other portions of yourself in order to integrate yourself, so that you may function more wholly. Do you follow me?

Q: Yes, I do. Thank you.
B: Thank you.
Coming Events
From "Surrender to Peace"
4-17-97 Canoga Park, CA
Q: Bashar!
B: Good day.
Q: Do I understand that, from your vantage point, we are living in your past?
B: Well, that is, again, a euphemism. We are in a completely different dimensional frequency. The closest translation, that makes sense in a linear space-time reality, is that we would be considered to be three hundred years in your future. But that’s really a convenience of terminology more than anything else because everything exists all at once.
Q: Okay, from that vantage point. . . .
B: Yes.
Q: You tell us a specific time frame for the general and public acceptance and understanding of the UFO phenomena?
B: Well, absolutely, no latter than 2037 AD. Now, there will be many things that will begin to come up before that. There will be certain revelations in and around your year of 2005 to 2007, and remember this is, as we sense the collective energy of your planet, as it stands now.
Q: It can change.
B: It can. Although we do sense that there’s an awful lot of momentum behind this idea and, therefore, any changes might be relatively slight. So, there will begin to be more information that is released and understood and known in between the window of your year of 2005 to 2007. You will find that by your year of 2012, 2013, there will be actually quite a lot of information. By your year of 2029 you will find that there will generally be almost no one on your planet who is not aware of the idea of the existence of extraterrestrials. And by your year of 2037, your planet, in general, will most likely be at a level of vibrational resonance where it will become a part of, what we call, the Association of Worlds.
Q: In the immediate future, prior to 2012, 2013. . . .
B: Yes.
Q: The consciousness of the public of this country advance to the point to prevent a dictatorship by the paramilitary government?
B: There will be no dictatorship. You must understand something that they themselves do not understand. Those that would have a desire for such a structure and the establishment of such control have not really understood and are blinded by their own desires such a structure would collapse under it’s own weight almost instantaneously, the moment it was formed.
Q: I see.
B: But it will not even get that far.
Q: One final question.

B: Yes.

Q: Just in general, can you give a brief overview of the power structure on this planet today?

B: Well, there are actually quite a few that are interacting and intersecting. The idea, however, in general, I will put this way, that the power structure only exists, primarily, because the majority of people on your planet are willing to continue to give their power away to others. The power always exists within all of you but the idea is that the more you, all of you, start to redefine what power means, then the easier it will be for the natural power structure to begin to replace the artificial power structure that exists. Now, most of you already know that the artificial power structures are simply set up in a manner whereby the control of, what you call currency, and the control of, what you call technology, allows individuals to create circumstances and situations that will have the effect of slowing down the majority of individuals’ ability to understand that they have the ability to tap into all the power that they need. But they cannot slow it down forever, because it has a momentum, a critical mass that is being reached. And, therefore, the idea of focusing too strongly on the idea of the so called existing political power structure and economical power structure and religious power structure and technological power structure; the paradox is that focusing on them too strongly actually gives them more power.

Understanding what true power is will allow for the siphoning off and the redistribution of the idea of true power, so that in the future, what you now feel that you require a governmental body will be replaced by, simply, an organizational body that will allow the energies that are available to be given where they are required. In that sense, it will be more like a networking system. But, first and foremost, you people must understand on a personal level that everyone is already as powerful as he or she needs to be to create whatever reality they prefer, regardless of anyone else’s intention; because each of you is your own reality. The more individuals that know that, then the less likely it will be that anyone will be able to impact or affect you, in any way shape or form, that is not conducive to the vibrational reality that you have set up for yourself. Does this make sense to you?

Q: Imminently, but it did lead to one more question.

B: Yes.

Q: You told the lady over here that she should not be pursuing, if I understood you correctly, not to be pursuing the changing of attitudes in others.

B: Yes, for this only reinforces the same thing that they are doing to you. The idea is that you don’t have to enforce the changing of an attitude. If you understand what true power is and radiate, as a living example, that absolute conviction and certainty, then those not of your frequency cannot find you, and those that are not of your frequency and want to change, will be able to, because they will see in you an example to match. That way you don’t have to force anything on anyone.

Q: Well, I wouldn’t force anything on anyone, but by presenting facts and information, doesn’t that help empower other individuals?
B: Yes, but the idea is, that we also understand, that it must be done in a balanced way, so as not to perpetuate the fear that the controlling structure would prefer to exist.
Q: Exactly, thank you.
B: So, it must be simply done in a balanced way and they must not be seen, in a sense, as an enemy. They must not be judged in that way, nor invalidated, for then you are only reinforcing their level of energy. But information as information, thus, then with advice for how to use the information, to educate, to balance, and to self-empower. Yes, by all means, information is important. Thank you.
Q: Thank you, number two?
Comments on Self-Empowerment Workshop

B: We would, at this time, remind each and every one of you now, for various specific reasons, that in your endeavors of exploration of all the ideas of non-physical reality – that you remember that you chose your physical expression. And any time you find yourself becoming disoriented, unlocked from the physical reality – we would recommend you to do something very physical, in that sense.

One suggestion we have given will be to allow yourselves to relate to the physiological earth, to the idea of the grounding of yourselves and orienting yourselves for what you may call lively physical action. The idea we have suggested to another individual is to take a very strong board and a hammer and pound some nails into it.

This can be a very, very, very strong meditation. You might be surprised. But orient yourselves to the understanding that the physical reality is just as blessed as all other levels, or it wouldn’t exist.

At this time, to allow you to enjoy a little bit more of your physical reality, you may take a break. We will resume contact in approximately 10 to 15 of your minutes maximum.
Communicating in Physical Reality

B: We will begin this interaction with a little more understanding of the idea of communication, and what it means in your physiological reality. In this way, recognize that even though you are intrinsically, fundamentally, basically, originally so to speak, non-physical, and that physiological reality is, in a sense, one of your creations, one of your projections, one of the ways you can understand and view and experience the idea of your non-physical consciousness, your physical reality is a part of you as well. It is an idea you are being.

And in being that idea, it comes with certain definitions that allow you to function within that realm, and within the parameters that define what it is to be the idea of physical reality. Therefore, with respect to the idea of communication: communication meaning not only what you classically think of as communication in the sense of receiving a message, and/or the sending of a message from one or more consciousness to another, but the idea of communication can also extend to what you call the actual information that you are receiving – seemingly receiving – through which and by which you create the idea of the so-called physiological scenario. What you refer to as feedback or sensory experience, in a sense, is also communication.

Thus, recognize that while in your non-physical state, on your non-physical levels, communication, the intention of sharing of information, ideas, knowledge and perspectives, may be, what you call, more direct than you think it is in your physical reality. For in the idea of your physical reality, because of the definition of what physical reality is – in terms of a separating element, an element that separates you from the rest of, or more of all of what you are – you can then recognize that any communication that you are receiving in physical reality is not so much a direct communication, but an indirect communication.

And what this means is: as we have said, you as a physical being create yourself to be your own complete idea, your own complete universe, therefore, anything at all that you receive seemingly from someone else as a message, as a communication, what you are actually perceiving is your version of it that you agree to create in your universe. So that you can have an experience of the communication that is being sent more directly on a higher level.

For on the level of physical reality, what you do with that direct communication is to create your own model of the idea in your own terms, according to the reflection you need to see to understand who and what you are as a physical being, in the experience you have chosen to have as a physical existence.

It is not that what you are now hearing... for example, the words that are issuing from the physical channel, well, you are not hearing them directly. You are co-creating a complete, distinct and separate universe, physically, in which you take your non-physical understanding of what is being said, and render that understanding in physically understandable terminology that you have all agreed to represent the communication between you.

But in physiological reality the idea is not so much directly from, let us say, here to there, but in a sense, it is more, here, up, over and down. (AUD: laughter) So that you create your own distinct version that
makes it seem as if the communication is directly here to there, and vice versa.

Now, the reason for this, and an advantage in it that you can utilize and allow yourself to understand many different energies with is, first of all, you have, as we have said, decided to explore the idea of separation and limitation, in every way, shape and form that you can. Simply because that is one of the ways you can experience All That Is. Therefore, when you have created this limited scenario, realize to what degree you have actually created it. You are connected to All That Is, but at the same time you have truly created yourselves as individuals to truly be your own complete and separate and total universe unto yourself.

That is so you know and can discover that everything in your life, therefore, is actually a product of your creation, your universe. And thus, you expressly have complete, utter and total control over every single thing you experience in your reality. Nothing comes upon you that influences you directly. Anything at all that you feel to be an influence over you is your choice to believe that such an influence exists, and to create that seeming illusion of influence in your reality for yourself. You, when you feel you are being influenced by anyone else, are actually being influenced by yourself, it is the product of what you choose to believe. That is what your physical reality is.

Now understand, therefore, that the idea of what you experience as the physiological phenomena of telepathy, of knowing each other’s thoughts, is really not so much knowing each other’s thoughts and, again, it is not so much direct communication, but it is that you are forming what can be called a congruent or synchronous pattern. A way of looking at things, a perspective, a point of view that it quite analogous, quite similar to the way another individual may choose to also view their belief about reality.

Thus, what you are doing is, both of you – the two you may feel are experiencing and expressing the idea of telepathic communication – both of you are extracting the higher communication, down and through into physical reality, in a similar fashion. So your thoughts, the thoughts you are having, seem to be synchronistically congruent with another individual, not because of direct interaction, but because you are both choosing to operate and interpret the higher understanding on the same wavelength.

So it is the idea of congruency – parallelism – which is what appears to be a telepathic exchange between you. Nothing is actually exchanged on the physiological level; on a higher level, yes. But on the physiological level, it is the acting in parallel that seems to be an actual exchange between you. Do you follow me?

AUD: Yes.

B: In this way, therefore, you can recognize that any situation that you desire to create in your reality, can be, as it has been discussed on your planet for some time, created by simply recognizing that if you wish to know anyone, then become congruent with them, become synchronous with them, in a sense, identity with their pattern. The idea, as we have expressed to you many times, is that to love them is to know them.

When you love them unconditionally you are identifying with another individual’s pattern, because you are willing to accept them as they are and allowing yourself to be in touch with all the different portions
and facets that they are. And allowing yourself to be in a linking – in that sense, in a congruous, parallel linking – creating for yourself the same scenario you see within them, and vice versa. So that then you are traveling along similar lines, and by traveling along those parallel similar lines you seem to be having the same thoughts. You are creating similar manifestations, but it not literally that you are exchanging the thought back and forth.

That is why you can understand that when your society allows itself to know it does not have to have conflict within having different points of view – but that the idea of different points of view can all run parallel – then you will understand that at the same time you can have different points of view, you can also have UNITY. Do you follow me?

AUD: Yes.

B: Thank you. Sharing!

Communicating in Physical Reality
Q: In a few hours, at about 4:46 in the morning, the moon will be full. And it’s a Scorpio moon that is celebrated in the East.

B: Yes.

Q: And it is said that Buddha comes down into the physical for 6 or 8 minutes. How so you perceive this? What is the significance of the moon being full?

B: You’ll have an eclipse, yes. Recognize the idea simply is that what you have established your lunar body to be is a representational symbol of your subconscious, of your unconscious knowingness. And therefore, when you draw attention to it by allowing the shadow of your planet to eclipse it, you are forming a more direct relationship to the idea of receiving energy from that symbol. It is only an extension of your own consciousness, and you are simply allowing the idea of all that is contained within you unconsciously to rise to the surface so it can be experienced.

This is why you also have the understanding in your so-called mythology of the idea of the full moon bringing out the craziness within you. For you have it within yourselves to understand that the fullness of the moon will represent the fullness of your willingness to communicate with all those portions of yourselves you have for so long buried so deeply within all the levels you have created. Therefore, what the implication from our point of view is is that when you are making a conscious relationship with it, you are recognizing your own ability to bring to the surface all you have buried about your own godhood, your own Buddhahood, your own Christ consciousness. All those different ideas are brought to the surface for you to experience and create with, as per your own imagination, as per your own belief system. Do you follow me?

Q: Yes.

B: Will that have clarified the idea?

Q: That’s perfect. Thank you
Communicating With Higher Consciousness
8-22-97
Malibu, CA

B: All right, number one, good day.
Q: Good day, Bashar.
B: And good day.
Q: I wanted to find out if you can scan me and tell me if I have an Egyptian past life history and....
B: Most of you do.
Q: Specifically, on mine, is there anything you can tell me about it, anything interesting?
B: Why? Why? Why is this of interest to you at this time, why are you focused on this idea, at this time?
Q: A psychic had told me about it in Sedona and it just seemed interesting to me because we had just done a remote viewing session on the Sphinx that I wanted to ask you some things about it.
B: Then let us proceed with the idea of the Sphinx and we will then, perhaps, put to use any connections you are making to any, so called, past life in Egyptian times. For any such connection is being made from the present, since all lives are simultaneous and it is for the purpose of putting to use or application that, then these connections are being made. So let us get right to the point of the application of the reason you are making the connection to that time period, rather than dwelling in the past.
Q: Okay. Is the Sphinx fifth density?
B: There is a fifth density component to it but obviously it is a third density structure as well.
Q: Okay, but was it actually created, has it actually been created by our time or is it actually not yet created in our time? These were some of the interesting things that we got because it was created out of the laws of linear time. Is that incorrect?
B: In some sense there is a component of its construction wherein this is true. However, like we have already said in our opening monologue, everything that is above, in a sense, has a counterpart below. Specifically, in this way, you will find that the creation of the so called Sphinx and certain of the ancient pyramids, while they do have energy counterparts on higher dimensional realms, obviously, also, were intended to have physiological counterparts on your Earth, so that a link and bridge could be formed, so they could act as conduits from your world to higher dimensional resonances and frequencies. Were it not so, that the physicality were not there, were it not so, that the physical representation were not also created, then you would not necessarily find it as easy to make the link to the higher dimensions through the structure that exists on your planet. So while, yes, many higher energies were invoked in its creation, obviously the idea of third density reality was also involved or you wouldn’t be seeing a structure.
Q: But was it actually built at a certain time in our past.
B: Yes! Yes! Approximately what you would call 10400BC, as you say.
Q: And is there a gateway? We got that there is a gateway in there....
B: Yes.
Q: That uses non-linear vibration and a very specific vibration to a transformational door or gateway through there....
B: Yes.
Q: I was wondering if you could illuminate any other information on how to use it? This was specifically on the knowledge....
B: How to use it is tantamount to learning to be yourself. For when you are your full self then your frequency is at the highest resonant level it can possibly be and the Sphinx and many other such structures that were created in your ancient times are keyed to those high, high frequencies’ resonant levels. So that when they recognize a similar level of frequency being reflected back to them, they open automatically. They are keyed to high levels of resonance.
Q: Can you say in what way they would open, in terms of the....
B: There are a variety of ways in which they will open. There are actually physical doorways that will open when they recognize the correct frequency that leads to underground chambers, that many of you have now begun to realize exist, but which you have not yet gone into physically. But there are also dimensional gateways and, the idea again is simply, they are keyed to certain frequencies and when they are in proximity to those frequencies or, perhaps, more precisely, when someone of that frequency is in proximity to that gate, it will open up.
Now, the non-physical ones will allow such people who are triggering such gates to suddenly be capable of seeing, in a sense, into other dimensions. They may see things that other people, even a few yards away, will not see because the doorway will be orientated to their vision and their frequency, and they may literally see many things that exist in other dimensional realms. That’s one way that those inner dimensional gates can open. The physical gates can also open in a similar fashion. Though it would be more likely that if the physical gate opens, people around the general vicinity will most likely be capable of seeing that. You follow?
Q: Yes. Now that brings to question..... would you actually need to be, us being third dimensional beings, in the physical presence of the Sphinx in Egypt....
B: For now, most of you, yes, would have to be.
Q: What about access to the compartment where the orb and the gateways actually are, which the public is not allowed access to?
B: In terms of what you would call astral access, all of you have the ability to do that. But the idea, again, that it is up to you to determine whether you have the ability in general to allow yourself to be conscious of that experience, of that access, when you do it astrally. Many of you may do it astrally and may not allow yourselves to remember that you have done so. But all of you have the potential now, when you, so call, leave your body, as you say, out of body. You all have the ability.
Many of you actually have had the experience of visiting those gates and going into them, going into the chambers, seeing what is there. But perhaps, because of a variety of reasons, one of which may be that many of you still buy into the consensus reality for one reason or another, neither good or bad about this, many of you will choose to forget that you have been there, but will retain the urge, the drive to find out what is there. So, sometimes that urge and that drive, that curiosity to find out what is there, actually comes from having been there, but not remembering. This way you give yourself the opportunity to bring it down to Earth, so to speak, by knowing that there is something there important to find, but then creating a series of circumstances physically that would actually bring about the discovery in physical terms and so, in that sense, reveal it to the physical world, which would then complete the circuit from higher to lower. You follow this?

Q: Yes. Now, is there actually a mechanical orb?
B: Yes.
Q: Inside?
B: Yes.
Q: And is that triangular in shape.
B: No.
Q: No.
B: No.
Q: Okay, and can you give us any more on what the purpose of the orb is? And what we have gotten from the session was that there was actually a consciousness to it.
B: There is a consciousness to everything; everything is consciousness.
Q: And that it was fully awake, but lacking motivation. That there was some kind of....
B: In some senses, that could be a euphemistic way of saying that it recognizes it is about to be activated, but also recognizes that the critical mass on your planet has not been reached, for it, in a sense, to be bothered with full activation, yet. Yes.
Q: Okay, he also got that visuals were dependent upon specific intersecting frequencies vibrating at an unusual speed or level, sight unseen....
B: Yes, but this is simply a technical way of saying that when the right frequencies are present, they will automatically know what to do and will automatically cause things to happen. You don’t have to think about it in technical terms, "Let’s see, do I have the right frequency here, and the right frequency there?"
It can be done that way, but from our point of view, in a sense, that is the more difficult and backwards way. That is attempting to, in a sense, render ever single component, every single detail in the appropriate place first; instead of simply letting the event orchestrate itself automatically by simply being the correct general frequency. And knowing that all the pieces will automatically fall into place when they recognize that the general theme has been played, so to speak. Sufficient! Thank you!
Number two!
Q: Thank you Bashar.
B: And to you good day.
Q: Good day, I’d like to ask a couple of questions, one of them...
B: Yes.
Q: ...relative to the safety of ingestion of quantities of 20 micrograms or less of monatomic rhodium...
B: Yes.
Q: ...when added to herbal substances.
B: Yes.
Q: Is it safe for use in that quantity?
B: Yes.
Q: And does it substantially enhance the effectiveness of such substances?
B: To mix them with the herbs you mean?
Q: Yes.
B: It depends on the herbs. Many of them will have no effect at all. Some of the herbs will cancel out some of the effects of monatomic rhodium, some will enhance it. It will depend. Does this help you?
Q: That does, that does help.
B: And so?
Q: Does the Schumann field...
B: Yes.
Q: ...relate to the safety of the use of monatomic rhodium?
B: No.
Q: Hi. I would just like to share that I had my first meeting for the Sirius project last Sunday, and I was very happy with the response. And I would like to particularly thank Pamela for being one of the people who came; however, I still need – not need – I still would like to have more participants. So if anyone’s interested in becoming involved in a performance about spiritual evolvement, I would appreciate if they would come and give me their phone number and talk to me about it. So that’s one part of it.

Another thing is that I have a really wonderful roommate, and I like him very much. He listens to your tapes a little bit – just by accident, I guess.

B: Accident? (AUD: laughter).

Q: Accident... (Laughing) no. He comes right into the room and listens to it. So he, at this time, doesn’t believe that you’re an extraterrestrial.

B: So what?

Q: Yeah. He calls you, "Bashar, the punk philosopher,"

B: All right. (AUD: laughter) I will joyfully accept that name.

Q: The other night, while I was sleeping, I woke up because he was talking in his sleep. What was coming through his mouth woke me up. At the instant that I woke up, I recognized he wasn’t speaking English. It seemed as though he was channeling some kind of extraterrestrial himself, because what was being said...

B: Plus portions of himself.

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B: Plus portions of himself.
Q: Okay. So this was another part of him – a part that he doesn’t acknowledge. Is that correct?
B: In a sense, in a sense he does – for there is, let me say, a (unintelligible word) that is somewhat conscious, somewhat subconscious; but it is there.
Q: Thanks. Do you happen to know or can you comment on the particular language, or whatever it was, that was coming through? Was it...
B: Understand, it is an emotional language. It is not what you would understand as a physiological language. It is simply the vibration that feels right, according to what is being felt about what is being communicated. You follow me?
Q: Well, not really, because I woke up and I realized I had heard that sound somewhere before, and...
B: All right.
Q: . . . and where I thought I had heard it was here, when Lisa was talking about some kind of message that was being given to her.
B: All right.
Q: That particular language...
B: What did the idea make you feel like when you heard it?
Q: It made me feel like someone was trying to communicate with me.
B: All right. Anything else?
Q: And I didn’t understand what was being said.
B: That is not what I asked you. How did you feel?
Q: I was excited!
B: All right! Then understand that what I am calling an emotional language comes in whole concepts, not in the type of alphabet you are familiar with. You do not get a letter or a word at a time. You get entire feelings, entire emotions, and entire concepts.
The idea of communication – the idea of excitation – is, of itself, a message. You do not think it valid because your analytical mind must render it down into something that your analytical mind can make sense of; but the feeling is what emotional language is for, not for your mind. Follow me?
Q: Right.
B: There is always a particular message. The idea is to simply show you that you got the message where you needed to. It was not for your ears. It was for your heart.
Q: Okay. Thank you very much.
B: Thank you. Yes?
Q2: Hi. This is Dawn. I guess this is kind of like a test, to find out where you’re really at, but...
Q: Whatever. I would like for you to tell me... I don’t know how to put it without you putting it more true than what it is, so I’m just going to say it.
B: More true than what it is.
Q: You know, the way you kind of clarify for me what I’m trying to say. What damage was done to my body during the accident? What bones were broken, if there were any?
B: Why are you concerned about that?
Q: Well, because if you’re right, then I can ask you a further question.
B: What has that got to do with anything?
Q: Because...
B: I will never be right or wrong.
Q: Fine. You know what I’m saying.
B: Yes, but you don’t.
Q: Oh, yes I do! (AUD: laughter) Just please answer my question.
B: I cannot answer it in the way you expect me to.
Q: Then don’t look at me expecting you to answer a question in a certain way. Just get what I’m saying. I’m not expecting anything from you.
B: What are you expecting from yourself?
Q: Hey, let’s not play games here. Don’t reverse the question back on me.
B: The question is always...
Q: I want certainty that if I ask you the condition of my body right now, you are coming from a point of knowing what occurred then; and I will have the certainty of knowing you are right by what you tell me.
B: But you are creating that idea.
Q: Oh fine, fine.
B: You do not understand the idea of mental communication. You are expecting that it is one thing, and it is not. You are measuring the idea of that ability to communicate with you by one specific parameter, and you are not understanding how it works.
Q: Okay. So, then do it right and I won’t have to understand. Just because my words come across the way they come across, which leads you to believe that I understand, or don’t understand, or however you want to put it, may not necessarily be what I’m asking, what I’m saying.
B: Then ask what you are asking.
Q: I want you to tell me what damage took place at the point of the accident.
B: Do you not know?
Q: Yes, but...
B: Then why should I have to know? It is not something that excites me in that way.
Q: I’m not saying that you have to know.
B: Yes, you are.
Q: No, I’m not. I already told you that if you can tell me what the damage was...
B: Yes.
Q: I will know, in present time, with my next question, of what is there. I will know that you are looking at what really is – for my consolation, not yours.
B: Understand this: you are telling me that in order to continue the communication in the way you want to, there is something that I do, in fact, have to know that you already know. Otherwise you will not continue the conversation.
Q: No. It’s not that you have to know. It’s that I have to know that you know this.
B: But you already... I cannot prove that to you. (AUD: laughter)
Q: Why not?
B: Because that is not the way it works, child.
Q: Well, then, do it the way it works.
B: I am doing it the way it works, child. (AUD: laughter)
Q: I know that there have been people that stood in front of me, and that I could see by what was going on with them what was physically wrong with them.
B: Yes.
Q: So if I could, that...
B: Yes, but did they challenge you to know? Or did you just know?
Q: Okay. It came off as a challenge, jokingly. I wasn’t serious. I’m not challenging you. What you know is what you know, and what I know is what I know.
B: Yes. And the point is, if you already have the knowledge, then simply act on that idea, and I will discuss the entire idea with you; but the idea...
Q: Yeah, but that comes up against my own certainty as to whether... okay. What’s the matter with my body right now?
B: First of all, it’s very tense. (AUD: laughter) It is very tense. That is what is the matter.
Q: Okay, and why is it tense?
B: Because you are creating that idea of needing self-validation, and you are seeking outside yourself for it. I cannot prove anything to you.
Q: I’m not asking you to.
B: Yes, you are. That is the point. You do not think you are, but you are.
Q: Okay. I don’t think that... I am not; but okay. Then...
B: Now, if I were to say to you: “All right, you broke the lower leg bone,” and in your estimation that was, so to speak, wrong, then you would simply have created that too, for yourself; because that is what you wished to find. You designed the experiment, and you got the result that you designed the experiment for.
Q: You’re sitting there telling me that I’m designing a wrong experiment. You’re wrong.
B: There is no right and wrong.
Q: Good. Then don’t use the word. I’m... I want...
B: You used it.
Q: The process that I want to take place, I know can take place!
B: Yes it can, but not...
Q: Good. Then let’s let it take place!
B: ...when you don’t need it to, only when you don’t expect it to. That is what I am saying about your lack of understanding of the process. When individuals can read each other, it is because there is an emotional bond of love. When you say to that individual: “I need you to tell me what happened in my life before I will trust the conversation with you,” then in a certain way you are shutting the information off from them, by making it a test, because you are not acting in love. You are not communicating with their very soul, and not allowing them to communicate with your soul so they can know you.
Q: Okay. Well, then, let’s push all that aside.
B: Let’s. (AUD: laughter) Now, address what it is that is actually on your mind, and perhaps the information you had asked me first may come out enough so that I can pick it up.
Q: Okay.
B: If that is even important by that time...  
Q: Well it is.
B: ...which it is not, since you already know the answer. (AUD: laughter) The point is simply, what you call psychic knowing, in that way, works from the vibration of love and trust. And the trust has to be there first, before the effect of the knowingness happens. It is not the other way around.
Q: Well, I don’t know how to...
B: I am telling you how. Simply get involved in the conversation with me as per what you really want to know. You don’t need to know what bones were broken because you already know this.
Q: No. No. I’m not saying that I want to know what...
B: What do you really want to know?
Q: I want to know how much you can really see...
B: I just told you how much.
Q: So that I can...
B: Only as much as you let me. And only when you are functioning from love in the exchange with me – and when you are not expecting that I need to answer you in a certain way to prove something to you, because I can’t prove anything to you. You can’t prove anything to anyone.
Q: You know what I’m asking? Do you know what I’m asking?
B: Yes, I know what you’re asking; but that type of validation is totally the product of your own creation.
Q: Fine. So then let’s push all that aside...
B: All right.
Q: . . .and really get down to business here.
B: Is there any business to discuss?
Q: Yes there is.
B: What?
Q: I don’t know if there is any business to discuss.
B: In my perception, in a sense, there is not. You know what you are doing with your life. You do not need me to answer any questions for you. You have all the answers, and you know you do. Now, if you wish to simply share who you are with me, fine. Maybe somewhere in there are certain ideas I will learn of you that I can share back with you; but only when there is equal sharing.
Q: Okay. I’ll start with the first thing, we’ll put this body stuff aside. I would like to trust you as I trust my guru.
B: All right. But it is all right with me if you don’t. You understand? I trust you.
Q: Yeah. I don’t care whether it’s all right with you or not.
B: Well, then you are not willing, in that way, to form the trust. That is up to you, if you wish to form it.
Q: You know, I would assume that as . . .
B: All right. What is your trust based on? You see trust is the idea of unconditional love. And when you are putting conditions on your trust you are saying: “Well, I will trust you if you act this way, a certain way that I will accept, therefore, something I can trust.” That means it is conditional love.
Q: I hope you guys don’t mind this energy.
B: No, no, no, no, no, it’s very, very loving. Very, very teaching on your part. They are all learning something. Now . . .
Q: They just haven’t figured out what yet.
B: Does not matter. (AUD: comments) Now simply, all I’m saying is that the idea of trust, and the idea of love is the same. It is unconditional. When it occurs, it occurs unconditionally. If there are conditions...
Q: All right. Well...
B: ... it doesn’t work. The communication does not exist if the trust and the love are not unconditional to begin with. My civilization has telepathy, so to speak, between all of its members, and we know what has happened to all of its members because we are all in love with each to begin with. We do not put expectations: "Well, you act this way and then I’ll think about trusting you." We do not put conditions on our love. We accept them as they are – for whatever the communication is that occurs. Because we know whatever we receive from them is the product of what we co-created with them. And we trust them and we trust ourselves to have created exactly the interaction that we need.
Q: I cannot trust...
B: That is your choice then. It is your choice. If you simply cannot do it, you cannot do it; but that is your choice.
Q: Fine!
B: But that is why…
Q: I’m telling you my choice right now, okay? And I’m presenting the (unintelligible word) of that choice in order to clear it up. Will you shut up and listen to me?
B: Very well.
Q: Thank you.
B: You are welcome.
Q: Maybe later, I guess.
B: As you wish.
All right I’ll say good day to you this day of your time how are you all? Once again, we will, take this opportunity to thank each and everyone of you for allowing this connection to be made through this gateway, and in this manner, at this time. Once again, each and every time you allow our civilization to form a bridge, to form a link through this telepathic modality with your civilization, and allow this communication to come through this particular medium, this window, this gateway, we then get to experience through each and everyone of you, through our interactions with each of you, that many more perspectives of creation and this interaction allows us to experience expansion of all the different ways that the infinite can express itself. So, we thank you for this expansive gift.

We would like to begin this transmission this day of your time with the following idea of consciousness: the idea now of course is that there is still going on your planet, as we perceive it, as we listen in, so to speak, much controversy still about the idea of what is consciousness? Where does it come from? Is your physical brain producing your conscious mind or does your consciousness, in a sense, exist before your physical brain?

Now, from our perspective, from our point of view, it is more the idea of the latter, in that there is a consciousness that exist prior to the idea of physical manifestation. Many of the things that you create in your technology on your planet, in some sense, gives you a reflective clue that this is so.

For example: you have in your technology the medium you call film, you have in your technology the medium you call electromagnetic tape, if you will take a moment to examine these technological media you will understand that each of them is a recording medium that allows for an expression to be perceived, to be transmitted, to be communicated, but the images on the film, the voice on the tape, not the original voice, not the original image, but they are recording medium that allows for transmission of this information, storage of this information.

Thus, then, you know instinctively and innately that while the images of the people on the film are not the real people, you know that they are, in a sense, above, beyond, outside the film. Yet the film presents what you would call a life like representation and allows for a communicative medium to transmit information—things that people may have done, things that people might have said. Then, so too, is the physical body and the brain, simply like unto, such a medium, a recording, storage and transmission medium, to allow for the expression of consciousness in physical terms.

The physical brain is not, in a sense, creating the consciousness. However, it is creating a type of expression of, consciousness—for anything that manifests itself into physicality must have a corresponding counterpart, process or function that represents what is going on.

This is what is causing, to some degree, the confusion among your scientists, in that they see the electrochemical activity of the brain. They see the electromagnetic activity of the brain, and they say,
could these electrochemical and electromagnetic effects be responsible for the idea of the creation of consciousness?

Again, the answer is no, but these electrochemical and electromagnetic effects in the brain are responsible for creating the environment, the atmosphere, the electromagnetheric field, the electro-biochemical field ... through which consciousness can express itself and without which consciousness will not be capable of expressing itself in the physical medium—at least not to the same degree that you understand it now, and not to the same degree of precision and, or clarity.

So while the brain is creating, in a sense, a type of echo, a type of resonance echo of what the consciousness intends, and it is in that sense creating a level of consciousness presentation, it is not creating the original consciousness, the brain, in that sense, is a recording, storage and transmission medium.

Like your film, like your tape, that you know that what is on the film, what is on the tape, what is coming through the brain originates far beyond, far above, what is actually physically there. This is the nature of how physical reality functions only really as a transmission device, as an in between device. Recording, storage and transmission medium for consciousness that choices to express itself in this particular modality.

Now, this extends out even beyond your 'physicalized' form, your body, as you say, with what you call your electromagnetheric field, in a sense, electromagnetic or electromagnetheric, which ever you wish to use. There are some subtle differences in definition but for the purposes of this conversation, they will be the same, for this illustration, they will be the same. This field around your body, that extends far from your body what some of you call the aura.

The aura is really a combination of many different resonance fields–but the electromagnetheric one, in particular. That is one of the first levels that consciousness express’s itself in, or as, when it decides to become physically materialized. Consciousness, when it decides to experience itself and express itself as a physical being, will first create the idea of a electromagnetic field, and this is what you call—spirit or the etheric body or the astral body, in a sense. Although that is a little above, but a etheric or electromagnetic is the consciousness expressing itself for the first time in physical materiality. It is like unto the idea of steam turning into liquid water, slowing down its vibrational rate and so then moving from liquid water or electromagnetic energy or spirit into physicality or, by analogy, ice. It solidifies into the idea of physical density, materiality, but the first level, the electromagnetic level, the electromagnetheric level is spirit— is your consciousness expression itself as spirit. And because it is the larger level, because it is the first level before physical densification, it is bigger than your body because your body is in your spirit. Your spirit is not in your body. That’s why your physical aura, your electromagnetic field is bigger than your body because that is a bigger idea of you. In the same way that water, in a sense, shall we say, is more free flowing, and steam can extend much farther than ice. The idea is that the spirit, the electromagnetic field, contains the body, in that once you create the electromagnetic field, that parameter remains, that diameter remains. But then, in the center the body,
crystallizes, densifies out of that field. But when the body desifies, it still has the field around it, of more refined, less dense energy, that is your spirit self. So your spirit, in a sense, extends beyond your physical body and it is through this electromagnetheric field that you pick up on all the subtle vibrations of communication going on between all of you telepathically.

There are refined levels, the immediate levels, the most dense level of the spirit form before physicality does really only extend, perhaps, a few feet away from your body, or a few yards depending on your level of energy. But there is a refined level, a very refined level of that electromagnetheric body, that electromagnetheric field or bubble, that is your consciousness, that actually covers or surrounds your entire planet and encompasses everyone.

So, all of your fields are interlocked, this is what allows there to be telepathic communication within the electromagnetheric field. This is how you use the mechanism to create your mass agree upon reality, so that you can experience the same kind of game generally speaking with everyone else. Yes, of course, there is level above and beyond that in your consciousness where you are all one, where you are communicating instantaneously with each other, but again as we have already said ‘everything that is done on a higher level also has its physiological counterpart, to some degree, and thus the electromagnetheric field level that we are talking about now that is interpenetrating every other persons electromagnetheric field ...is that level that reflects and exemplifies and represents in physical terms the instantaneous connection all of you have on higher levels... beyond the physical. It is like bubbles and bubbles and bubbles and bubbles all interlocked, all inter- linked all containing one the other. All interpenetrating, all resonating, all vibrating together, even while you are vibrating at your own unique frequency. You also have a mass-consensus frequency that allows you to stay in touch, of course, some of you don’t. Those are the people that we have said in the past that you generally call insane. It is that they are not perceiving a reality just as real as yours, but they may be locking into, for one reason or another, the mass-consensus reality for some reason right now.

It doesn’t mean that they are experiencing something any less real than what you are experiencing, they’re just not going along with the crowd.

So then, remember, physical reality, in a sense, is a medium, recording, storage transmission medium, and of course, always a mirror, a reflective mirror for what’s going on within you for what it is you are transmitting, what it is you are, attempting to communicating both to yourself and to others. It can always be used as the perfectly reflective mirror to determine what kind of a reality you are creating based on what kind of definitions and belief systems you hold to be true that give rise to the vibratory frequency that allows you to experience the reality that you do.

We thank you for allowing us to share this notion, this perspective this day of your time with you, this brief idea of the expression of consciousness. And in return for the gift that you are giving our civilization. I ask you now, in what way may I and my world be of service to you?

Q: Bashar!

B: You, and then you, number two do you know you who you are...?
Communication Link Through The Solar Plexus

Q: Is there any other chakra besides the heart chakra that we should be focusing on for future earth?
B: Understand that intimately connected to the idea of your heart chakra will be the one in your solar plexus, the chakra of intention. Allow yourselves to recognize that is usually where the formation of your present self, when you create there to be the idea of a connection between your present self and your future self, takes place from.

So if you all see yourselves, your country, every country, harmoniously working together, you can allow yourselves to feel the flow of the energy from your present self to that suposed, so-called, “future” you that is already working together with every other country, to be flowing through the solar plexus. Do you follow me?
Q: Yes.
B: Allow the you, that you know already exists in that future sense, to be able to communicate, if you need to look at it this way in your imagination, backwards in time to the you you are now; to let you know where you have to go to become the you, you are going to be, that is doing all of that harmonious interaction. That communication link is always open. And if you wish to pinpoint it physiologically, you may understand it is through the solar plexus.
Q: All right. Thank you.
B: Thank you.
COMMUNICATION

We will begin this interaction this evening of your time with a little more understanding of the idea of communication, and what it means in your physiological reality. In this way, recognize that even though you are intrinsically, fundamentally, basically – let us say – originally, so to speak, non-physical; and that physiological reality, in a sense, is one of your creations, one of your projections, one of the ways you can understand and view and experience the idea of your non-physical consciousness, your physical reality is a part of what you are as well. It is the idea you are being. And in being that idea, it comes with certain definitions that allow you to function within that realm, and within the parameters that define what it is to be the idea of physical reality.

Therefore: with respect to the idea of communication– now, communication meaning not only what you classically think of as communication in the sense of receiving a message – back and forth sending of a message from one or more consciousness to another – but the idea of communication can also extend into what you call the actual information that you are receiving – seemingly receiving – through which and by which you create the idea of the so-called physiological scenario. What you refer to as feedback, or sensory experience, in a sense, is also communication. Thus, recognize: that while, in your non-physical state, on your nonphysical levels, communication – intention of sharing of information, ideas, knowledge and perspectives – may be more what you call direct as you think it is, in your physical reality. But the idea of your physical reality – because of the definition of what physical reality is in terms of a separating element, an element that separates you from the rest of or more of – all of what you are, then recognize that by definition any communication that you are receiving in physical reality is not so much a direct communication, but an indirect communication.

And what this means is: as you have said, you, as a physical being, create yourselves to be your own complete idea, your own complete universe. Therefore, anything at all that you receive – seemingly from someone else, as a message, as a communication. What you are actually perceiving is your version of it that you agreed to create in your universe, so you could have an experience of the communication that is being sent more directly on a higher level. But on the level of physical reality, what you do with that direct communication is create your own model of the idea – in your own terms – according to the reflection you need to see to understand who and what you are as a physical being, in the experience you have chosen to have as a physical existence.

It is not that what you are now hearing, for example – the words issuing from the physical channel, you are not hearing them directly. You are co-creating a complete distinct and separate universe, physically, in which you take your non-physical understanding of what is being said, and render that understanding in physical understandable terminology that you have all agreed to represent the communication between you. But in physiological reality, the idea is not so much directly from, let us say, here to there; but in a sense, it is more here, up over and down so that you create your own distinct version that makes it seem as if the communication is directly here to there and vice versa.

Now: the reason for this, and an advantage in it that you can utilize and allow yourself to understand
many different energies with, is, first of all: you have, as we have said, decided to explore the idea of separation, limitation – in every way, shape and form that you can – simply because that is one of the ways you can experience All That Is. Therefore, when you have created this limited scenario, realize to what degree you have actually created it. You are connected to All That Is, but at the same time, you have truly created yourselves as individuals to truly be your own complete and separate and total universe unto yourself.

That is so you know and can discover that everything in your life, therefore, is actually a product of your creation in your universe, and thus, you expressly have complete, utter and total control over every single thing you experience in your reality. Nothing comes upon you that influences you directly; anything at all that you feel to be an influence over you is your choice to believe that such an influence exists, and to create that seeming illusion of influence in your reality for yourself. You – when you feel you are being influenced by anyone else – are actually being influenced by yourself. It is the product of what you choose to believe; that is what your physical reality is.

Now. Understand, therefore, that the idea of what you experience as the physiological phenomena of telepathy, of knowing each others thoughts, is not really so much knowing each others’ thoughts – and again, it is not so much direct communication. What it is however, is that you are forming what can be called a congruous or synchronous pattern, a way of looking at things – a perspective, a point of view – that is quite analogous, quite similar, to the way another individual may choose to also view their belief about reality.

Thus: what you are doing is, both of you – the two you may feel are experiencing and expressing the idea of telepathic communication both of you are extracting the higher communication down and through into physical reality in a similar fashion. So your thoughts, the thoughts you are having, seem to be synchronistically congruent with another individual’s – not because of direct interaction, but because you are both choosing to operate and interpret the higher understanding on the same wave length.

So it is the idea of congruency, parallelism; that is what appears to be telepathic exchange between you. Nothing is actually exchanged on a physiological level. On a higher level, yes; but on a physiological level, it is acting in parallel that seems to be an actual exchange between you. You follow me?

Audience: Yes. Yes.

In this way, therefore, you can recognize that any situation that you desire to create in your reality can be, as it has been discussed on your planet for some time, created by simply recognizing that if you wish to know anyone, then become congruent with them, become synchronous with them. In a sense, identify with their pattern. The idea, as we have expressed to you many times, is that to love them is to know them. When you love unconditionally, you are identifying with another individual’s pattern, because you are willing to accept them as they are, and allow yourself to be in touch with all the different portions and facets that they are; and allow yourself to be in linking, in that sense – in congruous parallel linking – in a sense creating for yourself the same scenario you see within them, and vice versa. So that then you are traveling along similar lines, and by traveling along those parallel similar lines, you seem
to be having the same thoughts.
You are creating similar manifestations, but it is not literally that you are exchanging the thought back and forth. That is why you can understand that when your society allows itself to know it does not have to have conflict within having different points of view, but that the idea of different points of view can all run parallel, then you will understand that at the same time you can have different points of view, you can also have unity. You follow me?
Audience: Yes. Yes.
Thank you. SHARING!
Q: It’s great to be here again with you this evening.
B: We are very happy you are there.
Q: Thank you. I want to let you know that my life is going terrifically.
B: Oh my!
Q: Everything is wonderful.
B: Would you like to change that?
Q: No.
B: All right. Thank you very much.
Q: It’s quite perfect.
B: What do you have to share – as an equal then?
Q: Okay. I have a question about the subject of compassion.
B: Compassion.
Q: Yes. I’ve had this question in my mind for about four months.
B: Oh, all right.
Q: And I’ve examined it every which way…
B: Yes.
Q: And I can’t come up with the answer.
B: All right. What is the question you have created?
Q: Okay. The question is…
B: Oh, one moment, one moment. What is the answer you have that you have formulated in the format of a question? You do have the answer. A question is simply an answer that you place outside yourself.
Q: Okay. Well, then, maybe I have a statement.
B: Thank you.
Q: It’s a statement. I like to think of myself as a warm and caring and loving person.
B: Oh, thank you very much.
Q: I have found that the more I understand how each one of us creates his own reality…
B: Yes.
Q: …that I’m having difficulty feeling compassionate towards certain people and situations. Does anybody know what I’m talking about?
(Laughter from the audience as an answer)
Q: Okay. I don’t like the way I feel.
B: Oh, all right.
Q: For instance – this is awful – the homeless.
B: Homeless. Yes.
Q: Okay. I see a lot of homeless people, and I think to myself – the old me used to say: “Oh, those poor, poor people. What can I do to help them?”
B: Yes.
Q: And the new me is saying: “You know, they created their own reality…”
B: Oh, one moment.
Q: …and they’re there because they want to be there.”
B: One moment.
Q: It’s their choice.
B: One moment.
Q: And I don’t like that…
B: One moment. You have created what is classically, in your language, called a misunderstanding of the concept.
Q: Okay.
B: Compassion, in no way, shape or form, says you can’t help. If you have attracted yourself to see those individuals, then you have been attracted to be of service. The idea of compassion is not taking responsibility for them, however. It is not giving then sympathy to reinforce the negativity they have already created with their misunderstanding of their connection to the Infinite – with their belief of their lack of connection to the Infinite.
Compassion does not mean you do not help, compassion simply means you do not take responsibility for them. Compassion means you live the life that is representative of who you are to the fullest, so you can be the best reflective example you can be to them. That is what helps them.
By all means interact with them. Compassion, in no way, shape or form, prevents you from interacting with individuals you attract into your life that may require some assistance, some guidance. There is nothing that says compassion cannot guide. There is nothing that says compassion cannot reflect. Are we not reflecting ideas to you?
Q: Yes, you are.
B: We know you create your own reality. But it is our compassion that allows us to desire to share with you that there are many ways you could create your reality. But in no way do we take responsibility for what you decide to choose, even after we have given you a reflection.
Q: That’s true.
B: Understand?
Q: I understand completely.
B: Well, thank you very much.
Q: I thank you very much.
B: Thank you for your compassion. Sharing!

Compassion II

4
**Compassion**

B: SHARING!

Q: As I’ve been accelerating I’ve noticed just recently that people that I’m close to are being concerned for me.

B: All right. (Audience laughter)

Q: And what my reaction to that is: concern, that they’re concerned. I don’t wish them to... ah... fear for me... or...

B: All right.

Q: ...but obviously I don’t make... 

B: Do they fear for themselves?

Q: That’s what I think they might be doing. Maybe it’s threatening their belief system or something.

B: Maybe, maybe not.

Q: But I realize that I have no control of that, and I don’t want to. But I just don’t want to create...

B: If you are always clear and concise within YOUR openness of communication and your integrity, in this way, then you are being responsible to them by being yourself.

Q: Umm um. Another thing I would like to talk about is compassion.

B: Yes.

Q: When I feel someone is having a problem or a physical ailment or whatever... an obstacle that they feel they have...

B: Yes.

Q: *feel* for them in a... I understand what you mean when you say you don’t say you’re sorry.

B: Or pity.

Q: Or pity them, exactly. But I feel for them and I...

B: Yes, compassion is not pity.

Q: What is your definition of compassion?

B: Compassion is recognizing... it is similar to what you usually think of as... pride. Not in a negative sense. You are proud of them for the strength that they have, to undergo the limitation they have created for themselves. And you KNOW that they have created it from their strength and they can choose something else if they desire to. But as long as they are in what they have chosen to be in, you have compassion for them as a fellow being, who has chosen to express their strength in the manner that they have chosen to do.

Q: Umm.
B: That is compassion.
Q: I feel more a sense of feeling what they’re feeling. . . .
B: That is empathy.
Q: Yea, I guess that is it.
B: You can form that type of identification if you wish, and still do not have to allow it to transform into sympathy.
Q: Yes, it is not sympathy, it is more of an empathy.
B: All right.
Q: And in this way it does not make you cold. Recognize that individuals in your society are not used to exercising compassion.

And compassion, because it is in a sense a KNOWING state of existence, may seem to be detached from the, so to speak, normal range of emotions.
B: That is the next thing . . . you just told me that I’m not emotional.
B: Understand in this way, emotionality is a tool like anything else and it falls in your terms, below knowingness. If you are in a knowing state you simply know what you need to know, without necessarily having to go down through the gamut of the emotion to understand it.
Q: Exactly.
B: You are not without compassion and understanding. And in this way, if that allows you in the eyes of another to maybe seem aloof or cold, simply recognize again that if you know you are functioning within your integrity and are willing to communicate this idea to them IN compassion, then you have preformed your responsibility to them; and you can, beyond that, not be responsible for their choice of reaction.
Q: Umm um.
B: Allow them to share the idea and see if it is something that they also might be able to get in touch with for themselves – while they do not have to chose it.
Q: Thank you.
B: THANK YOU VERY MUCH FOR YOUR SHARING!
Complete or Incomplete, That is the Question

Q: I wanted to ask you a health question. I have a hearing loss in my left ear from an operation, I was wondering if you could suggest anything to improve it?

B: How long ago?

Q: Let’s see, about ten years ago, or eleven.

B: What have you heard since then?

Q: Well, from hearing loss in the left ear, it’s not as good as it is in the right ear.

B: So?

Q: Is there any way you can suggest to improve it?

B: Not improve, change.

Q: To change it.

B: What have you heard?

Q: Sort of just muffling in that side. I mean, I can still discuss conversations, but there is more of a muffling sort of distorted sound.

B: All right. Can you imagine what it would be like to have equally balanced hearing?

Q: Yes.

B: Then let your imagination be real.

Q: So, should I meditate on that every night?

B: Should? No shoulds. Is that what your imagination is suggesting to you?

Q: Yes.

B: All right. Do you think you have to do it every night? For how long, another ten years?

Q: As long as it takes to improve it.

B: As long as it takes? How long will it take?

Q: I have no idea.

B: You don’t? How long do you think you would feel comfortable with?

Q: As I said, “as long as it would take to improve it.” I’m not thinking in terms of a time period, but in terms of . . .

B: All right, but right now I am playing the game, I am thinking in terms of time periods. How long would you be comfortable with?

Q: Do you think you could do it now?

B: Let me re-phrase this. Do you think you can do it before five of your years is up?

Q: Yes.
B: Are you sure?
Q: Pretty sure.
B: Pretty sure? Before six years?
Q: Yes, I think I could.
B: All right. Do you think you could do it before three years is up?
Q: I could try.
B: You could what?
Q: I think I could.
B: Trying will not do anything but allow you to keep trying.
Q: Well, I could put all of my energy into it, and think positively in that direction.
B: You are not answering the question directly. Do you feel you can do it before three years, yes or no?
Q: Yes.
B: All right. Do you think you can do it before two years?
Q: Yes.
B: One year?
Q: Yes.
B: Six months?
Q: Yes.
B: Three months?
Q: Maybe.
B: Maybe, all right, you have found your threshold of believability. Can you, in your imagination, conceive of any method to accelerate the three months into less time?
Q: Concentration.
B: Concentration? Won’t that hurt?
Q: Meditation.
B: What is meditation?
Q: Thinking about it improving it with concentrated thought, imagining it.
B: That is what meditation is to you? All right.
Q: Getting into the state of mind where I can think and imagine it, as reality.
B: Do you mean being in a state of being where it is a reality?
Q: Yes.
B: Then that is not thinking about it. That is being it.
Q: You have to think to be.
B: No. (Audience whispers something) Very good. Did you hear that?
Q: No.
B: You have to be to think.
Q: That’s true.
Q2: To be or not to be.
B: That is a statement. (Audience laughs)
B: Recognize you cannot have a conception, you cannot have a thought, unless you are already in a state of being that will allow such a thought to exist.
Q: I see what you mean.
B: Take me literally. I am not speaking symbolically. You have to already be in a state of existence in order to have any type of thought that is associated with that state. So the idea, the concept, in and of itself, that you can have equally balanced hearing means that you are already in that state of vibration in order for you to be able to imagine what it would be like; it means you are already doing it right now. But you are very quick as a society to not believe that that moment was real, as real as physical reality. And so you switch right back into the very next belief, “well, that was a nice thought, what do I have to do in order to make this a physical reality?” Rather than simply letting the imagination, letting the conception be the reality, in the moment that it is.
Q: Okay, I had one more question too. I would like to ask you what can I do to improve my relationship with…
B: Improve, improve, improve?
Q: How can I improve my relationship with a person named Lawrence Spencer?
B: What are you getting out of the relationship? And how are you serving the other individual?
Q: Well, I’m getting happiness, to a certain degree. And then unhappiness to another degree. But the combination of both…
B: Unhappiness is only the result of judgment on your part. What is it you think that you could get out of a relationship, that would not serve you in a positive way? You carry within you a belief that you can attract a relationship that can have something within it that you would not find could serve you in a positive way?
Q: Long pause with no answer.
B: Obviously. The answer is yes, so say so. Because you have attracted a relationship, and you are saying that you have a belief that that relationship could even possibly contain something that could not be utilized in a positive way and, quote/unquote, allow you to choose to be unhappy.
Q: Yes.
B: Then stop judging the relationship for what you would wish it to be, and allow it to be what it is. So it can serve you, so you can choose happiness.

Q: Okay.

B: Then if you find you are willing to be of that vibration, the relationship will take on the aspects, and only the aspects that can serve you, in whatever way, shape and form it means that that relationship has to. If it means that relationship, in your terms, must change from one individual to another, then so be it. You follow me?

Q: Yes.

B: And recognize, that even if that relationship, quote/unquote, stays with the same individual, that individual would have to also change according to the idea of the new interaction, the new definition of the reality you are attracting that relationship for, and so they are not the same individual anyway.

Q: Yes, I understand what you mean.

B: All right. Then simply allow yourself to recognize that if you find anything in any relationship to be creating your ability to choose unhappiness, you are judging what the relationship is there for, and not allowing it to be what it is, but only what you think it should be.

Q: So, in other words, I should just go...

B: Not should.

Q: Okay, in other words I should go...

B: Not should.

Q: In other words I will go into it and just let it flow.

B: Recognize that if you feel you need a relationship in order to be complete, you will only attract an individual who will reflect your belief in your own incompleteness, that you are not happy with. When you know you are complete, you will attract an individual who will reflect that level of completeness, that knowledge, that happiness. The idea, once again...just like it takes “being,” in order to have the thought, it takes being happy already in order to attract a happy reflection.

Q: How does one find happiness?

B: One creates it. One knows that happiness and ecstasy is one’s birthright, and that one does not have to do anything special in order to deserve happiness. Simply by knowing you are happy, that is enough. Do you feel you do not deserve happiness?

Q: Yes, I think I deserve it...

B: Well then?

Q: ...but how do you deal with negative influences that are around you?

B: You are missing the point. If you are of the vibration of happiness, then you will find that any other individuals, since you know what your vibration is, any other individuals can choose what they want, and what they choose for their lives will never affect yours. Unless you choose to let it.
Q: I understand.
B: So recognize, that anytime you think another individual is MAKING you unhappy, they do not have that power. No one has the power to make you anything, only you have the power to choose to feel that way. So you are deciding to feel unhappy, based upon something that you think is going on with someone else. There is no reason why you cannot simply know that what you are can allow you to be happy. And that can serve as a reflection for the other individual to see within you the strength that you have, the willingness of conviction to be the vibration you know is true for you. That reflection back to them is what will give them the best opportunity to allow them to change, to match, your vibration. But not because you demand or insist that they have to. Because the idea of being happy is knowing that your path is right for you, and everyone else’s path is right for them and true for them. And, that you are granting equality and hence, validity for everyone else’s path. Granting equality and validity for everyone else’s path, automatically grants equality and validity for your path and let’s you live it, regardless of what anyone else chooses to live like. You follow me?
Q: Yes, I do.
B: Will that have been of some assistance for you?
Q: Yes it has, I’ll think about it.
B: All right, if you wish.
Q: Thank you.
B: Remember your own timeframe belief system...recognize that if you wish to accelerate anything, it is not a matter of speeding time up, it is a matter of integration, bringing yourself into the present now, and thereby, creating less time. Time does not speed up to accelerate, time accelerates because you create less of it. Separation and judgement create more time, more space. Space/time is the product of separation and judgment. Integration, living in the now eternal moment, creates less time; from your point of view, it accelerates things. Thank you.
Q: Thank you.
Connecting with Your Guides

Q: I had something happen yesterday that I have a question about.
B: Oh, do share.
Q: I was at an acupuncturist, and at the end of the treatment he had his hand underneath my neck and my back, and he ask me to send the healing light down my back.
B: Yes.
Q: In doing so when I reach the point of approximately across my diaphragm...
B: Yes.
Q: voice reverberated through me and the voice said, “I am back, Ramtha.”
B: All right.
Q: Very solid, somewhat masculine, extremely, extremely solid in feeling, it shuttered me.
B: Yes.
Q: I wasn’t frightened, it wasn’t threading but it was almost a warning, but not a threading warning, just a statement.
B: Yes, preparation, that is all. Understand, in this way, that when you allow yourself to identify any particular energy point along your spine you are opening up a corresponding idea, or doorway, or what you call, vortices or chakra within you, in that way. That is the chakra of your connection to future selves, to Higher selves, your solar plexus. It is not only in the spine that the energy occurs but, in this way, completely and utterly through you and within your auric field that puts you in touch, tunes you into the frequency of the connection of other portions of consciousness, in that way, and other consciousness’ that are then allowed, because of your willingness to tune to that frequency. To begin to, in a sense, initiate agreements that you have made to EXPAND your senses so that you can perceive more than you used to in terms of the communication that is coming to you all the from all the connections that you form. It is something that will lure you to more of yourself. For now treat it as a guide. All right?
Q: I have a question about that.
B: All right.
Q: As limited as this question might be...
B: Oh now, do not judge your question.
Q: Was I Ramtha or was I saying that I was back to...I’m confused about who Ramtha is...
B: Good, stay confused for then you will be co-fusing with more of yourself. Allow yourself not to become, in your terms, hooked upon the label.
Q: Okay.
B: But follow with your curiosity the feeling, the intention, this is the chakra of intention. Follow it! Act like it! Become it! And see where that leads you. All right?
Q: (takes a deep breath)
B: That is a good start, by the way. Releasing, thank you.
Q: Thank you.
B: Follow your curiosity, it is there for a reason.
Q: Scary, um?
B: It does not have to be. Anxiety is only excitement that is judged. Anxiety and excitement or the same energy. All right? Do not fight your own ecstasy, it is your natural state, all of you. Sharing!
Connection Points

Q: I heard that the black race is the first race from Sirius A; and that the red race came from Sirius B; and that the yellow race came from the moon; and...

B: These are not really, what you would call accurate assessments. There are connective energies in different dimensional levels to which some of the different beings on your planet of different hue do express connections to, but it’s not the idea that they “come from,” in that sense, those ideas.

What you do call the darker skinned races are the ones that are more indigenous and of, what you call, natural stock on your planet. And, then the infusion of genetic material that might, to some degree, be extraterrestrial in origin and did play a part in some of the alterations of some of the hues of the different beings upon your planet. But it is not laid out linearly in that fashion as you just described it; those are analogies for understanding energy connections, not a historical comment. Make sense?

Q: Yes.

B: Does that help you?

Q: Yes.

B: Thank you.
Connections

Q: I’ve been reading some of the Seth materials: “Seth Speaks.”
B: Yes.
Q: And there’s a concept in there that I would like your help on.
B: All right.
Q: “The soul can be described, for that matter, as a multi-dimensional infinite act, each minute probability being brought somewhere into actuality and existence.”
“Each mental act opens up a new dimension of actuality. In a matter of speaking, your slightest thought gives birth to worlds.”
B: Yes.
Q: Okay. Now, in words that are a little easier – I’d like some examples. In words that...
B: All right. Do you understand that everything exists on different levels of relativity? In other words, to use your pragmatic example on your own planet: the idea, let us say, of the difference between something that is human or, let us say, an insect is that the relative degrees between what you assume to be the perspective of the insect is that they would look upon the human as encompassing a large portion of their reality. You follow me?
Q: Mhmm.
B: And then relative to that, you say: “Well, the entire planet compared to me is a large portion of my reality.” Well, simply stated, then you can extrapolate further extensions of your consciousness to assume that there is a planetary consciousness that considers itself to be a singular being; and to that being, there are then galaxies, universes, that are a large part of its reality... and on and on and on. Everything is connected. Everything is the same one thing, manifesting in all the ways it possibly can. So whatever form it takes, the insect, the human, the world, the galaxy, the universe, it is the same thing expressing itself in a different modality.
And so it is the same thing having the same thought. Every thought it has changes everything, everywhere. You create whole worlds – literally. Because all of physical reality is a product of the imagination, so to speak, of Infinite Creation – which everything is made of. And every single concept that you define as a separate concept contains the whole of all creation. Is this making it any clearer at all?
Q: Yes, very much.
B: In a very pragmatic sense also, different dimensions of experience have the same degree of relativity to other dimensions that your insect may have to you. Though we are not saying that we are denigrating the idea of the insect.
But simply put: your thoughts literally – literally! – can be the driving energy behind what some other beings in another dimension may see as a gigantic natural phenomena. Just as what you call stars – even
though they are a part of your physiological reality – are also aspects of whole other levels of consciousness activity. And you see them in your universe as stars. That is how they interpret in physical dimensionality.

They have consciousness too – but not consciousness, as you understand it in terms of human consciousness. And they are parts of greater consciousness still, whose thoughts create your world, your universe. Everything supports everything else. You follow me? Is this making it clearer?

Q: Yes.
B: Thank you very much.
Consciousness and Dying

Q: I would like to talk about what the feelings are that the soul experiences at the death of the body, and whether it anticipates many...

B: Oh, many different things, depending on the belief systems that were present during life. Do you have a specific idea in mind?

Q: What is our awareness at the time of death?

B: It can be, again, many different things; all the way from not knowing you are dead, to reveling in the ecstasy of your complete and total recognition of all that you are! And anything in between is possible. (AUD: laughter)

Q: Well, that leaves a lot to be desired.

B: A lot to be desired?

Q: I guess I better try and relate it to myself.

B: Very good. That is the only way you can relate to it anyway. (AUD: laughter) What do you think you will be aware of when you transform into non-physicality?

Q: Ah...

B: Obviously because you are asking the question, it is altogether highly probable that you will know you have died, first of all. And you may even allow yourself the opportunity to recognize that everything that occurred in the physical life was according to your purpose. That it has served you, and will then allow you to decide for yourself whether or not you want another physical life or wish to experience reality on some other level.

Q: How long does this process of choice take?

B: Anywhere from one microsecond to millions of years, (AUD: laughter) again, depending upon your designs.

Q: Now, at that point, am I in total awareness of my Oversoul and my Higher Self?

B: Again, not necessarily. If you do not even know you are dead, how can you be aware of those levels?

Q: (Laughs) Well, if you can be aware of those levels in life, in this life...

B: Yes, then it is altogether likely that you will be aware of them in death.

Q: How do you become aware of them at death? How did you become aware of them at death when you made your transition?

B: I was already aware of them in life.

Q: How do you become aware of them in life?

B: By allowing. By trusting. By living.

Q: Trusting. All right. You also are inclined to say “we” when you answer a question.

B: Yes.
Q: Who is “we?”
B: All of us. (AUD: laughter) It is the idea of my civilization at times. Sometimes it is the idea of all the civilizations with whom we are in contact, which forms what we call the Association. Sometimes it is the collective consciousness of our world and your world combined, and many other worlds. It will simply depend again upon the direction of the interaction that is going on. Sometimes I will say “I,” as I just did. Sometimes I will say “we.” And sometimes we will say “we.” For in this way, as I form a connection to the physical channel before you, many times in that way, I and we will allow there to be, from time to time, the connection that I always have with the rest of my society to be paramount in the information; because it will make a difference to the quality and context of the information coming through. Is that all?
Q: Yes, thank you.
B: Thank you.
Let us begin with the idea of your crystalline resonance, crystalline vibrational frequency. As we have said before, each and every one of you, in a sense, is your own master crystal; each of you is a harmonic frequency, a signature vibration. Each and every one of you is a latticework, a matrix of energy at the heart of which, in a sense, is a spark of the primal energy, the fundamental energy of creation. That spark, in a sense, is your fragment, your facet, your portion of the recognition of the central doorway which leads to all other dimensionalities, which allows each and every one of you, collectively, to function as a single holographic consciousness, and at the same time to function as an individual identity.

Each and every one of you collectively, thus forms, in this way, a single facet of a multidimensional crystalline latticework, crystalline matrix that, in and of itself, when combined, may form a portion of another level and another level beyond that, beyond that, and on and on into what you call infinity. Each and every one of you, however, contains within the structure of the crystalline pattern, the crystalline matrix that each and every one of you are individually, the entire, as you say, blueprint, the entire pattern, the entire template for all of the universes, the multiverse, in that way. Each and every one of you is a microcosmic representation of, what you call, the macrocosmic crystalline structure of physical reality as it takes its form from what we refer to as the primary fundamental template of universal consciousness. Consciousness itself is the template upon which physical reality is structured in this way.

Thus, recognize that each and every one of you are a complete, let us say, genetic code for the entire universe, a complete template for the entire universe. And that is why, when you simply allow yourself to recognize that you can be in touch with this primal crystalline frequency within each and every one of you, you, therefore, are able to recognize that you have, at your immediate accessibility, all of the information, all of the answers that you need to understand yourself in this life you have created yourself to live. And that it is all in the immediate present for you, in your immediate here and now reality, and thus, that is why you do not have to go reaching into what you imagine to be the distant future, to extract information with great strife and great struggle. Nor do you have to go delving into the dim, dark past, in this way, to dredge up from these bottomless pits some scant information that you are struggling to receive, to understand yourself in the present.

Recognize that the only reason that you can be in touch at all with the ideas of your so called probable futures, and the ideas of any past you have created is because both the future and the past exist with you NOW, in the primal energy crystalline matrix of your reality existence. Thus you are not really
journeying anywhere. Everything you need is right at hand, so to speak, right within you in the here and now – all the future, all the alternate presents, and all of the past, are right with you NOW.
Bashar
Channeled by
Darryl Anka
From: "Learning the difference between falling into the illusion of power and earning to use the power of the illusion."
Las Vegas, NV.
8-1-98

**Contact date with Bashar**

Q: Good day, Bashar.
B: Thank you, good day.
Q: I wanted to find out when you actually come to visit us? You have told me before that we will know.
B: Yes.
Q: But, for me as an individual, will I be able to have direct contact with you?
B: That I cannot say. You will most likely have some direct contact with some member of my species but I cannot say whether that will actually culminate in a one to one contact with my own actual personage.
Q: Because I would very much look forward meeting with you.
B: I understand, and you do not have to patronize or patronage me. The idea simply is that none of these things on that specific level are yet completely decided because of the ebb and flux and flow of how every one of you are creating your reality as you go. Therefore, understand we are meeting this way now and this is as real, in a sense, as it gets, but the idea of what you call face to face bodily interaction is possible as a probability for any given member of my species but it will have to remain as a quantum probability until such time as it actually comes to happen, and then you simply find out who it is you happen to be face to face with.
Q: Well, based on the way the energy reads now can you give me a probability of meeting you again, meeting you in person?
B: About 17%.
Q: Any idea why that low?
B: Why, is that low? It is 17% higher than zero....
Q: True.
B: ...which it will probably be if you ask another question like that! (Audience laughter) You get the point?
Q: Yes.
B: Thank you.
Q: Thank you. And, if you could just kind of fill us in on your plans between now and then?
B: I have no plans, ever.
Q: In terms of what your activities is going to be on your ship.
B: I have no way of knowing what my activity is going to be.
Q: Okay, what it is likely to be.
B: I have no way of telling you that.
Q: Okay what about what you are doing...your current position now, are you still above Cairo?
B: 2,500 miles, yes.
Q: Okay, still 2,500 miles.
B: I have not yet been 2,500 miles.
Q: Is that the lowest you’ve been?
B: Yes.
Q: Oh, okay. So things are . . . the energy down here is pretty good then?
B: All right, we’ll say, its pretty good.
Q: Well, is it, is it?
B: But it is still 2,500 miles short of contact.
Q: Okay. Thursday night I was out at area 51 and I was wondering ... we saw a....
B: No comment, thank you.
Q2: Bashar!
B: You!
Contact With Extraterrestrial Beings

Circa 1995

Q: I’ve had intention focused on communicating and making contact with extraterrestrial consciousness...

B: Well, you’re doing brilliantly well, right now, aren’t you? (Much laughter)

Q: Yes sir, I’m familiar with this, I mean, face-to-face...

B: Yes?

Q: Where is there a group of consciousness, of visitors, that are off planet? It is my intent to have direct contact.

B: Ultimately, those with that intention will, do not be impatient.

Q: I’m not impatient.

B: Oh, all right.

Q: However my question to you is: can you give me some insight on how we can communicate with beings in the fifth dimension when we are third dimensional beings? I mean... this channeling is a unique phenomenon.

B: Understood. The idea however is that a fifth dimensional being is again, relatively non-physical, and communication therein would mostly be telepathic. Those beings that you would meet, as you say, face-to-face, are those that exist in either third or fourth density, to some degree – or who would have the capacity to render a projection of themselves in fourth or third density formats, so that you have something that is perceivable in your terminology.

So the idea of meeting a fifth density being is the idea of meeting with a being that doesn’t have a face, doesn’t have a body. So it can present to you an idea of itself, telepathically – can even appear to be physiological, but this will need to take place in a slightly more accelerated level. Again, closer to what you would recognize as the lower astral, or etheric realm – where your vibration and his vibration have a little bit more common ground and different presentiments can be expressed, in ways that make sense, one to the other. Does this make some sense to you?

Q: Well, it does. And it is still in the fifth dimension; I mean the ships that are appearing?

B: Well, yes and no. Remember that the definition of what a ship is, in fifth density, is very, very, very different from a definition of a ship in third density. Remember that at that level, and what we are experiencing in our transformation is that the ships are becoming us and we are becoming the ships. And there really isn’t much difference anymore.

Q: Well, are you suggesting... are you saying that there could be third density extraterrestrials?

B: Well of course! There are beings, simply, physically living on other planets in your physical third density universe. Those are still extraterrestrial, are they not? And the idea is that generally some of the
fourth density beings that come in, or fifth or sixth that create physiological materializations with which you can interact with, have projected only a component of themselves, only a portion of themselves back into physical materiality to create a simulacrum that you can interact with. It isn’t what the total being looks like, generally speaking. Does that make sense?

Q: (No answer)
B: And...
Q: And.
B: And where is the confusion? What are you looking for? What are you asking?
Q: I’ve been meditating and everything seems to be contained within the heart chakra.
B: Yes. This is why we have said that’s where everything is contained. It puts you in touch with All That Is, any probable reality. And with your intention you can fine-tune the bandwidth in that state to get in touch with any particular or specific frequency, within the totality, yes. You can do it that way. But again...
Q: So you can, if you play the drums?
B: You can, you can. But again, the idea is, the idea itself is that most of this communication has to take place within yourself, first, before there can be more blatant versions of these interactions.

It is simply part of the collective process that you have all created in being third density to fourth density beings – because there are many components of yourself that are needing to be integrated.

Now: there is also upcoming, what we have termed the interface laboratory workshop, in which we will be in that sense issuing relatively soon, for the specific purpose of taking individuals on your planet through the necessary exercises specifically designed to prepare for eventual face-to-face contact. This we have said we would do, and we are in the process now of formulating the workshop. This will commence sometime around your mid March month, and you will be notified of such.

Because we recognize that there will be many, many, many more opportunities for what you have called face-to-face contacts in and around your year of 1997, 1998. So now is the time to begin to prepare your vibration and your resonance to change the frequency, to make this a much more compatible and likely event.

Q: So are you saying that there is going to be contact in these years?
B: Not exactly in those years, though there is in those years, a chance that we will. It is still a slighter chance than some other extraterrestrials, certainly by your year 2013, yes, absolutely, maybe by 2011, maybe even by 2005. The chances of 1997, '98 are there, but slim. You understand?
Q: Yes. So these will be face-to-face contact with the beings from Essassani?
B: Yes. There will be other opportunities, sporadic still, in '97, '98 for face-to-face contact with other kinds of extraterrestrial beings – but after 2005 it will increase dramatically.
Q: I wanted to know, what type of beings?
B: Well, some of them would be Pleiadian, and there will be...a few surprises.
Q: I’m sure I’ve met them.
B: No, you have not.
Q: Thank you.
B: Thank you.
Q: When do you perceive having physical contact with us based on the present energy?
B: It is most likely, on a large scale, to be somewhere between what you would call 2015 and 2027. It is possible that between 2005 and 2015 there will be isolated and intermittent contact permitted from our civilization to your own, but on a more accelerated level, the first time frame that I gave you would be more likely.
Q: I was curious about what forms of entertainment you partake in?
B: You mean like the one I am partaking in right now?
Q: Yes. Like our forms of entertainment, like movies and sports.
B: We have spontaneously what you might recognize as physical activities such as sports, but nothing in your terms is organized. It is spontaneous. All the people that need to be there show up at the right place, at the right time, because they only attract themselves to each other who have a desire to play a game. They do not need to arrange anything ahead of time, as you would say. We don’t exactly have the idea of teams, but the individual prowess of each individual adding to the combined total effect, of what you would call the game, is what is appreciated by us. There are artistic forms of expression, many of them spontaneous. Some of them are a little more ritualized because of our own past history being similar to yours, in terms of some of the ideas of ritualization or organizational elements. There is some degree of what you would call music and physical instrumentation, though rather simplistic by your standards, at this time. Though it used to be a little more complex. There are a variety of endeavors that interest and excite us and drive our curiosity to explore. Is that a sufficient answer?
Q: Yes. Is most of your civilization living on the surface of your planet or in spacecraft?
B: At any given time, you will find that only approximately one third of our civilization is inhabiting the surface of the planet, while two thirds are usually off somewhere in spacecraft doing something. They may also, from time to time, be on other planets, since many of us act as liaisons to other civilizations as we are doing here with you.
Contributing To Planetary Awakening
(1986)

Q: I’ve decided that I’m going to contribute my little bit to making the people on the planet more aware.
B: Well, thank you.
Q: But to do this...
B: Yes?
Q: I feel I’ve got to break down their belief systems, so that they will listen, because in the frame of mind they are in now, they will not open up.
B: Do you think that it is something that they have to do?
Q: Well... I know what you’re saying. I know I don’t have the right to force my opinion on anyone.
B: All right. Then THAT is the easiest way to open up anyone. To let them see within you the LOVE of the experience you know to be true for you. So that when you are in each other’s presence, they can feel, RADIATING from you, the conviction of your belief. And that will give them the best opportunity to want to open up and to share with you.
Q: Yes, but...
B: Once again, it is the granting of validity and equality to ALL the different ways of the infinite diversity within your reality that will produce the unity you seek. Letting it be all right for them to be the way they are is the best way to allow them the opportunity to change what they are, if they don’t prefer it.
Q: So you don’t attack in any way?
B: If you do, you are only reinforcing the vibration you see within them, and only giving them a reflection of what they are already familiar with.
Q: That’s becoming clearer to me.
B: All right.
Q: I’m getting less and less inclined to react... I always used to go in headfirst. But now I have the feeling, from what you’re saying, that to reach a lot of people you’ve got to have an outlet – like, own a television station or something...
B: Oh, keep it simple. Be yourself and RADIATE.
Q: Oh... all right. Thanks!
B: Sharing!
Q2: You were talking earlier about fear.
B: Yes.
Q: And it seemed from your conversation that fear and centering can have an awful lot to do with each other.
B: To some degree, they can. Many times individuals may create the idea of the abrupt shock of fear to bring them completely in the now.

Q: Could you explain that a little more?

B: It is as simple as that. The idea simply may be that when individuals carry within them a belief that things cannot transform with ease – that the only way that something is recognized as valid is to struggle to get there – then many individuals may create for themselves opportunities in their lives to create a shock to put them into the center; because, to them, that is the only way it can be quick.

Q3: On this theme of world change, I’ve come to the conclusion that I don’t need to do anything, and the less I do, things will then happen as I envision them on this planet.

B: Now, the idea of not doing anything can be the illusion that is created when you do the thing you love doing the most, for as you say, a labor of love is no labor at all. But it still takes the doing of the thing that you love doing most.

Q: Right, I do what I love doing and time flies and...

B: Yes, then it is effortless and creates the seeming illusion that you are really doing nothing to have everything.

Q: Can it really be that simple?

B: Yes, when you let it be.

Q: Okay, I will let it be that way.

B: Oh, thank you very much. Sharing!

Q1: Yes, well, going back again on that, I feel that I’m not doing enough, unless I’m doing something.

B: Do whatever excites you – with integrity – that is it.

Q: All right... thank you.

B: Oh! I have done nothing! (AUD: laughter)

Q: Well, I think I’ll go to the beach. (Laughing)

B: Yes! Who knows whom you may meet there? (AUD: laughter)

Q: So, how long do you suppose it will take for the unification of thought on this planet?

B: As we have said, in our perception of the mass consciousnesses momentum energy at this time, we perceive that there is an overall bubble of momentum that will coalesce within the span you call the next thirty of your years – give or take. The idea is that by that point there will be the beginnings of conscious recognition of the majority of your population as to how to create the unification.

Q: Thank you.

B: Thank you!

Contributing to Planetary Awakening
Conviction II

B: All right, I'll say, I bid you greetings this night of your time, as you create time to exist.
AUD: Hello, good evening, etc.
B: I do not ask, this night of your time, how you all are, for I know exactly how you all are, perfect.
AUD: Bold, flowing?
B: Yes. In this way, as one of your own individuals, last night of your time, has decided to create a new word to express the idea of what you are when you have the sense of your own vibrational resonance. It was termed to be bold-flowing. In this way, therefore, I will bid you all, "happy bold-flowing."

Now, recognize that we have discussed the idea of the interactions that will be taking place from this time forward to be taking on the aspect and the coloration of activity. For in this way, this is the idea you have called your April month, the idea that shall be the fulcrum of all endeavors you shall choose to allow yourself to experience upon the face of your earth.

Whatever opportunities you are giving yourself now to act upon will determine for you what realities you shall experience from this point forward upon the face of your earth. And in this way, therefore – as we will later on proceed with this interaction tonight of your time – we will begin, not to tell you, but to suggest ideas that you may be willing to undertake, to endeavor, to allow each and every one of you the opportunity to feel that activity for yourselves. And to take upon yourselves the responsibility of creating the world you desire to live within. Not by forcing, but by simply doing, by being who and what you are, by being true to yourself and acting upon it.

And in whatever way, shape and form your own imagination may alter the suggestions we will make will be a perfect manifestation of your willingness to co-create those activities – so that there may be, through the expression of each of you as an individual, the unification of your planet as you may so desire. Are you all following along?

AUD: Yes.

B: In this way, recognize, therefore, that the entire idea will revolve around what we have discussed many times about what you call processes. Now, each and every process that you choose to create is valid – very creative. Can be, as you say, very much fun. We are not saying that you should try to eliminate any process you are creating.

Also, however, at the same time, you may recognize simply that this is your opportunity to know that you know, on some level, that a process is not necessary when you have life itself to create all that you need.

Life is the only process that you actually need; and you may create many processes within life. But living, in and of itself, will bring you all, will bring you all you chose to experience in this physiological life. You will, one at a time, meet every single circumstance, situation, relationship and endeavor and experience you chose to experience in life. You will not miss any of them; you will not pass any of them by; they will not pass you by. By definition, it is not possible.
Recognize, in this way, therefore, that the entire idea hinges on your willingness to act as the idea you know yourself to be. Action, action, Action! Creating and attracting an opportunity. And then, rather than sitting around and going, "well, is this the right way or is that the right way? Well, I don’t know, it looks scary to me; looks like I could get blocked there. Well, I don’t know."

Spending – not only spending, but creating – creating the additional time that you feel your endeavors to be taking. You follow me?

AUD: Yes.

B: Only by analyzation of the path you have chosen to be do you create additional time that allows you to experience the idea of not being on the path you are on. As we have described, the idea of what many of you have called blocks within you are not blocks; they are friendly road signs, pointing the way very cheerfully for you – letting you know that now is the time to turn left, to turn right. Not to stand there and stubbornly beat yourself against the wall.

Recognize that the wall is there for the purpose of letting you know that turning left and turning right at that moment is exactly the correct way to go straight ahead. Blocks are only the unexpected that is judged by you to be something that doesn’t belong in your reality; and there is no such thing! You cannot be interrupted. Everything you experience is what you chose to experience. Once you allow yourself to act upon that knowledge, you will allow yourself to transparently see how everything that occurs in your life is what you have chosen to experience.

There will be no self-judgment, no need, "oh, poor, poor me. Here I am again.” Which, by the way, never happens. There never is an "again" – never. It is always now, and it is always a new eternal now moment.

Anything that seems to you to be a so-called repetition is never exactly the same, for this is always a new now. And in that sense you can realize that many times when you feel you are in repetition, it is only the judgment that you place upon the opportunity to view a certain idea from different perspectives.

It is not that you are repeating the same mistakes; it is that you are now examining one idea from a different point of view. You follow me?

AUD: Yes.

B: It is only your judgment of that situation, of that examination, that lets you feel – lets you think – that you have not made any progress. You are always in the act of creation. You are an act of creation. Anything you create is not an objectified act; it is an action that you are. You are the creation you are creating. Separation allows you to think you are an objective creator, even when you allow yourself to think you are the creator at all. There is no true, in that sense, objectivity. Everything you experience is a creation of your own subjective awareness and belief about what you think you should be experiencing and creating.

Therefore, allow yourself, within the opportunity, to now know that you can become the acts; you can become the situations; you can become the relationships you desire to experience upon your planet. You
will know that in forming any situation, any relationship, you are that idea. It is you being reflected in a separated way, seemingly outside of yourself. You follow me?
AUD: Yes.
B: Sharing!

Conviction II

3
Conviction

B: What are you now doing with that extra question?
Q: (Pause) Well? (Pause) Swallowing it. Swallowing it! So (that I) can spit it out.
B: Is it still a question, or has it become an answer?
Q: It’s still a question.
B: All right. Part of it’s an answer, but it’s still a question. Do you wish to wait until it is all an answer?
Q: No, I... it’s an academic question.
B: Academic?
Q: I just would like to know the difference between the heart chakra and the third chakra.
B: One is in the heart, and one is in the solar plexus. How’s that for an academic answer? Now, when you say, "what is the difference," what do you mean? Do you mean you sense that there is an energy difference?
Q: Yes.
B: Oh, do you?
Q: Yes.
B: Then if you already sense that there is an energy difference, what are the differences you experience them to be?
Q: Well...
B: Yeeees?
Q: Okay. The heart chakra...
B: Yeees? Everyone! Pay attention!
Q: Yes?
B: The heart chakra?
Q: Are you making fun of me?
B: No. I am making fun with you. The heart chakra...
Q: The heart chakra seems to be connected with the emotions, as we learned in Hawaii.
B: All right.
Q: And, as we learned, was Arcturus energy.
B: All right.
Q: And the throat chakra seems to have something to do with that also.
B: And...?
Q: And in my case, though, I seem to have some blockage in the throat chakra, which seems to be involved with swallowing things.
B: All right.
Q: That comes about whenever I’m in touch with the Arcturus energy. And when I…
B: What is it you are swallowing? (Pause) Your competency?
Q: Competency?
B: Your belief in yourself? (Muttering something) I didn’t hear you.
Q: Something like that. It might be. I don’t know…Pain? Rejection?
B: Will you do me a favor?
Q: Yes.
B: Are you sure you will do me a favor?
Q: Yes.
B: Thank you! Stand up! How do you feel?
Q: Wonderful.
B: All right. Now, will you say it like you mean it? How do you feel?
Q: Wonderful!
B: Do you believe that?
Q: (Pause) Mmmm… I still feel confused.
B: Is there something wrong with that?
Q: No, but…
B: What is confusion?
Q: Co–fusion.
B: Which means?
Q: Integrating.
B: All right. Does that integration feel wonderful? Yes or no? It’s up to you.
Q: It hasn’t.
B: It hasn’t!
Q: In the last couple of days it has not felt wonderful.
B: I see. Would you like it to?
Q: Yes.
B: Go ahead. Let it.
Q: Let it?
B: Yes. Let it.
Q: Let it feel wonderful. Yes. Let it feel wonderful!
Q: Okay. (Who is talking?)
B: Will you do me another favor? Will you, right now, pretend that it does, in fact, feel wonderful?
Q: Yes.
B: Thank you very much. How does it feel?
Q: Wonderful!
B: Ooh. Thank you very much!
Q: You’re welcome.
B: So are you.
And the willingness to speak your piece. That is the difference in the energy. And the block you feel is simple lack of trust in your own convictions. All right?
Q: Yes! Thank you!
B: Thank you! Do you now feel more trusting?
Q: Yes.
B: A million times more trusting?
Q: Yes.
B: Joy to you.
Q: Thank you.
B: And in your expressions, let them carry the conviction of your joy.
Q: Yes, okay.
B: Are you excited?
Q: Well, yes.
B: Thank you very much.
Q: Thank you.
Q: Thank you. Sorry.
B: Do not be sorry. You have nothing to be sorry for. (AUD: laughs)
B: That is all right.
Q: I have come across an energy which I really want to get closer to.
B: Then snuggle up. (AUD: laughs).
Q: Now, I found it upon a... I did actually invite the energy.
B: Of course you did.
Q: And...
B: There is no other way for you to perceive its existence in your reality.
Q: Yes. Well anyway, I perceived its existence and went, “Oh Jesus!” and I ran in the house and I closed the door, and went “Ahh!” anyway, and then went, “Boy!”
I’m sure you understand, I’m just not ready for this. I thought that I was, but I guess I’m not. But anyway I want to...
B: You were ready for whatever level of it you got.
Q: Yeah, yeah, definitely. Anyway, now I want to understand more about what this energy is.
B: All right. Go ahead.
Q: I get a couple of different things. There is the idea of the Northern star, I’m sorry, the Northern cross, and a star called Daneb; and there’s also the idea of Pleiades and a star called Electra. And I think I want to get a direction on it, find out which it is and start to know it better, and I’m wondering if...
B: You are in exactly the direction you need to be pointed. There is no need to become exclusive. Let it all in. There are relationships involved in these interactions, let them all through. You will sort it out as you need to.
Q: Definitely. There’s definitely a blending. I mean it’s like...
B: Yes.
Q: So, okay... and so that’s all. I’m just very, very curious and really do want to...
B: Then follow it.
Q: Okay, thank you.
Counterpart Civilizations and Healing

Q: Ever since our Thursday night session that we had, I’ve had this feeling of tremendous loneliness and being very separate from everyone else. I think that it was always there, but I started becoming aware of it.
B: Very good.

Q: And I know that my reality is reflection of myself…
B: Do not judge.

Q: Oh! Is that incorrect?
B: ‘Tis not that it is incorrect, ‘tis that you are using that idea to judge yourself. In other words, you may say, “All right, my reality is a reflection of my beliefs. What a rotten person I must be! I must be doing something wrong.” Realize that you are using the idea of responsibility as blame, not as choice. Simply realize that you are, therefore – in having allowed yourself to become aware of that which was there, which was suppressed – you are allowing yourself to integrate that portion of yourself by accepting its reality. And as such it will pass very quickly.

Q: Oh! As I think you can see right now. (Laughing)
B: Thank you. Question.

Q: Will Anima be joining us today?
B: No. Question.
Q: How about Chepop?
B: No. Question.
Q: Everybody busy today, huh?
B: Thank you.

Q: On your travels to other planets are there only meat bodies? Or are there like…?
B: No.
Q: . . . doll bodies, bodies that you can control that are not meat?

B: Realize that there are civilizations that have no physicality at all. Realize however that the majority of the civilizations you will find that you can immediately relate to, will be in your terms humanoid, to a degree. As this will be an idea that exists throughout the time continuum – an expression, a certain idea, to which you also belong. Question.

Q: Are there any other intelligent life forms in the solar system?

B: Yes, your dolphins upon your own planet. Realize that a civilization round and about the star Sirius has been in communication telepathically with them for some time, and only recently has re-established communication with you, but in terms, as you mean it, no. Although, I will say there used to be on a planet... before it destroyed itself. Do you follow me?

Q: Yes. Where was that?

B: Do you know that region of your solar system you refer to as the asteroid belt?

Q: Yes.
B: Do you understand me?
Q: It destroyed itself.
B: Thank you. Realize that that in a way is one reason why you have chosen not to do it again with your own planet.
Q: So other beings that communicated with the dolphins are also of that same species, or fluid bodies like...?
B: Only in a sense, you will find that your perception, at this time, of them would be amphibian in a sense. However, that is only your perception, as you understand their energy. You will find that they, in a sense, are really quite a bit fluid. But not the fluid of living in water – the fluid of direct control over their physical forms. Energy and matter to them are much, much more interchangeable than to you. They explore the universe almost exclusively telepathically, without ships; project... (Tape change; words missing)
Q: ...as I am describing to you. I wonder if you could tell me if you know who they are?
B: Go ahead.
Q: They are very tall, like, maybe six feet, six five. They wear dark robes, so you can’t tell if they have arms or legs or anything like that; maybe arms. And they have large heads, whitish in features, and have very slitty eyes, you know like oriental eyes – longer in respects; very narrow jaws. Any ideas that you could tell me?

B: You will find that that will be representative in general of a few civilizations. In a sense we could say it is representative of ours. You will find, to a degree, that it may be representative of that civilization that stems from the area you have termed Zeta Reticulum. Do you follow me?

Q: Mhmm. But I don’t know where that would be.

B: All right. What does it make you feel?

Q: What does it make me feel? Well, like I know them.

B: Or will.

Q: Or will, yeah. I've drawn their pictures many times.

B: All right. Keep drawing.

Q: This is one of the first times I came in contact, it was on the crystal planet that you . . .?

B: Very good. Continue to draw; continue to rely on your imagination as real at this time.

Q: Thank you.

B: Question.

Q: With your planets history, did you have what we call suppressives? Is that term familiar?

B: You will find that very, very, very . . . I will say very, very, very long ago in your terms of time, yes. However, we took a very different route from yours. Our energy was directed towards the stars, rather than to warfare. You follow me?

Q: I’m not sure.
B: You’re not sure?

Q: That I follow you. You mean that you expelled them from your planet?

B: Did I say that?
Q: Well, you say flowing energy to the stars. I don’t know what you mean by that.

B: Space travel rather than warfare.
Q: Okay.

B: Also recognition, first of all, of responsibility for creating your reality in total. Taking responsibility for that energy and realizing the mass realization that every individual is exactly as powerful as they wish to be, and can achieve anything they wish to without harming anyone else – this will absorb that idea into the society and completely eliminate any problem. Do you follow me?
Q: That’s nice.
B: Well, all right. We think so, yes. Question.

Q: Yeah, I have one. I’m curious about – you talk about the Earth civilization – its past is different from your past. You know, the path that you took. And yet the Earth civilization – you are the future selves, right?

B: Yes and no.
Q: Okay. Yes and no what?

B: All right. Realize that, once again, you are simply viewing the idea within the idea of time. Take yourself out of time.

Q: Right.
B: You may understand us in a sense as future lives, which exist in the future, and yet also have their own history. In other words, you may simply view that you, in your future life, may decide to incarnate upon our civilization – which will be still in your future, though we can in a sense come back and speak to you in your present. And also exist in your present to a degree.

Q: Yeah, right.
B: Do you follow me?

Q: Yeah, yeah. So then...
B: You may understand in the same way that your own higher consciousness speaks to your, here and now, idea of yourself. In other words, your own future self tells you how exactly the path you have chosen worked, or did not work.
Q: Right.
B: And therefore, you will find your future self directing your present self to where your future self is.
Q: Yeah, right. That’s no problem; I understand that. I just was curious about that, that Earth would go in that direction even though at this time they are taking more of a war direction. Whereas at a similar point your civilization took more of a space...
B: Yes. You are still your own civilization. You may consider yourselves a counterpart civilization.
Q: Right.
B: You may still have free will and do whatever you wish.

Q: Yeah, right.
B: Thank you. Question.
Q: I was talking earlier about healing, and I have been communicating with a different spirit to regain my ability. What else can I do as far as...

B: Once again: you have not lost anything.
Q: I know that.

B: Then what do you need to regain?
Q: Ha, ha. Just a (- - -?) I was saying I lost it, you know, because I forgot it.

B: But realize that you have not forgotten it either. You are speaking of it right here and right now.
Q: About?
B: Simply you are allowing yourself to understand that you have created ideas of separation. You are now allowing yourself to understand that you no longer need those ideas of separation, and can re-integrate yourself into an awareness, which contains that idea of being able to heal. You can heal;
right here and right now, you can heal if you wish. If you really, really, really believe that you can, you will realize you have not forgotten anything.

But once again, realize that when you seek to regain what you feel you have lost, from those you feel to be greater than yourself, you will be creating that separation. ‘Tis only that idea in and of itself which creates your sense of loss – that you need to look for it. The idea that you need to look for it perpetuates the loss.

Q: Okay. But how…?

B: “But how?” Relax. Re-lax; that is how. Once again... well all right, since we enjoy doing things in threes, I will say for the third time: realize that your imagination is real. If you simply allow yourself to imagine yourself being – being, not going to be, not having been – but being a healer, then you will be a healer. When you allow yourself to continue to project an idea into the future, or into the past, that is exactly where they will stay.

You exist now; therefore, you are a healer now. Allow your imagination to picture yourself, have a self-image. Allow the emotionality to exist right here and right now. Realize that when you allow yourself to become stuck in time, you always believe that the cause must precede the effect. Realize that nature abhors a vacuum, in that sense. If you allow yourself simply to create the effect, rather than looking for reasons to be happy, but simply creating happiness for yourself, then nature will rush right in to provide you with more than enough reasons to support your effect – because it will not leave a vacuum.

You may work the idea backwards since time does not exist. Create the effect and you will have the cause, which supports the reality of that effect.

Q: That’s right, yeah.
B: ‘Tis very simple.
Q: Yeah, I understand that.

B: Thank you. Realize that you only get “in trouble” when you say, “I understand that, but…” You may simply place a period after the word understand, and then allow yourself to realize that it is true: you do understand.

Allow yourself to feel like you understand, and when you create the feeling of understanding, the understanding will be there to support the feeling; ‘tis very simple. You are an automatic creator; allow
yourself to create automatically. Do not force your hand. And for that I will say thank you. I will say we will take a short break.

Thank you.

Q: Thank you.

Counterpart Civilizations and Healing

1
Craft Sightings and Multidimensional Awareness

Q: Just about two months ago I went to Area 51.
B: Yes.
Q: I was with a friend, and it was interesting because on the way down there he was telling me how he wanted to have an interaction, he wanted the ship to land, he was ready to go right aboard. I kind of laughed. When we got there we saw more than just one, there was one flying around the entire four hours we were there. All without landing. We saw one pop up over Groom Mountain. In between that time we went up the road and came back down and there seems to be a glitch in the time frame. Once, something happened during that time – he saw this light ball come down and zip off towards Area 51. Later on when we recalled this, he perceived it as taking place when we were parked, and I recalled it taking place as I was driving back to the point. I did not see this ball – this white phosphorescent ball that kind of zipped off down toward Area 51. Was this some sort of... later on we noticed that there were many ships above us, like up in the stars, I mean several of them were very high.
B: Yes.
Q: And there were, like, 8 or 10 that we noticed, and we fixed on a cluster of stars and then one would obviously move and the others wouldn’t.
B: Not everything you saw was the recognition of a ship. Some of it was simply aberration of atmospheric disturbance. Some of them were also shifts in dimensionality, in that you became more sensitive to shifts in dimensionality while being out there. Not everything in that sense was a ship that you saw.
However, there were some shifts in time, in dimensionality, in spatial relationships. Not that there was necessarily what might be recognized as full contact, but there was enough of an overlap of energy fields, so that you could experience, in your own ways, shifts in dimensionality and time and space relationships. There were, in that sense, glitches, in your realities. Although it wasn’t necessarily that full events occurred within those glitches that you cannot remember, but you did experience warpage of space and time in your own way.
Q: I see.
B: This has begun to unlock within you the ability to perceive more deeply in different dimensions of reality, and this attribute will probably grow within each of you in its own way.
Q: Okay, thank you.
B: Thank you.
Craft Sightings and Multidimensional Awareness

1
Cranial Alignment

Q: Several weeks ago you asked me a question about if there was any work being done by others or myself on my brain, and I answered no. I have re-evaluated that question and have possibly come up with a yes. I wonder if you could give me any information on that.

B: Share what you feel.

Q: Well, like a... possibly a primary psychic attack.

B: Attack?

Q: Well...

B: Why would you choose to interpret it as an attack?

Q: Well, because if somebody is, uh, doing something to my brain, it’s...

B: It cannot be without your agreement.

Q: Right.

B: Therefore, how can it be an attack?

Q: I guess that answered my question. Thank you. (AUD: Laughs)

B: One moment. What we can perceive is that you are co-creating an allowance. For you to be able to perceive – there is no real terminology in your language – but perhaps we can refer to it as the ability to create a core of revelation; or the recognition, or the cognition of a fundamental, primal doorway, gateway, fusion point, if you will, through which you can create a symbolic connection to more of yourself; an alignment, a compaction, a fusion, so to speak, has taken place, to some degree - a crystallization, to some extent. You may find at this time that there may actually be a slight percentage higher of more silica in your brain cells than previously existed. Does that assist you?

Q: Yes. Thank you.

B: Thank you.
Creating A Blueprint From Your Imagination

Q: Hello.
B: And to you, good day.
Q: As I told the channel earlier, I am representing myself and someone else. So it’s her question that I’ll ask you first.
B: Yes.
Q: Her name is Adrian, and she’s been trying very, very hard for the last year to make a job transition. She wants to become a TV news writer.
B: Oh, all right.
Q: And she does have some limited experience, but she wants to get a more permanent job in that industry.
B: Oh, all right. Is that what is most exciting thing to that being?
Q: Yes.
B: Is that being acting like a TV news writer? Or is she still acting like someone who is trying to become a TV news writer? There is a vast difference in those attitudes.
Q: Well, she’s going to hear this. I’m afraid she’s going to kill me for saying this, but it’s the truth. Yeah, she’s…I won’t tell her there’s a videotape of this. I believe she’s still acting like she’s trying to be…
B: All right. This, in no way, shape or form is a condemnation or a blame. The idea simply is a matter of fact that your society has created so many definitions that sometimes they seem to be what you are doing, when in fact the definition you are doing is not anything like what you say you prefer.
You think it is, because you think it’s attached. But it is its own definition that really has very little to do with the thing you actually want to be. All the trying in the world is not the doing of the thing. When you finally do something, it’s because you finally did it, not because you tried to do it.
All the trying, usually, is simply the time you think or believe is necessary to allow yourself to really believe you can finally do it. The idea, therefore – to put it in very simple terms – is that your friend may simply not be paying attention to the fact that there may be many opportunities she is not allowing herself to take advantage of, because she does not necessarily think herself capable of acting on those opportunities. Because she is not yet the person she wants to be. But the only way she’ll be that person is by starting to act like that person now, by doing the things that person would do; by being that person. As we have shared many times – and again, this will be brief – the idea is to use the imagination as a tool in the following way.
If there is something you want to be that you believe you’re not now, create the visualization of that person. See the you you want to be, and then see that you acting in the way you want to act, doing the things you prefer to do. Then connect with it, with all your senses. Feel what it would be like to be that person.
Taste, smell, hear, and touch everything! And have the attitude of what it would be like to be that person. Have the style of that person. Do things in the way that person would do them, not in the way you’re doing it now. Then all you have to do, if there is any circumstance or situation in your life that you don’t know how to handle as the you you are now, hand that circumstance and situation to the you, in your imagination, in your visualization, in your picture. Give that situation – hand it over – to the person you prefer to be, that you have created yourself to be, in your image of yourself.

Then watch what that person does with it. See how their attitude is different from yours; see how they handle it successfully. See their boldness and their conviction. See the excitement and the gusto with which they do that idea. See them successfully transform it. Then do what they did, and you’ll get the same result.

That’s what your imagination is for: to create a mirror image of the you you prefer to be, and then have the boldness and the conviction to act like that you, and you will create the same vibration. You will get the same lifestyle; you will get the same result. That’s how to use your imagination as a blueprint, as a template, in that way.

But it takes a boldness and a conviction, and a willingness to understand that as soon as you conceive of that image, that is who you are. All you have to do is act like it to get the same results. If there is anything, any habit pattern, any attitudinal approach that you would be doing differently if you already were that person – differently than the way you are doing it now – do it the way you would do it if you already were that person, and you will be that person. What you put out is what you get back.

Q: Thank you.

B: Individuals – always, always, always – are a 100% energy. No more, no less. If you are doing something that you really want to do 50%, and something you do no prefer 50%, you cannot expect any further manifestation of the thing you really want to do, more than 50%. It’s simple mathematics.

If you are hanging on to something just to play it safe, to have something to fall back on – just in case – then you are not really trusting the you you say you prefer to be. You are not really putting 100% of the idea in the direction of the flow you want. I guarantee, as soon as anyone does, you will get it, if you believe you are ready for it. That’s another idea.

All it takes is an examination, as we have already done to some degree. But now I will put it in its original linear form: What is the clear intention? What is the clear definition of what you want? What is the clear desire? Do you really want it? What is the clear deservability? Do you believe you deserve to get it?

If all of those are clear, then act with clear action upon whatever opportunities present themselves that excite you the most at any given moment – whether they appear connected to what you want or not. The excitement tells you they are, and they will get you where you need to go. That’s it.

Q: Thank you.
B: Thank you.
Creating A Blueprint From Your Imagination

Q: Hello.
B: And to you, good day.
Q: As I told the channel earlier, I am representing myself and someone else. So it's her question that I'll ask you first.
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Q: Thank you.
B: Thank you.
4
Creating a Positive Experience From Any Interaction

Q: About a year ago I came to you and asked you if there was anything you could suggest to help me cover the hills with wildflowers, because last year there were hardly any. And (knowing) the year before they were so beautiful, I missed them.

B: All right. And what did you do?

Q: Well, I did what you suggested. I went up on the hill and did some meditation, and I saw the ideal years that I’ve ever seen for making wildflowers, lots of sun and lots of rain.

B: Oh, well, thank you for creating that.

Q: Thank you for giving me the suggestion. So that’s a bright spot in my life. And a little dark spot in my life is that…

B: Bright spot; dark spot! Is the rest sort of gray?

Q: Well, no. No… it is anger.

B: Anger! Oh!

Q: Yes. There’s been quite a bit of anger sort of popping off in my life lately.

B: Oh, all right. How does it serve you? Can you use it in a positive way? You do remember what the positive definition of anger is, yes?

Q: At this particular point in time, I don’t remember, no.

B: It is alignment – alignment with what you know to be true, as compared to something you’re seeing in another reality. Just alignment. Comparative alignment. Understand? It is a rush of knowingness: “I am not that; I am this.”

Q: And what about anger from the other side?

B: That is judgment and invalidation. That’s when you start projecting around you to other individuals what you think they ought to be, rather than allowing yourself to understand that you are the creator of your reality; and whatever it is that you really desire to experience will be all that you experience when you are centered within yourself. Then you will also understand that no matter what anyone else around you does, it cannot touch you in a negative way, if you don’t buy into it. The idea of negative anger is the belief that someone else can affect your life against your will, and it can’t happen that way.

Q: That’s what I’m experiencing with it. I sensed myself just… it just evens out. And it seems like the more it’s projected at me, the more it just sort of evens out. It’s really…

B: Yes. So you are learning and you are assimilating what you need to, in that sense. You are learning to blend the definitions and balance them in a positive way.

Q: That’s great.

B: Now, the sooner you allow yourself to understand that it basically comes from you, in terms of your ability to experience the energy that way – in a seemingly negative way – then the sooner you can allow yourself to create only a positive experience of any interaction which generates that energy.
Remember, no situation has built in meaning. All situations are fundamentally empty of meaning, blank, neutral; they are props. You give them meaning. The meaning you give them determines the effect you get out of it. So if you give a situation a negative meaning, you will embroil yourself within the negative energy of that event, and become as that energy. If you give it a positive meaning, you will be intertwined with the energy of that event, and get that meaning and that effect out of it – a positive one.

Q: So the positive energy that I’m looking for, when I get into the obsessive thinking about the anger, is the alignment. Is that what you’re saying?

B: Yes, in a sense. But first, perhaps, it would be of assistance to simply start in the neutral fashion. It may be that you may look at a situation as, simply, a situation. And that’s it.

Q: Uh huh.

B: Just a situation, that’s all it is. It doesn’t mean anything! It’s just a situation. This person is there; this person is there – now they may have their own meanings, and you may sense those meanings. You may pick up on those meanings and think they’re your own.

Q: Oh!

B: Understand?

Q: I do have a tendency to do that, yes.

B: All right. Just look at it as a neutral situation first. This does not mean you have to become cold and detached in that sense. But the idea is that you can simply regard the circumstance as neutral to begin with. As if the curtain has gone up on Act I of a play. You see the characters standing on the stage, but you don’t know who they are yet. You don’t know what they’re all about yet. They haven’t said anything yet.

Every event can be seen from just such a point of view – as if it is the beginning of something. No matter what you think they are saying; no matter how far along they seem to be, look at it as if it is the moment of the curtain going up. Everything is neutral; you don’t really know why that person is saying what they’re saying. You don’t really know why that person is reacting the way they’re reacting. You don’t really know the story yet.

Now, you may have a built-in sense of whether one individual is using integrity, and another is not. You may be able to pick that up, as you say, telepathically. But because you pick that up, you do not have to allow that to color your assessment of what it is they are learning. Understand?

Q: What it is they are learning.

B: Yes. And what it is you are learning. You do not have to invalidate the idea. You do not necessarily have to label everything so strongly right away. Allow yourself to truly perceive all sides of what is going on. See it in that neutral light.

"All right, this person said this; this person reacted that way, now, on the surface that seems to be a very negative thing. But what if the person was coming from this point of view? Then would what they have said be so negative? Maybe, maybe not."
Q: Mhmm.
B: Allow yourself the opportunity to recognize that even though you may empathically feel what is going on, that does not necessarily mean you have to structurize it, or rigidize it with labels. Because it can change; even if what you perceive is accurate, it can change. Labeling it so strongly keeps it from changing.
Q: Mhmm.
B: You freeze-frame it by applying labels to everything.
Q: Yes, I know. I sense that. And when I get into the obsessive thinking, I back off.
B: Yes. So allow yourself to not be so prone, shall we say, to labeling that this person, by doing this, means exactly that.
Q: Right.
B: That this person, by reacting this way, means they are exactly this. Let it become a little more diffused for a moment.
Q: Uh huh.
B: Start playing with different definitions that a situation could be.
Q: Mhmm.
B: Sometimes even some of the most interesting and exciting recognitions come from absolutely taking what you have labeled them with, and reversing those labels. And see if it still makes sense, because sometimes it will.
Q: Okay, I’ll do that.
B: Understand?
Q: Yes. I will. That’s…
B: Play around with it. And simply remember, no situation has built-in meaning. The meaning you give it determines the effect you get out of it in your participation.
Q: Okay. Thank you.
B: Thank you.
Creating So-called Solutions

B: Allow us to discuss an idea that of recent time in your terms of time frame has come up with regard to the idea of many psychological endeavors that are partaking in your society upon your planet at this time by many individuals: a new understanding of the idea of your approach to the other individuals in your society who wish the idea of aid and assistance.

Recognize that as you co-create an interaction with us, there are many ideas that you have suggested to me that you notice about the idea of the methodologies of our interaction that is co-created between us. Recognize simply that many times you have been willing to create for yourselves so-called solutions to your own so-called problems by creating an interaction with us. Recognize we are not doing anything for you; you are doing it for yourselves. But you are allowing us to assist you by being a reflection of what you already know by allowing you to know you contain all the answers that you need for any question you might create. In fact the idea, as we have said, that you can create a question at all is indicative of the fact that you have the answer within you. Otherwise the concept would never appear in your consciousness.

Now, simply recognize that the idea for why it seems many times that these interactions between yourselves and ourselves will allow you, in your own terms, to open up in areas where you may have felt you have not been willing to open up before is simply because of one basic fact. Understand that when you describe to me the ideas that you have created in your lives, the situation that many of you choose to label as a so-called problem – which to us is only a situation that you are not willing to allow to change its shape, you find that we do in fact believe that you are creating a scenario that is in every way, shape or form real to you – and it is real because you create it to be real.

But understand this idea: as we have said before our concept, our approach to you is in a sense alien, and yours to us. By your definition we are able to view the situations you have created for yourselves, so to speak, from a seemingly exterior point of view – not better, just different. Understand therefore, that while we will interact with you in many of the ideas you have created for your reality to be real – the experiences that you have chosen to experience, which seem to be a reality that you cannot change many times – simply recognize that the foundational difference between individuals in your society, when they hear of other individuals telling of them – the idea of their problems so to speak – and even those individuals who are willing to assist individuals with their problems, many times you will find that there is still a basic belief that those problems represent a fundamentally real reality, and are not simply the part of what the individual believes to be real.

Therefore understand many times that one of the ideas that you are feeling that is a difference from us is that when you tell us your problems, when you define and describe your situations that you wish to change, we do believe that for you they are in a sense real. But in a fundamental overall sense we do not believe you. Understand that our basic perception of you, and every being in creation, is that you are fundamentally positive. Do you follow me?

AUD: Yes, yes.
B: That is our perception of you, as you say, "from the get-go." Therefore recognize that you can sit, if you choose, all day and all night long and describe all the different problems you have chosen to create. Fundamentally I will not believe you, for I understand that you have only chosen to create the seeming problems to serve yourselves, and if you are willing to know that anything you have chosen to create serves you in a positive way, then you will not believe you either – except where you are willing to recognize the idea as it serves you in a positive way, connected to your basic foundational creative ability, your basic foundational existence in, or as, the idea of love, as the idea of enlightenment, as the idea of creatorhood.

Therefore, what you are sensing from us, in terms of our willingness to interact with you, is that simply we do not carry within our belief structure that you are, so to speak, basically bad. You follow me?

AUD: Yes. Yes.

B: To us you are, like anything else, basically a creator. And to our perception and our point of view, no matter what you have chosen to create, you can always create something else. This is our basic approach with you. You follow me?

AUD: Yes! Thank you very much.

B: Thank you.
Creating the Human Vehicle and Transmuting Toxicity

Q: Good evening.
B: And to you good day.
Q: Thank you for you and your civilization, and all those connected to you, once again, for this opportunity.
B: All right, thank you for your civilization as well.
Q: You have talked many times about how the Anunnaki came to our planet and made some genetic changes in the hominids...
B: Yes.
Q: ...on our own planet.
B: Yes.
Q: How long did it take, and how many generations was it before they were able to evolve that species into our current form and make it sentient, self-aware?
B: In your terms of linear time – though this is misleading, as they did many different kinds of things in and out of your dimension of experience – but in your terms of linear time, it was relatively brief, one millennium basically. You understand?
Q: Yes. And there were lots of different experiments going on?
B: Yes.
Q: To refine it to where they got it?
B: Yes. Yes.
Q: And one of them was with the Sasquatch?
B: Yes. One of them resulted in what you call the Sasquatch, yes; but this was before. The idea was then shifted to a different modality, and thus, then, provided the vehicle for incarnation you now recognize as the human form.
Q: And do Sasquatch reincarnate somewhere similar to the way we do?
B: Yes.
Q: And they stay with the planet?
B: Yes, but they are also more openly interdimensional and retain much of their more strong connection to nature than you have allowed yourselves to do consciously.
Q: And they reproduce and eat similarly?
B: Yes.
Q: How many currently are there on our planet?
B: One moment... in that they come and go interdimensionally, this is a little hard to calculate... one moment... about 1,700 to about 3,000. This is the best estimate that we can give you at the present time of our scan.
Q: Are there any alien civilizations connected to our World Wide Web?
B: Do you mean do we eavesdrop?
Q: No, are there any participants?
B: From time to time there have been suggestions. It is not common, but from time to time there has been input.
Q: And will the Greys or Martians connect in, to have a discourse before we have more of a direct interaction?
B: Not in any way that you will understand as being obvious, no.
Q: And the Reptilians that are assisting the Greys, do they socialize with the Greys?
B: Not exactly.
Q: Do they eat together and participate . . .
B: Not exactly, there is some of that inconsequentially, but also, what you call the Greys, and many variations of the Greys, do not really eat. They absorb liquids of certain types. The Reptilians, in that sense have also been trained to do this, to some degree, but it is not in any way, shape or form for the Greys a sociological event. For some of the Reptilians it is more so, and they congregate among themselves from time to time, in that sometimes what you may call the Greys and the Reptilians have absorbed nutrition simultaneously. This is not necessarily something that is planned; it is simply an inconsequential timing. You understand this?
Q: Yes.
B: To put it colloquially: in your terms, in your way of thinking, their relationship is not such that you would consider them, quote/unquote, to hang together. (Audience laughter)
Q: And . . .
B: They interrelate symbiotically in a variety of ways, but it is not the same kind of social structure that you understand in human terms at all.
Q: It is just more of an agenda.
B: Some biology is involved, but it is alien and you would not recognize it as a social pattern, even though it may be such for them, it would not be something you could really relate to. It is more similar to the kind of idea of the way certain animals on your planet relate to other animals, in that they help each other out symbiotically. But it is not that you could necessarily say that they exhibit the same kind of reason for socializing that you do. You understand?
Q: Yes. And, the last area is you have talked about how in twenty years it is possible that sixty percent of our population could reach its demise. Will this come mostly through biologicals?
B: Much of this has to with the idea of toxicity, yes. Much of this has to do with some physiological earth changes and changes in the weather patterns and such, yes. But again, remember, this also as a percentage can change depending upon the increase and acceleration of the vibration that can allow
transmutation to occur in more positive and constructive and beneficial ways. You are changing, what you call, the odds, all the time.

Q: Okay. And in relation to the biologicals, there has been information on the Gulf War Syndrome and the mycoplasmas fermentas incognitos, and different things... will a person that is well oxygenated and not carrying a lot of toxicity, will they be able to transmute these types of biological substances?

B: Yes, more often than not. Not always, but more often than not, it depends upon the virulence. It depends also upon the agenda of the individual in terms of why it would be that they would participate in being affected by that biological.

Q: Even if they are in contact, they could actually just let it go by them?

B: They can be invisible to it, they can succumb to it and anything in-between, depending upon the personal agenda and the timing of the event with regard to the overall consensus reality, and what purpose such an event on an individual basis would serve.

Q: Thank you, very much.

B: Thank you.

Creating the Human Vehicle and Transmuting Toxicity
Creating With Integrity And Unconditional Love

Q: In addressing the first question this evening, you stated that the actions we take are those which should excite us the most, and the last . . .

B: Not “should.” What excites you the most is most representative of what you can do in life most effortlessly. Not that you should; there are no shoulds. It is up to you to decide whether you wish your life to be a struggle or not.

Q: All right. If I understand the last question, you were stating that we, in a sense, exist in a perfect state at all times.

B: Yes.

Q: Now, sometimes we take actions, which affect and perhaps hurt others. What of social responsibility, right and wrong, justice . . . ?

B: Thank you. First of all, recognize that if you are acting within integrity, then what you are expressing is the following idea: you are as powerful as you need to be to create anything you want in your life without having to hurt anyone else or yourself in order to create it.

Anyone who believes they must control, force upon anyone else, dominate anyone else, force themselves upon anyone else, is not expressing integrity, is not expressing power. They are expressing belief in their own powerlessness – because they do not believe they are connected into the idea of Infinite Creation in a way that allows them to know they have all the ability they need to create what they want.

So the idea of right and wrong are not usually labels that we prefer. We prefer positive and negative action, because right and wrong, good and bad are value judgments and are subjective. Because many individuals can be doing a positive action, an integrative action, and other individuals can value-judge it to be wrong or evil.

There can be individuals who are doing negative actions, actions which lack integrity, and other individuals can think, “This is right and good.” So right/wrong, good and evil are not of much use to us as precise definitions of the type of energy and the type of action that is being enacted. So we prefer positive and negative energy.

Positive energy is simply any act that is integrative in nature and leans toward the understanding that you have all you need at any given moment to create what you desire, without having to force anyone on anyone else – or any thing on anyone else.

Negative action is that which assumes that you are not that powerful and therefore, that the only way
you can create what you desire is to dominate and forcibly control the reality around you – not realizing that you are creating the reality around you anyway, and that it is already under your control.

Q: So those who act without integrity are negative – and we really need not deal with them because they are creating their own environments, and we should be beyond that? In other words, how are – those who act without integrity – how are they dealt with, and what is their effect? How do we get beyond…?

B: If you are acting with complete and utter integrity, and out of unconditional love for all creation, first and foremost, because of the vibration you create yourself to be, you will usually not find yourself interacting with individuals who are not of that vibration. Or if you do, you will not be able to interact with them, and they will not be able to interact with you in a way that will affect you negatively – because you will simply not choose to create negative effects in your life. You will not simply choose to attract the idea of a negative effect in your life.

The idea of responsibility is that you are responsible not for anyone, but you are responsible to everyone. You are responsible to everyone to be the fullest possible representation of the idea you are that you can be. But you cannot be responsible for the choices of anyone else.

If you know, in interacting with another individual, that you are acting in complete integrity and you are not consciously hurting them, or being consciously malicious to them, then anything they choose to feel as a reaction is not your responsibility. You follow me so far?

Q: Yes, I do.

B: Now, the idea again of someone who acts outside of their integrity and forces something on someone else is someone who is expressing powerlessness. They do not believe they can create the reality they desire without involving the change in other people – without forcing that change in other people. They do not understand that the only thing they have to do is change themselves to see a change in the reality in which they exist.

Therefore, if you are acting in total integrity and unconditional love when you see such a circumstance, you can reflect to these individuals that what they are doing is not as they think it is – an expression of power. It is an expression of powerlessness.

Any individual who has to force a point of view on someone else obviously does not believe in the power of that point of view. Otherwise they wouldn’t have to force anything. If something – if a point of view is that powerful and is that positive – you don’t have to convince anyone to do it. Everyone will jump to do it, because they will see that it works and creates the reality and the lives they desire.
Anything that works – people will jump at to do. All you have to do is let them know it exists and look out! Stand back.

But if you find that you must force a point of view upon anyone else, then you don’t believe in the power of that point of view because it is not working for you. You do not feel you have the ability to create and control the reality in which you exist. So you say, “By golly, no one else will be able to create the reality they want either. I feel I am sinking; I feel I am powerless; I feel I am going down the tubes and I’m going to take as many as I can with me.”

Because, as you say, misery wants company; it does not feel that it exists alone. The reason individuals force themselves on other people is because they feel that they are alone, and they are therefore forcing themselves to create company. If they would understand they are never alone, that they are connected to the Infinite Creation and they can create whatever they desire in their lives with integrity, they will always be surrounded by loving examples and reflections of that integrity.

So any time you see an individual in a situation expressing lack of integrity, love them. Love them unconditionally. Show them, as an example, the power you are reflecting to them. And you can let them know that if they can see in you the ability to have the manifestable life they have always desired, then their ability to see that in you, or to see that in any individual they are envious of – their ability to see that is the ability to be that. You cannot conceive and perceive what you do not contain.

Jealousy need not exist; envy need not exist, when you understand that jealousy and envy are the products of a belief system that says if you see something in someone else, you don’t contain that. You think they are the ones that have the monopoly on that idea. But the idea is that if you do see that in someone else, you have the ability to be that as well, or you wouldn’t be able to even perceive it in your reality at all. You can teach them that. Is any of this making sense to you?

Q: All of it. Thank you.

B: Thank you very much. Would you all wish to take a break?

Q: Yes, thank you.

B: Then enjoy a short break and we will resume contact.
Creating With Joy And Ease

Q: Back to the electromagnetic energy shifts…
B: Oh, all right.
Q: …that you spoke of. I have suffered from headaches periodically through all my adult life, and just when I think I understand what caused them, I find out that that is not the case the second time. And you mentioned that the stresses that build up in the electromagnetic atmosphere are perceived by some of us as headaches.
B: Yes.
Q: Is that one of the causes of my headaches?
B: Have you also been sensitive to the idea of visual or auditory manifestations, which most individuals are not privy to?
Q: I have expected that always, but no, I can’t say that I enjoy that, but I perceive it.
B: What do you imagine would happen should you allow yourself to do so?
Q: I think I would grow in my sensory…
B: Why?
Q: Because I would love to…
B: Why would you grow from perceiving something, which in your terminology, your colloquial terminology, is outside the normal realm of experience of life, as you know it? Why would you imagine you would grow from something like that? Do share.
Q: Because I would see beyond the camouflage, or the…
B: All right. May I ask you another question?
Q: Yes.
B: Oh thank you. If you were able to, as you would say, see beyond the camouflage, would you be interested in staying in the camouflage?
Q: Well, for a time, I guess I would.
B: How would you be of service within the camouflage?
Q: Well, I’m trying to be as loving as I can…
B: TRYING?
Q: I’m being as loving as I can.
B: Oh, all right, in what ways?
Q: Practicing unconditional love.
B: Practicing? When are you going to do it?
Q: Loving unconditionally.
B: Oh, all right. In what ways will you apply physically, or have you applied physically, this unconditional loving service? What is it you do?
Q: Respect myself as much as I can, I keep my vibration...
B: For a living?
Q: Oh, for a living. I’m an art director.
B: All right. Do you enjoy it?
Q: I love it.
B: All right.
Q: I love my work.
B: Oh, very good, very good. Now, may I ask you another question?
Q: By all means.
B: Thank you very much. Have you found that your so-called headaches have assisted in any way in your work?
Q: I think sometimes I relieve stresses around me through them; I think that happens.
B: Do you feel that is the only way you can relieve stress around you? And why do you have stress around you if you love your work?
Q: That’s a good question. Well, sometimes there are times when putting new things into the show that I work on...
B: Yes.
Q: ...there are stresses that reach very high levels.
B: Why do they need to reach you?
Q: Because I have to release them.
B: You do?
Q: Yes.
B: Why? Why is that your job?
Q: Because I am concerned with the look of the show, and that’s what everyone is stressful about at that moment.
B: Everybody else being stressful does not mean you have to be.
Q: True.
B: You do not have to pass those energies through you in a negative way. Can you not let them wash over and around you and beyond? Being the bubble of serenity in it all. Pulling all things together by allowing yourself to be an energy exchange system through which things can pass; by allowing yourself
to be transparent, allowing all things to blend, but allowing them to pass through you, unobstructed. You do not need to, in a sense, manipulate them on the way through; you can allow them to flow through you unimpeded. And you will glean what you need to glean from them, without TRYING to glean from them what you need to glean.

These energies that come to you, you do not have to wrestle with them. Allow them to flow, allow yourself to channel them in, channel them in, channel them through and out in ways that reflect the harmonious, synchronous vibration that is a reflection of the unconditional love that you experience in doing your work. You do not need to express or experience that energy in a stressful way. You do not need to process it in that way. Everyone else’s stress is their choice; it does not have to be yours.

Q: Thank you very much.

B: Well, thank you for expressing your creativity. Understand that creation is an act of joy, of love, of ease; it is a natural expression, it is like breathing. So take it in, and let it out. And recognize, that light breathing – the only thing it does while it is within you is refresh you – does not cause you stress. You follow me?

Q: Yes.

B: Thank you.

Q: Thank you.

Creating With Joy and Ease
Creating Your Past from Your Present

Q: About a year ago, I moved into being a very high vibration where all these things that you are saying were very real, perhaps even more real than they are right now. I feel that I moved out of the, as you say, 3rd density into a higher density.

B: Yes.

Q: I also had the concept it wasn’t necessary for me to not know who I was last lifetime and previous lifetimes.

B: All right.

Q: At that point I had a certainty of whom I was in previous times.

B: Yes, you do recognize that you are creating your past from your present.

Q: That were, at this point, I’m a little confused.

B: It is very simple, everything is only, always, now. There is only now that you ever experience, is there not?

Q: Yes.

B: Then understand that everything that you consider to be you past and your future is created now, everything in all universes overlap and exist simultaneously and, again, it is simply a matter of tuning the dial.

Q: Ok, now if I change my past life would it then…could I then go and look at physical universe records, the birth dates, and would that have changed…

B: It is possible, yes. It depends on the extent of your purpose in creating that particular scenario and what purpose it would serve to seeming effect the scenario that you consider to be the present. But understand, in this way, it is not that the past is changing the present, it is that the present is changing the past. Whatever idea you have of yourself now is what your entire projected illusionary timeline can become and reflect and support. And to whatever degree it serves the overall agreement you have made, that will be the degree to which you can alter those ideas. It may not be necessary, in your terms, to have a quote/unquote physiological change in the records, but it is not impossible and it has happened. Thank you.

Q: Thank you very much.
Creating Your Reality: The Four Laws

Denver, CO – May 2 1998

We would like to begin this transmission with the following brief ideas, to lay a little bit of, what you call, a foundation or a groundwork for the primary principles that will generally be contained in almost every subject we will discuss. Many of you have heard us talk about certain tools, certain states of being, certain states of mind that will allow you to understand who, and what you are as a person, as a being, as a personality, a little bit more clearly. For it is in understanding the structure and the nature of yourself as a person, and as a being, that will allow you to make changes, make shifts in your reality, in the manner that you desire, in the manner that you prefer, more effortlessly, with the idea of less pain and more joy. These ideas now are paramount for what you call the "age of transition," this "age of awareness," on your planet, as you have named it. Thus, we are very happy to help to assist in presenting concepts and tools that are handy, that you can use very easily, so that when applying them you can see the results in yourselves and in your physical reality relatively quickly.

The idea, first and foremost, of course, always begins with self-valuation. We understand, from our experience with many of you, that one of the most difficult things that many of you now have to do on your planet is learn to value yourself. Because you have forgotten your connection with the Infinite, and because for thousands upon thousands of your years, you have been taught to think of yourselves as less than worthy, as undeserving, as possessing little or no value. Then, without an understanding of your worth, without an understanding of your value, no tool we would share with you would really be effective. Only when you begin to learn, and behave, and hold true that you are a worthwhile aspect of the Infinite, that you are a beautiful and unconditionally loved and supported aspect of Creation, and hold yourself in the same value that the Creation holds you in, only then, will the tools be effective in the strongest way possible. It only makes sense, for the tools will only be as strong and as powerful as the energy you give them, because the energy comes from you, through you, therefore, you are the one that determines the efficacy of the tool. They do not really have the ability to work of, and by themselves, because they draw their energy from you, they draw their realization capability from you. So, let us briefly lay down a little bit of an outline of these ideas so that we will have an understanding, and will have something to refer back to as a base point, a baseline.

First and foremost, as we have said, self-valuation, from there comes the understanding of what it means to be a personality structure. A personality structure, very briefly, in recap for some of you, in newness for others, is based on three principles. Your personality is an artificial construct, it doesn’t mean it isn’t natural, but it is a type of mask that is built or created or fabricated from three ideas: belief systems, emotions and behavior.

You can understand the analogy of belief systems being like the blueprints of a building. The emotions are the builders, the activation principles and energies that get the building built, and the behavior is the building material, the thoughts and actions that you do. So, you
can instantly understand the nature of the blueprint – the clarity of the design will determine the ultimate product; the nature of the builders will determine the quality of the product; and the nature of the building material will determine the quality of the final building.

When those three things are in alignment, you can understand that your reality will reflect the idea of a strong structure, a strong reality that is stable in that way. But if either your belief blueprint, your emotional builder, or your behavior building material are somehow lacking, or out of balance in the idea of self worth and self valuation, and are not aligned with the other sides of the three sided prism, then of course it would be obvious that your building should be, as you say in your language, a little bit wonky.

So, this whole idea is to help clarify what those three components are really all about and how to maintain them and bring them back into balance. Now, also, it takes an understanding that physical reality is really just a mirror and it can only reflect what you put out. There are really only four laws in Creation that allow you to experience everything that you experience:

**Law Number One:** You Exist.

Can’t do much about that. Now, when we talk first of all about laws, we are not talking about the type of laws that you have on your planet that are in that sense, arbitrary rules and regulations that can be broken, or changed, or rewritten, or ignored. But the idea is even beyond what many of you call laws of physics, because even some of these are only germane to your particular universal reality and in other dimensions many of the so-called laws that you have labeled, do not really apply. We are talking about real laws, because real laws cannot be broken, it is impossible. And it is these four laws that give structure to all of Creation.

So, as we have said, Law number one is that you exist. What that actually means when taken out to its ultimate, logical understanding is that if you exist now, you always will and you always have. Therefore, you may change form but you will always exist in some way, shape or form, because "existence" is the only quality that existence has. It does not know how to become non-existence. Non-existence is already full of all the things that will never exist, and there is no room in non-existence for that which does exist. That which exists only has one quality – to be – and, thus, that is the only thing it will always be. So, if you do exist, you always will, so relax!

**Law Number Two:** The One is the All, and the All are the One.

This simply means that all of the pieces together form the One, and that the One, is the One that knows itself simultaneously as all the pieces, and as "The One." What this means is that Creation is not separate from the Creator, but is made of the Creator and that there is no outside to it, everything that is, every discrete person, place, thing, every discrete concept, every discrete part is a part of the one same whole. And also, holographically, every single part is the whole expressing itself as a part of the whole. So the second law is, The One is All and the All are One.

**Law Number Three:** What You Put Out is What You Get Back.
Very simple, the energy you give off, based on your beliefs, your emotions, your behaviors, and the vibrational frequency you give off is what determines the kind of reality experience you have. Because physical reality doesn’t exist except, as a reflection of what you most strongly believe is true for you. That is all that physical reality is, it is literally like a mirror. If you are looking in a mirror and you see your face with a frown on it you know that you don’t go over to the mirror and try to force the reflection to smile. You know that if you want to see the reflection smile, you must smile first. There is no way to change the reflection without you smiling first, but you can also conversely understand that when you decide to smile the reflection has no choice but to return the smile, because it doesn’t have a mind of its own. So the idea to understand is that physical reality very much is really like a mirror; it will not change until you do first, but if you do, it has no choice but to follow suit, because it is only a reflection of what you have put out.

Law Number Four:
Change Is The Only Constant, and Everything Changes Except the First Three Laws.

That is it, one, two, three, and four, that’s it! Every experience you have ever had, are having now, or will ever have, is based on a combination of these four laws to varying degrees. That’s it. Now, the idea to understand, again, is that when you allow yourself to make choices, then your choices are based on your motivation, and your motivation is based on your definitions. This is the other way to explain the three-part process. Your behavior, your choices, is based on your motivations, your emotions, which stem from your definitions, which are your beliefs. So anytime you are making a choice it is always because you have been motivated to make that choice. Motivation only has two parts to it, this is all there is to motivation, you will always, in every single case, you will always choose what you perceive to be the choice that is closest to pleasure and furthest from pain. That’s it that is your entire motivational force. But notice, I said you will choose what you perceive to be closest to pleasure and furthest from pain. And that’s where definitions come in, because only as you define what you believe to be pleasurable, or painful, will you then be motivated to make choices in accordance to that belief. So, many times you may choose things that on one level seem to be detrimental or destructive to you, but if you keep choosing it, that simply means that you must have a definition in your belief system, somewhere, that says that regardless of how painful it is to keep choosing that, you are somehow defining it as being less painful than making any other choice. That’s why it is so powerful to get in touch with what your belief systems are, because when you find out why you may be defining something as pleasurable, or painful, and you change the definition, you will instantly change your motivation, and you will instantly change the choices that you make. Because you are all motivated people none of you lack motivation, none of you lack trust. It’s just a matter of where you are placing your trust and what definitions you are motivated to act upon. That’s all there is to it. This is how you simplify the things in your life, by understanding them from the base on up, from definition through motivation to choice, from belief, through emotion to behavior. That’s all there is to it, really. The final thing that we will be including in this "tool kit" is the idea that we have begun to talk about
recently, that is above and beyond the idea of belief and that is simple knowingness, which comes from the idea of surrender, letting go. Now, again, we understand that in many of the definitions many of you have on your planet regarding this word surrender, many of you will label this as a loss of some sort, or a lack of control of some sort, and this is not the case. Surrender, if we may provide our definition, is the letting go of the concept of who you think you’re supposed to be, and actually being who you are, because who you are is unlimited possibilities. When you allow yourself to surrender to the idea and the experience that you were created in the image of the Infinite, which means you are infinite possibilities too, then the physical reality, which is only a mirror, can then reflect those unlimited possibilities back to you in the synchronicities, as they naturally unfold in your physical day-to-day life.

Surrender is actually the acceptance of your total self, not in that sense, the forsaking of your total self, as many of you have been led to believe, through the definitions that your world has provided you with, that only serve to limit you. And this is what we want to share with you, and what we suggest you learn to give up, are those limitations. So that is really what we are going to be discussing in all of these interactions are variations of these principles, it will usually all come down to that idea.

And, of course, it will usually always come down to another principle that is all wrapped up in this, and that has to do with being your natural true self, which in many cases is simply another way of saying, "Follow your joy." Follow your excitement to the best of your ability. Because the sensation that you call joy, the sensation that you call excitement, the sensation that you call unconditional love is the frequency of the energy that represents your natural, true, core, original self. So when you are acting on circumstances and opportunities that bring with them the highest level of joy, the highest level of excitement, you are saying you have the faith to take the steps to act upon your true self, and in so doing your physical reality, the mirror, will support you because it has no choice but to do so.

These are the principles that comprise the tool kit of manifestation and change and that’s really all there is to it. You will see that almost everything we discuss will come down in one way, shape or form to these ideas, if it has to do with your own personal growth and the expression of who and what you are. So, with all of that in mind, we, once again, thank each and every one of you for the opportunity to experience this gift of sharing with you.
Creative Relationships
Part II
Cont.
The only reason you would have to attract many relationships to show what you are not is that you have either forgotten who you are, or are afraid to face who you are. Who you naturally are is your balanced state and the Universe always attempts to create balance. Therefore, if you resist being your natural balanced self, the real you, you will always attract relationships that give you the best opportunity to remind yourself of what you believe most strongly. Doing it by resisting who you are will usually attract relationships that are not necessarily fulfilling, or relationships that you have to work very hard at.

Being fully who you are will usually attract relationships that reflect back to you the fullness of your creative being. However, even when you are doing what excites you the most, you can still attract individuals who "may have a lot to learn," as you say. And you might say, "Well, how does this individual reflect to me my excitement in life?" But you see, sometimes you make agreements to assist other individuals to find themselves as well. Then you attract them into your life so you can be a shining example to them of what they can also be, or they attract you into their lives to be a shining example of what you can be.

But if you approach this kind of relationship from a negative point of view you might say, "You’re not good enough for me," or "I’m not good enough for you." When you understand you cannot be in a relationship unless the agreement is of a similar vibration, you will not have to invalidate what is going on. And then you can simply be who you are, understanding that whoever you attract is who is supposed to be there at that moment. That does not always mean it will be only one individual; at times there can be more than one relationship going on, even on the same level.

In our civilization, we view all relationships as being mutually enhancing, not mutually excluding. Very important point to follow: as long as all of those relationships are created with integrity they enhance each other. If multiple relationships or even single relationships are created from dishonesty and secrecy, then they act as exclusive energies.

But if you know that, to the best of your ability, you are acting as a loving individual and you have open and honest communication with all individuals involved, and these relationships still occur in multiple forms – then they are representative of your natural self. Every individual can, through open and honest communication, understand the existence of all other individuals in the various relationships.

Very often one individual will be in relationship with two other individuals and will think they have nothing to do with each other. But almost anyone you are emotionally involved with in this life you have been involved with in other lives before. It’s very common and very probable that the other individuals you’re involved with may actually have known each other before, in that sense. And perhaps, by both of them knowing the same individual, there are things they are all agreeing to work out among themselves by being a different kind of family unit.

Now, individuals can attract, what you call, a "one-on-one" for the duration of a life span; it certainly
can happen that way. But if you know you’re acting within integrity and all members in the relationship are acting within integrity and a change naturally occurs, then that change belongs in the relationship. Fear of change is usually fear of losing something. But if you understand everything is happening as it needs to, then you do not have to fear losing anything. It is usually only the fear of the change that does not allow you to change with the other person.

Very often many individuals will think that they must allow only one particular person in their lives. So from the other point of view, you may find that you are the one that changes, and the other person does not want you to change. You recognize that the change is natural and important to you, but you may still have it in your mind that you still want to be with the other person – even though they do not want to change and do not want you to change.

But understand, if you have a desire that the other person change in order to stay with you then you can recognize the following thing: if they do decide to change – it’s not the same person anyway. Therefore, you are not in a relationship with the same person you used to be with; they are a new person. So there really is not necessarily so much need of it being the same physical individual.

Remember that when you change your vibration you will always attract the appropriate individuals into your life. Therefore, they will always feel like the correct individuals anyway. You do not need to spend time in regret for having changed as long as you understand that the change is a part of your natural being and you are being true to yourself.

Creative Relationships II
CREATIVE RELATIONSHIPS

First, we will begin with exploring the relationship of you to yourself. Because when you talk about creative relationships with other people—if the one you have with yourself is not creative it is unlikely anyone else is going to experience it.

We will also discuss the idea of attraction and the idea of involvement in creative relationships. Now, you are all children and creative relationships should be child’s play. So let’s first talk about the idea of attraction: attracting yourselves to relationships, attracting relationships to you.

Very often you will do the following thing: you will finally allow yourself to discover what you are—by interacting with a number of different individuals that represent what you are not. You will finally allow yourself to be validated through the process of elimination. You will perhaps look back upon different relationships and say, "Oh, that wasn’t me and that wasn’t me, so this must be what I am." You can continue to do that for the remainder of your life if you really want to, or you can decide right here and now who and what you prefer to be.

continues...
The New Metaphysics

Creativity

Section One

Thus far we have discussed what, in your society, amounts to one of the primary polarities: the idea of religion and the idea of science. Recognize that we have discussed both of these ideas from the polarity view, faith and proof, and from the integrated view, wherein both faith and scientific proof can be seen to blend within the overall understanding of, simply, the expression and exploration of a viewpoint, through the overall idea that you call philosophy.

Now we will discuss, in this chapter of the work, the idea you call creativity.

For now we have set up the idea of the example between the two polarities. There are many such polarities being expressed in physical reality. Polarity, as we have said, is one of the defining ideas that gives weight, if you will, to the idea of physical reality itself, one of the parameters, one of the borders, one of the underlying structural concepts which allows individuals to create the idea of the personality construct in order to be able to express themselves physically.

Now, this mechanism, this prism of the personality, therefore, is the outlet for the creativity, which arises within the being, and is channeled or funneled to the personality through the mechanism of your imagination.

In this way, recognize that you can consider, as we have said, the dream reality and the physical reality to be both real realities: your dream reality being more awareness of yourself, and, hence, in a way, the truly awake you, and the physical reality being the limited expression that you wish to pursue in physical reality, thus, being the more asleep you, the more truly dream-like you, because it more aptly fits your definition of a dream.

From your separated viewpoint, you think that a dream is a more limited version of your experiences in physical reality, which you deem to be more real, more often than not, than the dream reality.

You can recognize that imagination is the link and the bridge that ties the two together: your dreams, your physical world tied together by your imagination. Therefore, recognize that imagination is the tool and the mechanism, which allows you to draw and blend from both ideas, the physical and nonphysical aspects of your own consciousness. Imagination is applied to the dichotomies of science and of religion, and it is expressed through the particular type of personality construct, which expresses its creativity either through the idea of proof or faith.

Now you will end that the mechanism of imagination will allow individuals who see themselves predominantly exercising one point of view, scientific or religious, to also exercise both. As you well know, any religious individual can be of a scientific mind. Any scientific individual can be of a religious mind, and you will find that many times the ideas of faith carry within themselves many analytical descriptions and definitions which involve a great deal of research into the origins of the faith. Alternately, many scientific endeavors carry within themselves the idea of the spark of imagination, of
instantaneous revelation without analytical process that arises from the conglomerate self, the collected self. And many of the same methodologies are applicable to both dichotomies of science and religion in the creative process, though many individuals in your civilization have, over the years, been reluctant to admit so, allowing both to be created out of the original philosophy, which is, simply, the viewpoint of the consciousness.

Now, your imagination, as the tool of expressing your creative consciousness, is always, always perfectly tuned to the vibration of the being that you have chosen to express yourself as, through the artificial personality construct in this particular life. In this way, you can recognize that what you allow yourself to perceive in your imagination will always represent the portion of your consciousness that you wish or need to explore at any given moment.

Recognize, many individuals are confused between the idea of reality and non-reality, so to speak, in their imagination. Allow me to use the terminology "imagination" and "fantasy" to delineate the ideas. Now, we do not consider imagination to be reality and fantasy to be non-reality. We consider both imagination and fantasy to be reality. However, we are speaking here of what is creatively applicable to your physical life, to the specific personality construct you have created for yourself in order to express the specific purposes you wish to explore in this physical life.

Therefore, the idea we call imagination will be the resonance vibration that represents the purposes that are, in your terms, achievable within a relative degree of physical reality, manifestable because they do apply and resonate to, within harmony, the ideas you have chosen to be physical for. Fantasy will also be real, but simply not applicable to this particular physical life, though it may be applicable to other lives, whether, in your vernacular, in this dimensional reality or alternate dimensions of reality or density levels of consciousness.

In regards to your ability to create within what you perceive to be your immediate universe or neighborhood of physical reality, allow me to point out that you are no strangers to creativity. You have always created. Whether you create positively or negatively, both ideas are creation. You do not ever, in an ultimate sense, "backslide." You are always creating. Even when you create negatively you are not really, in any true sense of the word, losing ground. You are simply giving yourself the opportunity to exercise your preference, not your judgment, but your preference, for what you feel more harmonically resonates to you, to that which you desire in your physical life.

In this way, the first idea of removing creative blocks is to simply allow each and every idea in your reality, each and every situation, each and every relationship, each and every object, each and every idea, each and every encounter, each and every day, each and every night, each and every thought, feeling, and belief, to be a part of what you chose to experience for the purposes you chose to be physical in this present life.

Allowing yourself to view the idea that you can be interrupted from your path, or can be off your path, are simply other ideas, very creatively put into existence to allow you the opportunity to explore the separation of yourself from the All That Is that you are. As we have said, this has been the cycle of your
existence for approximately the past 25,000 of your years. So, this is the habit that you have, even in
your creativity.
Recognize, however, that positive and negative creativity use the same mechanisms. It is simply the
point of view, the inclusion into your equation of the idea of judgment and separation of yourself from
the All That Is that you are, that allows you to feel you are not being creative when a negative
occurrence happens in your life.
But, understand, nothing happens to you. It all happens from you. In this way, you can know that your
creativity can choose, can prefer positive over negative manifestation, when you allow yourself the
opportunity to view this activity within yourself from an integrated rather than a polarized point of view.
Not that it is better, and negative manifestation worse; but simply that you now give yourself the
opportunity to recognize, within your own creativity, that everything is equal. One of the primary ideas
of conscious creativity is that everything in your reality is equal to every other idea. Then you can be,
consciously, a free creator.
Preference plays a great part in the act of creation; for you are always aligning yourself to any particular
view or idea that you wish to express in your life. It does not have to be judgment; simply, preference.
With the blending of all of the polarity disciplines in your society, you can know that giving preference
to this equality and free reign to your creativity, will allow you, as some individuals in your society have
from time to time allowed themselves, to partake in creativity in any discipline, any endeavor without,
sometimes, the necessary assumption or judgment that a certain idea or expression requires a particular
or specific avenue or discipline in order to function in that manner.
In your terms, in other words, you can be multitalented. You can express yourself as the multifaceted,
multidimensional being that you are. You can find that you can exercise both faith and scientific
reasoning. You can become, in your terms, a philosopher, a scientist. You can become a doctor, a
mathematician, an agriculturist, a teacher, a learner, an explorer. You can become an organizer. You can
become an engineer. You can know yourself, in your equality of creativity, as anything that you desire to
explore within yourself in this life.
In this way, you can know that your creativity is, again, not something separate from yourself. It is not,
in all reality, merely a tool that you use, a talent that you have. It is exactly your very nature. You are the
creator. You are creation itself. In all reality, you cannot really help yourself, but create; everything you
do is a creation.
Therefore, you can recognize that while the idea of creation is, in one sense, complete, in that it contains
all possible ideas that can ever be created, you are still creating anew because this idea is also one of the
ideas in creation that you can create anew. Creating anew is simply a matter of your perspective of the
creation, which already exists, of the creation, which you already are; the totality of existence, which
you already are. Whatever perspective of the totality of yourself you wish to explore becomes the act of
creating yourself, of creating creation, of expanding creation; the ongoing creation that never ends, even
though, paradoxically, as you understand the idea, it is already complete. Recognize that allowance is

the factor that will allow creativity to fill you and the universe that you are. There is no need to make, or force yourself to be creative. If you step back and look at it, even the idea of having to make or force yourself to do anything is, in and of itself, an artistically creative idea, an invention. The idea that you have to force yourself to do something is a creation, in and of itself. Thus, you are always creating.

When you feel yourselves blocked in your explorations, in your creative expression, simply realize that you have given yourself an opportunity to be creative in a direction other than the one that you have placed your expectations upon, expectations usually being judgments upon yourself, limitations. Recognize, therefore, that with allowance, you can even allow a block, a so-called block to serve a creative purpose.

If you find the so-called creative blocks occupying the majority of your exploration time, then feel free to recognize it as a signal that, perhaps, what you really wish to explore, what would really be of service to you, will be the exploration of the blocks themselves, that the study of blocks will, in and of itself, be a creative exploration that will unleash you, that will unblock you, that there is a purpose to the block.

And once you allow the block to have a purpose, it is no longer a block. It will light up rather than being the dark wall or obstacle or void in which you felt yourself to exist. It will light up, reveal its true nature and become one of the messages, one of the purposes, one of the ideas you wished to explore in this physical life.

Once again, nothing is an interruption until you choose to view it that way. Once you accept and allow every idea in your physical life to be a part of the perfectly-timed unfoldment that you have chosen to experience, then your creative flow will be uninterrupted, because that will be the viewpoint and the vibration that you are allowing yourself to perceive about yourself.

Recognize that creativity is very, very locked into how you see yourself. Your self-image, your idea of yourself, the idea you are willing to be, will, along with the degree of conviction you are willing to express about the idea you are willing to be, determine the rate of acceleration of the flow of creativity that you can consciously be aware of.

Therefore, as each individual allows him or herself to begin to integrate all the polarities, to begin to allow every idea to be something, which serves All That Is, and, therefore, automatically the self, the flow of creativity from each individual will seem to increase. It will reach a type of vibrational pitch which will be very much like unto a radiance, a magnetism from that individual which other individuals can sense, which will be an attraction to all individuals expressing freely their creativity, all situations, individuals, relationships, information, objects and ideas that are required to allow the initial creatively expressive individual to be able to draw from an unending supply of perfectly timed occurrences. Which will then fulfill that individual’s purpose, and allow them to continue to be of service in reflecting and mirroring every other creative individual’s purpose and service.

Now, this is what you do anyway. But, simply, you have been acting out all of these ideas of service and reflection in terms of all the different explorations of separation, whereas now, because this is the transformational timeframe on your planet, you are now willing to include and integrate the idea that
you can explore positive manifestation, allowance, and integration, and therefore, experience, upon your planet, within each and every individual, the type of creative momentum which we call the ecstatic explosion of coincidence.

Individuals, as they know themselves to be performing the service that all other individuals require of them, will automatically allow all information to be attracted to them that is required to fit the service or purpose they chose to perform.

This service is performed for all other individuals by simply allowing yourself to be, consciously, the most complete representative of what you feel yourself to be.

There is no judgment in this; no need for expectation. As you exist, as you have chosen to express yourself in your own unique expression of the physicalized personality, simply being your own path, simply being true, so to speak, to yourself, simply allowing yourself be the individual you know you are, not what other individuals think you should be, but the individual you know you are, freedom of creative expression will be of greatest service to all other individuals, for you will be most completely expressing your particular facet of the multifaceted crystal that your entire civilization is. And by being the fullest facet, the most expressive facet that you can be, you will allow there to be a true and clear reflection to all other facets of the facet that you are. They will be able to know, all these other facets, that you are, in your own eyes, a completeness, and, in this way, you can be and see yourself as connected to all other facets, rather than withdrawn, in the sense of not being connected at all of your borders to the borders of every other facet, feeling yourself to be isolated, separated, and judged. In this way, it would be as if a crystal had facets that never touched each other, which had gaps in between.

Recognize, simply, that with the freedom of creative expression, not only will you allow yourselves to already be a completely expressive facet which supports, automatically, all the other facets in the configuration of the total mental crystal of your society, but you, yourself will become your own complete multifaceted crystal, because every other facet will be reflected in you due to your own integration, and it will contain, within that multifaceted(ness), the awareness of all the totality of your multidimensional being.

Thus, each and every one of you, holographically, as you say, is the completeness and the totality of all of the facets within creation, even as you reflect, within the overall crystal that you are, to every other facet and every other total crystal that every other being in creation is. You can know that you can always draw from an unlimited source of reflections and ideas in all these different facets that you see around you and that you contain yourself; and that the idea of creativity and creation is an ongoing idea with no beginning and no end; a never-ending circular spherical crystal, always reflecting outwardly and inwardly, infinitely, forever.

This will be, primarily, the conclusion of section one of this chapter.

**Section Two**

Now, as we have discussed, within the integration of faith, within the integration of science and the resulting perspective of philosophy which emerges, you can then allow yourself to recognize that,
within these integrations of polarity and the expression of new creative philosophies, you will find, upon your planet, that your creations may begin to, in your terms, leak into your physical reality from the nonphysical reality in which your creativity has usually been relegated. The idea of your creativity being what you are, will allow you, in your society, to actually experience, in a sense, physically experience, many of your creations that you have heretofore considered only to be mental processes. Therefore, you will find that many of the situations you will attract do not necessarily have to arrive from the physical universe. They can be materialized, realized from the template idea of yourself, which is the creative consciousness, into and through the imagination, excitement vibration, through the prism of your personality, your beliefs, your emotions and your thoughts, and reflected upon your 360" screen of reality, reflected back to the senses that are created from the mentality of your artificial personality construct, so that you can perceive a true "reflection" of your creativity, your creative self in action... a more, in your terms, real-time experience.

Recognize, that there will be opportunity in your civilization to experience, as you had in the past when the idea of creativity was more integrated with your mentality, to perceive directly projections of your own consciousness embodied in certain types of solidified energy that will represent to you archetypical symbology, archetypical consciousness that you will, at times, be able to view as separate from yourself, as beings, as energy, abstract, concrete, or otherwise. There is no need to fear or feel that you are going crazy, so to speak. You are simply allowing yourself more conscious awareness of more of yourself, but still expressing it in physiological terms because you are still physical.

Now, many ideas that you call creativity hinge upon the two seeming polarities of insanity and genius(ness) which, in all actuality, is the same thing. Many of you have recognized, to some degree, the idea of insanity or craziness and genius(ness) or fullness of expression or realization or enactment into physicality as being similar, but have not understood the mechanism that connects them. Simply recognize that each and every individual is his or her own universe, literally, completely.

What you share with another individual, what seems to be a common factor in your universe between the two of you, or more than one of you, is created by each and every one of you through nonverbal agreement, mental communication, or integrated communication of the soul level. You agreed to share a similar experience, but in order to do so, you and all the other individuals, because you are your own universe, literally create and reflect on your own 360" screen your version of that idea.

Because of the purposes they have chosen, some individuals will create some ideas in their foreseen reality, their foreseen reality that they wish to exemplify to themselves, but not to anyone else. What we call the foreseen reality will be what we call future memory or, in your terms, precognition. Past memory, remembrance, is the same idea; you simply put a time label on it.

Thus, the idea of the foreseen reality will be simply, in your template universe, that which you know you have chosen to experience and it will, many times, come to you in ways that allow you to feel that you are having precognition. And when this radiates down into physical reality, it will take on different aspects that will cloak itself in certain physiological symbols or abstractions.
The foreseen reality can be experienced as the idea you call, déjà vu. You can, from time to time, as you say, hear voices that reflect the ideas you know yourself to be exploring. You can see things that "aren't there." All of these ideas come from the foreseen reality; the idea you know you are exploring but cannot make the integrated connection into.

Because you are still judging yourself, you are accepting the idea of judgments from others as you judge yourself, and separating yourself from the ability to communicate your foreseen reality, your future memory, into the present, it stays in the future. You keep the separation.

Thus, those that you label insane are simply those that have not allowed themselves to activate the mechanism of communication that brings their foreseen reality into the present. They keep it to themselves, separated and distant, and they are perceiving something no less real than what you perceive as your normal reality; it is simply not the mass agreed-upon reality. Genius, in your terminology, is simply someone who does not create for themselves the separation of their foreseen reality, their future memory, their precognition, their knowingness into their present state of existence. They have the ability to communicate in that way.

Now, many ideas, within your analyzation of your science and your requirement of proof, remain in the foreseen reality without being able to be experienced and integrated within the present. But the more you integrate your creativity, the more ideas you will allow and accept, then the more things you will see in your physical reality that previously were not there. Now, again, you have done this throughout all of creation, many times, but you always managed, because of your separated ideas of yourself from the All That Is that you are, to do it in a way that you can accept within the parameters you think reflect the structure, some innate structure, of the universe that has nothing to do with you.

Thus, when you make your discoveries, you will find that it will come to you in a way that will be gradual so that you can get used to the idea. But you are already that idea. It is already idea foreseen. You know it is there. Otherwise, you would not be able to perceive yourself "discovering” it. A discovery is truly that: You are uncovering something, which is already there. This is true for every idea you will ever find.

Simply recognize, that the more validity you give to the totality of your imagination as being a real reality, and your dream state as being a real reality, the more you will find that your dream reality and your physical reality can blend and become one.

Now, to many individuals, this will seem insanity. They will fear losing their identity, losing their perspective, losing their anchor into what they consider to be reality. But, understand, this is a feeling that is familiar to all or many of what you call creative artists upon your planet. Each and every individual being is an artist, is a creator. You simply have different palettes, different tools.

Recognize that we are not suggesting that you will be doing anything different from what you are doing now. But you will be conscious of the mechanism of the creativity and you will find that it will be less limiting, and that you will be able to include upon your palette many things which you had previously considered to be unreal and invisible. You will work with new colors, in a literal and figurative sense,
new ideas of yourself. You will paint a new image of yourself, a new image of yourself, a new self-image. And it will be within light and color and vibration that you have yet, and for quite some time, in the recency of your cycle of history, not experienced.

Now, at this time, we will discuss the question, if you will state it for us now.

Dr. Chandley: Allow us to know more about ourselves by explaining to us the various aspects of the total frequency known as Bashar, and how the wholeness of information is achieved at the time the information, as you now present it, is transmitted by the human instrument.

The Association: Thank you.

Recognize, at this time, the idea identity that we have shared with you as "Bashar" will be a conglomerate of many ideas being experienced by ourselves, by the physical channel and all the lives that have been shared and all the ideas that have been created for the purposes now being served in this time of transformation upon your planet.

Now, as we have said, in our society we do not, in your terms, have names; Bashar will be a vibration which will be a convenience for you, but also a reflection of some of the ideas of the channel’s past life and present idea identity and activities that will be undertaken for the transformation. The vibration is a combination of a name in a past life in another universal time track, that which you would call another civilization, and a reference to some identifications or names in the present physical channel’s time track or heritage.

You will find that the term "Bashar," generally, will translate out to "Commander." Recognize, simply, that this does not mean that the vibration is command over individuals, but the idea of commandment of the self, the idea of the totality of the harmony of the integration, the blending of all levels of consciousness and all aspects of ultra-dimensional consciousness within the fulcrum transitional self-life during this time frame; which, for myself, in my future aspect of the physical channel, as you perceive him, acts as a support mechanism to allow the fulcrum to have enough leverage, in a sense, to offer the service of allowing individuals in your society to see reflected back to them the opportunity to choose the blending of the polarity of positive and negative energy, so they can make a preference for what type of reality they wish to experience upon your planet as a whole.

Now, the idea of knowingness, the idea of the transfer of information in this way, is akin to the mechanisms by which you create, again, as we have just been discussing, all the ideas you explore of yourself in your physical world, imagination.

Simply recognize, that the conjoining and the blending and the formation of the third identity that you perceive to be myself, is not really me, is not really the physical channel. But the idea identity that you communicate with will be a product of the tuning of the vibration that is the imagination of the physical channel, is the imagination of myself, and they meet on the same frequency, so to speak; but they are stepped up, they become coherent. They vibrate in tandem, in a parallel way. They are locked like laser light, vibrating at the same frequency, so that there can be, in your terms, the creation of a polarity that is represented by the relationship of the idea of the physical channel and myself; the polarity being the
expression of the physical channel as his identity and myself as my identity.

We are the product and the result of the relationship of the idea, of the being, the third identity that we become when we blend, which is, in actual fact, in your terms: the real entity is the third identity. The physical channel and myself are products of the interrelationship of the existence of the third identity. This idea of relationship is what creativity is all about. The recognizing of the relationship between all the seeming polarities in your physical reality and the continuance, or acting upon or expressing, of that relationship as the real reality. Thus, the recognition of connection which is then turned around and re-expressed in a polarized method as long as you are physical.

But it is the recognition of connections that you call genius, creativity. In this way, the relationship itself can be seen to be the real reality. It is not a matter of there being an observer and an observed so much as it is that the observation itself is the actual being, the actual consciousness, the actual fragment and aspect of All That Is, of existence itself. Existence is, in your terms of physical reality, nothing more than a series of relationships which give definition to the objects or individuals that are doing the relating. This, then, will be one of the ideas you will find to occur in every creative act that you call channeling, whether it be the blending of consciousness in a recognizably conscious way or the expression, through the self, of any aspect, viewpoint, or idea that you have termed talent, which does not have existence as something exclusive, but is simply a matter of a point of view.

Dr. Chandley: From one point of view, the key to nourishing creativity is multi-sensory integration. Can you give me an idea of what that means and how this integration is achieved?

The Association: ’Tis very simple and very simply the idea, once again, of knowing that you are connected to everything. By allowing all your doorways to be open, you give yourself ultimate options, and by giving yourself ultimate options, you are unlimited creatively.

Dr. Chandley: Is the multi-sensory idea the idea of balancing all the senses in the physical body to an integrated place?

The Association: In a sense, balancing by allowing all of your imagination to be valid, all that you perceive, on every different level to be valid, and by simply knowing that you always attract to yourself every idea, and it can always be of use to you in some way, shape, or form. And allow yourself the free reign to allow expression to be acted out upon any situation that you give yourself to sense.

Dr. Chandley: Is the idea of multi-sensory integration the same as the idea of the four consciousnesses that we are integrating?

The Association: Now, understand, if you are willing to allow what you call to be multi-sensory integration to take place, you will find that it is connected to all levels of your consciousness, even though, many times, you may create a perception of what you are doing to not be so. But, eventually, the willingness, in and of itself, to attain the idea of multi-sensory integration will allow you to know that you have actually chosen to dissolve all separation on all levels of your being.

Dr. Chandley: Thank you. Will you describe the relationship between creativity and unconditional acceptance?
The Association: Simply, creativity will be the willingness to act upon what you perceive to be the unconditional acceptance of all that you discover about yourself.

Dr. Chandley: Thank you. Based on my understanding of what you have described about creativity, when the idea identity or the physical brain and the imagination or the idea of the higher mind meet on the same frequency, that relationship is what creativity is all about. Can you explain the process or the steps in achieving this relationship or this balance?

The Association: There are many different ideas. Again, first and foremost, the willingness, willingness to act, act upon what you have created in your imagination, will spur the vibration that will allow you to see how simply acting upon what you have created for yourself in your imagination will continue to create circumstances and opportunities in your life for further action and this acceleration of the process of living, in and of itself, is all that is necessary for further creation.

Dr. Chandley: How does mediumship relate to this issue?

The Association: It is simply one more way, one more tool, of allowing an individual to know that, for them, he or she, this particular type of expression can be an allowance, a granting of validity that their imagination is giving them, for them, valid reality, which they can act upon and utilize to be of service in whatever way they wish to for All That Is, and automatically, therefore, for themselves in their own integration and blending.

Dr. Chandley: Would you say that the physical channel and the dream channel form a relationship which is like a third point of view?

The Association: Yes.

Dr. Chandley: And the medium is the vehicle for putting out information from that third point of view?

The Association: Yes. The channel, as you say, is a vehicle for conviction, for willingness, for actualization and, I’ll say, reflection and revelation of the fact that anything you perceive in your reality as the product of two ideas, beings coming together to produce a particular relationship, and all that the relationship creates, is an opportunity to reveal to yourselves that it is the relationship itself which is a reflection of the real being involved.

Thus, for example, my consciousness and the consciousness of the physical channel through which I am speaking to you are two ends of the relationship that we are forming to be able to communicate with you. This relationship, in and of itself, is not perceived, so to speak, as any particular being but an action. That is what represents the actual soul or consciousness of which I and the physical channel are a part. Do you follow me?

Dr. Chandley: Yes. How is that relationship achieved between you and the physical channel?

The Association: Trust and faith; willingness to allow the granting of validity to the imagination as a real dimension. Imagination is the dimension in which all universes are created, and faith and trust is all that is necessary to activate the imagination of dimension into any type of reality that you can conceive of in your consciousness.
Dr. Chandley: When the physical channel and you come together to form this relationship, is the physical channel then not filtering through his own belief system?

The Association: A physical channel can filter. But, recognize, as we are speaking of faith and trust, if clear trust, willingness, in this way, to support the idea of all within All That Is and be of service to all within All That Is is present, then the blending will be as accurate a representation of the total being as can be expressed in your dimension. Do you follow me?

Dr. Chandley: Yes, I do. And the creativity is the result of that relationship in that dimension?

The Association: It is both the effect and the cause. Creativity creates more creation.

We thank you for the sharing of your questions. And allow us to remind you that when you create the idea of question, it is only that you already contain the answers. The form of the question will simply be that you have separated this idea of the answer you already contain from your knowledge. However, once again, we thank you for the willingness to express your explorations; for your civilization and our civilization is the sharing that continues forever.

Creativity
There is no one right way, no wrong way, to understand your relationship to creation. Another thing we have said a few times – it there were only one way there would only be one person. And you know that is not the case upon your planet at all. There are many, many individuals and each individual is simply one more way that the infinite creation has of expressing the self, the beingness that it is. Another point before we continue with some specific tools to re-awaken to your own self-empowerment, and it is the whole issue of what you may call the Creator or Creation itself. There are many, many, many confusing, shall we say, dialogues which have taken place now in your New Age of awareness regarding the idea of what you may call the Creator or Creation. Much of the confusion simply comes from what you would call your definitions or your semantics. This, what we are about to say will not necessarily clear anything up, but we will utilize the perspective that we have and see if it makes some sense to some of you.

The idea of the confusion comes in because you are being very used to functioning in what you call a linear time dimension. You talk in terms of before, now and after – that something was, that something is, that something will be. All of these things are real while you’re in that dimension but they are arbitrary creations, none the less. They are your creation, your creations of “definitional perception”, of perspective. They are what gives life to your ability to experience yourself as a focused physical being, but that still means that they are only definitions – you can change those definitions and in so doing you change the reality in which you exist. Some of the confusion that has created questions such as, “Why does the Creator exist? Where does the Creator exist? What is the Creator? Did the Creator exist by itself before? Did it create this? Did we exist at the same time? What came first?” All of these types of questions are basically the result of using the word Creator to begin with because the word itself implies that there was a beginning, a literal beginning to the idea of Creation, and from our perspective that is not so. Your nomenclature is completely a product of the linear time dimension in which you are used to exist in. You have created the word. Created the word Creator within a time frame because you are used to thinking in terms of beginning, middle and ending.

But you see, Creator to us is not really a creator in your classical sense of the word. It is conscious, dynamic existence. Always existing now. It is not something that creates with a sense of time. Time is, quote, unquote, one of the aspects of this dynamic existence, self-aware consciousness, that All-That-Is. Therefore when we refer to what you call the Creator, that is why we always say, it is simply All-That-Is. No matter what the time frame, no matter what the perspective, it is always All-That-Is. And does nor necessarily imply that the Creator use time in which to create things – that there is actually a beginning and an ending to the Creator, for from our perspective, there is not. Realizing that it is simply an on-going, so to speak, existence – right now, always in the now, a dynamic, self-aware, existing consciousness, now – then allows you to understand that some of the questions of why the Creator, where the Creator, how the Creator, do not necessarily apply any longer. Existence simply exists. That is its natural state.

The idea therefore is, that if you are also going to allow yourself to align as strongly as you can with your “being made in the image of God,” then living in the moment, living in the now, aligning yourself
with your dynamic existence is the way to attract in your life everything that you want. Now is the only
time, the only experiential time in which you actually do exist. When you start focusing, when you start
creating worry about the past, about the future, when you divest your focus into the realms of the past
and the future which are your creations after all. Just definitions, that’s all. Other definitions of the now.
When you do that you remove your focus from the now and when you remove your focus from the now
all the things you say you want have no place to find you because you’re not at home. Living in the now
where you exist is being at home. When you are at home, anyone and anything and any circumstance
and any situation will know exactly where to find you, and nothing will keep it away, not for any amount
of time whatsoever.
So, the first idea of self empowerment, of remembering self-empowerment is to remember where you
are, and that is here, and to remember when you are, and that is now. All the other ideas of past realities,
future realities – these are valid ways, valid tools, valid methods of perceiving yourself but they are
above and beyond all, simply definitions. Other ways to interpret the you, you are, here and now.
Sometimes the nomenclature can become confusing, as you say, because so many of you are so steeped
in linear time it is difficult sometimes we perceive for many of you to understand the idea that all of
your existence is going on simultaneously....
3
Crop Circle Templates

Q: There have been some current crop circles this year in ’95, and the latest one, I think, is a Galaxy. Is that the sign of the Association?

B: In a sense, yes.

Q: And as far as the non-physical beings or that portion of the etheric creating the crop circles, when they impress that template... can you talk a little bit more about how the inner connection between the etheric and the physical takes place, and how it results in the microwave frequencies?

B: You must understand that what you call the etheric is like a quasi-physical reality and all reality is an extension of your physical reality, a more refined extension of it, more flexible, more clay-like, more malleable, easy to impress within it an image from the mind, from the consciousness. Then, with focus, with intention, the image, the form that has been impressed, imprinted within the etheric energy is solidified and crystallized into the physical template. In that sense, it is decelerated, so to speak, and thus, manifests in the denser physical reality, translating from the higher quasi-physical to the lower more crystallized physical reality, once it has been impressed in the material of the consciousness energy.

Q: Is there a time line?

B: Not very much, but a little bit. Seconds are all that required.

Q: If someone was in the actual vicinity, would they see anything?

B: Oh, yes.

Q: And hear something?

B: Oh, yes.

Q: And...

B: And feel something, oh yes. There are many side effects of ionization and so forth, and electromagnetic wave forms in your reality from this process. It is one of the reasons why, more often than not, individuals are not allowed to be present. In many cases, the formation of some of the circles would have a tendency to be somewhat detrimental upon their inception to your physical bodies.

Q: What is causing some of the radioactive side effects?

B: As we have just said, the idea of the deceleration of etheric energy into physicality will cause many different restructurizations on the atomic level. One of the side effects is radioactivity for a limited amount of time, it will then dissipate, and it will be, in that sense, safe for your physical bodies to inhabit those circles.

Q: So it could be deleterious if you got into it too soon.

B: Yes.

Q: Thank you.

B: Thank you.
Crop Circles as Multidimensional Keys

Q: You’re linking harmonic resonance to the crop circles.
B: Yes.
Q: There’s a mathematician now in England who’s taken the mathematic ratios of the geometric patterns...
B: Yes.
Q: ...of the circles and translated them into harmonic formulas.
B: Yes, yes. This is all part and parcel of what we are talking about in terms of these geometric resonance patterns in the crop circles, as you call them. You are actually seeing, in certain circumstances, shall we say, two dimensional cross-sections of many of the resonant patterns that this infinite particle takes to allow you to see formulas, that when they are translated into harmonics will actually be like keys that will unlock certain dimensional access.

Yes, you can use them that way; you can use them in a variety of ways. I would translate them into sound, translate them into light; translate them into moving patterns; translate them into mathematical understanding, into magnetic resonance, into architectural ratios. They are encoded holographically with every possible direction of understanding this idea of the different pattern expressions of the overall Prime Radiant geometric path. You understand? They’re all in different unique keys, expressing a different aspect of the Prime Radiant’s primary template geometric path.

You are all, generally, on the right track, though there are many other aspects of the crop circles you have yet to think about in terms of how you interpret them.

Q: What do you do mean?
B: For instance, you can understand that they are, as we said, just two dimensional shadows of much larger fourth dimensional, fifth dimensional, and sixth dimensional, seventh dimensional...tenth dimensional forms, so to speak. So you are only seeing a slice through these things. If you will start to extrapolate them into unfolding flowers, you will really get a bigger sense of the kind of dimensional resonance they represent. You’re just getting shadows on the ground.

Q2: But to be absorbed by the average person who is not into mathematical formulas, or whatever, is then just viewing them in one form or another being absorbed?
B: Yes. We would suggest that one particular strong methodology with which you can access this information is to play or, shall we say, project the images of the crop circles at high speeds, one after another, in front of a person’s eyes in the order in which they were created. Running though the entire sequence over and over again. And watch the different patterns that form in the animation.

Q: And who is creating them?
B: They are a mutable creation of many different dimensions of consciousness, including your own future, including your own past selves. Including alternate time track selves, including your collective
consciousness, including nature consciousness, including extraterrestrial consciousness. There are many authors to these concepts; you are included in that authorship. You just don’t recognize yourselves yet in the picture.

Some of them have specific messages, some of them are more specifically tilted or biased in one direction or favored in one direction or another, but they are a co-creation of ALL the dimensions of consciousness that are intersecting in this space/time right now. Make sense?

Q: Yes, thank you.
B: Thank you.
Circa 1995
Crop Circles

Q: A couple of years ago you had said that the crop circles were a certain code that was undeciphered, and that you wouldn’t elaborate any more than that, basically. And I was wondering if you could now elaborate at this time ... that time has passed ... or give us a little more on exactly what it is that they’re saying, or ... 

B: In many of them there is no specific message. The decodation has a lot to do, simply, with instilling within you, or inspiring within you, the rise of certain energies and frequencies and recognitions within yourself, of yourself. They are, in many ways, “mirrors,” they are in many ways "slices," shadow slices of higher dimensional forms that speak a geometric language that would put you in touch squarely, upon making a vibrational connection to them, with the geometric language of the structure of your universal reality.

Some of them, a few of them have specific messages, specific reflections that can be more pragmatically decoded, more linearly decoded, but they are all holographically multidimensional, and for the most part are for the primary purpose of engendering the kind of energy of mystery that lures you into your higher self, your higher consciousness. They are a co-creation of many different kinds of levels of consciousness, including your own future selves, and so they are, in that sense, like you, luring yourself towards yourself, pulling yourself up, as you say, by your own bootstraps ... at least that is one aspect of that. Does that make sense to you?

Q: Yes, are they by one specific being, or...

B: As we have just said, they are a co-creation of all levels of consciousness. There are many, many, many involved, not just one. And there are sometimes different associations to different crop circles, different gatherings, different groupings, different collectives associated with different crop circles, for a variety of reasons and agendas ... but none of them really are the product of just one.

Q: Will they become more ... in the recent year they’ve been extraordinarily more intricate and complicated...

B: They will continue to do so.

Q: Do they have as many different ways of manifesting the bending of the grass as there are participants?

B: Not as many as there are participants. There is an agreement among the participants for the energies that shall be utilized in general for the manifestation of that particular phenomenology. There are, perhaps, a few ways but, for all intents and purposes, most of the collectives use one of those few ways, perhaps electromagnetic manipulation, more often than not.

Q: Does that come in the microwave field?

B: It does.
Q: Bandwidth?
B: Yes ... anything else?
Q: Not for the moment, thank you.

Q: What are the anomalous lights that are always associated with the crop circles? Are they the participants?
B: They are an aspect of the participants, not the total participants. In some senses, some of the anomalous lights are like unto, what you would call, probes ... extensions of the collective consciousness involved in the creation of the crop circles. Extensions that have the capacity to act as outlets or conduits through which manipulation energy can be sent, and through which information about the effects can be received, and in which the collective experience can be processed and recorded.

Q: And what is ... what happens to individuals when they term, "getting zapped?"
B: Their energy frequency has intercepted the energy field of a higher vibration, and their energy is momentarily stepped up to a different level, a level closer to their higher self, and thus, then they are allowed to absorb that energy, integrate that energy at their own pace. Allowing that energy to put them in touch with whatever portions of themselves they have kept separate and allows them the opportunity to integrate those portions in their own good time. But the "zap," as you call it, is like unto simply being stepped up, amplified; literally, in that sense, "amped." You understand?
Q: Yes.
B: And allows them, in their own good way, to integrate that level of energy so that they may arrive on a slightly higher level than when they first arrived upon the scene ... take away with them a new self, become a new self. They are given a charge and a challenge to match that frequency.

Q: Is that similar to what the Great Pyramid can do in Egypt?
B: It is, although it is by a different process.

Q: And is it necessary to have a physical craft to create physical circles?
B: No, not at all.

Q: So they can ... a ray can be projected from the etheric?
B: Yes.

Q: Okay.
B: And even not a ray, but simply a template formed, and imposed upon your reality.

Q: Thank you.

Q: There have been some current crop circles this year in '95, and the latest one, I think, is a galaxy. Is that the sign of the Association?
B: In a sense, yes.
Q: And as far as the non physical beings, or that portion of the etheric creating the crop circles ... when they impress that template, can you talk a little bit more on how the interconnection between the etheric and the physical takes place ... how it results in the microwave frequencies?

B: You must understand that what you call the etheric is like a quasi physical reality. And all reality is an extension of your physical reality, a more refined extension of it, more flexible, more claylike, more malleable, easy to impress within it an image from the mind, from the consciousness. Then, with focus, with intention, the image, the form that has been impressed, imprinted within the etheric energy is solidified and crystallized into the physical template. In that sense it is "decelerated," so to speak, and thus, manifests in the denser physical reality, translating from the higher quasi physical to the lower, more crystallized physical reality, once it has been impressed in the material of the consciousness energy.

Q: Is there a time lag?
B: Not very much, but a little bit ... seconds are all that is required.

Q: If someone were in the actual vicinity, would they see anything?
B: Oh, yes.

Q: Would they hear something?
B: Oh, yes.

Q: And...

B: And feel something ... oh, yes. There are many side effects of ionization and so forth, and electromagnetic waveforms in your reality from this process. It is one of the reasons why, more often than not, individuals are not allowed to be present. In many cases the formation of some of the circles would have a tendency to be somewhat detrimental, upon their inception, to your physical body.

Q: And what’s causing some of the radioactivity side effects?
B: As we have just said, the idea of the deceleration of etheric energy into physicality will cause many different restructuralizations on an atomic level. One of the side effects is radioactivity for a limited amount of time; it will then dissipate, and it will be, in that sense, safe for physical bodies to inhabit those circles.

Q: So it could be deleterious if you got into it too soon?
B: Yes.

Q: Thank you.
Q: I recently went to Peru, and I took some photos there.
B: All right.
Q: And as a little bit of background to this, I’m going to be doing a short workshop, and I usually teach crystal healing, and touch for health, and rebirthing, and things like that. But I’ve been asked to do something on UFOs, and I asked the people why they would ask me to do anything on UFOs...
B: Why not?
Q: Well... that’s kind of what they said! They went into meditation and were told to ask me, so I’ve been talking with friends and looking around; and I’ve had a few experiences but I didn’t think there was enough to fill a workshop. However, I do have some ways of working with crystals that I think might be helpful to people to tune in with.
But anyway, when they had asked me, the thought was – this is before I went to Peru – that maybe somehow in the summer, in the things that I did, that I might have some kind of greater understanding – which I’m getting – or contact. Well, anyway, I didn’t see anything in Peru, but I did have a marvelous time and wonderful other experiences.
But when I developed the photos, there’s a photo that was taken at Machu Picchu that has an orange disc on it, and I don’t know what the origin of that is or if it, in fact, has anything to do with extraterrestrials, or if...
B: To some degree, there is a consciousness connection, and here is how it can play itself out in your utilization of your knowledge of crystals; recognize that they represent, to some degree, some of the technology that you will be using in what you call your future.
Allow yourself to develop your innate, intuitive understanding of how crystalline forms, in certain relationships physically to each other, will create different energy flows, different gates, different openings within what you call the space/time matrix. That is your first key – that has to do with creating the vibrational harmonics and the resonances necessary to “tunnel through” from one dimension to another.
Use your emotionality; use your heart, that’s what the orange represents. It is a projection of consciousness, a reminder for you of things that are familiar to you in what you call the past. Arrange the crystals as you used to in those mountaintop lairs. And allow yourself to remember that you are actually turning keys.
Sense the relationship physically that those crystals need to be to each other. You will open doors and allow others to feel the harmonic resonances within them. That is your first key to the restructuring and remembering of the placement and relationship of those devices. The next step will come later. Understand?
Q: Yes. I’m not quite clear about the orange disc that showed up on the slide that I took...
B: A projection of consciousness in the vibration that represents emotionality. Understand?
Q: Not totally.
B: All right. You have what you call a mental field, yes?
Q: Yes.
B: The intersection of another consciousness within that mental field creates the idea of the cross-section that you are referring to as that disc. Its vibrational color represents the level of energy that you are using – the frequency, the emotion band – orange.
Q: Yes.
B: So, using your emotional band, your instinct, your intuition, allow that energy to flow through you as you arrange the crystals. And begin to see the relationships of how the energies amplify and reflect and reinforce each other to create different ideas that eventually, in your society, will turn into actual devices that will have no moving parts and will be constructed out of very precisely machined, different types of crystalline material. Understand?
Q: Yes, I think I do.
B: You are beginning, in a sense, to build the “engines” in a certain way that will translate the idea of locale, of time and space, into an idea back within you, and allow you to transport yourself where and when you wish to go.
Q: Great! (Laughs) All right. So then, the disc on the photo is not a representation of any extraterrestrial...
B: In a sense, yes, but not as you typically think of it.
Q: Not as typically.
B: Yes.
Q: It’s a collection of one energy with mine.
B: Yes, of a “beam,” in a sense, with yours. And you are seeing the cross-section of a beam, which you call, a disc.
Q: All right.
B: Understand?
Q: Yes.
B: Think holographically when you look at the crystals, and see the planes within them. See the dimensions within them. All right?
Q: All right.
B: You have, to some degree, a mathematical penchant on an instinctive geometric level. Use it.
Q: Thank you, I will.
B: All right. Thank you very much!

Crystal Keys

4
Crystal Remnants of Atlantis

Q: A friend of mine was in San Francisco this last weekend going to the first world crystal conference.
B: Yes.
Q: And when he was there, he saw the crystal skull that you mentioned that...
B: Yes.
Q: ...I have asked you about before, that came from Machu Picchu or that area?
B: Yes.
Q: And wound up somewhere in the Aztec civilization? Is that the same one?
AUD: Mayan. Mayan.
B: Yes.
Q: Okay. Um, he also met the lady who’s, I think, in her eighties now, who was along with her father when he found the skull, um.
B: Yes.
Q: And I was wondering if you could tell us a little bit more about that, um...
B: About what?
Q: About the crystal skull. How, uh, I don’t know. There’s something I want to know that I don’t know how to put in words about it. It’s connected to the whole idea of crystals and also the fact that the Cherokee Indians have in their legend that they dreamed themselves here to earth from...
B: Yes.
Q: the, uh, planet that circles Sirius.
B: Yes.
Q: With the aid of crystal skulls.
B: Yes. For as we have said, the idea of the crystal skulls is a representation of dimensional doorways. Those that can learn to read them can come through. That is what the Mayans also did.
Q: OK. Well, that particular one that, uh, that was discovered in South America among Mayan ruins, was that, that was the one that originally came from Peru?
B: It has been around; some of the technology is also Atlantean.
Q: Is the skull itself that old?
B: There were others.
Q: Ah. Okay. Also, uh, there’s something about a pair of hands that held a crystal from Atlantis and I’ve heard two different things about that. One about the crystal. All right. In a channeling last Saturday night a girl asked why she didn’t like crystals and the channel told her that she had been part of a group of thirty-one people in Atlantis that removed this crystal from a pair of carved hands that held it.
B: Yes. Understand that the idea of the carved hands will have been the connector and supportive base. There will have been the direction of what you call solar energy in the hands in the pyramidal temples.

Q: There’s a connection here with Egypt as well.

B: Mostly at this time, Atlantis.

Q: All right.

B: And the idea of the destruction of Atlantis through the crystal technology.

Q: Yes. Um, I heard the very next day, synchronistically, from a friend of mine, that she had heard on a talk show that some diver had discovered this pair of hands when he was diving, and he felt they were remnant of Atlantis.

B: Yes. In the area you call Bahamas.

Q: Would that be Biminis?

B: Yes.

Q: That was a mountain top in Atlantis at one time?

B: A plateau.

Q: A plateau. Yes

B: One of the islands referred to as Poseidia. The larger island is further north, what you now refer to as the sunken Bermuda Rise area off of your eastern seaboard.

Q: Yes.

B: It was mostly those two islands, though there were smaller islands in the chain. Atlantis is not the Atlantic Ocean filling continent that you might think; but it was large islands closer to your Americas.

Q: Hmm. Okay. Can you, would you be willing to give me little of my personal connection with Atlantis and also with Sirius? I feel a tremendous connection and I, whatever you can tell me about it I would be willing to hear.

B: At this time, all we can share with you is the idea that your imagination can delve into gold, white linen, and crystalline forms in circular fashion. Jade, blue crystals, water, pyramidal structures and, what you call, the art form frescoes.

Q: Hmm.

B: Which originated in Atlantis.

Q: And then showed up in Greece.

B: Yes. And what you call Portugal and Spain and Morocco.

Q: Ah. How about Majorca, in Spain?

B: Yes.

Q: (laugh) Well that’s good, because I’m going there this summer.

B: Follow your instincts. Retrace your steps.
Q: Great. Thank you. I love you.
B: You may find that it may feel more natural to walk in sandals.
Q: True.
B: Thank you.
Crystal Skull Encoding and Dolphin Communication

Q: I believe you are familiar with the Crystal Skull found in Guatemala and that lives in Toronto now.
B: Yes.
Q: The skull is presently on display in Phoenix, Arizona where a group of people have looked at the skull and seen dolphins in the skull.
B: Yes, it is a gateway and a doorway to many different dimensions and levels of consciousness.
Q: This group is trying to arrange with the...
B: Trying?
Q: They are arranging... sorry.
B: Do not be sorry. (Laughter)
Q: ... arranging to transport the skull to Miami and then to Florida to put it in proximity to our dolphins.
B: How exciting! Maybe the dolphins will see humans in the skull! (Laughter)
Q: I wonder if you could comment on that proposed interaction and tell me what you think...
B: What is there to comment on? It sounds very exciting. It is a dimensional doorway, and because you are willing to open up communication between your land humans and water cetaceans, you will allow yourself to learn from them how to telepathically communicate the proper code sequence into the skull to open it up to doorways through which many other civilizations upon your planet have already stepped and closed the door behind them.
Q: All right.
B: The idea is that encoded within the skull is the matrix to open that doorway, and any individual who wishes to find it simply needs to sit down and commune in a meditative state with the skull, locking eye contact to eye contact. If that individual cannot integrate all the fears within themselves they will not be able to unlock the code, and that is the safety valve on the door.
B: You shared that the dolphins would be able to communicate with the skull?
Q: They will know what it is for. Some of them may be able to utilize it. Some of them may be able, when they are in its presence and it is in their presence to activate certain electromagnetic phenomena around it that may be visible to you. Look for ionisation of the air in the dark, look for certain sparklings of light in the air that may represent motes, in a sense, representing what you may call miniature gateways, miniature doorways – the preamble to the opening of a major door, a major gate. You may see them as sparkling light, some of them may be ghostly and nebulous at first, some of them might be very bright pinpoints of light in the air. All of these phenomena will be indicative of the skull recognizing when it is in the presence of an integrated mentality, an integrated consciousness that wishes to use it as a doorway.
Because of your telepathic communications with the dolphins you can allow them to tutor you, to guide you as to the proper use of the opening of that doorway to help integrate the fears and the different levels
that you have fragmented your consciousness into – so that you can approach the doorway as an integrated being. Many individuals, when they approach that doorway as a non-integrated being, will conjure up images and vibrations on the emotional level, in the emotional body, that will generate fear within them and that is what makes them back off, and makes sure the door stays closed to individuals who are not integrated. You follow me?

Q: Yes. When the dolphins are in communication with this skull and they in turn communicate with us, will this communication be along the lines it has been all along – a sort of a subliminal mood perspective, a very subtle shift, or...

B: You may feel great tuggings in your emotional form. Anxiety rushes at first perhaps, temperature differences within your solar plexus. These will all be indications that you are standing in the presence of a very powerful electromagnetic field.

Q: So that our contact with the dolphins will in fact be enhanced and dramatized by the presence of the skull?

B: Oh yes.

Q: Will you be aware of what is happening there?

B: To some degree... we will keep "tabs"... a little bit. (Laughter)

Q: All right, thank you very much.

B: Thank you for following your excitement and your willingness.
**Crystal Skulls and Crystal Sheets**

Q: We’ve talked about the crystal skull.

B: Yes.

Q: And I’ve been getting some information that indicates that some people surmise that its origins are pre-Atlantean, even pre-Lemurian. And we’ve discussed them in terms of the origin being the (–?) ... being Mayan. Could you comment on that?

B: In this way, you will find that there is some reality, in the sense that it predates the Mayan, but mostly you will find that there have also been other crystalline artifacts. It is mostly the idea of the technology itself, and the utilization of the technology in that way that predated the artifact. It was simply that technology, that understanding, that information, that allowed that civilization to create such an artifact that carries with it a sense of ancientness about it, by its very nature.

Because of the blueprints it was fashioned from, it carries with it intrinsic connections to ancient times. So that each and every artifact that was created in that manner can be perceived, and would by nature, by definition, be perceived by those sensitive to it, as something that is, quote/unquote, older physiologically than it is.

Q: I see. Is that connection made simply through the technology of its crafting of (–?)

B: In a sense, yes. Because of what it is, because it does function as a dimensional energy gate, then any sensation, any perception of it as an artifact, will always bring with it an understanding of a perception of the fact that it is connected to all places and all times. So it will feel older than it may physically be.

Q: Oh, I see. The concept of energy gate predates that, and connects to all the other areas.

B: Yes. But any time such an artifact is made – following that pattern, following that blueprint – and it functions as an energy gate, it may, to certain sensitivities, seem to be older than it physically is.

Q: I understand. Also, last week I asked you if I had appeared as a virtual personality on your planet, and you indicated basically, yes.

B: Yes.

Q: And you mentioned you perceived the energy of my working with crystal sheets.

B: Yes.

Q: And when you... my response was, “I’ll take your word for it.” The reason I responded that way is because my perception was that I did that in my dream state.

B: All right.

Q: Therefore, I didn’t... I don’t recall my dreams generally; therefore, I didn’t have a specific recollection of it, although it seems fitting. It seems just fine to me that that’s what I would have done.

B: All right.

Q: I wanted to find out what the crystal sheets do, what they are, and in what way...
B: Now, we have described them to some degree. They are what you might call a technological manifestation. They are imbued, in a sense, with a type of – loosely termed – circuitry, that allows them to form many functions according to how they are applied in connection to other manifestations.

In a sense, they can be utilized as remote computers, which can also attach themselves to other crystalline forms, and allow transformations of those crystalline forms according to the programming in the crystalline sheets. They can be broken into different sizes. They can actually perform the function of the idea of becoming a hull, where necessary, upon a craft, if such is necessary.

And they can allow themselves to be re-programmed for many different ideas, many different understandings, that have to do with both physiological technology and mental technology. They are, in a sense, the skeleton keys of our technology. They are multi-versatile.

Q: Uh huh.

B: Multi-applicable.

Q: Is it quartz crystal, such as we have on this planet?

B: Not exactly, no. It is a combination metallic crystalline substance that is a combination of something that you might recognize, to some degree, as combinations of crystalline structures of magnesium and iridium.

Q: Okay. What is the thickness of this crystal?

B: Not more, in your counting, than approximately – although there will be some variation – between what you call one-quarter to one-half inch.

Q: Uh huh! Now, what is my function in dealing with these?

B: Simply you are there to understand the idea of the malleability of such a device, as it points out to you the relationship of technology and consciousness.

Q: When you say malleability, are you referring to physical malleability or the . . .

B: Yes.

Q: . . . programming malleability?

B: Both. For what you program it to be allows it to become also physically malleable.

Q: I’m trying to understand that concept.

B: Let us say that you had a sheet, and you were upon a planet that you were exploring. The sheet – a large sheet – so aptly programmed, could become the idea of what you would call a shelter. And certain portions of it could also function as the exploratory devices that you may need to analyze what you are exploring.

Q: Does that mean it would take a physical shape?

B: Yes.

Q: Without mechanical . . .
B: All the mechanics are built into its circuitry. It simply will respond according to the energy matrix the circuitry gives it – it will take that form.

Q: Well, does that mean – let’s say you – as I conceive of this in my imagination, you land upon a planet with a craft…

B: Yes.

Q: ...and you’ve got this hull… or this stock load of crystal sheets. And you take a bunch of them out and you say, “well, now, this one is programmed as a shelter, this is programmed as an exploration vehicle,” and they just take shape right before your eyes?

B: In a sense, yes.

Q: Wow! That’s very wild.

B: You are simply understanding that there can be simplification of your technology to represent the multiplicity of ideas.

Q: Yeah...

B: This you are beginning in your society to explore with new combinations of metallic plastics that are also conductive.

Q: Yeah. Well, we haven’t… as far as I know, we haven’t really tapped into the idea of self-transmogrifying…

B: Oh, just beginning to. Just beginning to. For now, one of the first primary steps is the recognition of what you call metal memory, or plastic memory.

Q: Yeah. What do we use it in?

B: Not many things right now, but a few devices.

Q: Well, if you would name one, it would probably jog my memory and give me an example.

B: Certain types of energy engines, but again, most of these are in the experimental stage on your planet.

Q: Yeah.

B: It is not in what you call widespread use. Although there is one idea that – let us say – it is a sort of precursor to this understanding, and it is what you may refer to as the bimetallic strips of what you call your thermostatic controls. When a certain temperature is reached, it takes one shape; another temperature, another shape – and performs the function of a switch, on and off.

Q: I understand that. Well, I would think that that’s a primitive form of that.

B: It is a beginning.

Q: Because I would think that what you’re talking about in crystal sheets is something, which uses interdimensional functioning to change form…

B: Yes.
Q: . . . in much the same way that you move your spacecraft.
B: Yes. It is simply interdimensional engineering.
Q: Yeah. So it just goes into a different dimension in which it has a different shape. Now, does it go into that different dimension in a stuck function, so it goes instantaneously to its final shape? Or does it go through a sequence in which there’s a process in which it takes form?
B: You would observe there to be a smooth transition, a small process.
Q: In actual fact, it’s changing different dimensions . . .
B: Yes.
Q: You said earlier tonight that a bunch of symptoms, which you mentioned, which I’ve had all of, were symptoms of moving into the fourth dimension.
B: There are symptoms of moving into the fourth density, while still retaining some connections to third.

Q: Okay. I have a little confusion of relating that to another thing you said at another time . . .
B: All right.
Q: . . . about pain being created by friction?
B: Yes. Thank you. The idea simply is that you have a habit of thinking of yourself in a certain way as a third-density being. When you begin to have the notion, or become aware of the idea of fourth density, then you will find that you usually begin to explore that understanding from a third-density point of view. One of the things that you have created in your society to begin the exploration of fourth density, from a third-density point of view, is the creation of a so-called belief that as a third-density individual you have a slower vibration than you will have as a fourth-density individual. But this is still the remnant of a judgment: the creation that the idea or belief that the third density is somehow less than the fourth density.

So you create a separation while you are, quote/unquote, forcing yourself to explore fourth density, and therefore, allowing yourselves to experience some acceleration of energy. And you still hold on to the idea that while you are doing the exploring, you are still somehow something less than what it is you are becoming. You are moving at a slower vibration in that way.
Therefore, as long as you are exploring the idea of higher vibration – as you create the idea of fourth density to be represented in your mentality as a so-called higher vibration, and at the same time still retain a notion that while you are doing this, you are a slower vibration – this judgment and this comparison of separation then creates the scenario wherein you have two different vibrations within the same body. This causes friction, which causes pain.

When you simply know that you are what you are at any given moment – and what you are at any given moment is what you need to be – you will then accelerate as a smooth oneness of vibration, and not create comparisons between something you think is less, to become something you think is more. You will become one vibration; you will erase the friction. There will be no pain.
Q: That helps a lot. Thank you.
B: Thank you.
**Crystal Skulls**

Q: I would like to know what is the significance, the origin of the Crystal Skulls, and where they came from. What is their purpose?

B: There are many. In this way, what we will reflect upon is the one that you would associate with, what you would call the Mayan, primarily. And the idea is that it functioned as a model, a model for the rearrangement of the energy pathways within the brain, that allowed them to perform, what you call, operations within the brain that rearranged their ability to rewire themselves, to rewire themselves into another dimensional experience of reality altogether. The crystal skull, in a sense, is left behind, so that others who find this may also enter that doorway, that dimensional doorway; but first they must make an identification with the skull. The skull will be a symbolic reflection, an energizer, and an accelerator.

When you, in a sense, come face to face with it, if you wish... to project your mentality and blend your consciousness with the idea of the consciousness of the civilization that has created it, so you may, in a sense, follow them. You will have to form a blending with all of yourself and that is, let us say, the safeguard, the lock and the key. In that an individual who cannot come to terms with the blending with all portions of their personality, they will not be able to enter the door. You follow me?

Q: Yes. What would happen... there’s supposed to be thirteen of them, or twelve of them, what would be...

B: There exist more than that, but go ahead.

Q: Okay, are they supposed to come together... or certain groups and organizations that have possession of them that.

B: Many of them have, in a way, come together from time to time, and simply, that idea is a symbolic reflection... that in bringing them together, you will be bringing together, as we have just said, different portions of the personality; and forming, let us say, a circle that will allow there to be an energizing and a formation and an opening of a greater doorway to another dimensional experience of yourself from which you can step.

Q: Okay, that’s all,

B: Thank you.

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Q: I believe you are familiar with the Crystal Skull found in Guatemala, and that lives in Toronto now.

B: Yes.

Q: The skull is presently on display in Phoenix, Arizona, where a group of people have looked at the skull and seen dolphins in the skull.

B: Yes, it is a gateway and a doorway to many different dimensions and levels of consciousness.

Q: This group is trying to arrange with the...
Q: They are arranging... sorry.
B: Do not be sorry. (Laughter)
Q: ... arranging to transport the skull to Miami and then to Florida to put it in proximity to our dolphins.
B: How exciting! Maybe the dolphins will see humans in the skull! (Laughter)
Q: I wonder if you could comment on that proposed interaction and tell me what you think...
B: What is there to comment on? It sounds very exciting. It is a dimensional doorway, and because you are willing to open up communication between your land humans and water cetaceans, you will allow yourself to learn from them how to telepathically communicate the proper code sequence into the skull, to open it up to doorways through which many other civilizations upon your planet have already stepped, and closed the door behind them.
Q: All right.
B: The idea is that encoded within the skull is the matrix to open that doorway, and any individual who wishes to find it simply needs to sit down and commune in a meditative state with the skull, locking eye contact to eye contact. If that individual cannot integrate all the fears within themselves they will not be able to unlock the code, and that is the safety valve on the door.
B: You shared that the dolphins would be able to communicate with the skull?
Q: They will know what it is for. Some of them may be able to utilize it. Some of them may be able, when they are in its presence and it is in their presence, to activate certain electromagnetic phenomena around it that may be visible to you. Look for ionization of the air in the dark, look for certain sparklings of light in the air that may represent motes, in a sense, representing what you may call miniature gateways, miniature doorways – the preamble to the opening of a major door, a major gate. You may see them as sparkling light, some of them may be ghostly and nebulous at first, some of them might be very bright pinpoints of light in the air. All of these phenomena will be indicative of the skull recognizing when it is in the presence of an integrated mentality, an integrated consciousness that wishes to use it as a doorway.
Because of your telepathic communications with the dolphins you can allow them to tutor you, to guide you as to the proper use of the opening of that doorway, to help integrate the fears and the different levels that you have fragmented your consciousness into – so that you can approach the doorway as an integrated being. Many individuals, when they approach that doorway as a non-integrated being, will conjure up images and vibrations on the emotional level, in the emotional body, that will generate fear within them, and that is what makes them back off, and makes sure the door stays closed to individuals who are not integrated. You follow me?
Q: Yes. When the dolphins are in communication with this skull and they in turn communicate with us, will this communication be along the lines it has been all along – a sort of a subliminal mood perspective, a very subtle shift, or...
B: You may feel great tuggings in your emotional form. Anxiety rushes at first, perhaps, temperature...
differences within your solar plexus. These will all be indications that you are standing in the presence of a very powerful electromagnetic field.

Q: So that our contact with the dolphins will, in fact, be enhanced and dramatized by the presence of the skull?
B: Oh, yes.
Q: Will you be aware of what is happening there?
B: To some degree... we will keep "tabs"... a little bit. (Laughter)
Q: All right, thank you very much.
B: Thank you for following your excitement and your willingness.

Q: A friend of mine was in San Francisco this last weekend, going to the first world crystal conference.
B: Yes.
Q: And when he was there, he saw the crystal skull that you mentioned that...
B: Yes.
Q: ...I have asked you about before, that came from Machu Picchu or that area.
B: Yes.
Q: And wound up somewhere in the Aztec civilization. Is that the same one?
AUD: Mayan. Mayan.
B: Yes.
Q: Okay. Um, he also met the lady who’s, I think, in her eighties now, who was along with her father when he found the skull, um.
B: Yes.
Q: And I was wondering if you could tell us a little bit more about that, um.
B: About what?
Q: About the crystal skull. How, uh, I don’t know... there’s something I want to know that I don’t know how to put in words about it. It’s connected to the whole idea of crystals and also the fact that the Cherokee Indians have in their legend that they dreamed themselves here to earth from...
B: Yes.
Q: ...from the, uh, planet that circles Sirius.
B: Yes.
Q: With the aid of crystal skulls.
B: Yes, for as we have said, the idea of the crystal skulls is a representation of dimensional doorways. Those that can learn to read them can come through. That is what the Mayans also did.
Q: OK. Well, that particular one that, uh, that was discovered in South America among Mayan ruins, was that...that was the one that originally came from Peru?
B: It has been around; some of the technology is also Atlantean.
Q: Is the skull itself that old?
B: There were others.
Q: Ah. Okay. Also, uh, there’s something about a pair of hands that held a crystal from Atlantis and I’ve heard two different things about that, one about the crystal. All right. In a channeling last Saturday night a girl asked why she didn’t like crystals, and the channel told her that she had been part of a group of thirty-one people in Atlantis that removed this crystal from a pair of carved hands that held it.
B: Yes. Understand that the idea of the carved hands will have been the connector and supportive base. There will have been the direction of what you call solar energy in the hands in the pyramidal temples.
Q: There’s a connection here with Egypt as well.
B: Mostly, at this time, Atlantis.
Q: All right.
B: And the idea of the destruction of Atlantis through the crystal technology.
Q: Yes. Um, I heard the very next day, synchronistically, from a friend of mine, that she had heard on a talk show that some diver had discovered this pair of hands when he was diving, and he felt they were remnant of Atlantis.
B: Yes. In the area you call Bahamas.
Q: Would that be Biminis?
B: Yes.
Q: That was a mountain top in Atlantis at one time?
B: A plateau.
Q: A plateau. Yes
B: One of the islands referred to as Poseidia. The larger island is further north, what you now refer to as the sunken Bermuda Rise area off of your eastern seaboard.
Q: Yes.
B: It was mostly those two islands, though there were smaller islands in the chain. Atlantis is not the Atlantic Ocean filling continent that you might think; but it was large islands closer to your Americas.
Q: Hmm. Okay. Can you, would you be willing to give me little of my personal connection with Atlantis and also with Sirius? I feel a tremendous connection and I...whatever you can tell me about it I would be willing to hear.
B: At this time, all we can share with you is the idea that your imagination can delve into gold, white linen, and crystalline forms in circular fashion. Jade, blue crystals, water, pyramidal structures and, what you call, the art form, frescoes.
Q: Hmm.
B: Which originated in Atlantis.
Q: And then showed up in Greece.
B: Yes. And what you call Portugal and Spain and Morocco.
Q: Ah. How about Majorca, in Spain?
B: Yes.
Q: (laugh) Well that’s good, because I’m going there this summer.
B: Follow your instincts. Retrace your steps.
Q: Great. Thank you. I love you.
B: You may find that it may feel more natural to walk in sandals.
Q: True.
B: Thank you.

Q: We’ve talked about the crystal skull.
B: Yes.
Q: And I’ve been getting some information that indicates that some people surmise that its origins are pre-Atlantean, even pre-Lemurian. And we’ve discussed them in terms of the origin being the (–?) ... being Mayan. Could you comment on that?
B: In this way, you will find that there is some reality, in the sense that it predates the Mayan, but mostly you will find that there have also been other crystalline artifacts. It is mostly the idea of the technology itself, and the utilization of the technology in that way that predated the artifact. It was simply that technology, that understanding, that information, that allowed that civilization to create such an artifact that carries with it a sense of ancientness about it, by its very nature. Because of the blueprints it was fashioned from, it carries with it intrinsic connections to ancient times. So that each and every artifact that was created in that manner can be perceived, and would, by nature, by definition, be perceived by those sensitive to it, as something that is, quote/unquote, older physiologically than it is.
Q: I see. Is that connection made simply through the technology of its crafting of (–?)
B: In a sense, yes. Because of what it is, because it does function as a dimensional energy gate, then any sensation, any perception of it as an artifact, will always bring with it an understanding of a perception of the fact that it is connected to all places and all times. So it will feel older than it may physically be.
Q: Oh, I see. The concept of energy gate predates that, and connects to all the other areas.
B: Yes. But any time such an artifact is made - following that pattern, following that blueprint - and it functions as an energy gate, it may, to certain sensitivities, seem to be older than it physically is.

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Q: I understand. Also, last week I asked you if I had appeared as a virtual personality on your planet, and you indicated, basically, yes.
B: Yes.
Q: And you mentioned you perceived energy of my working with crystal sheets.
B: Yes.
Q: And when you... my response was, "I'll take your word for it." The reason I responded that way is because my perception was that I did that in my dream state.
B: All right.
Q: Therefore, I didn’t... I don’t recall my dreams generally; therefore, I didn’t have a specific recollection of it, although it seems fitting. It seems just fine to me that that’s what I would have done.
B: All right.
Q: I wanted to find out what the crystal sheets do, what they are, and in what way.
B: Now, we have described them to some degree. They are what you might call a technological manifestation. They are imbued, in a sense, with a type of - loosely termed - circuitry, that allows them to form many functions, according to how they are applied in connection to other manifestations. In a sense, they can be utilized as remote computers, which can also attach themselves to other crystalline forms, and allow transformations of those crystalline forms according to the programming in the crystalline sheets. They can be broken into different sizes. They can actually perform the function of the idea of becoming a hull, where necessary, upon a craft, if such is necessary. And they can allow themselves to be re-programmed for many different ideas, many different understandings, that have to do with both physiological technology and mental technology. They are, in a sense, the skeleton keys of our technology. They are multi-versatile.
Q: Uh huh.
B: Multi-applicable.
Q: Is it quartz crystal, such as we have on this planet?
B: Not exactly, no. It is a combination metallic crystalline substance that is a combination of something that you might recognize, to some degree, as combinations of crystalline structures of magnesium and iridium.
Q: Okay. What is the thickness of this crystal?
B: Not more, in your counting, than approximately - although there will be some variation - between what you call one-quarter to one-half inch.
Q: Uh huh! Now, what is my function in dealing with these?
B: Simply you are there to understand the idea of the malleability of such a device as it points out to you the relationship of technology and consciousness.
Q: When you say malleability, are you referring to physical malleability or the...
B: Yes.
Q: ...programming malleability?
B: Both. For what you program it to be, allows it to become also physically malleable.
Q: I’m trying to understand that concept.
B: Let us say that you had a sheet, and you were upon a planet that you were exploring. The sheet - a large sheet - so aptly programmed, could become the idea of what you would call a shelter. And certain portions of it could also function as the exploratory devices that you may need to analyze what you are exploring.
Q: Does that mean it would take a physical shape?
B: Yes.
Q: Without mechanical.
B: All the mechanics are built into its circuitry. It simply will respond according to the energy matrix the circuitry gives it - it will take that form.
Q: Well, does that mean - let’s say you - as I conceive of this in my imagination, you land upon a planet with a craft.
B: Yes.
Q: And you’ve got this hull... or this stock load of crystal sheets. And you take a bunch of them out and you say, "well, now, this one is programmed as a shelter, this is programmed as an exploration vehicle," and they just take shape right before your eyes?
B: In a sense, yes.
Q: Wow! That’s very wild.
B: You are simply understanding that there can be simplification of your technology to represent the multiplicity of ideas.
Q: Yeah...
B: This you are beginning in your society to explore with new combinations of metallic plastics that are also conductive.
Q: Yeah. Well, we haven’t... as far as I know, we haven’t really tapped into the idea of self-transmogrifying.
B: Oh, just beginning to; just beginning to. For now, one of the first primary steps is the recognition of what you call metal memory, or plastic memory.
Q: Yeah. What do we use it in?
B: Not many things right now, but a few devices.
Q: Well, if you would name one, it would probably jog my memory and give me an example.
B: Certain types of energy engines, but again, most of these are in the experimental stage on your planet.
Q: Yeah.
B: It is not in what you call widespread use. Although there is one idea that - let us say - it is a sort of precursor to this understanding, and it is what you may refer to as the bimetallic strips of what you call your thermostatic controls. When a certain temperature is reached, it takes one shape; another temperature, another shape - and performs the function of a switch, on and off.
Q: I understand that. Well, I would think that that’s a primitive form of that.
B: It is a beginning.
Q: Because I would think that what you’re talking about in crystal sheets is something, which uses inter-dimensional functioning to change form...
B: Yes.
Q: ... in much the same way that you move your spacecraft.
B: Yes. It is simply inter-dimensional engineering.
Q: Yeah. So it just goes into a different dimension in which it has a different shape. Now, does it go into that different dimension in a stuck function, so it goes instantaneously to its final shape? Or does it go through a sequence in which there’s a process in which it takes form?
B: You would observe there to be a smooth transition, a small process.
Q: In actual fact, it’s changing different dimensions.
B: Yes.
Q: You said earlier tonight that a bunch of symptoms, which you mentioned, which I’ve had all of, were symptoms of moving into the fourth dimension.
B: There are symptoms of moving into the fourth density while still retaining some connections to third.
Q: Okay. I have a little confusion of relating that to another thing you said at another time...
B: All right.
Q: ... about pain being created by friction?
B: Yes. Thank you. The idea simply is that you have a habit of thinking of yourself in a certain way as a third-density being. When you begin to have the notion, or become aware of the idea of fourth density, then you will find that you usually begin to explore that understanding from a third-density point of view. One of the things that you have created in your society to begin the exploration of fourth density, from a third-density point of view, is the creation of a so-called belief that, as a third-density individual, you have a slower vibration than you will have as a fourth-density individual. But this is still the remnant of a judgment: the creation that the idea or belief that the third density is somehow less than the fourth density.
So you create a separation while you are, quote/unquote, forcing yourself to explore fourth density, and therefore allowing yourselves to experience some acceleration of energy. And you still hold on to the idea that, while you are

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doing the exploring, you are still somehow something less than what it is you are becoming. You are moving at a slower vibration in that way. 

Therefore, as long as you are exploring the idea of higher vibration - as you create the idea of fourth density to be represented, in your mentality, as a so-called higher vibration, and at the same time still retain a notion that while you are doing this, you are a slower vibration - this judgment and this comparison of separation then creates the scenario wherein you have two different vibrations within the same body. This causes friction, which causes pain.

When you simply know that you are what you are at any given moment - and what you are at any given moment is what you need to be - you will then accelerate as a smooth oneness of vibration, and not create comparisons between something you think is less, to become something you think is more. You will become one vibration; you will erase the friction. There will be no pain.

Q: That helps a lot. Thank you.

B: Thank you.

Crystal Skulls
Crystalline Craft and the E-Motion of Light

We refer to our civilization as Essassani, which means, living light; which is another way of saying crystalline form, in a sense. For the idea of light itself is, the matrix, the crystalline matrix of All That Is, in physiological primary energy form. The utilization of crystalline forms within our civilization will take some different forms, primarily for the purpose of allowing a multitude of functions to be served by one homogenous, multi-form, metallic crystalline substance, that in this way can form connections to consciousness, All That Is. And also, be projections, or function as projections of the idea that you call our spacecraft. For they are mostly crystalline in nature. They are, in a sense, grown, rather than built, according to the resonant frequency.

Now, therefore allow me to point out...the idea of tones, in this way, will also be manifestations of crystalline nature, of the vibratory frequencies within the primal fundamental energy. And in this way you will find that what we will do, is utilize the idea of sonic patterns, so to speak, vibrational resonances, and build out of energy, a frequency form. Upon that frequency form will we allow the metallic crystalline substance to grow. Thus, because that sonic frequency, electro-magnetic form, is representative of one, and only one fragment of the matrix, and because the metallic crystalline form only grows within that particular fragment of the matrix, no matter how thin the material may be, it cannot be bent. Because it cannot exist in another plane other than the form in which it is created. You follow me?

That is how one of the ways of utilizing crystalline substances manufactures itself within our civilization. Another way, is similar to what you understand to be dwellings, although they are mostly dome like. They are usually, in your terms, semi-transparent or translucent, whitish, crystalline in nature; though any section can become transparent when so desired. And the idea of what you would call circuitry, though not exactly as you understand circuitry, will be grown into the material itself. So that the idea is that it is activated by our consciousness, and any portion of the crystalline dwelling can extrude itself into a form that will be utilized as the necessary machine.

In our spacecraft you would recognize that there is, so to speak, an engine, but there are no real moving parts. And it is through a particular portion of that engine, that we refer to as a flash matrix, that light itself is converted into the type of consciousness that forms a link with what you call the pilot, yes. That is how the craft are driven, so to speak.

We were talking about tonality...in this way therefore recognize, that again, just like what you call the energy vortices, the chakra points, the tonalities will also be counterparts, corresponding counterparts to all the gateways, the doorways. You will simply recognize that in a sense, everything in your physiological universe is the product of vibration, tonal vibration. And in one sense, in an allegorical sense, this is what is meant by your biblical reference, “In the beginning was the Word.” Tone, sound, resonance. That is why it is that portion of the vibrational matrix that allows you to feel; it is the emotionality of light, in a sense. That is what sound is, the emotionality of light, of the primal energy.
That is why, no pun intended, it strikes a chord within you, that is why it moves you. It is the motion, it is the e-motion, energy motion of light, sound, tone, vibrational harmonic resonance. The overlapping energy patterns that represent the idea of your consciousness, in motion.

When you form any idea of a fragmentation of yourself, any idea of an integration of yourself, you are dealing with harmonic resonances, in such a way as to set yourself up to be a fragment of, or a total representation of a crystalline form. Because all the facets relate to each other in a specific, let us say, mathematical way, that create the interactions between them that you feel to be the communication between a so-called present, past and/or future self. It is much like the idea of the arrangement of mirrors that allows the reflections back and forth to go on into infinity.
Cycles
Q: There’s a scientific community on this planet right now that’s very interested in studying cycles. And one of the cycles that’s been documented is the effects that are created on this planet whenever there is a major radiation or explosion of some type on the sun. It’s actually been documented – the statistics and the findings on it. It’s like there’s an incredible peak of some sort, like the stock market goes way up, people are... 

B: All right. Now understand to a degree, first of all, that within every idea of what you term to be your own domain, that is your solar system, there will be, much in the same way as your own emotional attitudes affect the weather of your planet, the correlation of the cycles between your psychic manifestations and your understanding of the cycles in which your mass consciousness is passing through.

The various doorways will manifest themselves for you, seemingly outwardly, in a manifestation of cycles which will have in a way partial control over your activities and your understandings of yourselves – the ebb and flow of your cycles of energy and expressive form.

Understand, to a degree, this is the basis for the formation of the tool you call astrology. Simply that you have extended your cycles outwardly and allowed your universe to reflect back to you the particular overlap of patterns which represent to you a particular psychic make-up within the cycles you have chosen to experience for your own mass consciousness, in its unfoldment of its awareness of itself.

Q: Okay.
B: You follow me?

Q: I do.
B: All right. Go ahead.

Q: The thing I find peculiar about it, or interesting about it, is that these cycles have been... this particular cycle has been occurring for a very long time, and it happens about every 4.26 something years. And I find that interesting, I mean... as you say that a degree of our consciousness... that it would occur every 4.26 years, not just more randomly than that.

B: Understand to a degree there will be many, many types of cycles, which will overlap in that manner, forming as they will, connections to different cycles within different levels of your consciousness.
Understand you will find there are cycles going on of which you have no conscious cognition at this time, being that your entire understanding of what you consider your own historical existence and civilization to be, will still be occurring in between patterns within this cycle. You follow me?

Q: Sort of. In other words, the...

B: I’ll say there are, in your terms, long-range cycles, so long in range in terms of time as you know it to exist, you have not recognized them as cycles.
Q: Right.
B: There are also, in your terms, short-range cycles, too quick to be perceived by the rate of vibration of your particular physical existence.
Q: Okay.

B: But…
Q: So in other words we have set these in motion?

B: In a sense. Understand that your entire universe, as you allow yourself to perceive the idea, is created at the moment of your own perception and in accordance with no more than your individual perception, but in accordance with that mass consciousness which you have agreed to form an overall universe with. You follow me?
Q: I do on that. Mhmm... okay. I still don’t quite understand about what the purpose of that cycle would be.

B: All right. Now, understand again that there will be within that particular cycle that you have referred to, the idea of allowing the self to attain certain physical manifestations. But in the attaining, to unlock the potential to always understand at that moment that the attaining is only the being equal to. And as such you may find that there will be tensions or stress, which will manifest whenever the idea of the attaining becomes equal to the idea of judgment. And as such you will find that your cycle will recreate those tensions or stresses which may manifest themselves in any way that you term to be, within your structure at this time, economic in nature.
Q: Okay. Well, it’s obvious to me that the awareness of this must be mostly the unconscious…
B: Yes.
Q: …because most of the individuals around on this planet aren’t aware that that’s what’s happened to them.
B: Yes. Understand that it is still to a degree, a remnant cycle, representative of many remnant cycles that represent certain ideas or tools which your civilization has created for itself. Understand that your cycles will find themselves shifting a little bit after you pass through your doorway of transformation into what you term to be your new understanding of yourself, your new age of yourself. You will find that many of these ideas will assume the tempo of your new vibratory rate, and as such you will perceive some of the cycles to shift.

Q: Okay, I understand that. Thank you.

B: Thank you.

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Q: Yes, do you believe there is a dark side, an evil force? And if so what form do you think it takes?
B: Thank you very much. There is always positive and negative energy mechanically speaking—positive energy is that which integrates, that which unites, which unifies and by definition—mechanically speaking—positive energy is that which integrates, that which unites, which unifies and functions as a whole, which blends, which harmonizes.
Negative energy is that which separates, segregates. It is, in your terms, discordant. Seeks externalized control, because it does not believe the control comes from within. Seeks manipulation, domination, because it is only perceives power as being expressed in externalize terms. That is positive and negative energy.
The reason that we hesitate to use your terminology of right and wrong and good and evil is not because we do not understand what they mean, in that sense. Nor are we saying that more often than not your terms don’t apply to the idea of positive and negative. Usually they do. Usually when we perceive you saying right and wrong and good and evil, you usually do mean positive and negative energy. However, the terms good and evil and right and wrong are extremely subjective value judgment labels, and don’t always tell you whether an energy really is mechanically positive or mechanically negative.
All of you, if you stop and think about it for a moment, will realize that there can be individuals doing things that are very positive and unifying and yet there can be individuals who say, "that’s wrong; that’s evil. And yet there are individuals who can be doing things very negative, very segregative, very dominating, and someone can say, "that’s good; that’s right."
So saying it’s good or bad or evil or right or wrong doesn’t really tell you very much about what is actually happening on a physics level. However—yes there is consciousness in many different levels that express the idea both of positive intention and negative intention.
However, most of the idea of negative intention can only be expressed on what you would call lower levels of vibratory state, such as physical levels and a few of the levels of the astral realm just above it. Beyond that it is almost impossible to express negative energy, because by definition those other levels are integrated energies.
And to be existing on that level in a conscious format, you must be an integrated being, which means you will generally not express yourselves in a negative sense.
Now what you generally call a manifestation of directed evil, or what you call the devil, or what you call Satan in your world is the polarized idea of your collective consciousness, supported by your fears and your doubts and your hate, and given life. It is, in a sense, a consciousness unto itself; but it only gathers its strength from you, from your fears.
You can deflate it by not believing in it, by not buying into it, by not fearing it. The vibration of fear itself is what that consciousness would want you to have – because fear is what feeds it, what sustains it as an entity unto itself.
In a sense, speaking biblically as you say, the negative combined collective consciousness of your entire planet is what you call Lucifer. It is the negative polarity of the Christ consciousness. That is why the idea of the scenario that was created for you biblically of, quote/unquote, Christ being tempted by the devil, is simply a metaphor, an analogy, for the idea of the Christ consciousness recognizing within itself the potential to give in to the negative side, but recognizing that that is not the positive idea it is, or chose to be.

And so recognizing that there is the positive side, the negative side, and then what you would call the in-between state, the balanced point, you can understand that creation, in a sense, is actually slightly biased to the positive side. Because the center point is a point of balance, and balance is inherently positive. Understand? Yes.

So the idea basically is that again remember you are aspects of the Infinite. What you imagine to be real, you actually give life to. So the idea of what you may call a negative entity: they can have lives of their own, they can have existence and self-awareness; but the only way you can interact with any negative consciousness is by being of that frequency and attracting it. And one of the easiest ways to be of that frequency and attract it is to buy into the idea that you have to fear it. Because you really believe it’s more powerful than you are.

It isn’t. It would like you to think so, because that’s what generates the fear it needs to feed off of. But you aren’t less powerful. Whatever you decide is what you are, and whatever you are is what you attract. And if you know you decide to be a reflection of the positive manifestation, then you may be able to be aware of the fact that there may be negative manifestations, but they can never interact with you in an effectual way. You will become, literally, invisible to them.

Understand?
Q: Yes.
B: Does this assist you?
Q: Yes, thank you.
B: Well, thank you very much.
DARKNESS

Q: I come here not knowing what I’m going to ask you about…
B: Oh, spontaneity. Thank you.
Q: (Trusting? That and –?), yes.
B: Yes.
Q: Uh, the thing that excites me most at the present time is darkness. And I’ve been channeling darkness, and different aspects of it have been emerging, and I would welcome any inputs you have on this concept and experience of darkness
B: First, our congratulations at your willingness to understand that you have reached a point of personal power wherein you know that nothing you could explore, on either polarity, will ever be more powerful than you. So it is a reflection of your willingness to know you are centering, balancing. And from that point of view, the exploration – the observation – of your preferences are all equalized on the same level. You are now getting in touch with the idea of the polarity within you that you may refer to as darkness – knowing that anything you will discover in that darkness, you will be able to transform through the light of your consciousness into a positive reality, a reality of light.
You are now willing to know there is nothing within the darkness you could ever stumble across, nothing within the darkness you could ever discover, that could not become a part of the light you prefer to be. This is using the foundation of the triangle, with the polarity of light on one side, the polarity of darkness on the other – blending them to be able to create the apex; to elevate and enlighten yourself by including the totality of yourself, which then allows you to have a base upon which the apex can stand. And, of course, that apex, that pyramid, that triangle being fundamentally where the symbol of the wizard’s hat comes from to begin with. Thank you. Does that assist you?
Q: Yes, it does. I would like to explore further two aspects of this.
B: All right.
Q: One has to do with channeling what was a large suspension bridge, about 10 feet wide, and it was sagging towards its center. And it seems like I’m walking down this bridge, but not getting anywhere. That’s one thing.
B: All right.
Q: The other has to do with this book, “Communion.”
B: Yes.
Q: Having read this book, I’ve come away from it with a feeling of (perhaps?) sadness. Because the book is couched in terms – as I read it – in terms of physical suffering, extreme fear on the part of the author, and the story I(—?), when it gets out into the public, will not convey the kind of message that you and Lazaris and others like that, are conveying about extraterrestrials and other levels of consciousness.
B: Not so. For recognize, if you will, perhaps, re-read that idea, you will discover – now, looking at it from the other side of the bridge, from the positive aspect, that the author came to many realizations; that the source of all of the discomfort and fear that was felt came from him and was inherent in the interaction. The author made many realizations of this nature, and has, in your terms, done quite a creditable job of owning his fear in the interaction – and this will come out. It will come out.

But again, you have the opportunity of viewing it from either side of the bridge. And allowing that to be blended and balanced, and knowing that everything manifests in perfect timing will allow the bridge to be straight and true; and will allow communion to happen across in two directions – rather than feeling that there is a mid-point that no one will be able to cross. Everything is going quite nicely from our point of view.

Q: Okay. Another manifestation of this has to do with this game that’s going around town, called Airplane. Undoubtedly you know about it. And it seems to elicit a lot of feelings about money, worthiness, guilt–

B: The whole spectrum, as you say.

Q: The whole spectrum. Correct.

B: All right.

Q: I would welcome some comments about that.

B: All we will say at this time is, any tool you attract into your life use it if you feel it is an expression of your integrity. If you, in viewing the overall idea, feel that to become involved with any tool will be an expression of the lack of your integrity, or the support of, in that sense, a situation that will instill within others more capacity to play victim– then decide whether or not you wish to become involved. ‘Tis totally up to you.

Your perspective, in many ways, will determine the aspects of the whole idea you encounter. Your belief systems going in will determine, in many ways, the outcome. But take into consideration simply what your beliefs about the whole idea are, and let that be your guide as to your participation.

Q: It seems to hold the choice of treating it as a third density game, and a fourth density game.

B: There is always every aspect, and they are completely different games.

Q: If I were to play as a fourth density game, then that would mean that everyone would always win, there would never be a loser, and that it would go on indefinitely. And it would mean for me, personally, a very – almost instantaneous – transition into fourth density.

B: Yes. But we cannot recommend; it is up to you.

Q: Oh, I wasn’t asking for a recommendation.

B: We know, but others were.

Q: Right. (Much laughter) All right. Thank you.

B: Thank you very much.
Q: It’s good to be with you again in this close range...  
B: We are never far apart. 
Q: Yes. 
B: Thank you. Our hearts, with all of you, are always touching. SHARING!
Death and Dying

Q: Someone I work with recently called in sick. And then I learned later on that they were in the hospital, that they’d had an aneurysm, a stroke. And apparently the doctors had given them no hope...

B: Well, that is all right; hope would not help them too much.

Q: Yeah, that’s true. And when I heard about it, I wanted to go there and do all the healing, and so on. And then I stopped myself, and I said, "wait a minute; let me get in touch with what is going on." And I sat down with myself, and I believed in him. And instead of going gung ho and bringing tapes and all this, I said, "wait a minute. Maybe he’s going through something that I need to respect." And um...

B: There are also many things you yourself can learn from it while that individual learns from it.

Q: Yes. That’s why I’m describing this and asking the question. I then went there, and his family was there; and we were all helping to heal him. And I’ve been doing some meditation; and he’s now well, he was in a coma for three days, and he is now going to survive.

B: Very good. We thank you for utilizing his chosen way of allowing each and every one of you to blossom, of luring you into your higher selves. This was by the idea of an agreement to shock you, in a sense, into a different state. To focus you on the idea of the heart energy, to know that unconditional love is what will connect all of you, and allow all purposes in life to be revealed. We thank you for using the scenario in a positive way and thereby generating the positive result.

Q: Thank you for your sharing and your observation.

B: Thank you! Sharing!

Q2: A very dear friend of mine just passed away from cancer last week. She was 32, and she left a husband and two children that... I want to know where her soul is right now, and how she’s doing in her transition to the other world.

B: Always there is the assistance that is necessary to acclimate the being to the new understanding, the new perspective in, what you call, the astral realms. There is orientation going on; there is now the understanding of what the creation of disease is. There is also the opportunity being presented to this individual that she can function for a while as spiritual guides for her own children. There may be, may be, may be – for this is not yet decided – but there may be an opportunity for this individual to reincarnate as one of her own children’s children. May be. You follow me?

Q: Yes. That’s what I really wanted to know. She was a very enlightened being, and she shared a lot of wonderful light and love with many people...

B: Yes.

Q: And she had over 500 people at her memorial service. And I just had this thought, that I don’t want to continue to create, is that once you get there, there is no longer any need to be alive on this level, and so you die. And she got there at a very young age.

And so it was like... my self started saying, "you don’t want to strive anymore for getting perfect, because if you do, there you go.”
B: All right. We understand what you are saying. However, recognize that you will never attain perfection, no matter how much you strive anyway. For you are already perfect now. You can become any sort of different perfect idea you wish to be. You can become a more expanded perfect idea, but you will always be just as perfect. You follow me?

Q: Yes. I guess she just seems to have everything together except her health.

B: Understand there is a reason for the timing. That is not an indication of an imperfection; it is an indication of the timing that was necessary so that she could now be of assistance in another way. The idea was that she was accelerated to the point where then she could accelerate herself to another level, to be of assistance in another way – in the way she agreed to be of assistance to those individuals still physical. She can now, in many ways, actually do the things she agreed to do. If she had remained physical, she would not necessarily have been able to do so. She is now going to lure them into more of themselves, because they are stretching to reach her. You follow me?

Q: Yes.

B: Everything functions within perfect timing – everything. It was simply a convenient way to accelerate the idea of the physiological death. You follow me?

Q: Yes. And that’s helping in my own grief over her loss. For as much as I know that she is now free of the physical pain that racked her physical body for so long, I had my own sadness for missing her.

B: All right. Of course, recognize there is no loss, for she still exists; and she is still here and now, in her dimensional way. And the idea that many individuals, in your terms, who do choose to accelerate themselves in life – not that they have to, but simply many of them have chosen – that if there is going to be any exploration of negativity, of pain, then many of them choose to accelerate it rapidly, so in a sense, they will get it all out of the way.

The next life this individual has – if she chooses to live again – will be one of complete and absolute ecstasy, for the time frame in which she will be born will be very solidly within the next transformational age. You follow me?

Q: Yes.

B: She has, in that brief spasm, if you will, of pain, completely accelerated herself beyond the complete old karmic cycle. She has lived, in that brief spasm, what other individuals may have chosen to experience as lesser negativity in many lifetimes. And that was, for her, a measure of how powerful she knew she was.

She is still that powerful, and more. Feel her power, not the loss – because there is no loss. Feel the power that she knew she had to have created the scenario in that way, and you will be bathed in the idea of that being. And you will then allow that being to allow you to be bathed in your own energy of self-empowerment. Identify with the power that she is. You follow me?

Q: I sensed that very much at her memorial service.

B: Yes.
Q: Is she fourth or fifth dimensional now?

B: Let us say fourth, basically – fourth non-physical. For in that way, the fourth non-physical would be the level that maintains a connection to the earth plane, so it can still be of assistance in many different ways.

Fifth density would usually take that being beyond the realm of the earth plane. For now, she is, in your terms, hanging around to be of assistance and guidance. Thank you.

Q: Thank you very much.
Death as a Symbol

Q: Can you give us some insight as to why the group of dolphins were dying on the beaches on the East Coast and what that was about?

B: To some degree it ties in with some of the magnetic fluctuations that are going on upon your planet. The dolphins can be just as easily confused as many of you with some of the fluctuations that are going on. They guide themselves along electromagnetic lines. Sometimes shifts in those electromagnetic lines will divert them from the direction they actually prefer to go, into thinking that they are heading the correct way, when they are not. In other words, it confuses their orientation and magnetic sensing to some degree.

But an overall reason is to still interact with your humanity in any way they can. Some of them will choose ways that may seem drastic to you, but will bring to your awareness the fact that they exist and that will allow you to stretch your hearts out to them. So in that stretch, even if for what seems to be a negative reason, there will be contact – which can then be transformed into positive interaction.

Q: Yes, but what is the symbolism? What are the dolphins trying to get us to understand?

B: The fundamental sense that you are one society, that you need to interact with each other and with them; that you are two alien species on one planet; that they are conscious, sentient beings like you. Humans are not the only sentient life forms on Earth. Dolphins, cetaceans, whales, they are the second alien species upon Earth... aliens to us, that is. You have been segregated from each other for a very long time. It is time now to blend and balance and become one society, interacting, helping each other, sharing with each other, playing with each other, to become the one world that will then allow you to interact with other integrated worlds. That’s the fundamental reason for their interactions and communication in that form now. Is this making sense to you?

Q: Yes, but I just don’t see what the deaths do. How that is going to help people to play more or to integrate more?

B: The idea is that certain individuals in your society are only enticed when others are in trouble. Sometimes, what you call, tragedy is the only way to reach some of your hearts. And the dolphins and even humans will be willing to do that as a service. Understand?

Death as a Symbol
Questioner: I have always been fascinated with the idea of how your society works.

B: Oh, all right. It works very well, thank you very much.

Q: I'm aware of that. Ah ... well, let's say for example ... how do the beings on your planet, or your dimension, how do they make decisions? Such as when they go ... when the decisions are contradicting ... or they just differ?

B: They cannot be contradicting, there is not such thing in our society at this time. We rely one hundred percent on synchronicity, and trust that what happens is what's supposed to be happening and use it to the fullest potential in that way. We only take action on things that excite us the most, and nothing else, not even, not for a moment. By doing that our combined, telepathically intertwined reality explores and experiences a constantly unfolding life of synchronicity – always being exactly at the right place at the right time; just exactly when we need to be there, interacting with exactly who we need to interact with, no one else. Every decision happens automatically that way, because it is simply a matter of recognizing what our truth is and acting on it, and that's the only fundamental mechanism for making a decision that exists for us, and can exist for you.

Q: I see.

B: Does that help illuminate the situation a little bit?

Q: Oh, it definitely helps, yes.

B: All right, anything else?

Q: Does it mean that any particular being of your reality could represent the entire reality you live in?

B: Yes, we are all connected. Even though we have individuation, you would recognize a distinct difference in what you would call my personality and the personality of another being from my civilization. But we are all telepathically intertwined and they all know that this communication is going on right now, in some portion of their consciousness.

Q: Okay.

B: To whatever varying degree is representative of what serves them to know it.

Q: And there is no ... say we had this conversation ... say you are on your ship and one of you wants to go left and one of you wants to go right? I understand this is not synchronicity, but it's a personal choice, it's a representation of personality....

B: Yes, but what you are missing is the idea that if it really serves the best of all concerned to have the conversation or have the discussion as to whether left or right would be best, then we trust that that's serving us to have that conversation. Otherwise the people in the ship, at that particular moment, are all going to want to do the same thing, at the same time, automatically, because it serves all of them synchronistically to do so – and anyone with whom that would conflict wouldn’t wind up being there.
Q: All right.
B: They would simply be on another ship going in the other direction automatically. It would just simply have worked out that way. We never let it get to the point where we have to realize the conflictive, polarized nature of decisions because we are constantly acting in trust in the synchronicity, so the synchronicity never leads us to that. Except when, if it does, we recognize that there is a purpose in being led to that – we accept it as such, and therefore, because we accept it as such, there is no conflict. Because now we’re focused on the real reason for the different choices, which is not necessarily to make one choice or another, but to discuss the whole concept of why we have two choices to make. That’s living in the moment with what is happening. We recognize that the concept of discussing what choice to make is the very reason why it happened. We don’t get about being confused about what choice we should make; we clearly understand that the conversation needs to be about making choices. Does that make sense?
Q: Oh yes, it does.
B: Does this help?
Q: A lot.
B: Well, thank you.
Q: Thank you.
Definitions and The 33-Second Technique

Q: When you’re the person that doesn’t believe that it works.
B: Yes. Now do recognize on some level you always believe something.
Q: Yeah.
B: Otherwise you wouldn’t be physical.
Q: Well, what you do to get back to...
B: What you get in your physical reality is an indication of what you believe is true. If, once you get it, you don’t prefer it, it is as an opportunity to recognize that the situation that has now occurred in your life is your recognition of what the belief is. Now you have the opportunity to change the definition, and then simply believe that that is what you now choose to believe. Then you will allow, not make, not force, allow your physical reality to transform into what you now believe, according to your new definition, you actually believe in.
Q: But don’t expect anything.
B: Have expectancy – not expectations. Expectancy is the emotional knowingness that (a) you have changed, and therefore (b) your physical reality will follow suit. Expectation is placing upon the change that your physical reality will go through, the method that your ego thinks should be the way it should change, to represent the change you have made within yourself.
Q: Thank you.
Q2: I have a question of the 33-second technique.
B: Are you willing to hold on a little longer?
Q: Just a quickie.
B: All right.
Q: Okay, the question is: in doing the 33 second technique, I...
B: Yes.
Q: ...find myself asking, with regards to another person, I ran against a question. And the question is, do I really want...like for example, I desire that person to be open and receptive, but then I said: “But wait a minute. If he desires to.” Because I thought...
B: Very good.
Q: ...that was a bit manipulative and intrusive.
B: In a sense, yes.
Q: So basically, you don’t ask questions like: “Okay, I want so and so to do dah, dah, dah.”
B: The idea is to function within your integrity, which recognizes that you cannot control anyone.
Q: Okay. Great. Thanks.
B: And the idea is that if you attempt to control someone else, all you are doing is placing restrictions upon yourself.
Q: Right. Great.
B: Thank you.

Definitions and the 33-Second Technique
Definitions of Reality

Q: I was thinking about what you said about relationships, people having relationships...
B: Yes.

Q: And it occurred to me: the relationship my soul is having with All That Is, right now – would that be me?
B: Yes. One of them.

Q: One of them, right. That’s (__?) this time.
B: Yes.

Q: Thank you very much.
B: Thank you.

Q2: I’ve heard it said that when projecting from, say, the mentalities of the etheric universe, projecting on a curvature is more accurate, more effective, than projecting in straight lines. Does that make sense?
B: Perhaps for the individual that suggested it. But it is simply one representational way to understand the relationship of yourself to All That Is. If it makes sense to you, use it; if it doesn’t, don’t. It is simply a definition.

Q: Well, it’s based itself on – of course this gets back into physics – is space itself built on a circle of curves? Is that how you see it as a...
B: In a sense. But again, space/time is also an illusion built on nothing.

Q: So it is comparable to saying, “well, it’s this way, or it’s this way.” Both could be quite true.
B: There are mass conscious representations that are created to be generally applicable throughout any given universe. And in that sense there is a degree of recognizable spiraling curvature that energy will represent itself within – in this physiological universe.

Q: Okay. One other question I have: different subject. The subject of law.
B: Law.

Q: Law, which in my interpretation governs the world of creation itself. Let me express this.
B: All right.

Q: For example, there is a law – it seems there is a law, which says that if you are in your own domain, you’re creating your own dominion, so to speak, and your own reality, so there is this tendency that other outside vibrations will not interfere with you – will not be negatively affecting you. You see what I’m saying?
B: That is because there is no outside. Whatever you are is it. You are your own entire universe.

Q: Ookaay… so is that… all right. Is that a law, which affects all beings?
B: It is an agreement.
Q: Is an agreement. Okay. But the real core of the question is: I’ve experienced a sense… it’s an abstract sensing – not actually perceiving, but a sensing – of elders, elders outside of this reality structure.
B: We understand. You are simply in touch with different levels of consciousness as you interpret them to be on different levels.
Q: Elders that would appear – not as any manifestations – but only as perhaps a law, a law of order, a law of evolution.
B: We understand what you are saying, but you are only recognizing the agreements of all the consciousness within the idea of that particular universe you are perceiving.
Q: So you are saying it’s nothing more than that? It’s all…
B: It has its own self-awareness, but that does not mean it is not a co-creation with you. You are all co-creations with each other, and yet you each have your own self-awareness.
Q: Yeah. Is that where it stops? There’s no…
Q: That’s where it begins and ends. There are elders; there are you; there are the ideas that you are both a single co-creation that defines each other.
Q: Oh, I see. Okay, because there seems to be worlds that will defy naming, defy definition.
B: Only because that is the definition of your reality: to not have those definitions.
Q: Okay.
B: The idea of those levels is that definition is simply knowingness, not analytical.
Q: Yeah, there’s a thing in the bible where God does not want to be named, doesn’t want to be marked. You see what I’m saying?
B: Oh, it is not that God doesn’t want to be; it has nothing to do with the idea of wanting to be. It is simply the idea of recognizing that there are the ideas of levels – so to speak, levels – within All That Is, for which your particular level of experience does not create a recognizable conscious definition other than the actual direct experience of knowingness itself.
Q: I see. Okay, thank you.
B: Thank you!
Q: Yes, could you say something about densities?

B: Densities, all right. Now this is, to some degree, simply a colloquial terminology for what you have called dimensions of experience. And all it really refers to is different frequencies of existence; a different density, a higher density, being a more accelerated frequency, a less material frequency.

But we will also say this about the idea of densities and your transformation through them, your acceleration and graduation through different densities. You, as a planet, are now going from third density to fourth density. And what this basically means is that fourth density is the last level on which you can experience yourselves in an accelerated state and still remain physical. Our civilization is going from fourth density to fifth density, which is a non-physical state.

And above that, in your terminology, are non-physical states, up to and including seventh density. And then you go to an entirely different octave of dimensional experience for which, right now, there aren’t very many words to describe it accurately in your language. And even we are only beginning to explore that idea. However, the idea itself of going from level to level, density to density, is, now pay attention, is the process of realizing that you actually are the dimension itself that you previously thought you existed in.

One more time, you now exist, you think, in a physical universe. Your fourth density transformation is when you begin to realize you are the creator of your reality. And what that means is physical reality is your expression, is your projection, is your creation, that it’s actually made of you, that you are actually it; that physical reality is you. When you really realize that, you then see yourselves literally as the dimension of experience that you previously thought you were only a component of.

And that’s how it is for every level. You begin to realize you are the dimension itself that you previously thought you were only a part of. And here’s the wonderful paradox of the whole circumstance, each and every single one of you, as an individual, will experience yourselves becoming the whole dimension. Each of you will think that all the other consciousnesses you have seen as individuals are being, in a sense, absorbed into. And you will have the same experience, because the universe is holographically structured. And that simply means that any point of view can exist equally every where within creation. And that all points of view are all relevant, in that sense, and all true.

Each and every one of you, and each and every one of us, and all beings within creation, to put it in this following way, all beings are all the different ways that the Infinite Creation has of looking at itself, of experiencing itself to be. Every being, in a sense, can be called a God-thought, one of the ways that God has of thinking of itself, of expressing itself, of experiencing itself. And so here you are, being God, manifesting as physical individuals, with individual personality and individual identity. That’s one of the ways the infinite can experience itself.
And so here you are. There are an infinite number of ways, an infinite number of ways. There is no end to the growth; there is no end to the transformation. And the idea of going from level to level and density to density, as far as at least we can tell, will never, never, never end. Does this answer the question sufficiently?

Q: Yes, thank you.

Q: You said something about God before, and I’m curious if you and your people are familiar with Christianity and what you think about the idea that Jesus Christ is the savior?

B: We perceive that the idea has been, to some degree, misunderstood. In the usual vernacular of your word savior, this is not, in our perception, what the individual you call the Christ actually meant to call himself. The idea simply, from our point of view, if we may begin at what you call the beginning, is that what you call the Christ consciousness is the collective, the combined consciousness, the positive side, the combined consciousness of your entire civilization. Once again, aware of itself as a singular consciousness, but also aware of itself as the combination of all your collective consciousnesses. The idea of the manifestation, in physical terms, of what you call the Christ actually happened far more often than once. And the idea simply is that in every endeavor, in every projection of the Christ as a physical expression, the idea that was being shared with your population was that you are also all part of the Christ. Not that, in that sense, the idea of the Christ is your savior, in the sense, that you have no power to create the reality you desire, and that only It does; but simply that your power to create that reality is a part of what it is. The idea simply is at the time that the information was delivered in your society, the concepts that the information was delivered in your society, the concepts that were understood by your civilization then could only translate the idea in terms of being a ruler and being ruled. And so you created the idea that the Christ was a savior that would do everything for you, rather than understand that all the Christ is is a reflection, a reflection to each and every one of you that you are the aspects of the Christ and have an absolute right to create the elevation and ascension of your own energy as a representation of that energy.

Now, each and every world, each and every civilization, has its own version of what you call the Christ consciousness. In our ancient remnant language, which we no longer use, the combined consciousness of our entire world was called Shakana. Our Shakana, your Christ consciousness, and the combined consciousness of all other worlds together, will form what you call the Infinite Creation. So in a sense, you could say the Christ consciousness is a, shall I say, miniature version of All That Is. And, in that sense, that’s why your society has translated it out to Son of God because it is, in a sense, a miniature version of The Infinite.

Q: Do you think that is why maybe we are so limited? Because we put everything, or Christianity puts trust in Jesus Christ and not in themselves?

B: The idea simply is that at any time you take the power that you are and remove it from yourself, you place a limitation that actually denies your very existence, what you have been created to be. So yes, in
that sense, the definitions are what is responsible for creating the limitations.

Now the idea, to some degree, of what has been described as many of the attitudes and experiences are all valid; it is all valid. Any tool, in that sense, is a valid tool if it gets you where you want to go. But the idea is that your society, as we perceive it, and again not meant derogatorily, has placed many labels, many definitions, which in and of themselves are really the only thing responsible for the limiting of your ability to see that you are all the Christ. And that is what it is all about.

By the way, one of the manifestations, the physical manifestations of the direct Christ consciousness that many of you have not recognized is, what you call also, your being called Mary, your Mother of Jesus, as the female polarity of the Christ. There is always male and female in the collective Christ consciousness. And from our perspective of what this basically means, in relating it to what you now call your New Age or your transformational age, is that the so-called "second coming" is not any longer the manifestation of the Christ consciousness in a single embodiment. It is the awaking of the Christ consciousness in all of you, so that you are literally creating heaven on earth. This is our perception of the so-called second coming. Is this making sense in your language?

Q: Yes.

B: Does that answer the question sufficiently for you?

Q: Yes.

B: Well, thank you very much! Sharing!

Q: If we are responsible for our own reality and our reality is some kind of pain, does it end with death? And does your society experience death as we do?

B: Not similarly. We do, as you say, translate from physiological to non-physiological formats, but we do it with our eyes open, consciously, and simply translate our physical form back into energy and continue on, in a more expanded way. Know (that) the idea of the generation of pain in no way, shape or form means it must culminate in what you call physical death. It can always be transformed, especially now in your transformational life where you are beginning to be aware of the fact that pain does not have to remain. So the idea is that in our civilization we no longer experience the idea of pain.

Now, the ideas of pain, all pain: mental pain, spiritual pain, emotional pain, physical pain, all forms of what you call pain are, from our perspective, the result of resistance of your natural self. Pain is friction, to put it on a simple terminology; resisting the natural flow of yourself as an aspect of the Infinite. And usually this resistance occurs when, having been brought up in the society you have been brought up in, you have been fed and bought into definitions of limitation. So that in trying to live out these definitions that are not necessary representative of whom you really are, you are going against your grain, so to speak. And going against the grain gives you splinters. So the idea of going against the grain will stab you and create the idea of pain.

In fact, pain is one of the ways that can function as a barometer to let you know when you are attempting to swim upstream. It can be used in a positive manner in that way. The idea goes hand in
hand with the concept that we have discussed with your society many times as follows: Excitement, what you call the physical sensation or the knowledge, the knowingness, of yourself that is translated as excitement, is your physical translation of the vibratory energy that represents the path you chose to be at that moment of your life.

So when something excites you more that anything else, that excitement is there to tell you three things. First, this is who and what you are. The circumstance and the situation that comes into your life at any given moment that excites you more than any other is letting you know, "This is who you are; act on it." You see, excitement is the sign that many of you ask for. "What can I do in life? Why am I here? What is my purpose? What is my mission? Give me a sign!"

"Hey, look over here; here's a very exciting thing you could be doing!"

"Don't bother me now, I'm looking for my purpose. I'm too busy searching for my mission in order to have a good time."

"Hey, look over here, what about this exciting thing?"

"Not right now, I'm looking for my mission in life."

But you see, the things that come with excitement are the answers, are the signals, are the signposts; that's what excitement is. It's tapping you squarely on the shoulder saying, "This is what you want to be doing right now." The reason it excites you is because it is aligned with the idea of who you are; that's what excitement is.

The second thing it tells you is because it is who you are, it will be the thing, if you act on it with trust and conviction, it will be the thing that can be the most effortless thing you will ever do, because it is who you are. You are being yourself and so, of course, it will be effortless. The only time you have struggle is when you're trying to be someone you're not, again, fighting the flow, buying into the definitions of what the other individuals say you ought to be.

The third thing that tells you when a situation comes along that is more exciting than the other is, this is the thing that if you do it, will support you in the most abundant way to allow you to keep doing it in a more expanded, ever spiraling expanding way.

One: excitement tells you it is you. Two: it tells you that because it is you, it will be an effortless creation. Three: it tells you that because it is you and will be an effortless creation, you will be able to attract the abundance you need, in whatever form you need.

And understand that abundance is more than just money. What you call on your planet money is one of the valid ways to represent abundance, but it is not the only way. There are many ways. So let us add one more definition.

Abundance: the ability to do what you need to do when you need to do it. Period! That's all abundance is. Two individuals, one in your terms with more money; one in your terms with less money, if they are both capable of doing what they need to do when they need to do it, they are equally abundant because that's all that matters to them. And that's the level they have defined themselves to be.
If someone has a more expanded idea of what it is that excites them, then perhaps they need more symbols of abundance to flow into their life to represent what it is they are. If someone simply has an idea that is sufficient to the symbols of abundance that are already in his or her life, then they will still be able to accomplish it as smoothly, as effortlessly and easily as anyone else.

So the idea, fundamentally, is that any time you feel pain, you are basically ignoring, either because that you have been taught to ignore, or because you do not believe that you can deserve the ease of creation, but you are basically ignoring the thing that really excites you the most. And when we say, "The thing that excites you the most," we do not mean you have to have, at this particular moment, an idea of the thing that will be the most exciting thing you will ever do in your life.

No, take it a step at a time. At any given moment, whatever it is at that moment, if you honestly assess all the things you are capable of doing, whatever it is at that moment that is the most exciting thing you could be doing, that you have the capability of doing something about, do it! It will align you with all of the flow of Creation, and life will be effortless.

This is actually what is meant in your society by the term surrendering. You’re not actually giving up your power; you’re actually flowing in complete accord with your power. But because it seems effortless, and because your world is used to thinking in terms of things being under your control if they require an effort, then you don’t think you’re in control when there is no effort. And so you create this idea that you are giving your power up to a greater force. In a sense, yes; but not really. You’re actually taking your power, owning your responsibility, when your life is effortless. That means you are going with the flow of who you have created yourself to be specifically and what you were created to be generally; an aspect of the Infinite. Is this making some sense to you? A great deal.

So you can always transform pain by finding out within yourself, "What is the definition I have bought into that would create the pain to begin with? What must I believe in order to have this pain reaction?" When you get in touch with what the definition is, rewrite it! And then act like you believe the new definition is now more true than the old one. And as soon as you do, your life will be representative of the new definition because your physical reality is always the product of what you hold to be the strongest truth, the strongest definition.

That’s why there really isn’t any the truth. There are only a few fundamentals that could be called the basics of existence that are common for everyone; but there aren’t very many of them. All the specifics are your creation. And the ones that seem similar from one person to another are similar only because you telepathically agree to create them to be similar so you can all play the same game. But there is no real the truth, in specific terms, against which to measure other truths for their validity. The truth is composed of all truths and all truths are actually real.

Any definition you have, at any given moment, generates a self-perpetuating, self-fulfilling, self-sustaining, self-fulfilling, automatic system of manifestation to support the definition and make it seem as if for that moment it is the only true thing. Because every reality is real; every perception is a reality.
Your imagination is the gate, the library, to all probable realities. You cannot imagine non-existence. Whatever you imagine is, on some level, some where, some how, some when, real. And there are various ones that can be manifest in your particular dimension. Yes, there may be some that are nonetheless real.

So the idea is to get a handle on what are the definitions that have created your experience? And if you find there are definitions you prefer, maintain them and if you find there are definitions you don’t prefer, change them. That’s what you have free will for. Does this help you?

Q: Yes. Thank you.
B: Oh, thank you very much. Sharing!
Dental Care

Q: Danielle would like to know if fluoride toothpastes are bad for her?
B: Not particularly. Why?
Q: Well, because I don’t allow her to use them, and they’ve come out with a new type of device that is a pump and she wants to use it; and I buy toothpaste from the health food store, and so she’s hoping that you’ll say it’s okay for her. So...
B: Her belief system, in this way, will allow her to create an experience that can be in your terms – positive.
Q: Ah ha, how about for Crystal?
B: We do not know that if such exists, but within the sensing that we perceive at this time, there is more of an indication of the substance you call mint that will be more... which would be more according to the vibration of that individual. You follow me?
Q: You mean the herb?
B: Mint. And in this way you can find that much of what you call mint CAN BE, in your terms, a replacement for all of those substances with which you are attempting to create a particular effect upon the teeth. Also, BLUE LIGHT will have a positive balancing effect upon the teeth. Thank you.
Q: Thank you.
Descriptions of Behavioral States

Q: Can I ask you a question about certain human emotions, which switch on when you seem to deviate from integrity?
B: Yes.
Q: Could I have just brief descriptions of these: what is anger?
B: Anger is alignment with what you know to be true for you. Anything that lasts longer than 10 to 15 seconds is no longer anger, but judgment.
Q: Okay, what is fear?
B: Fear is the recognition that you may be operating on a frequency that does not necessarily represent an alignment with what you find to be true for you. And it adds energy in a certain way to accelerate you and bring you into the present. The negative effects that fear can have, again, are only the judgment of the fear – that it is something that does not serve you.
Q: I see. And what is grief?
B: Grief, again, is the judgment that you are not connected to a portion of yourself. That you can, quote/unquote, lose something, somewhere – as if there were somewhere for something to be lost to.
Q: That’s very good. What is resentment?
B: It is, in your terms, connected to the idea of jealousy, envy. It is a judgment upon oneself that one does not contain what one sees in another, and does not think it attainable. But recognize, from our point of view, if you can see it, you have to contain it.
Q: Thank you. What is loneliness?
B: Again, the idea of the separation of yourself from the rest of All That Is that you are. That belief that while you are unto yourself, one idea, one universe – a separate universe in that way – that the idea does not contain automatically the polarity that you are connected to everything, and can never be alone.
Q: Very good. The last one is on something that seems to be a chronic condition, rather than a temporary condition. I have two girls in my office. One of them understands insurance perfectly; the other one doesn’t understand it at all. So she calls herself stupid. What is stupidity and intelligence, which seem to be fixed during one lifetime?
B: Thank you. It is not fixed, but the idea simply is, at any given moment, what an individual relates to as a vibration. For recognize that someone who is, quote/unquote, stupid in one thing, is brilliant at something else.
Q: Mhmm.
B: The idea is simply selectivity. The recognition of the vibration that, in your terms, truly excites you, and (that which) doesn’t.
Q: Okay.

B: It can also...it can also be a conscious, or an unconscious, refusal to recognize that you are complete, and do contain all the information you need to contain at any given moment.

Q: That seems to be fixed for one lifetime; you don’t get...

B: It can be, but it does not have to be; and in particular, because this is the transformational life upon your planet, it is less likely that it is fixed for the entire life.

Q: Hmmm, why does a person create that problem, though? That, for her, is a very big problem, which she doesn’t seem to...

B: Yes. Because they wish to experience what it is like to be limited to that extent. Because it is one of the experiences you can participate in, within All That Is. And it also may be serving other individuals through caring and compassion, to learn that they can be teachers as well.

Q: What is judgment?

B: Judgment is separation, limitation. It is the invalidation of the different components within All That Is, the un-equalizing of the different components that you perceive within All That Is.

Q: But can’t you make a positive...

B: Preference. Preference is simply recognizing the vibration that relates to you. Judgment is the invalidation of what you don’t prefer as something less that what you have chosen. You can also simply have an observation, so to speak, that does not have to be a judgment.

You can simply observe that someone may be utilizing negative energy; that does not have to be a judgment. Because you can simply recognize that you prefer, say, in this case, the positive energy. And their preference of negative energy is what they need to learn, so that is simply an observation, not a judgment.

Q: But if you tell them that they are manifesting negative energy, isn’t that a judgment?

B: That can still be an observation, as long as the idea is that sharing that with them is not an encroachment upon their rights, and not enforcement upon your behalf that you think they should change – because it would be “better” if they did. Then that is a judgment.

The idea of “judge not, lest ye be judged,” is that when you judge another, you become the vibration of judgment yourself. It is not that you are being judged by something outside; there is no outside. You follow me?

Q: Yes. Thank you.

B: Thank you.

Description of Behavioral States
Questioner: Bashar
B: Yes.
Q: What is the purpose of knowing what your connection is to another planetary system? And you were saying before that it might change from lifetime to lifetime.
B: Yes.
Q: And how is that a function? I don’t understand.
B: Well, the idea, first of all, is to remember that, again, all of you exist on every level there is to exist upon, right now. Different lives – what you call reincarnation – is simply your term in linear time references. But the idea of linear time is your perception from within a physical reality. All the lives, all the existences, all the ways you do exist, all exist now. And, in a sense, in one meaning of the term, they all exist here as well. The analogy we have used a few times is, what you call, your radio analogy. You have, in your society, the analogy, the device, you call a radio. Now, you know that when your dial is tuned to one particular program – you know that all the other programs are still there at the same time, but you only get the one you’re listening to, you’re focused on, at any given moment. Let’s call that this life now.
Here’s your dial now, tuned into the program of, what you call, your earth existence. But for each and every one of those other existences, their dial, on the setting they have it on, seems to be the only life that is going on. And all the other ones are immaterial, or ghost-like, or probable, or potential lives, or past, or future, or alternate lives. Each life sees itself as "the" life being lived. But all these things are going on simultaneously, because all existence exists now. And all the separations in existence are simply different frequencies that existence has of experiencing itself now. And it experiences all these different ideas all at once.
However, because the definition of your particular program involves linear time, then you don’t experience it all at once; you experience it stretched out: before-now-after, middle-end, cause-effect, negative-positive. All these ideas are simply the result of the definition you collectively have created your physical reality to be.
So, the importance of any of these connections simply is that there will always be bleed-through, shall we say, from all of your alternate lives into this one, and vice versa. And that bleed-through will usually come in a way that is symbolized, or formalized, in a way you can apply it into this life. Otherwise it wouldn’t make too much sense for you. So being aware of some of the other connections can assist you.
All we do is de-stress the idea that it is crucial to know all those other connections, because every life is a complete kit, and has all it needs to live the life being lived.

If it excites you to explore these connections, it can awaken certain insights within you about, perhaps, the reasons for why you chose to be born on earth at this time. A lot of those other connections do tie in – especially now in your transformational age – as to why you have chosen to have a life on earth at this time. Especially because a lot of the things you will be doing on earth at this time will actually open you up to blatant interactions with many of us, wherein many of you will discover your own counterparts existing in our societies. Understand?

Q: Yes.

B: That’s why it has, to some degree, some relevance in your life now. But we always like to downplay it, because the power always starts and ends with you. Understand?

Q: Yes.

B: So the idea, simply, in terms of a different connection to any different life, will be that each life, of its own different definition, will then make different levels of connections that are relevant to the definition of that life. There may be several lives that may have, what you would call, the same connection, thereby creating what appears to be a continuity of connection through a period of time; but each life chooses to make that connection separately and distinctly. And any continuity you may perceive is only your illusion. Understand?

Q: Yes.

B: Is this of assistance to you?

Q: Yes, it is.

B: Oh, thank you very much. Sharing!

Q: You said that you’ve observed our culture over thousands of years?

B: I was speaking collectively. Not my society specifically, but many of the societies within the Association of Worlds has, yes.
Difficult Personal Relationship
Q: I’m having a very difficult personal relationship.
B: How exciting. Yes?
Q: What lessons am I supposed to be learning from this?
B: What have you learned about yourself so far? What have you learned about what you do prefer and what you don’t?
Q: I learned that I don’t like unhappiness and difficulty.
B: Oh, all right. Will you decide to make changes that are more line with what you prefer? Will you stand up for who you know you are?
Q: Yes.
B: Will you allow changes to occur, trusting that when you change in the direction you prefer you will always attract another individual who will be more representative of the changes you have made within, and that it won’t matter whether you are dealing with the same individual or not?
Q: Yes.
B: Are you sure? What else have you learned by being in this relationship? And may I also ask you, what are you defining as difficulty? Take your time.
Q: We don’t see eye to eye on anything.
B: All right. So you prefer one idea, one expression. That individual prefers another idea, another expression. So what is difficult about this?
Q: It doesn’t make for harmonious living.
B: All right. So what’s so difficult about that? The idea is that this individual is giving you an opportunity to decide what you prefer. If you recognize that what they prefer is not what you prefer, move on. What’s difficult about this?
Q: It’s not, after you explain it.
B: Then the next time you feel that you are in a difficult situation, hear in your head your knowingness explaining this to you. And explain it to yourself. Then you will know that you also have the ability to transform “difficulty” into something you prefer it to be. Understand?
I do not wish in any way, shape or form to make light of the situation. I am not making light of your feelings or all the experiences that you go through, but it really is this simple. Honest. It really is. I’m not saying you can’t be a compassionate being. I am not saying you cannot feel for what another person might be going through or that you cannot in any way feel that you are connected to another person, even though you may not prefer who they are. But the idea is that loving them truly is really being willing to let them be who they really want to be, who they are choosing to be, and at the same time choosing what you prefer. THAT’S true love. Sometimes the kindest and most loving thing you can do for another individual is let them find who they would really rather be.
Q: True.
B: Does that help you?
Q: Yes it does. I love what you said about guilt. What was it? Being the opposite of...?
B: Love.
Q: Great. Thanks.
Dimensional Transitions

Q: If this moment in time on our planet is a transitional phase, from third density to fourth density, is the planet itself going through a similar change?
B: Yes.

Q: Will there be physical changes expressed on the planet that we can see?
B: Some.

Q: Like what?
B: Some of these manifestations you have expressed as some of the ideas that you call your earthquakes.

Q: Mhmm.
B: Some of them are changes in your electromagnetic field. Some of them also are changes in the type of atmosphere you may be breathing. Some of them will also be the sensations of different types of pulses going on in your planet. Some of it may also be the cognition that certain ideas and objects on your planet may be giving off more light than they used to – may seem to be brighter than they used to. You may also find that there will be some fluctuation in the idea you call temperature. Some ideas may be the cooling of certain areas to allow the energy to crystallize and become superconductive.
Q: Okay. Will there be like…if it’s affecting this planet, will it also be affecting the solar system, like sunspots, and stuff like that?
B: Yes, but understand it is not so much that one thing affects another in that way. But that everything you are witnessing is simply different manifestations of the same one interaction, all interrelating.
Q: Okay. And you also mentioned that the fourth density experience would be a two to three thousand year…
B: Approximately, as we perceive your energy at this time. It is that you do not need as much time for integration as you have created separation experiences.
Q: So we will be using that time to move to a fifth density?
B: Yes, more and more integration, unification, harmonic resonance upon your planet, ecstatic joy.
Q: Thank you.
B: Thank you!
Disappearing Objects

Q: Last night I watched a blue thing...
B: A blue thing. (Audience laughs)
Q: Yeah. Um...
B: Another one of those pesky blue things...(much laughter) Yes?
Q: I thought it was a...I didn’t pay much attention to it until it disappeared, then it seemed to affect me somehow. Just the idea of something disappearing like that...
B: Yes.
Q: Later last night, even though I was sleeping, it seemed to open up the idea of experiencing something unexpected.
B: Yes, that is a doorway, which is open to All That Is, the allowance of the unexpected. You lure yourself quite creatively.
Q: I felt like I was living more.
B: All right, very good. Living in the now will allow you to feel as if you are living more, so to speak, because you are attracting a recognition and a remembrance of more of yourself. You follow me?
Q: Yes.
B: You are allowing more of yourself to be present. So you feel more alive.
Q: Yes. And I can experience that anytime, not...
B: I will assume that is a statement and not a question?
Q: Yes.
B: Thank you.
Q: Thank you.
B: Oh, thank you. Sharing!
Q: Dr. Steven Greer was asked a question by Art Bell as to why, for instance, President Carter would not disclose information in regards to alien contact? B. Many of your government officials, not only in your own country, are not, in that sense, willing to disclose all the information that they know. Right, and I want to know why not?

B: For a variety of reasons: No. 1., It has been presented to them that such disclosure would cause certain kinds of social-economic disorder. That is one of the primary reasons they have been given, we will not go into all the other reasons know. But one of the other reasons has to do with the concept of timing and the ability to help co-direct the direction that these things, these evolution's, these interactions are going in, so that there can, in a sense, be a transition and a buffering in the transition to allow the direction in which things are moving to be assimilated as best as possible among the general population. Do you understand?

Q: Yes, but it does not seem that it is moving at all, perhaps it is under the...

B: If it were not moving we would not be having this conversation.

Okay, so it is just not as fast as I would like to see it then.

B: It may also be that you are not clear on what it is to look for?

[A.]

Q: All right, so, I guess the preponderance of media attention on the concept is part, is part of that acceleration.

B: Yes, to some degree, yes. For, again, the things that appear in your media are things that have already been decided in the collective consciousness are all right to look at, it is not the other way around, that the appearance in the media spurs these recognition’s in the collective consciousness but that the collective consciousness has already decided this is something that it can handle and therefore it’s all right to allow it to appear and be reflected by the media.

Q: It’s always a negative connotation that they give.

That is not true.

[A.]

Q: All right, well it just seems more...

[A.]

B: Do your homework. It is not true.

[A.]
Q: Okay.
Discovering Who You Already Are

Q: Good evening.
B: And to you, good day.
Q: I would like you to interpret a dream for me, if you will?
B: Maybe. Maybe you can too.
Q: I had a series of three one-scene dreams. If time is short, I’ll just ask you the first one.
B: All right.
Q: I dreamed that I was in a relatively bare room. There was, like, linoleum or a marble floor or something. There was a very dark-skinned man sitting against the wall. He was all huddled up, like he was in pain or fear or something.
B: All right.
Q: And in my dream I walked over to him, and I placed my hands on the side his head. . .
B: Yes.
Q: . . .and someone said something to him through me.
B: And?
Q: Then the scene honed in on me, and I had a shirt on with a white collar. And on the collar were the letters “c-u-e-o” and then a space and then the letter “u.” Do you have any idea what those letters meant?
(Long pause.)
B: They are aspects, pieces of the vibration. Continue for a moment.
Q: Well, that was the end of that dream.
B: What did you say to the individual?
Q: I don’t know. He was like a…my dreams, when I have them, when I remember them, they’re all telepathic. There never seems to be words.
B: One moment…. some of this, to some degree, on one level, is a Lemurian connection to aspects of yourself. Some of it is a connection to other cultures as well. But mostly this is a connection… one momentdo you do?
Q: I don’t work.
B: What do you do?
Q: Well, I read a lot and study a lot and try very hard to grow. I read constantly, trying to understand the spiritual aspects of life.
B: Where do you think that is heading? Where will it take you?
Q: I don’t know. I hope, to a closeness to God – to an understanding of that.
B: Do you all understand that you are made of God?
Q: Yes.

B: Do you understand that everything, therefore, that you do, in a sense is an act of God?
Q: Yes.

B: How much closer can you get?
Q: Well, I still feel that there’s almost like a veil between us and our understanding of what God is. The veil I think is becoming thinner and thinner.
B: Yes, in a sense.
Q: Yes.

B: But that veil is only a definition of one reality, to another thing you think is another level of reality. It is only the definition of your dimension as you have defined it. One moment.
Have you allowed yourself to get in touch with the polarities within you as well? Have you examined the idea of not only the positive but the negative ideas within you?
Q: Within me as an individual?
B: Yes.
Q: Yes.

B: All right. How do you feel about the ideas of negativity?
Q: I am clearing out most of the negatives in my life. I am digging them up, understanding them, looking at them, and learning from them.
B: All right. Then you are transforming them into positive energy.
Q: Right.
B: All right, very good. Do you understand that negative has no more power than anything else? That everything is equal?
Q: Yes.
B: And that these things are just choices?
Q: Yes.

B: All right. One moment. Is there any particular place upon your planet, physically, that you would rather be than where you are?
Q: Yes. Someplace that’s very quiet.
B: Which is?
Q: Oh, maybe the mountains.
B: Any particular area?
Q: Yes, Mount Shasta, maybe.
B: Mount Shasta, maybe.
Q: Mount Shasta!

B: All right. You’re sure now?
Q: Yes.
B: Oh, all right. What will you do when you go there? And when will you go?
Q: I think we’re on a long guessing game here.

B: Yes and no. The idea simply is that, as we perceive your energy, there are, in your terms, many gaps in our ability to access certain information. Therefore, we are guiding you around, steering you around, to see what other information is released in this process. Because there is something that, in that sense, is preventing us from giving you a direct answer; and usually that has to do with a process that you are still unfolding.

Therefore, we do not have access to something that will interrupt your flow. So we are discovering certain aspects, certain parameters, certain definitions about you, so that we can see how this flow ties into the question you have asked.

Q: Well, I think that if I had the time to really spend by myself on Mount Shasta...
B: Yes?
Q: ...I would spend that time trying to...
B: Not trying.
Q: Okay. I would spend that time discovering my relationship to God.
B: All right. How about your relationship as God? Or does that sound off-kilter to you? And if so, why?
Q: I believe that we are all a part of God.
B: Yes. But remember that every part contains the whole.
Q: Well, it’s like the ocean consists of many drops of water, but the drop of water is not the ocean.
B: Oh, yes it is.
Q: Well, it has all the properties of the ocean.
B: What’s the difference?
Q: Quantity.
B: That’s a definition.
Q: Oh, maybe.
B: Let’s put it another way. Another analogy that we have used is to think of a grid, spread out long and flat – lines this way, lines that way (crisscrossing) stretching to infinity. All right?
Q: Okay.
B: Take what you call a shiny ball bearing – reflective surface. Put it anywhere on the grid. All right?
Q: Okay.
B: The reflection of the entire grid is in that ball bearing – the entire grid. All the information – any information – you could discover anywhere on that grid, you can discover all in that one spot on the surface of the ball bearing. Understand?
Q: Yes.
B: Everything you call physical reality is only the product of the information that it is, the definition that it is. One drop is the whole ocean. Whether that makes sense in your physiological reality or not, one drop contains the entire idea of the information of the ocean, the whole ocean. And it is only a matter of your definitional degree that makes it seem to be different.
Q: Well now, if you’re turning that around to us all being God...
B: Yes.
Q: I think the potential for us to all be God is there, but I think we have to clear a lot of negatives. And I think there’s a great deal of growth that we have as individuals...
B: Oh, I’m not saying that’s not the case.
Q: No.
B: But it is more than a potential.
Q: Okay. What I would do on Mount Shasta would be to discover the potential in full.
B: All right. But it isn’t a potential. It is what you are.
Q: I understand the terminology you are using; I know the way you mean it.
B: But all we are suggesting is that what may give you a more accelerated ability to get in touch with what it is you say you want to get in touch with will be to understand that that’s what you already are. And all that you’re doing is discovering that.
Q: Well, what I am is that – in the raw. I’d like to polish it.
B: All right, to some degree, that is so. Polish away. But the idea is that when you do polish it, you will be that shiny ball bearing that reflects everything.
Q: Oh, I believe that’s true of all, of everyone.
B: Yes. Now that aspect of the dream, to some degree, is representative of that. You are speaking to yourself in the dream. That individual that you took in your hands and spoke to, to some degree is a portion of your consciousness – a portion that contains a certain definition, a certain definition that makes you still seem to be within a universe, rather than recognizing yourself as the universes.
This is the whole symbolic idea of the transformational age on your plane, completely. Any acceleration that you do will be the process of discovering that you actually are the dimension that you previously thought you existed in – as a part of.

That is the whole idea of growth and expansion – to actually recognize that you are the dimension you previously thought you were only a part of. But in whatever way, shape or form it serves you to do this, have a wonderful time.

We would simply suggest that if you do have a propensity to go to a certain place, that if a certain place does attract you, we suggest that you do, in fact, go. Because that will be the magnetic field that will be most aligning to you, to accelerate you in the ways you desire to be accelerated. All right?

Q: Thank you very much.
B: Thank you very much, for your expression and for allowing us to see the aspect of the Infinite you choose to be. Sharing!

Discovering Who You Already Are

1
Disease
Q: I’m also dealing with a life-threatening illness and my question is, what additional tools or suggestions would you care to offer?
B: To some degree, what we have shared tonight is very strongly applicable, although you might wish to combine the techniques with your own intuition, your own sensing. Primarily, what is important is to be in touch with what your own belief systems are all about. What are your strongest beliefs? So you can examine, so you can know, so that you can discover what type of belief you would have to have bought into to have created a situation where you are experiencing, what you call, a "life-threatening" disease. Again, the notion of disease can serve many purposes. Understand that it is not always the idea of negativity being expressed. Sometimes an individual will have chosen to show themselves exactly how strong they are by attracting such a limitation to themselves, that the challenge and the process of going through that challenge itself really gives them, in very short amount of time, something that otherwise might have taken them one, two or many lifetimes to go through. This does not mean that you necessarily have to be non-physical in order to learn a chosen lesson. You can learn it very quickly by being willing to examine the beliefs that might have attracted the situation to you. Remember that the first step is to "own," we are not saying you are not doing this. But simply to outline the idea, to own all of the experiences, because you cannot change what you do not own.

Once you own that this is your creation, then you can take the stigma off of the idea. You can know one thing above and beyond anything, that you obviously must be a being of immense power and strength to have chosen such a remarkable challenge to teach yourself certain things. And knowing that you have that amount strength, the knowledge of that strength, in and of itself, can make an immediate difference in exactly how much of the disease you experience or manifest.

So, some of the ideas we have discussed this day, doing the things that give you joy, being in love unconditionally with yourself, can be of assistance to you. You can use your imagination, a very powerful tool for all of you, to create a scenario, a meditation, a visualization or an attraction to other people or situations that can then alleviate the idea of needing to process what you’re learning through the symbol of disease.

Now, allow me to ask you the question that was implied by one of the first things that we discussed this evening. Are you, in your life, doing the thing that would give you the most excitement and the most joy or not? Yes or no.
Q: No.
B: Why not?
Q: Well, I like art and painting, but it sort of petered out.
B: It sort of petered out? All right. Did you go to the next most exciting thing?
Q: I’m trying to.
B: Trying, all right. Trying is a struggle. Trying implies struggling and suffering, and can create
disharmony, discordance and disease to some degree. Again, the idea is the issue of trust, trusting that what excites you the most can support you. When something excites you more than anything else does and it changes direction, it does not mean that you have lost that momentum. It simply means it has changed its form; it has transformed into another guise, another direction, another symbol, another representation.

The idea, the secret to following what excites you the most is to, at any given moment, act upon the most exciting thing you are capable of doing something about at that moment. Because all excitement is connected to all other excitement. And if there is some particular thing that excites you more than anything else that you truly do not have an ability to act upon, then act upon whatever is the most exciting thing you can act upon. That will lead you into the circumstances and situations that will allow you to act on the thing you previously could not act on. Are you following what I am saying?

Q: Yes.

B: All right. So when you find that whatever excites you the most has changed direction–go with it, flow with it, find out what is the next most exciting thing you can act upon, because they are all connected. The excitement is what tells you they are connected. Following the excitement is following the thread, is following the path you chose to be. Sometimes, paradoxically enough, the quickest way to get from where you are to where you want to be is to follow the path that winds naturally through all sorts of different things that excite you the most. Attempting to straighten that path out can be what causes disharmony, because there are things on the winding path that you do need to look at that are a part of the overall thing that excites you, rather than labeling them as detours or things that are delaying you or blocks or obstructions or barriers that are holding you back.

Do not delay yourself from doing your excitement because you create the excuse that you do not have the proper atmosphere in which to do it. YOU are the proper atmosphere. When you wish to paint, paint. You do not necessarily have to need all of the structure and format that you always think you need in order to accomplish the thing that excites you.

Here is a little bit of a connection. Sometimes the notion of disease is attracted to an individual to "force" them to begin to show themselves that they need to break down structures, to break down the rules, regulations and rigid codes that restrict them from being as free as they could be. That is only one aspect of the symbol of the disease. But if you allow yourself a little bit more freedom to express what gives you joy, you will begin to create a little bit of a chink in that armor, in that structure, and begin to see it disassemble–so that your spirit and your soul can express itself without needing to disassemble your physical form in order to make that so.

Because you see, many times, when individuals rigidize themselves into a certain format or procedure, if they do not allow themselves to do it any other way, they will then proceed to attract into their lives certain circumstances and situations that tear everything down in order to force them down to ground zero, where they have unlimited options from that point forward. Because they see that they have nothing else left but to go in whatever direction they want to. Go in that direction now.
Act now with the excitement and the inspiration. Do not wait for the idea of the specific time frame. You create the timing. You generate the idea of the inspiration. Our first suggestion to you would be to begin to break apart that rigid idea and allow yourself to express what gives you joy in whatever way you can, without waiting for the ideal circumstances. Is this being of any assistance to you? Is it allowing you to see things from a different perspective perhaps?

Q: Yes, very much so. Thank you.

B: Thank you.
Diseases, Cures and Belief Systems

Q: Good evening.
B: And to you, good day.
Q: I would like some insight into the treatment of liver cancer.
B: Liver cancer! All right. Now, have you been paying attention to some of the things we have already been saying?
Q: Yes.
B: All right. Now: we have shared with many of you, at many times, some ideas about what you might call physiological treatment for any type of disease at all. It will always depend upon your belief system, primarily, as to whether any of these ideas will work for you, however. And it will always depend upon the reason for why you have attracted the idea and created it into your life. For if you have a good enough reason to hang on to it, you will – regardless of any so-called cure. Because only individuals cure themselves, no matter whom they go to. So there are many ideas, many ideas.

First of all: one idea can be to understand, from what you may call a consciousness point of view, the symbolism of what you may call the filtering system, in that sense, of the liver. And to recognize that if you believe there are ideas – cancerous ideas – within a consciousness and that they must be filtered out, then that may not actually be an integration process.

It may be a process of trying to segregate those ideas from you, not accepting them as a part of you to be balanced, blended and transformed, rather than gotten rid of, or expelled from the consciousness. Sometimes a reaction to the idea of attempting to get rid of what you may believe to be negativity or cancerous ideas within you can cause a build-up in organs that symbolize the idea of the filtration system of the body.

To some degree, this has been some of the primal reasons for the general creation of that disease. So, first and foremost, if an individual begins to understand – metaphysically-speaking, as you say, consciously speaking, as you say, energy-speaking, as you say – that it is not about getting rid of anything, but about integrating, facing, and going through the ideas; then you can transform ideas into methodologies, into ideas, into opportunities that serve, rather than trying to get rid of them as if they have no business being in anyone’s life.

Now, one very strong methodology, which your society is only just now beginning to play around with, I shall say – and I do not mean that derogatorily – is the idea that the body is an electrical conduit, a magnetic conduit. And you can create electrical fields, magnetic fields, very strong fields vibrating at certain frequencies, one of which would be seven and one-half cycles per second, the frequency, electromagnetically speaking, of your planet.

And by immersing a body in that electromagnetic field, you can create a conducive, literally, a conductive atmosphere that may allow the person immersed in that field to allow themselves to realign with the natural field of the earth. For when an individual is balanced with the natural electromagnetic field of the earth, there can be no disease at all of any type, in any way, shape or form.
That is one way to create such a magnetic field. You have just recently in your society invented devices called magnetic resonance imaging scanner devices. Some of these are used to diagnose, but tuned to different frequencies, they can also be used to cure – something that your scientists are only just beginning to realize.

Also the idea has been discussed, and much literature exists in your society, about the notion of treating the physiological body like what you would call an electric battery, and simply recognizing disease as being out of potential, out of electrical balance. Recreating an electrical balance in the body will allow the energy systems to flow in the natural way they need to: realign and flush out and transform all the imbalance back into a balanced state.

You may do your research on that idea. And there are individuals present this night of your time that can assist you in directing you to some of that literature. These are two of the strongest ways.

There may be other ideas that come up that you may call cures of various types. But every kind of a cure that you invent, if it works for an individual, will only be an exteriorized reflection of what you already believe is possible for you. So, does that serve you?

Q: Yes, thank you.

B: Well, thank you very, very, much. And remember that even in the creation of disease, even though it may start out from an invalidational and judgmental point of view – from a negative point of view – recognize that because you are choosing your reality, that someone who even chooses a disease, does so out of strength. Because they know they can handle whatever it is that disease will teach them, one way or another.

So if you look at the idea from the point of view of strength instead of weakness, then you can self-empower the being to recognize that they, in creating it, have the opportunity to create it in another way, to transform it into another creation. Thank you.

Q: Thank you.

B: Exciting dream energies to you this night of your time. Focus on the idea of blue-white electromagnetic light, and align with the magnetic flow of your planet. Sleep well. Sharing!

Diseases, Cures and Belief Systems
Bashar:
Channeled by Darryl Anka
DNA Beings
Questioner: On DNA, you gave us an assignment quite awhile ago...
Bashar: Yes.
Q: ...some of the information that I was able to find from zoos and places like that...
B: Yes.
Q: ... that, obviously, all mammals do have, that’s one of the functions of a mammal, would be to have umbilical cords; but they’re different than, obviously, humans.
B: Yes.
Q: And yet, in our society they always felt like the Rhesus monkey or a certain kind of chimpanzees are really close to humans and yet the whales also have this kind of a structure and their energy goes back in ancient writings..
B: Yes.
Q: ...and so, I was wondering how close are we to the Sirius energy, to the whale energy?
B: Closer than you may think.
Q: Does it show up in our DNA?
B: Yes.
Q: But then everything shows up in our DNA, all along the way.
B: In some manner, yes, though not always as blatant as some.
Q: But the whale DNA, that would be a marker that would be able to be found?
B: Yes.
Q: Do we have that technology now?
B: Yes, though it may be, in your terms, a little tedious or time consuming.
Q: Okay, it’s probably not generally known, we tend to use DNA for court cases and those types of things.
B: Yes, and of course, do remember, DNA is not something that your body contains, it is what you are as a physical being. Consciousness expresses itself first in physical reality as D-N-A. Then the DNA beings you are, physically, extend themselves into the idea of the physical vehicle you call a body. But it isn’t that your body has DNA, it’s that you, as a DNA being, express that physicality in the form of a body. You understand the difference?
Q: Yes. Is there another strand of DNA that we don’t find in the body, since the DNA actually is...
B: There is a third strand, in a sense, though it does not express itself exactly as the other two and, of course, there are many others on different levels that you would call etheric representations of DNA but not physiologically so. But the third strand is, to some degree,
physiological, but does not express itself exactly in the same way and this is what goes throughout, what you would call, your immunological system.

Q: All right. Now when the vibration is raised...

B: Yes.

Q: ...does that have an effect on cells, does that have an effect on the DNA then also?

B: Again, turn it around.

Q: Okay.

B: When the vibration is raised in the DNA, it has an effect on everything else that extends from it. The vibration is first raised in the DNA because that’s what you are as a physical being first. Are you getting this?

Q: Yes.

B: As a physical being you are not a HUMAN, you are not a female, you are a DNA strand, that’s what physical consciousness is, that’s how it expresses itself in a physical modality. So all of you are strands of DNA, that’s what you ARE as physical beings. You understand this?

Q: Yes.

B: Then each strand expresses itself in a unique format that allows it to wrap itself in a kind of vehicle that will allow it function in a more expanded version of the concept of physical reality. But what you actually are first is the strand itself of DNA. As a physical being that’s what you are, that’s consciousness expressing itself as a physical being, DNA strand.

Q: Okay, then say some of us that have been coming here many times through the ages...

B: Yes.

Q: ...then our consciousness that expresses itself as a physical being, how does that translate into the DNA?

B: It is encoded and it is recognized by your people as, quote/unquote, racial memory or what you would call inherited traits. But this is simply encoded within the DNA being that you are to represent the level of experience you, quote/unquote, have had in physical reality. While it doesn’t necessarily exist so strongly anymore in what you call your present day and age, it may still be possible to actually find individuals who do not necessarily have many experiences in physical reality earth plane, and thus, their DNA will actually, in a sense, be simpler. You follow?

Q: Yes. So that any experiences off-planet wouldn’t necessarily be picked up in the DNA.

B: It will, if you know how to look, but not in the way that you are looking now. It is expressed in a different way, expressed in certain kinds relationships, expressed even in certain angles of molecular adhesion and the way that it formulates or formats itself when it expands. There are a variety of ways to understand this, if you know how to look, yes.

Q: Okay.
B: Does that help you?
Q: Yes, thank you very much.
B: Thank you!
DNA Energy

B: We want you all to recognize that your so-called twelve strand DNA is not physiological. You do not have twelve strands of DNA in your body; nor will you ever have. It is not a physiological thing. The idea is that you have two with an implicit third for the purpose of tapping into all of the other levels of DNA template energy, but those are not in your physical dimension of experience. The recapturing of your twelve strands means a realignment with all different levels of dimensionality of yourself, and tapping into the templates that will allow the strands that exist physically within you to become more perfectly aligned. You understand that first of all?

Q: Yes.

B: Therefore, similar to what we have been discussing already and just to use your terminology, for sake of simplicity, what prevents you from tapping into the information, the knowledge, the alignment, the energy that would be representative of accessing all those levels of dimensionality of your DNA patterns, your templates, is, again, the choices you make, the belief systems that you have, the restrictions and resistances that you have to your natural self, and the limitations that you have continued to impose upon yourself with regard to the creation of toxic environments, and so on and so forth.

The idea is that alignment, relaxation, clarification, removal of toxins from the system, flushing of the system, is necessary, and a variety of things can be utilized to achieve this. But primarily, primarily it is fear, which is based on beliefs, patterns, and definitions. That’s all really, that’s all. You have total accessibility to these ideas, but when you have already bought into certain beliefs structures, those beliefs, by definition, do not give you the capability of seeing the routes, the methodologies that would allow you most easy access to those other levels of self. Because, by definition, each belief system is self-reinforcing, self-contained and doesn’t necessarily contain a definition that says you have an ability to go beyond that belief system. Unless you allow yourself the foundational belief system that says that all belief systems can be transmuted. All belief systems can have a back door that will allow you to access another belief system, and to change the belief system you now have, easily and quickly, and effortlessly, and lovingly, and creatively, and joyfully. You understand?

Q: Yes.

B: Nothing else really prevents you from accessing all of that; there are many different ways you can do it.

Now, in your present day and age, however, there are more and more and more things now coming to light that will give your people more ability, faster ability, to access all of that energy. We have begun to now discuss one such idea that is coming to light in your society very rapidly, and will be introduced in the very near future in large scale to your society. The rediscovery of the appropriate way to process and ingest certain elemental substances such as gold, that will act to create your body, your cellular structure to become more superconductive, and in so doing, give you the ability to process more easily, more lovingly and more effortlessly, those impediments, those resistances which may still remain within your belief systems; and to give you more allowance and more willingness to love yourselves.
unconditionally, to go through those transformative processes more quickly. To change them, to release, to grow and to access all that you are capable of accessing from a physiological dimension. These, again, will be known to you very rapidly; they are already beginning to be known to some. All right?
Q: Yes, thank you.
B: Thank you.

DNA Energy
1
DNA is Within You

B: What we are talking about is your DNA.

Q: All right.

B: But the idea is to understand, as we have discussed from time to time, that it is not so much that the DNA is within you, but that YOU ARE DNA PHYSICALLY. The first physical being that you are is DNA. Then the DNA being – consciousness expressing itself in physical reality as DNA – that being then surrounds itself, builds from itself, whatever kind of vehicle, shall we say, best suits it in the environment in which it wants to explore, i.e., your body.

Q: Um hum.

B: But you are the DNA being, that is what you are as a physical being – all of you, you are a DNA being first, “cellularly,” molecularly. Thus then, by getting back in touch with the fact that you are a DNA being inside, again, euphemistically, some sort of a wet suit... you understand?

Q: Yes.

B: To explore the environment, to give yourself mobility and sensory apparatus, by getting in touch with the fact that you are the DNA being, instead of the thinking of DNA as something within you, you can then get in touch with the ability to activate the signals and the commands from the DNA. Because you will understand that it is not a mysterious process, it is something that is simply representative of your cognizance, your intention, of whatever it is you wish to do and accomplish. And that will be sent along the templates, along the neurological pathways stemming from the DNA – activated by it. And certain alterations will be made to accommodate that necessary thing to allow you to explore what you need to explore.

At the same time, what you have also created within the body structure, not so much a cellular idea, no so much a master cell, but at the center of the hemispheres of the brain, what you call the Corpus Callosum, in that center and guided by, to some degree, the pituitary and the pineal, is the idea of a true gateway, a true dimensional gateway, through which all information pours into the neurological net of your system.

So by coordinating the idea of being a DNA being with that void, that empty space in the center of your brain that is the doorway, the black hole, so to speak, into all dimensions, you can create a very strong dynamic between those two concepts. That is a very, very powerful key to making changes within yourself neurologically, biologically, biochemically, energetically – all sorts of things. There are many different ways that you can go about getting in touch with the fact that you are a DNA being. Use your imagination to come up with what might be called a meditational exercise to FEEL the idea of going down smaller, smaller, smaller, smaller, smaller until you yourself are, literally, what you have heretofore thought of as the DNA helix within your body. Become that helix. Become it. Start to identify as it, and you will unlock powers you never imagined were possible in physical reality.

Q: Oh.
B: Transmutation, you understand?
Q: Yes.
B: Does this help you?
Q: Yes, thank you very much.
B: Thank you.

DNA is Within You

1
DNA Reconstruction

Q: We played a spinning game once and I marked out a matrix, so I’d like to do a holographic game question.

B: All right.

Q: And I’ll mark out the matrix points and I’ll give a little explanation, if that is okay.

B: Yes.

Q: Okay the first one is... we talked about the Platonic solids and the fact that there were five designated, but there really are eight, the sixth of which is the Tesseract. So that’s the first point, and I wondered if you could relate that to what you talked about this morning with the seven chakras, and the fact that the Tesseract is the sixth, located at the sixth chakra point, and that you didn’t mention the icosahedron and dodecahedron?

B: This is a different system altogether. What we are giving you as the Keys of Ascension are symbols that are connected to activation points and are not exactly the same as the lineage of geometric solids, though some of them will overlap and have certain similarities to them. The idea to understand is that the other regular solids like the Tesseract do not exist in exactly what you would call your dimension of physical reality. And it requires an extra dimensionality, an extra quality – that of self-interactivity before these other regular solids can be created. But the Tesseract acts as the bridge between the physical and non-physical reality, pointing the way to the extra forms which really have no name, per se, and can really only be experienced from the fourth dimensional state. The Tesseract is the one that co-exists – has, as you would say, both feet, one in one world, one in the other world, bridging the two and allows you to see the direction in which the others would exist.

Now there do exist in your reality, to some degree, shadows forms, bits and pieces of these higher dimensional regular solids. But, again, these things do not really have an exact naming in your language. They have, from time to time, been perceived by certain individuals in certain ways, but you generally only see them as flat images, flat designs, flat patterns, because that is the only way your physical mentality can make sense out of the higher dimensional forms. The Tesseract is the last level on which your physical mind can basically perceive the idea that we are discussing as self-interacting forms, or self-overlapping forms, or forms that occupy in a sense, the same space as another form, apparently, from your point of view.

The idea of the Keys we have chosen is that they are relative to your physical reality and the levels of reality, non-physically speaking, that are immediately connected to your electromagnetheric field: and are generally representative of your version of the higher realms, but are not actually the forms of the higher realms themselves. There is a difficulty in translating this directly into your language and into your concepts, but the forms we have chosen will at least be analogies of some of the higher dimensionalities, and will suffice to act as symbols representative enough to get your vibration to move in the direction that it needs to. Ultimately, eventually in your evolution, leading to a more direct experiential understanding of the higher forms and the higher realms themselves. You understand what
we are saying?
Q: My I reiterate what I understand?
B: Yes.
Q: That the formation that you gave for the chakras...those symbols are visual doorways, in a sense.
B: Yes.
Q: Geometric doorways.
B: Yes.
Q: That will assist in connecting to the higher realms.
B: Yes. They are geometric translations of vibrational equations. You understand?
Q: I think so. And the Platonic solids if we were to go from one to eight, with the Tesseract being number six, then could you give a flattened visual image for number seven? If you said before that...
B: These would have to be created and shown to you, which is not possible right now. There are no names for these shapes in your language already existing.
Q: I just wondering because you said number eight could be represented as something we might describe as a sphere.
B: That is being used in this case only as an analogy for certain other kinds of expression. In your physical reality there are shadow forms similar to the Tesseract, which could be drawn to represent the same equation. Now the idea of some of the higher forms we have described are not direct representations but are only analogies to get you to move in certain vibrational direction. They are not representative of the forms themselves, and the shadows of the forms themselves are not representative of what we are showing you as the Keys of Ascension.
The Keys of Ascension are more for the purpose of changing a vibrational frequency, rather than showing you the actual forms of places you are going to. When you change your vibrational frequency through the Keys of Ascension you may find yourself perceiving these forms and then may yourselves be able to draw the shadow representations in three-dimensional terms that are representative of these higher dimensional forms. But we do not use the forms themselves per se, because there is no way to really translate that. We simply use a rough analogy to get your vibration to change in the proper way to give you the ability to experience these forms and dimensions directly. You understand?
Q: And this is the one through fifteen that you were describing, which is a separate idea altogether, but all...
B: Yes. The Keys of Ascension is not exactly the same lineage as Platonic solids or that which we represented by higher dimensional forms in way we have just discussed it.
Q: Okay.
B: It is a different system.
Q: Can we make these parts of the matrix and can I go to the next one?
What do you wish to discuss?
Q: The DNA.
B: Yes.
Q: Can we discuss the Star of David?
B: Yes.
Q: And the second interlocking triangle... is that non-physical?
B: Yes. Are you talking about the reflective triangle?
Q: Yes.
B: Yes. The lower one in a sense has non-physical properties and physical properties as well, both. The first level of the tetrahedron showing its reflection is the first level where you have both physical and etheric qualities. They are still below the of the Tesseract but they do begin to exhibit the ethereal qualities of the non-physical, but there is a type of physicality in that they are still a part of the electromagnetheric fluid that makes up your physical realm. When we talked about the higher forms, they are tremendously beyond the concept of non-physicality, they are not even associated with the idea of physicality at all. They are other dimensional realms that have nothing to do, nor no ability to be translated into terms of physical / non-physical. Even the term non-physical doesn’t apply. It is pure interactive consciousness, but even that may not make sense to you. They are self-reflective, completely self-reflective cognitions within creation itself. Are you understanding this?
Q: That’s the other half of the DNA strand?
B: There are pieces of your DNA strand missing.
Q: Right, I understand that.
B: Yes. Some of them have been equated into non-physical form and still exist and some of them exist on higher planes altogether, nothing to do with physicality. But the Keys of Ascension will eventually effect the genetic structure of the DNA strand to give you back at least most of what it is that has been taken out.
Q: Okay, thanks.
B: Thank you.
The idea of the DNA Helix and the idea of the twelve is that they are not all physical but, again, they exist, a version or a template exist on all these different levels and what you’re doing is you’re connecting to more of those vibrational resonate patterns. And yes, at one time in your civilization certain members used to have more access to more of them, you are again regaining that connection, that access.

Now you have two in the body physically and there is a third pattern that can be discovered as you exist, to some degree, in the body but it is a quasi–physicalized pattern, a quasi–physicalized strand that is mostly made of silicon in the body in connection to the two DNA spirals. It is silicon because, well, what you recognize as quartz, because it is high level resonate crystalline frequency that is able to translate etheric energy into physical energy and vice versa, as you say. But all the other so called strands of DNA will not incorporate into your body physiologically, they could not possibly do so. It’s not the expression of our physical reality that they represent but they do represent vibratory templates of unfoldment and evolutionary growth on different non-physical levels that you are all starting to connect back into, as you drop the physical/material vibrations of the crossings that we have talked about. [See: The Infinite Particle] Make Sense?

Q: Yes In other words if you can get it through any type of manipulation...

B: There are a few elements that exist upon your planet, as we have discussed, some of them are being discovered that can aid and assist in your ability to align in such a manner as to access these things...yes, there are some natural substances on your planet, that your planet has provided to aid and assist you in this way.

Nature leaves nothing out, nothing at all. There are methodologies on every level to access everything — including the physical. There are some growing plants, there are some sub-atomic elements, there are some natural chemical concoctions or biological enzymes and so on and so forth, that all have to do with the ability of alignment in that way.

So, yes, there even is that, but you can do it in a variety of ways.
DOING IT!
B: I’m going to ask you a question, if I may?
Q: Okay.
B: Is acting your passion?
Q: Yes and writing.
B: All right, are you doing both?
Q: No.
B: Why not? Don’t give me excuses.
Q: But I have so many.
B: Yes, well that’s all well and good. All right, shows you how creative you are. Audience laughs.
Q: Bashar I have such an abundance of excuses.
B: Yes I know you are creative that way, but don’t you see that that is the very act of the craft you want to practice itself. All you have to do is, in a sense, turn it outward instead of turning it inward.
Q: Bashar I’d like to honestly answer your question that you asked me.
B: Oh all right-honestly.
Q: Oh, ha, ha. I’ve made many attempts to do exactly…to do that because I would love to do that on a regular basis as you know each process has its own involvement’s in that type of thing.
B: STOP! There is your problem and I’m going to call it a problem just because so many of you choose that term.
Q: Okay.
B: There’s your problem, wanting to do it on a regular basis.
Q: I worded it wrong.
B: No you haven’t, you worded it exactly, revealingly correctly. The difficulty is: is that if this is truly your passion, stop worrying about doing it on a regular basis and just be passionate about doing it ONCE!
Q: Okay.
B: Because when your passionate about doing it ONCE and once only then your passionate about doing it NOW in the now, not concerned about whether it ever happens again because there is no again.
Q: Okay.
B: There is no again, this is where temporal reality trips all of you up. You think in terms of, I’m doing it now and I have to do it again, in order to be happy, in order to be considered doing it regularly, in order to be considered doing it at all, for real, I have to do it now and again and again and again.
Q: You’re right.
B: All you have to do is do it once and within that once will come all of the variations of the single one moment that exists, which is the only moment that exists and that’s now. So be passionate about just doing it and being it once and that passion will attract all the other opportunities to allow this single now one moment to become every other possible expression and opportunity it is. And that will in some loose way be interpreted by your linear mind as again and again and again, but it won’t really be again and again. It will just be the same one now passionate experience, but from a different point of view and a different point of view and a different point of view and a different point of view and a different point of view, but it will not be again.

Q: Okay.
B: Let that sink in.
Q: Okay.
B: Thank you.
Q: Thank you.
Dolphin and Human Relationships

Q: I would like to address an objective of developing an ability to communicate with dolphins to the same degree of clarification that we’re communicating to each other now.

B: Go ahead!

Q: Along that line, would you please detail for me what you consider would be a workable approach to accomplishing that objective?

B: Emotion.

Q: Expound a little bit more, please.

B: Feeling, sharing, touching, physical presence with the dolphin.

Q: As opposed to linguistic articulation?

B: You can do that as well.

Q: Do they use an articulate language like we do?

B: In a sense, yes.

Q: In a sense... what sense?

B: It is simply not the idea of what you call your alphabet in that way. But it is, in your terms, acoustic.

Q: What is it?

B: What you perceive to be the sonic vibrations that they create.

Q: And do those sonic vibrations represent specific packages of thought that there are words to?

B: Yes.

Q: Then how would we identify... what are ways in which we can identify the thoughts that those particular sounds represent?

B: By spending time with them, and exchanging concepts in such a way that you can differentiate what they mean and what you mean – by a simple object that you can both identify.

Q: I see. Similar in a way that you would teach a child: by mimicry.

If you held up an object to a dolphin, would he make the appropriate sound?

B: Yes.

Q: He would do that naturally?

B: Of course.

Q: Very good. (It’s been done)

B: Yes.

Q: Okay. Their methods of communication: how are their methods of communication different from ours?
B: Again, in this way, you will find that they have perhaps more group concepts than you. And also the range of the acoustic will be abnormally high and low for you. For many of what their concepts relate to will take them in range beyond your hearing range. And then you may not even be aware sometimes of when they are talking—unless you can feel it, which you can.

Q: Mhmm.

B: Recognize and remember, once again, that telepathy is an empathic, emotional phenomena and it is synchronicity. Now, allow me to outline, clarify. We recognize, within your society, that many times when an individual says, “well, something is this,” many of you still take it as, “well, what is wood?” “Well, wood is a tree; a tree is wood.”

Now it is many other things, in that way. But that is a closer analogy to what we mean when we say, “the universe is synchronicity, and synchronicity is the universe.” It is not that the ideas of belief, emotion, thought, ESP, telepathy, clairvoyance, psychokinesis…all of these ideas are all manifestations of synchronicity, all of them.

Therefore, relate to the dolphin as another expression of you, as another expression of the synchronicity you are both representative of. Then your interactions will be only the interactions that will illuminate what you desire to know.

Q: Uh huh. See yourself as the dolphin.

B: Feel yourselves as the synchronicity of the interaction between you, and you will understand what the interaction is at any given moment. Whether it has a consciously analytical understanding or not, does not matter.

Q: I didn’t fully follow that. Could you say that once again?

B: Consider yourselves to be the interaction that is going on between you. Become the synchronicity of your relationship, and you have another way of saying, “I know what you are talking about. I know what you are saying; I understand you.”

All those statements are other ways of saying that you become the relationship between you. You actually see yourself as the interaction between the two supposed objects of the interaction. It is the interaction itself, the synchronicity, the exchange that creates the objects interaction, not the other way around.

Q: Uh huh! Interesting.

B: Therefore, before: become the interaction, empathize with the interaction itself, and you will be able to feel what is being said.

Q: So you trust yourself to be the interaction.

B: Yes.

Q: Okay. Did your civilization evolve from a verbal language to a telepathic one?

B: Yes.
Q: What were the primary steps in the evolution?
B: What I have just described: the recognition that as we discovered synchronicity, we allowed it to be real. And we understood that all of the connecting – the interconnectedness of all, and the holographic nature of all – we allowed that to be our real reality by acting as if it was.
Q: So if we wish to develop more confidence in our ability to communicate telepathically, you are simply saying we should act as if we were communicating telepathically.
B: Yes! And recognize again that the idea may be most closely expressed, not by a mental activation in your terms, but by an emotional one. Because the emotional one is a vibration that encompasses, quote/unquote, more of your being than simply mental activation does.
Q: Understood.
B: In other words, once again, it is not so much the idea – although this is what occurs as well – that to know someone is to love them, but to love them is to know them.
Q: Mhmm. Very nice.
B: That is telepathy!
Q: Currently much of the scientific community will not accept or acknowledge telepathy or imagination as real.
B: That is because it is still to them an analytical process.
Q: Okay. How would you suggest that we go about making these approaches more acceptable to the scientific community?
B: It is, in your terms, becoming acceptable to many individuals, and in this way, our only suggestion is to simply act like it. What they are doing now is trying to learn about a process by stopping it, and not doing it.
Q: How will they be able to perceive that the action is correct? Are they using very rigid methods of perception?
B: Again: when enough individuals act that way, they will get the picture.
Q: They will feel it also.
B: Yes, of course. They will see it all around them, and finally say, “well, what’s this all about?”
Q: Okay.
B: Again, understand that the ideas of consciousness originate – so to speak, to use that term – outside a time track. Everything that can be analyzed can only originate inside a time track.
Q: Mhmm.
B: Understand, many of your so-called scientists have utilized synchronicity to, quote/unquote, achieve the understandings of physics that they have.
Q: They just don’t know it.
B: Some of them do.
Q: Some of them do.
B: The ones I was speaking of are the ones that are conscious of it on their terms.
Q: Currently I have some friends that are conducting some experiments with dolphins. What they are doing is putting together sort of a computer keyboard, in which the dolphins could punch in various actions that result in a change in their environment – such as water temperature, heat, food being presented, this sort of thing.
B: Yes.
Q: Is there a method by which they can accelerate the learning process...
B: Only by doing what occurs to them.
Q: Mhmm.
B: Again: the idea is that we already are aware that there are individuals in your society that have taken some of these steps. If you wish to join them, then take the same steps – in your own way.
Q: So, it’s a boldness with trust.
B: And a doing. In other words, you can proceed and interact with dolphin consciousness from where you are sitting, if you are so inclined to do it that way; but from what we are perceiving you are describing, it is unlikely that one of them is going to come swimming by in your living room. Therefore, go to a place where you can interact together. Or create such a place.
Q: Well, this is the place I’m speaking of, where some friends of mine are doing research...
B: Then go and relate, as you will. And simply understand that it is not so much that you are teaching them, but that you are teaching each other. For there are going to be many things that are going to occur between you where you might think they are just being stubborn but what they are trying to do is get you to learn something. So do not be – how should I put it? – humanistically chauvinistic. You follow me?
Q: Yes, pretty much so, it’s like certain of these lines of research were stopped, not presented, because of considerations that it would not be acceptable to the public. For instance, what I’m speaking about is occurring at Epcot, which is an experimental...tomorrow at Disney World. We have a Seas pavilion.
B: Yes.
Q: And the idea that the public would not “accept” telepathy or experiments in telepathy between dolphins prevented this type of exhibit, demonstration...
B: Are the dolphins going to be there?
Q: Yes, they are there.
B: Then telepathy will occur, regardless of what the expectation is, in that way.
Q: But how could we overcome the reluctance to present to the public this as a possibility? Well, it would be nice to put up an exhibit saying, “Please feel free to telepathically communicate with these dolphins; it is possible, you know.” But there is restriction...
B: We will let you figure out how to come to terms with all the individuals with whom you are interacting.

Q: I already have; be very nice. Because one of the ways in which these interactions is going to occur is by sending them this particular tape. We’ve already established an interchange in doing it.

B: All right. Let me put it this way, if you will. Perhaps this may – or may not, it does not have to – make a difference. From our point of view in looking at your planet, if we were to scan your world in search of what you would recognize as alien, thinking species, we would find two on your planet: the humans and the dolphin/whales.

Therefore, recognize that what you are doing is forming a communication link with an alien species on your very own world. Thus recognize, that your world in many ways is unique. And unique in one more way, in that the majority – the majority – of what you would call alien races on other planets bear a closer resemblance in third-density reality to a humanoid life form. You are more unique in having one right in your own back yard that is not as close to humanoid as many alien races you will encounter beyond your world.

Therefore, it is a rich opportunity for exchange of true differences between different alien environments.

Q: Mhmm. Very nice, thank you.

B: Thank you.

Dolphins and Human Relationships

1
Dolphin Dreams

B: All right, I’ll say, female who wishes to speak to Dreamer.
Q: Yes?
B: Stand ready. Stand up.
Q: Really?
B: No, sit. But be ready; be with the moment. Recognize that the idea of what you may perceive to be the translation of the speech into your language may, from time to time, sound as if you are being told something. When, many times if you are paying attention, you will understand that you are being given something that indicates it is time for you to respond. Simply pay attention to the difference in the patterns, and you will recognize when you are being given something that indicates that you can, in fact, share what you have to share. All right?
Q: Yes. You mean to ask questions?
B: You said you wish to communicate.
Q: Yes.
B: This means you may share; you may ask whatever you will.
Q: Are we doing it verbally?
B: It will come through verbally, yes.
Q: Okay.
B: But simply, we are saying that the patterns you may recognize as speech may be different than what you recognize as the patterns that are created with my consciousness. And it may be at times not recognizable in a way you are familiar with; and you may not realize when you are being given an opportunity to talk.
Q: Okay.
B: Simply feel with your heart and respond instinctively. All right?
Q: All right. One moment. (Pause and breathing.)

Dreamer Dolphin begins speaking in a slow, sing-song voice.

Dreamer: We sing your song; we play your echo.

Q: I have a question. The six dolphins that I had a dream with, that I swam with in the lagoon, was that like a vision of seeing Maui at a future time?
D: We represent also symbolically a symbol of sixth density communication; a symbol that represents many areas – your world, our world, which we share; Maui; southern shore. New Zealand. Also point of area you call Malibu. Also area in great wall – northern wall you call Japan. The points along these areas; coast you call Peru. Also area you call Central America.
Six points of six Dreamers to represent sixth density. Dreamers are grouping, gathering our consciousness, which represents understanding of dream sharing, understanding dream giving, understanding the same as you do.

Q: Dreamer, what was activated when I heard your name? In the throat area just exactly... well, in a way, explain more of what happened and how that will help me.

D: We interact, share dream memory creation. Memory creation; you live now, you lived then... Atlantis. You remember communication sharing. You share dream asleep, now you share dream awake. You speak, you echo. You share, you communicate now. Dream through your throat... dream become physical. Awake and open door; awake and open instrument; awake and open ability. SING with us.

Q: Can you tell me what the connection between the star Sirius and the dolphins is?

D: Sirius is sixth density consciousness. Dreamers in communication sing with Sirius for hundreds of years. Sirius is sign of dream service. Sirius beings lie in energy sea... your mind translates as water amphibians. I, energy, Dreamer energy, earth counterpart to Sirius energy.

Q: Will you tell me please... I’ve never fully understood... the integration... a couple of years ago... of sensing myself as a dolphin and giving birth as a dolphin.

D: Share dream non-physical, share dream physical – many from Atlantis incarnation as Dreamers; incarnation as human; exchange, interchange, incarnation human – Dreamers, Dreamers, human share non-physical energies of birth. We share gateways of opening in dream. We assist gateways of opening in birth; also connection, communication with Arcturus; Arcturus assistance gateway... opening of birth in earth planet.

Q: Do you feel my communication when I...

D: Feel love, feel dream, feel song, feel life; warm light, friend light, happy light, love light.

Q: I’m going to have... I decided to have a water birth with my child, whenever my husband and I agree...

D: We within water share our energy; we assist.

Q: Is there a particular name for the dolphin that’s been coming to me in my dreams? Is it you Dreamer, or...

D: All now, all dolphin Dreamers. Use name Dreamer; name of all of us. Name one of us: Dreamer.

Q: I see. I see. You will be there in Maui won’t you?

D: We energy be; body be in New Zealand; other Dreamer in Maui. Spirit be everywhere; body be in New Zealand.

Q: Who will be there to interact with me in Maui?

D: Maui Dreamers.

Q: So, Dreamer One, Dreamer Two, Dreamer Three, and on like that?
D: Yes.
Q: Okay.
D: All be same Dreamer, because all dream be the same.
Q: Okay. We are going to Malibu next Friday. Is there something you would like to give us to assist us in communicating with you right now?
D: Share dream; swim dream; play dream; be as Dreamers in water. Absorb energy, share mentality through water.
Q: Okay. So, are you saying to get in the water with you?
D: Yes.
Q: Well... okay... I was just thinking it was cold.
D: Dream be warm.
Q: Okay, I'd like that a lot. Are we going to be able to hug?
D: Dream hug; touch; be brief.
Q: Why? Why would it be brief?
D: More must be in dream; more must play in dream.
Q: Okay. What I’d like to do right now is just open and let others ask questions to you.
Q2: Dreamer.
D: We receive your echo.
Q2: I have a poem that I wrote for you last Thursday. When I awoke, I was so aware of your love and energy, and I felt it was flowing from you, like a co-creation. I wrote it down, and I would like to share it with you and all the dolphins, and all the humans too. And I call it “Dolphin Dreams.”
The Dolphins swim the sea of my consciousness.
Do I walk the land of their consciousness?
We are moving closer to each other,
Thoughts and feelings blending into one flow of love,
Until the bonds between us link our separate worlds,
Into one ecstatic waking dream.
D: THANK YOU VERY MUCH. We sing your song. WE THANK you for sharing song.
Q: Thank you, Dreamer.
D: We receive your echo.
Q: I had a dream last week of being with two dolphins.
D: We be very playful in dream reality. We swim through dream reality of you all; you swim through dream reality of us all. You receive my echo?
Q: I receive your echo. I don’t understand what the question was.
D: No question. Echo be sharing dream; you remember.
Q: I remember just the flow of water skiing and the water and...
D: Flow...the flow of consciousness.
Q: It was a lot of fun, and I always thought it would look really neat, at Marineland or wherever I’d seen that; but I’ve always been concerned whether that was hurting the dolphins when they did that with them – water skiing? Is that painful to have them pulling on strings and being guided by...
D: No physical pain; only some mental pain in captivity. No physical pain; joy in interaction. Not all dolphins Dreamers; not all dolphins understand. All empathize, all find joy...but mental pain for some in captivity. All freedom. We interact; we share. You play. Come see ocean; we play. No physical pain; no mental pain; no spirit pain in ocean; we not let you drown.
Q: Will you keep the sharks away?
D: Sharks? Polarity dolphin soul.
Q: Oh. Aah. Yes, of course.
D: Shark polarity dolphin soul...reflection of dolphin past. Yes.
Q: Do you interact now?
D: We share blending polarity. See, hear, feel need for shark. Worlds not coincide so much now; avoidance of either to each. Few cases where dolphins not Dreamers...some interaction. Not much now. More dolphins become Dreamers; more humans become Dreamers.
In dream, no more hunters; no more teeth in darkness; dream warm, dream bright. See, hear everywhere, everyone. No hiding place; nothing to hide...no need. WE LOVE. We play; we share dreams together. Night of dream is world of dream now forever. WE SING YOUR SONG. We send our echo.
Dreamer leaves and Bashar returns.

Dolphin Dreams
Bashar:
Channeled by
Darryl Anka
From "Tipping the Scales"
1-9-91

**Dolphin Enclaves**

Q: You recently said that you’re going to channel through Darryl, then a lady in Japan, and Dreamer dolphin.

B: Yes.

Q: Could you describe to us a little bit about the nature of the channeling through the Dreamer, as opposed to channeling through Darryl, as you’re doing now?

B: All right, thank you very much. You will understand that when we channel through to dolphin consciousness it is a much stronger telepathic link, as the dolphins, and the cetaceans, whales, are much more used to the idea of telepathic communication than is your human species upon your planet. Thus, there can be a much quicker connection, much more powerful delivery of information, in much more concentrated forms to the other cetaceans that are receiving the information through the Dreamer dolphin. But we are talking about the transference of information through a dolphin to other cetaceans, and then, eventually, working together with them, the transferring of that information from the cetaceans to the humaniform, in your interaction with the cetaceans in the future, once you learn how to communicate with them.

Q: So, do they come together like we do, and one dolphin channels you to the others?

B: Yes. There are, in a sense, enclaves, which take place under the ocean, that none of your species has ever seen yet. You will run across one of these enclaves, most likely within the next decade of time, perhaps even within seven years; and you will be astonished at the social structure that you will have discovered, that you heretofore did not know existed within their society. But they carry on these enclaves quite often, not just for the purpose of allowing us to communicate to them, but for many other purposes as well, that you have yet to discover about their society and the way that they understand and see things. But you will discover these enclaves in the future, when they allow you to discover them.
Dolphin Folktale

Q: Since we’ve been in Maui to interact and be more like the dolphins, and to have physical contact with them, I’ve had a lot of water dreams while I’ve been here.

B: Yes.

Q: And I did have one that I would like to share with everyone that I was a bit startled by.

B: All right!

Q: I didn’t realize that I could have fear in meeting the dolphins in a real physical contact, and I had a dream that was very vivid. I was swimming with dolphins, about six of them, and in the midst of playing with them this last dolphin came in and he was quite large, and the energy was so intense that I began to experience a great amount of fear.

B: Yes.

Q: And I was actually afraid that he was going to harm me in some way.

B: No.

Q: And I woke up and I felt rather ashamed of myself.

B: Oh, ’tis all right! (AUD: laughter)

Q: Thank you. So, I was also wondering about that too.

B: Simply the last one showed you the limit you are willing to go to believe you can handle that level of power in recognizing yourself. Next time, that one will be at the beginning. (AUD: laughter) And perhaps, you will end up with a whale! (more laughter)

Thank you very much. Sharing!

Q2: When we were doing the peace meditation the other night, we began our interaction with chanting Om.

B: Yes.

Q: And quite a while after that was over, I pointed out that that sound was still going on.

B: Yes.

Q: And quite a few of us remembered when you had said that there was a chorus from the Cetaceans...

B: Yes.

Q: ... and we perked up and wondered if that could have been what we were hearing?

B: To some degree, but also, you, by living more in the present, are beginning to sense that no sound ever dies. That Om exists now. And you gave yourself a little bit of a hint that it goes on forever.

Q: Great. Thank you. Also, once before, you shared with us a Cetacean folktale, and I was wondering if there was another one you could share with us?

B: Yes.

AUD: Great, good.
B: Now?

Q: Yes! (AUD: laughter)

B: Therefore, let it be told that at the time you call Atlantis there was, as you say, a delegation of dolphins interacting with your land hu-man at the time, what you would call the scientists of the time – but not exactly scientists as you know them now. There was the understanding that they would find different substances upon the ocean floor that the hu-man could not reach, but that were very easily reachable for the dolphin.

So they made agreements with the hu-man to find certain ideas, certain substances for them that they could utilize in their hu-man technology, since the dolphin had no need. So, in this way, bit-by-bit, they brought up more and more metallic substances from the ocean floor that could be rendered into the devices. More and more crystalline substances of a type that no longer exists, that could be rendered into many different devices that the Atlanteans could use, in that way.

Then there came a time when you will find that the dolphins went down and discovered new stores of very beautiful shells, very beautiful stones, very beautiful crystals, in various colors. And they thought the humans would love to learn about these ideas; and so brought these shells, these stones, these crystals to the surface.

There they were to find that, by the time they had found these artifacts and brought them to the surface, that there were now two types of hu-man in Atlantis: those that could appreciate the idea of the new doorway, the new connection, the new symbol that the dolphin had found and those who, for some reason, could not.

The dolphins were much puzzled at this idea and began, for the first time, to realize that there were now, more and more, two types of hu-man brother, two types of hu-man sister. Those that could go with the same flow and identify with the dolphin, and those that had become more rigidized and could not see the changes; could not see the beauty in difference, but were expecting the same things over and over again, and would not stand for any deviation.

This began to spread among the dolphin and they began to recognize the time was at hand when a portion of their hu-man brethren, a portion of their hu-man sisters were going to go to sleep in a different type of dream, and would not awaken for approximately ten thousand years.

And so they did not bring these new shells any longer; but they always remembered where they were. So that when the hu-man brethren, when the hu-man sisters would awaken again, they could once again bring from the ocean floor, these crystals, these shells, these stones to the newly awakened hu-man, to let them know that once again they were sharing the same dream.

So be alert and be aware that you will find in the years to come that your dolphin brethren and sisters will be bringing to the surface things you have not known existed, but that once you knew about, long, long ago. And when you see these things again, great emotion, great tears and great joy will release from those who receive these gifts from the dolphin. For it will mean that you are awake again; awake in
the same dream as the dolphin. And they will rejoice and there will be much playing and sharing among you.

In this way, you will find that many of these gifts will begin to be delivered in your dream realities, and you may see some of these represented as very transparent bubble-like crystalline balls, that in this way will contain a vibratory awareness, that when you hold them you will know in your heart and in your mind what the dolphins are saying to you.

Allow these dreams to begin, and you will set the patterns for those gifts to come from the very bottom of the ocean, your unconscious mind, and the dream you have been dreaming, to the surface, to the sun, to the land, to your conscious mind and the dream you will now dream, as you dreamed so long ago.

The dolphins have told this tale for generations and generations. And they are very glad that you are now reawakening into the same dream, once again.

We thank you!

AUD: Thank you! (Applause and laughter)
Q: Hello.
B: Hello!

Q: About a week and a half ago I was listening to your tape where you were discussing dolphins and whales, and getting into communication with them. And I had a wonderful experience that I want to share.

B: Do share.

Q: Good. The following Saturday I went to the beach to a seafood restaurant with my family. And while we were waiting for our table we walked down to the sand, to the water. And I was standing there and I was looking out at the water and I was thinking, “Gee, since I’m down here, I might as well do what you said to do. Why not get into communication with these critters or...”

B: Why not? Critters!

Q: Ha, ha. I’d never really thought about talking to porpoises or dolphins or whales before. So I stood there, crossed my arms, and I said – to myself – “Hi” and sort of got into communication, I thought, with these beings.

B: Yes.
Q: And within about 15 seconds my daughter Alyson here said, “Mommy, look!” And there were about 7 or 8 porpoises jumping up out of the water right in front of us, in this line right by the shore, right where the waves break...

B: Yes! Eight: a new octave, a new frequency.

Q: Okay. And people who were running by, or waiting by, were looking and saying, “My goodness, we’ve lived here all our lives, and we’ve never seen dolphins or porpoises so close to shore!”

B: Nobody ever called them before!
Q: Ha, ha, ha. So it was so wonderful because within 15 or so seconds of my communicating, there they were.

B: Yes.
Q: Okay; I just wanted to share that.

B: Thank you very much for creating that new octave within yourself.

Q: You’re welcome. Now I have a question.

B: All right.
Q: For the past year or so I’ve been awakened in the middle of the night by energy, very overwhelming energy.

B: Yes!!
Q: Yes.
B: Your own!

Q: Okay.
B: Recognize, once again, that your natural biological cycle will allow you to be awake and energetic in the wee hours of the morning.
Q: Okay. It’s sort of uncomfortable. My heart palpitates and my adrenaline…
B: You’ll get used to it. All you need to do is do something with it, and not think there is something wrong – not think that you have a disease called insomnia. Not think that you are “supposed” to be sleeping when your energy obviously says you are supposed to be awake and doing something with it. When you use it, then it will flow; it will not jam up within you and create anxiety, because anxiety and excitement, once again, are the same energy; excitement when you use it in a positive way; anxiety when you don’t.
Q: Ohh! What do I do in the middle of the night, then?

B: Anything you want. Are there not things that you could be doing?

Q: Well, what happens is that when my heart palpitates so much and I feel so uncomfortable, I usually go out and turn on the TV just for some distraction.
B: Distraction. All right.
Q: Or so I won’t concentrate.

B: How about writing?
Q: Okay. I hadn’t thought of that.

B: All right. We are not saying you must, but it is something you can now think of. Is there something that excites you that you could be, let us say, laying out at that hour of the morning?

Q: Yes, I could be…

B: Are there ideas you could be formulating?
Q: Yes.

B: All right. There are also universes you could be exploring with that energy.

Q: Oohh! I hadn’t thought of that.

B: You could go into a meditative state and see where the energy takes you.

Q: Okay. Oh, that sounds real good. It also happens though, sometimes during the day, in the middle of my workday, I’ll get this rush of energy and I’ll think, “Oh, I’m having an anxiety attack or whatever.” And then I’ll take an L-Tryptophan and I’m fine, you know?

B: Not really.
Q: True.

B: You are discounting your natural cycle of energy.

Q: So I should just channel that elsewhere…

B: We would suggest that you could.
Q: ...more creatively. Okay.

B: Also, that energy, particularly at that hour of the morning, is energy that is very conducive to out of body experiences, if you will use it that way.

Q: Okay.
B: That vibration is the first sign of unlocking from your physical form.

Q: Ohhh! Okay.
B: So flow with it; play with it – like the dolphin. Play with it. All you are doing is receiving an invitation. Go and play with them.
Q: That’s great. I’ll do that.

B: All right. Have a good time.

Q: I will. Thank you.
B: Thank you very much.

Q: May I just say one more thing?
B: Yes!!

Q: I would like to get into better communication with you and your people. It’s just as easy as...?

B: Play with the energy.

Q: Got it. Thank you very much!

B: Thank you. Sharing.

Dolphins and Accelerated Energies
Dolphins and Children

Anima: We greet you this evening of your time, as you create time to exist. We thank you for sharing with us this time, and your willingness to participate in the further understanding of all the different levels in which you exist. We will be addressing, this time of your time, one particular level that you call the child within you.

Children, children, children, children; allow us to examine the nature of the idea of being a child, of living in a child-like way, of learning to play – to give of your heart of hearts into all the endeavors that you do upon your planet. We are always overjoyed when we encounter beings such as yourselves that are learning how to play; for in play is the seed of all creation.

We will extend to you an understanding that there is a blending between my consciousness and the consciousness you call the dolphin format this evening of your time. It is not specifically the animal consciousness that I am, but also the Sirius energy and the dolphin energy this night of your time.

For there are many dolphins who exist in a child-like way, and the young of your dolphins call to the young of your species to come to play now in your lives together. To be friends and to partake of the fruit and richness of experience that life has to offer.

These are not just words without meaning; these are actions that you can have in your lives. Each and every one of you can play – go and play, literally and physically – with the beings you call the dolphins, who love you so very, very much. And the information that we are overjoyed to blend with them and present to you this evening of your time is regarding many of the new births upon your planet.

Many of the ideas of the children of your age that are now here as reflective mirrors to teach each and every one of you to remember the child within yourselves. How to remember to play within yourselves, and to give that play its voice, to give that child within each and every one of your dear hearts its voice, to allow you to learn the spontaneity, the true creative joy that each and every one of you were created from – and are an expression of; and can be the epitomy of the action of that joy in your lives. You are all sparkling gems of abundant richness. We do not speak metaphorically so much – in that we do recognize within each and every one of you the energy that is the crystalline voice of the clear tone, the clear bell that has always called to you from childhood. And to which now we ask that you harken back.

Remember the friends, the imagination, the doorways that you knew existed as the children that you were, when you were but so high... so very young. Remember that your imagination was the world at that time, and that is still the world at this time. But that many of you have simply grown out of it. Grow back into it. The imagination is where you live; the imagination is where your heart is kept. The imagination is where you give birth to all new things. And it is through the imagination, through the gate of your love and your imagination, that all children are now being born your world.

They bring with them more memory of who they are, who they have been. They bring with them the associations, not only of other civilizations and other lives and other times in those realms and those dimensions. But also bring with them the future, the reflection of your future, the association with those dimensions yet again, and not only that, but the association of your future with the playmates upon your
world, the dolphins. Many of the child-dolphins now are swimming freely within the dreams of the children of your planet – not only unconsciously but consciously; many of the imaginary playmates that your children are speaking to are the dolphin young.

They are interchanging and interacting. From the point you call physical birth up until approximately three of your years of age, many of the dolphin children and many of the human children are actually slipping in and out of each other’s bodies to get used to what it is like to be each other, once again, to mingle and intermingle. And so when they solidified in the form they have chosen to live their lives out as, they will be inexorably drawn to each other as magnets for playmates. They have been intimates; they have been even sharing each other’s bodies, and when they solidify, they will draw each other back again, and with them the adults that are now learning how to play once again.

Allow yourselves, at this time, to understand the calling from the dolphins, from the children, who are blending into one society, one civilization upon your world, to open and expand your hearts and let the flood of your oceans fill those hearts.

Even as the dolphins would tell you, as you have discussed these seven in your time, let the sharks in and let them swim freely, for through them you will discover your hidden fears. And you will transform those sharks into their counterpart, the dolphin. And you will then leap and play in ecstasy, breaking through the surface of your oceanic form – to be cetacean, to be human, to be one earth, one life, one love, one dream, one world.

Listen to your dreams; listen to your birth. The dolphins assist you in your birth processes – not only in your imagination, not only of who you are, but also of your literal physical birth of the children upon your planet at this time. Be in that birth in a painless way. Allow the child to assist in the birth; allow the dolphin to assist in the birth. You are all one family, literally. Let them all help. Birth is painless when you allow all involved to help. Open your dream doors to the dolphins who love you so very much, and any opportunity you have, go and play with them – in your hearts, in your minds, and in your bodies. And you will feel the freedom that they have as a gift to share with you.

We are overjoyed, overjoyed at the changes in the transformational energy we have encountered upon your planet. We are overjoyed. We thank you for your love. We thank you for allowing us to give you our love. We thank you for being our children, and we thank you for letting us be your children. For in many ways we have referred to ourselves as your future selves, and does that not make us your children?

Our love to you, parents, our love to you, brothers, our love to you, sisters, our love to you sons and daughters. And we bid you a fond and loving dream life.

Dolphins and Children

1

2
Dolphins and Toxic Poisoning

Q: In the Gulf of Mexico there has been reported some aberrant dolphins that have attacked and killed humans. Is this a result of... they’re just fed up with humans?

B: No, it is the result in many cases of the idea of heavy metal toxic poisoning in their systems and the idea, therefore, of uncontrolled neurological reactions and imbalances within their brain chemistry. This, at this time, is all that we have for this transmission to discuss.

Q: Thank you.
Dolphins Intertwined with Humanity

We have discussed many ideas and aspects of dolphin consciousness with you. The idea now is that many of you are awakening to the fact that there are, in your terminologies, the ideas of mass death of dolphin life upon certain shores of your planet. We have discussed the idea, at that time, that it was our sensitivity that their electromagnetic patterns had shifted and that this was causing some misdirection and confusion within them.

Another door has now opened that allows us to see, even as you are discovering, that it is their identification with you in your dream states that have allowed them to incorporate within their physical state enough of an identification to have done something we did not know they were going to do. And we did not even perceive it until they created it with their decision-making process.

They are assimilating and mimicking and reflecting a lot of the ideas of negativity that are going on in your system now. And they are to some degree acting as safety valves, to blend and balance the idea of that system within yourselves, at this time. The idea is that they have created among themselves the ability to shift their electromagnetic frequencies to allow themselves to create a form – their version – of the main diseases you are dealing with in your society that you would call AIDS. They have dropped their immunity. They are assisting you in blending and balancing that idea, so that you will not have to endure it alone.

They are willing to be members of your society, and blend with you, even in the negative side, to show you that they share your world with you. They do not remain aloof. They love you dearly, dearly enough to take on your own creations; and in that sense, to assist in the alleviation of the transformation of those negative ideas.

We extend our thanks to them, as we know you do in this way. Their love interacts with you always. And we firmly are now given an opportunity to see that by this action you are becoming more closely intertwined – on many different levels than even we at first were allowed to perceive. We thank you for your loving, sharing, and dreaming. We thank you.
Q: Is there any relevance of the Dragon in Chinese Feng Shui?
B: Yes, for again the idea of the Dragon symbolically is a very ancient energy and that which is grounded-power, that which is the interface, if you which to use that term, the interface itself, the dragon is the symbol of the interface itself between the concept of, and the experience of, physical reality, astral reality and etheric energy reality. So anything that concerns flow of energy, in anyway shape or form, whether horizontally or vertically can be aided and assisted by understanding the dragon as if, in a sense, it were a representation of a kind of bio-energetic, shall we say...circuitry design. So the concept of Feng Shui can be represented by the concept of the dragon as how energy would flow and that the building, the structure, the house can be representative of the neurological, or circuitry pattern, or path of the flow of energy that represents a template such as the Dragon or the Tree of Life or any thing of that nature that is representative of a template and interface between one dimension and another. The Dragon’s body with it’s wings, symbolically, are the idea of a energy template that allows one in understanding that template to see how energy flows, along those lines, and then gain insight as how to place things that are congruent with Sacred Geometry, with correct Golden Proportions to take advantage of that energy flow to create a conduit in building any structure that takes advantage of the collection of, and the channeling of that energy. Does that make sense?
Q: That was quite brilliant, thank you.
B: Well I had nothing to do with it that’s just the way it is, and it is brilliant because, that is the how the universe is structured—brilliantly.
Dream Assistance

Q: I had a real vivid dream last night that I had conscious memory of today, which is not the usual way it works, and it was a car I was trying to get. I had a great deal of difficulty in the last few weeks...

B: Why do you look at it that way, instead of allowing yourself to recognize that the way it is happening is the way it needs to.

Q: Oh, I’m not judging the difficulties then.

B: By definition, then, there is no difficulty.

Q: There has been a sequence of events that have occurred to keep me from – oh, no, excuse me, change that – to allow the acquisition of this automobile to happen in the future.

B: Yes? And since you now recognize that it is a sequence of events to allow for the acquisition, there is no problem.

Q: No, there is no problem. What I wanted to understand is why I created this sequence of events to begin with?

B: Perhaps when you, in your terms, acquire the vehicle, you will?

Q: Perhaps?

B: You are in the middle of the process, all you need to do is continue, live it out, see it through, and all will be made clear. Allow yourself to recognize that while you are in the middle of it, if you are judging it, in that way, which may be what is creating your impatience. But in this sense, simply recognize, that if you go with your flow, it will be very clear to you what the circumstances are that are allowing you to know that whatever it is that is manifesting, is manifesting in exactly the way that will be best for your level of appreciation.

Q: Yes, I understand that. Getting back to the dream.

B: Yes.

Q: Generally my dreams are a little more obscure in terms of specific subjects relating to...

B: But you are so highly focused on this idea.

Q: Yes.

B: You have a great deal of energy and desire going into it. So, simply, your visualizations are synchronous with what you are attracting, whereas they do not have to be all the time.

Q: The scenario I played out in my dream was the same scenario, up to a point, of what happened today, except the outcome was different.

B: Yes. How different; in what way?

Q: The opposite. The people in the dream were not helping me in any way, and that was the final conclusion. And today was the exact opposite, in that when the situation arose and I confronted the people with what was going on, the people were more than willing to help.
B: Then in this way allow yourself to simply recognize that you have given yourself an opportunity to choose what type of reality you prefer, and live it out.
Q: That’s simply all the dream was?
B: Yes, to show you what could be within your reality if you take a negative tack, and allow you the opportunity to take a positive one and create the idea you call results.
Q: Now, would it have been necessary for me to remember that dream as vividly as I did, to have the same impact?
B: Not necessarily, because in the MOMENT the situation occurred you could have brought to bear all the emotion behind the dream and still acted in the same manner, whether you recognize or remember the dream or not.
Q: Thank you.
B: Thank you.
Dream Blueprints and Finding Your Niche

Q: This is my first time here.
B: If you say so.
Q: Yes. No, I always remember – or, I usually, I should say – remember my dreams. Lately my dreams have been more glorious and I’ve been happier in my dreams than I have been in my real life.
B: Ahhh. Now is the time for you to recognize that your dream and physical reality are the same reality. You have created a separation in those two realities because your society is in the habit of thinking they are two separate ideas, and they think the dream reality is not even real. Now you know that you create, once again, the painting, the blueprint in dream reality for what your physical life can be.
All you need to do is remember that you’re now blending your physical reality and your dream reality. They are one reality. As you begin to live your dreams, all of that happiness will transfer into your physical dream as well, because your physical reality is a dream... is a dream... is a dream.
Q: I thought that might be so. (AUD: laughter) I have had psychic dreams, and it didn’t frighten me at the beginning, but it frightens me now and I don’t know why.
B: Again, to some degree, it is because of the separation that you have created. Now that you know that you are connected into everything, you are simply recoiling at the degree of power you are. Because you are beginning to consciously waken into the fourth density dream of being aware that you are the creator of your reality and, for now, many of you are a little jittery with that concept.
Q: So that is, shall we say, normal?
B: Yes. It is natural. Yes.
Q: Natural. Okay.
B: For now. It will change. Allow yourself to do something with the energy, with the ecstasy. Do the things in your physical life that excite you the most – that are more representational of what you perceive the ecstasy of the dream reality to be. Live your dreams in physical terms, and then you will blend the two worlds. You will know that everyone is psychic, because being a psychic is only consciously knowing that you are connected to everything.
Q: Oh! That’s wonderful.
B: That’s all it is. Some of you still fear that, because you don’t think you can contain that without exploding.
Q: That’s true.
B: That is all.
Q: That’s very good.
B: You are learning to hold your ecstasy. You are learning that you are big enough to contain it, all of it. AUD: Oh, that’s lovely.
B: It is a passing symptom, what you are going through – little bit of the fourth density flu. (AUD: laughter)

Q: I do have one question more to ask you. My dreams may have something to do with it. I’m sure they do. (Laughs) I have to move. I have two poodles and a cat. Do you see me finding something soon, please?

B: Do you have to move or do you want to move?

Q: I have to move. I do not want to move.

B: Why don’t you want to move?

Q: ‘Cause I’m very happy where I am.

B: Do you think that you could be happy where you are moving to?

Q: If I could find a place...

B: Ah ah! Answer the question.

Q: Okay. You lost me. Would I be happy?

B: Let’s back up. You have poodles and cats. (AUD: laughter) Do you enjoy having poodles and cats?

Q: Oh, yes. Oh, yes.

B: Oh, yes. No doubt about it. Yes?

Q: No doubt about it.

B: Then what you are implying is that having poodles and cats – a thing that represents what excites you the most – creates and attracts into your life the circumstance that you now must move. Yes?

Q: Well, I don’t have to move because of them.

B: Why?

Q: Well, I have to move because the people who have the property want to move where I am.

B: So?

Q: So they want me out so they can move in.

B: All right.

Q: But I’m having difficulty finding a place that would take two...

B: Ah, ah, ah, ah, ah!

Q: Ah, ah, ah!

B: You have poodles and cats. (AUD: laughter) You, you, you, you, you; and since you know that that is representative of what excites you the most, you are the idea of being with poodles and cats. You do not come any other way. (AUD: laughter) Therefore, whatever idea, at any given moment you are – that is representative of what you know you are all about – must have a niche in the universe to fit into. Must.
Q: Ahh!
B: Therefore, relax and allow the niche to present itself to you. Because as soon as you relax and know that, then you know that you have to fit in somewhere; otherwise you would not exist in the frame of reference that you do. Because nothing that doesn’t fit in the universe can exist in a frame of reference that it doesn’t have a place to be. So as soon as you know you fit, you will attract the obvious, automatic, coincidental opportunity to show you that you know you fit.
You don’t believe you fit, so you can’t see the obvious path. Let yourself know you fit, and the fit will find you. You follow me?
Q: Yes. Absolutely.
B: All right.
Q: I understand. In my heart, I understand.
B: Yes, you do. So allow yourself to also know, again, that everything happens within perfect timing. It is, in your sense, perfect timing for you to move, or they would never have told you they wanted to live where you are. You understand?
Q: Yes.
B: Everything fits perfectly. There are not extraneous creations in the universe. No sloppy leftovers. (AUD: laughter) Everything, whether your analytical mind thinks it can make sense of it or not, everything has a reason for being a part of the event – down to the smallest, tiniest, most infinitesimal detail. Nothing is an accident. Nothing. No exceptions. Zero. You follow me?
Q: Yes. Yes, I do.
B: All you need to do is trust it. I guarantee 100% that if you trust that you know who you are, and you trust that you fit, the universe will then be able to show you that you fit, because you will allow it to show you – which it is always doing, if you let it.
Q: That’s wonderful because everybody said to me, “Get rid of the dogs. Get rid of the cat.” (Laughter) And I did. Guess I didn’t realize that I do fit with them in the universe.
B: If you realize that they are a part of what you prefer, then that’s how you fit.
Q: Yeah. Thank you.
B: Thank you. Thank them. (AUD: laughter) Sharing!

Dream Blueprints and Finding Your Niche

1
Dream Reality

Q: Does the idea of... when you are a child, very often you have dreams like killing your parents off, do they have an effect?
B: In a sense.
Q: And you then have the instantaneous thought afterwards that, “oh no what if this happens?” The ideas, the dreams, they must be co-created, in a sense?
B: Yes.
Q: Mustn’t they?
B: Yes.
Q: So that just having that idea of killing your parents off, for example, could not manifest itself unless they choose to create that scenario with you.
B: In a sense, and also that on some level of reality it does and has happened. And you are simply reviewing your library, and reflecting the idea of how a certain scenario that does exist within you, may or may not apply to the physical scenario you are in now.
Q: Well then, if that is so, then any thought one has is reality, any thought.
B: Very, very, good.
Q: Thank you.
B: They simply may not necessarily have to be applied to this particular physical reality, that is all. As we have said, “you are an infinite library, you have every scenario, every possible story, every possible reality within you. You can go into the library of your existence and read every single book on the shelf, positive and negative. NONE OF THEM have to become physical reality until you decide to check one out.”
Q: That’s a nice way of looking at it, I like that, thank you. I wanted to share something with you about the idea of knowing where you are at all times, and being where you must be.
B: Yes.
Q: Last night after we left here, I got into a very 3rd density way of thinking, I started contemplating the morning plan, and recognized that I had to be at an office and be at a presentation, and that I did not know where it was.
B: All right. Now, may I interrupt you for a moment?
Q: Of course.
B: Once again, 3rd density is not a dirty word.
Q: I know, I said that jokingly. I have a great deal of affection for it.
B: All right, (Audience laughs) many ideas that you ascribe to 3rd density, in and of themselves, can be and have been enjoyable.
Q: Yes, many. So we were talking, with myself, and I co-incidentally took a wrong turn...
B: A what?
Q: ...and lo and behold, jokingly, of course...
B: Yes, yes, yes.
Q: ...I found myself on the very street that I was supposed to be on at 9:00 in the morning.
B: I see, some wrong turn.
Q: Yes, and we contemplated the moment and had a very delightful time, and I simply wanted to share how that completeness was....
B: Thank you for reflecting upon, and as, the synchronicity of All That Is.
Q: Thank you.
B: Thank you. Sharing!
1
2
Dreaming Your Ecstasy

Q: I was having these dreams in which I felt a lot of joy, and also I had a very expanded feeling and I felt that I really understood that there was nothing outside of myself.
B: Yes.
Q: And I haven’t been having these dreams recently and I’d really like to have them again.
B: Would you rather not live them?
Q: Yes, I’d like to live them but I don’t feel like I have them.
B: But you are contradicting yourself. You do not understand that you are allowing your dream reality to become your physical reality, and when you blend your dream reality and physical reality into one thing, you do not need a symbolic connection to connect two separate things. You are now able to live the dream of the joy. You only dream because you assume dream reality to be something separate from physical reality. You follow me?
Q: Yes.
B: Once it becomes the same thing, you do not need a bridge, which is all the dream is. You follow me?
Q: Yes.
B: Does that make sense to you?
Q: Yes it does, but in the dream I didn’t feel like it was related to physical reality at all, because…
B: You are in physical reality, yes or no?
Q: Yes.
B: Then it is obviously related. The idea of having a dream is only a physical experience. What you call a dream is a physical experience.
Q: It wasn’t a physical experience.
B: You are missing the point. Your recollection of a dream is a physical interpretation of an experience you had in another level of reality. What you are calling a dream is not a literal experience, it is a symbolic recollection. You follow me?
Q: Yes.
B: Now, you do not need a symbolic recollection when you begin to create the actual experience you had in non-physical reality in physical reality. You are bridging the gap, you are allowing your physical life to become a dream. So you do not need to have a dream memory of an experience you are never going to wake up from. You follow me?
Q: Yes.
B: You are going to be awake all the time and be dreaming all the time. That is why many of you will find that it is a 4th density symptom to begin to not remember your dreams, because you are beginning to LIVE them, so there is no need to remember something that has only been a tool to remind you, that
you are connected to dream reality. And that when you are in the dream reality you are, in a sense, very much more awake than when you are awake physically. Now you are blending the two, so you do not need the symbolic interpretation to remind you that your dream reality is also the real you. When you allow it to become the real you, on all levels, including physical, then you are living your dream. Would you rather remain dreaming the joy or would you rather experience it in your physical reality?

Q: I really enjoy the dream.
B: Would you enjoy ecstasy in your physical reality?
Q: Yes
B: Then would your physical reality not seem like a dream?
Q: I guess I would know what events happened in a dream, so it wasn’t like a physical reality at all, because there were no events.
B: I beg your pardon. It was not like what you are defining physical reality to be...change your definition and your physical reality will become a dream. You will be 4\textsuperscript{th} density physical. There will be events, you do not have to be physical, you know that do you not?
Q: Not consciously, no.
B: You know it now.
Q: I don’t believe it.
B: You do not believe you do not have to be physical?
Q: Yes.
B: All right, why?
Q: (Long pause with no answer)
B: Now is it a matter of having to be, or choosing to be physical?
Q: But you have a body.
B: So obviously she chose to be physical, but we are making the differentiation as to whether or not she has to be physical.
Q: You mean, if I understood that if I was in the movie, and I was totally absorbed in the movie, and then I can choose to withdraw and realize it was only a movie and then I could go back and start it again and get totally absorbed in it, but I’m always totally absorbed in physical reality. I never can withdraw from it.
B: As long as you are in it.
Q: Right, so I don’t believe that I could be non-physical.
B: What about when you die?
Q: I don’t know, I haven’t done it yet.
B: Yes you have, many times.
Q: I don’t remember.
B: That is all right. But in this way, again, allow yourself while you are physical to be physical, and when the timing comes for you to be non-physical, enjoy that just as much. At the same time recognize this: everything you experience physically is in a sense a product of your non-physical knowingness. And in this way you can begin to blend the non-physical knowingness, joy and ecstasy, into the physical reality so that the two can become one type of level and you can experience Heaven on Earth. There will be events in your life, you are simply part and parcel of the typical transference and transformation into 4th density reality, which is a state of physical ecstasy as well as non-physical ecstasy. You are becoming your dreams. Allow yourself to act like it, and then your physical reality will become as joyful as the dreams you remember.
Q: Thank you, I liked that, I also wanted to ask you about had a different kind of dream, in which there are events.
B: Yes?
Q: And I’m very curious about these dreams because in them I will do things that I wouldn’t do in physical life. Like go through a women’s purse and take it.
B: Yes.
Q: I mean that is something that I would never do.
B: All right, and in this way you are giving yourself an off-shoot to recognize that you are exploring all the different ideas of integrity in that way, so that you can always, in that sense, in physical reality, choose to function from within your integrity, but that does not stop you from exploring the idea. You have had many lives in which you have explored the idea of physically of not exercising your integrity. Now you have chosen to exercise the idea of integrity in your physical life, and explore any notions that remain in your non-physical life, so they will not have to affect materially your life.
Q: Ok, I was also wondering, I have a lot of dreams in which I’m hiding and what ever it is that I’m hiding from, never shows up.
B: Yes it does. (Audience laughs) Because it is the one that is hiding. You can only, in that way, create a scenario in a dream reality in which all players and all concepts and all situations are you. Allow yourself to know that if you are hiding from anything, it is you that you are hiding from, a portion of yourself. But in this way, again, allow yourself to know that there are many opportunities that are explored and experienced in the non-physical dream reality, so they will process through and not have to be experienced in physical reality at this time, so that you can benefit from the processing in a non-physical state and only reap the positive benefit in your physical life. You are simply exploring forces of yourself and coming to terms with many different portions in that way. You are doing what you need to be doing exactly at the rate that you are doing it.
Q: Thank you.
B: Thank you.
Bashar:
Channeled by
Darryl Anka
From "Our Motto"
1-12-87
"DREAMING"
Bashar: Pleasant dreams to you, by the way.
Questioner: I don’t dream too well.
B: Oh, yes, you do.
Q: I’m not aware of it. I cannot remember my dreams, I’ve wondered about that, too.
B: Oh, all right, thank you, thank you. Two ideas – one, obviously, as many of you know, dream reality can, in your terms, be suppressed, because of things you fear to look at. But also, look at it from a positive point of view, many times when you begin to blend your physical reality and your dream reality...and understand they are really extensions of the same one reality...then you do not create as much of a difference between the two realms. When there isn’t as much of a difference between the two realms, there’s nothing to wake up from.
Q: Thank you, very much.
B: You are still dreaming, right now.
Q: Yes.
B: Literally, all of you are dreaming, right now.
Q: Right.
B: So, begin to relax about the idea of knowing that you are blending the two realms into one. The only reason you would create, what you typically call a dream, anyway, is because, if you believe the physical reality and the dream reality are two completely different things that have nothing to do with each other, the only way to bridge the gap you have created, and create any sense of continuity between the physical and non-physical realm is to create a symbolic memory you call a dream. "Oh yes, I know I was doing something while I was asleep, I remember it as the dream."
Now, many times the symbols in your dreams can be literal, but very often they are not, because there aren’t as many symbols in physical reality to represent the things in non-physical reality that you are doing when your body is asleep. So, your physical mind, your mentality, will do the best it can when you wake up back into physical reality. It will say, "Well, all right, now here’s the experience you had as a non-physical being while you were asleep, and I only have a few symbols in which I can represent this experience, because it is so unlike physical reality. And so, well, this dream, I’m sorry to say," your consciousness says, "may not seem to make much sense, but it’s the best I can do, because that’s all I have to work with, to represent what you did when you were non-physical."
So, very often the dreams that do not seem to make the most sense at all, are actually most representative of the truest non-physical experiences you have had, very, very far removed from your physical life. You are all very busy in your dreams, you are all doing real things, and you are existing and interacting and communicating on very real non-physical levels. Many times you are even laying out some of the things you will be doing the next day or so, in your physical reality. You don’t necessarily want to know you have done that, because you want the benefit of the discovery, the spontaneous discovery of having not known that you laid certain things out, to experience it as if for the first time. After you go through the experience you say, "All right, it’s all right now to remember that you actually dreamed this all out first, before you physically did it." And when you allow yourself that memory, what’s it called? Deja vu.

Q: Very good.

B: So, understand that you are very active, if there is any reason for you to remember, allow yourself to relax, to know that you will remember what you need to, in the way you need to. You see, some individuals do not remember their dreams pictorially, many individuals remember their dreams kinetically. Which means, in the things they do during the day of their lives that they are active, they actually play out the dream they have without even consciously being aware of it. So you remember it, but sometimes it is remembered in your body consciousness rather than in your, quote/unquote, non-physical, self-awareness. Do you understand?

Q: Yes, thank you. That was a question I dared not ask.

B: Thank you very much.

Q: But I felt it was true. Thank you very much.
Questioner: In my dream state, lately, I observe two dichotomies occurring. One, I feel so unconscious that if a biological urge turns on, like to go to the bathroom, it takes me so long to compute where that feeling is, and what it is I’m supposed to do with it, and it’s, it gets kind’a hairy. (audience laughs) I’ve had it happen several times. And the other is that my dreams keep repeating themselves, of unlimitedness, going back to the same places and going through the same things over and over again, and nothing ever resolving.

Bashar: No. Never the same place. Never the same dream. Only your assumption that it is makes it seem so. You are never the same you. You are never in the same now. How can you possibly ever go to the same place?

Q: That is true. So it’s an apparency.

B: Yes.

Q: It is something that I am trying to work out by the apparency of it being the same place, with similar circumstances.

B: Many times you will find that, as you continue to change and become a different new yous, you will reflect on a similar circumstance from different points of view. It may only be that you are judging it is the same circumstance over and over and over again, when, in actual fact, you are viewing an idea from many different perspectives, because you are now new yous, so that you can come to an understanding from a variety of points of view, an all encompassing idea.

Q: I see.

B: Simply remove the expectation that you are repeating something and you will allow the information that represents a new focus to come through.

Q: And being so disoriented with the body, I’m trying to regain some memory of what the body is even doing.

B: That is all right as well, for recognize that disorientation is exactly that; you are disorienting from one reality and reorienting in another one. Confusion, that limbo state of disorientation, is simply being connected to all the different points of view that you are– co-fusion.

Q: Thank you.

B: Allow it to be an all right state and you will become comfortable with it, and always know where and when you have to be.

Q: Okay.
B: The only negativity you are experiencing is because you think you are losing track or losing control, because you are not used to the limbo state.
Q: Right.
B: The limbo state is there now because you have the ability, as many of you now have, to consciously perceive when you are changing form one belief to another. So it leaves you hanging for awhile; but that is all right because that state, in and of itself, is a place to learn something from, and it lets you know that you are in control because you are witnessing, first hand, consciously, the unlocking from one reality and the reorientating and relocking to another one, whereas before this was mostly an unconscious process. These are only symptoms of the blending and the removal of levels from your consciousness, which is truly only one consciousness. Subconsciousness and unconsciousness are convenient terms, but they do not really exist, unless you create them to.
Q: I see. Thank you.
B: Thank you.
DRUGS AND SELF-EMPOWERMENT

Q: What can we learn from an individual who uses drugs?
B: What can you learn from the situation?
Q: What can we help the young man to learn, etc.?

B: All right. Basically and fundamentally, in a general sense, what you can allow yourself to begin to teach that individual is that, first of all... not necessarily consciously, we do not wish to imply blame on anyone, for there is no blame, but there is responsibility... but what you can share with that young individual is that he has been taught to believe that he is not self-empowered. And therefore, believes he must gain his power in outside exteriorized symbols. When you allow that individual – as with any individual – to know they are as powerful as they need to be to have anything that they desire to have in their lives, without having to hurt anyone else or themselves to get it, then an individual can look at a tool as a tool, and not as a crutch.

Recognize, that any experience that anyone has from any tool, including what you call a drug, which is only a tool, shows an individual what type of experience the individual (himself) is capable of creating. The drug doesn’t do anything. You believe that it does. You exist in a universe wherein you have agreed to abide by what you call the laws of chemical physics; but it is only an agreement. You, as the being that you are, are the event itself of taking the drug. You create the feeling; you create the sensation itself and attribute it to the tool you have created also. When you allow yourselves to know that you are creating the experience, then you can recognize that perhaps the drug, as a tool, can be utilized to show you what you are capable of. But now that you know what you are capable of, since you are doing it anyway, you no longer need the tool in order to recreate it. You can recreate the sensation on your own, any time you wish. And it is generally, as we perceive your society to be, that these sensations are created to instill what the being believes they lack... self-empowerment, self-confidence, ability, creativity, foresight, awareness, insight.

In this way, you can share the idea that there is nothing right or wrong in the utilization of these substances; but that an individual can begin to believe, or continue to believe that the substances are responsible for what they are experiencing, and they are not. There will always, in your physiological reality be a parallel, hand-in-hand, chemically observable reaction to which you have attributed the actual creation of the experience. But the creation of the experience is there to begin with, and the chemical reaction is a side effect – totally.

Therefore recognize, that if you can teach the individual that they are as powerful as they need to be, to create anything they desire in their life – that they have that capability – then they can, perhaps, view a tool and utilize a tool as a tool, and not need to continue to rely on the tool for the source of their self-empowerment. That is what creates addiction, they do not believe the power is within them; they believe it is in the tool. Does that assist you?
Q: Yes, indeed.
B: Share those ideas and see what the individual can do with that.
Q: Thank you.
Drugs

Q: Okay, um, what do you think of consciousness-expanding drugs that we discovered in our exploration years?

B: Again the idea is that all tools are valid. However, recognize that we have observed in your society that one of the, shall I say choices—you would call it tendencies, but I would call it choices—that your society makes is that because they have not been taught that they are already in touch with their aspect of the Infinite, and that the power is from within them, and they don’t believe they are in control of their lives, they will continue to put the idea of the power into the external tools that they discover—assuming that the tool has the power to alter the state of consciousness in the way they want to alter it. It is all well and good to use it as a trigger, as a catalyst, to show you what realms, what dimensions you can expand into.
Eagles and Dolphins and Owls

Q: In our American Indian culture they don’t seem to be involved with dolphins at all.
B: Oh, one moment... some factions are. Recognize, there are many different aspects to what you are collectively referring to as your American Indian culture.
Q: Well, specifically the Hopi...
B: All right.
Q: ... they seem to use, and I’ve seen it in a book of meditations, they seem to use the symbol of the eagle.
B: Yes.
Q: And specifically an eagle feather with crystals...
B: Yes.
Q: ... when they heal and exorcise, or whatever. And I wondered if you could comment on the relationship between the dolphins to us, for example, and the eagle for the Hopi?
B: The eagle to the Hopi is their symbol of their own higher being, their own higher consciousness. The dolphins are your equal partners. They are your co-sentient species. They can be used symbolically in many ways; they can be used as a symbol of higher consciousness. But in that sense, the idea of the animal form, the eagle, is a symbol of the Hopi’s higher being, higher spirit, higher consciousness. In that sense, the Hopi would directly relate to the dolphin more as a brethren, rather than as a symbol of their own higher soul. Do you follow me?
Q: Yes.
B: Does that assist you?
Q: Yes, thank you.
B: Sharing!
Q2: In the synchronicity that the Indian culture was brought up, I was curious as to what the symbology of... I know that in the Indian culture there is a lot of symbology and omens regarding animals, and I was interested in what the owl essence carried with it? What is the omen of seeing an owl?
B: It is much the idea itself of the spirit that does transcend the different levels. In a sense, what you might call colloquially, a ghost, so to speak. It is, in this way, silent and swift. It is, in this way, able to traverse the darkness, able to traverse the night, able to see clearly into what you have typically called the nether worlds, the nether-dimensions, in that sense. It is, in many ways, the spirit that can transcend dimensionalities. It is, in that sense, also a nature spirit to them, one that allows for the movement of the wind; one that represents the movement of the wind; the movement of the electromagnetic field through which your mentalities are connected. And that is why it connects into the idea, also, of knowledge and wisdom. You follow me?
Q: Yes, I do.
B: Thank you.

Eagles and Dolphins and Owls

2
Q: Did the laws of the physical universe....

B: You mean yours?

Q: Yes, our physical universe. Are you distinguishing mine from ours?

B: In that way, understand there will be within many mass consciousness the idea of their own, in a sense, physical universe. We will share, what you term to, be many portions of one universe in that way. There are many ideas that you call parallel universe, some of which do not, in that way, share the idea or agreement that you call laws of physics, the same as you.

Q: Okay, I would be talking about the earth’s mass consciousness.

B: All right.

Q: Did they evolve as needed or were they conceived in total at the time of their creation?

B: Every idea, in that way, as you understand it, comes complete, as a complete idea. Therefore, the idea of the creation of this particular viewpoint universe will then have contained, from the moment of its creation, inception, in that way, all the ideas which then define it by its vibration. You follow me?

Q: Yes. Did it, was it created all in, kind of, one instant or a....

B: Understand that from the point of view of what you term to be non-physical dimensionality, which is where, in a sense, in your vernacular, the universe was created from, it seemed, in a sense, to be an instant; since there is no time, in that way. In terms of creation of time itself, then that manifestation, as it was created, then must follow, in a sense, its own course, and enact out itself through the idea of a time frame, a time scale, in that sense, as you would say, it took time. You follow me?

Q: Time to develop the creation.

B: In a sense, understand that the creation was instantaneous. But as it was manifested into physical reality, one of the ideas defining the parameters of physical reality itself being the concept you call time, then it seemed to unfold in a time sense.

Q: I got it. Thank you.

B: Question?

Q: At the beginning of time, as we know it on the planet, were these thought forms projected to create a physical being on the Earth or....

B: In a sense, again, as you would understand it, there were many ideas of projections in many different time frames, in that way, some of which were, in your estimation, of what you term to be historical time, quite instantaneous. Some unfolded more within the time track. There is, at this time, in what you perceive to be the idea of your physical form, a blending of the two ideas.

Q: And when these ideas were first created on the planet was that considered the land mass of Atlantis?

B: No.
Q: The Garden of Eden?
B: No. Understand the idea, in that way, what you would term to be, now realize that this is quite allegorical, from a very, very specific point of view, but as you may understand it in your terminology, there will have been the, I’ll say, projection of that physicality, that life force in the area, blended as it was at that time, not known to you in the way it is now, but more in the area you would call a collective Asiatic land mass. You follow me? More in the area you would call China, but it was then the idea that split into what was later Lemuria and Asia. You follow me?
Q: What happen to Atlantis then? Was that...
B: Understand that is quite recent in your history, as you know it, not more in that way, was the destruction of that land mass than approximately 12,500 of your years ago. You follow me?
Q: Destruction of what land mass?
B: Atlantis.
Q: So when did Lemuria....
B: Lemuria, in that way, was more the idea of approximately, in that way, allow me to say, 50,000 of your years ago. There were, in that way, major, what you term to be, upheavals 75,000 of your years ago, in that way. Also there were, in that sense, the idea of this land mass stretching back to several hundreds of thousands of your years, in that way. But there was then the idea, in your time frame, as you understand it, within the overall land mass, in that way, which existed at the time of the projection of the physicality. Then many, many, many, many, many, many tens of millions of your years ago, as you count time.
Q: Was the destruction of Lemuria, 75,000 years ago, connected with the altering of the earth axis and what we call the ice age?
B: To a degree, there was that time frame coincident. Understand, in that way, it will simply have represented the vibrational patterns of your earth crystal as it was going through a very natural cycle, in that way. You follow me?
Q: Yes
B: It was not then the entire idea of what you term to be destruction in the 75,000 year time frame, but also extended to the 50,000 year time frame, of your years ago. This, then was the origin upon what you now hold to be present existence upon this continent, that you have termed North America, to be the, I’ll say, injection of that civilization you recognize to this day, in that way, as what you call the Hopi. You follow me?
Q: Yes. And is that the epicenter or say the center of where the center of Earth comes out? Where the Hopis....
B: In an allegorical, astral sense, not in what you would term a literal configuration. But they will be able to make literalness of it in that they have already deemed that their reality exist both in the physical and the dream state naturally.
Q: Do the beings that live in the center of the Earth, if there are such occurrences, is this where the Hopis get their contact to the surface?

B: Again, understand, in that way, that what you express to be existence, in that way, of consciousness within your planet will for the most part be of extra-dimensional sense. Therefore, there will be a doorway, in that way, within that civilization you call Hopi, and they will have passage through. But understand it is not as you understand it exactly, literally, physically that they exist, in that way, inside your planet, although there are pockets.

In your terminology all existence, in that way, under the surface of your planet, for it is not as wide spread, in a physical sense, as you think, there is, in a sense, a wide spread existence in an astral sense, an extra-dimensional sense. This then can form the transformation, in that way, through the doorways, as they are created by the mass consciousness of any particular culture within your entire civilization, and as such, they give themselves free access to these dimensional realms, to these contacts with other civilizations, other consciousnesses which are, in that way, said to exist within the surface of your Earth in other dimensional sense, in that way, because they allow themselves to exist. The Hopi, that is, allow themselves to exist halfway between physicalness and non-physicalness, as a natural state of being. You follow me?

Q: Yes. Is that to say that the consciousness that the present civilization, as we know it, progressed towards....

B: Yes, in a sense, this is what is defined as the idea of transformation from third density to fourth density awareness. That, in that you allow the heretofore self-created separation between your physical reality and non-physical reality to become removed and to be blended in consciousness so that you will begin to live, physically live, your dreams. You follow me?

Q: Yes.

B: Thank you.
Bashar:
From "Resonance of the Land"
10-10-97
Earth Reflections
Q: Good day, Bashar.
B: And to you, good day.
Q: I wanted to talk a little bit about...to talk with you about the tetrahedron, another shape.
B: Yes.
Q: You said a few weeks ago, or maybe it was a week ago, that the Earth is a tetrahedron.
B: We said – that there are a number of relationships to the Earth of the tetrahedral form.
Q: Okay.
B: We did not say the Earth is a tetrahedron.
Q: Okay. Is there an energy matrix within the Earth...
B: Yes.
Q: ...that is of this shape?
B: And the double tetrahedron.
Q: Right, and the double tetrahedron.
B: Yes.
Q: Okay. Was this configured and placed or arranged...
B: No, no, no, it is natural.
Q: It’s natural.
B: Yes.
Q: Okay, now are the other planets in this universe...is it...
B: It is also natural.
Q: The same shape?
B: There have been, from time to time, artificial configurations and arrangements of such energies relating to planets and stars, but for the most part you will find that most planets and stars have this natural relationship to the stellar octangular energy grid, yes.
Q: Okay. Now, you’ve said that the moon was placed where it was, artificially.
B: Yes, it was a natural body, but it was brought into your system and placed in its orbit to regulate the cycles of your planet.
Q: Do we have anything in our Earth that is a balancer or a counterpoint to it, say mechanical, or something that is...
B: In some senses, but they, again, are natural energy grids, natural energy substances. It was calculated for response and resonance reflection to the natural energies of the Earth.

Q: Okay.

B: Nothing artificial. It was calculated for response and resonance reflection to the natural energies so that the Earth.

Q: Okay. Is there anyone on our planet today that understands and remembers how this all works?

B: There are a few, but they have not yet revealed themselves unto you, and probably will not until after your year of 2005.

Q: Okay.

B: They are the "long lived ones."

Q: Part of the telepathic grid...that are holding the telepathic grid around the Earth?

B: Some of them are doing that.

Q: Okay. Since we’re part of the collective unconscious and our thoughts and feelings do affect the Earth...

B: Yes.

Q: ...how does this work with this energy that is natural to the Earth? Because, obviously, we can impact earthquakes, El Nino...

B: Yes.

Q: ...all these other manifestations...

B: Yes. It is, remember, a two way street, as you say. You are creating each other, reflecting and bouncing off each other. How this works is that it is, in that sense, a give and take. How it works is that as you become more aware of the fact that you are holographically containing everything that the Earth contains, and get in touch with those points of connection within yourself, then you make a direct connection to the Earth, as well. There is a direct line of contact between certain energy points within you, and certain energy points within the Earth. All you have to do is see yourself holographically as the Earth, and see the Earth as you, and those points, in that sense, will be obvious.

Q: Okay, so that some of the...

B: This is why so many of you are attracted to the idea of exploring such things as meridian points and chakra points and energy balancing points, and so on and so forth, within you. It’s because innately you
understand that holographically those points are the doorways of overlap, of commonality, of resonance connection to, not only the Earth, but of course, the entire Universe.

Q: Is that why some of the ancient vortex areas are being opened?
B: Yes, because they are opening within you. Therefore, there is a reflection, and at the same time, simultaneously, some of those vortex points are opening to instill an opening within you. If you go along with it, it will be smooth, if you don’t go along with it, it will be rough. You follow?
Q: Yes, thank you very much.
B: Does that help you?
Q: Yes, thank you.
Earthly and Musical Resonances

Q: I was out of town for the Northridge earthquake…
B: All right, so was I, way out of town. (Audience laughs)
Q: When I came back into town, one of the things that I did was that I drove through the earthquake area, and on Monday when I did that I received a sharp pain in my lower back on the left side…
B: Yes.
Q: …that stayed, and then by the morning it was gone. But two days later I drove back through and received a sharp pain in the lower right shoulder blade.
B: Yes, these are simply your empathetic resonance vibrational recognitions of restructuring yourself in a different way than most of the individuals did by choosing to remain. You picked up the energy, as you needed it, and incorporated it into your own body-quakes to restructure yourself in the ways that are important for you. You picked up on it empathetically, and gave yourself enough opportunity to empathize and resonate in accordance with that vibration to make the changes in the way that you preferred to.
Q: And as far as resonance goes, I’m having a little bit of difficulty…now that I am becoming more sensitive I find that electromagnetic appliances are causing disturbances, physiological pains…
B: Yes.
Q: The cathode ray coming off the TV set…
B: Yes.
B: …when I come in contact with it, it leaves a certain effect.
B: Yes.
Q: It seems to be deleterious to my wellbeing.
B: Now, some of this can be off-set, again, by not necessarily relying on so many of these devices within your society, or learning a different way to manipulate the electromagnetic energy to create similar devices that do not have the same effects, that are more harmonious overall with vibration. At the same time, you can even out and smooth out some of the effect, as we have suggested in the past to many other individuals, by going into what you call a meditative state and imagining, in about a seven to ten minute meditation, the idea of your body being infused with blue-white electromagnetic light and becoming transparent like a crystal, so that you even and balance out the electromagnetic field of your own form, of your own consciousness, and thus, allow all other electromagnetic forms of energy to resonate more compatibly with you. You understand?
Q: I was wondering, perhaps, if there was a mineral that would help assist in absorbing that magnetic radiation that, perhaps, I could carry?
B: For you, one moment…again, remember that this will only function as a trigger, a trigger, a trigger…
Q: I have used a polarizer but it doesn’t seem to do...
B: No, no, no, no, no, no, no, no. One moment...something of a dark green coloration will be of best assistance for you in grounding you to nature in such a way, to allow you to make use of the natural electromagnetic field in a more balanced format. This dark green stone very often emanates from what you call one of your southernmost continents of Australia and New Zealand. This will be of great benefit for you in connecting through the idea of the north to south poles of your planet and balancing you out. But again, remember, this is simply a trigger for your consciousness, you yourself are doing the balancing. Do you follow along?
Q: Does it have a name?
B: Yes, it is called the green stone of New Zealand.
Q: One other thing about resonance is music. Can you comment on the Rastafarians and Bob Marley and that frequency?
B: Yes. One moment...understood. This will, to some degree, have to do with setting up a pattern that feeds back upon itself...now this will be very loose terminology...a half step off, so as to constantly create a sense of surprise and lack of ability to expect the obvious. It is like a feedback loop, a half step off, so that there will always be a vibration that will spiral a little bit more loosely, a little less fixed in manner within that musical vibration to open up the possibilities of allowing individuals to move in directions that are, shall we say, a little less rigidized. You understand?
Q: Similar to the Beatles, to break up the human focus?
B: One moment...scanning...some of the, what you have now mentioned, have that effect, but it is different in structure and creates a slightly different effect.
Q: Another individual I would like to have you comment on is Maestro Ali Akbar Khan and the sarod, accompanied usually by the tabla.
B: This will, of course, key into many ancient kinds of effects, one moment, one moment...a lot has to do specifically with evoking connections to past life memories, especially those connected to certain areas of your planet from which the music emanates. Connecting you also to the archetypical energies that connect many of those cultures together on a collective consciousness level.
Q: So it is a reawaking of some of the symbologies that we are tapping into...
B: Yes, and a recondition of the archetypal connected consciousness underlying certain cultures on your planet, in terms of their interpretation of the World Spirit.
Q: Could you comment on the combination of the tabla, (the drum) and the sarod, and their ancient heritage?
B: It will, to some degree, cause there to be a harmonization between the Kundalini and the crown, so that all resonances in-between shall be accounted for. You understand?
Q: To balance out?
B: Yes.
Q: And the last individual I would like you to comment on is the Austrian composer, Gustav Mahler.

B: One moment... a lot of that vibration will have to do, especially, with that individual’s past lives and that individual’s connection to the reality in which that individual was present at the time of the creation of that music. In other words, it was representative of the idea of racial momentums, of the idea of strains of energy, flows of energy, which had to do with political and economic structures that existed at the time. And a way, perhaps, to make those political and economic structures cohesive within the higher aspirations of energy that are, shall we say, germane to that region. Do you understand the connection?

Q: Does that have to do with the intensity of the orchestration and the complexity?

B: Yes, because it was desired that the music overwhelm, shall we say, and provide more energy than was being provided in all the other disciplines. So that it could come together and find enough room to harmonize within, and thus, be raised to higher levels that were representative of the archetypes that are germane to that region.

Q: One last comment, could you comment on the didgeridoo of Australia?

B: This is particularly responsive for the idea of getting in touch with those vibratory frames that open gates between dimensional worlds, especially the in-between worlds. In between what you would recognize as one dimension and another.

Q: Thank you.

B: Yes, thank you.
Earthquakes & The Future Self
Las Vegas, NV
8-1-98

Q: Greetings.
B: And to you, good day.
Q: In our new age publications for this month they talk a lot about the earth changes.
B: Yes.
Q: And in particular, earthquakes in Southern California.
B: Yes.
Q: Do you see that occurring, and how is that going to affect us?
B: The likelihood of the kind of quake you are talking about in Southern California does not really reach an approximation of occurrence until around 2010 – and even then it is not certain. And, as we have said before, and you can apply this if you’ll remember, the idea is that the more you change yourselves the less likely it will be that you will have to create circumstances to shake yourselves awake. You can transform the energy; it is your reality. Remember what we said about reality being an illusion? see "The Power of the Illusion"
Q: Yes.
B: Then that can tell you that while it is true that some individuals will believe that they must go through a trial by fire in order to change, not everyone has to. The idea is that the more you allow yourself to be yourself the less likely it will be that you need any kind of catastrophic reminder and you can make the transitions relatively smoothly. Even if you find yourself in the mist of great physical change, if you are centered within your own being, there can be chaos all around you and you will remain untouched. Do you follow me?
Q: Yes. One personal question...
B: Yes.
Q: ...I had a visit from time travelers from the future, they were Sassani, one of which was myself in a future life time.
B: And so?
Q: And so, what would be the purpose of a visit like that? Is it something lying groundwork for the future? Was it a...
B: Is that a guess?
Q: No, it’s a question.
B: Yes, well why did you ask that particular question?
Q: Because I wanted to know why they came back in time?
B: Why did you ask THAT particular question? You could have asked a number of questions. Why do you suppose you asked that question in that why?
Q: I would like a clear answer.
B: You are not getting the point.
Q: Oh.
B: You asked the question in a certain way; you used certain words. Do you remember what you said, what you just asked? Can you think back and ask it again, out loud?
Q: I had a visit from time travels...
B: Just ask the question.
Q: Oh, and I would like to know...
B: Did that happen to, you said, "Did that happen in order to ... lay the groundwork."
Q: Yes, okay.
You asked that question?
Q: Yes.
B: Well why did you choose those words do you suppose? Why did it occur to you to ask the question that way?
Q: I thought maybe they would come back to visit again.
B: What did you mean when you said, "lay the groundwork."
Q: Prepare for future contact.
B: All right, anything else?
Q: I guess not. audience laughs
B: You guess not?
Q: Well, why would a future self come back to see a past ... a person from the past?
B: All right, well...
Q: To merge together? Are we merging consciousness?
B: That’s one idea; that’s one idea. Let me ask you a question if I may? Why are you attending this interaction?
Q: I guess I’m supposed to be here.
B: But why? Why are you attending? Why did you decide to come?
Q: My friend insisted! Much laughter I don’t know what you want me to say?
B: I don’t want you to say anything.
Q: I know, you want me to think.
B: The idea is simply this: I am the channels future self. So what you are seeing right now is one example of the blending and melding of the future and the past self for a particular reason of delivering information and perspectives. That’s one way such a relationship with your own future self can be used. Does that help give you a little bit more of a clue?

Q: Yes. Will I be speaking with her in the future?

B: The idea is that you are shown your future self to become more like your future self in the present. That is the idea that helps you evolve.

Q: But I don’t know her ... so how can I ...

B: Yes you do!

Q: Yes, okay.

B: What you are simply doing is that, in your own proper timing, so as not to interfere in your life, you are being reminded of what you already know. Bit by bit, piece by piece, so that you can then take on the mantle of that feeling and become your own version of your future self. And that is what will act as a guideline for you to evolve in the way that is most representative of your truth, of your joy, of your creativity; because that’s what the future self represents, does it not, in general, to most of you? The idea that you have arrived at a place of more completeness, more wholeness, more joy, more abundance, more creativity. Does that not, in a sense, sum up the general idea of a future self ... yes, no, maybe?

Q: Yes, yes.

B: Well then as you allow yourself to become more aware of her existence you then gravitate toward her frequency and become more like her and become her. So it acts as a guideline.

Q: Thank you.

B: Does that help you?

Q: Yes.

B: Why, thank you.

Q: Thank you, very much.
EARTHQUAKES
Q: Um, well, it’s about earthquakes.
B: Yes!
Q: Um, I wanted to...
B: Do you enjoy them? (AUD: laugh). Many individuals do. They find that the energy excites them and spurs them to creativity. That is why many individuals choose to congregate in areas high seismic activity, because they like, as you say, living the edge. (AUD: laugh). It allows them to feel their own creative energy and recognize that how, once again, they have the opportunity to recognize it does not have to manifest negatively, that they can, through their own consciousness, RECHANNEL the energy in positive ways.
Q: Could kill ’em though.
B: That is up to you.
Q: Well, um, I just wanted to know if you knew when we should take any precautions because they say...
B: When you feel like it.
Q: Well, people say that, people on the news and stuff, that we’re supposed to have a real big earthquake here.
B: Let’s put it this way, if you simply find that it is something that does not have relevance to the vibrational life that you know yourself to be, then whether it occurs or not, you will not be there. You will be somewhere else.
Now the idea is also to understand that to fear something is what attracts you to it.
Q: Why is that?
B: Because, as we said, your reality is created from what you believe it to be, and if you fear something will happen, you are saying that you believe that is the most likely occurrence to happen, and that is where you are putting the highest amount of momentum energy.
Q: Okay.
B: Therefore, the idea of fearing it is simply judging the vibration of energy of excitation that you feel coursing through your being when you think of that idea.
Fear and anxiety is only excitement that you judge.
Q: Sometimes I can be afraid of something but I don’t really believe that it will probably happen. I think there’s a chance though.
B: All right. All right. But again, in all reality in that way from our perception at least, there really is no such thing as odds. There is no such thing as chance.
Q: Because only one thing happens, right?
B: You are aware of the possibility that such a thing might occur. Take it for granted that your ability to be aware that such a thing might occur is a sign in and of itself that you aware that you do not want it to occur, that you do not need to occur, and therefore you will automatically guide yourself where it won’t occur. Otherwise you wouldn’t be aware that it was a possibility.

Q: Okay.

B: You would simply be caught in it without any forewarning or knowledge at all of such a thing.

Q: The idea that you can be aware of such a thing and recognize that it is something you do not prefer, is, in and of itself, a sign that you can take yourself beyond the occurrence.

Q: Are you saying that my unconscious...

Q: Yes.

Q: lead me to that.

B: Yes.

Q: Oh. Okay. Thank you.

B: Thank you.

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Earth’s Chakra Points Are Blending

Q: What are the seven chakras of our planet?

B: You will find that in your area you call the Pacific, there will be the heart chakra. In the area you call Tibet, the third eye chakra. In the area you call Mt Shasta, in your present state, the idea of the crown chakra.

There will be other areas of your planet that will exemplify the chakras in the limbs, there will be the area you call Japan – mostly the idea of hands, of feet, portions of what you call South America. Also, portions of what you call the chakras of the intestinal area, in the central South American region. There are some ideas of intention connected with what you call the African continent – and the solar plexus.

Q: Is there the idea of the root chakra there?

B: Some. But also intention, for it has shifted, and it is exemplified in the relationship that your civilization now has with them.

Q: So it is moving from first into third... or first into second?

B: In a sense, first through second, into third; there is still some idea of the first in that area as well, but that is also shifting around a little bit. Recognize, that one of the ideas that we have already said is occurring is that all the different chakra points upon your planet are beginning to blend, in a sense. As you are beginning to blend yourself, you will find that you are going to allow your planet to form, within each chakra point, less of a specific differentiation, and more of an overall understanding that all energies exist within each point.

There may still remain in some of the points, some specificity but, in this way, they are all beginning to blend; and they are being assisted in the blending by all the other, what we have called, the free zone vortices upon your planet, which exist in many different areas, and are funneling and channeling the blending of all the different chakra points upon your planet, one into the other. So that even the free zones may partake of all the energies that are available throughout your entire planet. Do you follow me?

Q: Yes.

B: The throat, in that way, will be exemplified by some areas, both, now, in Europe and Japan and the China area; also, some of the idea of the channeling chakra, in what you call, your central United States and some European areas, in the northern portion... and Slavic areas.

Your polar regions upon your planet are now intensifying, and opening up and accelerating the blending of all the different chakra points, so that it forms a continuous flow to the center of your planet, in this way, and allows the entire electromagnetic atmosphere of your planet to become charged with the attributes of all chakras within it. To some degree, therefore, it is connected to your crown and base chakras, and also the idea of the grounding of your energy flow out through the bottom of your body into the earth, and through the top of your body into the heavens. Polarities are being blended within...
each and every chakra point. Will that have assisted you?

Q: Yes. I have a question about something you’ve talked about...

B: Yes.

Q: I asked you a question about China and Japan, and you said that Japan was the idea of the wind and China was the idea of the sound.

B: Yes.

Q: Which country personifies the idea of the light?

B: (Pause) It is, in a sense, to some degree, the idea that you call your own country. But, in this way, you still have many choices to make before you allow yourself to truly exemplify that. Do you follow me?

Q: Yes... and what would Russia represent, within the context of that vocabulary?

B: Touch.

Q: Particularly involved with the ground?

B: Yes, thank you.

Q: Thank you.
Earth’s New Heartbeat

There are now, in many different places around your globe, certain focal points of energy that are expanding in a certain way that they have not really expanded before. Many of you have known, for quite some time, that there are energy gates, doorways, what you call vortices, that are representative of dimensional connections, interdimensional connections, bridges, links, to other layers, other levels of consciousness and energy. But because of the kinds of changes that are now beginning to accelerate upon your planet, many of these "vorticular" areas are beginning to pulse at a different rate than before, and many of them are beginning to align and harmonize and synchronize with each other.

The beginning of this new, shall we say, heartbeat of your planet is a result, directly, of the acceleration that has taken place in the collective consciousness of your world, in that more of you are now becoming more aware of who and what you are, more aware of the choices available to you for creating the reality you prefer. And in that now a sufficient number of you have begun to do so, you have created a pulse within your collective consciousness that is now capable of being sensed, scanned, read, recorded, felt, perceived, in all of these energy spots upon your planet. You and your actions are beginning now to orchestrate, choreograph and co-ordinate the energy pulsations, allowing your planet to become more cohesive in its overall energy and its overall ability to provide more of you with more capability to choose more effortlessly, the kinds of things you want in your lives.

You're beginning to utilize the entire energy field of the planet, to aid and assist you, so it is not as difficult as it used to be to channel and funnel energy through you – so that this collective momentum, this collective pulsation can carry more of you, like a wave, allowing you to know you do not have to make so much of an effort and a struggle, but can simply ride that wave, ride that pulsation of timing, synchronization and energy harmonic flow to allow you to begin to truly see much more miraculous manifestation, in a much more effortless fashion appearing in your lives.

This is just beginning now, and will continue to grow and accelerate over the course of the next several years of your time. Though, in and around what you would call your midpoint of your 1997 year upcoming, as you count time, will be the culmination of one phase, the first phase of this accelerated co-ordination among all these points. And there will be a very strong step-up at that time in the energy we are now talking about. Many of you will feel it as a shift and a change in many aspects of your creative endeavors. Things that have to do with information, communication, will experience a great deal of breakthrough at that time, both in terms of technological advancement and in terms of the release of information that, in many cases, has been kept clandestine in your society for quite some time, on a variety of levels.

It will all begin to break down much more rapidly in and around that midpoint of your 1997 orbit, in that sense, as you count time. So take advantage now of this acceleration by, once again, allowing yourself
to move forward wholeheartedly, without reservation or hesitation in things that allow you more opportunity for creative communication and information exchange. Of course, most importantly, within yourselves first, as well as then, between yourselves, among yourselves, secondarily. Information, communication now are paramount, are key, are critical and must be clarified and cleansed so you can remove the static, remove the clutter of your own internal communications with your people that the act of surrendering is not so much the act of surrendering to each other, nation to nation, person to person, but surrendering to peace itself, then both can understand that their wishes can be fulfilled, their fundamental desires can be manifested. Because when an individual, or a group, a nation, surrenders to the idea of peace then what they’re saying is that they are expressing a willingness to explore the idea that there is enough for everyone, which there is. That anyone can live their dream, which they can, and that to do so will, by definition, not conflict with anyone else’s truth, anyone else’s dream, anyone else’s natural expression of creativity.

The only conflicts that are created are when individuals and nations are trying to be something they are really not, when they manufacture for themselves an identity, in a sense, that is false, that is made up, that is not representative of their truth. Then you have conflict, because that which you are not, will always, by definition, bring conflict with it, and resistance, and struggle and strife and pain. But that which you are created to be, that which you naturally are, fits automatically with everything else that naturally is, because the universe is a whole idea, it is one thing. Therefore, all the pieces in their natural form, by definition, must fit.

So when you surrender to peace, you are surrendering to be your natural self and surrendering to the idea, the understanding and the wisdom that everything that allows itself to be natural will automatically find a way to fit, to blend, to harmonize with everything else that also is willing to be natural. And that, in that act, there will be enough for everyone and everyone will be allowed to be who they wish to be; and the holistic system will be seen to support all of it’s parts, and all the parts will be seen to support the holistic system by definition, automatically.

Getting this notion, this idea, this definition of surrender, across to the nations, is one of the great ideas that you can do, one of the great tasks and actions that you can perform and teach. Not surrender to each other in the sense of loss, but surrender to peace in the sense of gain for all.
Easter Island and the Connection to Mars

Q: Easter Island, we were talking about it before...
B: Yes.
Q: ... so where did all the statues come from?
B: From the native inhabitants, the idea being, however, that the origination of the statues occurred when the land mass was bigger, and there were more inhabitants. And it was the remnant of a more ancient civilization that you understand as Mu.
Q: Yes, Lemuria.
B: Yes.
Q: Are they all... I mean there must have been a lot of inhabitants to do all those statues?
B: There were, and you are, of course, not seeing all the statues that there were.
Q: Yes, I understand that.
B: Many of them were submerged.
Q: And what was the purpose of putting them all over, like that? I mean, this is the thing that, you know, archeologists and geologists have tried to figure out. What is the purpose... like, they’re facing out to the ocean and. Do you know what I’m talking about?
B: There were different purposes at different times as the civilization changed. But, in general, the fundamental purpose remained the same, and that was it was utilized to function as an identifier or a resonance marker, to put them in touch with the collective. Because it represented an archetypal aspect of their collective consciousness, shall we say, a basic generalization of the physical form – the idea of a presentation of a face. This helped them resonate to the idea of the collective consciousness. Also, if you will pay attention, there are a great deal of similarities to the idea of those faces to that which you call the Face on Mars.
Q: Yes.
B: The idea being, that these beings were among the first early incarnations from the ancient Martian times, once the planet became uninhabitable. And they re-created that idea for the same reason, fundamentally, that the face exists on Mars, to function as a resonance identifier. To allow there to be a physical symbolic representation of the ability of an individual, when staring into that face, to become immediately connected to the collective consciousness of the whole population or tribe, if you like.
Q: And to what degree is our collective consciousness connected to Mars? In the sense that we’ve talked about Christ or Sananda or Buddha nature...
B: Yes.
Q: ... being like the Christ spirit of the planet Earth.
B: Yes.
Q: All right, now what is the.... do you know what I’m talking about, the Christ nature, or Christ spirit?
B: Understood. The world spirit idea, yes.
Q: Yes.
B: Well, it has become interwoven, in that there are now, of course, a multitude of incarnations from the old Martian civilization on your Earth at this time, for many cycles now. So, of course, you brought with all of you the idea of your world spirit and blended it, part and parcel, into the idea of the world spirit, now, of Earth. But more specifically, it was represented by the world spirit notion that has remained in your civilization – one of the closest approximations of which is, what you call, Quetzalcoatl.
Q: Oh, Quetzalcoatl.
B: Yes. That would be closer to the Martian representation of the world spirit as they understood it. But, of course, it has now become intimately blended with the overall world spirit that has become what you now know as the world spirit of Earth. But that aspect still remains discrete, if you wish to call it out, so to speak.
Q: And these beings that you’ve referred to in the past, Quetzalcoatl... are we to understand now that they’re from Mars? The ones that are meant to act in Mexico City...
B: No, no, not from Mars, the idea is that they exemplify, as an extraterrestrial vibration, the frequency of the Martian world spirit, to some degree. Which is almost identical to what you call the indigenous native world spirit of your planet.
Q: Yes, and where are these beings, per se, where are they from?
B: No, no, no, not yet. (Audience laughter)
Q: All right then, thanks a lot.
B: Thank you.
Eating and Getting Fat

Q: How ya doin’?
B: Perfect, and you?
Q: Great. Often you speak of following your excitement. Why, when I eat what excites me, do I get fat?
B: Thank you! Recognize, if you will, that many times the idea that may, in your terms, pass for excitement is actually the manifestation of the energy as anxiety. And that is why. Perhaps the idea, once again, is to recognize the difference between going to something and running from something. Because it is the same energy, many times you will not necessarily, in general, be clear as to whether or not you are allowing the energy to manifest as excitement or anxiety.
Q: I see. So it’s a judgment on eating the lasagna that results in the fat.
B: To some degree, but it may also be the judgment that creates the type of energy that moves you to the lasagna, instead of using the energy in another way. You follow me?
Q: Yeah, but it doesn’t sound very Italian, for sure. I follow the concept; I’ll play with it a bit.
B: All right. ’Tis up to you.
Q: Okay. One other short one.
B: All right.
Q: I have observed that there is a fascinating apparent mechanism which goes, when you invest a lot of joy, excitement, and marvelousness in something that… For instance, I go to create a mock-up…
B: Yes.
Q: …a dream, a vision, a great love affair. Then there appears, at times, to be the manifestation of intense fear or terror at the idea of not achieving that, of not pulling off the objective.
B: Wonderful! Then you are giving yourself a prime opportunity to examine what the beliefs are that you have ingrained within yourself that should cause such fear; the beliefs that you have that would allow you to think that it is more probable that you will not get what you desire than it is probable that you will. It is your opportunity to use that fear to recognize you have those beliefs and examine why you have them, so that when you understand that, you can change them.
Q: Yeah. Since that’s what I said to myself, I figured that’s what you would say. Thank you!
B: You’re welcome. Thank you.
Eating Animals, and Dolphin and Human Incarnations

Q: I find that while eating animal flesh I experience a feeling of fear that I feel is from the suffering of the animals collectively. Would you recommend the consumption of animal flesh?

B: You will find that on your world there is predation, primarily because it is a primary reflection of the human species. On our world all the animals are, in that sense, symbiotic – they learn from each other; we learn from them. There are circumstances and situations that are highly reflective of moments of integrity and intention and alignment and spiritual respect, wherein such exchanges are given freely by the animal to you, as has been done in the past. Most of what is going on, on your planet now, is nothing of this nature whatsoever. And most of the way you are treating the animals is creating all manner of toxicity in the ingestion of their flesh.

And, at this time also, in many of your transformations in becoming a more rarefied, less physically materialized being, the ingestion of the heavier substances is really not as necessary as it might have once been, and is certainly not being done in the manner that it once was.

So, generally speaking, at this time – no. But you will find that there may be a few exceptions here and there, now and then, but they will still be reflective of the old paradigm of mutual exchange and respect, for, after all, please remember, there have been times when they ate you. (laughter)

Q: Speaking of the dolphins, would you say that the dolphin nation is really going to return to the land at some point?

B: Some, yes. It is time now for some of this to happen. It happened very freely... exchanged incarnationally in Atlantean times – that what was once human was dolphin for a life, and then back to human, and vise versa and so on and so on. This stopped for a while, for the most part after the destruction of Atlantis, allowing the souls to reconsolidate and go through the lessons they had to learn about why such destruction was created. But now, now that you are arriving at the end of that cycle, some of the exchanges are occurring once again, and some individuals that have been human are now incarnating as dolphins, and vice versa, as you say.
Eating Habits

B: A different form of, what might be called, eating habits also assists this natural cycle. In many ways, five or six or even seven very small meals during the entire day is much healthier for you than two or three very large meals a day. You will be feeding the engine of your body exactly, precisely only as it needs to be fed, rather than loading it down with too much to process. So perhaps every three hours or so, just a little bit to eat, just a little bit to drink will feel more healthy, more energizing to you. You can adjust yourself to fit what feels natural for you.

But also understand the following thing, any difficulty you might feel in changing these things may simply be the product of having created the habit of thinking there is resistance to moving toward your more natural self because of inertia. Inertia, simply meaning you may have been doing what you’re doing for so long that you have created a kind of groove or rut for yourself that has some difficulty in changing. Therefore, sometimes one of the easiest ways to break out of your normal eating and sleeping cycles is to break the cycle altogether for a little while, rather than doing it gradually.

Sometimes one of the healthiest things you can do, again, absolutely depending on the individual—is to have a one to three day fast where you are drinking only very light liquids. This can clear you out. It can allow you to feel more energized. And then you can go into a more natural cycle from that point forward. Again, these are simply suggestions for you to explore. It is not telling you that you must do it this way.
Q: Is there a difference between ecstasy and knowingness?

B: There can be. Knowingness can be viewed, if you wish, as the first realization based upon existence’s ecstasy of Creation. Now, does that make any sense so far?

Q: Ah...

B: You have existence, all right?

Q: Yes.

B: All That Is – existence, one homogeneous, unbroken idea, existence. Now, when existence knows It exists, that is the first separation – knowingness, do you follow me?

Q: Yes.

B: That knowingness is created through the act of ecstasy. Ecstasy is, in a sense, the state of existence itself, and it also is the underlying support, substance, if you will, and mechanism of all that is created within All That Is. It is, if you will, the medium of Creation. In other words, ecstasy is the interaction of All That Is, knowing Itself.
Ecstatic Transformation
Encino, CA
9-10-86
All right, I’ll say, how are you all this evening of your time, as you create time to exist? Great, fine, etc.
We will begin this interaction this evening of your time with the idea, once again, that many of you have shared with us, relative to the reception of communication from many different levels of consciousness—as you perceive them to be coming through what you call the physical channels upon your planet.
In this way, many of you have now begun to recognize that this is your transformational age, and there are many changes taking place in the mentality, spirituality, and physicality of your world as you have know it. Recognize many of you have shared with us that much of the information being shared with you by many different levels of consciousness—by what you term many different entities, so to speak—coming through physiological channels in your world, and sharing with you certain ideas, certain aspects, certain information about this transformation.
You have reflected to us that some of this information has been shared with you in what you are terming negative scenarios, negative aspects, that you feel must take place in order for you to experience the transformation upon your planet. Many of you have spoken of the idea of the transformation seeming to have to take place through the idea of what you call catastrophes: earthquake manifestation, flood, famine, axis shifts, and much more of the like.
In this way, recognize that this energy potential does exist, but only as a potential. It may have a great deal of momentum behind it; it may have a great degree of backing behind it from your civilization, simply because that is the way your civilization has always assumed that changes must occur: with strife and struggle. But recognize that—not that you are being lied to, for you are not, by the other entities when they share with you the idea of your transformation occurring in catastrophic ways. You are being given an opportunity to recognize, in the sharing you are being given by many entities, that you have an opportunity: an opportunity to hear that recognition of an energy that does exist in your civilization, a potential energy—but to use it as an opportunity to decide whether that is true for you in terms of what you know, or believe, you need to experience in your transformation taking place on your planet right now.
Therefore, recognize in each and every interaction that has ever taken place between any of you and any other what you are labeling consciousness or entity coming through any psychological channel: when you hear something that does not strike a vibratory chord within you, then recognize there is no need for the idea of accusation on the part of the information, for all that is being shared with you is a perception of an area—of a potential reality—that does, in your civilization, have a great degree of momentum and energy behind it—due to what many of you fear to be the case that must take place in your transformation.
But if you are willing to hear these words—the words coming from entities in that way, from
consciousness that speak of the transformation in catastrophic terms; if you are willing to hear them as an opportunity to understand and reflect what you know to be true for you, then you can utilize the situation as an equal, and not continue to feel that what you are being given as information is any more powerful than the information you have within yourselves with regard to the reality and a world which is, after all, yours.

Recognize, therefore, the following, if we may suggest: if you find yourselves in a certain scenario where such information is being imparted to you in that way, then the following idea—if you are willing to have the conviction—may also be shared in return with that entity, as follows. Now, any of you at this time, if you wish, may take what you call your paper and your pencil and copy this down; any one will do. Or you may simply extract it at your leisure from the device you call your tape. It will not matter.

We will, if you are preferring to write it down, communicate this slowly enough so that you can follow. Again: if you, quote/unquote, miss it, you can always get it off your tape, as follow: you now find yourself in a situation; you have been imparted to information about the transformation that seems to be delivered to you in symbols of catastrophe. You may do the following:

“Dearest Entity:"

“I recognize that what you are sharing with us—or me as the case may apply—comes from your love for us and your desire to serve us, to allow us to expand in our awareness of the transformation—which is a reflection of all that we have ever been and can become.

At this time, I would now wish to share with you, dearest Entity, that your sharing affords me the opportunity to recognize that the transformation, in the terms of catastrophe that you have delineated, is not the reality I, as a co-creator of this world, prefer. I choose to believe, and give energy to, the idea that if I am willing to face all portions of myself, and accept and allow all situations in my life to be of positive service, to be in my life for positive reasons, that I can allow my experience of the transformation to be one that is positive, and not in need of the expression of catastrophe, in order for me to understand myself and grow.

I recognize that expressions of catastrophe may be the only way some individuals can believe that a transformation will have a lasting effect. However, allow me at this time, dearest Entity, to ask for your further love and your further assistance in suggesting to me (us) ideas that may allow me (us) to assist our world (my world) so that all, or as many as possible, can now allow themselves to also realize that there is no longer any need to believe that transformations and changes of lasting positive effect must be created through trials by fire.

I am willing to share that I believe ecstasy is our birthright. Will you now share with us your perspective on how we may accelerate within ourselves to sufficient degrees to allow there to be upon this world, that we hold dear, the smoothest, simplest, easiest, and most loving version of the transformation that can occur. Thank you.”

Each and everyone of you that is willing to utilize that situation—once again, not in an accusatory way, but in a sharing way, in a convicted way, to stand up and make a difference, and be the individual you
know yourself to be and express what you know to be true for you: each and everyone of you willing to utilize the situation as a reflection for that opportunity, will make a geometric, a logarithmic, difference in the ability of your entire world to allow its next step to be that much easier.

You add—even as a single individual—that much energy to the momentum of your ability to experience your transformation in a positive and loving way. You all follow along? Yes. Yes. Sharing. Bashar. You then you.
Effortless Ease

You were created from ecstasy, you were created out of love and light. It is your birthright. Everything you do can be an act of love, done with an effortless ease of creativity. You are made in the image of the Infinite Creator, and that means quite simply, that you are infinite creators, and multi-dimensional ones as well. That is the natural you.

If you will allow yourselves to realize that you no longer need the tool of guilt, you will then give yourselves the expansiveness of your birthright. You will allow yourselves the expressiveness of your vitality, and you will then be able, with all clear consciousness, to create and attract into your lives, the things you know you deserve.

You will find that when you remove guilt from your tool box, what is left will be this recognition and realization... *Nothing is too simple or too good to be true...* nothing! “Any exceptions?” No, not one.

Nothing is too simple or too good to be true, and nothing is too wondrous or too ecstasy to be yours, nothing! You deserve all you can conceive of... because you exist! And if you exist, then

All That Is, the Infinite Creator, believes you deserve to exist.

If you exist with the desire of creating peace, harmony, joy and ecstasy in your lives, then know that you are not created with that desire, without also having been created with the ability to attract that into your lives. Your awareness of that idea, in and of itself, is sufficient to bring it to you. Creation holds nothing back from you, and it never has, never. In all circumstances in your lives, each and every one of you has always been supported one hundred percent by the universe.
Q: Bashar, would you be willing to talk about what’s underneath the Sphinx and what’s been found so far?

B: Again, the idea is that the chambers that were, on the part of many people, predicted to be there, have not been opened. So in that sense, nothing has been found, except, the existence of the chambers themselves by what you would call sonic reading. You understand?

Q: Yea, I do.

B: Thus, you will find, when you create among yourselves the appropriate timing to enter these chambers under the Sphinx, it will contain information ... to sum it up, a kind of hall of records. That will leave absolutely no uncertainty about the idea of what you would call past histories, the ancientness of your civilization, interactions with other levels of consciousness. There will be artifacts, symbols, signs information that can easily be deciphered by those who understand that will relate, in a sense, to your origins on Earth, to the idea of a multitude of civilizations that have existed there upon. To the idea of your birthright as beings of consciousness and many principles of the fundamental ideas of the formation of your reality in the creation of life. In that sense, it will be a verification of many of the things that you NOW desire to believe about reality and it will change many aspects of what you call history, sociology, religion, anthropology and so forth.

It is likely, though again we can not say without certainty because this is your call because it is your planet, it is likely that these chambers will be opened before your year of 2001. But that depends on all of you. You follow?

Q: Yes. Would you say that these chambers contain the foremost library of knowledge about the history of Earth on the planet?

B: There are others but, yes, in a sense, it does.

Q: Didn’t Edgar Cayce speak about these chambers?

B: This is the reference, among other, that we were talking about when we said, “predicted.”

Q: I’m not certain but I thought he predicted they’d by open by 1998? Perhaps I’m wrong?

B: Yes, this is highly likely but we give simply the absolute window of no later than 2001. Because there are many things still in fluctuation. There is a high degree of probability that it maybe by your 1998 or sometime in your 1998. But at the absolute latest, no matter what transpires, it seems that the momentum of your collective consciousness will not allowed it to take any longer than 2001 at the outside. You follow me?

Q: Yes I do. And what is that we can do in this group to expedite that opening?

B: You can co-ordinate and communicate with officials in that area, lovingly urging them to allow investigation to continue instead of impeding such investigation.

Q: I was also thinking, perhaps, we could go there in our astral bodies?

B: You can, but remember that you are also physiological beings and what you take action in the physical world will make the greatest difference even though, of course, in your astral state you can set
up things and make arrangements for things to go smoothly but without the follow up, without the follow through physiologically, it may not amount to much.

Q: Okay, I see. And can you tell us about how old these chambers are? When they were created?
B: Again, approximately the idea of what you would call 10,500 BC. So, in that sense, 12,500 of your years ago, approximately.
Q: Okay, was that near the time of the fall of Atlantis.
B: Yes, shortly in a sense, before and shortly there after. It bracketed the actually fall, the final fall.
Q: Did the peoples’ of Atlantis bring forth a lot of this knowledge?
B: Yes.
Q: To be save guarded there?
B: Yes.
Q: And is this knowledge scientific as well as historical?
B: Yes.
Q: So there will be a technology to be discovered?
B: Yes, rediscovered.
Q: Rediscovered.
B: Does that help you?
Q: Yes it does. Thank you Bashar.
B: Thank you.
EGYPTIAN UPDATE
from: Denial, Separation and Projection
Suffield, CT. 7-19-98
Q: Are you on your planet?
B: No, I am in my spacecraft and have been for quite some time, with three other spacecraft positioned actually around your planet in a tetrahedral formation.
Q: Far out.
B: I myself ... oh not that far out ... only about 27,000, in that sense, you follow, 27,000, in that sense.
Q: Thousand miles?
B: Yes. At this time.
Q: Over what continent?
B: Over the city you call Cairo.
Q: Ha, Egypt.
B: And I will remain there ... changing in elevation up or down slightly depending upon the fluctuations in the energy of the collective consciousness of your planet, until, what you might call, ultimately, day of contact; at which point we will touch down. The height above your planet that I will be at any given moment is representative of how close or far the energy is from contact. We are now acting as a barometer and I will remain there until such time, be it, what you call, 5, 10 or 15 of your years, because time to us is nothing.
Q: You were one of how many spacecraft?
B: Four, we are the points of a tetrahedral formation around your planet. There are other spacecraft, of course, to be sure, from other societies and such, but of my society there are four ships positioned in a tetrahedral structure around your planet right now, the points of which are about 27,000 miles above your earth.
Q: Excellent. So let’s talk about where we are at right now in the transformation because it sounds like we are at a good place.
B: All right, you are in the area known as Connecticut.
Q: Enfield, right. (much laughter) Good!
B: That’s where you are in the transformation.
Q: I guess that’s the point, isn’t it? We’re right here.
B: Yes, it is, remember the toilet paper?
Q: Yes, yes. (more laughter) Yes. Then ... OK ... that’s what I was going to ask about, that idea. I want a report of who we are and what’s going on?
B: Never mind where you are at, relative to the TRANSFORMATION. Are you where you want to be in your life? In terms of, "Are you living your life the way you want to live it? Yes or no?"
Q: ... yes.
B: Hesitation usually means a little bit of no; not fully yes. Because if it is truly yes there would be unflinching, unhesitant yes.
Q: Absolutely, I’m wavering still.
B: That’s all right, you can waver
Q: Still wobbling, yes.
B: But the idea is simply that where are you in your life? Because where you are, if you are being the best you know how to be, that’s all you need to do. If you are being who you are to the best you know how to be, as fully yourself as you can be, you are doing the most you can do for the whole transformation and that’s, then, where you are.
Q: So why Egypt? Why are you over Cairo? Again? Naval, hey?
B: There are many reasons. First of all, it is a main balance point of your planet energetically, especially between what you call the water and the land. Also, of course, there is much activity going on in terms of the near opening of many secret chambers and we are ... watching that.
Q: Sphinx, right?
B: Yes, and pyramid, both.
Q2: The Great Pyramid?
B: Yes, there is chamber that is about to be opened there, chamber about to be opened near the paw of the Sphinx, underneath, about 15 feet down underground. Agreements are now being made, discussions are now being had. Most likely this will happen within the next two to three years of your time.
Q: And these are these ancient writings that we talk about.
B: Yes.
Q: And that will tell all.
B: Well, not ALL. The chambers are not that big but in the sense of essential things, yes it will tell all. In the same way that the four laws tell you all and don’t take up much room.
Q: Right.
B: But, it will also give you history. It will give you Atlantean history, it will give you other kinds and levels of history. It will give you other ideas as well.
Q: Will this be public information pretty quickly?
B: Yes, it will, in this case absolutely, beyond a shadow of a doubt. The individuals involved will see that this is so. There are individuals of high integrity involved. Do not fear this one will not be hidden.
Q: Good. I was going to say I’m a little tired of stuffed information.
B: I understand, but you see the point is that if you were all tired enough it wouldn’t be happening.
Q: Okay. So if present momentum of where we are...
B: Yes.
Q: ... beyond Enfield ... how will this affect us in the next few of years, what is going to happen?
B: How do you want it to affect you?
Q: I want it to be a very positively oriented explosion of good things.
B: Well, I guess it will be, for you.
Q: Okay.
B: Remember: each and every one of you are your own bubbles, regardless of the bigger bubble. You all move at your own rate, your own pace. It is up to you to determine what that pace is by the choices that you make ... that’s all you need to focus on.
Q: Beyond the obvious question of us going about our business ....
B: Yes.
Q: What else can we do to enhance this idea maybe to merge all of us together as a collective?
B: That you even hold it a possible concept makes a difference.
Q: And maybe share that truth with others.
B: If you wish, if that gives you joy. However you wish to share. But again, please remember, just by living your life you ACT as a living example so that others can see and can choose, if they so desire, to match your frequency. And so, in that sense, you are sharing it with others just by being yourself because you become, oh, how should we put it, infectious.
Q: Wow.
B: You understand?
Q: Yes.
B: Your vibration–RADIATES! There is now on your planet what you might call a new book, relatively speaking, some of you may be familiar with it some of you may not. Though we rarely recommend, we would suggest, that relative to the conversation that we are having right now, you get it and you read it and if you ponder its concepts you will understand quite clearly what kind of impact each and every single one of you can have. And that book is called, "The Heart’s Code." You understand? "Heart’s Code."
Q: Yes, "Heart’s Code."
B: "Heart’s Code," it talks about the recognition, well, I’ll put it this way, it talks about the RE-RECOGNITION, since you have actually simply forgotten that this occurs. The re-recognition that your heart has intelligence and that it actually communicates to every other heart, literally, electromagnetically. All your hearts, right now, are talking to one another, literally. I am not making this up, it is not just a philosophical idea or a euphemism or a metaphor, your hearts are talking to each other in electromagnetic pulses right now. You are sitting in each other, immersed in each others’ expanding heart bubbles. Every, listen to this, think about this, picture this, give energy to this and you will see
what kind of impact you have all the time, every single beat of your heart sends out an electromagnetic 360 degree spherical bubble at the speed of LIGHT, an electromagnetic pulse 186,300 miles per second; that means instantly, nearly. Every single one of those bubbles pulsates around and through the entire planet from every single being on it. You are immersed in each others’ heart beats. When you begin to talk to your own heart you will know how to talk to others, sometimes without saying a thing with your mouth or your brain which sometimes is for the best. No offense. (laughter) But you, each and every one of you have been at war between your brains and your hearts and your bodies. It is time to allow them their due and to allow them own unique communication and to function as a triad, to work together harmoniously. Read the book and see what you get. All right?

Q: All right.

B: Thank you.
Electro-Magnetheric Blue

B: Another symbol that may act as a functional reflection for individuals in your society is a two-fold symbol: The first aspect being, to imagine and envision a bluish transparent energy sphere all around the individual and imagine that the individual immersed within the sphere is actually part of the sphere, homogeneous with it; that the sphere is an extension of them. If they are willing to allow the entire sphere, plus the body they think they are to become homogeneous with the sphere– and not perceive there to be any area of the whole sphere that has any more or less power than any other area of the sphere–they can mentally balance their electromagnetic flow and become a conduit that allows there to be a balance of the positive and negative energy within the physiological electrochemical system of the body; the "biological battery" that you are.
Electromagnetheric Energy Adjustments

Q: Let’s go back to the energy work that I’m doing.
B: Yes.
Q: Many times when I do people, especially couples, I usually do them in pairs – the man first, then the female. And I notice, in many cases, it causes a closer connection between the two. However, at times when I do just one…
B: Yes?
Q: …there seems to be almost a separation taking place, because of the vibration being so much different.
B: Well, this is not surprising, is it?
Q: No, not really; however, what is it that is actually taking place? I mean this is taking place on a cellular level, am I right?
B: It is taking place, of course, first…
Q: Yes.
B: …on an electromagnetheric level, which then affects the cellular level, which affects the genetic level, which affects everything.
Q: I see.
B: The idea is that shifts are made, energetically, which change, to some degree, certain aspects of the genetic matrix, and this then allows there to be a change in frequency in the cellular structure, which changes the consciousness of the physical personality. Which then can make it, shall we simply say, different enough so that it can become, to some other individual that it may have been compatible to before – incompatible. You understand?
Q: Yes.
B: And thus, there being this activation, in this way, of energy: to genetics, to cellular, to the physiological consciousness personality. And there will be a continuation of this change, of this growth. The individual will continue to grow in a new way, once activated in this manner. So that individuals who are not thus activated with other individuals, or if other individuals are of unlike vibration, then of course there will be what might be perceived as a growing apart.
Q: I see.
B: The other individual, even if you do not energize them, can still take the cue and the clue from the energy shift within the first individual and can synchronize themselves, can harmonize themselves, if they so desire. However, many times there are confusions in the belief system patterns and energy patterns that do not necessarily make this immediately occur.
Q: Okay.
B: Always in your energy work, however, there can be instilled within the single individual, who may thus relate to other individuals that aspect of the energy that you do, which will allow them to also radiate at a frequency that could give others whom they could come in contact with the best opportunity to alter their energy, as well to synchronize their own.

Q: I’ve been doing this lately: each person that I do now I set the vibration so that they do become an attractor in a sense…

B: Yes.

Q: Yes, this works excellently for raising the vibrations. I notice when I do people, say three to five times, the first time they get off the table they are very disorientated.

B: Yes.

Q: The second time it is less. The third time they are off the table and they are ready to go.

B: Yes.

Q: The vibration does rise quite drastically.

B: Usually in threes will this have the greatest impact in almost any kind of human endeavor.

Q: I see.

B: That is why you have the origination of the phrase, “third time is the charm.” For in this way you have stabilized each component in turn: the belief, the emotion, the thought actions; the three aspects of the personality. Thus, the tetrahedral prism format is thus balanced with three energizations, one for each component.

Q: I see.

B: Most things in your physical reality work in threes in that way, and stability is thus created within the idea of the three times of the energization, or three times the approach to any endeavor in that sense. One for each aspect, no matter in what way you may wish to call these aspects – body, mind, spirit – so on and so forth. It doesn’t really matter, as long as there is the recognition of the triangular aspect, and the creation of the approach in terms of free atoms, which then can stabilize one another upon the third completion.

Some individuals will have already allowed themselves to have the experience of stabilizing one or two; and thus, if there are individuals who all of a sudden seem to gain more rapid insights and capabilities from simply one energization, it is because they have already done something to stabilize others.

Q: I see, I see, excellent. Okay.

B: Those that may simply not allow themselves to find themselves energized even after a third time, obviously, then there are simply short-circuits in their belief system that will not allow any or either one of the aspects to absorb the energy and apply it in the proper way. And this must be dealt with first, before the individual can thus be properly energized.

And although the energization can help them and allow them to evenly balance out and repair any such short-circuits, more often than not, when such short-circuits of a particular nature are present, it may
take longer than three for energization; but three is the optimum for the reasons we have already described.

Q: I see. Now, my friend was driving back from San Diego... now, he perceived it as a voice in his head, and he has been listening to the tapes, and of course he is relating that to you and/or your energy. However, to this communication he got a message that in the brain there are electromagnetic switches.

B: Yes.

Q: Can you elaborate on that a little bit? Can you imagine what that might be involved with? Something about these...

B: There are two types, in a sense, that are being described: one that would be recognized as the synaptic junctions already recognized by your neurologist; and the idea of electromagnetheric entry points, which are responsible for allowing electromagnetheric energy to become materialized in the sense of creating new pathways.

These are more like electromagnetic gates, small vortices in the cellular components of the brain, which will allow energy to come through in the proper format of a matrix to be represented as a physiological thought process. Which then can crystallize or materialize itself along the synaptic pathways that are representative of the ability of the electromagnetheric portion of the consciousness to express itself in physical reality.

So in the center of each cell of the brain there is one of these electromagnetheric switches that is like a little gate, a little portal, a little vortex.

Q: When I do this energy work can these things be altered, or are they...?

B: They are activated, not altered; but they are activated. And perhaps, their frequency and their ability to bring through electromagnetheric energy or process it, or crystallize it into materiality, can be altered.

Q: I see. I’ve noticed... this... I’ve noticed with certain particular people that are in a sense blocked with very narrow thought patterns. In other words, they are very focused on one particular thought that they may have, and they don’t really perceive other thoughts that... you know, when you communicate with them.

B: Yes.

Q: However, after one of these treatments on various people I’ve noticed like an explosion of understanding...

B: Yes.

Q: ...that they receive.

B: Yes.

Q: It doesn’t happen to everybody, but it does happen to several and that is the first time that I noticed it. Now one young lady that I was giving a treatment to had MS.

B: Yes.
Q: This was actually before I began doing the energy work in the way that I am doing it now, however I was doing the massage and my hands... I mean they became, literally, red hot.
B: Yes.
Q: If felt as though they were swollen and, I mean, very, very intense.
B: Yes.
Q: Why does this happen sometimes and not at other times?
B: Again it will depend upon the kind of connection, it will depend upon many different factors, in much the same way as you say why does it rain on some days and why does the sun shine on others?
Q: So in other words, if it needs it, it gets it.
B: Yes. There are energy patterns; there are, in a sense, weather patterns that have to do with high and low pressures, in a sense, from sender to receiver that will determine exactly how the energy is felt to flow.
Also, different frequencies because of the belief system patterns that exist within the mass consciousness of your planet will have different effects physiologically in your reality.
Q: I see, interesting.
B: There are a variety of factors. Suffice it to say that it will simply depend upon the circumstances of each individual session.
Q: Well, as it is going now, I simply trust that whatever happens, happens.
B: Yes.
Q: Because it needs to happen that way.
B: Yes, as long as your intention is intact, then you can trust that the flow will be the kind of flow that is necessary for that particular kind of interaction at that moment.
Q: Okay, thank you.
B: Thank you.

Electromagnetheric Energy Adjustments
Element 115

Q: Out of the 144 elements, how many can be artificially synthesized?
B: Artificially synthesized?
Q: In other words, created in the laboratory, rather than a natural formation.
B: Well, in essence, all of them can, depending upon the proficiency of the laboratory and the level of the technology. It is simply an issue, in a sense, to put it very simply, of taking what you recognize as a proton and, in whatever manner available to your technology, building the elements...one, two, three, four, five, six and on up, by adding more and more and more protons by whatever methodology your technology has arrived at. So, in that context, all of them can be synthesized. You understand?
Q: Yes. You mentioned before the element 115. Is there a natural occurrence of element 115?
B: There is, but it is not upon your planet. It is more in stellar masses, dense or highly collapsed stellar masses, more precisely.
Q: All of the heavier elements are that way?
B: Yes.
Q: Because you mentioned element 122 to block magnetic fields that are found in burned out stellar cores.
B: Yes.
Q: How do the civilizations that utilize that material go about extracting that element?
B: There are a variety of ways, again, depending upon the level of technology; one is in actual fact quite pragmatic, and that is that they have large magnetic containment ships, whereupon small amounts of crushed stellar, collapsed stellar material, is simply passed through or shunted into the magnetic containment center which then, through magnetic vibration, separates the different components out, and extract the ones that are required for a variety of reasons. But, again, even this is, in your terminology, relatively sophisticated technology, even though this is a very basic technology to many of us.
Q: Has there ever been civilizations on earth that could do such procedures?
B: There have been available upon earth, from time to time, technologies that could have been utilized for that purpose, and in Atlantean times some of their own technologies, if they had been adapted in other ways, could have been utilized for that purpose, but it wasn’t really necessary. There are other methodologies by which different kinds of inter-dimensional travel may be achieved, and more of what you would recognize to be bio-electromagnetic vibratory means or other vibrational technologies were more often utilized, by civilizations on your own planet, than the idea of needing to harvest heavy elements in order to create the gravitational warping and bending that is available to those particular usages.
Q: Out of the heavier elements, which ones are used for fuel, besides 115?
B: There again are a variety of ways to utilize different elements and from about, actually 113 up to and including about 127, have been utilized in a variety of ways by different civilizations that we know of in
the context you would call, quote/unquote, fuel. Though we do not wish to be misleading by allowing you to assume that when we say fuel that it is necessarily utilized in the same ways that you use, what you call fuels, on your planet.

Q: In a linear mode?
B: Yes.

Q: And how much of element 115 is there on earth now in 1995?
B: You mean that has been collected, in that sense?
Q: Yes, is it measured by weight, or...?
B: It can be, yes, although again, of course, remember that since it is dense that could be deceiving. The idea really is that there are several, several, several hundred pounds of this material; though this does not necessarily equal a lot of space, since it is dense and heavy material. All of the material of such element 115 that exists upon your planet could easily fit in a relatively small room upon your planet

Q: Thank you.
B: Thank you.
Elevating of Resonance

Q: I imagine that you don’t speak in terms of days in your civilization, but what type…

B: We do not really follow the flow of keeping track of time, in that sense. But since we do have a physicalized world, and since a day is simply a single rotation upon its axis of the planet, we do have days. Incidentally, they are actually quite close to your own: approximately, what you would call 25 of your hours. Therefore, in that way however, you will find that our year is quite a bit longer.

Our star is greenish-yellow, much hotter than yours, and our planet is farther away from our star than is yours, hence the diameter of our orbit is broader than yours. So whereas you have approximately the idea of 365 and 1/4 of your days making up one of your years, our year is approximately 454 of our days.

Q: Thank you. What I’m wondering is, like, when you leave here, what’s the first thing you do when you go home?

B: First of all, I am still at home; I am not actually physically with you. This is a telepathic link from within my scout craft, which is at this point over my own world.

Q: Do you have friends and family around you also…

B: Always! Since we are always telepathically in touch, we are always connected, no matter where we physically are. To us, the idea of space and time are not limiting or separating factors. Do you follow me?

Q: Yes.

B: Does that assist you? I do many things – anything that excites me. In one sense, in your terms, I am a technical engineer, pilot of a craft, also a social engineer; and that is why I am interacting with your society at this time. And I interact with many other societies that are similar to your own.

Q: Mhmm. The other evening I asked you if you actually ate food. And you said that you didn’t do that, that you …

B: Absorb energy directly at this point.

Q: Absorb energy directly at this point. I was just curious and wondering how, you know, since so many people are choosing, consciously, unconsciously, to what we call starve to death…

B: Yes.

Q: What’s the possibility of…by creating… you know, how can we teach ourselves to absorb energy and have…

B: Oh, thank you! Many of you are beginning to do so. And that is why many of your diets are changing, and becoming lighter and lighter and lighter and lighter. You do not have to force yourself to do that, but you will simply find that as you elevate your vibrational resonance, you will simply lose the urge for more dense sustenance.

Now, the individuals in you planetary culture that are physically starving, in a sense, have chosen that
particular scenario. Because, of late, it has now allowed many other cultures upon your planet to go to their assistance physically, and provide them with the physical sustenance they require.

At the same time, because of their particular situation and (tape change) . . . It is only because the energy and the combined consciousness of your world is awakening to the idea that you can exist as a unified culture, and interact with other unified cultures, that allows us to be able to interact with you, and allows you to be able to see us. Otherwise we would never meet, on such different vibratory planes would we be. Our ability to interact with you is an indication that we are beginning to share the same dreams. You follow me?

Q: Mhmm.
B: Are you sure?
Q: Yeah, I do.
B: Oh, thank you. Has that been of assistance?
Q: Yes, very much. Thank you.
B: Thank you.

Elevating of Resonance
Empathy and Alternate Realities

Q: Hello.
B: Hello.
Q: I’ve always hallucinated a lot, which means I see things that other people don’t.
B: Me too! (AUD: laughter)
Q: Oh, really? (Laughing) And recently it has got in my way, and I’ve started taking medication to reduce the hallucinations.
B: Why??
Q: Because everyone thinks I’m crazy.
B: So? It is a relative thing, you know. (AUD: laughter) Everyone is crazy in their own way.
Q: I know... I am crazy in my own way, that I agree. But the problem is that it got to the point where I couldn’t work.
B: All right.
Q: And to do things that it takes to survive in this world.
B: Things you think it takes to survive.
Q: Yes. Tell me, how can I make a lot of money without having to work? (Laughing) No, I know...
B: Oh, the idea is to do what you love to do, and then it will not seem like work.
Q: Right, I know that, but how can I integrate these hallucinations? I’m taking the drugs now that I don’t really want to keep taking.
B: All right. Can you define or describe any of these so-called hallucinations?
Q: Ah, well...
B: First of all, do you understand what an hallucination is?
Q: Sometimes when I’m having them I know it is an hallucination, and sometimes I don’t.
B: Do you know what an hallucination is?
Q: Yes, I do. It means that other people don’t see it.
B: What is it?
Q: Um, well it’s... I don’t know. It’s different things.
B: Ah, thank you.
Q: It’s different things.
B: It is, however, one particular thing.
Q: They are all connected.
B: All of the hallucinations are one particular thing. They are all reality, real reality.
Q: Right. Recently I’ve been having just minor things, like facial distortions where it feels like I’m looking down a tunnel, and into the floor and into the ceiling.
B: Yes.
Q: And it seems I can see things microscopically, as in a close-up.
B: Yes.
Q: And when people talk it seems like they’re screaming, all the time.
B: All right.
Q: It’s really... it’s disturbing, because it’s loud.
B: Yes, all right.
Q: And then also, I think – now people have called this paranoia that I hear what people are thinking.
B: To some degree you can.
Q: Yes. I hear it...
B: You are simply very strongly empathic.
Q: Ah ha.
B: Very strongly empathic. Do you understand what that means?
Q: No. No.
B: Then why did you say, “Ah ha?”
Q: Well, I know empathy means to empathize.
B: And what does empathize mean?
Q: To care a lot about the other person.
B: You’re on the right track, but that’s the mechanism that activates it. But what is empathy?
Q: A feeling.
B: Empathy is a complete identification with someone else so that you create the same patterns within yourself, perhaps, sometimes in an amplified form. Do you understand what we have said?
Q: Ah, yes. What about, you know, when I hallucinate a big party or something like that?
B: What about it?
Q: Is that the same? That’s not empathizing...
B: It can be. It can be empathy. It can be, in other words, identification with other whole realities shared by groups of consciousnesses. Now, you can learn to tone it down to a comfortable level, if you are willing to understand the first principle, above and beyond anything. The first principle being, that you are choosing to create that reality for your own reasons. You must own it before you can transform it, in any way, shape or form. Do you follow me?
Q: Yes.
B: So, do you understand that there is a reason for why you are creating it? And do you understand that you are creating that reality?
Q: I don’t understand the reason why I am creating it.
B: Do you understand that you are creating it?
Q: Ah, I can see that I might be, yes.
B: Do you understand that you are creating it?
Q: Yes, okay.
B: You must understand that everything you experience in your reality is your projection, is your creation, in the way you are experiencing it. This does not mean that there are things going on in other realities that you are not sensitive to. But in order to experience it in your reality you have to create your version of it in your universal reality, or you cannot experience it. Understand?
Q: No.
B: All right. Let’s say for the moment, that each and every one of you is distinct – your own universal reality. In order for someone to share with you an idea that they have, in order for you to experience a similar reality to them, you have to telepathically agree to experience it. So that each of you can create the similar idea in your perceptible, experiential reality. If someone, as you say, is not willing to telepathically share that with you, they will not experience an idea that you have chosen to experience, and hence, as you say, they do not see what you see. Because they simply have not agreed to share that idea with you; perhaps, because it has nothing to do with the particular reality they prefer.
Every single person on your planet, to some degree, shares a common reality – to some degree. That common reality is not there without you. You are agreeing to experience any degree of commonality you are experiencing. You are agreeing to play a certain game.
Now some of you, in this transformational age, especially because you are allowing yourselves to be more sensitive to different realities, are becoming a little bit unstuck from the mass agreed upon reality, and are willing to explore a few more probable realities, in a very different sensorial way. This is what you are going through.
You are loosening up the idea from attaching or focusing on one particular agreed upon reality, and expanding your senses to be able to perceive different vibrational frequencies, on what might be called the telepathic level. The level that most individuals do not allow, at this moment, to manifest into physicalized reality, but nonetheless you are sensitized to: thoughts, ideas, wishes, desires, sometimes fears, and so forth, that other individuals and groups of individuals may be playing out in the dream reality as probable realities they may manifest. But to you they are becoming real, because you are beginning to bridge the gap between non-physical and physical reality.
You are beginning to live, literally, in the dream reality as one reality and not two realities. So you are
seeing less and less distinction between the non-physical reality and the physical reality. You are seeing them blend.

Many strong individuals, in that way, have allowed themselves to do this – one of the most famous among you, as you understand it, was the being you called Nikola Tesla, and that is how this individual invented many of the things he did – by learning that the hallucinations they were seeing were real realities. Understanding that they were creating those, and then defining and describing them, as they desired to see them. So that they could then manifest them at their own rate, to their own preference, without in your terms simply allowing it to be a random and wild talent.

You have that wild talent, that sensitivity to the non-physical realm, because the non-physical is no less real than the physical. It is simply that it is easy for you to experience the solidity of dreams. Whereas, most individuals still relegate them to a non-physical realm and so are unaffected, generally, by them. But you are highly empathic. You are highly allowable, in that sense. You are highly open to manifestation. Remember this also: that the reason you are connecting in that way to so many other realities is because, when you blend the dream reality and the physical reality, you begin to really, really understand that each and every other “individual” is, in reality, simply you in another version, in another form of expression. So, of course, you are intimately intertwined because every other person is you in another mode of expression. So, of course, you can identify with all of them and feel the same things that all of them do.

Now, what it takes is simply recognition and a definition, and a sitting down and a meditation of the particular vibrational frequency you prefer, to represent a convenient idea of your persona. And as you define what your persona is, you are not going to shut out all the other ideas – because you really don’t want to – but you will allow the other ideas to manifest in your reality at a rate that will still allow you, and a level that will still allow you, to express the persona you desire to be, at the rate you desire to express it; without feeling overwhelmed and out of control.

The only reason you feel out of control is because you have been taught to believe that things can be overwhelming and out of control. And it is only that viewpoint that seems to create that lack of control in your life. You don’t need that viewpoint – you can redefine the personality that you are. And you can redefine that personality to no longer contain the definition that you can be out of control.

No matter what you connect into, no matter what your senses receive, you can know that you must be receiving these things on a level you can handle – really, intrinsically, fundamentally – or you wouldn’t be able to perceive them at all. Therefore, knowing you can handle the way it is coming, paradoxically, that will allow you the conscious control over the reality. So that you will then create it to be in the format you believe consciously is representative of the way you desire to handle it. Is any of this sinking in?

Q: Yes.

B: All right. Also understand that we are communicating with you on many more levels than just the auditory vibration you are hearing. We are speaking to you on fundamental empathic levels. You are
getting this message. To some degree, what we are now doing, if you wish to be let in on it, is that we are directing a very strong electromagnetic current in your direction, one that will only intersect and only interact with vibrations of like kind, wherever you desire them to intersect and interact; to allow you to become, as you already are beginning to be – superconductive. But not in a way that you cannot handle; not in a way that panics your ego structure.

If you allow your ego structure to blend and balance in that superconductivity – I shall actually say, hyper-conductivity – because hyper-conductivity is the ability to transmit that energy in more than one direction at the same time, then you can blend and balance and solidify communication between yourself on all levels. And that communication between yourself on all levels will let you know you have the power to adjust any of the dials and any of the knobs of your reality to whatever level you think you can tolerate.

A lot of this information is going to come out in what you colloquially call your dream realities. Some of it may come out in your physical reality, since you are more willing than most to allow your physical reality to be representative of your dream.

But let it come out. And understand that the level... now, first of all... pay attention... the level it comes out on, and the way it comes out first, let it be all right. Let it be all right; all right, even if it’s uncomfortable – fine, we understand – it doesn’t have to remain.

But at first, let it be all right, because you created it that way and, paradoxically, as soon as you acknowledge that you chose to create it that way, you will usually find that the level will change – instantly.

As soon as you acknowledge that the way it came was all right, and don’t invalidate it, don’t push against it, don’t resist it, and let it flow through you – remember you are hyper-conductive – it will flow through you, it will not stick. It will go through you, and as soon as you allow it through you, you will be able to modulate it, because then you will own it.

As you own the frequency, you can play with it, all up and down the scale as you wish to. And you can adjust it: “Oh! That’s a little loud, all right; let’s tune it down. I chose to allow it to be loud, perhaps just to get my attention first. And perhaps, in allowing it to get my attention, there is something here I should pay attention to – all right, well, I’ll tune it down a little bit and pay attention.”

The sooner you pay attention to anything you create in your reality, the sooner it can manifest in a form that will allow you to be more comfortable with it. The only times things become grating and obnoxious in your reality is when you are coming from a belief system in which you say: “I do not wish to pay attention to this thing, it has no business in my life.” Let it have a business in your life. And as soon as you let it in, it’s within your control. As soon as it’s within your control, turn the dial down. It will go down. Understand?

Q: Yes.

B: Does this assist you?

Q: Yes, I think so.
B: Allow yourself also to be assisted by all levels of reality; all levels of consciousness that wish to assist you. It is not that you need a lot of help, but allow yourself to know that you have assistance: unconditionally loving assistance that will help you modulate and relax into the vibrational flow that you are.

Remember what we said: something that may seem to be beyond you, something that may seem to be above you, if you allow yourself to match that vibration, will seem very typical, and very easy to handle. It is only when you create a vast distance between who you think you are, and what you are manifesting in your reality, that then creates the friction.

So do not let there be so much of a difference between what you are perceiving and what you think of yourself. You are – literally are – the reality you are experiencing. Your so-called hallucinations are simply your creative way of beginning to realize that you actually are the reality, and do not really exist in a reality.

Q: Very good.

B: Our unconditional love and light, and our congratulations and our appreciation at your willingness to be so bold in your life, so artistic, so blatant. Soften your edges, and relax into the being that you are. Sleep comfortably within the idea of yourself. And you can awaken refreshed and knowing, beyond a shadow of a doubt, that with ease of creation and effortless joy, you are the creator of your reality.

Pleasant dreams to you.

Q: Thank you.

B: Thank you. Oh, one other idea: breathe slowly, clearly, and easily, directly in alignment with all the energy that you are, and all the control that you are aware of within you. Thank you. Sharing!

Empathy and Alternate Realities
Energy Alignments And The Locale You Prefer

Q: Hello.
B: And to you, good day.
Q: Nice to be here. I would like some assistance with some personal things.
B: All right.
Q: Just a week before the convergence, I created a physical condition in my hips and back that I considered to be healed. And for three weeks I had incredible spasms and pain. And it’s getting better. I have some understanding of what it was about – having to do with the change of energy and...
B: All right.

Q: ... and some resistance, and so on.
B: Yes.
Q: And I’m wondering whether I could get some more awareness and insight to really overcome this. I also re-created other physical conditions and deep fatigue and...
B: Oh, all right. Are you using the energy, the new accelerated energy you have become aware of? Are you using it?
Q: I have been attempting to use it, but obviously I’m not using it completely.
B: In what way are you attempting to use it?
Q: Well, I’m using it in my healing work. I’m using it in my excitement about teaching the concepts I’ve been learning from you, and other ways. And I keep – for two, three days I’m doing it, and then suddenly I get very tired and achy, and I need to rest.
B: All right. Do you – if I may ask you a personal question...
Q: Sure.
B: Do you give yourself time for yourself?
Q: Yes, I do.
B: All right. Are you in the locale you would prefer to be in upon your planet?
Q: No.
B: Where would you prefer to be?
Q: I would prefer to be somewhere in nature, somewhere...
B: Where?
Q: Well, Sedona is one area…I’m not sure.
B: Is that the area that attracts you the most strongly?
Q: I’m not quite sure yet. That’s why I haven’t done anything about it. But at the moment, I would like to move from where I’m living at the moment, move up to Topanga or someplace, so that I have more air and green and things like that...
B: All right. Then when will you move?
Q: Where or when? When, did you say?
B: When?
Q: Very soon!
B: All right.
Q: I am putting out the energy to... with something that’s appropriate.
B: Appropriate! What will be most appropriate will be the area that excites you the most.
Q: Yes.
B: Are you moving halfway? Are you settling for less?
Q: No, I’m not. That’s why I’m waiting.
B: That’s why you are waiting?
Q: Yes.
B: Why are you waiting?
Q: That’s a good question. That’s one of my patterns – that I wait.
B: But if you know it is a pattern, it is no longer a pattern.

Q: Okay.
B: You are already outside of it.
Q: Yes. It still seems to be coming up. I’m wondering what that is about. That’s why I...
B: Do you trust the image and the feeling of the place you have said you really desire to move to?
Q: I’m not 100% sure yet.
B: Why not?
Q: This just came up in the last few days – that I was imagining where I wanted to be.

B: So?
Q: And I haven’t done much about it yet.
B: All right. But the idea is that if it came up, is that to you an acceptable symbol?
Q: Yes.
B: Is that, therefore, representative to you of what information you can be sure of?
Q: Yes.
B: Then what are you waiting for?
Q: Good question.
B: Thank you. You are simply, as we perceive your energy, displaced. Place yourself, and your energy will align.
Q: Oh, that’s what it is.
B: You are out of phase with the area in which you reside. You have given yourself this information in your own imagination. When you act upon it, you will align yourself with what your imagination has shown you is who you are.
Q: I see.
B: Understand?
Q: Yes, very much so.
B: Bye bye.
Q: Okay.
B: If it is where you really prefer to be, trust it. You can always trust what your imagination gives you that excites you the most.
Q: Okay. What if my imagination jumps around and two, three things excite me the most?
B: Do the one that you are capable of doing, and the rest will fall into place.
Q: Okay.
B: Does that serve you?
Q: Yes. Thank you very much.
B: Well, thank you.
Q: I got it. Thanks.
B: Sharing!

Energy Alignment and the Locale you Prefer
Energy Conceptions

Q: I’m hoping that you can give me some insight…
B: Oh, more hoping, all right.
Q: Yeah, I am hoping.
B: Hoping, hoping, hoping, yes. Why?
Q: I have a wonderful daughter.
B: A wonderful daughter!
Q: And she has wanted a baby more than anything in the world.
B: More than anything in the world!!
Q: Right. She had an operation to clear her tubes so that she could have a child. And in the last ten months she’s had three major operations, and ended up $10,000 poorer and no baby. Now she’s very weak, very depressed. Can you give me some insight as to why this is happening to her?
B: Maybe.
Q: On the Harmonic Convergence she was 35 years old – which is a seven completion, the way I understand it.
B: All right. Can be…maybe. It may be not be absolutely, precisely meant in that way, in this particular vibrational case as we sense it.
Q: Mhmm.
B: There may be other ideas as well. But…can you answer some questions on her behalf?
Q: Yes.
B: Why does she want the child?
Q: She’s always wanted a child.
Q: Why?
Q: She’s a motherly type.
B: So?
Q: She loves children.
B: All right.
Q: That’s her whole identity.
B: That is her whole identity?
Q: Well, it’s been very important to her.
B: Why?
Q: Well, probably because I was a motherly type, and my mother was a motherly type. My mother had a hard time giving birth to me, and I had a hard time giving birth to her.
B: I see.
Q: And it’s like a spiral of energy that keeps repeating itself, getting worse every generation.
B: Ah! So, old definitions that continue to be reinforced from generation to generation.
Q: Right.
B: All right. Those definitions may be all that create the block, in that sense, as you call it a block. Does she really believe that it must be that difficult? Does she want to believe that it has to be that difficult?
Q: No, I’m sure she doesn’t.
B: All right. Has she allowed herself the opportunity to get in touch telepathically with the consciousness that could potentially be the child?
Q: I think she has. She was raised with the idea that we create our own reality.
B: All right.
Q: That she could bring into her life whatever she...
B: However, she may be under the assumption that she has to do all the work. Why not let the child help?
Q: Mhmm. How does she do that?
B: Well, have a conversation with it. Say: “Listen, I need some help here. I don’t have to do this all by myself. I made an agreement with you.” The child of course knows this, being not a child at this time.
Q: But now she doesn’t have any tubes, so how could she have a child?
B: It is still possible.
Q: It is still possible?
B: Yes. It may simply be that with each successive generation you have created what appears to be more and more and more limitations, and yet transformed them – and transformed them, and transformed them. Perhaps now, the strength of all of those limitations is vested within her, so that she can create one of the biggest transformations of all.
Q: Hmm. So she’s breaking a karmic pattern, you might say?
B: Yes, in a sense, yes. Now, the idea, in and of itself, of what you colloquially call – and I do not mean, in any way, shape or form, to tie into what many of you have been brought up to think of as religious connotations. This is completely aside from the main thrust of this idea that we are about to share. Understand?
Q: Mhmm. Yes. Yes.
B: It is quite possible to have what you typically call an immaculate conception – an energy conception. Understand?
Q: That would be a tall order.
B: If you say so. But there might be, to some degree, the possibility to have what you typically call an immaculate conception – an energy conception. Understand?
Q: That would be a tall order.
B: If you say so. But that might be, to some degree, the position she has placed herself in: knowing she can create it on some level; that she is energy, that matter is energy. And that the typical routes within the body that are usually what need to be followed to create any particular physiological manifestation, that you call a birth, do not necessarily completely apply any more.
We would suggest some inspiration for the individual. There are available – and again, not that they have to play out the way this literature would indicate – but there is literature available on your planet to indicate the idea of what might be called energy birth manifestations.
Even ones that sometimes come and go: totally, absolutely, and in your terminology, medically checked, medically reinforced. And yet the birth can come and go. One moment there is a child; the next moment there isn’t; then the child is back again. And then it isn’t, and then it is, and then it isn’t.
Q: You mean metaphysically?
B: Physically.
Q: That’s a little hard for me to believe.
B: Oh, all right. That’s all right. You’re not having the baby.
Q: It’s true.
B: You don’t have to.
Q: Now, is his... and I’m sure this child already exists...
B: In a sense, yes, as a consciousness; and again remember, it isn’t a child right now.
Q: All right. This being... could it appear through an adopted child?
B: Yes, it could. And that might be one of the ways that the manifestation can occur.
Q: Mhmm.
B: Just assume, once again, that no matter what the circumstance is that has come about, that does not have to be looked at as a preventative. It can be looked at as the way that determines the route that will actually serve the best of all concerned, one way or another. And it can be done in an adoptive fashion: it can be done in an energy fashion. But the idea is to be in touch with the child, and allow all that are involved to participate in the recognition of what is going on and why.
When it is truly allowed to be in touch with the information and ideas for why the birth is occurring, and is actually played out – when the full understanding is there for the reasons, for the agreements – then it will be, and can be, more obvious as to exactly how those agreements can be fulfilled. The expectation that they must be fulfilled in a certain way is usually the only thing that causes, in your society, any type of what you label to be a block, an expectation.
So sometimes, if you focus so strongly on that particular expectation, one that’s not really the way that’s indicative of the agreement that’s been made, you will create circumstances in your life to show you, in no uncertain terms, that the route is different than you thought, hence, as you say, perhaps the cutting of the tubes.
“Well, now I know it’s not going to be that way! But what other way could it be? Now perhaps I am pointing myself in a direction that shows me there are other ways it could manifest. Because if I really feel the vibration, and strongly know it is representative of whom I am, then the manifestation must be there, the agreement must be there. All I’m doing is showing myself that it is probably most likely, most quickly and most easily available to occur, in another way – other than the way I have been taught it must occur.”

Q: So what do you think about petri dishes? You know…

B: If you wish the idea. Again, whatever attracts you the strongest. But the idea is to get in touch with the consciousness first, and then you do not necessarily have to, as you say, stumble around blindly.

Allow her, in a meditative state to, know she can be in communication with the consciousnesses. Relax, send love and receive the love. Within what you call a maximum of three days of your time is all that is necessary to receive – in either a dream communication, or in some sort of physiological synchronistic symbol – a sign and a signal and a communication from that being to let her know, beyond a shadow of a doubt, what the route is that the being can most easily take. Understand?

Q: Yes. Thank you very much.

B: A coincidental signal will pop into her life within three days time after she centers within herself, sends unconditional love to the being that can be the child, and then just opens up to receive that love – and receive the information. Whether she immediately recognizes what it is or not, is not the point. Let it come out. Know she has received it, and let it come to the surface within the three-day span from the point that she does that.

Q: Mhmm

B: Understand?

Q: Okay. I’ll tell her.

B: The unconditional love is what is most important; and that the idea of going with the flow is when you’re in control. The struggle to try and control the surface idea is actually resistant to your flow, not a control. True control is going with the flow, because everything in life is already under your control.

Q: Well, she always thought that. But then this doesn’t seem to be under her control.

B: But it is – it is only that the definition of it has a particular meaning to her, and in that sense, has allowed her to believe she is thrown off track. Because she is simply sidetracked by the original meaning that has been handed down from generation to generation – about the way she thinks it has to happen.

Again remember: no circumstance has built in meaning. You supply the meaning. No matter how it looks on the surface, it doesn’t mean anything when it happens in your life, until you assign meaning to it. The meaning you assign to the circumstance is what determines what effect you get out of it. So just because it looks on the surface to be a certain way, you don’t have to automatically assume that that’s negative or difficult.
Assign a positive meaning to it: “Oh, there must be a positive reason for it happening this way.” And then you’ll get the positive effect of it.
Q: Very good.
B: Thank you.
Q: Thank you very much.
B: Sharing! Oh, one moment... one moment... tell her happy birthday. And to also send that message to the being.
Q: Happy birthday?
B: Happy birthday.
Q: Very good.
B: Sharing!

Energy Conceptions
Energy Domains of the Human System – Part I

Let us begin: now, at first, what we will need to explain as a foundation may seem to some to be a little bit technical, a little bit scientific, but do not let that bother you. It is only a label. It is completely understandable and you will see, as it is explained, it will make sense easily. And you will see how this relates to how you have expressed yourselves as physicalized beings, and how you can use this relationship to the energy domains that we will now describe – how you can use this relationship in your daily experiences.

But first, let us lay the foundation of scientific principals, so to speak, that we have termed for convenience, the Prime Radiant – Prime Radiant.

Now, what this essentially means is this, and again, remember, all we are now talking about are analogies, metaphors, similes, things that are symbolically representative of this concept. These are just convenient terms, just to explain the concept in your dimensional reference.

Imagine, if you will – you have heard discussed many times on your planet the concept of subatomic particles, atoms, electrons, quarks, whatever again you wish to call them – imagine, if you will, the smallest, in your estimation, possible particle which could exist. All your scientists know that when they talk about the infinitesimally small particles, they’re not really talking about real particles, per se, in the same way that you think of solid matter. It is energy fluctuations and flashes of light, vortexes of, and all manner of other definitions that they feel may more precisely define what this subatomic particle is, but for the purpose of this idea – subatomic particle is fine. You don’t have to worry about the precision or accuracy of this term; you’ll get the concept.

Now, image, if you will, this most small, most prime elemental particle out of which all material structures are made; this one initial, single, primal particle. Imagine, if you will, also, that this particle really – because it isn’t really mass, isn’t really matter – has no weight, has no mass. Is really affected not at all, like gravity or any other so-called forces that exist. And as such, it possesses the ability of infinite speed, not just the speed of light, which is in some sense a boundary line to your physiological reality. Not meaning that you cannot get somewhere more quickly, but we will get into that more later. For this is infinite speed and truly infinite speed, meaning that this particle has the ability to be anywhere, even everywhere at once, at the same time. Nothing holds it back. Very fast, very swift, everywhere at once, anywhere it wants to be, all at the same time, because it is infinitely fast.

Because it can do this it will have the effect of appearing next to itself from time to time. And doing so, so quickly, that back to you it would be perceived as two particles, three particles, four particles, five particles, ad infinitum. Billions of particles, but in reality is all the same one particle; just appearing so quickly, next to itself, over and over again in a variety of patterns that it appears to be billions and billions of particles. But it is the same one particle.

Now, think about that for a moment, because if the particles that make up you and your body are the same particles that make up the stars and all planets in the universe, you are literally, even physically, all
one thing. Are you beginning to get the picture?

AUD: Yes.

B: All right. When we talk about everything being one, we do understand, many times, most of you hold that concept on a non-physical, energetic level, or allow physical reality to somehow fit in as a partial component, but even on a physiological level everything is made out of the same one little building block. You are all one thing. It is as though, in a sense, just to push the analogy in a different direction for the moment, it is as though you are all time-shared – so to speak. This little particle spends some time being you and all the atoms in you, it spends a little time being the planet over there, the star over there, taking turns popping here, there, thither, thither and yon, to be all these things. Taking turns in different disguises. “Now I am making all the atoms of a person, now I’m making up all the atoms of the stars.” Back and forth, over and over, all over the place, all at once, at the same time, because it is infinite.

Now, this idea of oneness, in this context, will allow you to really understand why every time you make a change, any change, within the pattern of your being, you change EVERYTHING, EVERYWHERE, because you have altered the course of the particle. Everything is (not) slightly different, but totally different because of it. So you do, even as a single individual, have absolute unlimited and infinite impact on the entirety of existence in everything you do. I mean every move you make, every thought you think. Everything. The slightest twitch has changed stars, billions of light years away. The slightest nuance of an idea has rearranged solar systems and galaxies, even if it is only slightly.

And this is the essential concept that we wish to impart – it is a pattern. This particle moving at infinite speed defines a particular course, a particular path, a geometric pattern. This is what determines the shape of things. You recognize this in your field of geometry, mathematics: the underlying PATTERN of nature, the spirals, the golden geometry, the golden proportions, the triangle, the tetrahedrons, the square, the circle. All these geometric forms are expressions of the kind of pattern that is representative of the path this single particle if taking, and the different forms are representatives of the combinations of vibrational patterns of the path this particle is taking. How things change. The patterns change, pathway changes in some way, shape or form.

So to push this idea farther, recognize, that any kind of force that seems to be holding two particles, two planets, anything together, isn’t really a force traveling between them, not really a force acting upon them. It is simply that they are in proximity because that’s where this line of the path passes this line of the path, and they have to be in proximity because that’s simply where they need to appear according to the pattern. Being next to each other is simply because of their position on the path, and they cannot easily be pulled apart because the path defines this piece is here and this piece is here. There is no force acting between them, no force acting on them, it is just a pattern in which they are set.

Again, it is a vibration; it is expressed in your dimensionality as the concept of geometric form. It isn’t necessarily experienced that way on all the levels, but in your physiological reality it is experienced as geometric form, it comes through the levels and in a sense, crystallizes, solidifies, to what you call the
template plane, causal plane, so to speak, that lays out the foundational template of the patterns that are experienced in any particular dimensional level. It is the mind of the Infinite. It is the consciousness, the soul of the Infinite, reflecting Itself to Itself that causes the concept called patterns.

Let me explain it this way: let’s go back to the esoteric concept of the One, the All, for a moment. Imagine, if you will, that there is only the One, let’s just talk right now, for the purposes of illustration about some arbitrary beginning – though we know that that is only happening within existence and existence has always existed. But, for now, some arbitrary beginning of creation that God and the One created. Everything is made of God; there is no outside. The very concept of being All That Is means there isn’t All That Is and then something extra over here. All That Is is All That Is, nothing is outside it.

So everything that exists in creation must, in a sense, be made of All That Is. It’s a different version of All That Is, an aspect, an expression of All That Is, expressing itself all that ways it can. Why? Because it can; it doesn’t need a reason; it can, so it does.

The idea is to begin with this concept of there being at first, just one, imagine, just one homogeneous All That Is, with no differentiation, no diversification. You got it?

AUD: Yes.

B: All right. Unbroken, whole, true, no difference anywhere; it is just one thing. Now the concept itself of becoming so self-aware implies, automatically, a segregation; in a sense, the mirror has to be over here in order to see the reflection of yourself over here. So, as soon as the One became self-aware there was an immediate polarization, became two. That starts setting up a pattern, and it simply cascaded from there; the two became three, the three became four, the five, all. The idea of reflection was born in every possible angle it could see itself that was created, and thus, created a pattern. So the pattern is the result, again, very arbitrary, very symbolically, is result of all the different angles, all the different perspectives from which the One views itself. Does that make some sense to you?

Q: Yes.

B: All right, remember, each and every one of you, each and every one of us, every being, every thing, ever person, every place, every object, every different thing in creation is another way that All That Is has of looking at itself.

Q: Are you talking about the mind?

B: Well, in a sense. We understand that sometimes there can be some confusion about different definitional labels, for mind can mean one thing to us and another thing to another. To us, the term itself – mind – specifically relates to consciousness as it expresses itself through physiological, electromagnetic reality, where some people simply take “mind” to be some consciousness itself, just awareness. For the purposes of these descriptions, “mind” will be the electromagnetic version of awareness, and we will simply use the term “awareness, knowingness, or consciousness” for the greater concept of “mind.” Does that make some sense?

Q: Yes.
B: All right, so there now you have this pattern of reflectivity, self-reflectivity. And as consciousness crystallizes into “mind,” “matter,” it began expressing this reflectivity as these geometric patterns in physical reality. As there became a solid medium in which to experience this reflectivity, it began to create these pathways and geometric forms and templates within this solid medium – that’s how it expressed itself.

So the idea of this particle, initial particle – initially having no mass, infinite speed, not being what you would call a very solid thing at all – being very nebulous, very immaterial, very non-existent, almost. How did it become so strong? All right, the path, the geometric pattern, again, just to continue the symbolic analogy, will very often cross itself in its journey, all right? Whenever it crosses itself, it reinforces the vibration in a way that with enough crossings becomes perceived by you as solid material.

All right, now this is what the chart on the far side represents, the number of crossings in the geometric pattern, equaling the number of dimensions of reality perceived. Where there are zero crossings, where it doesn’t cross itself at all, ALL the totality of what is called, in your universe, of the ten dimensions, is perceivable. When it starts to cross itself one time and becomes more solid, you perceive less of the totality, because it becomes more limited, more restricted, more dense. And as it goes down, and as it crosses itself more and more and more and more and more times, becoming denser and denser, more material, you perceive less and less and less. You become more and more strong, more rigidized, and it closes the picture in a little bit more and more each time.

So by the time this infinite particle has crossed its own path seven times you get third density reality. This is where you basically are in your world. Physical, material reality, as you understand it, is the product of this infinite particle crossing its own path and reinforcing itself vibrationally seven times.

Q: Where is this?
B: In your physical universe, anything in your world, anything of the physical universe traveling from your planet to another planet, anything you call physical materiality at all, is a product of third density reality and is a product of seven vibrational reinforcements. This is why you intuitively understand that there are seven levels above you, what you call seventh heaven. Because you know there are seven levels of rarefaction above you to go back to the tenth dimension. The connection point of your physical dimensionality and non-physical dimensionality, your reality universe to the Infinite starts in the tenth dimension.

Now, as you go into more and more crossings – for you see there are more crossings available, going from no crossings all the way to ten crossings, which brings you down to zero dimensionality – when the particle crosses itself ten times, “rigidation,” absolute “rigidization” takes place. No dimensions are perceivable and everything is absolute static, stagnant and un-grown – very dense. You can’t move at all, frozen, rigid, blocked.

Q: Is it a black hole?
B: In a sense, very perceptive, yes, it is.
Q2: What?
B: Black hole.
Q1: Why?
B: Because it is infinite density; but then, as soon as it achieves infinite density, because it’s infinite it is also the doorway to absolute infinite openness and it completes the cycle back up to zero. That’s why black holes are gateways; very perceptive, very perceptive.
Q: How do we digest the feelings?
B: Oh, we’re getting there; we’re getting there. That’s a little further down the line. First we need to lay the final foundations so that you can relate to those energy centers. We will explore all the concepts of healing and other concepts a little bit later. Now, you have heard that you are in transition from third to fourth density, so on this chart you can see that what this means is you are becoming more accelerated, you are becoming more uplifted. What this means is that you are moving into more a material state that is less dense, which means it crosses itself less times.

You are going from third to fourth density by going from seven to six crossings – only. You are losing a crossing and becoming less material, less solid in that sense; still material to some degree, but less so, less crossings on the path. Fifth density, the transition point between the higher and the lower is like a quasi-material, non-material, physical, non-physical existence. It’s the first level that you truly experience a difference in a non-physicalized sort of format, it’s what you generally refer to as the lower astral – still kind of thick and soupy, but not really as dense as physical materiality.
Q: Is that where you are?
B: We are through the process of, yes, going from fourth to fifth density.
Q: Who is doing this?
B: Our civilization, the Sassani. Sassani is our ancient name, and our ancient language for ourselves is Sassani. We are, as you are going from, third to fourth, we are going from fourth to fifth. So, yes, we are now, in what you might call, a quasi non-physical, physical soupy plasmic electromagnetheric state, where you can still perceive we are physical form, but we are a very thin slice, in a sense. Becoming less and less and less material. Now, this does not mean when we say the words “lower astral,” what we know some of you associate this with in regard to individuals who have physically died and gone to the lower astral realm, where they may in your estimation, quote/unquote, be still experiencing a kind of a pull to physical materiality for one reason or another. It is similar, but there are differences in the way we express and experience that particular bandwidth.

So the experience is not quite the same of the lower astral, for us, as it is right now for you, because of your ideas of what that is all about and your relationships and associations in the lower dimensions and densities. Different things can be experienced in the same bandwidth, depending on what you bring with you as cognition into that bandwidth. But, yes, very perceptive, again, we are becoming quasi-physical. We are now occupying, more often than not, this transition point between upper fourth and lower fifth
density. Above that, what you call sixth density, seven, eight, nine, ten are all non-physical, as you understand this concept; and are, again, illustrated by fewer and fewer and fewer crossings on the path. This is why you are accelerating upward, finding yourself moving at a higher frequency, in that sense, because you are getting closer and closer and closer to the original infinite frequency of that initial particle, and you drop away.

The idea, again, is that this particle is at infinite speeds, everywhere at once; it is simply, seemingly vibrating all at once, everywhere at once. Infinite in all directions, in and out, up and down. Your scientists are beginning to experiment with the concept of superconductivity where materials transmit energy through them without any resistance at all; the energy just floats, beaming as you say here and there, almost instantaneously.

There is another indication of this kind of technology in that you are beginning to get in touch with your understanding that you yourselves are becoming more superconductive. Allowing energy to flow more quickly, more freely without having so many blocks, so many impedances, because you are losing density, losing a crossing. This will come in later to the idea of healing, because this is how flow occurs from the higher to the lower by becoming more superconductive.

The idea now, in your science, is superconductors, because the energy flows in all direction at once. In a superconductor, because it can, because nothing is stopping it from doing so, it creates a particular kind of field of energy around it which your scientist have called a Misner field, but which you, for thousands of years, recognize and call the aura. The aura is the result of the fact that you are, in a sense, superconductive, because you can transmit energy in all directions at once. So the field has a particular directional signal to it. It’s just everywhere. You can direct this field with your intention, and, again, we will get into that a little bit later.

Now, this concept of the Prime Radiant and all the different crossings, all the different levels, the different densifications, is the basic underlying physiological of the mechanical structure of your dimension of reality, your universal reality, as you understand it. When you go to the levels that you would call above that, another octave, so to speak, you are in a transition state from one universal reality to another universal reality altogether.

This is, again, what happens in the black hole, the white hole. It becomes infinitely dense and then infinitely open, and acts as a transitional state, in a sense, the eleventh dimensional level of transition from one universal reality to another. You can use this to tap into alternate or parallel, past, future, time track realities as well, because they all still coexist simultaneously. But you have this concept of a particular kind of frequency barrier that separates and divides all these things, these parallel tracks, other probable realities, and it is through that kind of infinite density state that you can access these as well. And we will relate this to the concept, again, in the moment, of the chakra system.

Now you can use this to align with these different vibrational levels and access the transitional level as well, which is call the Oversoul level. Now, above that, in a sense, just to keep all of this encapsulated in what you call a nutshell, is the Source, again, Oneness, the All That Is – The Infinite Itself.
The Chakra systems of your physiological body are energy gates. Each and every one, in a sense, is like a black hole and a white hole with everything coming and going. But each has been tuned to a particular resonant pattern to allow there to be the creation of a manifestation of different levels, different pitches, a whole chord of experiential reality, of sensory reality. Again, because of the part without, this pattern crystallizes itself with physical materiality. You have to have some kind of a receiving station, an ascending station on every level of that path. And so you created this concept of this physical body that you have to contain different stations at different heights that are representative of accessing symbolically, different frequencies, the different levels, the different layers, that have been solidified in your physical materiality. So you are a microcosm in total of the entire macrocosm, in that way, of all the levels of vibration that it contains.

Now, many of you have begun to understand that there are certainly more of these energy gates, connected to you, than what is immediately right in your bodily sphere. There are chakra points below and chakra points above, so to speak, of your physical material self. They are not outside of your total self. They are still within different levels of your electromagnetheric self, and your Higher self, and your Oversoul self. And again, in the Source, in the Infinite, you also have a connecting point; shall we call it your home base? All of you have one, because everyone is of Source, of the Infinite, of the One.

So that, in a sense, that is where the first chakra point exists – your home base of Source. Then, as it solidifies and it goes down the levels, it creates the transmission point, the Oversoul chakra point. And from that layer, from that level, all the parallel time tracks and alternate probable realities are formed from all the different ways you will express yourselves, if you choose to, in all the different material reality dimensions, and non-physical reality universal dimensions that it is possible to... (tape change) all the fingers of the hand. That is the same idea – that branching, the branching of the trees, the branching of the river – same idea. You start with the one and start branching out to more and more and more diversification, differentiation, to experience all the different reflective patterns of the One seeing Itself.

Now, as you would then move down – we shall, again, just speak symbolically and colloquially, just for the purpose of making this understandable and fun. The Oversoul, thus, for each of those particular parallel experiences, assigns a portion of itself to, shall we say, be an overseer or a monitor, still in what you might call a less dense level, and this is called the Higher self, the manager, if you will; on to the physical self, that it goes down from there, forming the crown chakra, and going on down from there to form a physical crystallization of the body. But it doesn’t stop there, it keeps going down and anchors itself to the foundational vibration, so that you are truly anchored above and below and, in a sense, suspended in-between these points of Infinity.

Again, infinite openness, infinite density; you are squarely in-between, so that you are always grounded; yet always connected to the Source. This is why balance is so important for being able to express any version of yourself and variation of yourself – you can become less grounded and pull that Chakra point back up too close to the body or even inside the body, and relinquish your connectional foundation to physical materiality, or to any particular vibratory planet you happen to be living on. That’s why things
get, as you say, get out of whack, and you use the term, literally, you are ungrounded – it is a literal term.

For if you bring all the chakras points too far down, then you become more and more densified, more and more materialized; less and less spiritualized, in that sense, what you call, too materialistic. So the balance point is of having that chakra extend into the infinity of density and extend upward into the infinity of openness; it is central, so that everything is perfectly aligned and representative of the different levels that exist that have been created in and through that densification. So that each is representative on its own appropriate level, like an ambassador, like a focal point, like a funnel, like a channel, like a tunnel, or a valve for that particular level, so that you can tap into the appropriate frequency.

All it takes is a focus of intention, clarity and purity of the vibration, so that everything will find its own resting point, its natural flow. It will align itself perfectly when you are at a zero rest state within yourself. Achievable in a variety of ways: one of the most powerful ways is simply by breathing properly. That’s why there are a lot of yogic practices on your planet that talk about the breath of life, the breath of fire that is the central energy that comes with the breath. It is the oxygen that is the key to balancing the system, for it is the first manifestation, the first crystallizational pattern in your particular physical density. It is the key that unlocks the energy, electromagnetheric energy, within you.

The oxygen atom is the balance point, it is the octave, and it is the number eight on your periodic table. It has eight protons, it is the octave, the resonate vibration that unlocks the key to your connection to balance, to energization, to access all the different levels appropriately, properly. So centered breathing, posture alignment and centered breathing, are one of the first and easy ways to simply let all the chakra systems find where they belong, and simply float to that position – so that you are not out of alignment, or out of place, or out of feeling. Then you can allow energy to flow through you in a variety of ways, and allow your intention to direct that energy in a variety of ways, for a variety of purposes, according to whatever your intention so deems is representative of your balanced signature of truth, at any given moment.

Q: The blueprint that you are laying, is this blueprint for a human being?

B: Generally speaking, it is a template for the Source expressing itself through what you call physical form. It is, specifically, a template for a human being right now. Though there are slight variations from species to species, they will all share generally a similar idea of alignment if they are in third density reality. Although sometimes-physical form may seem very different from your own, you will still find that, generally, there is a corresponding chakra point to that being. Even though they may look nothing like you, it is represented of accessing the same vibrational level that you have the capacity to access in your human form. There can be rearrangements but there will always be the representational chakra points. Make sense?

Q: Yes.

Q2: Will it be the counting that affects us the most in our breathing out?
B: It will depend on a couple of things, ultimately, not so much, no. More depends on the manner of the alignment, the manner and depth of the breathing, the centeredness, it can be of assistance to take in a certain way, let out, in a certain way, and for some of the general principles, patterns of emotional containment, emotional repression and suppression that exist in your society. Sometimes that is the reason why you are instructed to breathe in a certain way, because then, with regard to certain emotional issues being, shall we say, being tied up or blocked up, they can be released more energetically by breathing either quickly, slowly, out of the mouth, out of the nose, depending on the particular issue that is being tied up. You understand?

Q: Yes, can you just follow your own feelings about how to follow your breath?

B: You can, because generally your body consciousness knows exactly what to do. Don’t you find when you are in a certain state you find yourself breathing in a certain way? In other words, look at it this way, on a very simplistic level, when you are tense you hardly breathe. When you are relaxed you take big, deep, healthful breaths.

Now a clue, a clue as to the more appropriate steps that is natural for you is, when you find yourself sighing, when you have been holding on to something and you finally let it go and go back to your zero rest point you go... (he sighs) A lot of your medical practitioners know enough to recognize that when a patient begins to sigh and release they are finally being themselves. They are out of practice many times.

Now in some people it can be what you might call also a negative resignation, but it is also simply resignation, it is a letting go. It is the opening up, it is the vulnerability, it is, “All right, I’ve been focusing through one particular avenue for a long time and that one particular avenue is now filled with pain or all bad energy, the weight of the world on its shoulder, so, I need some assistance, I need to expand, I need to open up, I need to let go and go with the flow. Ah, that’s better.” (He sighs) That’s what the sigh is all about, it is the breath of life coming back in the heart of resignation, of recognition that you are connected to more, that more is available, that you are supported by the totality, and that certain aspects of the personality do not have to continue to think that they have to do everything all by themselves, that they were not built to handle it. You have to look at the total system or you will collapse it and break down. Make sense?

Q: Yes. Thank you. Is there a specific alignment of the chakras?

B: You can recognize in a general way that there are basically twelve points on the chakra system, as we defined, ten dimensional levels so to speak, or eleven including zero. You will then find that there is a transition point above that, and we said it goes from one octave to another octave, this is, to some degree, a general alignment. But look at it this way: the idea of what you call, so to speak, your root chakra, you understand?

AUD: Yes.

B: This will generally be aligned with the third density level, so you can draw some degree of corresponding alignment from that. There will be fluctuations and there are overlaps, to some degree,
these are not absolutely static levels, but generally speaking, the root chakra is more or less aligned vibrationally with the third density chakra. That is why there is this concept of procreation in the manner in which you have it, that expresses itself when it becomes physically material. Otherwise procreation takes place at higher levels in very different ways, the splitting off of the self, so to speak. But the vibrational language as we have described it, roughly speaking, you can begin there as a rough template.

Q: So it would be like the belly, four or five up?
B: Yes, because in the belly you start to experience the concept of your emotionality. And in the fourth density you will be more of a feeling race rather than that of an analytical one, and on and on, and on up. Does that help you?

Q: Yes. I’ve been struggling with doing it and feeling the teaching...
B: Yes, as we have said originally, this whole concept of what is important now is to recognize that one polarity or another may have been emphasized, and even over emphasized, through different cycles on your planet. But in this transitional age, now is the time of the blending and the balancing of ALL those components of polarization, so as to allow yourself to use that balance by bringing all that back into center and letting that momentum accelerate you upward. So yes, in that sense, many numbers of people... now this of course depends on the culture on your planet, it depends upon the sex of the individual, it depends upon the upbringing, it depends upon many different belief systems, for there are individuals that are overly feeling and not, in your terms, logical enough, and there are people who are overly logical but not feeling enough in that sense. You understand? But generally, generally, yes. You are coming out of a cycle of logic and analysis and going back toward incorporating more of the heart energy and the feeling energy into your overall make up, yes.

This is why there is now on your planet, high, high, high vibratory energy coming off of that particular geological feature you call Haleakala, on your Hawaiian island of Maui. For that is the heart chakra of the planet. And in that will be the balance point of the lower and the upper. This is also why many modern religions are experiencing difficulties in the heart, or sensitivities in the heart, some of the electromagnetic changes going on, some of the stress situations and issues going on your planet. Why they’re expressed in the heart, and through the heart, and why people are having heart attacks, more and more, or heart diseases, more and more. You understand? That is the area that needs the most clearing because that’s where everything is coming together in balance, in that particular chakra gate at this point, in your conditional time frame.

Q: Many people are feeling their ancient connection, can you comment on that feeling...
B: Lemuria, Lemuria. You are going back to the beginning, in that sense, of the cycle, back to nature, back to a more natural understanding of yourself, a more intuitive understanding, a knowing understanding of yourselves, rather than a normal, you are going to more natural than normal now.

End of first section. Beg. of Meditation...

Energy Domains of the Human System - Part I
Energy Domains of the Human System – Part II

B: All right I’ll say, did you enjoy your brake?
AUD: Yes. Absolutely.
B: Oh, all right.
Q: Did you?
B: Recognize that for us, or for me specifically, all I did was blink out and back in – that’s it. For us time is not exactly the same as it is for you. I am simply continuing what appears to be for me, a split second after I stopped. You have had an interval of time in-between. But this is simply par for the course when you can be more flexible with the concept of time and space. I am now continuing, knowing that the continuation must simply, by definition, arrive at the appropriate timing on your planet, even though for me I am just going on. You understand?
Q: Yes.
B: All right. Now then: let’s go back a little bit to the chart where you see the concept of the chakra alignment, and you will notice that the drawing shows the extenuation of the hand out to the side, ninety degrees, to the alignment of the chakra system. Well many, many different kinds of things happen with electromagnetic energy when you have an energy moving ninety degrees to the original field. New kinds of vectors and fields are created; new kinds of effects are generated when you have fields crossing each other in this manner.

So, what you can see first of all through the illustration, is that the body of the humanoid species has been designed in such a manner that its appendage for manipulation called the hand, is the portion of the body that has the ability to extend through all the other chakra systems of the body. It can reach up; it can reach down; it can reach up and down to the foundation, to the source, and pass through all the other energy points of the body.

There is a reason for this: the idea is, again, as we have said, that when you intersect one energy field with another energy field in that way, you cause different effects. And for the purpose of aligning intention, for the purpose of directing different kinds of energies, different frequencies and qualities and flavors of the one energy passing through you into discrete, differentiated kinds of energy for a specific task, the hand is the instrument of choice for this, in the humanoid form.

It is also representative of the five-fold extension of the humanoid body, in the sense of the head, the two arms, the two legs coming out of the torso – five being the number of the humanoid form in that sense. Also, there is the polarity exhibited in the right and the left hand, what you call positive and the negative, the assertive and receptive, the outflow, the inflow. And when you bring these polarities together you complete the circuit of the alignment and the flow, out this way, and truly go into a centered and balanced state where you access the totality. When you blend the polarities within, especially within the area of, again, your heart chakra, it is no accident that the hands align, generally speaking, over the heart.
in that general area. This is why this is the stance and the pose called prayer, do you understand?

AUD: Yes.

B: The hands come together in prayer because this is the stance that allows for the alignment of all the polarities, and all the chakras. So that you open up into the access of the Infinite, and are in communication in that centered and balanced state. Then, once you have accessed, then you can unfold and flow in whatever manner the energy has been designated by your intention to flow. This is the original reason, the origin of the practice for why you pray for things. Ask for something and do the thing, or move into the reality, or express the idea that you have asked for. This is why it happens that way.

Recognize polarity: bring it all together, align with the heart, the center, the balance, bring everything, access the Infinite, align yourself with it, with your intention and integrity – then flow. That’s the whole idea basically, of prayer, and why it is so important to keep prayer in the present tense when you communicate with the Infinite – so that you know things ARE not as they would like to be, as they have been, so on and so forth, but best you keep it in the present.

Also, the idea of the hands coming together in what you call the form of the mudra similar now to what you see the channel’s hands doing: you know what you have seen in yogic practices, again, it is to align the polarities, to bring them together, but generally speaking you see a little bit of a difference between the prayer stance and the mudra stance, in that the prayer stance is over the heart, generally – around the throat, around the heart. The mudra stance is usually over the solar plexus or the lower chakras in this sense. And, again, the reason for this is that the solar plexus represents, specifically, the chakra of intention and connection to the future self. So that you are literally completing a circuit, a connection to your future manifestation, or the now present manifestation you are transforming into.

It forms a link, it forms a bridge with the intention, action and integrity. It’s takes an alignment, a statement of physical manifestation and realization. It is what brings up the resonance of the lower chakras and balances them with the resonance of the higher chakras, through this chakra of intentionality. What do you intend to be? What do you intend to do? Bring up all the lower, drawing upon the foundation; bring down all the channeling energy of the higher, drawing on the Source, and send out a BEAM, again, ninety degrees, forward and back, so that you see that you are aligned to the concept of your path in life.

This is what the mudra represents, alignment with your life’s path – and therefore over the solar plexus, the chakra of intention where simple communication is generally aligned in this way, going up over the solar plexus and the heart and the throat. Somewhere in this general area, but mostly over the heart. To be open in that way to receive, to allow, allow the flow to occur.

So then you can gain a sense of knowing that for healing, or for any other expression of creativity utilizing the hands or motions in this way, including the simple ideas of physiological work, they will, perhaps be best aligned by allowing yourself simply the motion here, the motion there, and the flow
outward, in that sense. This is like a nutshell encapsulated, a very condensed version of many different kinds of rituals, many different kinds of ideas that people on your planet do in order to feel aligned in this energy. It is all, perhaps, condensed down into this idea of proper stance – this, this and this. Allowing yourself to receive and to give, in this way, which is why you see in many of your religious paintings, this kind of pose. You are open to receive, you are open to give, you flow as a circuit, it flows through you, round and round, round within you, around through you, in and out. It is all a ballet, all a choreography of the coming and going, the in and outflowing of energy, of intention, of vibration, of consciousness. Does this make some sense to you all?

AUD: Oh, yes. Yes.

B: All right. Let us, again, close the eyes… and let us extend, in a brief meditation once again, for the purpose, again, of strengthening this connection and alignment, of grounding a connection to the Infinite Source.

Take a deep breath in…

-
Q: Greetings.
B: And to you.
Q: Did you enjoy our celebration for our harmonic convergence?
B: Yes.
Q: I did too. I also experienced a lot of confusion.
B: All right.
Q: I didn’t know whether to say, “happy harmonic convergence” like Easter, or “merry harmonic convergence” like at Christmas time, or “have a safe and sane harmonic convergence” like on Independence Day… and it was just tremendously confusing, but I…
B: I will wager that you had a good time nonetheless.
Q: I had a terrific time, yeah.
B: Thank you.
Q: And nobody seemed to care what I said to them; so it was fine.
B: Including me!
Q: I’m delighted to hear that.
B: Thank you.
Q: I’ve attracted two related phenomena, very closely related.
B: All right. Two phenomena.
Q: Mhmm. Plural. One is that: maybe once, twice, maybe three times a day I will have somebody ring my telephone, and as soon as I say hello, there’s a brief silence and they hang up.
B: All right.
Q: The other phenomenon is that I get three or more calls a day for Security Pacific Bank, which has a very closely related number.
B: All right.
Q: It’s off by just a digit. So I couldn’t figure out why somebody… it seemed like the same person who kept hanging up when they would hear me say hello.
B: Felt like the same energy?
Q: It felt like the same energy.
B: Oh, all right.
Q: Maybe there were two or three, but primarily one. And it felt… why would they continue to call me when they know that they didn’t get the person that they were thinking they were getting?
B: Maybe they got whom they needed.
Q: Well, maybe so. I mean, looking at the mechanics and everything, you know, you go: “Well, yeah, somebody goofed,” or whatever…

B: All right.

Q: But I know that there’s something more for me here, because this has been going on for a number of months.

B: All right.

Q: Suddenly I related these phenomena to expectation today. And I’m going to ask about it anyway…

B: To some degree, what it is representative of, at least to our perception, is…now we do not mean “back” in the sense of having regressed, but simply back to the old idea of being a switcher; and facilitating as a switching mechanism from one connection into another through yourself. Back and forth, being what you call the go-between, the link-up for them. In a sense…

Q: For them… to whom?

B: To where it is they desire to get. But, in other words, you are functioning magnetically, symbolically, attracting them through you to whom they need, rather than more directly in between themselves.

In a sense when they contact you, you are imparting, however slight, a small magnetic pulse, a magnetic switching alignment to them that changes something within – which of course, more properly put, means that they are changing something within themselves, but allowing you to reflect that to them.

Q: Yes.

B: You are sending a pulse when they reach you, and the pulse is having an effect.

Q: That’s interesting.

B: You are being now used as a switcher. They did get the correct number for the effect they needed.

Q: I understand that. Okay, how does it serve me? I mean I…

B: All right then, do you see the you in that picture – do you see yourself acting in that picture as you would act if you were in the new situation? Can you picture it?

Q: I can picture it, but I can’t…

B: All right, one moment, one moment. Observe that you going through her daily routine. (Pause) Now, from the little you have observed, is what you have observed different than what you are now living?

Q: Yes.

B: An ecstatic person?

Q: Absolutely.

B: Well then, what are you afraid of?

Q: Supporting three kids and myself.

B: Contradiction. I just asked you if this was an abundant person, and you said yes.

Q: You’re absolutely right.
B: Then what are you waiting for?
Q: It’s a bit precipitous to quit my job at the moment.
B: Precipitous! (Said as though tasting the word) Does that mean you are going to rain on yourself?
Q: No, as in “at a precipice,” not precipitation. Why? Why? Why? Why would it be precipitous to quit my job right now?
B: That’s the question. Why?
Q: Why?
B: I’ll wait. Whatever reason you wish to come up with.
Q: I must say that I can’t conceive of supporting myself, and my children doing artwork.
B: A very good answer! I cannot conceive of myself supporting myself. But may I ask you another question?
Q: Sure, go ahead.
B: Haven’t you just done so? Haven’t you just pictured yourself being a happy, ecstatic and abundant person supporting yourself and your children? So how can you say, “I can’t conceive of it” when you just have. You just described the picture to me, so obviously you can conceive of it.
It allows you to do your job. It allows you to begin to open up to new ways, new ideas, new symbols, that allow you to understand how magnetically connected and how networking your energy actually is. It is, perhaps, for now, a subtle thing. But it can begin to grow in other ways.
Q: Okay. I’m aware of certain aspects of my job as a switcher.
B: Yes. Some are simply a new phase.
Q: Uh huh. And some of them are kind of . . . what I see as, physically, relatively narrowly focused.
B: Yes.
Q: Communication with friends, reflecting to them a lot of ideas that I share with you . . .
B: Yes. Now, to some degree, you are getting a representation of something a little more expansive, a little broader in scope.
Q: Uh huh.
B: What is it your society says? I believe it is the phrase: “Reach out and touch someone.”
Q: Well, I had considered that. I hear that I was making a connection in some way. I wasn’t quite sure what that service on the connection was, though.
B: ‘Tis all right for now. To function sometimes best as a switcher, you do not necessarily need to know all the specifics of what they are getting from the pulse you are sending. You are simply doing your job.
Q: Okay. Now I will also create varying responses. On rare occasions it would piss me off because I would have to go from one room to the next. Other times I would be more centered; I would maintain a better centering . . .
B: All right.
Q: I would just know that: “Well, this is exactly what I needed for my purposes.”
B: All right.
Q: I didn’t look at it so much as my service to them – but your reflection to me tonight has opened that up.
B: Thank you. And you. And the subtle nature of it now gives you the time necessary to allow yourself to understand that it always is a positive idea.
Q: Oh, yes.
B: So, it’s giving you an opportunity to lessen those times when you are upset.
Q: Absolutely. Well, I knew… even while I was being upset, I knew it was a positive situation. It was a little bit of habit that I permitted to…
B: All right.
Q: And I knew that was okay, too.
B: Thank you.
Q: Can you expand even more on my job as switcher? I’ve kind of just been falling into it, you know, wading across the river and not really knowing… that’s not really the analogy that I wanted to use, but it sounded okay at the time. I’ve been just kind of being there, and not really knowing that I was to flow with the direction. Yeah, it was a good analogy after all.
B: All right.
Q: Can you reflect to me more about what the job as switcher is?
B: We can give you a symbol, all right?
Q: I’ll take that.
B: All right. Think in terms of the many different inputs and outputs that one of your circuit’s exhibits.
Q: Mhmm. Like a printed circuit board?
B: Yes.
Q: Okay.
B: Hold that image, and understand all the comings and the goings of information that are being processed through what you would call the chip at the center, through the switching gate at the center.
Q: Mhmm.
B: And allow yourself to, by using that as a symbol in your imagination, to – in a meditative state – follow in different meditations each one of those conduits and where it leads in your imagination.
Q: Oh.
B: Then retract it back to the center; re-create, breathe; come back to the surface, breathe; go back in and follow another conduit. All right?
Q: Okay, I got that. And what will that do?
B: You’ll find out.
Q: Do it and find out, okay?
B: It will give you an opportunity to truly visualize the vibration along each circuit, and see where it will lead. And see how you are connected to different events in your life magnetically.
Q: Interesting. It’s really interesting, because I have had a printed circuit board kind of symbol that, when I would see it, it seemed to be very significant to me. And it. . .
B: Now you know why.
Q: Yes, yes. Well, I really appreciate your reflection to me on the job that I was doing when these people would call, because now I can make it a real game, and. . .
B: Thank you.
Q: Obviously there’s been a transformation of the kind of energy because of this interaction here.
B: Yes.
Q: I’ll have to do that empathically, because they’re not on the phone after about one second. So I’ll do it that way.
B: All right. Maybe – just a suggestion –
Q: Okay.
B: . . .they might stay a little longer, depending upon how you answer the phone.
Q: Any more details?
B: No.
Q: Uh, okay.
B: I’m going to leave that one entirely up to your creative furnace.
Q: All right. I’ll stoke the furnace.
B: Thank you.
Q: Thank you. Click-click.
B: Sharing!

Energy Facilitator, Being a Switcher
Energy Flow in Stressful Situations

Q: Could we go back to the electro-magnetic energy shifts you’ve spoken of?
B: All right.
Q: I’ve suffered from headaches, periodically, through all of my adult life and just when I think I understand what causes them, I find out that that’s not the case, the second time.
B: All right.
Q: And you mentioned that the stresses that build up in the electromagnetic atmosphere are perceived by some of us as headaches. Is that true?
B: Yes.
Q: Is that one of the causes of my headaches?
B: Have you also been sensitive to the idea of visual or auditory manifestations that most individuals are not privy to?
Q: I’ve expected that always... but no, I can’t say I’ve enjoyed that, or that I’ve received that.
B: What do you imagine would happen, should you allow yourself to do so?
Q: I think I would grow.
B: Why?
Q: Because it... I would love to... because...
B: Why would you grow from perceiving something, which in your terminology – your colloquial terminology – is outside the normal realm of experience of life as you know it? Why would you imagine that you would grow from something like that? Do share.
Q: Because I would see beyond the camouflage.
B: All right. May I ask you another question?
Q: Yes.
B: Thank you. If you were able to, as you say, see beyond the camouflage, would you be interested in staying in the camouflage?
Q: Well, for a time, I guess. I mean, I guess I would.
B: All right. How are you being of service within the camouflage?
Q: Well, I’m trying to be as loving as I can and trying to be...
B: Trying?
Q: I am being as loving as I can.
B: All right, in what ways?
Q: Practicing unconditional love.
B: Practicing? When are you going to do it?
Q: I am loving unconditionally. (Laughing)
B: All right.
Q: (Laughing) Okay.
B: In what ways will you apply, physically, or have you applied, physically, this unconditionally loving service? What is it you do?
Q: Respect myself as much as I can. I keep my vibration...
B: For a living.
Q: Oh, for a living. I’m an art director.
B: All right. Do you enjoy it?
Q: I love it.
B: All right.
Q: I love my work.
B: Oh, very good! Very good, now, may I ask you another question?
Q: By all means.
B: Thank you very much. Have you found that your so-called headaches have assisted in any way with your work?
Q: I think that sometimes I relieve stresses around me through them. I think that happens.
B: Do you feel that is the only way you can relieve stress around you? And why do you have stress around you if you love your work?
Q: Well, sometimes there are like... when putting new things into the show that I work on...
B: Yes?
Q: ... there are stresses...
B: Why?
Q: ... that reach very high levels.
B: Why? And why do they need to reach you?
Q: Because I have to release them.
B: You do?
Q: Yes.
B: Why? Why is that your job?
Q: Because I’m concerned with the look of the show and that is what everyone is stressful about at that moment.
B: Everyone else being stressful does not mean you have to be.
Q: True.
B: You do not have to pass those energies through you in a negative way. Can you not let them wash over and around you, and beyond? Being the bubble of serenity in it all; pulling all things together by allowing yourself to be an energy exchange system through which things can pass by allowing yourself to be transparent. Allow all things to blend, but allow them to pass through you, unobstructed.

You do not need to, in a sense, manipulate them on the way through. You can allow them to flow through you unimpeded, and you will glean what you need to glean from them, without trying to glean from what you need to glean.

These energies that come to you – you do not have to wrestle with them. Allow them to flow. Allow yourself to channel them in, and channel them through, and out, in ways that reflect the harmonious synchronous vibration that is a reflection of the unconditional love you experience in doing your work.

You do not need to express or experience that energy in a stressful way. You do not need to process it in that way. Everyone else’s stress is their choice. It does not have to be yours.

Q: Thank you very much.
B: Oh, thank you for expressing your creativity. Understand that creation is an act of joy, of love, of ease. It is a natural expression. It is like breathing. So take it in... let it out. And recognize that, like breathing, the only thing it does while it is within you is refresh you, not cause you stress. Do you follow me?
Q: Yes. Thank you.
B: You are welcome.

Q2: When you asked him if he had seen other things – could you explain what you meant by that?
B: Simply that, many times, as you allow yourself to manifest an increase in your senses – in your sensory awareness, your ability to perceive more than you are used to perceiving – you extend your senses into realms of vibration that were previously invisible to you, or inaudible to you.

Sometimes the desire for this manifestation of increasing your sensibility will – while you are fighting your own ecstasy, while you are blocking the channeling within you – will create the idea of pain within the centers of reception within the head; in your senses, in the brain itself, where all sensing lies. For recognize that you do not see with your eyes. You do not hear with your ears. You hear and see with your brain. Do you follow me?
Q: Yes.
B: It was simply an exemplification that there is an expansion taking place within his consciousness. He can allow himself to continue to expand in that direction by allowing the energy in his chosen work to be a joyful expression of his own ecstasy. And it can extend into his creativity to perceive more than he perceives in this moment. Do you follow me?
Q: Yes. Thanks.
B: Thank you.
Q: I would like to ask you a few questions about the plates I am holding.
B: Be brief.
Q: Okay. Basically, people talk about radionics, energy harmonics; they talk about light and sound technology.
B: Yes.
Q: And supposedly this is how these two plates work. And I’d like to ask if you could explain a little bit about free energy or that idea?
B: It is a recognition or, if you wish, a tapping into the recognition that all matter is energy in a state of structured gyroscopic equilibrium. When you tap into that gyroscopic potential, that gyroscopic equilibrium, you can then create a flow of energy – this is what your scientists call an electric current – in a certain direction, positive and/or negative.
These structures have been aligned to take advantage of what you might call a maximum effect of that gyroscopic equilibrium, to impart energy in certain directions. They have been, in a sense, crystallized, to become superconductors of the natural gyroscopic, electromagnetic energy, which results from the transformation of non-physical energy into physicalized matter.
They are fluctuation plates. They are, in a sense, one of the closest devices that exists upon your world for what we, in our society, call a flash-matrix. This flash-matrix in our spacecraft is directly responsible for converting light into the type of microwave frequency energy, responsible for powering our ships.
It is a valve. It is a transformer, literally, a transformer of one level of energy into another level of energy, along certain specific vector lines. Thank you.
Q: Thank you.
Energy Vortices and Government
1986

Q: Last week you were talking about chakras of the earth. Can you tell me what significance Big Mountain has?

B: Big Mountain... which?

Q: Its in Arizona, on the Four Corners Reservation.

B: In this way, it will be once again, more what is in our terminology, a free zone, rather than what you would recognize as one of the major chakras. But in this way, all the chakra points and energy points on your planet are beginning to blend, so every free zone energy vortices will carry within it the idea of energy from all the vortices. In this way, that particular energy is not dissimilar to the idea of the energy vortices in what you call Sedona. And it will be one that will carry within it many different reflections when you place yourself in that energy – and what is paramount within you, that you wish to face, will be brought to the surface.

It is, by the idea you have described it and by the location in which it appears in your idea of geography, indicative of the idea of a crossroads of sorts, where all these ideas come together. So that you can know that you are in that energy vortex, an integration, of all the directions of energy that you are. Do you follow me?

Q: Yes.

B: It will also be one of the balancing points for what you call American Indian Culture, in this way. One of the doorways of extradimensionality through which many of their consciousness’ have communicated to many other levels of consciousness.

Q: Right now there is a public law which says... they’re trying to relocate the Indians there from that land, and take over that land.

To dig out the minerals and oil and coal there...

B: Yes.

Q: Can you say something about this?

B: What do you wish to do about that?

Q: Well, I wish to stop the process.

B: Then, in your terms go in love and light, without accusations, and educate individuals and give them an opportunity to recognize the idea of what the energy can be used for. And how there is, in your terms, far more energy naturally in the area than anything they could extract from the land. Do you follow me?

Q: Yes.

B: ‘Tis up to you, its your planet. You decide how the balances go.

Q: If the federal government isn’t stopped and...
B: *You* are the government. When you equalize yourself and open up an equal communication with that portion of yourselves, then it will not be something *outside* of you that has control *over* you. It is not that it will become stoppable – it simply will never start.

When you equalize the idea and do not accuse, do not judge, but give *that portion of yourself* an opportunity to recognize that you are the government. And that you, ALL TOGETHER, will decide. But it will take action on your part. The willingness to show that you have the conviction that *this* is what you prefer, and not something else.

Q: Thank you.
B: Thank you.
Energy Work To Ease Transition

Q: I believe it was March 15th, 1991 that I went to Sedona, Arizona, and there was a window opening at that time…
B: Always, every March 15th.
Q: …I set forth a few things that I wanted to accomplish, and all those things I’ve received, in that way.
B: All right.
Q: One of those things was being able to assist people in healing themselves…
B: Yes.
Q: …writing an album, which I’ve done.
B: All right.
Q: And being of assistance, which I am… in being of assistance.
B: Yes.
Q: Now what I’ve been doing is deep muscle massage, muscle reprogramming.
B: Yes.
Q: And I’ve also been doing some energy work, which has been increasing on a steady rate.
B: All right.
Q: I’ve worked with people that have had cancer and had excellent results.
B: All right.
Q: Scoliosis, MS and various types of illnesses.
B: Yes.
Q: Now, at two different times I have worked with people that have had cancer…
B: Yes.
Q: …that were to the point where they were checking out.
B: Yes.
Q: The first was a lady, probably in her sixties.
B: Yes.
Q: I feel when I come into that room, her area, I feel a point of disconnection from them almost. I mean they are slightly connected still to the physical world.
B: Yes.
Q: I’ve noticed that after doing the energy work on them that they seem to have kind of set up a stronger connection to the spiritual world.
B: Yes.
Q: Okay.
B: In that sense, the idea is that when an individual has already decided that they will join the spirit world, then any energy work that you do for them does not help them remain connected to the physicality, it actually helps them in their transition.
Q: I see.
B: They have decided when the crossover point shall be, and they have decided how to use any assistant energy they receive. And in that case, if they have decided to cross over, they utilize that energy to allow the transition to be smoother for them, and give them more cognition of what is going on once they have arrived on the other side. Rather than allowing the energy to allow them to fix themselves, heal themselves and remain in physicality, once the decision has been made that they shall not do so.
Q: Thank you.
B: Thank you.
Enjoying the Flow of Creativity

Q: Good evening.
B: And to you, good day.
Q: My question is: I’m starting to write a novel...
B: All right. Are you excited?
Q: And I...yes. Yes.
B: Oh, all right.
Q: Nervous/excited.
B: Uh-uh! Which?
Q: Both.
B: Can’t be; they are both the same energy. One is positive, one is negative. Versions of the same energy. Anxiety/excitement. You may flip-flop back and forth, but you will never be both at the same time – except in the blended sense. But then it wouldn’t feel like nervousness if it were blended.
Q: Well, at any rate...
B: Yes.
Q: ...my question is...
B: I know; I know. I do go on.
Q: Well, my question is... I’m presuming that I will be channeling this book. And my question is: are there any further processes that I need to adjust to, or need to...
B: Now, pay attention. Are you paying attention?
Q: Yes.
B: Any so called processes that you may discover are a part of the writing, not a precursor to it. Understand?
Q: Yes.
B: You are, in that sense, channeling the moment you sit down and write – no matter what comes out - if you allow it to come through as what is naturally representative of whom you are.
The idea is to recognize that whatever it is that does come through is a part of the writing – not that it will necessarily wind up in the book. But it is a part of the writing. Do not segregate "writing the book" from the overall process of the writing itself.
You will know what needs to be in the specific book and what doesn’t. But the process will be in the writing itself, of course. You do not have to do anything beforehand; just do it, just write. Everything that needs to come out will come out. You will know what belongs in the book, and what belongs simply for you. Understand?
Q: Yes.
B: Does that answer your question sufficiently?
Q: Yes. So there is no need to do five minutes of meditation before each session of writing, or anything of that sort?
B: Not if it is not something that represents what your imagination has excited you into knowing you can do. If it is not something that you think is something you need to do; if the writing, in and of itself, is enough of a meditation for you, and if that excites you more than any other methodology, then that is your meditation.
Q: Okay. Fine.
B: Trust your imagination. All right?
Q: Right. Thank you.
B: Thank you! Sharing!
Enlightenment, Parallel Lives And Counterparts

Q: We have had... throughout this planet, so many times we’ve had people come down – well, they come from someplace – like Buddha and Jesus of Nazareth. And now we’ve had quite great enlightenment from Ron Hubbard in Scientology. But each of them seems to just take us to a certain point, and then we are dropped again.

B: One moment, please! No one has dropped you at all. You have dropped your own ball. Realize that religion is simply the following of an idea rather than the living of an idea. Do you follow me?

Q: Yes, I follow you, Mhmm.

B: Realize, that in every case, to a degree – particularly with those consciousnesses you call Buddha consciousness, Christ consciousness – simply, the idea was that you are exactly as they are. Not that you should follow them, but that you are them.

It is only the separation of: “Well, they must be greater; we must be less. But we cannot ignore them, so we will create a religion to honor them. We will pay lip service to their idea, but we know we can never achieve living that idea, for we are miserably less.”

Realize that is why on every other civilization we are aware of, yours is the only one that has religion. All others live their beliefs.

Q: Okay. What about Scientology?

B: What about it?

Q: It seems to be different, and it is different.

B: Everything is different.

Q: Yes.

B: You are different; she is different; he is different.

Q: That is more what I got from Scientology, just those very things – that we are all different, yes.

B: Very good!

Q: And very much as free as we wish to be; and it takes you to quite a degree of freedom.
B: Very good. Now, may I say that if you have reached in your mind a degree of freedom, it is you that has taken yourself there – by allowing yourself to simply use it as a valid tool. Once again: always bring it home. You are doing all the creating; you are doing all the reflecting. A tool is valid as a trigger, but you are initiating, you are forming that reality ‘round and about you, reflecting it back to yourself, and you may do so with any tool you wish.

Realize, however, to a degree, that you may view one difference between that system you speak of and our viewpoint: you will find, to a great degree, that that system speaks of accomplishing what you term to be self-realization and enlightenment by the eradication of negative energies. Realize that you can never eradicate negative energy from yourself. You are always a polarity. In physical reality you may always have positive and negative energy. You may eradicate, or absorb, or re-channel negative effects, but never will you be able to eliminate negative energy. Therefore, you will find that our viewpoint will be different, in that we understand that you re-channel negative effects by integrating negative energy, not eradicating. Do you follow me?

Q: I do.
B: Thank you. Question.

Q: I have a question on reincarnation. Are you familiar with that?

B: Yes.
Q: Could you speak of that? Anything you want to say I’d be interested in.

B: All right. It will be, from our viewpoint, simplest to view the idea as understanding that you are one overall consciousness that projects portions of your consciousness into many different time frames simultaneously – since there is no time. Realize, therefore, that what you term to be your future lives, your past lives, your alternate parallel reality lives, on many different worlds and dimensions of existence, all are existing right here and right now, because there is no space and there is no time. And so, of course, it is quite easy for you to become aware of these other selves because they are all right here within you. And you are within all of them.

Once again, realize that many of the complexities, which occur in viewpoints, and limitations to understanding ideas, are simply that you are viewing them from a time frame. Allow yourself to understand that really the only time frame you can possibly ever be aware of is the present; and therefore, that is all that exists.
Your sense of future and your sense of past are, I’ll say, convenient, and sometimes not so convenient, projects. You make use of them as a tool to understand yourself from yet another viewpoint of creation.

You may view, once again, that as your own personality here and now, your validity in a sense is to yourself; and that you may always understand that you are always receiving, to a degree, information from all your other selves, in amounts and timings, as you need them. You do not need to put each portion of what you consider to be all your lives under a microscope and analyze them to death in order to understand yourself. You will only be creating separations and labels, which will complicate things even further.

Simply allow yourselves to tune into those portions of your alternate selves, as you need to, as you feel them come into you, and integrate that into your overall personality. And realize that with that integration you will be automatically integrating all of your personality identities into one overall consciousness, which may continue to integrate within the overall mass consciousness of your planet, and continue to integrate within the overall mass consciousness of the universe. All right?

Q: That’s great.
B: Thank you. Question.
Q: Does that mean that you could have two bodies at one time on this planet?

B: Very good. They are called, in your terminology, counterparts. They are simply the idea – a similar idea to future life, past life. But yes, in your terms they exist at the same time, yes. Many of you have many counterparts, some of which you will never meet, some of which you have. Question.

Q: Yes, I have a question. What is the difference between the counterpart and the alternate self?
B: All right. You will find, that in your terms, not really any difference. Simply, you have an idea called alternate or parallel realities, which operate at slightly different vibrational frequencies, and separate themselves from this universe into other universes; ‘tis simply a version of you in that other universe – a counterpart, nonetheless, but simply an alternate self. Do you follow me?

Q: Well, not totally.

B: All right. In other words, do you understand that you can have two colors of light occupy the same space, and yet vibrate at different frequencies?
Q: Yes.
B: Therefore, all of the light that can perceive red will only perceive red. All of the light that can perceive green will only perceive green. There may be electromagnetic energy common to both of them, the source of their creation going into the red, into the green. They are connected in that way. Yet the red will never see the green and the green will never see the red. Yet they are in a sense connected, and the same energy. Will that analogy help?

Q: Yes, it does. Thank you.

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Q: Could you speak of that? Anything you want to say I’d be interested in.

B: All right. It will be, from our viewpoint, simplest to view the idea as understanding that you are one overall consciousness that projects portions of your consciousness into many different time frames simultaneously – since there is no time.

Realize, therefore, that what you term to be your future lives, your past lives, your alternate parallel reality lives, on many different worlds and dimensions of existence, all are existing right here and right now, because there is no space and there is no time. And so, of course, it is quite easy for you to become aware of these other selves because they are all right here within you. And you are within all of them.

Once again, realize that many of the complexities, which occur in viewpoints, and limitations to understanding ideas, are simply that you are viewing them from a time frame. Allow yourself to understand that really the only time frame you can possibly ever be aware of is the present; and therefore, that is all that exists.
Your sense of future and your sense of past are, I’ll say, convenient, and sometimes not so convenient, projects. You make use of them as a tool to understand yourself from yet another viewpoint of creation.

You may view, once again, that as your own personality here and now, your validity in a sense is to yourself; and that you may always understand that you are always receiving, to a degree, information from all your other selves, in amounts and timings, as you need them. You do not need to put each portion of what you consider to be all your lives under a microscope and analyze them to death in order to understand yourself. You will only be creating separations and labels, which will complicate things even further.

Simply allow yourselves to tune into those portions of your alternate selves, as you need to, as you feel them come into you, and integrate that into your overall personality. And realize that with that integration you will be automatically integrating all of your personality identities into one overall consciousness, which may continue to integrate within the overall mass consciousness of your planet, and continue to integrate within the overall mass consciousness of the universe. All right?

Q: That’s great.
B: Thank you. Question.
Q: Does that mean that you could have two bodies at one time on this planet?

B: Very good. They are called, in your terminology, counterparts. They are simply the idea – a similar idea to future life, past life. But yes, in your terms they exist at the same time, yes. Many of you have many counterparts, some of which you will never meet, some of which you have. Question.

Q: Yes, I have a question. What is the difference between the counterpart and the alternate self?
B: All right. You will find, that in your terms, not really any difference. Simply, you have an idea called alternate or parallel realities, which operate at slightly different vibrational frequencies, and separate themselves from this universe into other universes; ‘tis simply a version of you in that other universe – a counterpart, nonetheless, but simply an alternate self. Do you follow me?

Q: Well, not totally.

B: All right. In other words, do you understand that you can have two colors of light occupy the same space, and yet vibrate at different frequencies?
Q: Yes.
B: Therefore, all of the light that can perceive red will only perceive red. All of the light that can perceive green will only perceive green. There may be electromagnetic energy common to both of them, the source of their creation going into the red, into the green. They are connected in that way. Yet the red will never see the green and the green will never see the red. Yet they are in a sense connected, and the same energy. Will that analogy help?

Q: Yes, it does. Thank you.

B: Thank you.
**Enzymatic Encoding**

Q: You have talked about how our society doesn’t know much about enzymatic encoding.
B: Yes.
Q: What is the relationship between masticating your food well, chewing your food well…
B: Yes.
Q: …and the enzymatic process?
B: All right. As you create what might be called a breaking down of the ingested substances, the very act of breaking it down into an absorbable format releases certain enzymes throughout your system that encode your system with the understanding that you are now being sustained as a process.

You can find that there is a little trick that you can do as you’re going through the day: if you find, as an individual, that you are creating a reality where you are eating more than you really desire to eat, as you simply go through the day, while you are doing something you love to do, and as you do, make a chewing motion as you are doing that thing; you will begin to equate the chewing motion with the doing of the thing that you love to do. And it will release into your body the same enzymatic encoding that tells the body that it is being sustained.

It will begin to derive sustenance from the doing of that act, rather than from the actual physical ingestion of foodstuffs. A little bit more than usual… not saying that you will not need to ingest foodstuffs, but you will need to ingest less if you use the same enzymatic coding format that you use while you are actually chewing your food… to chew on the things that you are doing, in that sense.

Understand?
Q: Yes.
B: That is one way you can see a connection.
Q: Some more processes to break down… thank you.
B: Thank you.
EPILEPSY
Q: I have this thing called epilepsy – the doctors say I have this thing called epilepsy. For 28 years I’ve been taking medication, and I tell you... 
B: Yes.
Q: do not believe that I have epilepsy. And I want a cure of it. I’m ready to say, “hey, I don’t have this,” you know.
B: All right.
Q: Why did I create it, and how do I get rid of it?
B: Let us tell you something about the notion of epilepsy.
Q: Okay.
B: You will understand that, first of all, of course, it is the product of your society’s belief system with regard to the way energy comes through your brain, or expresses itself as your brain from your higher self. You have now fractionated your idea of the brain into many components; and you have fractionated it into the idea of a left and right hemisphere, when, in fact, the brain is one whole idea.
Q: Right.
B: It is the maintenance of this idea of a left and right hemisphere that many times can allow there to be the lack of communication that goes on between the hemispheres that creates, what you call, the epilepsy.
Q: Right.
B: The epilepsy itself is the result, therefore, of when the brain begins to act as a homogenous unit and fires as a unit simultaneously, but fires through the filtering belief system that it exists as a collection of parts, that it throws everything out of whack, so to speak. It shorts the system out because you do not create the idea that the system can handle that type of unification firing.
Q: Oh!
B: Now, one idea, one exercise, if you will, that can assist in alleviating this notion, is to think – if you already do – of the two hemispheres, and allow yourself to generate the idea of energy flowing simultaneously in both of those hemispheres in a circular motion. And then allow them smoothly to cross.
Q: Oh, yeah.
B: Do you recognize the symbol that is being created?
Q: I cannot believe that you said that. Because in going to a doctor right now– not a doctor, not a psychotherapist, and he put me in a meditation. And the meditation that I saw was exactly what you’re doing.
B: Yes.
Q: It went like this, it was like this.
B: Recognize that you are seeing...
Q: It was centering myself.
B: infinity symbol.
Q: God, it was just exactly like that.
B: At the crux point of the infinity symbol is you, the gate, the door through which your consciousness comes. Now understand something else about the idea of seizures and epilepsy. Many, the vast majority, because of the belief systems of the society, of individuals who have become what you call very obvious channels in this life, including the physical channel before you, have, during their life, experienced some sort of shock to the head, seizure or epileptic attack.
Q: Well, I was telling my friend tonight that I would really like to be a channeler myself.
B: Yes.
Q: Is that a possibility?
B: Oh, yes.
Q: Easy, huh?
B: Oh, yes.
Q: Oh, God.
B: You understand the idea is that the epileptic shock takes you, all at once, out of all of the preconceived notions you have bought into in your society.
Q: Right.
B: You are a completely fluctuating being, commodity.
Q: Sounds great.
B: You are a completely randomized factor. Now, it does not have to express itself as loss of control, if you are willing to allow it to come through in a homogenized way, and express itself as creative service.
Q: Okay.
B: You follow me?
Q: I follow you.
B: To some degree also, what you experience in your reality as stuttering is a result of minor epileptic seizures. And again, the blending of the hemispheres through the center, which is you, can alleviate this idea. See it as an energy orchestration. Feel yourself to be one homogenous energy, not a collection of parts.
When you are one homogenous energy, then you will not necessarily think that all the parts are difficult to allow them to communicate fluidly with each other. You will not have to feel that you are juggling many different things. You will not have to feel that you have to coordinate many diversified ideas.
Q: Okay.
B: You will function as a conduit.
Q: Can I just ask you how to do this is just close my eyes and go into my mind and just visualize what you are saying right now – just visualize that in your mind?
B: Yes. And breathe slowly, deeply…
Q: Does that mean that I can stop taking medication and the whole…?
B: You will know when you no longer need that tool.
Q: Okay. I thank you very much.
B: I thank you for your willingness.
B: You! Good day.

Q: Good day to you. Thank you for you and your civilizations’ constant radiance to our dimension.

B: And yours to ours, as well.

Q: Concerning slave labor in China: a lot of products, we have been told, are produced by China, are being manufactured by what we would consider slave labor type conditions.

B: In some senses, yes, this occurs at several places around your planet, to some degree, to varying degrees of what you consider beneath the equable dignity of individuality, yes.

Q: Now, from your perspective does purchasing those products actually perpetuate the enslavement, or does it…

B: In many cases it does, in other cases it doesn’t necessarily. You have to take it on an individual basis in your particular relationship to this idea. Obviously, in general, the idea of supporting certain systems will, of course, allow such systems to be perpetuated.

Q: But from your perspective, is that situation a better situation for an individual than – not having any work at all?

B: Not necessarily. Because if the individual would understand that they do not necessarily have to subject themselves to the limitations they have been taught to believe are their only options, then they would, by divesting themselves of that opportunity, open up new worlds and new options for themselves that they simply do not understand would exist.

So in that sense, by actually refusing to participate in what they may believe, on one level, to be the ONLY chance they have, would actually, paradoxically, open up other chances to them. As we have said many times: when you reach the concept of the so-called “bottom of the barrel,” then as you yourselves have recognized, the only direction that exists for you is up. And therefore, it opens up new paths and new ways of seeing and new opportunities that then will synchronistically occur to the individual that will show them that there are other ways that they can experience more equability.

Q: And a couple of last things: when we went from an analog to more of a digital component in music, in sound...

B: Yes.

Q: ... does that process take away our ability to respond emotively?

B: No.

Q: It doesn’t?

B: No. You can approach the idea of digitalization from an emotional perspective if you wish. Again, it involves inclusion, instead of exclusion. There are certain aspects of the concept of digitalization that certainly can be defined as excluding, but it doesn’t have to be looked at that way. You can understand it from a higher perspective as simply a different way to organize information, but still express it within an emotional context if you wish.
Q: So the ability to respond from the actual sound emitting from the speakers is not changed to the extent...
B: It is changed, but not to the extent that it would erase your capability to respond emotively.
Q: Okay. And the last thing: when things are imploded...if a chamber was built that would be like a furnace, but it imploded things...
B: Yes.
Q: ...where do those things go? Do they just...
B: It will depend upon the degree of implosion. If it is beyond a certain threshold, then things or aspect of things will implode into other dimensions.
Q: And would that be, let us say, *polluting* those dimensions?
B: It depends.
Q: That was one of the questions that was proposed: if that substance moves into another space...
B: It depends upon the dimension. In some dimensions it will be seen as pollution, other dimensions will have the framework in the matrix to transform these ideas that enter their dimensionality into things that are useful in that dimension. And as such, it will not be seen as a pollutant, but simply raw material to work with. It depends upon the transformational capability of the dimension into which such a thing might have imploded. You understand?
Q: Yes, thank you very much.
B: Thank you.
Essassani and Dolphins and The Association

Q: Do you share your experiences of interactions with human beings with other members of your civilization?
B: Right now.

Q: Do you have a President or a leader on your planet? I know he/she would be an equal – but is there such a position?
B: There are beings that are of service within the Association to function as what you would call organizers, but not in the sense of needing to plan anything. They avail of themselves to simply function as the idea of being open to the interaction of all within the Association, so that they provide, within any given society, a symbolic interpretation of the interaction that is always there. It is simply something that different individuals, at different times, may find themselves doing. It is not that they function as a focal point, in a leadership type of way.

Q: And on your planet, is there the idea of reading materials?
B: Not so much. There are, in your terms, plates, of crystal upon which, or in which, are the idea of holographic projections and/or direct mental information access. Not so much in the idea of anything that you would call printing.

Q: Like a movie...
B: In a sense, although again, many times it is simply more like dreaming, imagination, daydreaming.

Q: How do you do this? Do you touch a crystal and tap the knowledge that is within a crystal?
B: The idea is that there are versions of ourselves, our higher consciousness, embodied within crystal matrixes, that you would call computers. And in this way it is always available by direct access, mentally, to our mentality. By simply shifting our consciousness to the idea of the desired information in that way, it is shared, it is known. It is perceived; it is read.

Q: So is it like a withdrawal, like when you want a fifty (dollars)… or something like that?
B: Somewhat.

Q: Can we access those ‘banks?’
B: Why not? The universal bank is always open! Draw from it, as you will. (Audience laughter) For your accounts are unlimited!

Q: Abundance!
B: Yes!! Abundance! (Much laughter)

Q: So, is there no fear in your society at all?
B: Not in an experiential form; every being contains the probability of creating the idea of that type of judgment, but we simply have no use for that tool, so there is no effect, in that way.

Q: Hmm. Is fear a judgment?
B: Yes, an unwillingness to face a portion of your consciousness; an unwillingness to integrate a portion of yourself; a belief that you are a victim; that you are not in control; that you are not creating.
Q: That means that there is no service to self on your planet then, right; only service to others?
B: There is service to All That Is, and to others, and that is automatically service to self. For we are served by serving; and automatically, synchronistically, find all of our needs fulfilled.
Q: Do you have best friends? People that you connect more with, or does everyone feel the same to you?
B: Everyone is recognized for their own attributes, everyone is equal, everyone is unique, therefore, no one is special.
Q: Okay. When the question was asked earlier about being able to go onto the ships, you said that we would need to discover more aspects of our personality...
B: The idea is in integrating all aspects of your personality so that, let us say, to put it in your language, you are fearless, and you are the product of unconditional love of all portions of yourself. For then you are equal in the vibration that we have created in our civilization that will allow you to automatically locate yourself in that vibration.
Q: All portions of our self?
B: Of the personality construct you have created yourself to be.
Q: A restructuring of the existing atoms?
B: That will occur automatically.
Q: Maybe I’m not sure what personality is then.
B: All right. The idea of personality is an artificial construct, presented to represent a prismatic idea. To function as a prism through which the white light of your blended consciousness breaks down into the spectrum of the differences in physical reality.
You create your personality to have different levels, different portions, different identities. The accepting, the allowing, and the blending of all of them will be what allows you to function as the total individual that you are.
Q: Is there a finite number of portions?
B: Yes, in a sense, because you are in what you define to be a finite universe, in terms of physicality.
Q: So we have just so many portions of our personality?
B: You can create, to some degree, an infinite number, but recognize that we are not saying it is a matter of having to search every single one of them out. It is simply a matter of allowing yourself to know that any portion you should discover, in that way, is just as equally worthy of your unconditional love as any other portion.
Q: So it is just a question of what appears, and loving it as it is.
B: Yes.
Q: When we were doing the “swimming in time” meditation, I felt, or sensed, or saw, a dolphin or...
B: Oh, yes. Sirius energy as your representation, and their consciousness – that of what you call the water humans upon your planet, the dolphins and the whales – is also present within that flow of time, and many times that is how they experience themselves. Swimming around in the universe, not only in your oceans. They are there for you always.
Q: So that is really what we experienced just then as dolphin consciousness, right?
B: Yes. You are land human; they are water human. You are brothers and sisters. Their consciousness is yours; yours is theirs, to share and share alike.
Q: How do we do that?
B: Use your imagination, for that is where you met them, and in that dimension is where you can interact, anytime. Love them as they love you. Share with them in whatever way you feel appropriate.
Q: In our imagination?
B: And physically.
Q: And physically, okay.
B: Yes.
B: Yes.
Q: Could you briefly explain what that is.
B: All of the ideas of civilizations with whom we are in contact. What you may colloquially refer to as a Confederation of civilizations.
Q: And outside of the Association?
B: Simply, in our estimation, more of the Association. However, there are many civilizations that, like you were, are not aware in this way of other civilizations that you have become aware of. Some are beginning to be aware, like you, in that way.
There are many civilizations that have their own Associations that have not interacted with our Association.
You will find that the idea as we have said, in what you would call third density reference, more or less, is that in this understanding of what you call the galaxy... you understand galaxy?
Q: Yes.
B: ... there are approximately sixty-seven million inhabited third density planets. And in this way, you will find that some of them are products of different Associations, different gatherings and different interactions, that will in our perception eventually become one Association and then merge with other galaxies and other universes.
Q: Would that be like the Andromeda Council?
B: That will be in what you term to be the next galaxy – the main galaxy in what you term to be the sector.

Q: All the sixty-seven million will merge eventually?
B: Yes. (Audience comments and laughs)

Q: So, what is the ultimate goal of the Soul?
B: To be in the moment; to be here and now; to create and to continue to create, forever. Have no fear, you will not fail! (Audience laughter)

Q: And one question about play...
B: Play!

Q: Is play... the dolphins are...
B: Are fulfilled of ecstasy.

Q: Are fulfilled of ecstasy?
B: Yes, as so can you be. Play. Play, play, play. Love, love, love. Play. Enjoy. Ecstasy is your right. Thank you!
Q: Thank you very much.
Q: I’d like to know some information about the procreation process for your species. You have some kind of intercourse as you’ve told us... and the cell is there and then the physical being is there and...

B: The physical process is, again, as you would say, practically identical to your own, with the exception for the most part of what you term to be the gestation period.

Q: How long is that?

B: Seven months.

Q: At what point does the consciousness enter the body?

B: The same as your own – just prior to birth.

Q: However, the agreement between the parents and the conscious being coming into the body is made prior to the physicality?

B: Yes.

Q: What would be the average weight of a child being born?

B: In your terminology, approximately, five to six pounds.

Q: So, say you are on your spacecraft, and you have sex on your spacecraft and the child is conceived, do they go back to the planet to have the child?

B: It can occur upon the craft, there are facilities for such. Recognize, in this way, that many individuals are on the craft for quite long periods of time. They may not, in this way, return to what you term to be their home planet for many of your years.

Q: So they could have... the child would be conceived, the child would be in gestation, and actually come out physically from the other being on the spacecraft?

B: It has happened many times.

Q: Ok, do you have doctors that facilitate that, or is basically the process pretty easy at this point?

B: It is, as you say, relatively smooth. In this way, almost what you term to be anyone can assist.

Q: Is the father usually present at the birth?

B: More often than not.

Q: Is it a ritual like ours is?

B: Not really, except in the constant mental communication with the consciousness during the process.

Q: Ok, so you don’t give out cigars then, right?

B: No, thank you. (Laughter)

Q: Do your women breast-feed the babies?
Q: Do you use bottles like we do?
B: No.

Q: When the child is born, do they have immediate vocabulary skills or is there a process like ours where they can learn to make all the sounds that are in the vocabulary?
B: Understand that with our civilization, that which you call language is, even for myself, a remnant idea. They do not communicate vocally at all.

Q: Telepathically?
B: Yes.

Q: So then you don’t even... they’re already developed as soon as they’re born – so obviously the consciousness is there and you’re aware of that and therefore it can be...
B: It does express itself in a certain methodology according to the newness of the physical body. In a sense you would perceive it to be in like manner as your own children, thus, they manipulate the language in a more simplistic fashion. You will find that the ability for the communication, once in the physical form, will be somewhat limited. They will require some time to expand that concept, but it usually will not take, in your terms, any longer than three of your physical years.

Q: Do they have to develop motor skills or do they already have...
B: Some, yes.

Q: Can they walk immediately?
B: No.

Q: So they have to crawl?
B: Yes.

Q: How many years does it take them to become mature?
B: What is your definition?

Q: Like twenty years from birth, for becoming an adult.
B: Now understand that your own cycle, that which you call, in this way, adolescence and your word puberty, in your own cycle will be approximately twelve to thirteen years, not twenty. In ours, you will find in this way it is somewhat similar, approximately eleven years of age – that which you call the beginning of adolescence. Though there will be, again, from three years onward, the ability to communicate, for the most part, as any being in our civilization would be able to, mentally.

Q: Are the telepathic skills not fully developed from birth to three years old, or are they fully capable in that respect?
B: To some degree, although again, the communications will be, for the most part, not diversified. Do you understand that term?
Q: I understand the term, but I don’t know how you’re implying it.

B: Understand that the being, who is newly born, will still be, for the most part, used to non-physical existence. And in this way the majority of the telepathic communication will come in whole concepts without direct reference, still, to some degree, for the society into which the being has been born. It will be somewhat in the same manner as your infants – making sounds which have no basis in your particular language, yet you understand that there is communication; you understand the intent, for the most part, of the sounds.

Q: Would this communication of the telepathic nature... would the concepts be not as translatable to physicality because they are closer to the non-physical?

B: Yes.

Q: Ok.

B: They are still homogenous, in a sense; not diversified into the specific reality into which they have been born.

Q: Sort of analogous to the dream state not being fully translatable into our reality?

B: Yes, very good. It will be abstract, to a great degree, until it receives the entire codification of the entire mass consciousness and assimilates its own consciousness therein. Thus forming and using the archetypes present in our own consciousness, to relate to our specific civilization.

Q: Is that why our babies born here also don’t communicate with specific words? It’s not that their speech skills are not developed...

B: Up to the period of time you call three of your years, in terms of any civilization that reproduces in a similar manner to you, in this way you will find that it will be quite similar from civilization to civilization. The infants from one to three years will almost all be the same.

Q: Ok. On this planet we’ve termed the child’s inability to speak as just lack of skill, lack of development, whereas I’m seeing here that it is not so much that, as the fact that they are thinking in undiversified terms.

B: Yes. The skills and development that you are speaking of are the skills and development regarding the specific reality they have projected themselves into. It is in that way a matter of skill and development, but not in the intrinsic sense of not being able to conceive of concepts at all.

Q: Right.

Q: They simply don’t find yet the translation mechanism to be fully functional.

Q: Right. Well, I’m thinking that if they were instantaneously able to communicate in a diversified way, as you said, their ability to develop their speech skills would be much faster, I would think.

B: Do you mean in your civilization?

Q: Yes.

B: Yes, in a sense.
Q: All right, thank you very much.
B: Thank you.
Essassani Counterparts and Humor

Q: You say that, supposedly, in around seven years, you will be able to contact us physically?
B: Maybe.
Q: Maybe? If that maybe occurs, would it be possible – physically possible – for us to visit your planet?
B: Yes.
Q: May we do so?
B: Maybe, no promises. (Don’t hold your breath.) You can always go now in your energy state. And understand, as we have described, the majority of our population is actually composed of beings that do so.
Q: Like out-of-body, you mean?
B: Out-of-body. In a sense, projections of mentality and the creation instantaneously of the representational body upon our planet in which they can experience existence upon our planet for any length of time. And then when they are through with it – poof!
Q: Are we doing that now?
B: Yes.
Q: Is the physiological make-up the same as we are now on your planet, when we’re on your planet?
B: No, it is our physiological make-up; you are in our type of body there, by definition.
Q: Would that be the conscious “I” of myself here?
B: Are you imagining, in this way, that you exist in our civilization right now?
Q: Sort of.
B: Sort of? But you are sort of there. Understand: our civilizational energy is offered to everyone, and it is that malleable. The second you form the identification, you have a representational form on our planet, in our dimension. And it can interact, and does interact, with all the other members.
Q: But I want to know…
B: That is why we have told you many times that that does not serve your purpose, obviously, by definition. You can allow it to, but right now, obviously, if you do not have the awareness, you are not allowing that. Recognize also that this is one of the reasons why we say that when we talk to you, we talk to all different portions of you. We are, many times, while we are talking to the you here, talking to the you there. And you, as the you there, are talking to you here. You have only but to allow yourselves to realize it, to begin to experience it consciously. You follow me?
Q: Yes. (So we’re all Sassanians too.)
B: If you wish.
Q: Do you have any idea where specifically you are going to land, which area?
B: No. And again – again, again – do not expect us to.
Q: Why not?
B: Because then we can’t. Because the expectation is something that says, “we need you to; we place you above us.” And immediately you put us out of reach.
Q: Well, I just think it would be exciting. When you have something that’s going to happen on the weekend, it’s exciting.
B: All right.
Q: Looking forward to it, you know... 
B: Forward?
Q: Yes.
B: Forward!
Q: (As we know time to exist.)
B: All right. But simply recognize that the idea is: when the excitement is in the present, that is when we can meet you.
Q: Well, it’s very exciting right now.
B: I see.
Q: Very exciting!
B: Oh! Very exciting! Very exciting right now! How exciting?
AUD: (Chorus): Very exciting!!
B: Is it so exciting that you are willing to completely be the beings you know you are?
Q: Yes.
B: Really!?!?
Q: Yes! Yes! Yes!
B: All right. Then the sooner you begin to act like it, the sooner we will be there.
Q: Touché! (Applause)
B: Thank you. We are also applauding on our world. And you are applauding yourselves, of course.
Q: Hurray for us.
B: Yes, very much so. Hurray for you all. For you are all wonderful creations.
Q: Oh, we love you too.
B: Well, thank you.
Q: You aren’t so bad yourself.
B: Oh, thank you.
Q2: As regards applause, does your society use applause as we do, in acknowledgment of a performance?
B: No.
Q: I have another question about your society, actually. Do you people clown around?

Q: Do you ever stop clowning around?

B: Let me see... no, never! Well, maybe sometimes... but not really... unless we want to, which is always; but no more than that.

Q: Okay. Do you have a physical thing that you clown around with, such as eyeglasses with a big nose and a mustache attached?

B: Not in that sense, as you mean that definition, no.

Q: Do you use physical things to clown around with?

B: There may be a physical object at hand that can provide a demonstration of some idea in that way...

Q: Like a lampshade on the head.

B: ...but not specifically manufactured in that sense for that idea. And there is the opportunity to also understand that when we utilize an object in that manner, there is very much, let us say, truly more of a transformation that takes place than simply what appears to be on the surface the symbolic representation. Now...not that this has happened in this way, for we do not have lamps and lampshades. But allow me to exemplify the fact that if we were, let us say, to avail ourselves of one of your lampshades, and were to put it upon our head, we could – to all perceptions – become a lamp, literally! You follow me?

Q: Yes. I got... as you were speaking, I got the idea you could literally light it.

B: Yes.

Q3: Do you have Halloween on your planet?

B: No.

Q: Happy Halloween.

B: Thank you.

Q: I understand individuals are...

B: One moment. Halloween: All Hallows Eve. Your mythical representation – based upon three nights, what you call your October 31st, your November 1st, your November 2nd.

Q: Our perception on this is a little bit clouded; if you will provide the accurate data.

B: We perceive that it is All Hallows Eve; All Souls Day and All Saints Day. Recognize, All Hallows Eve: the eve before the destruction of Atlantis. All Souls Day: the destruction; All Saints Day: the day after. That is where it comes from.

Q: Oh. Oooh.

B: It has been simply interpreted in your mythology as those three memory dates.

Q: How many years ago?

B: Approximately, in your terms – approximately – between 12 and 11 thousands years.

Q: Shivers have come over my body – because of the memory connection with...
Q: Now, how does the symbology of that connect with the symbology of dressing up in costumes and giving candy to kids?
B: The idea simply has been interpreted throughout the idea of foreboding, forewarning – what you have exemplified to be the unleashing of the negative forces upon your world. You follow me? And the idea that if you do not allow yourselves to go along with the alignment, then you will play a very nasty trick on yourselves.
Q: Trick or treat. So we can all choose treats.
B: Yes.
Q: Instead of tricks.
B: Thank you. So therefore, recognize, in fourth density it may simply be, “treat or treat.”
Q: Right. (Original questioner) Yes, continuing.
B: Yes.
Q: I notice that various individuals are given to various intensities of things. Do you personally clown around?
B: Yes.
Q: Okay. Good. I knew that you very much like – at least when you were translating to our society – word humor, where you probably deal in concept humor, but I didn’t know whether it was of a physical nature – but now I do. Thank you.
B: Thank you.
Essassani Culture

Q: Could you tell us a bit about your society?
B: What specifically?
Q: Oh, let’s see? I presume you’re not the only member of your society?
B: No.
Q: So tell us about... are there any social habits?
B: Habits?
Q: You know, are they different than ours? Like, we have the habit of shaking hands as a greeting.
B: Our society in that way is what you would call telepathic. Empathic, more precisely. For all telepathy is actually empathy.
Q: Do you have any physical needs? Like we need food for our sustenance?
B: Very little. Our sustenance at this time, though we have a fourth density bodily form, that your would recognize as a physical form, sustains itself, mostly, upon energy at this time. Though there is a symbolic representational organic substance that you would recognize as a vegetable, very small, very much like what you would call your lima bean, in this way. That symbolically represents all of the intake of sustenance in a physical form that we require. It is not taken often, and it is taken ever so much less than it used to be.
Q: What do you do for recreation? What do you consider fun?
B: Many things. What I am doing right now is fun, this is one of my recreations.
Q: Do you believe... do you have competition between members of your species?
B: No.
Q: Not even for purely amusement?
B: It is not looked at as a competition, for each individual is recognized for their own merits, separately in that way, as the individual, and is not compared to any other individual. All may partake in what you may call a game in that way, to some degree, but it will not be us, verses them. It will simply be individuals interacting. There is music, there is art, there is exploration, there is sharing of consciousness in many different forms and expressions.
Q: What about schools?
B: No. Not in terms of what you say to be the structure that you have made them to be. Our children in that way, will draw themselves exactly to where they need to be drawn and will learn, as you will say, “on the job.” For any adult they will encounter will be willing to recognize that it is no accident that the child is there, and they will teach them. For all adults are the parents, and all children are the children of all – for all in our civilization are married to everyone.
Q: There’s no need for an exclusive marriage setup?
B: No. There are the biological parents, and they are recognized as such, but that is not something that prohibits the idea of the child from forming the relationships with all the other parents that they have in the society. We always know where they are anyway.

Q2: Somebody’s got them. (Audience laughter)

Q1: Do you have the same senses that we have? Are you limited by the body that you’re currently inhabiting?

B: To some degree, but in this way we also have the ability to blend our consciousness to extend our senses beyond what you would call the physical form. This idea is what is allowing my ability to communicate with you, to go on right now – my conscious recognition that I have this ability. You have this ability as well.

Q2: Is you growth practice similar to ours, as far as relaxing?

B: We are always in a state of ecstasy.

Q2: Is the idea of growth recognized, or is that another idea?

B: In a sense, yes, but we have a very different reference of what you would call a time frame, in that sense. To us the idea is simply that we are living in the moment, and everything is an eternal now. We are enjoying what we are creating ourselves to be, and in this way, again, we can recognize the idea of additional expansion, but not through the process of comparison, in the sense that we are, quote/unquote, better than we used to be or worse than someone else. You follow me?

Q2: Yes.

B: Our recognition of the idea of growth, in that sense, is to simply to become all the different types of perfect now manifestations that we can image. You are not going to achieve perfection, you are perfect right now. Every thing that you do is a perfect manifestation of the thing you are doing. It is no better or worse than any thing else you have ever done, it is simply different. Complete unto itself and equal to anything else in its potential to allow you to grow and to choose.

Q2: Do you have what we call emotions?

B: Yes. Most of them are joy. (Audience laughter)

Q1: What do you look like?

B: We are of average five feet of your height, whitish gray skin coloration, wide set eyes in this way. The eyes are mostly white, but you would perceive them to be black because the pupils engulf the majority of the circumference, in that way, of the eye.

The males will have no hair, females will usually have hair, usually be whitish, though there are exceptions in that way. You will find us to be relatively slender and akin to the idea of what you would call a cross between American Indian and Mongolian in aspects, though not exactly either.

Q2: What is your art like?

B: There are many different forms of the idea. The majority of it would not be what you call painting, but would be what you call sculpting, or the manifestation of energy forms. Although tonalities, music,
as you would call it, to some degree, will be the basic forms of what you would recognize as our art. Although again, to us, EVERYTHING that we do is art. Life is art.

Q2: Do you have what we term like theater or media?
B: To some degree, yes. Although it is, again, mostly spontaneous, not what you would call to be – pre-planned, to any extent. Individuals will come together and interact, perhaps, for the enjoyment and the amusement of others, who also, co-incidentally, just happen to be gathered in that spot at that time.

Q: Do you have books?
B: No. Not what you would recognize as a book.

Q1: They don’t sell tickets, either then?
B: No. We do not have a monetary system.

Q3: Do you have the need for words?
B: We are mostly now, the idea, again, of telepathy. We do have a remnant language that we have shared aspects of from time to time, that is from the time when we more used the idea of vocabulary, but it is now in remnant form and it’s usually only used as an accent. You follow me?

Q: Yes. Can I get real specific?
B: Yes.

Q: Let’s say if you were to have a telephone, and you wanted someone to call you…
B: Why would I need a telephone?

Q: Would you need the idea of a person picking up a telephone or would the words be what would be transmitted, or would it be the idea of seeing the individual doing something, or seeing an object, or is the telepathy transmitted through the symbology of words?
B: No, not words, no.

Q: Okay.
B: It is feeling an image.

Q: What’s the emotion?
B: In a sense, emotion is what ACTIVATES the idea – that is how we use them. You have the idea to be prosaic of a picture, you apply the feeling, the emotion to it, and that is what allows the picture to be transmitted and received. E-motion, energy motion.

Q: Are there objects on your planet, like we have streets that a number of people use that the government creates and maintains and so forth…
B: No. We do not have need of streets.

Q: Are there objects that have common use?
B: Yes, buildings, but they are in this way created by associations of individuals who find joy in the manufacture of those structures. Does that answer your question?
Q: Yes.
B: Thank you. Yes?
Q: Did your society get lost into fear levels that we are experienced and are familiar with?
B: No, that has not been our definition from the beginning.
Q: Has our society done something that your society has not done?
B: Oh, many things.
Q: Both positive and negative?
B: Yes, of course, positive and negative in this way. The idea that you are your own expression and you will always be doing things in your own way, even if you should have something similar, it will not be exact.
Q: Thank you.
B: Thank you.
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Essassani Life Spans -
(2-86)

Q: How old are you?
B: In your terminology, approximately, 158, in my terminology, approximately, 137, that is the difference in our time frames.

Q: I have one more question. Do you ever die?
B: Yes. In your terms we can physiologically leave, quote/unquote, the body, approximately, around what you would call the age of 300. But when we leave the body, it is not through the idea you call age or disease or suffering. It is simply the timing to go on, to be elsewhere, to expand in other ways. And the physiological body converts instantaneously back into the energy of the world that it was created from. There is not decay, in that sense – except in what you might call a very rapid form.

Q: But do people reincarnate in your civilization?
B: Yes.

Q: With a choice?
B: Of course, so do you. Always. Does that answer your question?
Q: Yes, it does.
B: Thank you very much.

Essassani Life Spans
Essassani Perspectives

Q: I wanted to ask you another definition of emotion. I notice that your sharing with us is different from, say, Americans sharing with the starving in Africa. What is the emotion, pity?

B: Pity is judgment, 'tis not an emotion. It is judgment. It is the consideration that something else is less than you.

Q: Thank you. (AUD: laughs).

B: Recognize, once again, simply, in the idea of the interchange you are defining and describing that though they have created for themselves the idea of physiological starvation, your willingness to interact with them allows you to feed them physiologically; while they in turn allow you to fill in the gap in the spiritual starvation you have created in your society. You are feeding each other. (AUD: laughs and comments). So there is no need for pity. (AUD: laughs and comments). Sharing!

Q: Is it possible that we might have a communication from Arcturus tonight?

B: In dream state.

Q: Thank you.

B: Particularly within each and every one of you that creates the manifestation of the portion of yourself that you call the child. (AUD: laughs and comments).

Sharing!

Q: Can you tell me how on your planet you take care of raising the young?

B: In this way, you will find that, first of all, we are in communication with the consciousness before it is born, during birth, and after birth. And in this way, you will find that we are always in touch with the understanding of why that individual has chosen to manifest within our society to begin with. Therefore, any raising that is done is only an orientation process into the dimension that that consciousness has projected itself, approximately, up to what you would call three years of age, then they are on their own for the most part. (AUD: laughs and comments).

Q: So they reach full, what we would consider adult height?

B: No. But in this way, at what you call three, they have developed the idea of the ability of interaction necessary within our society to simply attract themselves to wherever they need to attract themselves, to learn what they need to learn.

Q: Umm. Thank you. Fascinating.

B: Sharing!

Q: In your society you travel through physical space?

B: In a sense, we do have a type of physicalness that you would call fourth density.

Q: When you come visit us do you travel through space to here, or do you just appear here?

B: Now, the idea of the communication you are perceiving this night of your time is not “traveling” in the usual sense, in this way. I have not come to your sphere, except by the projecting of my mentality,
my consciousness in that way.
The idea of traveling in what you would call our spacecraft also is not exactly traveling, as you understand it, but the idea is not necessary for us to travel in this way for this type of communication to take place. The idea of consciousness takes place above, so to speak, time and space. Therefore, any connection of this sort needs only the belief and the trust and the faith within the mechanism of the dimension of the imagination to occur.
Now, this is part and parcel of how spacecraft work as well, since they are also only projections of consciousness, like anything else in the physical universe. But, in this way, many times we have the distinction of communicating with you this way, whereas I am in my spacecraft in my own system and interacting with you that way. Do you follow me?
Q: Yes.
B: For there will have been the slight vibrational shift necessary to exist in your frame of reference at all. You would find that with a similar slight shift in the other direction, you would be able to survive in our planetary atmosphere as well. It is not dissimilar.
Q: Physically?
B: Yes. Recognize that when you travel in our spacecraft, you automatically, almost unconsciously, would make a shift you do not think you are making. You are adapted during the journey. Because the idea is that, to exist in our civilization, to even be able to perceive any other civilization on any other planet, you have to change the vibrational frequency of your consciousness anyway.
Q: Wow.
B: Doing so can allow you to adapt to the existence of that civilization.
Q: If it is necessary to change my frequency to perceive you...
B: Yes.
Q: . . .is it possible for you to come in your space ship and only have certain individuals perceive you?
B: Yes that happens quite often as a matter of fact. For you will find that because of the vagaries of consciousness, because you are shifting all the time, many times there are simply ships around you all the time that you are not aware of. And sometimes certain individuals because they simply, for a moment, for some reason, tune into a certain vibration, will suddenly have it seem as if a craft has appeared when it has been there all along. (AUD: laughs). Do you follow me?
Q: Yes. I have one more question.
B: All right.
Q: Um, is matter, does matter contain consciousness?
B: Yes. Matter is consciousness. Energy is consciousness.
Q: All energy.
B: Everything is consciousness. All That Is is consciousness.
Q: So since everything is consciousness and it’s everywhere...
B: And every when. (AUD: laughs).
Q: ...then you can... that’s how you can tune in to a different frequency.
B: Yes. The universe is, as you call it, holographic. Do you understand the terminology?
Q: No. No.
B: Holographic, as you have created it to be understood in your civilization, simply is a reference to the idea that any one point in the universe contains the probable whole universe.
Q: How does that work?
B: Very well, thank you. (AUD: laughs). The idea can be expressed this way: there is, once again, in what you call your earth mythology, the idea expressed as Indra’s net, which is simply a net of pearls. Now, each pearl being round and reflective has the ability of reflecting every other pearl in the net. Therefore, it can be said that each pearl contains the information of the total net. That is the way the universe is built so to speak.

That is why we can travel as we do. Because the idea is simply that we do not think of spacecraft or any physical object as something that exists within space and time, but we consider space/time to be properties of the object itself. Thus, when we change the space/time vibrational signature property of an object and replace it with another vibration, then, by definition, the object must cease to exist at its former location and take up residence at the second one – no matter how far apart in space or time that is.
Q: Without traveling in between, just automatically?
B: Correct. Yes. Now understand, this is what you are doing anyway, even when you move through a room. For every moment is its own unique moment, and is not connected to the next moment until you form a continuum in your mentality. So you are constantly redefining the property of space and time for yourself, so that you create the illusion of motion. Nothing really goes anywhere. (AUD: laughs). It is all right here. You follow me?
Q: Yes. So that means I could stop creating that...
B: Continuum.
Q: Yes.
B: Yes. You can. (AUD: laughs). Does that excite you?
Q: I guess.
B: Thank you. Then you may find yourself creating less time, which will seem like an acceleration to you. But that is what you are literally doing when you are accelerating. Living in the now creates less time, so things seem to be sped up.
Q: Thank you.

Essassani Perspectives
Essassani Society, Pyramids and Energy Vortices

Q: I have a question. I understand that on your planet there is no money. Is that right?

B: Yes.

Q: Now, I want to ask you: how does it work – the exchange, for example, the food, etc?

B: All right. We place no artificial representation in between a service done, for a service done. In other words, every member of our society performs a function, or many functions, or many services for which there is always need, for which there is always the right place and right time.

Realize that even a small service done, at exactly the right place and time, is equivalent to any big service done. Simply, there is always continuous choreography. It is simply a matter of allowance and willingness. Question.

Q: Could you talk more about the interpersonal relations, like the family and business relations? I’ve had some very significant wins this past week applying some data I picked up from you in the last few weeks – in a business sense. I’d just like some more data in that area.

B: Do you mean you wish our viewpoint, our society’s viewpoint?

Q: Yes, please.

B: Thank you. You will find that, in terms you know as business, it will always simply be no different from fun. You will find that any business association will always be composed only of those individuals who wish to do that business. There is no reason for anyone to work at anything they do not enjoy.

When you allow yourself to be completely creative, you will always attract all the other individuals who wish to be creative right along with you in that same idea, and help you run the business.

’Tis very simple, ‘tis, again, willingness, allowance, creativity, understanding, that also you are not stuck in one idea, that you can change, that you can grow, that you can shift your perspective. And that always, always, always, you never need to become stuck.

Realize we view that we have no problems. Problems are simply ideas, which you do not allow to change shape. Do you follow me?

Q: That is great.
B: Therefore, we only have experiences, situations; no problems. We allow always things to change shape according to the manifestation of all involved. Again: spontaneous choreography, which will be, in your terms, a paradox of terminology as choreography is usually planned. But in the sense of planning on a higher level, it is planned that way, but spontaneous upon the level of manifestation. We go with our flow, as you would say, but always know exactly where that flow will take us. Question.

Q2: I’d just like to make a statement.

B: Very good!

Q: The things that I have accomplished in the past week I’ve been working for about a year and a half to have occur. And by applying the data that you have given us over the past few weeks, I have made it happen this past week; and it feels very nice. I’d like to thank you for...

B: Thank you. Realize that, once again, we have taught you nothing new. You are allowing us to act as reflections back to you of all that you already know. Once again realize, as you say, it takes one to know one, when you recognize an idea in someone else, ’tis because you already contain that idea. Otherwise you would have no perception of it.

Therefore, you allow yourself to tell yourself that you already had that idea – which you could very easily identify and become equal to that idea. And as such, allow that idea to manifest as your reality. So I will say thank you!

Q: You’re welcome.

B: Always you will be allowing us to derive great pleasure when you straighten out your question marks into exclamation points. Question.

Q: I have a question with regards to art on your planet and as regards to art on this planet. Are there differences or similarities?

B: Can you not answer that?

Q: Yes, I guess I can. I guess I was trying to figure out and look for some type of communication from you in regard to the appreciation of art forms, as far as your viewpoint on your planet about that type of thing.

B: Do you wish to assume that our appreciation and our viewpoint are more valid than any that your planet might have towards its own art?
Q: No. (But it could be different.)

B: Different, yes. So what?

Q: Well, it would be a...(Curiosity.)

B: All right, curiosity; fine.

Q: ...viewpoint, different viewpoint.

B: Fine. Lack of equality: not fine.

Q: No.

B: All right. Simply realize that in what you are now referring to, your ability upon your planet is exactly the same as any other civilization: appreciation, creativity – exactly the same. You will always manifest differences between any other civilization and your own. But your creative mechanism is identical, in a sense.

Q: Thank you.

B: Thank you. Simply, you may assume this: we allow ourselves to understand that our imagination is real. Now, think about what you can do with that.

Q: Ha, ha. I already did.

B: Thank you. Question.

Q: Regarding your spaceships again. This method of propulsion that you were talking about, which is similar to teleportation, can that occur right from the planet’s surface, or do you have to go out into space first before you apply it?

B: We will find that we will remove ourselves, to a degree, from a large gravitational source in order to initiate what you term to be a hyperjump. Although there are phase shiftings in a sense, which can
alternate a ship from parallel universe to parallel universe, while still in proximity to a gravitic body. Do you follow me?

Q: Yes. But in general, you have to leave the planet’s surface then?

B: In general, I will say, it’s simply safer, as you will find that the field created ‘round and about the ship will have a tendency to take with it what is nearby. We would not want to be pulling up chunks of real estate with us. Do you follow me?

Q: Yes, I do.
B: Thank you. Question.

Q: Can you give me any information as regards to the pyramids in Egypt?
B: Yes.
Q: Great. (Pause) I’m interested in…
B: Thank you. Realize we could go on for hours of your time.
Q: I’ll try to be pointblank. Can you give me any information on –?

B: Will you do me a favor?
Q: Sure.

B: Will you be pointblank, instead of “trying” to be pointblank?

Q: Yes.
B: Thank you.

Q: Can you tell me who put them there and why? What their intention and goals were with the pyramids?

B: Yes.
Q: Thank you.

B: (Pause) . . . Oh, will I tell you?
Q: Yes. Will you tell me... at this time?

B: All right. First of all, you may simply understand that there was an understanding of ideas, which existed within many civilizations upon your planet. First of all, you have had many, many, many more civilizations upon your planet than you historically remember. You will find that within several of these civilizations was an allowance and awareness of knowledge – which could, in each, and did in some of those civilizations, allow them to construct similar forms. You will find that those you are presently, in your time, familiar with are a direct product of Atlantis. Do you follow me?

Q: Yes.

B: You will find that they were used as coded forms, which symbolized to an extent certain degrees of knowledge, which was possessed at that time. Also used as initiation for acclimatization of the physical form to be able to perform functions that you would call out of body experiences. Also, they are, I’ll say, remnants of a technology, which also understood that there are magnetic vortices upon your planet. You will find that most of the pyramids upon your planet, those that are the oldest, will occupy areas of your planetary surface where your planetary energy matrix vortices, much like, in a sense, your chakra points, exist. Do you follow me?

Q: Yes.

B: Therefore, they will, in a sense, form a network connecting each of those pyramids in an energy matrix, and through each of those pyramids, therefore, outwardly and inwardly, into many dimensions of reality. We frequently utilize them as beacons, in terms of navigation. Do you follow me?

Q: Yes.

B: Question.

Q: Would that have to do with – like from looking from outer space to our planet, you see these like runways or animals that have been sculptured out of the Earth’s plane or face?

B: Not quite that idea. You will find that that will have had some of that validity in the past. However, I will say, for the most part you will find that those were used by your own civilization, as you also have had this technology. Realize that, in your terms of time, there is still an Atlantean civilization not on your planet any more.

Q: I see.
B: Simply you may understand that as lenses for the magnetic energy of your planet our navigational systems can pick up on them very easily, and align ourselves with them. This is why you will find there will be more sightings of our spacecraft within certain locales upon your planet than others – in that we will be simply using the available lanes of magnetic force represented, to a degree, by the location of those pyramids. Yes?

Q: Thank you. As regards to that particular point that you just brought up, is there any correlation to the Bermuda Triangle as far as…?

B: Yes.
Q: Can you give me some information on the…?

B: You will find that, to a degree, ‘tis also connected with what you term to be Atlantis. Also you will find there to be an energy vortex right there, which you may consider to be a doorway through one dimension of reality into another.
Q: Thank you.

B: You will find that at times it will be responsible for transporting individuals from your dimension of reality to another, and at times it will be responsible simply for destroying them.

Q: Why would it he responsible for destroying them?

B: Allow me to say: what would happen if you got caught in a doorway that closed upon you?

Q: Understood.
B: Thank you. Question.

Q: You mean there was no way of knowing when a door would be closed or not?

B: Not by you.
Q: No, of course not.

B: Not by them either.
Q: So who was responsible for it?

B: You will find that they themselves were responsible. Realize, I am not saying those doorways are controlled by anyone. They are simply natural doorways of overlapping realities, which sometimes are open and sometimes are closed. They fluctuate like any natural phenomena, according to vibrations and cycles which you need an understanding of your entire universe to time. Now, that does not mean that cannot be very simple. It simply takes an understanding.

Q: That’s…
B: You can create, and are creating now upon your planet, devices with which you can read those energy fluctuations. You will begin to use, at a certain point in your future, those doorways to travel, to shift yourselves into other dimensions of reality. Realize that even space travel, going from planet to planet, is a shifting in time, in dimensionality, as well as in space. Time and space are really the same thing, and neither really exist. They are projections, conveniences of viewpoint. And yet, as you have created them physically, they have their physical cycles. Do you follow me?

Q: Yes, I follow you. Thank you.
B: Thank you.

Essassani Society, Pyramids and Energy Vortices
Establishing Diplomatic Relations

Questioner: Bashar!

Bashar: Yes.

Q: To continue on the line of questioning about the nuclear detonations both in our atmosphere and below ground, I think China detonated one last fall, above ground, and France below ground, do they last about 90 days; i.e., reverberate in the atmosphere?

B: 180 days.

Q: And are they partially responsible for some of the whales beaching themselves?

B: That is something else, but it is a long legacy of connections to the idea of alterations to that ecosystem on the part of experimentations that your species has done.

Q: And have the current below ground detonations been partially responsible for some of the recent quakes that we have had in San Francisco, Los Angeles and Mexico?

B: No, none of them.

Q: Okay. And are all passing comets from the explosion of Maldek?

B: No, many of them are, as many of your scientists understand, from the original formation of your system. In its coalescence, in its solidification or crystallization as a planetary system, many such remnants form naturally in rings and halos around the star.

Q: So they have been with us for billions of years then?

B: Yes. There are a few, in that sense, relatively speaking, though even this may be thousands, that were generated from the Maldek incident, but this is by far nowhere near the amount of debris, in that sense, that exists in total.

Q: To change the subject...I recently was in contact with some information from George Andrews...

B: Yes.

Q: ...and he gave the first description that I had heard of the beings that he calls the Browns, who are from Tau Ceti...

B: All right.

Q: ...and he said that they would be not recognizable in a crowd of people. However, if you were to look at them closely they would not have eye lashes; they have Mediterranean bronze skin, mostly brown hair but occasionally black and brown eyes.

B: Yes.
Q: And he also recommended that our government should work towards making treaties and agreements with them rather than with the Greys, as we have in the past.
B: Yes, it would be to your planetary benefit to form an alliance and a coalition with the civilization in Tau Ceti.

Q: And he also talked about the Blonds, who, he said, in ancient time were known as the Olympians.
B: From time to time, some of them have been regarded as such, yes.

Q: And that they were divided into several different groups and that they were, in this reference, very wise and sagacious?
B: Again, there are many varieties of entities that you might refer to as the Blonds, some of them are representative of that group, some of them are not.

Q: And a personal question, as we interact more with the Pleiadian beings, what electromagnetheric bandwidth will we find them on?
B: Obviously, above 144,000 cycle per second. Note: This is the beginning of the 4th density threshold level

Q: And they claim to be able to time travel, as well as the Sassanians and Greys. Do you all use different types of techniques to travel in time?
B: There are slightly different methodologies but it is all based on the same fundamental principle. But yes, we have different technologies, just as you have different technologies to travel in the way that you do.

Q: And do you all require ships to do that?
B: Not all beings require ships to do that, no.

Q: And the last things I would like to talk to you about, before I get to one of my homework assignments, is what are some of the conditions that exist in the formation of the natural monatomics...that we find naturally? Does it have to do with the combination of elements or pressures, et cetera?
B: It will have to do with heat, sometimes with the combination of elements as they interact as catalysts for each other, only very rarely does pressure really play a part, per se, although it can if it generates a sufficient amount of heat in a local. Mostly it is the heat and the combination and, of course, that there be a sufficient amount of transitional elements in the mix.

Q: And does it have anything to with the...any kind of etheric blueprint that might be laid down?
B: Everything has to do with the etheric blueprint that winds up in physical reality, yes, of course, it is part of the etheric blueprint.

Q: In the sense that it was specifically laid down for use in the physical plane?
B: Yes.
Q: And the last thing is, when I asked you about Neptune having the ability to emit three times more energy than it takes in from the sun, one of the anomalies that I found in searching this out was its moon, Triton, which has, according to the source I was reading, the only retrograde satellite in our Solar System and...

B: And

Q: ...and the fact that it is the ninth planet which is the 3 times 3. And I was wondering about Triton, was it a capture satellite or is it from Neptune itself?

B: It is part of a rebalance of a disturbance, an ancient disturbance in your solar system from the passage of large bodies.

Q: Was it struck and set in its motion?

B: Not struck so much but gravitationally perturbed.

Q: And were Pluto and its moon...

B: It is interesting how you continual to come up with more last questions. Audience laughs

Q: It was in reference to Neptune and its generation of more energy coming out, I was wondering, was Pluto and its moon originally a moon, a satellite of Neptune?

B: No, but of something else of which you know not. Thank you.

Q: Thank you very much.

B: At this timing we once again extend to each and every one of you our appreciation for the allowance of the establishment of the link at this time. One moment...one moment...one moment...one moment...one moment...one moment...one moment...each and every one of you take a deep breath, and a second, and a third...one moment...one moment. A new link is being established for the purpose of accelerating the connection and association and interaction of your system with that of the system of Tau Ceti, so that diplomatic relations may begin in short order. We thank you for allowing a new web, a new strand to be crystallized; this will become intermeshed in some future interactions and brought fourth. We thank you, and good day.

Audience: Good day.
ET/Human Agendas and Mind Control

Q: You mention that the Reptilian agenda was the Grey agenda.
B: Well, in a sense. It is not that they do not have their own understanding of it, their own expression of certain aspects of it, and not that they do not have an understanding of what they might perceive as their own agenda, but, for the most part, they are riding the so-called coat-tails of the Grey’s agenda, yes.
Q: Okay, and then when Alpha Deyo came through . . .
B: Yes.
Q: mentioned that he was in exile because . . . not in exile but he had chosen to become a renegade.
B: He was, in a sense, a renegade from the agenda.
Q: Right, so he is not in sympathy with the agenda.
B: Not exactly so, no. Though he understands certain aspects of it and understands some of the necessity behind it . . . at least from the viewpoint of the Greys and from the viewpoint of the level of human consciousness that has attached itself and attracted itself to the agenda of the Greys, for its own purposes. He understands that, but he also does not necessarily condone every single way in which some of the agenda has been expressed within the relationship between your respected species.
Q: And could it be the fact that the Reptilian interactions are sexual, and there doesn’t seem to be, maybe, a hierarchy?
B: They are not really all sexual, in that sense, though sometimes that has happened. What you actually perceive as a sexual interaction, is actually, more specifically, a PRIMAL interaction. In other words, because the Reptilians represent symbolically the primal level of your brain, because they activate that frequency within you, and you equate the idea of that primal level with primal things, such as the reproductive instincts, then their presence and their proximity activates that sexual urge and sexual interactive energy within you, to allow you to believe you actually had a sexual act. Sometimes this is actually carried out physically but, more often than not, say about 95% of the time, it is simply a sexual energy exchange because of the activated centers in your brain that equate the idea of that primal level of reproductive energy; because that is what they represent to you.
Q: Now, you mention that you were not a direct line descendant of the hybridization process that is occurring now.
B: Not in your reality time stream. I am in another parallel reality time stream offshoot.
Q: So the fact that you exist . . .
B: Yes, I believe it is a fact.
Q: . . . is a result of this, of this particular hybridization process that is going on with the humans and the Greys right now?
B: In general, yes, but not in your specific reality time stream version of it.
Q: I guess I’m just not making that connection.
B: We will, in the near future, draw you a map.
Q: Okay.
B: What might be almost a circuitry board of how parallel realities intersect, so that you can follow along with what we mean. We will attempt to instill this within the brain of the channel so that it can be drawn out and shown to you.
Q: I would love that, thank you so much. Now, what are the other species that are interacting with us, and can you give me just...
B: We have already named some of them, we will go no further at this time with that.
Q: Okay. Are we, as a species, under any sort of mind control, other than just the normal media and...
B: Are you talking about your own governmental organizations?
Q: Yes, I am.
B: There are certain factions within certain limited organizations, within your government, that are experimenting with the concept you call mind control and some individuals, in that sense, have succumbed to certain ideas presented that way. But, in general, they do not really have the capacity to blanket your planet. However, the idea of a similar numbing effect also does come about because of the degree of toxicity and electromagnetic pollution in your own atmosphere.
Q: Right.
B: So, in that sense, to some degree, it does aid and assist in dulling your senses and can make you think you are under mind control, when all it is, in a sense, is cobwebs.
Q: Hmm.
B: However, some of these things do go on on your planet and, of course, since some of these things have happened and have been perpetrated by certain member of certain organizations upon members of the public, and since you are all telepathically connected, you will pick up on the fact that certain individuals have, in a sense, been subjected to certain mind control experiments on the part of certain factions of your government. And that may be what you are feeling as well... is that connected synergy of how that affects the collective whole, even when it is done to only a few individuals. You follow?
Q: Yes, I do.
B: But you are not, in that sense, in any way, shape or form, shall we say, at risk of falling under that spell. You are... well, how will I put this... too unique.
Q: Thank you so much.
B: This is why it is important, as we said initially in the beginning of this transmission, to actually become yourself, because your true self is highly unpredictable, thus, nothing can find one frequency long enough to lock on to it. You follow?
Q: That’s great, yes, I definitely do. Was Al Bielek the one person that you mentioned who was aged regressed?
B: No.
Q: Who was?
B: No comment. No name.
Q: Okay.
B: Does that help you then?
Q: Yes, it does.
B: Thank you.
Q: Thank you.
ET and Human Contacts

Q: Diurnally, how many physical contacts on planet Earth occur, direct interactions or detainments, what’s an average on a daily scale?
B: On your entire planet?
Q: Yes.
B: Do you mean specifically with regard to the Greys?
Q: No, overall.
B: Direct physiological contact?
Q: Yes. It has been said that . . .
B: One moment... one moment. In that we’re saying day and night, yes?
Q: Yes. (AUD: Laughter)
B: Of any degree whatsoever? Of any duration whatsoever?
Q: Duration is fine, but basically a conscious contact.
B: You must understand that even though many individuals may not remember after the fact, in many cases they are conscious during many of the contacts that they are unconscious about later. You understand?
Q: Right.
B: Therefore, by that criteria, almost all of them are conscious as they are happening. Does that make sense to you?
Q: Yes.
B: And if you wish to allow that to be the defining parameter then that will change the figures accordingly.
Q: Right, well I’ll go with that scenario.
B: All right. One moment. At this time, on a daily basis, to any degree whatsoever that would be considered physiological contact that is conscious, you may find the number to be approximately, approximately, approximately 7.5 million.
Q: Wow.
B: This is not a large amount, considering your population.
Q: And there have often been references to a Council of Nine.
B: Yes.
Q: It has also been referred to as the Saturn Council.
B: Yes.
Q: What’s the connection there?
B: The idea is that the vibrational frequency of that collective consciousness expresses itself archetypically in your dimension of reality, through the vibrational gate that corresponds to the planet Saturn in your Solar System.

Q: And what’s its primary function with our civilization?

B: In some senses, regulation and reflection and clarity of intentional consciousness focus, and the integration of collective consciousness and cohesion of collective consciousness, and aid and assistance in balance and insight.

Q: Are they one of the councils that you confer with?

B: Yes. Through they are not, in your sense, a part of what we consider to be the Association of Worlds. They exist in a different dimensional plane altogether, and in fact, they have many different kinds of dimensional counterparts in many different dimensions of experience that recognize them in different ways.

Q: And changing subjects, approximately 14,000 years ago we went through an ice age shift.

B: Yes.

Q: What were some of the causative factors that caused the ice to melt?

B: Eventually?

Q: Well, they have said that over a thousand-year period or so...

B: Yes. The idea eventually of weather pattern changes, slight adjustments in what you would call the electromagnetic field, slight adjustments in what you would call the tilt and/or proximity to your central star. Many different alterations on the planet eventually allowed there to be a rebalancing of the weather patterns as you are, to some degree, familiar with them now.

For a while, there was excessive cloud cover on your planet, which aided in the reduction of the temperature. And as that dissipated, and allowed the solar radiation through, then the reduction of the ice began in many places, along with, as we have said, slight adjustments in the electromagnetic field and the axis orientation or inclination in subtle ways by fractions of degrees over time.

Q: Was there also an earth crust shift?

B: In some senses, in certain portions, yes.

Q: Did that span up to a thousands miles or so, in some of the shifting that took place?

B: Greater.

Q: Greater than that. And the last thing: you often read our collective unconsciousness, our collective consciousness as a group – has it ever given you information, or guided you in a way, that later you saw was not accurate, but was in our best interest?

B: In some senses, yes.

Q: So there is a degree of...
B: As we have said many times, when we communicate through your collective consciousness to you, we impose upon ourselves certain restrictions and/or limitations that will allow the information to be expressed in the way that generates the appropriate response, sometimes regardless of what you may call the precision of the information.
Q: Thank you very much.
B: Thank you.
Q2: According to the numbers that you just gave us about the number of abductions on a daily basis...
B: I didn’t say the number of abductions. Were you paying attention?
Q2: Well, I’m confused, um...
B: The question asked was the number of physiological contacts of any kind, of any duration, whatsoever.
Q: Okay, I'd like to zone in on that a little more then.
B: Zone away.
Q: Okay. Can you, first of all, since many of us are not going to be taken on a daily basis, but over different periods of time...
B: Yes.
Q: ... can you give a equivalent number of people on our planet that are being detained, on an abduction level, being taken to the craft, or having experiments done in our rooms...
B: Thirty-nine million.
Q: Okay.
B: Approximately.
Q: What percent of these are Greys, and what percent are Reptilian?
B: This is, in some senses, concurrent. And we, in your terms, lump them together.
Q: Okay, and um, how many of these individuals are living in the United States?
B: One moment, one moment, one moment...we are being fed between the idea that you call three to five million, approximately, at this particular point in the agenda.
Q: Is there any particular country, since sets are smaller compared to the whole that’s received more of these contacts?
B: It will fluctuate. Some will receive more than others at different times. In a sense, you may say, colloquially, they will take turns for a variety of different reasons of focus in the agenda.
Q: And what percent of these contacts are being done for genetic purposes?
B: At this timing, approximately, fifteen to twenty-five percent.
Q: Can you give us some idea of what the other contacts are used for or being done for?
Q: And what percent of us have implants?
B: This will vary and fluctuate, sometimes daily. I can only give you an approximate at this moment.
Q: Okay.
B: Do you understand?
Q: That will be fine.
B: Approximately 17-19 million.
Q: Thank you.
B: Thank you.
ET Impetus For Taking Back Individual Responsibility

Q: In 1947 there was reported several alien craft in the New Mexico area that hit the ground.
B: Yes.
Q: And one of the reasons for that occurrence was of our government’s testing of radar.
B: Yes.
Q: And we supposedly gave them 30 to 40 seconds to correct, or they would impact the ground. And this is what purportedly happened in the Roswell incident.
B: Along with other things, yes; there was also a high degree of electrical activity in your skies that night, which also aided and amplified the interference.
Q: The question is, is this one of the incidents that caused our government’s involvement with some of the extraterrestrial civilizations?
B: Yes, it is one.
Q: In the sense that their crew was captured and...
B: So to speak, yes.
Q: ...and it demanded that some negotiations take place.
B: Eventually, some negotiations took place as a result of that incident... so no negotiations took place at that time.
Q: And the other incident was in July 19th and 20th of 1952, over Washington D. C.
B: Yes.
Q: In which several ships were...
B: Buzzing around your Capital, yes.
Q: Can you comment on that situation and who that might have been?
B: I will not tell you whom that might have been, what I will tell you is this: one moment...you were being shown, in no uncertain terms, by the fact that a fleet of craft passed over your government’s Capital at that time, you were being shown, in no uncertain terms, exactly who knew what was going on. It was, in that sense, a signal for your society to begin to do your real homework in allowing yourself to destructurize the government you have created, that was designed to keep information from you, and is doing its job very well.

It was the beginning signal to create the impetus for many of the things and rearrangements of the society of your planet that are going on now, in the destructurization, of the taking back of personal responsibility, and so on and so forth, that you are experiencing in your society now. That was the beginning signal, which was the indication of the beginning of the shift, when you would no longer rely so strongly on the idea of your government to take responsibility for what you know and don’t know. All right?
Q: And there have recently been some Texans that have had some small BB like objects removed. One from, I believe, the toe and the other from the hand.
B: Yes.
Q: And they give off a twelve-inch magnetic resonance...
B: We understand this.
Q: What type of material can do this?
B: Superconductors...of a different nature than you understand, that are polarized and regulated with “polaric” energy in a very specific way. They are constantly collapsing the field, what you call the superconductive field, or the hyperconductive field, to generate what you perceive in your reality to be a magnetic field, which is different than the field around the superconductor.
Q: Is it radiating in the magnetic frequency?
B: When the field collapses, yes, of course. But it collapses many million of times a second, that’s why you only perceive it as a magnetic field instead of a superconductive field. Nevertheless it is a superconductive field as well.
Q: Is this for assisting an individual and amplifying their energy, or tracking and finding the individual?
B: It is for the idea of tracking, of recording and storing information, and also for inducing the state that individuals call the alteration or paralysis state that helps shift them from one dimension to another. It shifts their frequency so that contact can be made.
Q: And can you give us the name of those who did the contacting?
B: In this case, as it is being identified now, specifically, generally again, the species you understand as the Greys, Reticulum.
Q2: Was it meant to create a psychological state?
B: It was meant to cause a diversion of the field to some degree, yes. But not to any great significant amount, just enough so that the individual who was involved could also add their energy in such a way as to know they have commandment of the situation, which is what they did. It was enough to trip the circuit, but not enough to do it for them completely.
Q: Two last things. Did Nicola Tesla work on the Philadelphia Experiment, or were his coils only used?
B: His information was to some degree utilized, he did not have direct involvement.
Q: Thank you for that clarification. And the last thing: can a monatomic substance be both in the low and the high spin state? I mean not simultaneously, but does the monatomic always, by definition, reside in the high spin state?
B: High spin. It can have low spin side effects and manifestations, but in its natural monatomic state, always in the high spin.
Q: Thank you very much.
B: Thank you.
ET Impetus For Taking Back Individual Responsibility
ET Interactions and the Aura

B: You will find that one of the reasons that many individuals experience fear when they interact with what you call, so to speak, an advanced civilization, is because your body has an energy field around it that you call the aura... do you understand?

Q: Yes.

B: Within the aura is contained the essence of what you believe yourself to be. If you find there are portions of your personality you are not willing to look at, out of fear, then there will in your terms be a slow vibration or gaps, so to speak, in the aura. When your aura comes in contact with the aura of a being that is fully integrated, it represents to you a higher acceleration. An acceleration that is able in a sense, to overcome and overwhelm the vibrational rate of your aura by, so to speak, forcing your aura, through being in contact with the accelerated being’s aura, to step up and speed up.

The speeding up of your aura will bring to the rising of the surface those portions of yourself you have not been willing to face. Having those portions forced to the surface, may paralyze you with fear. And that is one of the main reasons why we do not, at this time, have what you call to be mass, face-to-face interactions.

Q: I understand up to that... but what do you mean by mass face-to-face...?

B: Why we do not land physically, on mass.

Q: Okay.

B: The way we are communicating with you at this time, on mass, through this type of interaction, still gives you the opportunity to believe that it is happening, or not. Because many individuals on your planet do not want to know that it is happening. Therefore, we respect their wishes; it is your planet after all.

Q: That is very helpful, I can’t tell you, I’ve been struggling with this for several years now. And I felt that when I did ask entities for information it was literally blocked, and they were giving me, what was to me, confusing information.

B: That is because you yourself were blocking, now you are opening. Understand again, we are non-invasive to the extreme. And when it is not your chosen timing to share, we have no access to. Do you follow me?

Q: Yes.

B: Now you are remembering lost time. You are allowing portions of yourself to be equal to other portions, and in that integration and in that blending are you able to find a coherent picture, with no pieces missing. All right?

Q: Yes, thank you.

1
ET Observation and Assistance of Earth’s Transition

Q: I was using your phone number...
B: Yes.
Q: ... but I think I got it wrong, I was using a black background with a black triangle, and in the middle of the triangle was blue, and...
B: The idea is that the black triangle is backlit...
Q: I know, but I got an answer, I got many images...
B: Yes, you will always get something, no matter what configuration you use.
Q: Was it the wrong phone number, was it you?
B: No, it is not wrong, but you got a different frequency.
Q: Ah, okay.
B: In our dimensional realm, in general, but it was not pinpointed on us specifically.
Q: Okay, thank you.
Q2: Is there any reason why there are more ships now?
B: Yes.
Q: Can you tell me it?
B: Yes.
Q: (Laughing) Will you tell me?
B: Thank you. Right now there are many different energy shifts going on, different frequency adjustments as you pass into what you call your New Year, since there is a high degree of acceleration going on, also with the approach of the reflection of the idea you call your Halle-Bopp Comet.

The idea being, of course, as you have all instinctually always known, comets represent the idea of portents, or revelations, or omens, in that sense. But, of course, they are not causing anything; they are simply reflecting, like a mirror, the changes that are coming to the surface within the collective consciousness and the individual consciousness of the people on your planet; but the timing, in that sense, is what is auspicious.

The synchronicity of its arrival heralds the idea of the changes that are going to come to light, the revelations that are going to come to light, of information, of awareness, of recognition, of consciousness in your own civilization, and the choices that can be made over the course of the next two years that will very strongly impact what you typically would call the course of future events. That is why there are more ships, because there is more going on within the acceleration of your consciousness, and we are watching to see exactly in what direction the probability energies are going for the majority of your populace.

And also, to some degree, helping where it is not an interference. Helping to regulate the flow of some
of that energy as the doorways are opened by all of you, which will allow us to do so. Does that make sense to you?
Q: Yes.
B: In other words, you are giving us a lot to juggle, right now, and therefore, it requires a little bit more assistance, a little more balance. Does that answer your question?
Q: Yes, thank you.
B: Thank you.
ET Observation and Assistance

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Q: Yes.

B: In other words, you are giving us a lot to juggle, right now, and therefore it requires a little bit more assistance, a little more balance. Does that answer your question?

Q: Yes, thank you.

B: Thank you.
Every Individual Makes a Difference

Q: I wanted to go with these guys that create war... is there karma for them?
B: Everyone’s karma is self-imposed. But the idea of karma does not carry the idea of judgement with it. Karma is simply the continuing and the balancing of energies that you have experienced, and you wish a polarity energy experience to balance it with, so that you can create a blending of understanding of, quote/unquote, both sides of an issue, so the speak. Karma is not a judgmental thing, it is the recognition of a desire to form a polarity blending. Experience one thing, experience the opposite.

Q: Well, in that case, America has got to experience bombs on their land.
B: There are many, many ways in which to manifest many of the ideas. For example: let us say, an individual in one life chooses to be a murderer, now in the next life, if they wish to experience the polarity balancing of that idea, that does not necessarily mean they have to be murdered. It can mean that they may be able to assist someone who may have had someone that they know who is murdered, so they will be able... or have someone they know murdered, so they will be able to experience the idea of the feelings that they also created when they murdered someone, and the individuals that were related to that event. It does not necessarily mean that it exactly has to be the polar opposite experience to simple gain from the understanding of the polarity energy.

Q: All right. Well this is what I’m getting at exactly, because I’ve been told by another channel that America has dropped more bombs on other countries than any other country in the history of the creation of mankind.
B: All right.

Q: Now for that they are going to suffer economically.
B: In this way, since you are creating a reality in which you do believe the idea of retribution, then, of course, you will exist within a structure that may make it seem as if you are going to get your, so-called, comeuppance; but it does not have to be viewed as an idea of an eye for and eye and a tooth for a tooth. It can simply be understood that if you are willing to come to terms with why your nation has done what it has done, then it can create a change within itself that allows it to not create that idea any longer. And therefore, not need to experience the idea of so-called retribution to force it to look at itself.

Q: Okay, well, asking you straight out, is America going suffer an economic slump in the next couple of years? This is what I’ve been told, like worse than the depression in the thirties.
B: Let us put it this way, our perception is that there may be the idea of what you call economic upheaval, but recognition of it as a slump would be a judgmental perception. If you recognize that many of the ideas and structures in your society are going to come apart, then if you wish to stop there and judge it as a negative thing then you can view it as retribution. However, if you wish to understand that all of this breaking down and coming apart is for the purpose for rebuilding and reassembling into something more positive, then you can also see it as a positive step.

Q: Does that include a stock market crash?
B: Again, these ideas are not so much predictable as they are simply probabilities, according to what you are willing to continue to create your society to be. Do remember one thing: the idea of prediction – there is no such thing as a predicting of the future. There is only the sensing of the energy that exists at the present time the prediction is made that is most likely to manifest.

Many times the awareness of the prediction itself can change the energy. If you don’t prefer what has been predicted, you can change it. The idea is simply to put you in touch with the energy where you have the most degree of momentum behind the most probable reality because of the way you think, because of how you believe yourselves to be. It lets you know that if you continue to believe in your society in the same way you are believing now, this is the most probable reality that will be a manifestation of that belief. However, if you do not prefer that particular manifestation, then get in touch with what you have been doing, realize why you have been doing it, and recognize that there may be other ways for you to transform these ideas into positive experiences.

Recognize this, with regard to your nation or any nation upon your planet, or any individual anywhere, anyone that feels that they must enforce an ideology upon someone else, obviously does not believe in the power of that ideology themselves. You follow me?

Q: That’s an interesting statement.

B: If you know without a shadow of a doubt that the vibration of your belief structure is positively aligned, synchronous harmony, what you would call, quote/unquote... not to say that one is or is not, but quote/unquote, the best possible way to be... then you have enough faith in it to know that if that is truly true, then everyone else will discover that in time. There is no need to force that on anyone, otherwise, you are saying you do not believe it is powerful enough to create the awareness of itself in everyone’s reality so that they would prefer to choose it. If you have to force it on them, obviously you are saying that you don’t believe in the innate power of what you say you believe in, of its own accord. Therefore, any individual and any nation that chooses to enforce an ideology on someone else does not believe in the ideology they are purporting to believe in.

Q: Are you saying America doesn’t believe in their ideology, their democracy?

B: Correct.

Q: And Russia doesn’t believe in Communism.

B: Correct.

Q: So they are all formed on lies.

B: Self-deceptions, in a sense, yes.

Q: So where is that going to lead to?

B: The blending of all of them into a workable idea... that unity on your planet will be created when you are willing to grant equality and validity to the infinite diversity within your society. In other words, there is no one way, if there was only one way, there would only be one person. When you are willing to
understand, as an individual, as a nation, that all the different ideas you see exhibited on your planet, in terms of those that function within integrity in that way, in terms of those that purport to be dispensing the ideology, when you understand that they are all representative of different ways to do the same thing — relate to All That Is, then you will grant equality and validity of each and every individual to do it his or her own way. And that is what will paradoxically and automatically give you a unified world.

Q: And how does this take place by doing nothing?
B: Not by doing nothing... by first, you, if you have an awareness of what that reality could be like, by you first beginning to act like it. Every single individual makes a difference. Every individual makes a difference in the total whole. When you are willing to act like that is the way reality already is for you, then that is the only vibration you will radiate to anyone else. That is what gives them the best opportunity to see reflected from you, that type of reality, so if they like it, they can choose it too. Only when you are willing to act like it, regardless of what anyone else thinks, that is when you will experience that reality spreading.

Q: Can you give us an example of a public figure who acts like that, what you are talking about?
B: Mostly, in this way, the ideas of what you call Gandhi, Lao Tzu, Jesus and many other individuals in that way, who simply were reminding you that it is not so much that they required followers, but that they were willing to reflect to you that you have the same abilities within you. To put it simply, once again, it is not that that consciousness that you call the Christ wanted Christians. What it was letting you know is that you are all Christs.

Q: God, man, oh man, God. That is what Christ means.
B: In a sense.
Q: But on the other hand, these people will get assassinated or crucified... does that have to happen?
B: It does not have to, however, the idea simply is that many of them have been willing to allow you the opportunity to act and react, as you will, because their love for you is unconditional. Now, it is up to you, as an individual, to simply recognize that you do not have to partake in that idea. And in that way, this is the transformational life, therefore, it is up to each and every one of you to decide if that is the reality you wish to experience. If it is, then act like that is the only reality for you. Act like that is the reality you are experiencing. Unconditional love for everyone, no matter what they have chosen. That unconditional love, if anything will, is what will overwhelm them.

Q: Is there a person on this planet today acting like that?
B: There are a few, yes.
Q: Public figures?
B: Not so much, though there are some.
Q2: How about Armen Hammer?
B: We will not name names.
Q2: No, I’m just suggesting it. Not necessarily to you, but to him.
B: In this way, once again, for the most part, you will find at this time that the individuals most likely to be living the idea are not yet known to you, for the idea is not to be known so much, although a few can be. It is simply, once again, the fullness of living that idea that is simply doing what you want to do, living the life you know to be true for you. And many individuals are doing this, but in doing it, they don’t have to necessarily talk about it, although they can, to be of sharing when they are asked. In that sense then, many individuals can be. Do you follow?
Q: Yes, I’m following.
B: Thank you.
Q: I’m learning a lot from it. Thank you.
B: Thank you. You are teaching yourself.
Everyone Makes A Difference

B: Allow us to remind each and every one of you that you are all individually able, and you always do make a difference in the totality of the society in which you have created yourselves to exist. You are a part of the overall equation, shall we say, of that which defines the entire civilization that you know to be your planet, in all the different levels upon which it exists.

The equation of your own beingness is what allows there to be a linking with all the other variables in the equation. And any idea, any variation that you allow yourself to become, of your own unique position within that equation, changes the entire equation – has an effect on the totality of the entire equation of your civilization.

In that way, each and every one of you makes a difference, according to how you feel yourselves – in how you are willing to be. And in knowing you are your own complete equation unto yourself, then expressing the reality of your own equation will allow the total equation to lean toward that particular answer that much more – that particular expression of itself, that much more.

And in your willingness to be your own complete balanced idea of expression and to live in the way that you invoke yourself to be – as a pattern of energy, as a pattern of idea, as a vibration of willingness, a vibration of life, love and light – you are the radiation of that idea.

You are the beacon; you are the home ground of that notion. You are, unto yourselves, in that way, your own nations. You are your own governments; you are your own institutions – within yourselves. And as such, you are connected to the ideas of the governments and institutions that you have created symbolically in your entire civilization. But those institutions are only a reflective pattern of what you contain within yourselves as a concept, as a variable, as a portion of the equation that you are.

And in this way, you can recognize that a change within yourself is a change within the entire idea of the recognizable pattern that you discover to be reflecting back to you from the society in which you have imbedded yourself; back to the individual you know yourself to be. Are you all following along?

AUD: Yes.

B: Therefore, in this way, you can allow yourselves direct access to the connection of knowing that all that you perceive in your society is only a reflection of the patterns that exist within you, that go into making up the total equation of the identity of the being that you are. For, as we have said, you can only perceive what you contain. Your society, your physical reality, is only a three hundred and sixty degree spherical mirror, which can only reflect what you are back to you as the center point of that sphere.

It is from you that all in your physical reality projects. And all that you see can only be a reflection of what you send out from the center of your being – the idea you hold yourself to be. Change the central core, and the reflection, by definition, must change. Do you all follow along?

AUD: Yes.

B: Thank you. Sharing!

Q: When you talk about moving from third to fourth density, how do you define the first and the second?
B: In this way, they are recognitions of consciousness that are limited, so to speak, and have analogous representation in what you would call mineral and vegetable and then animal representation. The idea being that the first one will give you the sense of beingness, of consciousness in a way that you contain it – that gives you your recognition of existence.

The second will also be contained within you, as well as the first, and will give you the recognition of your affectation, in that way, of the reality in which you exist; the mobility to move in a planar manner, in that sense. And to associate yourself with forms of consciousness that are introspective.

The third will be the introspective level that you are in now, that gives you the opportunity of expressing the height, width and depth that allows you to seemingly objectify yourself, stand outside yourself, and look back upon yourself in a way that allows you to think of yourself.

The fourth will be recognizing the first, second and third to be your creations, for the illusions that they are, for the reflections that they are. The fourth will allow you not only to look back upon yourself, but to see through yourself in a way of new introspection that will allow you to know that you are the fundamental creator at the zero point to begin with.

Q: Great, thank you.
B: Thank you.

2

Everyone Makes A Difference

1
Everything Happens For A Reason

Q: You were talking about blending polarities.
B: Yes.
Q: And I feel that I’ve experienced that in the physical, in the, well...
B: Yes, yes, yes.
Q: Between myself and another person, as embodying two polarities, someone who was in my immediate physical environment for quite some time. There was a lot of tension, and also a strong attraction that, over that period of time, became less...
B: All right...
Q: ... and became more...
B: Yes.
Q: ... of a healed situation.
B: Yes.
Q: But that person is no longer in my immediate environment. Since that time I’ve dreamt about that person, and thought about that person, and have become more healed, I feel.
B: Our perception is that this other individual represents a direct counterpart energy to you – which means you both come from the same soul. You follow me?
Q: Yes. And...
B: You gave yourself, as a soul, the opportunity of interactions between two of its fragmented counterparts, so that those counterparts could explore the idea of the polarity between you, and integrate it. As you integrated it, it became “healed,” and also, at the same time, unnecessary for the continuance of that physiological proximity.
Q: I still feel there’s some kind of a longing feeling on my part.
B: It does not have to be a longing; you are simply not believing that there is still a connection, but there always is.
Q: Um... am I able to ask if there will be a physical contact again?
B: There will be a physical connection, but you will find that it most likely will come through another physiological being. Now, when that happens, you will not care – because it will feel exactly like the right connection to make. And you will recognize the energy therein, that represents the growth and the integration you have made.
Q: So there will not be an interaction with that person again – in a physical way.
B: There may be. We find that it is, let us say, unlikely at this time, as we perceive your energy. However, do recognize that should there be an interaction “again,” you have changed. They will have changed; it is not the same person, anyway – literally. You follow me?
Q: Yeah.
B: Relax. You will attract what you need to attract to reflect what you are willing to recognize within yourself, as the degree of completeness that you are. That individual may be now serving other individuals in reflecting many of the similar ideas you share with them. Therefore, you may allow more of an opportunity for another physical individual to – let us say – fill the space you now occupy. You follow me?
Q: Yes. I...I...I...I understand that in the future this situation is resolved already.
B: It is resolved right now.
Q: I guess I need to reconcile the idea that I know it’s resolved, with the idea of the feeling that, no matter how close I get to feeling that it’s resolved, it still feels like I get...
B: What, in your imagination, would be representative of a resolution?
Q: I guess it would...
B: Do not guess. What would represent, to you, a resolution?
Q: A perfect communication.
B: All communications are perfect – for what they are. What is your definition of the communication?
Q: Both parties would understand the same idea.
B: Why is that necessary for perfect communication?
Q: I don’t know; I just feel that there’s some kind of a gap between...
B: A difference there may be; a difference there always will be. There can be a greater degree of synchronous harmony between you. But in this way, recognize that unity comes from the granting of validity and equality to the diversity between you. Letting them be who they are, and allowing yourself to be who you are – totally and completely – will instill perfect communication between you, in the sense that you mean it. If you make it that they have to change in order to meet your definition of perfect communication, then you are never going to be communicating with them, but only with your idea of your expectation of what you think they should become.
Q: And that’s why I find thoughts of this person somehow disturbing.
B: Yes. Let them be who they are; and recognize that every relationship you have – no matter what the definition of that relationship – serves you. Let it serve you for what it is – not what you think it should be, or should have been. It is what it is for a reason; let it be so, and then you will recognize you have never had anything but perfect communication. You follow me?
Q: Yes.
B: That, paradoxically, is when you allow them the greatest opportunity to be back in touch with you. But do, once again, recognize, it will not be the same person, because you are not the same. And you can only interact with that which is on the same level as you – and vice versa.
Q: You mean it may be the same body, but a different person?

B: Yes. A person is not who or what you actually are. Your personality, that which you recognize as the person is, in a sense, an artificial construct of the consciousness. When the consciousness changes the idea of itself – whether the outside sign symbol remains looking the same or not – it is not the same person; it is not the same idea. It presents itself in a different way.

Have you not had experiences with individuals, wherein you recognized they had changed greatly, that they truly seemed to be a different personality?

Q: Yes.

B: They are – literally – not the same person. They have changed the idea of themselves within their consciousness.

Now, you will find that there are civilizations wherein the changing of that idea of the self will actually physically change the representational body. It simply does not occur that way as much in your society. But it is not the same body – regardless of what he or she looks like to you.

Recognize, therefore, that if you wish to see anything change in your reality, change yourself. Then you will exist on the level that those individuals – that that portion of those individuals – already exist upon as well. That is what makes other individuals seem to have changed; it is that you are now on a different level, and see the aspect of them that is also on that same level. So it is a different personality, but still a part of the same whole soul, so you will always “recognize” them as the same “person,” so to speak. You follow me?

Q: I think so. I’m a hundred percent sure.

B: Oh, all right.

Q: Uh, it could be this particular body, or a different body, that I will come in contact with?

B: Yes. In any event, it will not matter who or what it is, because it all will be different anyway.

Q: Right.

B: Whatever you change – the only things that can interact with you are those that are representative of the level that you have changed to. Whether it presents itself in the same body or not, makes no difference; it is not the same.

Q: So that’s a question that I should just let go of, because it’s irrelevant.

B: It is not irrelevant. But it may not apply to the reality you are becoming, ’tis not the same thing.

Q: I can’t know why it doesn’t make any difference who it is.

B: All the differences, in the sense that you mean it, are determined by you thinking that there is a difference. You apply – once again – the meaning to the neutral symbol. The meaning you give it defines the difference that you perceive. When you allow yourself to recognize everything is for a reason, then you will allow yourself to recognize that anything else that occurs in your life is also for a reason, and does not have to appear to be exclusive of anything else that has ever happened – but can be inclusive. You do follow me?
Q: Yes.
B: Does that assist you?
Q: Yes, it does.
B: Thank you very much.
Q: I have... can I ask one other question?
B: Yes.
Q: It’s concerning... I feel tired most of the time.
Q: That is only because you are fighting your own ecstasy. It is very tiring to fight the happiness that you know you deserve.
Q: Is there any way that I could... that you could assist me in knowing... I try to relax. I tell myself to...
B: Try to relax! No wonder you are tired! Trying is not relaxing; trying is tiring. So if you have been trying, instead of relaxing, it is not surprising you are tired. For trying is tiring. Unless, of course, that is what excites you in life – is to do *trying*. Then you will not tire of trying.
However! All you need to do is recognize what are the things that do relax you; what are the things you do enjoy; what are the things that excite you. Then do them – trusting that doing them will still bring the support you need, in whatever way, shape or form you need it. Trust. Trust, trust, trust. Trust. All right?
Q: All right.
B: Thank you.
Excavations at Sphinx
Q: Hello Bashar, are the present excavations that are going on, as far as digging into the Sphinx and finding the artifacts that have to do with Atlantis, is that coincidental or synchronistic with the Hale-Bopp comet?
B: Again, in that idea of the symbolic reflection of the comet is for great change, sweeping change, then it will in some sense herald or reflect that your society is ready to make great changes, some of which of course would be the infusion of information that has for a long time been hidden and bring that information to light. So why there may be a general window of opportunity in this that may extend a little bit beyond the comet present in your system or at least in proximity to your planet still it is the reflection, yes of the idea of that which is in darkness being illuminated like a torch in the blackest night, as the comet is. And significant and symbolic of the discovery of things that have been in darkness for a long time, for it is not time for all of you to shed your light on these things. So, yes it is significant in that sense of the timing that this is about to be, relatively speaking, unveiled.
Q: How close until they do find it?
B: Now let me ask the question of you: is that not up to you? It is your planet isn’t it? Are you going to take the action that will help accelerated the ability to uncover this information or are you just going to sit around and wait for others to do it? Did I not talk of commitment?
Q: Yes you did.
B: If you are excited about these ideas why be a bystander be the ‘P’ word – a participant.
Q: Got you. Also, do you know exactly where king Amenhotep the Ist was buried.
B: One moment, one moment . . . one moment, yes. Much laughter
Q: could you tell us?
B: No, however there will be an opportunity to discuss it in another transmission.
Q: Okay.
Torah: When the things, things are unearthed in that way from the Sphinx there will be a lot of surprises. There will be a lot of work in consciousness of a lot of trying to figure things out. And as you are all discovering great truths in the evolution of consciousness, now all already you will probably be surprised to find that information that is revealed is not as new as you might think and not as old as you might think. So there will be a lot of integration, there is that word again, a lot of integration, the old and the new and very importance of valuing what you know already against the backdrop of this newly
discover information, to remember that it will be coming from another time when there were a lot of things, quite, quite, quite different. So there will be a lot of need for integration and as you would say for valuing yourselves as what you already know, rather than to place on a pedestal these ancient artifacts.

Bashar: However we are at this time allowed to share one more thing with you about this chamber and its contents.

In that this particular comet did thus also synchronistically reflect, primarily before the destruction of Atlantis, that timing. You will find then that now this is the fourth time since then it has returned you will find within the chamber when it is opened some representation of the comet and the number four. Meaning that by the time it came back for the fourth time it would be time for these things to be revealed thus then it is a sacred four directions recognized as the comet crossing each path of the four. It is now completed one cycle of the four directions and it is time for the unlocking and revelation in that sense, yes.

Torah: And four the number of manifestation in that way.

Q: Thank you.

Torah: Fine question.
Now, this will be somewhat of a different communication for a variety of reasons. Let us begin in this way: We would like you to set aside your expectations, set aside your assumptions about what you imagine this communication might be.

We have a very specific agenda, this day of your time, to communicate to all of you, and as always, we have our reasons for doing so. We are, of course, aware of various events that have occurred of late on your planet and the build up of energy.

Now we will take a moment to remind you that we, in general, spoke of this in your year of 1998, and did mention at that time that there was, at that time, a 97% chance of what you call a terrorist strike on your New York City. At the time we included the possibility of it being nuclear in nature, for that was the most likely scenario at the time of the sensing. In essence, that is the only main factor that has changed.

And because that has now come to fruition, and you have now passed on to the other side of a doorway, crossed a specific kind of energy threshold, we can now find it within our agenda to communicate with you again, to continue the conversation that we began back in what you call your year of 1998, which to us was yesterday. For again understand, that time is meaningless to us.

But we understood that your consciousness was required to go through a significant shift before there could be other things that would be presented. And we will continue that dialogue now.

We also remind you that, at one time, we discussed with you the idea that we have extended an invitation to each and every one of you, and to all of you together, to become members of what you have referred to in your language as our Association of Worlds, Interstellar Alliance, Federation, whatever you wish to call it, does not matter to us.

And in extending that invitation to each and every one of you and all of you together, we did to some degree explain that involvement, exchange, interaction and relationship with us, in that way, did require changes within each and every one of you and all of you together, and that over your years this relationship would grow until such time as there would be a more, in your terms, recognizable interaction, physiological interaction between your world and our world, and at that time then, eventually becoming, what you would call a recognized member of the Alliance, of the Association.

And so we would also like to add, this day of your time, information that will assist in generating the next step in your chosen evolution, to eventually blend, join with all of us in a certain way, and thus, do our part to continue our welcome to you into our Association.

You are at this point, shall we say, "honorary members." You don’t exactly quite yet have a vote, except the most important one, which is the vote for your planet, the vote for your reality, the vote for what you want your world to be.
We will be discussing many different concepts this day of your time. We will be presenting some things that are extensions of what we have discussed before; we will be presenting many new things that we have never discussed before.

Each and every one of these things, in some way, shape or form will be connected, though it may not seem so on the surface. And we would now remind you, shall we say, lift the veil a little bit on our technique of communicating with you, by allowing you to understand more strongly than before that the things that we discuss with you have specific purpose, not always apparent on the surface.

You and we and all beings are energy resonance, and thus, this interaction is more than just a conversation or a discussion. It is an orchestration, an empathic orchestration, a resonance frequency vibration orchestration, and the specific things we choose to discuss and mention have specific effects in your consciousness, beyond the surface meaning of the words that are translating through the channel.

So while we are perhaps talking about one thing, many other things are going on, in terms of setting up resonances and energies that will move, flow, in a certain direction, have a certain impact, all with your permission of course. For nothing we do is against your will, for it works no other way but that you are a willing participant, and will let in and allow in what you wish.

But there are many levels to this conversation, some of which are not audible to you, and even many levels within the words we choose, and the things we choose to tell you, that will in some way, shape or form tip the scales, if you let it in. But that is up to you.

Freedom of choice is paramount and always will be in these discussions. Most importantly, we re-iterate and strengthen what we have said about dropping your expectations about what this discussion ought to be about.

We recognize the things that are going on, and there will be some discussion that touches upon your recent events, but we would like to invite you to a different place than perhaps many of you have been living for your past few weeks. We would like to invite you to rise to a different level, and understand these things that have occurred from a different perspective, than perhaps, many of you may have considered, or perhaps other than what many of you may have seen displayed in your society.

This is not so much about who did what to whom or why, or what is going to happen now. This is about taking stock of who you are. This is about taking responsibility. This is about engaging yourselves, engaging each other, engaging your gears into more action, more activity, more self empowerment, more participation, in order to act more like members of the Alliance.

For if you are honorary members, if you wish to be, of our Alliance, then, in that sense, you are honorary representatives of the idea of the Alliance and the Association on your planet; and then there are things you can be doing and things you can be saying with love, without pushing, without demanding, without threatening, without coercion, without "you had better do this now, or else." That is not spirituality.

No matter how much you may feel the idea of your heart energy, you must remember that the words coming out your mouth, sometimes will still be coming from fear and doubt, even though they even may be inspired to be said by the things that you feel.
You must allow yourself to remember to be engaged in body, mind and spirit, in taking your actions, in your communications, so that it is all cohesive, congruous...synchronous. You do not have to force. We remind you again, the greatest power requires the lightest touch. That is why God is all but invisible. Think about that. The greatest power requires the lightest touch.

If you are an expression of the Infinite, as you are, and if you act as such, and you encompass that energy in your thoughts, words and deeds, it will take very little to get done what needs to be done on your planet.

And should you find that there is lack of receptivity, move on, move on, move around, move under, flow over, flow through, like water, no resistance, none given - none taken. Act in accordance to the flow of love and love you will leave in your wake.

We invite you now then to understand that as an invitation has been extended for some time, you may, if you wish, label this communication "RSVP." For this is an invitation to respond. To respond, not react, respond, which is, in that sense, thus, the root of response-ability, your ability to respond.

You have at this moment an unprecedented opportunity in the collective energy, especially of your culture, and of the world at this time. For see what has occurred, see what has occurred in the collective consciousness. Yes, we understand that there may be different ways of looking at it. Yes, we understand that there may be different opinions about how to relate to it and what should be done, but that is not really the point, that is surface.

Look at what is happening; look at the unification. Also, very important, very critical, CRUCIAL, CRUCIAL, CRUCIAL, Your culture has been taken by surprise. That energy still exists.

You may feel you are, to some degree, getting used to the idea of your new place in the world, your new status, your new relationship, with what is going on on your planet, but you are still very much in shock and surprise and bewilderment and amazement and wonderment.

This state is very open to change. This state is very willing to accept guidance from those that are willing to love themselves and others, enough to send that energy into the world now as a beacon, to light the way, for the way the energy can be crystallized when it does re-crystallize.

I cannot underscore the importance of this state enough. It is one of the main reasons we are communicating with you now. Your culture is now like clay. The rigidity has gone out of it to a great extent.

Yes, we understand there are rigid reactions throughout, but this is a fragmentation, this is, to some degree, an indication of bones within a body that may take awhile to change, but the rest of the body is mostly water and can flow now. Its vibrations, its patterns, the ripples within each and every one of your cellular structures is open, you are ringing like bells, and believe me we can hear it. We can hear it. We can feel it.

And this is why it is important for us to respond NOW, so that in ringing our bell, it can set up an empathetic vibration in your bells, so that we can become a chorus that sings as one.
This state will last for a little while, perhaps even the rest of your year. Take the opportunity to add the vibration now, strongly, with your love, with your deeds, with your actions, with your involvement, so that you will help select the spectrum, the colors, that will then become one and any, many and one, working in concert, living in concert, playing in concert, loving in concert.

This is an important time, a very precious time in your society where you can tap into this vibration of newness, of unexpectedness, of some sense of being lost, foundering, wandering, looking, searching, seeking, "Where do we go? What do we do? Who are we? We are not now what we thought we were! Where shall we go? Who shall we be?"


The reason that we know, and the reason that you know that all the things we will discuss this day are connected, even though they may not seem to be, is because there is only ONE THING. There is only ONE THING and we are all it and it is us, all of us, you, us, everyone, everywhere, everything, every when. And so, what seemed like different topics, different subjects, will be the same ONE CONSCIOUSNESS whose chords will be plucked at different pitches, creating what seemed to be different notes, to create an orchestration of allowance, malleability and true power, TRUE POWER. Destruction, of course, is not power, never has been. It is easy to destroy. That’s because it takes no power. Power is in creation. Power is in relationship. Power is in unity. THAT IS POWER.

It takes no power to destroy, that’s why anyone can do it. And it’s easy and quick. You can destroy a building in seconds. Create together, bond together a foundation that is unbreakable across the planet. Teach through action not proselytizing, not "You must know this or else your not one of us." Not that, not that, oh, did I mention, NOT THAT?

For that is not teaching, that is not teaching. That is only fear that what you say you believe in might not really be so, and so to convince yourself you must convince others. Of course that never works and so we will never try that, because we know what works, because we have been, to some degree, where you are, in some ways quite literally; for you are us and we are you, from another point of view. AND WE ARE ALL ONE.
from Bashar 1-3-97

Q: Am I spending...Am I involved in too many different activities, such as I’m spreading my energy very thin, and such that...

B: You may be a little bit, but I ask you the question that you can always ask yourself. Are you only choosing to do those things that excite you the most? Or are you continuing to choose to do things that don’t?

Q: O.K. That’s a good point. Yea, I really need to look at that.

B: All right, and also this. Even if you understand that many different kinds of expressions may be representative, of your highest excitement, all you have to do, to let everything work it’s own timing out, is to simply act, in any given day, on the thing that excites you the most. FIRST, then, when you can do nothing else about that thing, act on the next most exciting thing you are capable of doing something about next and when you can do nothing else about that do the next most exciting thing you have the ability to do something about to take some action on. When you do it that way, then your day will show you just exactly how many things, you need to do. The things you have no time left over to do, in that day, didn’t need to be done. Make sense?

Q: Yes, uh-huh.

B: Does that help you?

Q: Yes, and let me just repeat, what I’m hearing you saying, is just live in the moment, for the day...

B: Yes.

Q: Don’t get caught up in planning too far forward, future things like that...

B: No. It is all right to have a general idea of where you’re going. There’s nothing wrong with the idea, of planning, in a general sense. But also understand that as you go, by living in the present, you also create the plan, as you go. So don’t allow the plan to be too ridged, otherwise it gives you no spontaneity to create the plan, for who you may be at this moment, instead of forcing yourself to continue to be, who you planned you were going to be, who you may no longer actually be.

Q: Mmmn.O.K.

B: Does that make sense in your language?

Q: Yes it does. Uh-huh.

B: Did that translate through?

Q: Yes. I think you’re coming through. Thank you very much Bashar.

B: Thank you
Existence Always Exists

Q: You’ve mentioned that all things exist simultaneously. Is that in potential, or actually kinetically, that all things are going on right now? And if so... well, go ahead and answer that one.

B: Oh... yes. Although from your point of view, there may appear to be only potential. But from their own point of view they are just as realized as you think you are.

Q: All right. What keeps them suspended? What keeps my childhood going? Is it float consciousness, just something that’s suspended consciousness?

B: It is, in a sense, simpler than that. It is simply that existence always exists. Anything that has ever existed always will. But because of the way you have defined the way you will experience your time frame, then you do not need to be consciously aware of its continued existence in your point of view. So it gets conveniently pigeonholed where it will not interfere with you immediately. In other words, it is another way of simply recognizing a phrase you already have on your own world, where when you have chosen to experience the idea of limitation, you create the idea you call time, so you do in fact keep everything from happening all at once.

Q: Does it require energy, from me personally, to keep that going?

B: In a sense, yes, but that does not mean it is a depleting idea. You are simply supporting that by agreeing to be in this reality.

Q2: Is it like a movie set where the crew has moved on... kind of?

B: Well, sort of... but it is also still going on. Perhaps the analogy, once again, of the motion picture film with which you are familiar is helpful. Recognize that even though, let us say, in the beginning of the film you have experienced the scenario of the childhood, and later on the scenario of the adulthood, just because you are now watching the scenario of the adulthood does not mean that the frames of the childhood do not still exist simultaneously, and are not intact, because they are. And all you need to do, in that sense, is run the film back through and in front of the light of the projector to reactivate that idea.

Q2: That’s focus.

B: Focus is all it is.

Q2: Would that be true also of the parallel universes?

B: Yes.

Q: So it exists, in a sense, as a potential re-creation? In other words, as you said, focus.

B: So to speak, yes.

Q: Okay, now in dimensions senior to time, where... I don’t know if that’s a particular echelon of me, or you, or other life... things will exist instantaneously while they are being created, would they not?

B: Yes.

Q: And then when the attention is moved from that (clicking fingers) – is fully and completely removed – it doesn’t exist as suspended perception. Is that true? Is that a good description?
B: In a sense, yes.
Q: But in the more material, polarized dimensions that involve time, space, and illusions, of directions and flowing and cause and effect, then those things would tend to be thicker – using that term for condensed. So it would tend to stay more in “persistence,” is that true... in the worlds of time?
B: So to speak, yes. Thank you!
Q: Thank you.
Expanding Beyond the Body

Q: When people are experiencing a great deal of physical pain, I notice that they forget. It’s like their soul leaves because there is so much trauma. Where do they go?

B: Generally speaking, you expand your consciousness into, what you would call, the astral or ethereal realms.

Q: And if and when we are able to reincorporate with the body, then we come back? Do we ever leave a little piece of us flying out there somewhere?

B: All right. From one perspective I will say that is actually a very fair question. First of all, the question of leaving your body is not literally leaving your body. Your consciousness is not in your body; your body is in your consciousness. You expand beyond the concept of your body momentarily, but from the physical perspective you say, "I’m leaving my body." The idea is that your Oversoul, your Higher self is already out there, it’s already expanded. You’re just shifting your focus from this kind of focus to that kind of focus, momentarily.

When you choose to reincorporate, to refocus, in a sense, yes, the experience has changed you. The expansive experience has changed you in a certain way and, in a manner of speaking, you do not quite come back the same way. So it could be said you leave a little bit of yourself out there. You are different.

Q: And when they actually die, then what happens?

B: For some of you the idea is that death is recognized as multi-leveled, stretching through many dimensions of experience, connecting many dimensions of experience. You can take one of your elevators to any floor. Understand? Transformations occur all the time and death, physical death is simply one more of them. You need not necessarily treat it as a negative thing. You will understand that it is all simply transformational.

Q: My mother is ill with cancer and I was just told today that there is nothing more that can be done for her.

B: All right. There are many more things to do.

Q: Well, that’s what I’d like to know.

B: One of them simply is, if that individual has chosen now to become non-physical, then you can assist them in the transference from physicality to non-physicality, so that there will be a small or no degree of confusion about where they are and what they can do once they are non-physical.

Because many individuals in your reality will find that once you become non-physical, you may at first carry with you the strongest belief you had about life when you were still physically alive. And that will create a reality around you that you will perceive to be the real reality. Because you are non-physical, you are a thought-form in a world of thought-forms, and what you think is instantly what seems to be
physically real around you. And that is why many individuals may not even know they have died, when they have died.
Therefore, you can be of great assistance to that individual if they have chosen to become non-physical, to allow them to become non-physical with dignity, with joy and effortlessness, with love, with ecstasy, with ease. To allow them to know, to allow them to remember that it is only the idea of stepping from one room to another room in the same house, that is all death is. They have made their choices. Allow them to do so with dignity.

There is no real separation; there is no real loss. The love is always there; it is always able to be felt. You are never out of touch unless you believe that you are. So allow yourself to simply take stock of what you are learning about yourself from this situation, because there is obviously a reason why you are involved with that individual and why they are going through what they are going through at this time. There is something for you to learn about yourself as well as what they are learning about themselves.

Use all the knowledge in a positive way and you will enlighten yourself. Raise your vibratory level and you may then be quite astonished to find that, if and when they choose to make their transference to non-physicality, your willingness to treat the whole endeavor in a positive way, by raising your vibration, will mean that when they transfer into non-physical reality they are not actually "so far above you" as you used to think. Just a little side step to the corner, that is all. The difference between physical reality and nonphysical reality, what you call physical life and physical death, is not as large as you think. It is a very, very short step between your physical vibration, that which makes you physical, and that which allows you to be non-physical. A very short step, very short.

You are quite consciously holding yourself in physical reality, if that is where you find yourself to be. A very small shift is all that is required to go into non-physical existence. Therefore, allow yourself to project your love to that individual so they can use your love to slide gently into that next vibratory level. Then you will remain in communication as you need to and you will not feel that you are out of touch. You follow me? Does this assist you?

Q: Yes, it does.
B: Thank you very much. Give that individual our love, if you will.
Q: Thank you.
Expanding the Transformational Life
Q: Have I flown spacecraft in my past?
B: I will give you an unqualified, in your case, yes.
Q: And will I do it again?
B: Yes.
Q: In 1997?
B: 1997, maybe.
Q: 1996?
B: Let’s put it this way, you will do it in this life.
Q: Thank you.
B: That opportunity is open to many of the idea of the acceleration of fourth density. For you will find that whether it occurs in, what you call, ‘97 or not, you will be able, since you have expanded the idea of what the transformational life is all about, to increase the life span accordingly.
Q: Yes.
B: Therefore, it will occur again, ‘97 or not not necessarily. There will be many foundational connections that will form to your planet a conscious recognition that there are in fact other civilizations that you have been in contact with for some time. There will be acceleration in that understanding, and therefore, obviously the laying of the foundations of opportunity for what you seek. Thank you.
Q2: Who has been in contact with interplanetary beings on this earth?
B: Your governments.
Q: Our governments, are they . . .
B: Along with individuals in several societies upon your planet.
Q: Are they privy and have access to all the spacecraft and instruments . . .
B: Oh, no, no, no, no, no, no. (Audience chuckles) There have simply been some interactions.
Q: So they sort of have been holding back this information?
B: Because you have created them to do so.
Q: Yes. So now that we’re . . . we’ve got these science fiction movies and books and things that are sort of lighting it up a little bit . . .
B: Equalizing.
Q: Yes, so the mass consciousness can sort of be familiar with it on an imaginative level, and now it trickles down into a . . .
B: Yes, yes, yes, yes, yes, yes . . . yes. (Audience laughs)
Q: They are actually opening up shops on Van Nuys boulevard and, you know, selling interplanetary goods and things like that...
B: Maybe.
Q: Thank you for keeping it open-ended.
B: Well, thank you.
Q: Super. Thank you.
Expanding Your Senses Beyond The Physical

Q: New Year’s Day I got the idea that we should go out towards the Edwards Air force Base. And when we got out there, we saw cloud formations, and they were putting on a show for us. They were different from all the other clouds, and I know they were being manipulated for us – for a show.
B: In a sense, yes.
Q: In a sense.
B: But there was involvement on your part as well.

Q: Right. Well, who is behind this? Ha, ha.

B: As I said, partly you.

Q: Who was the other part?

B: What you would typically call other levels of consciousness, some of which are what you would colloquially refer to as extraterrestrial.

Q: Yeah. Could you tell me where they come from?
B: Why?
Q: Because it would be fun to know.
B: Why?
Q: It would satisfy my curiosity.
B: Satisfy your curiosity.
Q: Yes.
B: Why do you have curiosity?
Q: I guess because I don’t let myself know.
B: You have curiosity to prompt you to satisfy it yourself.
Q: Oh! Okay.
B: Now, some of that energy was Pleiadian – some.

Q: Uh huh.

B: Some of it was Sirius – some.
Q: And last weekend: was that you?
B: Not directly, no.

Q: Who was that? We were invited to look inside the ship that we perceived to be right straight in front of us in the same...we were parked in the same spot, overlooking the desert.
B: Yes. Yes. More again – we are allowed to share with you – more Pleiadian. Now, are you willing to understand that you played your part in the co-creation of what you saw, and that what you actually saw was the effect of the interaction of their consciousness and your consciousness meeting in a neutral limbo dimensional state?
You, in other words, were looking through a gate that you had opened; they were looking through a gate that they had opened, and you were meeting halfway to co-create the impressions that you allowed yourself to feel. In other words, you were perceiving slightly into a different dimension. They were getting you to stretch your senses beyond the physical a little bit.

Q: Yes, they do that quite often.
B: Yes.

Q: The other thing: well, they didn’t look... when I looked aboard, mentally looked aboard, they didn’t look like I thought they look.
B: What do you think they look like?
Q: I think they look more like us.
B: That is why it is Pleiadian.

Q: But they didn’t.

B: All right. But understand, you have your interpretation of what you were seeing, based on belief systems that you are filtering through. And also they are not the only things that were there. They simply were directing the idea.
Q: Oh.

B: There are many other levels of consciousness and you may have perceived different frequencies at different times, and had an overlap view of what you were perceiving. Because to them, again, the differentiation is not important – but that you stretch your senses is. They are functioning in con-cert, and so there will be much overlap, much flickering of their descriptive representation. You follow me?
Q: Mhmm. Then I have another question. I’ve been practicing channeling, and I’ve been getting so that I can...

B: Practicing! You have been channeling all your life, like everyone does.

Q: Well, yeah. But I...
B: You are simply now allowing yourself to do so in a different way.

Q: Right. What I want to know is if you would give me some suggestions on developing a trance state, because when I connect with these beings, it’s totally conscious. I mean I have my eyes open...
B: Is there something wrong with that? Why do you think you should be doing it some other way? Do you think that that is more...?

Q: Well, I thought I should be doing it like the channel.
B: No. No. No. You can, but in no way is the methodology you are perceiving here more powerful than other methodology. It is simply the way that is necessary for this particular channel.
Q: Oh, I see.

B: You have your own ways. Trust them. That is what you need to do to allow it to be stronger...

Q: Trust.
B: ...to trust that the way it comes is the way it needs to come. And is the way that best represents how you will be able to facilitate it.

Q: Okay.
B: So do not overburden yourself with definitions of structure. Let yourself flow with the overall energy essence. You follow me?

Q: Okay, ‘cause I can feel the energy.

B: Yes. Then simply utilize it in whatever way excites you the most that represents your utilization of integrity, and be of service with it. As soon as you use it, then it will expand.
Q: Okay. That’s what I’m doing now…
B: Then it will expand accordingly.
Q: I’m using it as much as I can.
B: Yes. Yes.
Q: Okay…
B: It does not have to be at the sake of your own life either.
Q: Oh, no. No.
B: All right.
Q: Okay. Now…
B: Yes, it is.

Q: About a year, a year and a half ago, I was at a session of yours, and you explained about a copper disk and magnets around it…

B: Yes.
Q: And what I wanted to ask you is – it goes together with some other information that we’ve been putting together – it’s like... we went to the Lazaris seminar where he explains reality, and he said that there are eight quarks, which is what we call them, very small particles…

B: Quarks.
Q: Quarks.

B: From one level of perception, yes, not from all levels of perception.

Q: Right. So the spectrums – they go: gravity out to magnetic spectrum... out to the electromagnetic spectrum... out to the cosmic? What would you call that?

B: Your particular labels do not necessarily fit with our relationship view. What is your overall point?
Q: Well, what I’m asking you is: if you excite the quarks or electrons so that they vibrate at a faster rate and connect with a higher energy, is this what brings in the free energy? Is this somehow connected with this disk that you were telling us about?
B: To some degree, there is a higher degree of acceleration or excitation of the molecular structures of the components that are used in these devices. However, the idea of rotational energy itself, yes, when put in synchronous harmony with specific frequencies is what allows the energy to flow through. It does not have to be accelerated to any great rate. All it needs to do is match the vibrational frequency of the fundamental surrounding in which the motor exists, and then it will open a gate because one will, in a sense, cancel the other out. It will create an opening, a valve through which the universal energy will flow.

Q: Okay. And this creates some kind of a free energy, or...?
B: Yes. You may utilize this energy in many different ways.
Q: And anti-gravity also?
B: If you create a structure wherein this energy is wrapped around the device, radiated from the device, in a semi-spherical style shell, then you will find that you will create an isolation field that will isolate the mechanism within the field from the gravitational dynamic tensor fields of any given universe, and allow you to pick which universe you wish to inject it into. That is why the majority of craft have what you colloquially call the saucer-shaped hull, because that is one of the most efficient forms for the radiation of that energy into a type of shell that will isolate the craft from the universal gravimetric field in which it originally existed.

Q: Okay, but your spacecraft is triangular.
B: We are from a different dimensional frequency of space. We are not in your exact universe.

Q: Oh, okay. But you can come here in your triangle...

B: Of course; we simply interpenetrate in a different way.

Q: Okay.
B: We use the triangular vectors. We use the idea that the triangle is the most stable configuration, geometrically speaking, that will allow us to interpenetrate the very, quote/unquote, thick fields of our universal differences – yours being in a sense thicker than ours; like a wedge, if you will.
Q: Okay, thank you. That’s great.
B: Thank you. Sharing!
Q: Hello, I have a question.
B: All right.

Q: At this moment in time, are the people of this planet choosing their destruction of this planet?

B: No! No. Long since past in our determination of your energy, approximately 7 to 10 years ago you decided not to. All of the escalation of what may appear to be violence upon your planet now, in a sense, is a release; an escalation of these ideas to bring them to the surface because now, unconsciously, you know it is safe to do so, because it will not lead to annihilation. You are getting it all out of your system, so to speak, making room for the idea of the harmony you will now create.

Q: Was there an exact point or time when that consciousness changed... when you said 7 to 10 years...

B: This is variable to some degree. Many different things came together at that point. There is no one particular date that we could ascribe it to.

Q: Okay, thank you.

B: Thank you! Sharing.

Expanding Your Senses Beyond the Physical
Expansion of Self Discovery

Q: I used to be terrified to speak in front of groups.
B: That is quite common in your society. Did you know that that is your number one fear?

Q: Yes. I talked to you about it, about a week ago.
B: Yes.

Q: About three or four weeks ago I listened to a tape that was made back in June: Connections, where Neamon spoke to us.

B: Yes, an ancient Orion entity.
Q: Yes, and in listening to that tape I realized that I had very strong Orion connections myself. But I’m not sure where I go from here.

B: That is all right. The labels are not important. What you do know is what you need to know to be who you are at this moment. It is not invalid to explore the past and learn about yourself in that way, but it is also not truly necessary. You have all that you need to live the life that you are living now. So where you go from here is simply where you wish to. Whatever excites you the most will unfold in your life, automatically, anything you need to know, when you need to know it.

Q: Okay. It had just struck such a deep chord in me...
B: Yes, and there are reasons for that at this time. It also lets you know now that you are – as you are exhibiting – strong enough to face certain things that you did not believe you were strong enough to face in the past.

It is a willingness in you, a reflected willingness to change and know that you are in control of your life, and that you create the reality you experience. That is its primary reason for coming into contact with you now – for why it struck a chord. That chord was your indication that you also have reached the end of a cycle of separation and limitation, and are now at the beginning of a new cycle of integration. That is all you really need to know. Take the energy essence of the overall situation, and apply it into your forward motion... in further trust and openness.
Q: Okay. Is that part of the reason why things that are happening now... why emotions seem to be running deeper than ever these days?

B: Yes. For now you are letting them sink in. You are not keeping them on the surface because you are afraid to experience what they will bring you. You are now saying you are strong enough to accept them
on the total depth in which they exist.
Because you know that the only things you will discover, by digging down the deepest you possibly can, are simply more things that you can add to the overall understanding of yourself which will allow you to expand and grow in a positive way. And that there is absolutely nothing – nothing, nothing – that you could ever discover about yourself that you could not apply to yourself in a positive way.

Q: That’s true. Thank you.

B: Thank you for your willingness to express yourself. Every individual makes a difference. Sharing!

Expansion of Self Discovery
Expectancy – Not Expectations

What you get in your physical reality and is an indication of what you believe is true. If once you get it, you don’t prefer it, use it as an opportunity to recognize that the situation that has now occurred in your life is the recognition of what the belief is. Now you have the opportunity to change the definition, and then simply believe that that is what you now choose to believe. Then you will allow, not make, not force, allow your physical reality to transform into what you now believe, according to a new definition, you actually believe in.

Q: But don’t expect anything.

B: Have expectancy – not expectations. Expectancy it is the emotional knowingness that, (a.) you have changed, and therefore, (b.) your physical reality will follow suit.

Expectations is placing upon the change that your physical reality will go through the method that your ego thinks should be the way it should change, to represent the change you have made within yourself.

Q: Thank you.

B: Thank you.
Experiencing 4\textsuperscript{th} Density and Beyond

Q: Is there a certain state where one... I don’t know, 5\textsuperscript{th}, 6\textsuperscript{th}, or whatever density... where one could materialize at least a perceivable object or, or body, or, or something of that nature in the physical...?

B: Fourth density as well. Yes.
Q: So 4\textsuperscript{th} density could...could do that?
B: Yes.
Q: All right. Beyond the 4\textsuperscript{th} density...
B: Then you are usually non-physical.
Q: Okay. So there wouldn’t be any propensity to put a physical perception there? Just straight knowingness is sufficient. Is that it?
B: There will be variations that may seem like physical representation, but in a sense it will be more energy.
Q: Okay. Beyond, beyond that 6\textsuperscript{th} is there a... have you... is there a set number of defined realms?
B: No.
Q: Infinity is a confusing term, but is it actually just that, infinite?
B: Yes, at least to our perception.
Q: Could you describe what an experience or... or an idea of 6\textsuperscript{th} or 7\textsuperscript{th}...
B: It is recognizing yourself as the dimension in which you previously thought you existed.
Q: Meaning what? (AUD: laughs) You no longer, you no longer know...
B: You become the dimension in which you thought you previously existed.
Q: Yeah. Yeah, I understand that. In fact I, uh, I’ve had encounters with myself as an experience where... where I was knowing that beyond this life I might become order itself.
B: Very good.
Q: Like, uh...
B: Recognize that that, in a sense, is what happens – that defines every level change of density – so that is what your 4\textsuperscript{th} density is becoming as a physical universe. You are becoming the physicality; the universe in which you previously thought you existed.
Q: Therefore it’s much more pliable and...
B: Yes.
Q: ...subject to will, because it is one’s own beingness.
B: Yes!
Q: Couldn’t have said it better myself.
B: It is that simple. (AUD: laughs) Thank you.

Experiencing 4th Density and Beyond

2
Experiencing Earth Changes

Questioner: Our civilization’s vibration and the way it’s going to change, and what we’re going to get through in the future - is this a direction that’s pre-determined?

Bashar: No. The idea in general is pre-determined, in that the planet will evolve and that the energy will evolve in certain ways. There is a general momentum, yes. The methodology, how you experience it - that’s completely up to you. The idea is that an individual of a certain vibration will experience the transformation in a negative way. An individual of a more positive vibration will experience the transformation in a positive way, and all that that implies. There is a general momentum to this idea but there are also an infinite number of parallel Earths - some of them are completely static. Whatever vibration you have determines the Earth that you experience. It isn’t that your Earth is changing, it’s that you are taking yourself to different Earth’s or are creating different Earth’s around you as you change your vibration. That’s why all you have to do to change your entire planet is change yourself.

Q: You talk about it being the collective vibration of an entire civilization, right?

B: Yes.

Q: Okay. Is the collective vibration good, and is it going to be better in the future, is that the idea? Is that the direction we will be going in, or is it possible that we won’t go in that direction?

B: All right, I will re-phrase this. The vibration of the Earth that we are interacting with at this particular point - it’s collective vibration is mostly positive or we probably wouldn’t be interacting with you. But there are parallel Earth’s where the collective vibration is negative. Now, if there are individuals on your planet still at this point whose vibration is more akin to the negative and they do not wish to ride the wave in a positive direction, they will take themselves to the other Earth where the vibration is more in accord. So when you say, ’ is the vibration of the Earth this, or is the vibration of the Earth that?’... you are talking about a multitude of Earth’s. The vibration of the Earth that we happen to be interacting with at this particular moment, and that we assume you are a part of, is from our perspective, collectively, at this time collectively, more positive. And thus has finally allowed itself to move in a direction where it will break free of all the patterns and the habits and the cycles it has locked itself into in the ’past’, so to speak. And will generally, from our perspective lay down the foundations of harmony, once it goes through it’s final, shall we say, birth pains. Not that it has to be painful but there will still be a little bit of juggling, a little bit of adjusting here and there, until you get the hang of the idea that you do not have to transform through pain. But generally, yes, as we interact with it, it is collectively positive.
Experiencing The You That Is You

Q: The phenomenon or the experience that we spoke of a minute ago, about being all places and aware of all things at once, is that available to us?

B: You are there right now. By definition, in a sense, it is not, so to speak, available to the you you think you are as a personality on this planet. Because by definition, being a personality on this planet is, in a sense, not being everywhere all at once.

Q: Right.

B: But you, as the total you, is everywhere at once. This fragment, in a sense, is not.

Q: So that experience is not available to our conscious mind?

B: Not as you recognize consciousness in this way, although you can have your analogy of it. You may find that the analogy that you can experience and allow to create effects in your life is simply your feeling of ecstasy. Total ecstatic feeling is the recognition, as consciously as you will allow it to be and still function as a separate fragment to recognize your connection to all.

Q: Good.

B: Otherwise, again, if you simply became the idea of blending as All That Is in that way, you would, at one and the same time, be aware of the personality fragment that you are, but you could not experience just that alone. So to say, “is that experience available to you,” no, because if you were to experience it, you would not be you, you would be you. (Audience laughs) Does that make sense in your language?

Q: Yes, thank you.

B: Thank you.
Experiencing Unity

Q: A couple of sessions ago you said...
B: One moment, good day?
Q: Good day.
B: Thank you, proceed.
Q: You talked about the one atom...
B: Yes, what we call in our ancient language the translation of the Prime Radiant.
Q: Okay. I recognize the profound power to that concept, but I am at a loss to come up with a practical application for transmutation and acceleration...
B: I see.
Q: ...and I...
B: The practical application is in the grasping of the concept. The idea then is that you are changed forever, in that you understand it that way – and thus, know that everything literally, even physically, is one. The understanding of this, in a sense, ought to automatically enhance your ability to understand that everything is nothing but you, in a different form.
Q: It did. It felt like this...
B: Then that makes a difference already.
Q: Yes, it felt like this wave.
B: Yes. Then you already in some senses have a practical effect.
Q: You are right. Okay.
B: Well then?
Q: Thank you.
B: Thank you. It is up to your imagination to guide it, now, how you will.
Explaining Violence to Children

B: Good day.
Q: Hi. I would like to observe something...
B: By all means.
Q: This is so fun. I have an almost three-year-old son.
B: All right. Three orbits old.
Q: Very charming, wonderful child that I am crazy about, and I’m trying to raise him in an atmosphere...I’m bothered by all the violence everywhere. So in some ways I’m trying to shield him from it, and in other ways I know that you can’t shield somebody too much from violence because then it increases it...
B: Then teach him why it happens, so that he will be empowered by understanding the mechanism of the reasons why violence on your planet exists.
Q: But doesn’t it seem like three is too young? I mean, I put Bambi on, which is an old...I don’t know if you know about Bambi but...
B: We understand.
Q: ...I was horrified, it was like my favorite thing; and the mother gets killed in the first ten minutes of the...and it seems he’s too young to have to deal with that...and I’m always turning these movies off. And it is kind of irritating...
B: All right, we understand in some context what you mean, but please also understand the context in which we mean what we are about to say.
Q: Okay.
B: So pay attention with more than just your physical ears to the following comment. All right?
Q: Sure.
B: Are you ready?
Q: Yes.
B: Are you sure?
Q: No. No I’m kidding, yes.
B: All right.
Q: I’m listening.
B: All right. There is no such thing as a three year old.
Q: That’s true.
B: Do you understand the context in which we mean this?
Q: Yes, absolutely.
B: Then there must be some way if this subject has come up within you and your relationship at this time... doesn’t that mean that there must be some way your creative inspirational imagination can get the point across?

Q: Right.

B: Do you understand the reason for why violence exists on your planet? Let’s begin with your understanding, to see if you have the understanding that can then be transferred to your child.

Q: And you want to know what my understanding is?

B: I do.

Q: People working out... I mean so many... first of all...

B: What is the basic fundamental reason? There is only one.

Q: There is only one?

B: Anything that you may be calling so many different reasons are simply all the different styles and methodologies that are attached to express the idea of the violence that may, on one level, seem to be the causative reasons, but there is only ONE reason.

Q: Well, then I would say it is because of an attachment to things that they want, and unrealized desires coming out in...

B: You are closer by saying unrealized desires, than the idea of attachments, which is a side effect. The reason the violence exists is because they have been taught that they are unworthy of love. That they are, therefore, not loved, not connected to the love of the Infinite; thus, they do not feel self-empowered. Thus, they seek to gain power in the only way that they believe it is possible, through the idea of the domination of the exterior reality, which is the only reality left to them, because the inner reality has been made unreal. They do not understand how to express the alignment of unconditional love, because they themselves feel unloved. Do you follow?

Q: Yes.

B: Thus, use your creative imagination to get that point across in whatever way, shape or form you believe is representative of your child’s particular methodologies of interests and strengths of communication. And trust your insight and instinct and your intuition in this endeavor. After all, you are the child’s parent, the child made the agreement with you, knowing that you would be capable of doing the job.

Q: All right.

B: So trust that faith that the child has in you, and have that faith in yourself and the inspiration will come.

Q: Right.

B: Does that make some sense to you?

Q: Yes, a lot, I appreciate that.
B: Why then, thank you, does that help you?
Q: Yes, thank you.
Expressing Who You Are

Q: Hi.
B: Hi.
Q: I’ve been noticing various things about my victimhood...
B: All right! (What?)
Q: ...for the lack of a better word.

B: Oh, that was a perfect word. He said “victimhood” ... and spoken like a true victim.

Q: Hey, thanks.
B: Perfectly done. Masterful! Masterful!

Q: Right. So I’ve been noticing the repetitive things about this drama that I’ve been going through – the negative emotion and the rest of it.

B: All right. All of that is the product of judgment, however. There is no true negative emotion.

Q: Okay. So I’m feeling these strong judgments against myself.

B: All right. Why?

Q: I don’t know.
B: All right.

Q: That’s sort of what I wanted to ask you.

B: Well, it all dovetails into the understanding that obviously, on some level, you don’t believe you deserve happiness. Why not?

Q: Well, I don’t know.

B: What would you have to be... let’s use your imagination for a moment if you are willing. All right?
Q: Okay.
B: What would you have to be like in order to deserve happiness? Can you give me a description, a definition?

Q: Sure, that’s pretty easy.
B: Oh, all right. Very good!

Q: I guess my consideration of what it would be... to be more of a man.
B: More of a man?
Q: Sure, More courageous, for example.
B: More courageous! Can women not be courageous?
Q: Oh, sure. Just to be more courageous... 
B: All right, more courageous!

Q: Not necessarily more of a man.
B: What is courageous? Define.
Q: Being willing to risk... 
B: Risk! One moment. Now that may be what is stopping you right there. If you think that being courageous must involve a risk, then perhaps you are barking up the wrong definition. Why must being courageous involve a risk – the willingness to experience something unpleasant?
Q: Well, I haven’t thought that I had that desire.
B: Then why must you create it? Of what purpose and what need will creating a desire to experience unpleasantness serve you in? You see, you may be making the assumption, again, based upon beliefs that doing the things you desire to do involves risk, and will bring about unpleasantness – but they don’t have to. That’s only your belief that says they do.
Q: All right.
B: Why do you believe that doing what you want will bring unpleasantness and bring risk? Is there something specific you desire to do that you are not doing – for fear of the risk and fear of the unpleasantness that you believe must be there?
Q: I guess to stand up to certain individuals in certain situations.
B: Stand up to them?
Q: Say what I feel like saying.
B: All right. And again – now here is a very important point, as we sense in your energy – you have bought into the belief that by saying what you are will immediately involve a conflict. No conflict is necessary. None. None. None. A tree that stands up for itself and speaks nothing but its own “treeness” will nevertheless bend in a wind. That is a part of being a tree – if it wishes to remain one.
Q: Beautiful.
B: You follow me?
Q: Sure.
B: Therefore, the idea of expressing who you are in no way means that anyone else will have the ability to break you in their response. You will state who you are, you will listen to whom they are, as the tree will allow the wind to pass through it and around it. But you will bend with the idea, acknowledging that they have just as much of a right to be who they are, and they may choose to express themselves, perhaps, in a belligerent or negative way. That doesn’t mean that their choice of expression has to affect you, or that you have to buy into the idea that you must feel like there is conflict.
The only reason you feel that there might be conflict is because you believe in conflict. You believe that there is always a struggle to find the One Overall Truth! There is no One Overall Truth – except the fact that you all exist. Period. That’s is the only thing that’s common for everyone in existence.
“The” truth is composed of all truths. Therefore, state your case. It is equally valid and an equal point of view to anything anyone else could say – because you exist. And because you exist, then obviously, in the eyes of the Infinite Creator, you are equal to any other creation that exists. So all you need to do is recognize that you did not have to do anything special to deserve existence.
Infinite Creation obviously believes that you deserve existence without having to have done anything special in order to earn it. So why not treat yourself with the same respect and love, and simply recognize that, as you choose to express who you are, you are expressing your version of how you have been created and how you have chosen to co-create yourself to be; and that you are just as valid as anything, or you wouldn’t exist. And then when you get the return response, simply absorb what works for you, and what doesn’t work for you; let it pass over you like the wind. You follow me?
Q: Yes, I think so.
B: Does this assist you?
Q: It does, yes.

B: We thank you very much.
Q: Thanks.

B: Love yourself as unconditionally as Infinite Creation loves you, for you are made of love – literally. Sharing!

Expressing Who You Are
Let us begin this interaction with a notion that we have been discussing lately, with regard to the concept of extraterrestrial contact and communication. Now it is true that opportunities are accelerating and increasing wherein, your species and other non-human or non-earthly species, may soon one day be able to interact face-to-face. There are many different kinds of changes taking place in your sociological, economic, political structures, that would allow, in the relatively near future, these kinds of interactions to take place in a different way then they have taken place in the past. But while we have discussed and are very willing to discuss with many of you the concept of our eventual ability to interact more physically with each other, we would like to take this time to stress and to suggest that you all remember that the most important interactions are not with us with yourselves, first of all... meaning not only with each other of your human species in all the cultures on your planet, but within your individual selves. Your relationship to your own self is paramount, and must be the first relationship that you allow yourself to clarify, to learn to communicate with, otherwise, you do not create the ability to really truly, clearly and honestly communicate with anyone else. If you have agendas you have definitions, if you have belief systems and emotional patterns, and thought habit patterns that are not representative of your
joy, of your love your truth your ecstasy your creativity, enmeshed in your consciousness, that are allowing your life to move in directions not of your desires, then it is very critical and very important that you work on getting in touch with these issues.

By clearing them and transforming them within your self, you create more opportunities for the different kinds of interactions that can take place within yourself, first of all, and then amongst yourselves on your world, since that’s where you all have chosen to be born this time.

The idea is to become more cohesive, more integrated within yourself and then to radiate that vibrational energy of cohesiveness and integration through all of your interactions, so that it spreads around your world thus affording each and every one of you an opportunity, by reflecting this joy to everyone else and then allowing them to reflect it back to you...you then create opportunities to expand your consciousness, and to expand the possibilities and the opportunities on your planet far beyond what they are now.

Certain forms of limitation are and can be very constructive and beneficial, for they allow you to focus in certain directions. However, there are still many forms of limiting belief systems in your society that really do not allow you to fully express yourself, as you could be doing’t allow you to create lives of unconditional joy and love you could be doing, and that really don’t allow you to know and remember that you are connected to the Infinite, as you could be knowing and remembering.

You are now, as a species, starting to remember these ideas of your inner source of your connection to All That Is, and that is why we are even capable of having this conversation with you this day.

But there are still many different aspects of your society, that need further integration, in order for you to function as a cohesive world, thereby allowing other worlds that are already functioning cohesively, a greater opportunity to be able to interact with your world, as well. Again remember, it is not really the ultimate goal or purpose in your self integration, that you interact with us or any other extraterrestrial species...the most important goal, so to speak, is to really learn to be yourself be fully who you are.
We have said many times that, of course, we recognize that you are all reincarnational beings, and that you have many lives, alternate reality lives, whatever you wish to call them, it doesn’t matter. But the you that you are now, the person that you are now, this is the only time you have been this you, this is the only time that you will ever be this you, you will never be this you again, therefore, the you you are now does in fact only have one life to live, therefore, the fundamental foundational purpose of this life is to be this you as best as you can... that's the purpose of your life.

How you go about it ‘tis really up to you. How you determine that you are in alignment with your joy, with your truth your highest vibrational purpose is up to you to determine, and for you to apply in the actions in your life. To be harmonized and synchronized with your highest truth is simply the act of following your joy your passion, feeling that vibration that you know is more you than anyone else, and it is getting in touch with the belief systems that you begin to recognize as having come from other people, that you have incorporated into your consciousness, but now recognize no longer serve you, are no longer what define the you you prefer to be.

This act of commitment act of conviction, to be fully the you you are in this life, is what will go the farthest in allowing you, not only to be of service to all people on your planet, but will go the farthest in allowing you to be open enough to receive all the things that will, in turn, serve you, to allow you to be supported, to allow you to continue to expand, and to allow you to continue to be creative and unconditionally loving and loved.

It is a self-contained idea, holistic, fully integrated kit. For when you are in the vibration of your joy truth, what you know is true for you, then you are the complete idea of yourself, and that is what allows you to fit, as best as you can, into the overall picture of which each and every one of you is a single puzzle piece.

By being your fullest self, you allow the entire picture to be created and to function on a holistic level. Only when you are afraid to be yourself, only when you are trying to be something that you are not your heart, do you thus diminish the piece that you are in the whole picture. And diminishing the piece that
you are is what does not allow the whole picture to become cohesive. For if each puzzle piece is not the shape that it was designed to be, how can it fit where it belongs?
The idea therefore can be understood in that unity is not the product of becoming just like everyone else, unity stems from being the unique individual that you are, as fully as you can.
Because whatever that unique individual is automatically designdefinition, fits with all the other individual pieces in order to form the whole picture. So it is really an issue of not trying so hard, not struggling so hardrelaxing into the allowance.
Allow yourself the permission to be who you are. Taking advice to suggestions from other beings, including usall well and good, but it is you that have to decide what works for you, you that have to decide what harmonizes with your frequency, you that have to be you. No one else is going to live your life for you, you have to be the one to live it.
Therefore, take the choice the gift the opportunities, to choose only those things that you know are really representative of youvibration, knowing that if you do, you will be supported, automatically, for you are always supported automatically. It is just an issue of, "what is the universe supporting you in?"
For the universe can only support the strongest definitional belief that you have of yourself. If you fear that you are "this" you believe that you are "that", the universe, in it’s unconditional loving support, has no choice but to support you in the limited concept you have of yourself, or the fearful concept you have of yourself.
If you say, "I’m afraid to be 'this' because I believe 'that' will happen", the universe can only say, "Alright, we support and amplify your willingness and ability to choose to be afraid to do 'that’. So everything that happens in your life will show you why you are correct in being afraid to do 'that’." It will always support the reality you choose to say is the most real for you, but since it has always done so, even when it comes to limiting beliefs, it will still do so when it comes to expanded beliefs.
It is not that the universe will BEGIN to support you when you change your beliefs, it always HAS supported you. It is just that it will now support you in beliefs that you feel work best for you, rather than supporting you in beliefs that you feel’t. That is the issue.
Where you define yourself you define yourself, who you define yourself to be, the universe always simply reflects back to you what you put out, what your frequency isyour bandwidth is, what your
vibration is, what, as you say on your planet you are tuned to. That’s the program you get. If you don’t enjoy the program the channel. It’s that simple really.

Now we understand that when we say, "It’s that simple", we hear many of you say, "It’s not that simple..."

it is very hard difficult of our habits, because of our patterns difficult indeed.

We understand what you mean when you say that, honestly. However, when we say, "It’s that simple", we are simply pointing out that the fundamental mechanism of how you choose your life, of how you create your experiential reality is basically simple. Any complications come from you, from your idea of what life is supposed to be, because of how you have been taught to believe it must be. It isn’t that life itself is complex, it is that you have created yourselves to be complex.

And thus, in allowing yourself to rediscover all those individual details and components that you have fractured yourself into...Yes, it takes time it takes a little bit of effort, and some challenge and some diligence and some focus, and in that sense you can say "It’s difficult".

But the idea really, is that what you’re doing is gathering back together all the pieces of yourself that you have shattered yourself into.

And as you do you collect more and more and more of those pieces, you will expand and expand and expand finally to a point, as you are all very close to now, where you will have enough of the pieces, that you will have crossed a threshold of yourself and reached what you call "critical mass", so that all the remaining pieces will be clearer in your mind, and easier for you to integrate because you will know that they can be integrated based on the fact that you have integrated all the other pieces up to that point.

It is accelerating on your planet are progressing. Many times many of you may not think things are progressing because of what appears to be the increase in negativity and violence on your world, however, this is actually a symptom that you are now arriving at the critical mass point threshold.

You are bringing all the issues up all at once, getting them all out on the table all at once, doing everything it is possible to do all at once, so that you can decide, "Are these the things we prefer to retain in the world we want to create from this point forward or no?"

The sign of the increase in all the violence and all the negativity, is an indicator that you are finding out that
there isn’t much time left for you to experience these thing
time is now in hand, for you to
decide, what kind of a world you want to experience.
And when we say, "decide", we mean that your decision must be exemplified by the actions that you do.
Your behavior shows what you believe, your behaviors deeds, show what beliefs you
have you really prefer in life.
You can spend all day month year century, all millennium . . . all eternity you believe
in something, but if you do not, as you say on your planet, "walk the talk", if you do not act the part
you do not do the actions, belief is nothing but a concept dream.
Action is belief. Without the action the follow through, it is really only a probable reality, an
esoteric concept dream.
It takes the grounding of the belief through your physicality, through your daily actions, to be the
person be the state of the reality itself, that you prefer to be. This is what makes all the changes
happen, that you say you prefer to have happen on your planet.
The fundamental mechanism, as we have said, is simply this: These dialogs on an individual basis are for
the purpose of examining and exploring with each and every one of you, as time on your planet allows,
how this fundamental basic simple mechanism can be applied in your physical reality day-to-day
life.
It is so that you can know that you have access to the tools that you need, so that you can know that
you’re not really "cut off" from the Source, and never have been. You’ve just forgotten the key
the combination, or perhaps, now and then, even though you may know it get distracted or you
simply decide that this game or that game is worth playing.
And that is all well and good. Never would we invalidate any of your choices. We’re only here to reflect
to
each and every one of you, that you can choose what you wish, no matter what it is’s up to you.
You have free will are an aspect of the Infinite, you are made with the ability to be a Co-creator. The
things you choose are yours to choose.
That we can interact with you, that we can reflect to you different perspectives, is an indication that you
may be now ready and willing to look at your life in different ways, maybe ready and willing to make
certain
kinds of changes.
Again, not that you have to I will tell you, that we are more than overjoyed to be able to act as a
mirror for you, to simply remind you of what we know, you already know may have just misplaced.
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Eye of the Beholder
Canoga Park, CA
1-30-98

B: All right, I'll say good day to you, this day of your time. How are you all?

Q: Great, good, perfect!

B: Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur, through this particular window, on this particular day and in this particular manner. Once again, each and every time you allow this transmission to be translated, through this gateway, in this way, it affords our civilization an opportunity to experience new facets and new aspects of creation through the interaction of each and every one of you and your unique presentation of Creation. So, we thank you for this gift of sharing.

We would like to begin this transmission, this day of your time, with the following notion; we would like to call this following subject, "The Eye of the Beholder." We have recently discussed with some of you a new understanding, a new perspective to the question that some of you have had for many years. We have heard many of your people ask about when certain kinds of contact with extraterrestrial species will occur more openly, and we have discussed with many of you, for many years, some of the reasons as to why this is not yet appropriate.

We have talked and we will now recap briefly the idea about how, when civilizations are full of people that are operating on a particular wavelength, a particular frequency of energy, and if that frequency is lower, in general, than the frequency of energy exhibited by another civilization, then to put the higher frequency civilization in contact with the lower frequency civilization before the lower frequency civilization is ready, can actually do harm. Because when two frequencies are brought together, the higher one tends to overwhelm the lower one, in the specific manner of forcing the lower frequency to speed up. And when your frequency speeds up, that is representative of all the things you have hidden within your consciousness, your psyche; all the fears, all the doubts being forced to the surface before you may be ready to integrate them, to process them at your own pace, in your own way.

And so, civilizations that are of higher frequency, who have respect, will not force themselves upon a lower frequency civilization. And by lower frequency, of course, once again, this is not meant in a judgmental way, it is simply that different people, different civilizations are at different places evolutionarily. And it must be, shall we say, cautionary in how these contacts are made, so as not to do damage, so as not to disrupt, but in a respectful manner. And we have talked about this many times. Now we would like to add one more idea, one more understanding, of the effect that encountering an alien species would have upon many of you.

Many of you already know that when certain occurrences, life changing occurrences, happen to you, you look at things very differently. Your perspective of life changes, your perspective of other people changes. This would be greatly amplified were you to suddenly, at this present point in your evolution, come face to face with some species of other civilizations, in seeing them, in knowing, beyond a shadow
of a doubt, that they are, in your terms, real and present. It would alter, not only how you look at things in general, but very specifically would alter how you look at members of your own species. You would never look at humans the same way again. To see, to actually encounter a member of another race, from another civilization, changes your perspective about all life, all consciousness, especially because of the difference in frequency that you would be subjected to, in encountering another species. And when you turn back around and look at your own species you will not see them the same way. You will not necessarily even see them as real. You will no longer be able to relate to them in the same way. And while there is nothing intrinsically wrong with this, when done without proper preparation it can be, to some degree, damaging in your outlook on life; damaging because you will no longer feel that you will fit in, even more so than many of you feel that way now. (Audience laughs.) And the idea is, that would literally be alienating to many of you.

It is important, from our perspective at least, in our opinion at least, that you remain cohesive even in the changes that you make. For even as many of you change and many of you feel very different from other members of your society, you are still of a kind, you are still of an ilk. The difference we are talking about, the profoundness of the change would be something beyond what you are used to experiencing. You would truly, in many ways, be alien and it would not serve you to not be able to fit in certain ways, at this time. Until such time as the integration within each and every one of you has taken place to a greater degree than it has right now, until that time, then, physical contact is held back, on the part of most species.

We know that there are, of course, certain species that are in connection, are in contact with your species, but these have very different agendas, are interacting for very different reasons, and are of very different vibration than many of the species we are talking about that have higher resonances. So do not be impatient with this, the most important thing is to make contact with yourselves, to integrate yourselves, to recognize the differences, to cherish them, to amplify and expand, in creative ways upon the diversity within your own culture, before you are ready to take the step in learning how to integrate the differences and diversity in other cultures, altogether.

So, we simply offer to you this additional reason for why there is specificity in the timing of when these things will occur; it will not be so very long. Again, as we have said, the beginnings of some of these encounters will occur within the next decade and will increase and accelerate thereafter, as certain changes occur in your society. The point is to simply live your life, not detach yourselves from earthly concerns, but recognize that you chose to be where you are, for your own reasons. And the idea is to get in touch with those reasons so that you can help not only change yourself, but help others change in beneficial and positive ways, according to their own desires and choices. So that in so doing, in cherishing your own diversity, you then create the blending and the integration necessary to be capable of presenting yourself as a cohesive planet to other cohesive planets. Then and there will contact be made, only when you meet us half way.

Until such time this is the nature of contact now, in that people have been, so to speak, trained to allow
conversation and communication and transmissions to occur in this and other similar manners. So that
we can have an exchange of ideas without forcing our presence upon you. So that we can leave it up to
you to decide whether or not you believe we are real, for we do not care if you believe we are real. We
know we are real. The thing that matters is whether you believe in yourselves, that is the most important
thing that we can impart to any of you. You must believe in yourselves first and foremost, for each of
you is a unique aspect of Creation and worthy of absolute full recognition of that fact and unconditional
support in that knowing.
We thank you for allowing us to share this point of view with you, this day of your time. And, once
again, in return for the gift that you are giving to our world, in allowing us to share in this exchange with
you, I ask, in return, in what way may I be of service to you now?
Q: Bashar! Bashar!
B: You, good day.
Eyesight Symbol

Q: I want to share a creation... a creation of mine.
B: All right.
Q: I’d gone to the eye doctor to get... because I had an infection, so he says, in one of my eyes... and I got eye drops from him. And then I went to work, and I parked my car, and then about an hour later I went out to get the mail. And I’m driving along in my car, and I parked at the post office. And I looked in my rear view window, and there’s this bag on the back of my car.
So I’m thinking, you know, “What is this bag doing on the back of my car? It looks like it has something in it.” So I went around and I looked in the bag, and it was four bags of carrots. New carrots. (Much laughter)
B: Yes.
Q: And I decided that it’s a symbol of healthy eyes. So I just got it. I said, laughing, “My eyes are healthy. This was a symbol.”
B: Yes!
Q: It was great. I didn’t need the carrots. I just drove my car back, and put the carrots back, on the back of my car. And when I came out a couple of hours later, they were gone.
B: Very creative. You have been having much synchronicity in your life?
Q: Yes.
B: Thank you.
Q2: My neck is hurting right now, and it wasn’t hurting when you first started talking.
B: The back of your neck?
Q: Yes.
B: Between you shoulder blades, upper?
Q: Yes.
B: All right. Relax. You are opening certain energy vortices. Relax. Be in the moment.
Q: Okay.
B: Love it; live it. Use your imagination; talk to it. Let it talk to you.
Q: So it’s not any type of resistance, or anything like that?
B: Only in an overall generalized sense of, let us say, what you might call the remnants of pieces of habits.
Q: Oh, okay.
B: But nothing stronger than that.
Q: All right. Thank you.
B: Yes.

Q3: I have been having dual physical realities. Is that...

B: Yes.

Q: Thank you.

B: Thank you.
Faith as the Mechanism of Creation

B: Thank you. Allow me, before we begin the idea of sharing, to address something we have been discussing of late, that we feel does pertain still to many of the ideas, many of the questions that you have formed within your reality – the idea that we have discussed, which you call, faith.

Recognize, as we will put very simply, that many times when individuals create, in the discussion with us, with other individuals, the topic of faith, they understand, to some degree, that it is the mechanism by which they can create the reality they desire. But as you have created cycle repetition, for your thousands of years, of the habits of separation of yourselves from the All That Is that you are, many times, even when exploring the idea of integration, you will start out from a separated point of view, of separated approach.

Therefore, many times, even though you will recognize that faith is the mechanism that will allow you to create the reality that you desire to experience, once you get to that point, the next thing you usually will be found to say is, “Well, faith in what?” Now, understand it does not matter. The idea is that faith, in and of itself, is the mechanism. It does not matter faith in what. This is why your faith can create any type of reality. Faith in whatever you believe in is what your reality is about.

Therefore, allow me to simplify that that is why in your biblical literature, with the idea of the individual you call Christ, you will recognize that when that individual defined the reason for the abrupt change of any physical manifestation in the reality, then he ascribed it to the working of faith. But did not say faith in what. Simply that your faith is responsible for this change – in your health, in this, in that. Your faith has saved you, quote/unquote. It is a description that it is the faith, in and of itself, that is the activation mechanism. And whatever beliefs you plug into that faith will be the reality that you experience.

Therefore, there is no need to complicate the idea by saying, “Well, yes, I understand his faith, but faith in what?” Simply know that faith is, in and of itself, the exercise. It is, in and of itself, the action. It is simply the willingness to know that you are the creator of your reality, on whatever level you have created yourselves to realize this. No need to continue to create a need for another process to discover what it is you are supposed to have faith in. The idea of faith in faith is what it takes. You follow me?

AUD: Yes. Yes. No. Yes.

B: The idea of simply knowing that you know is all it takes to know whatever you need to know. For you will allow – with that activation of faith, your life will be allowed to bring to you, to attract to you, to attract you to, whatever situations are necessarily to reflect the path you chose to be. And then you can simply, automatically act upon what you give yourself, for what you attract with your faith, with your knowingness will never be a struggle or a strain. You will find yourselves expressing and exercising the ease of creation with effortless by simply acting upon what you attract to yourselves, in all good faith, that it is representative of the life you chose and not an interruption within it. Now, do you follow that idea?

Sharing!

1
Falling in Love

Q: There’s many things I want to do in life and lots of people I want to interact with but I profoundly believe it won’t work for me.

B: And why do you prefer to profoundly believe that it won’t?

Q: I think to please my parents.

B: To please your parents, all right. Then do, a favor. Tell them to live your life for you. Because obviously you don’t want to live it for yourself; you want to live it for them.

Q: That’s true, yeah.

B: Yes. Do you not know that you can really mean it when you say, “I really do love you mom and dad – AND I’m going to do what gives me joy.” You know you can mean it. You do not have to feel you’re not loving them, that you’re not respecting them, just because you want to be who you are.

Q: This is true.

B: Yes, it’s true. Now what is the most exciting version of the thing that excites you the most that you want to do?

Q: Well, I wanted to ask you, I’m exploring gratefulness in my life.

B: Yes.

Q: I just feel it very deeply; it’s overwhelming but not in a bad way. And I just want to explore "what" to be grateful to?

B: To All That Is.

Q: Yes, I am.

B: And to yourself, which is of course All That Is. The One is All, the All is One. Gratitude in that sense is simply a vibration. It is one of the ways to express the concept of excitement. Remember again, excitement is simply the reflection of being aligned with All That Is and it can be expressed and felt in many ways.

The concept that you are calling gratitude is one of the manifestations of simply being aligned with All That Is and allowing yourself to truly feel the Unconditional love in which you were created, from which you were created – what you are made of – the Unconditional Love that constantly pours forth from All That Is. When you align with that, that is the feeling you call gratitude. You understand?

Q: Yes.

B: That you reflect that love – is the expression of gratitude.

Q: Okay, do you personally say, "Thank you All That Is?” Or do you break it down in different ways? Like do you suddenly feel grateful? Or is it just going on there all the time?

B: There are always a variety of expressions but we recognize that all of the expressions are different forms of the same thing.
Q: Okay that kind of leads me to the second part. I was wondering about romance. Do you get smitten or romantic or are you just generally all in love?
B: Smitten?
Q: Yeah.
B: There can be what you might term an instantaneous recognition of a particular alignment or a connection to another being. And if you wish to say that is being smitten, then yes. I suppose that is possible. But simply, All That Is is an instant recognition of an alignment of vibrations, in a sense. You understand?
Q: I know you are unconditionally loving but I wonder if it separates into a romantic love like we do?
B: In a sense, that can be an expression. We do not really see that so much as a separation but simply another creative way of expressing the unconditional love.
Q: So you do it... how?
B: Again, what you might call romantic love for yourself might be an extremely different concept from what you would recognize occurring in our world.
Q: Yeah, I was wondering about that, if you had romance that... well, do you know what romance is here? I was wondering if you had a form of it there? Romantic love?
B: Will, you define one expression for me that you would refer to as “romantic love”?
Q: Well, I guess it’s when you completely forget about yourself and you’re constantly thinking about the other person.
B: That’s romantic?
Q: You do crazy things. That’s a tough question. I guess it wasn’t fair to ask you that.
B: Oh, it’s always fair to ask anything. I think I will put it this way. I begin to understand a little bit about what you mean by that. Once again do remember, even in our romance we are children. And thus, in a sense, we are always in love. If you wish to call that being romantic then by all means go ahead. But I do not necessarily think that you would see exactly the same kind of expression that you might call on Earth romantic love, except in certain circumstances. Not everything that you might think of as being romantic love would necessarily actually be being in love. However, we are constantly in love. We are very spontaneous about it. We can serve the other person unconditionally and fully. As for the concept of forgetting about ourselves we can never really do that but I understand what you mean. Since we trust absolutely, implicitly and unconditionally, in that sense, yes, we do not have to think about it. We simply do it. We are not self-conscious in the sense that you usually mean it. So yes, I suppose you could say it is a free flowing spontaneous romantic love.
Q: Yes. Thank you.
Allow yourself to relax into this recognition, a recognition of synchronicity. No one, no one comes into your life before or after they are ready to. You enter no one else’s life at an inopportune timing. All
timing is flawless, perfect and absolutely representative of whoever it is all the individuals in that meeting are at that given moment. So you don’t have to rush through anything. You don’t have to try to convince anyone of anything. You wouldn’t be together if they didn’t have something to learn from you and if you didn’t have something to learn from them.

Allow yourself to stand back. Here’s your meditation: truly observe the reflections that are going back and forth. See what it is you are doing as a service for each other. What is it they are learning from you? What is it they are seeing about themselves by looking at you that they need to see? What is it you are seeing about yourself in them that you need to see to learn who you want to be? Stand back from the idea of communication in the way you’re used to looking at it and understand that the relationship of you and any other being is not two different separate ideas. It is one whole event of which you and other people are reflections. Let yourself see what the whole event is and let the relationship be what it is for; not what you think it ought to be.

Allow yourselves to remember you are not the same people you were before we started today. You are now ready to create creative relationships. Not that your relationships have not been creative, but now they can be creatively positive and you can apply this to any relationship in your life; you can apply this understanding to expand on anything. If you already have an ecstatic relationship then simply let us play together. There is always more to learn and that means we can all play together forever. I don’t know about you but that kind of relationship makes us very happy.

Q: Including myself, many people have reached the age to get married but many of them are not married yet. It’s almost becoming a trend.

B: Yes. And so? What do you think it is a trend of?

Q: There’s a fear within me that my marriage might not work. And I don’t want to get a divorce right after the marriage; I see so many people doing that nowadays.

B: Perhaps a different definition of marriage might be necessary then. It is true that some individuals have attracted themselves into a certain relationship that they do need but they may just be assuming that the ritual has to be attached to it. Every member of my society is married to every other member of my society. We are all in a marriage. If we then interact with different individuals in the span of our lives all of those interactions take place within the overall marriage. Now some individuals may meet and may interact in a specific way with only each other for the duration of their lifetimes. Many other individuals may interact with several other individuals in much the same way throughout the lifetime.

But there is no right and wrong way that "should" occur. I am not saying that your society must adopt the system that my society uses but there are aspects of the energy of your society that are heading in that direction. It is a re-evaluation of what the whole idea of a relationship is supposed to be for. While we are having this conversation, you and I, for the duration of this conversation you and I are married. In a sense you can say you and I all of you and us will always be married, even though the definition of the relationship may change. If – IF – it is natural that the relationship should change form then it is only wise to allow it to do so in love. We do not place in our society any expectation on the duration or
style of any particular relationship since they are all cherished and all created in unconditional love. Now the paradox is when you allow a relationship to exist from unconditional love without expectation, it will then have a tendency to change and last a long time together. But if you worry about the concept of change before you even attract the relationship, then you are divorced before you are even married. So you are in a sense “divorced” right now, because you are worrying about divorce; you are divorced before you even get married. Relax your definitions of continuity in this matter. One does not have to come before the other. Relationships are for the purpose of serving each other to allow each other to be the fullest person you can each be. If this is truly done with unconditional love for each other then any change that occurs will be a change made in love and will not in any way, shape or form have a negative effect in your life. Do you understand this concept?

Q: Yes.
B: Say, “I do.” Say it.
Q: Yes. I do.
B: I now pronounce you married to yourself. Which is the first and primary marriage that must occur before you can feel that you are married to anybody else. You must love yourself unconditionally and trust what you attract into your life so that you can share as an equal. At the same time, I also pronounce that you are now married to every single person in your society. However, the relationships that occur in your life, be they single or multiple, will all be within the definition of The Marriage that your society is together. You may prefer one particular style over another but if you do – prefer it from your natural self, not from the ritual that society says you should be expected to do. After all, you don’t want a normal marriage. You want a natural marriage. Understand?
Q: Yes.
B: Thank you very much.
Q: It’s nice being married to you too, but I’d still like to attract one human being on this planet.
B: Then if that is your preference, as we have already said, it can happen that way. But first – you must be unconditionally in love with who you are. Understand?
Q: I have been impressed with your wisdom tonight.
B: Mine! It’s yours. It’s ours together.
Q: Thank you. I am the mother of two very fine teenage girls.
B: All right.
Q: And I would like very much to hear your views on parenting.
B: All of them?
Q: As many as we have time for.
B: All right. First of all, do remember and recognize that you do make agreements to be in the families you are in. The children agree to be born to you; you agree to have them born to you, and so on and so forth. For they are there, again, for a reason. No accidents, no accidents. You have been closest to – in many different lifetimes – perhaps, taking turns: being the parent, being the child, being the cousins, being the relatives. You follow me?
Q: Of course.
B: Being the friends, being the business relations. In this way, therefore, allow yourself to recognize that, in any given moment, if you simply allow yourself to be the fullest possible being you know you are, you will then be fulfilling, in the best possible way, your part of the agreement. You will be being the person they agreed to be born to. And then you will show them, in no uncertain terms – as an example, as a reflection – that they can also be the individuals that agreed to be born to you.
And you do not have to play the idea of any games of definitions. You can simply trust – unconditionally and implicitly – that what you will reflect to them will allow them to be who they are, and what they reflect to you will allow you to be who you are. And together, who you are will naturally blend and work and mesh, and will not create conflict. You follow me?
Q: I do.
B: Does that assist you?
Q: It certainly does.
B: Anything else?
Q: No, thank you very much.
B: Thank you.
Family Energies

Q: Well, you know, my mother’s here.
B: Yes!
Q: (Laughs)
B: Bon soir!
Q: Well, she’s not here in the room.
B: Yes, but you are.
Q: What is it with family that makes you feel so heavy?
B: Many times it may simply be the recognition of many of the agreements you have made in many, many, many, many, many, many, many, many, many, lives.
And sometimes the perspective that you have that may seem to be very heavy because experience, in that way, may carry weight or mass.

When you look down or back a road that you think is a very long one, well then, just looking at how long that road was may make you tired, if you think of it as a long road. It can simply also be that in this particular life, in learning that this is the transformational age, and recognize that of course you have made your agreements with all the individuals you are interacting with in life, particularly your family, your immediate family; then the coming to the realization of what it is you are in the society you have been, has given you more than enough opportunities to explore the idea of how, perhaps, from time to time, you have each fought against your own ecstasy, and that can make you very tired.

And if you feel like things are weighing you down, many times it is simply, in a way, from time to time, once you go through a doorway and pass on to another level, until you actually give yourself the opportunity to pass beyond regret, beyond guilt, beyond any sort of negative association or self doubt in that way. Each time you make one of those steps you may still create, well, let us say, post-transformational depression. Because many of you still think that it takes a great deal of energy to have made such an abrupt change, and so after having made the change, rather than recognizing the ease in which it was created, many of you will simply go... "Whoa, that was a big step. I guess I better rest for a while." Feels very heavy until you acclimate to the new level of energy.

You see, each and every time you take a new step, you do expand the idea of your awareness of more energy. But because you have just come out of a frame of reference in which the energy is very real and tangible to you in a negative way, then as soon as you run into all that new energy, it is mass, energy is
mass, mass is energy and as soon as you run into that much more energy it feels like a lot of weight. Feels very weighty. Paying attention?

Q: Yes.
B: Therefore, at first, it may seem as if, "Oh my, well I’ve just done a wonderful thing and I’ve made a big step, but now I’ve run smack into all this weighty energy. Oh, I’m going to get tired all over again." When you begin to connect into the understanding that all of that energy is what will uplift you and support you and accelerate you, then it will not seem to carry weight. It will not seem to be a barrier that you have to wade through like viscous energy and, in this way, you will not continue to feel as if every transformation you go through makes you tired, because you go, obviously, through many transformations with your immediate family. Is this assisting you?

Q: Oh, it’s great.
B: Is this assisting you?
Q: Well, he left, but it’s assisting me. All of us.
B: All right. Something else?
Q: No. Fine.
B: All right.
Q: I’ll chew on that one for a while
B: Enjoy the taste.
Q: Yeah, we all will.
B: For it is, if you let it, very, very, very, sweet.
Fearing Abundance

Q: I think I’m afraid of the degree of abundance that I’m experiencing.
B: For what reason? You don’t think you can handle it? Do you think it’s something you might lose?
Q: Something that perhaps...
B: One moment. Are you afraid you might have to become, in eyes of other people or even yourself, suddenly more responsive than you want to be?
Q: Responsible in a different way. Not to people, responsible covenant.
B: So, you don’t think you can "carry the torch."
Q: No... I guess not.
B: So. Do you believe that it is possible?
Q: Yes.
B: Is this what you are saying? That you believe it is possible you can actually be given something more than what you can handle? Something that could overwhelm you? Do you really believe that’s possible for the Universe to do?
Q: Not when you say it that way.
B: Now, it is certainly possible to create the feeling of being overwhelmed, but only by not trusting that you can handle what the Universe gives you – as if that were possible. It really isn’t possible you know. In a sense, you are a cup, you are a vessel. And yes, the Universe is filling you up with abundance. Now, what you’re worried about is the idea that you might overflow and that you won’t be able to handle the excess. Is this a rough analogy of what you are saying?
Q: Yes.
B: All right. I understand your analogy, but also understand it this way, when the cup is full, the cup doesn’t have to worry about what spills on the floor, because the cup only deals with what the cup has. Everything else "doesn’t belong in the cup." Understand?
Q: Yes, I do.
B: Does that help you define your parameters a little better?
Q: But the cup seems to get bigger and bigger.
B: Oh yes, the cup can grow, but that’s all right. Because again, there will always be the same relative scenario. The Universe is infinite; you are infinite, you are feeling your own infinity. You are feeling your own infinite capacity. Yes, you’ll keep growing and will expand and expand and expand–forever. Yes. But, by definition, it will never be possible for at any given moment to be given more than you can handle. I’ll tell you exactly why. Because if it were more than you can handle, you wouldn’t keep expanding. So, in a sense, it is a fail-safe mechanism. If you really feel you can’t handle it, you’ll stop expanding, and then you won’t have to handle any more. If you want to expand, then you will expand and be
capable of handling more. You will always be capable of handling what it is you are handed. And if you feel you can’t, you will stop expanding and you won’t be given any more until you decide you are ready for more. You will always have that self-governing system. You will always have that choice.

You were created and designed to be self-regulating. Remember that the Universe does not do pointless things. So if you feel that you’re expanding and can handle no more, everything will stop at that level. The only thing that makes it feel that you may have to handle more than you’re ready to is because you’re worried that the Universe might not be hearing you say, "Enough, enough, enough, enough." But you are that Universe and you are self-regulating, you will hear yourself say, "All right, wait a minute, stop. All right, go on. All right, wait a minute, stop. All right, go on." You will do that forever.

So relax into the mechanism as being self-governing and then you can simply, with ease and with grace, say, "All right, stop. All right, go on." That process is fine. You don’t have to worry that by saying "Stop, stop, stop," you are somehow defeating the idea of the torch you’re supposed to carry. It’s up to you. No one wants you to proceed faster than you are ready to proceed, because if you did you would be worthless, and who would want that?
Feeling the Shift
Q: Is the lightness and the whole change that I’m feeling in my being now... it’s kind of an acceleration... is this part of that shift from the third to the fourth density?
B: Yes, yes.
Q: Yeah okay, so I imagine a lot of people are feeling that now?
B: Ask around. (Audience laughs)
Q: All right, thank you.
Fevers and Scattered Energy

Q: I have a lot of energy.
B: Well yes, you...
Q: My body temperature raises several degrees at night.
B: This is a typical symptom now of the transformational age. Because you are allowing more and more energy through you; and yet it is still passing through a body that, in your subconscious mind, you think is not necessarily always capable of handling the increase in energy. So when you think that your body is constrictive to that energy, and the energy is still flowing through it, it will create the friction that you are translating in your body as fever.
This is a typical symptom for many of you for now. Until your body is accelerated, and acclimates and matches and harmonizes with the higher energy you are now creating, then some friction and some fever may remain. But as soon as it acclimates, you will balance out. You follow me?
Q: Mhmm. In speaking to several different psychics lately...
B: Yes.
Q: They have noticed that I tend to scatter my energy.
B: All right.
Q: And I recognize that. And I was wondering if you had some suggestions on how to...
B: Are you doing in your life the thing that excites you the most?
Q: Yes.
B: What is it?
Q: Writing.
B: Writing. All right. Does anything else excite you equally?
Q: Communication with my friends.
B: Is that the same thing?
Q: Yes.
B: All right. Anything else?
Q: Oh, lots of things, most everything...
B: Equally, equally, equally as writing, as communication. Or is that the most exciting thing?
Q: No. It’s part of an overall drawing people and ideas together.
B: All right. So that is the one idea, yes?
Q: Yes.
B: And that is the exciting idea. And you will use whatever tools you are creatively capable of using. Is that what you are saying?
Q: Mhmm.
B: All right. You will not necessarily continue to function as a scattered energy if you start changing the definitions of what you are as an energy; and recognize that the whole idea – all the things you are doing can be looked at as a whole idea of pulling together, gathering, allowing communication to happen between different individuals in different ways, through different methodologies: Perhaps talking; perhaps writing; and so on and so forth.

Give yourself an opportunity to define what the whole idea is. And that will assist you, first of all, in realizing that you do not have to think of yourself as a scattered being. For it is only your assumption from your society that you cannot necessarily do all of these things at once that have created within you the idea that your energy is scattered. Therefore, that is what is going to be perceived by anyone sensitive to your energy, because you believe you’re scattered. You follow me?
Q: Yes.
B: So allow yourself, first of all, to understand whatever the one definition is that can wrap up all of the different methodologies you are creating within your life.
Q: Uh huh.
B: So is it the idea simply of communication, and you’re exploring many different forms of communication?
Q: Yes.
B: Does that idea allow you to feel less scattered?
Q: Yes.
B: Why?
Q: Because it’s cohesive.
B: Well, thank you very much.
Q: Thank you.
B: Does that work for you?
Q: It does.
B: Thank you very much for allowing us to reflect to you the one unified whole idea that you are.
Q: Thank you.
B: Sharing!

Fevers and Scattered Energy
Field Trip to a Cylindrical Essassani Mothership

A Galactic Sounding Voice:

Now then, three deep breaths... and allow there to be the individual spark of energy that each and every one of you represents as a multidimensional crystal... your own unique facet, so that the experience combined will allow each and every one of you to partake, upon your own level, your own interpretation, in this way.

Now, allow me to remind you, once again, that it does not matter what way your consciousness chooses TO INTERPRET the experience. Whether you think you are there or not, you are aboard the craft. You will be aboard the craft, no matter in what way you interpret the image. Whether you think you are walking through a building that is of what you call normal configuration or not, it will only be an interpretation CREATED for the purpose of allowing you to be comfortable in your surroundings – but BE on that craft, a portion of your consciousness will be, absolutely, beyond a shadow of a doubt.

Allow yourselves, at this time, to close your eyes and relax, and form round and about you the idea of a crystalline transparent blue energy bubble, whether it be a sphere or an ovoid, or... it does not matter what shape. Allow yourself to know that you have now, in a sense, isolated yourselves, en masse, from the universe that you are used to creating round and about you.

Allow yourselves at this time to perceive all that you call the room – that you can perceive through the clear transparent shell of the blue crystal energy bubble – is something that is now dissolving into a gray-white fog. You are allowing the idea of the definitions that create the seeming solid room around you to DISSOLVE BACK TO THE PRIMAL ENERGY OF WHICH ALL PHYSICAL REALITY IS CREATED! You are now floating in a void, above you, below you, around you, three hundred and sixty degrees. Below the bubble, above it, and on all sides, there is VOID and only void, insubstantial material energy, in this way, out of which anything can be created.

Allow yourselves the opportunity, at this time, to go within the dimension of your imagination and allow, at whatever rate is comfortable for your imagination, and in whatever form is comfortable for your imagination, the idea of the craft to form and become, in this way, coherent around you, gaining solidity. Allowing all vibrations to enhance the experience of the rapid acceleration into this idea that you are partaking of.

Recognize that within your imagination you have the ability to allow yourself, now that you dissolved the bubble from you, to recognize you are aboard the idea of the Mothership, which is, approximately, in your terms, a cylinder seven thousand feet in length, and seven-hundred feet in diameter, in this way; and to partake of the idea of any deck, in any manner you desire: you may stroll deck to deck, you may instantaneously appear in any section, any level, inside any piece of machinery. Interact with any beings in any way. Recognize, that many of the beings you are perceiving, in this way, may seem to be ghost-like images, appearing in and out of the mist, in that way. They will become solid to whatever degree you are willing to interact, in that sense, according what they sense to be the idea of the different...
portions of personality that are brought to bear in this interaction.

Allow yourself to feel free to explore, in any way, shape or form, the idea of this craft in that way. Allow yourself the opportunity also to recognize that you can sense, at any given moment, the whereabouts of any being that came with you, that is of earth, in that way, that you can sense through the decks, the idea of the energy form that is the projection of spacecraft, as you would call it, from our consciousness. You are now partaking of the energy of our consciousness in this way.

You are allowing yourself to be immersed within the atmosphere of our energy and to partake and interact in whatever way is comfortable for your imagination. And understand, that no matter in what way you are perceiving the idea of the interaction, you are now finding that a portion of your consciousness within the dimension of your imagination is aboard this craft, and you are experiencing the sensation of the joining with us in this way, and the ecstasy that you may explore to the fullest of your curiosity, anything that you so desire. We will extend to you the idea of the opportunity now to take a moment of your time to explore anything in this way that you find yourself attracted to...

(Takes several deep breaths)

Now, in this way, allow yourself the opportunity of re-forming the bubble around and about you as you carry yourselves together – understanding the idea that you are not leaving anything, that you are only shifting your perspective, as you gather back together the idea of all of your comrades upon this trip, in that way, and re-form round about you the crystalline energy bubble. And allow the idea of the love and the acceptance, and the idea of the acknowledgment and the greetings that were given to you on boarding the craft... to be the acknowledgement of the farewell that is a separation that never occurs.

We are always connected and blended in this way, and you HAVE within you the realization that, now within your auric field and within the equation that you hold yourself to be, is ALWAYS the opportunity to experience this connection, in that manner, within the dimension of your imagination. Allow yourselves to recognize that this bubble surrounds you now as you emerge from the idea, through the hull of the Mothercraft, to look below and see floating in space the idea of your planetary form that you call the earth, the gem and the crystal that it is in this way. And recognize, through your new inner sight, the idea that the vibration of the green emerald crystal of your earth in this sense is every bit as gorgeous and every bit as lovely and every bit as UNCONDITIONALLY LOVING to you, and supportive as the idea of any place that you can be, within any portion of the universe, in this way.

Allow yourselves to be drawn into that love, to be nurtured by that love, and in this way, cradled within the idea that you are now creating within yourselves – the RE-FORMING of the idea of your physical reality round and about you that it is no LESS than any place you have ever been, but is equal, part and parcel, to the idea of any place you can ever be, and every place that you exist simultaneously within the entirety of the universe. The holographic nature of which is a reflection of the idea that you are the multidimensional crystal of All That Is, an expression of that form it has created you to be.

Allow yourselves to gather your consciousnesses together now, upon the surface, recognizing that all the different ideas that you have previously called the different levels of your consciousness are contained in
one idea of Oneness, one level of being, as you DISSOLVE the idea of the blue crystalline bubble that allows the re-formation of your room to take place, in this way. KNOWING that this re-formation is your choice, to suit your purposes, and that you are in this way partaking of the universe as a whole. And you are simply allowing yourselves to perceive the idea of the whereabouts that you know serves the best of all concerned, in that way, so that you can play your part and be of service as you will. Knowing, at the same time, that you are connected, in this way, to every experience you can gather unto yourselves. Three deep breaths.

Now, in whatever way, shape or form you so desire that you imagine has allowed you to interpret your experience – share, and we will illuminate. WHO WILL BE FIRST?

Q1: I find it true.
B: All right.
Q1: And I was enjoying the polarity first and that was very nice, and there were animals on the craft.
B: Yes. There are in that aspect what you call gardens and parks upon the craft.
Q1: And then I very much wanted to go to where the... well, I’ll use the word Captain?
B: Yes. And what did you see?
Q1: It was a very... I didn’t get all the way in, I was enjoying the trees too much, but I willed myself to go to that location, and it’s very important... around the room...
B: Yes.
Q1: ...it was a very thick wall... six inches thick, or something?
B: All right, in a sense, yes.
Q1: And I didn’t get any farther than that, I had to come back.
B: Did you observe what you would call, the “riot of colors” of light?
Q1: What I saw more than that was that I could almost see through...
B: Very good.
Q1: ...the hull.
B: Yes. They are, in your terms, quite transparent, in that way. And the energy, of what you would call, OUR devices, project themselves in terms of transparent light. The room, what you would call the bridge, is, in this way, an orchestra of light and of color.

Q2: At first I experienced a lot of feeling of strong love...
B: Yes.
Q2: ...and an acceleration in my chest.
B: All right, the welcome, the identification.
Q: Right, and then the first image I got was of a large room, very white, bright white.
B: Yes.
Q: I couldn’t really see walls because of the bright light, and a couch type circular area. Kind of like, I guess, would be a place for resting or relaxation.
B: Not exactly, but go on.
Q: Oh, I don’t know, but it was white also.
B: Yes.
Q: And it looked very comfortable. And then towards the end, what I saw a very strong identification with was an image of a being, seemed male to me, just like the out figurine of somebody, grayish, dark inside and, like, a white outer...
B: Yes.
Q: ...and then around was just a white light, like around the hall was bright.
B: Yes.
Q: And I just felt a strong connection with this.
B: Thank you for your sharing in that manner. Who else? You.
Q3: Thank you. I experienced a medical area.
B: In a sense, continue.
Q3: Where energies and colors were used as healing.
B: Yes. Not so much the idea of healing, but of specific types of alignment.
Q3: Yeah, I was not seemingly allowed to be there very long; it was a fast test group.
B: All right.
Q3: And I requested the permission to come back.
B: You can always do so.
Q4: You know, this has happened now for two weeks straight, you know... like when you got us on the space ship, I just conk out and lose consciousness completely, and then I come back when we all come back.
B: You are absorbing the experience on whatever level you need to, and in this way, simply allow yourself to know you will draw from it as you need to, if you need to, consciously, when you need to.
Q4: Thank you, that’s great.
B: Thank you. Yes.
Q5: If I were looking out a window of your craft, would it appear as though the craft was rotating in relation to earth as you were passing by?
B: Now at this time, in your terms of your physical reality, the craft is stationary relative to your earth. But it is not that you cannot see that idea, if you recognize that it is not a window you were looking out of, but in a sense, what you would call, a projection, a holographic projection.
Q5: I don’t know that I was on the craft at that point. You were talking about the scene of early man in terms of going back, and that’s when I got my most vivid image of seeing the planet in this different perspective that I was in. It kind of moved from the bottom of my vision to the top quickly.

B: Then your own motion, in that way, what you would term, motion, was responsible, your own motion.

Q5: There was also a scene, ahead, of a room that also had a brilliant light and a white color... if you could imagine a pinwheel, a long white, almost glass like projection screen all the way around.

B: Yes.

AUD: (Several individuals responded with the same vision)

Q5: I couldn’t really get it into perspective of the room, and it was as though I was moving around it, looking at it, and the device itself was in motion.

B: Again, not so much that it has motion, except in an energy sense, which is, again, what you were sensing.

Q5: What were the options?

B: There are two possibilities for your locale. How big was it?

Q5: Each projection would, maybe, be four feet high, by, maybe, a foot wide or less, and then, maybe, about six feet long; exactly coming out from the center... these individual projections all the way around.

B: In this way it would be, again, to be colloquial, one of the chambers called a chapel. And it may also be responsible for the idea of what you thought was a window. For in this way it is the alignment place wherein you can be in touch with the idea of All That Is, and any aspect of it. The central crystalline idea will be the receiver, in that way, for that energy. And when you are in proximity to it, you can be imbued with the vibration and susceptible to the idea of, what you would call – visions.

Q5: Yeah, it was after seeing that, though, that I suddenly realized that things were a lot more clearly defined...

B: Yes, in this way, also recognize, as we have said, every time this is done, it is also in assistance, for there are individuals who will view the idea of this group surrounding itself with that energy bubble and going to and from the craft as, what you would call, a UFO. You follow me?

Q5: Yes. You mean they would see us as unidentified, or as a craft?

B: They may see it as a craft. They may see it more as an energy sphere, but they may call it a craft... and it is not that it is not a craft, for it was the craft, symbolically, that took you to the Mothership.

Q5: Right. The individuals that you are talking about are members of your civilization?

B: Members of yours.

Q5: Oh, I’m sorry.
B: And in this way, the idea of *the motion*, so to speak, of the craft leaving your planet going to the Mothership, leaving the Mothership, going back to your planet, can also be what is responsible for your sensation of going around your earth. You follow me?

Q5: Is there also a telephone?

B: In this way you can recognize that your own device, as it, *quote/unquote, ADDED* to the vibration and represented the idea of communication, could be part and parcel of the idea of seeing, if in this way you could all include it into the experience, as well *as the cat*.

Q6: I was going to say that. Was the cat there?

B: As we have said, they bridge third and fourth density, and let you know that in no uncertain terms. (Audience laughter)

Q7: I’ve always been attracted to the milky white sheets that you described, and when I saw them in the ship I decided to go inside them and experience it on a more molecular level. And what my experience was is kind of hard to describe, but it was almost like a cellular communication on an electrical level.

B: Yes. This is, to some extent, what we were defining before as the idea of artificial intelligence matrices.

Q6: It seemed like it was almost like these spheres, that I would call atoms, had some sort of light communication.

B: Yes, let me put it this way: the substance of the sheet allows there to be a *medium* in which what would pass for circuitry can take its form, but the *circuitry* is completely electromagnetic in nature. It *is* states of electromagnetic potential. It is not that you could open it and find circuitry, but that within the substance are states of electromagnetic potential in various states of being, various states of frequency, and that is the circuitry embedded in the boards.

Q6: And it’s alive?

B: It has connection to the consciousness that imbues the entire ship.

Q7: The template universe, again.

B: Yes, but also specific expression of the consciousness you would call the computer, which is a reflection of our mass consciousness in the symbolic form of the ship, and is linked directly to what you would call Captain’s mentality.

Q7: Um.

B: The ship and Captain talk, and are one.

Q8: What I experienced twice, in going in and coming back, was a very strong sense of motion, like I was turning a lot, and that sense of going backward over one’s head. And when I went up to the ship it seemed as if I was underneath the ship.

B: All right.

Q7: And there were layers that reminded me of roof shingles, one on top of another, like layered, so that they half hung beneath the other, on top of each other.
B: In a sense, you are perceiving, in a very enlarged, magnified fashion, the layering within the hull itself.

Q7: All right. Near that layering, near the hull deck, there was a... I felt it seemed as if it were a window that was set at the bottom of the ship, through which you could look out and see whatever was around... for me it just seemed to be endless.

B: Yes.

Q7: And then from there I was in a room that felt circular, it felt just like it was dome-like...

B: Yes.

Q7: ...and glass-like, but within the room itself there was a sensation of floating, but floating *within* a material. It was like it was a cloud or a fog of some sort. And I noticed that there were one or two other beings floating, bobbing up and down in this fog, within this circular room with me.

B: Our perception is that, in a sense, you were on the bridge, but within an energy state that did not allow you to clarify the perception of the consciousnesses, out of the homogeneousness that can be perceived upon the bridge... in terms of the way in which all consciousness in the ship melds and blends with the consciousness of what you would call the bridge *personnel*. You may have allowed it to remain amorphous.

Q7: When I was coming back to earth, when we were all coming back, I had this crazy image in my head of *falling* onto the earth...

B: Yes.

Q7: ...and seeing the green...

B: Yes.

Q7: ...and seeing the grass and it was very cushiony, and I hit the grass and fell right through the glass, the grass, and it had a sensation of falling onto the earth.

B: Yes.

Q: And coming out through the other side?

B: Yes, ‘tis not impossible... you were, in that sense, in an immaterial state, a fourth density, non-physical, imagination dimension state, which would allow you to pass through anything that you previously considered a solid object.

Q7: Then what was the motion... there was strong response to the motion?

B: In this way, again, you are making the interpretation that, because you are moving relative to something else, you create the sensation that gives you the opportunity to experience it *as* motion. You follow me?

Q7: Yes, I do, but I didn’t feel that sensation last week and...

B: You can always change the definition.

Q7: Yes, I understand.
B: Understand, again, you are never really moving anywhere. No one ever really moves, not in a literal sense. You follow me?
Q7: Yes, I do.
B: Thank you! You... then you... then you.
Q8: Thank you. Two names are coming to me very strongly and I’m wondering if they are connected in some way...
B: Such as?
Q8: Tunaleneese and Essrapia.
B: Vibrations, signature vibrations of individuals. How do they allow you to feel?
Q8: They are, kind of, accompanied by a very high pitch.
B: Did you feel like you got a guided tour?
Q8: At the time? No.
B: What do you feel about these vibrations? Do you feel that they can function as guides?
Q8: Probably, if I were to allow them. There feels to be a connection of some sort between them and I.
B: Then the lure has been cast. It is up to you to follow it, and be lured to more of yourself. That is all for now.
Q8: Thank you.
B: No, thank you. Yes?
Q9: It seemed like I was inside of a device and the device could be described like an old fashioned electric light bulb; and, perhaps, there was a collar at the end and out of that collar came a metal shaft that came to a point. And then there was I, kind of floating in the middle, and the device continued on behind me. I would say that the height inside the device would be about five or six times my own height...
B: All right. Is one of the larger condensers not unlike what we have already described to you?
Q9: All right. It was vivid.
B: Yes. Thank you. Yes.
Q10: I sensed that circular room... there was a kind of a mist in there, kind of a fog. And, also, there was a man with me, kind of right behind me looking sort of down into a large room that was very luminescent, and there were a lot of beings in there, all pale, they were all kind of light.
B: Yes, in a sense, it is more of an energy sense. But continue.
Q10: And they were all very busy doing something, there were many of them very busy doing something. And also, at one point, two beings came behind me and each had an arm and they gave me a glass, a large glass, a large goblet of red... like wine, real red wine. The glass was divided...
B: Into?
Q10: ...well, in the hands by something... it was as if a piece of glass was stuck literally into it.
B: Did you drink?
Q10: No, I didn’t have time and then it was done. I don’t think I did, no.
B: What do imagine it would have felt like had you had taken a drink?
Q10: Well, it was so beautiful to look at that I didn’t...
B: You drank it with your eyes.
Q10: Yeah, I was too busy looking at first, you know, savouring...
B: Then you drank.
Q10: I drank in the color.
B: All right. How did it feel?
Q10: It was beautiful; it was beautiful ruby...
B: Yes, that is the word, ruby.
Q10: And also, coming back to earth, the gem quality of the earth, the “emeraldness” of it, and the feeling of love when I looked down at the planet, and I just held the earth in my heart. I felt the whole earth, like an emerald-like quality, it was wonderful. I felt so much compassion and love for it, as if I had been not a little lost, and that perception was very different.
B: The red and the green, follow your curiosity within those two crystalline forms, the red and the green. Much can be done for the blending of your mentality and your heart, and the crystallization of your ability to step within your imagination, and experience it just as really as you would any physical reality. All right?
Q10: Yes, thank you.
B: Well, thank you. You.
Q11: I had a sense of these long tubes, pencil-like, filled with blue light.
B: Row upon row?
Q11: Yes.
B: They are, in this way, the channelers of the energy, the stepped up energy, to various portions of the hull that generate the field around and about the craft.
Q11: Like combs.
B: Like conduits.
Q11: Right.
B: Ribbing.
Q11: Yes.
B: Not unlike the idea you would call your fiber optic, but different. You follow me?
Q11: Yes. Now the blue light itself... where is the source of that light?
B: The universe. It is simply what has been stepped up, and specially rendered into the type of energy that represents the electromagnetic energy that will surround the craft.
Q11: I also had a sense of a mechanical apparatus that reminded me of a very old vintage typewriter.
B: That was your interpretation. Simply, you will find that it was a control panel, but it does not have buttons or keys. But you interpreted it that way to make sense out of it, and it could be, in your terms, called a *translation device* for different modes of consciousness.
Q11: They’re out of touch.
B: Out of time. (Audience Laughter)
Q12: So to speak, in our dimension.
Q13: Can I mention boots before it's all over for the evening? I had a sense of boots.
B: Yes. Would you have in this... End of tape...

Field Trip to a Cylindrical Essassani Mothership

2
Q: When you were giving your opening introduction remarks, you were talking about thousands of years of negativity...

B: Yes.

Q: ... then you speak about, like decades...or three, thirty years in the future, and yet all time is simultaneous...so how does that...

B: We are using your terminology so you understand us clearly. Yes, we know that all lives and all realities and all dimensions exist right now, but that to some degree, in our conversations with you would be confusing. So we use your colloquial vernacular of talking in time sequences, because all of you are still very adhered to the clock, and when we say, "twenty years from now," you understand what we mean. To say, "it’s all going on right now," is all very well and good, but that does not tell you how it fit’s into the time track you have created, understand? You will still be physiological beings for quite some time, and you will still fall under the auspices of a time track to some degree, even though now you may be loosening up that time track, and realizing that all things actually happen at once. You will still, as long as you are physical to some degree, be subject to the idea, the notion, to some degree, of relative outplay of time. So we simply speak in the colloquial terminology so you will understand us most clearly – in terms of how what we are talking about fits into your understanding of time. Does this make sense?

Q: Kind of.

B: Kind Of! There is nothing mysterious about it. The idea simply is that in your dimension, you label things in linear time.

Q: Right.

B: So we use your conventional terminology so as to not be too confusing.

Q: Okay, but how does "thousands of years of negativity," translate to "all time is simultaneously...? " I mean it’s...

B: All right, all right. Once again, do you remember what we have called the film analogy? The idea, what you call your film upon your planet – if you take a strip of your film, it has many different frames, yes?

Q: Yes.

B: The idea is, that each and every one of those frames can be a different moment in time, a different year, a different life, a different century, it doesn’t matter what you label it. Sufficient to say, that each
frame represents a calculated bit of time and one frame follows another, you see them all laid out in succession. You say, this is the beginning, you arbitrarily say, this is the middle, and you arbitrarily say, that’s the end, right there – this is a cycle. Let’s say, for the sake of this discussion that that film strip represents the thousands of years of negativity, all right?

Q: Okay.

B: Now, that is the physical analogy of awareness. Everything is compartmentalized into segregated frames, ONE THING AT A TIME, however...

Q: I understand that part.

B: All right, however...now you, the Being, the true non physical, consciousness entity awareness Being that you are, the total Soul that you are, knowing that the physical reality is only one aspect of the total Soul that you are – this total Being is now analogous to what you would call the projectionist LOOKING AT the strip of film. Looking from above with an expanded point of view, down onto this nice little flat piece of film, with all of its frames nice and neat and orderly, one after another. Now, while you project your consciousness into the film, you only experience reality one frame at a time, but as soon as you step back, shall we say, rise above physical reality, and adopt the point of view of the projectionist – well, the projectionist looking down on the strip of film, sees all the frames at once. They’re all simultaneous, they’re all right there, the whole film...the beginning of the film, the middle of the film, the end of the film is all, as you say," in the can," at once...the whole film is there.

The projectionist can look at the film backwards, can look at the film front wards, can start in the middle and go in both directions. To the projectionist’s point of view, it doesn’t matter, because all the frames are laid out in front of the projectionist, all simultaneously. But for the " beings," the "characters," inhabiting the frames of the film, they only perceive the story one frame at a time, in a particular linear direction. This is the analogy of physical reality and non-physical reality. Non physical reality, where you exist as a total Being, has the point of view of the projectionist. When you project an aspect of your consciousness into physical reality, it is like becoming one of the characters in the film who can only understand the story, one frame at a time, understand?

Q: Okay.

B: So, the projectionist knows that not only all these frames are going on at the same time, but there are also many other cans of film on the rack, many other lives, many other dimensions – everything is there all at once. And you can review at your leisure, anyone, in any order you wish to. It is totally out of sequence, you don’t have to see anything in any kind of sequence at all. But as long as you are in the film, to make sense in that particular format, you must run it in a particular way. Does this make some sense?

Q: Yes.

B: Therefore, we know that everything is simultaneous, all the lives are there all at once. But in terms of applying what we are talking about in terms of events with you, we apply the terminology to the film
strip itself, because you are living in the strip of film, as the consciousness that is now talking to us, in this way. We are responding to the character in the film.

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BASHAR’S departing delivery:
B: Our unconditional thanks to each and everyone of you, you are a
garden of forget-me-nots. And remember, not that your eyes should be to the skies, for your task is at
hand and at home, apply what you know to your lives ... to yourselves.
We have thus though told you that our craft is a certain distance
above your Cairo and at last count we gave you, 2700 miles, but know
this NOW, and we will not name the figure but you will understand from all that we have said before,
that it is not so far away, but within the same domain as the figure we have just given you. The height we
now in your miles above that self same city, is the same number in miles as the year that we will land.
To each and everyone of you and all of you together —live, live, live
your lives ... instead of dreaming of being alive, live your dreams for
that is all you are. If and when thus THIS FORMAT should seem to fade from view allow yourselves to
UNDERSTAND ... I have always simply just been you. Good day!
In the beginning, which is actually within creation, creation is not subject to time, time is a creation of the Infinite. At one time it could be said: there was the All, that, in a sense, did not know Itself because it was all there was, and there was no differentiation. The first moment of self-awareness was the first split off of Itself to Itself. The first reflection, and that first reflection is what you call Creation. As soon as the All That Is became aware that it was All That Is, that created the idea of the process of the creation of All That Is in it’s individuated state. The first level, the first layer, the first recognition of All That Is of Itself, the first split off, is what you on your planet typically refer to as Angelic Consciousness. Now, more precisely, you must understand that within the first split-off of Angelic Consciousness there is by definition the idea of the polarities of positive and negative–mechanically speaking. This does not mean good and evil exactly, does not mean the idea of right and wrong exactly, but just the idea mechanically of that which integrates and that, which separates–positive and negative mechanical consciousness. That is archetypically, symbolically in your civilization represented in the Angelic level by the symbolism archetypically of Archangel Michael, and the symbology of the archetype of Archangel Lucifer. In this way that polarity was the first split-off of the Infinite from Itself....
FIVE FACTIONS OF GREYS

Questioner: Good day. I’ve been reading an author that’s writing about mind control experiments…
Bashar: Mind control experiments.
Q: the shadow government.
B: Shadow government, yes?
Q: I’ve been reading an author that claims that many, if not most of the abduction experiences with medical experiments by greys, and so on, are really screen memories induced by regular old terrestrial government type?
B: Regular old terrestrial government type?
Q: Yes
B: Some of them are, not most, some.
Q: One of his piece of evidence is his logic that many of the experiments, the method, the medical methods used by the Greys, for example, are so primitive compared to where they should be given the technological advancements, supposed advancement of the species, that, that is really a give away, showing that it is really humans?
B: No, not necessarily so.
Q: Then why do these medical techniques seem so barbaric in many instances, and why is there so much pain if they are so advanced?
B: First of all do not necessarily make the assumption that they are as advanced as you might think on every level. You must understand that many societies will take a science only to the level that it serves them and no farther. Many times you will find especially in the circumstances regarding Greys that because they did created in their society a devolution you understand?
Q: Yes
B: And did in a sense destroy their societal structure and evolve into the form that they are now. They will also have sacrificed certain portions of their ancient technologies and will have recreated them only to a certain degree that serves their agendas. The idea also to understand is that many of them are simplistic, why not necessarily needing to be any more advanced because they simply do the job that they want them to do. They have no reason to advanced the technique if they can get what they want with what they have. You could say that it is not so much not advanced, as economical. You understand? Though we are not implying that they have an economy like your planet but the idea is that they will only go as far as they need to
because that is the way that their mentality is structured. So if they can invent a long pointy stick that will puncture a hole and extract the fluids they need they have no reason to bother with anything else, you follow?

Q: Would that also include that fact that if they feel like they are going to screen out the memory of the experience they feel like then they don’t have to bother about the pain?
B: In some senses, yes, that might be said to be an extension of their so called technology. In other words, as you have said since ultimately they believe it will not matter to you, then why bother to invent something that they can do simply with their minds. Knowing that no matter what you go through in the meantime you won’t remember. That’s their logic, I’m not saying that it is right or wrong. I not saying it’s what you may prefer that is simply their logic. Yes, does that help illuminate the idea a little bit?

Q: Well it does, the last question then would be but surely by now they realized that their methods of making people forget the pain are not fool proof, and many people are experiencing pain. So why don’t they...
B: Yes they are beginning to realize that: and you will understand that if you actually take, now in what you would call your contemporary day and age, a modern cross section of interviews of individuals, who are having those experiences, you will find that the quality of many of the experiences have changed. Sometimes however there will still be individuals who will report certain things but you must always be cautious to understand what it is they’re actually saying and why? I am not, again, in any way shape or form, justifying any particular approach on any level or on behalf of anyone but sometimes an individual will report something that may seem still to be a very scary, very frightening experience but it may be because they are simply frightened and it may not really be because of anything that is being done to them but they may amplify that and imagine that they have suffered more than they actually have. Again I am not trying to excuse away anything that may have been done that would in a sense, perhaps, be better accomplished through mutual agreement, but nevertheless you have to take into account all the factors in every case to really understand what is going on in the evolution of the process, it’s not always black and white and cut and dry just based on what someone might actually remember or think has happened to them. You understand?
Q: I do.
B: But overall you will find, if you will do the research and take a cross section, the quality of the interactions has changed because the
agenda has changed and many of the greys over time have learned, have learned and have absorbed the understanding that different techniques are required, and that they have in some cases acquiesced to allow the experience to be, if not more enjoyable, then certainly less painful, but again you must understand they are as far as you are concerned an alien consciousness - they have their own logic, they have their own agenda, and they do not see things as your people do, especially not in the emotional areas and thus, then, sometimes what kinds of things your species may required to feel- that some form of sociological etiquette has been recognized, they may simply have no clue should even exist. In the same way, and again this is not a judgment nor a justification but if you will simply look at what many of your own scientists do to many of the animals on your planet I think you will get the point. How far do they go out of their way to make these animals comfortable when they are burrowing into their heads with drills? Do you follow me?

Q: I do.

B: They have their agenda and they think that what they are doing is for the good of humanity and in some senses maybe it is, but they haven’t yet arrived at the level where they can understand that there are other ways to extract the information that they need. As such remember the Greys are in their own way, a reflection of your society in its contemporary evolutionary state that’s why you’ve attracted yourselves to each other in the way that you have, into the relationships that you have. They need things you have, you need things they have. You have drawn yourselves to each other to reflect to each other that in a sense you are both in your own ways at a certain stage of evolution – that on one level for you and for another level for them, is not necessarily very advanced. They may have higher technologies in certain areas, but you have great advancement in understanding individuated emotionality balance that they have absolutely no comprehension of except to understand that they need it and they understand enough that they must, genetically engineer it into the hybrids that they are creating in order that they can then be more than they are. You follow?

Q: Yes I do.

B: So it is really not just a simple black and white picture and you must understand that even within the greys there are actually many different factions that have slightly different agendas and slightly different ways of looking at things. You can not just say the GREYS and why are THEY this are not that, anymore than you can say the HUMANS why are they not this and not that because you know that every human individual is very different. It may not be down to an individual level for the Greys but there are a large collectives within the greys that might function as a slightly different individuated agenda for another collective within the greys. Therefore even they are at odds with each other over certain issues as to exactly how to handle this overall agenda of whatever it is they are doing for their society for any given moment. You follow?

Q: Yes, I’m wondering how many different agendas and groups might there be?

B: Within the overall collective of the greys there are actually five
different agendas.

Q: Could you summarize what the differences are?

B: Yes: one will be, as has been said, a more advanced level of the greys, what you might call a more futurized level of the Greys. One will be one more contemporary to you, and one will be much more primitive in terms of time frame. Three different time frames of greys interacting with each other because they have the ability to slip through inter-dimensional time-talk about confusion. But because they are of one mind it is not necessarily as confusing for them as it might be for all of you on an individual level. The other two have to do with fluctuations within the more primitive and moderate or middle level of Greys. The futuristic Greys are relatively cohesive in their understanding of what they are doing, but in the contemporary level and in the more primitive level there are also splits about how to go about doing what they are doing; whether or not even to go about doing what they are doing? With regard with their relationship to you, your relationship to them and the whole idea of the creation of the hybrids in terms of what that ultimately will do for them, for you and so forth. There are in their eyes many different important issues to discuss with regard to what it is and why it is they are even interacting with you. Does this make some sense?

Q: It does.

B: The number five has to do with the number of humanity and thus this is what they are exploring, in their own way, is opening the gateway, of what for lack of a better term might be something that you would recognize as the reclamation of their humanity-so to speak. You follow?

Q: Yes

B: Thus they are dealing in a sense with a faction that for the most part would be very similar to the concept of simply the more primitive functions of the brain on a very primal primeval level they are dealing with a part of their collective that has to do with the concept of the absorption and integration of emotionality. They are dealing with the part that has to do with the absorption, integration, and balance of intellectuality. They are dealing with a part that has to do with integration of the bodily forms and they are dealing with the part that has to do with the integration of the etheric or the spirit on very different levels and in very different ways than humanity is doing it even though humanity is also integrating all those things on an individual level for each and everyone of you in your own unique individual pattern. Does that make any sense to you?

Q: Yes I’m wondering if any particular one of those groups is prevailing over the others or are they all working together?
B: In some senses they have an innate underlying understanding that they do have to ultimately all balance together and fit into the appropriate slots somehow. There might be a little jostling here and there among the five groups now and then for exactly what that should mean, but powerfully that they have an underlying desire for the manifestation of any particular agenda. That would be one lesson your people could learn well from them - to focus on the outcome or the desire for a resolution more that exactly how it is you think your suppose to get there or which agenda is more right than another. So while they have some jostling they have a stronger sense of desiring a ultimate resolution. You follow?

Q: Yes, do any of them have a formal relations with any of the elements of our government.

B: Not any more. There was a time when there was to some degree what you might recognize as a formal relation with a moderate group, the middle group, a portion of the middle group, but shall we just put it colloquially in your language—things didn’t go well. You follow?

Q: Well, I do. I’d like to hear... can you say anymore about when that dissolved?

B: In general terms it lasted about ten of your years generally speaking you would find it would be about between your early fifties to your mid sixties, early sixties, basically. There were a few splinter interactions that happened and even beyond that but for the most part that was the largest body, ten to fifteen of your years of the major interactions that occurred but then it was seen that the agendas did not really match as each side thought that they might and thus in that sense it fell apart for a variety of reasons that we will not go into detail about right now. All right?

Q: Thank you very much.

B: Thank you.

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Floating Around

Q: Last night I went home and I put together that simplistic anti-gravity device we talked about, and I... 
B: Which one? 
Q: The simplistic one. 
B: Simplistic? 
Q: Right, you know the two by fours that... 
B: Yes. 
Q: I stepped in it and I pulled up and I floated it all around the room. It was incredible, totally credible. (Audience laughs) 
B: All right. 
Q: From that very unusual, that credible experience, I decided that I wanted to patent it and I’m going to sell it. It is only going to cost me seventy-five cents for packing and for the materials, and I’m going to put a label on it that says, “in order to use this device it is necessary to have total trust in your self-empowerment and abundance.” 
B: All right. 
Q: One other thing... 
B: And allowing your imagination to be as real as any dimension of experience. Does it come with a free demonstration? (Laughter) 
Q: One other thing, I’m having a little gathering of friends and I wanted you to join us for a few moments and have some fun with us. 
B: Our energy, in this way, is always being SHARED and sent for every purpose, in that way. Simply recognize that we will be cognizant of the idea of the gathering, in that sense.
Focus and Infinite Probabilities

Q: How are you doing?
B: Perfect, and you?
Q: Fine, great. I wanted to share something: I meditate quite a bit, at least once in the morning and at night – and as much during the day as I can. And they are becoming very rich, and I really love them. I started to extend my hands up, and I could feel energy coming from across the room in the dark.

And last night something very wonderful happened. It just started and I felt the other spirits, other entities, in the room. And it was as if I began a slow aerobic, sitting down. I was being led the way my hands were moving, and the way my arms were extending. And when I came back – when I relaxed and I came back – I tried to do it, and I felt that I had to really put a lot of energy into it, there was not that lead anymore. I guess I just tested it; I didn’t really accept it.

B: All right.
Q: I do now. But the other night when I was meditating, it was wonderful once again. I got up after I was finished, and I went towards the back door – because the back porch light was on. And I shut the light and then I opened the gauze drapes there. In between the garage and the house was a large brownish-red spot, with sort of an aura behind it. And then it just went away. And it wasn’t from the lights; it was just there – a suspended large spot. And I was wondering about that. I really didn’t know what that was.

B: Thank you. At this time, what we are able to share with you about this idea, within our perception and, of course, it is only our perception: you were seeking...terminology, terminology, terminology...you are now, at this moment – or at that moment specifically – the particular future self that a particular past self was aiming to become. So when you became, finally, that future self, the future self had recognition of the energy of the past self. It appeared dulled because of the definition of what the past self used to be: muddied up. You follow me?
Q: Uh huh.
B: So you had the completion of a cycle within the overall cycle that you are. A conversation and a communication from the other point of view of the future self, which speaks back to the past self and lures it forward.
Q: The past self being what I was before that happened.
B: Yes. And therefore, you made your cognitions; you had your dialogue; you wished it on its merry way and waved good-bye.
Q: I love it.
B: Thank you.
Q: Thank you!
Q2: Is the future self – I’m perceiving it as something that the present self, or the upper self or past self throws out there as a model, as a hook to reach for. Is that an idea?
B: It can be looked at in that way. We are, once again, talking about the specific future self within your linear time frame, the one that does simultaneously exist with you right now. The one you will, quote/unquote, be in ten years, so to speak.

Q: Well, what’s another... how do you prefer to view it?

B: We are speaking of it in the terms we have just described it, for this particular interaction. That is how we are using your term, “future self,” right now.

Q: I still didn’t get it.

B: The one you will become tomorrow; that is your future self.

Q: All right. Where is that being generated from?

B: From the same place you are now – right here.

Q: Okay. It’s a combination of the totality of oneself would be producing that future option.

B: Yes, simultaneous manifestation of all the different, multifaceted, multitudinous, different aspects that you ever will be, or have ever been.

Q: And that is changeable; the future self is, of course, changeable at any one moment?

B: Yes. There are an infinite number of probable future selves.

Q: In the past, could one actually...

B: Yes. One is creating the past from the present.

Q: Can one actually change one’s childhood?

B: Yes.

Q: And what would it take to change it in the memory of other people?

B: Being in the now completely; and there being a need for that reflection to occur. Then you will attract individuals who will remember it in the way you now know it to be.

Q: I’ll be darned.

B: Now this idea, or this tool, is something that can manifest in your fourth density reality as you accelerate into it, not that you will necessarily find that the majority of you will have a need to do that. But some of you may desire a reflection, in that way, simply because that is the reflection you need to let you know that certain things are changing, and that you do not have to connect into that past in such a way that lets you feel as if the past controls your present – which it doesn’t.

Q: But the idea of actually erasing something so that it never happened…

B: It is not erasing anything.

Q: But I’m asking you...

B: It is refocusing.

Q: Fine, but I’m saying, the idea – this is a separate question: the idea of erasing something, so that it is totally... no one would have an inkling of it happening like that. Is that something within your framework that’s possible?
B: Yes. Now, it may not have, as we have just said, a high degree of probability of occurring a lot in your particular system. But we are aware of systems wherein that is a typical thing.

Q: Beautiful.

B: It can happen, to some degree, within your system, when it is necessary – if it is necessary. It may not be for the majority of individuals.

Q: What density do you liken such an action – the total annihilation or erasure of something like that?

B: First of all, once again, we understand that you are using terminology that you are familiar with. But nothing is annihilated or erased. It is simply refocused into another probability; all of the other probabilities still exist. It is a refocusing, not an annihilation.

Q: Okay. I understand that degree and that level. I just was wondering if there’s something beyond the focusing terminology, where something is – I said, “erased,” but it doesn’t – there’s no recognition that it ever existed?

B: On any level? No.

Q: Okay; that answers it.

B: Existence always exists. What you are now expressing is a belief that your society has taught you. You think, in general, that that which exists could possibly become non-existent. But by definition, it cannot.

Q: Yes, because the potential is always there for it to be thrown in any curve. In other words, it could be perceived in the past or in the present...

B: There is always transformation. But creation is...and therefore, always will be.

Q: Right.

B: It goes this way: the reason you believe that what exists can become non-existent is because you do not think that non-existence is real, in its own right, concurrently with existence. But it is. It is the polarity of existence, and therefore, just as real, just as, quote/unquote, solid – but by definition of what it is, you therefore, obviously cannot have any perception of it. Because non-existence cannot create perception, you cannot create perception in non-existence.

But that which exists, therefore, will always be on the existence side of the polarity. That which doesn’t exist will always be on the non-existence side of polarity. And that which exists will never have a perception of that which does not. And that which does not, will never have a perception of that which does.

Q: Thank you. The Arcturean in Hawaii, Avenash – he was saying that the All is the stillness. What does that mean to you? I’d like to understand that better.

B: The way we have described this idea to you a few times is that when you are cognizant that you are infinitely accelerated, when you recognize that you are, in fact, connected to the entirety of creation, then it means that you are – to use your colloquial language – everywhere and every when at the same
time. Being everywhere and everywhen at the same time is the exact same feeling as standing perfectly still. So that is the “standness;” being the All is being the stillness. But it means being infinitely active, as well.

Q: Beautiful. Thanks a lot.
B: Thank you.

Focus and Infinite Probabilities
Focusing On Earth

Q: I heard a person on the news talk about a Russian missile that was sent up and came down into the ocean…
B: Yes.
Q: …and had radioactive generators.
B: Yes.
Q: Will that be disturbing the ocean, or the planet?
B: Yes.
Q: Yes?
B: The idea, however, to understand is that the reason behind why that happened is because the probe was designed to go into outer space and view the idea of your planet of Mars in your Solar System, but it came back to earth to point out quite squarely, exactly where your attention belongs…
Q: Um.
B: …on the Earth. That’s where you need to look, that’s where you need to focus. And the probe has added to the damage in the ocean that needs to be looked at. Therefore, drawing the attention exactly, squarely, where the focus ought to be right now, for those people involved in that project and, of course, many other people on your planet. That’s why it went the way it went, because your collective consciousness knew better than your physiological egos about exactly where you needed to focus your probe, and so brought it back down to earth. You understand?
Q: Yes.
B: Does that answer your question?
Q: Yes.
B: Thank you.
Q: Thank you.
Food and Consciousness

Q: There are millions of books out about diet.
B: Yes.
Q: And I really want to investigate that with you. I have a lot of pain in my body and I feel it’s because... a part of me feels it’s because of what I eat, okay? So it’s not just that I’m making it up, but actually a chemical thing is happening when I eat sugar, or when I eat white flour and grease or something, right?
B: All right.
Q: So I’ve been having this battle, and I think that’s part of the problem, and I really want to go into this with you. I don’t know... okay, I say I’m going to clean up my diet because I want to feel better, but then I create a tension because I also want to eat certain foods. You see?
B: Yes.
Q: Like I want to go and have a donut and coffee.
B: But that is because you think you are depriving yourself of something.
Q: Right. Okay, so I have been through all this for years. So then I say, right, it’s better not to deprive yourself, go out and have it, enjoy it, get it out, if you want to have it, go for it... right? And then I start feeling physical...
B: All right, one moment. Understand that what you are doing, to some degree, is simply making the assumption that if you recognize that your body consciousness is telling you that you are now of a vibration where the ingestion of certain foods does not agree with you, in recognizing that to be a truth for yourself in that moment, you can also, if you relax into that realization and do not judge yourself, realize that you do not have the urge to eat it. Only in the next moment when you judge that you may be depriving yourself of something do you create the urge, and the panic that goes with it.
Q: But wait a minute... what I think is... okay, I understand what you are saying.
B: All right.
Q: And also, how about... like I wonder, well maybe I just think the food’s bad. Maybe if I created the idea that I can eat anything I want and be totally fine?
B: Yes, you can do that too.
Q: Okay, I say to myself, why not create the idea that donuts and hamburgers are just fine, and my body does not respond negatively, right?
B: All right.
Q: So that’s one thing...
B: But does that actually fit the vibration that you know yourself to be?
Q: Well, I would say, not really... but then how come, although I can eat vegetables and brown rice and
good food, there always comes a time when my body says, hey, I’m bored, and I want ice-cream and whatever?

B: All right.

Q: And then I do that, and then...

B: Why not trust your body consciousness yet further, and allow yourself to attract yourself to an alternative that will not affect you negatively, but will satisfy the same idea.

Q: Like... what do you mean?

B: Like you might find someone who will introduce you to something new that will make you feel like you are eating ice cream, but you will not have the same reaction.

Q: Oh, I’m not just talking about ice cream... but I know what you are saying.

B: I am only using your example.

Q: I know! I know, I realize that... I know it’s like, if you want a candy, eat an apple, or whatever! If you want a coffee have a...

B: No, no, no, one moment, one moment, one moment. Understand that it is not the idea of forming a structure, yet again. We are simply saying that if you are willing to continue to trust the same body consciousness that lets you know what vibration of food matches the vibration of the being you are, you will discover something that will satisfy you as an alternative.

Not that you have to say, all right, let’s see, that is a substitute for that, I’ll do that, okay. No. You are falling into the same idea of urge and deprivation by doing that. It is simply trusting that whether you are even cognizant of what that food may be or not, in that moment you will find something, if you need it, that will satisfy you and not conflict with the vibration that you are.

It may be something you have never heard of. It may not even be food! Allow yourself the opportunity to know that your body consciousness will attract you to whatever represents the vibration that will match you, whether it is food or not.

It can be a situation that will ease the craving; a circumstance rather than a food. It can be an experience; something exhilarating that will make you forget you are hungry; because you are not really hungry. If you can forget that you are hungry, then you are not hungry. Do you follow me?

Q: Yes, I do.

B: Now, allow the idea to be a little bit broader than just the idea of food. For food is only a symbol of sustenance, of support... of self-support. It is only a symbol.

Q: Okay, I want to ask... I have this belief or idea that food causes disease. Okay?

B: Food does not cause disease.

Q: Okay, okay, okay... let me just play this out here. So people get whatever disease they have because the body’s toxic, okay?
B: In a sense.
Q: So I have this judgment on myself that, oh, obviously I feel arthritic and full of pain because I just ate, for three days, anything I wanted to.
B: All right. Why are you creating that idea?
Q: Well, because... then I say, okay... well, this is what I asked you before... what about saying I could eat anything and my body doesn’t have to have that kind of pain?
B: All right.
Q: Well, that doesn’t seem to work.
B: But understand, again, it is because you are attempting to do something that still goes against the grain that you know yourself to be, rather than letting yourself flow. You are making the assumption that you have to replace all of this with all of that.
Q: No, when I let myself flow, I eat what I want! And then I feel that that’s why I have pain... or maybe that’s not why I have pain...
B: But you are still creating the association. It is the same thing. You are giving yourself pain when you do not eat – emotional pain – when you do not eat what you feel you want to eat, because you feel you are restricted. And then when you allow yourself to eat unrestrictedly you give yourself physical pain. You are giving yourself pain in both scenarios because you are making it an either/or situation.
Q: Right.
B: Rather than simply going with the flow. Even when the flow may bring you something that has nothing to do with food as what will sustain you. We are simply suggesting that you are limiting the definition of the experience and so you are finding yourself cornered, going back and forth between the only two things you think will fulfill you. And there are many other things and situations that could provide the same idea of sustenance.
Q: Okay, I’m at the point where... is my body reacting because I think food makes me sick, or is my body reacting because chemically food makes me sick?
B: There is no difference between the two, fundamentally.
Q: Well, yes there is... I could change my belief.
B: One moment. If you accept the idea, in general, that there are certain chemical substances within your physical reality that will make anyone generally sick to take them, you will abide by that belief.
So, simply you can understand that by testing that out, you are showing yourself that you do believe that that particular idea, with that particular substance, is a representation of your agreement to go along with the mass reality belief about that particular substance. All right, well, and good, and at the same time, you can recognize that that doesn’t necessarily mean that you have to change the belief about that. Having that belief about that substance might be serving you, in the way that it is, to allow you to find something else, not just food that will sustain you. You follow me?
Q: That’s interesting about finding other things to sustain you besides food.
B: Yes.
Q: But the thing about pain... I’m just wondering... I think that there are real things that cause... I think there are real things that I ingest that cause me pain, not just the idea.
B: Both are the same thing.
Q: I hear you saying that, but...
B: Understand that the “real thing” is only your agreement to go along with fundamental universal reality that all agree to abide by, that you call laws of physics. But you all created them together. Abide by some of them, you will.
Q: Well, why don’t we write a million books on how to change our ideas about buying into beliefs about chemicals? I mean why are there a million ways to clean out the body... why don’t we just write a book about changing our ideas that food is “dirtying” your body?
B: Many individuals have. But simply recognize that you have written a million things because there are millions of you, and each and every one of you, for you, is the way that you need to be. Now, it can work, in general, for many people because they agree to have a general concept that a certain physical reaction will generally occur to everyone. But understand, there will always be exceptions. You can be an exception; we are not saying you can’t be. Simply allow yourself to know that, if for the moment you are choosing not to be an exception, then let that be an indication to you that there is something else that will do the job.
It is the same idea as saying you are choosing to look at a sign as a wall, as a block, instead of a sign telling you turn left and turn right. Turning left and turning right, when you encounter that wall, is the way to go straight ahead. So you are simply saying, well, here I am having this conflict with the idea of putting this in my body and it creates this reaction, so obviously, I have a belief that it is going to create that reaction. Now, why can’t I change that belief? You are insisting on trying to change the belief instead of letting the belief be a sign to lead you where you need to go to look for the alternative that will serve you. Do you follow me?
Q: Um... yes.
B: If you are obviously agreeing to go along with the mass consciousness about what a certain food will do to you, then take it as a sign that there is something going on other than that particular focus that you can begin to recognize. And it is not simply the idea that you must change that belief; it is the idea that the belief will change when you move in the direction the original points you. And if it is away from ingesting that substance, then allow yourself to attract whatever substance or situation will sustain you.
Q: All right. One more thing...
B: All right.
Q: ... I feel like, when I’m on my trip, I will think like, “oh, I’ll want to eat everything and go everywhere, and I don’t want to have to limit myself if I meet someone at their house and they say, stay
for roast beef and potatoes.” I don’t want to say that I don’t eat potatoes and roast beef, right? I want to be completely open to everything.

B: You are missing the point. The point is that when you know, when you know you are functioning within faith and trust, you will only find yourself in the houses that will serve you what will sustain you without discomfort; and that will automatically and synchronistically show you what will support you, without discomfort.

Why are you assuming that you will find yourself in situations where you will have to choose between something being eaten and something not being eaten, because there might be the choice of being discomforted?

Q: Because I guess I like food that is discomforting!

B: All right.

Q: I’d attract myself to that. I’d attract myself to the donuts and sauce. I would.

B: Why?

Q: Because there’s a side of me, like, I’m saying that even though I get sick and everything, I go, Yeah.

B: But how is it serving you?

Q: I’ve been asking myself this for ten or fifteen years. I don’t know. I don’t know! I don’t know.

B: I don’t believe you.

Q: I don’t...

B: When will you know?

Q: I think... I say to myself that it’s serving me because it’s showing me that I need to be more respectful of my body, more sensitive and all that.

B: Maybe.

Q: Okay.

B: What else? What else can it be showing you? What else? Open up, expand a little bit, it may not only be that. What else could that scenario possibly be there for?

Q: (Long pause) I get mixed messages, like I said.

B: Go ahead.

Q: One part of me says I need to treat myself better and love my body more.

B: All right. What else?

Q: And then the other side says that, no you don’t, you’re just beating yourself up because you want to enjoy good food like everyone else does in the world, so quit beating yourself up.

B: What else?

Q: I don’t know!
B: One moment. Let *anything* come into your imagination, whether it seems to have anything to do with the situation or not. Now, what else?

Q: Okay. (Pause) Oh, I got something!

B: Thank you!

Q: That I want more stimulation, so I use food.

B: Ah ha!

Q: I want more stimulation and I want to live on the edge, so I use food that will, like, do something to me. And then I always have to pay for it later, but at least while I’m doing it, it’s stimulating.

B: Now you get the bigger picture. Thank you.

Q: So, maybe... I just got this... maybe I could find something that would stimulate me and I don’t have to pay for it later.

B: Oh... thank you. (Audience laughter)

Q: (Laughing)

B: Thank you. Now let *that* sink in and see what happens.

Q: All right, thank you so much.
Food

Q: Can you discuss the idea of food for fourth density?
B: We can discuss the idea.

Q: What is it that our bodies are going to need more and more, as we become lighter?
B: We have discussed, many times, the concept of sustenance, food sustenance, that is more representative of your body, of the planet, in that it, perhaps, contains about 70% water, is more natural, raw, what you call organic in state, so that the life-force is in the food, so that the nutrients are in the food, so that there are no toxins in the food, that would deplete and tax your system. Obviously, the lighter foods, and if you will eat the foods that are lighter and more energized, you will find that you actually need to eat less of it.

Q: Also...
B: You will also live longer as a result.

Q: ...the idea of pesticides...
B: Yes?

Q: There seem to be many, many pesticides, and on one apple for example, there were five pesticides.
B: Yes.

Q: Just recently...
B: Yes.

Q: ...on one grape, seven different pesticides.
B: Yes.

Q: Is there anything we can do naturally to...
B: Well, of course.

Q: ...besides washing them, because somehow the washing doesn’t help either.
B: You must understand that the idea needs to begin from scratch, with the way that you allow the food to grow. Now, there are, perhaps, a few things that could be done to remove, or shall we say, lessen the effects of what damage has already been done, but why bother? Allow yourselves to thus regenerate the whole idea of how you even access your food, how you even grow your food to begin with. And allow yourself to avail yourself of more natural means that are already part and parcel of the way the world works upon your planet, of the way reality works, of the way creation works, so that you know that you are getting what you need. And again, understand, listen to the concept of the ratio, listen to the concept of the balance of why your foodstuffs are being grown the way they are grown, and so on and so forth.
You have in your mind, because of the way you have structured your society, this concept that you need to grow massive quantities of food to feed the world. If you would eat the food in a natural way, grow the food in a natural way, absorb the life force and the nutrients in a natural way, you would need less food, and what you could grow naturally would feed the entire population easily. You follow along?

Q: Sure.

B: So, it is an issue of balance. It is an issue of allowing the natural thing to be there to do its job, and give you the sustenance and support that you actually would naturally get, instead of creating certain systems that insist you have to do it this way, you have to do it that way. Which then builds up stress, which then causes a need for it to be done, in your eyes, in an unnatural way which compounds the problem of needing to do it more and more, and more and more – take up more and more space on your planet for the growing of that food, or the raising of this, or the raising of that. When in fact, naturally, you need very little of that, very little at all. Do you follow along?

Q: Absolutely.

B: So it is the mind set to begin with, that creates the ball rolling, that sets up the premise that makes you think that you don’t have enough, that you come from an idea of lack. And if you go back to the more balanced way and let them grow in a natural state, then whatever it is that does get harvested naturally will be enough. And everything else that is thus shared with the insects, with the other animals, with the weather conditions, and so on and so forth, will be that portion of the food that is required to go back to nature to sustain the balance for the next portion of food, that will also sustain you and the rest of nature. You need to really understand the total, holistic, engineering mechanism that is the Earth, and how flawlessly it already works, if you let it – if you let it. Does this make some sense to you?

Q: All right, yes.

B: Is this explaining the concept sufficiently enough, as you asked the question?

Q: Oh yes, thank you.

B: Thank you.
Fourth Density and The Fourth Dimension

Q: Could you explain fourth density and how it may differ from the fourth dimension?
B: Primarily they are the same thing, in a sense. Although you will find that the fourth dimension is what is usually referred to as the non-physical side of fourth density. Fourth density will be the “last” – so to speak – or the highest physical dimension you can experience. And it has a physical and a non-physical counterpart.

Fourth dimensionality will simply be the opportunity, in a sense, to see through the illusions of the third dimension that appear so solid; in the same way that you are third dimensional, and can appear through the illusions of the second dimension.

Now, this allows us to describe to you what you have termed to be a mathematical analogy, all right?
Q: Yes.
B: Let us say, as you have done on your planet, you create the idea of hypothetical creatures existing in a two dimensional plane. All right? Are you following along?
Q: Yes.
B: In a piece of paper, if you will, flat, with no up or down, but only side to side – now, you have the idea of a sphere in your three dimensions that has the idea of what you call width, length and depth. If you were to take that sphere and you were to intersect the plane in which those flat creatures exist, they would only perceive a cross-section of the sphere that you call a circle. Yet you understand the reality that it extends above and below their plane of existence; even though they only understand the idea of the circle. Do you follow me?
Q: Yes.
B: Now, if that circle were to completely fill, let us say, a passageway, so they find they could not get through it, you would have no problem, because to you it is possible to go up and over, to clear the idea; whereas, they cannot do that. So the illusion to them is that the circle completely blocks their path – which the circle does, but the sphere does not.

It is similar from the fourth dimension to the third. What you perceive to be such solid obstacles in the third dimension are, from the fourth dimensional point of view, very illusionary, and you can go through them. Do you follow me?
Q: Yes.
B: Fourth density physical reality will begin to be an exemplification of the fourth dimensional aspect mathematically, because you will begin to see through the illusions of the third dimension in that way. And you will recognize that you are, in fact, creating all the reality you have so long considered to be “outside yourselves,” and that you believe you find yourselves to be at the mercy of. Do you follow me?
Q: Yes, I do.
B: Thank you very much.
Q: Thank you.

Fourth Density and the Fourth Dimension
Question 1: I have another question.
B: Yes.
Q: Since the channeling is coming to an end fairly soon...
B: It is not coming to an END, the channel is stopping.
Q: Right, and I imagine that the channel has been asked many, many questions over these years, but I’m sure there are some questions that no one has asked...
B: Y-e-sss....
Q: ...that the answer would be very helpful or surprising or interesting to us. (Much laughter) And I was wondering if you would give us those answers now? (much laughter and applause)
B: An ingenious question.
Q2: How about the answer then?
B: No. However, we will see in the remaining transmissions what might occur.
Q: Okay.
B: I will be able to tell you now this, however, some of you might not be familiar with what we are about to say, but most of you will be; the Neutrals have decided to interact.
Audience: Yea, yea...
B: But I will not tell you how.
Q2: Will we find out before our ending with you?
B: Only part of it. I will not tell you now, how.
Audience has many different and varying guesses....
B: I will not tell you how.
Q: We will interact with them?
B: But I will not tell now!
Audience: More guesses.
B: I will not tell you how! I will not confirm your guesses.
Q: They were here for the convergence, weren’t they?
B: I will not tell you how, nor will I confirm your guesses.
Fourth Density Co-Creating With Children

Q: Recently I find myself forgetting more and more.
B: Yes – a fourth density symptom. The idea that you now know that as you begin to live in the present, and not form connections to the future and the past – which are created from the present anyway – you will disassociate from needing to dredge up memories of the past. You will simply know what you need to know, in the present, when you need to know it.

Many of you will find that one of the fourth density symptoms, at first, will be to seemingly begin to forget things. You are simply relocating your memory – which is always created in the present anyway.

Q: I experienced what was like a temporary amnesia on Saturday, when the hours... well, I cannot remember them, I cannot account for them.
B: I have just told you why.
Q: Oh... and I mean, is that bad? It was bad.
B: It is not bad! (AUD: laughter) You are once again assuming that your memory loss is a negative thing.
Q: Well, I’m going to be working with children over the next week and...
B: Understand, children know exactly how to live in the moment. So you are only learning to live like them, so you can relate to them, and so they can relate to you.
Q: Well, I’m a little bit worried that I’ll pass out in front of the kids or something.
B: You are missing the point. Listen closely: the idea is that you only live in the present. Do you follow me?
Q: Yes.
B: There is only the present. Can you ever remember living anywhere else, any when else, other than the present?
Q: But it’s causing some problems, practical problems.
B: One moment, one moment... one step at a time, do not jump ahead. You are again going into a future, which does not exist. Can you ever remember a time when you ever lived any when else other than in the present?
Q: No. This is it.
B: All right. This is it. You are correct. There is always, only, going to be NOW. Always. Do you follow me?
Q: Yes.
B: No matter when you are, you are always NOW. This is quite literal. It is not meant to be just an analogy. You are always, and can only ever exist in NOW.

Therefore, as you begin to integrate all the different portions of yourself that you know you need to integrate, to be able to function in light and love and service in fourth density – to be able to assist those...
children in the ways that they will be able to be assisted – you are pulling together all of your conceptions of the future, all of your conceptions of the past, and are beginning to function in the now moment.

Anything that you are worried about, anything that you think will be a “problem” – a problem can only be a situation you will not allow to change shape, that is all a problem is – you will simply find that any so-called problems that you think will occur are only because you are judging that what is happening to you is not what is supposed to be happening to you; to be the person you want to be; to do the things you want to do.

The only thing that causes your worry is the judgment of what is happening – not what is happening. What is happening is not causing the worry. Your judgment of what is happening is causing the worry. What is happening has nothing to do with worrying, nothing at all.

You are integrating and blending in a way that the children will be able to relate to, and so that you also will be able to relate to them, for children live in the moment.

Q: Yes. So I’m not going to pass out in front of the kids or anything?
B: Let me put it this way: our perception is that it is very unlikely, but should you decide to do so... (AUD: laughter) ... it will be for a reason. The second you trust that if you decided to pass out, then it would serve as a lesson to you and to them. And allow them to interact with you in whatever way you have co-created each other to interact with.

And that degree of TRUST, knowing that should you decide to pass out, it will be all right – and the degree of trust in knowing it is all right – is what will allow you to know that you do not have to pass out, in order to share the lesson with them. And share the lesson with yourself that all you are doing, if you pass out, is pushing yourself too hard, expecting too much of yourself.

Q: I understand.
B: May I ask you a question?
Q: Yes.
B: Are you sure?
Q: Yes.
B: Oh, thank you. Why do you wish to teach children?
Q: Because I want to be a child again.
B: You are, right now. Therefore, recognize that all you are doing is allowing yourself the opportunity to feel as a child again: living in the moment. The child-like state of being, of consciousness, does not worry about what happened in the past, or what is going to happen in the future. They are far too busy enjoying what they are doing in the moment. Do you follow me?
Q: Yes.
B: Therefore, allow yourself to know that any passing out you may do, may actually be passing through, passing into the idea of a dream-like reality that you and the children can share. It will be, to all intents...
and purposes, and very literally, that you are sharing with them your own co-created universe together, your own time of play and sharing; your own reality, your own dream.

That is what you are perceiving to be the passing out, because you assume that to dream in that magnitude means that you have to lose consciousness. Because that is the only way you are used to dreaming. Even though you are dreaming while you are awake – but you think you are not.

So your fear of passing out, your fear of losing consciousness is simply because that is the only way you understand how to create dreams. But now that you know differently, there is no need to pass out, but only to pass into a dream state while you are awake, and share with the children in that playful time. All right?

Q: Yes, thank you so much.
B: Oh, thank you for your sharing!

Fourth Density Co-Creating With Children
Fourth Density Co-Creating With Children

Q: Recently I find myself forgetting more and more.

B: Yes – a fourth density symptom. The idea that you now know that as you begin to live in the present, and not form connections to the future and the past – which are created from the present anyway – you will disassociate from needing to dredge up memories of the past. You will simply know what you need to know, in the present, when you need to know it.

Many of you will find that one of the fourth density symptoms, at first, will be to seemingly begin to forget things. You are simply relocating your memory – which is always created in the present anyway.

Q: I experienced what was like a temporary amnesia on Saturday, when the hours... well, I cannot remember them, I cannot account for them.

B: I have just told you why.

Q: Oh... and I mean, is that bad? It was bad.

B: It is not bad! (AUD: laughter) You are once again assuming that your memory loss is a negative thing.

Q: Well, I’m going to be working with children over the next week and...

B: Understand, children know exactly how to live in the moment. So you are only learning to live like them, so you can relate to them, and so they can relate to you.

Q: Well, I’m a little bit worried that I’ll pass out in front of the kids or something.

B: You are missing the point. Listen closely: the idea is that you only live in the present. Do you follow me?

Q: Yes.

B: There is only the present. Can you ever remember living anywhere else, anywhen else, other than the present?

Q: But it’s causing some problems, practical problems.

B: One moment. One moment... one step at a time. Do not jump ahead. You are again going into a future, which does not exist.

Can you ever remember a time when you ever lived anywhen else other than in the present?

Q: No. This is it.

B: All right. This is it. You are correct. There is always, only, going to be NOW. Always. Do you follow me?

Q: Yes.

B: No matter when you are, you are always NOW. This is quite literal. It is not meant to be just an analogy. You are always, and can only ever exist in NOW.

Therefore, as you begin to integrate all the different portions of yourself that you know you need to integrate to be able to function in light and love and service in fourth density – to be able to assist those
children in the ways that they will be able to be assisted – you are pulling together all of your conceptions of the future, all of your conceptions of the past, and are beginning to function in the now moment.

Anything that you are worried about, anything that you think will be a “problem” – a problem only be a situation you will not allow to change shape, that is all a problem is – you will simply find that any so-called problems that you think will occur are only because you are judging that what is happening to you is not what is supposed to be happening to you. To be the person you want to be; to do the things you want to do.

The only thing that causes your worry is the judgment of what is happening – not what is happening. What is happening is not causing the worry. Your judgment of what is happening is causing the worry. What is happening has nothing to do with worrying. Nothing at all.

You are integrating and blending in a way that the children will be able to relate to, and so that you also will be able to relate to them. For children live in the moment. Doy ou of llo w m e ?

Q: Yes. So I’m not going to pass out in front of the kids or anything?

B: Let me put it this way: our perception is that it is very unlikely, but should you decide to do so... (AUD: laughter) ... it will be for a reason. The second you trust that if you decided to pass out, then it would serve as a lesson to you and to them. And allow them to interact with you in whatever way you have co-created each other to interact with.

And that degree of TRUST, knowing that should you decide to pass out, it will be all right – and the degree of trust in knowing it is all right – is what will allow you to know that you do not have to pass out, in order to share the lesson with them. And share the lesson with yourself, that all you are doing if you pass out is pushing yourself too hard. Expecting too much of yourself.

Q: I understand.

B: May I ask you a question?

Q: Yes.

B: Are you sure?

Q: Yes.

B: Oh, thank you. Why do you wish to teach children?

Q: Because I want to be a child again.

B: You are. Right now. Therefore recognize, that all you are doing is allowing yourself the opportunity to feel as a child again: living in the moment. The child-like state of being, of consciousness, does not worry about what happened in the past, or what is going to happen in the future. They are far too busy enjoying what they are doing in the moment. Do you follow me?

Q: Yes.

B: Therefore, allow yourself to know that any passing out you may do, may actually be passing through, passing into the idea of a dream-like reality that you and the children can share. It will be, to all intents
and purposes, and very literally, that you are sharing with them your own co-created universe together, your own time of play and sharing; your own reality, your own dream.

That is what you are perceiving to be the passing out, because you assume that to dream in that magnitude, means that you have to lose consciousness. Because that is the only way you are used to dreaming. Even though you are dreaming while you are awake – but you think you are not.

So your fear of passing out, your fear of losing consciousness is simply because that is the only way you understand how to create dreams. But now that you know differently, there is no need to pass out, but only to pass into a dream state while you are awake, and share with the children in that playful time. All right?

Q: Yes, thank you so much.

B: Oh, thank you for your sharing!
We will continue our interaction with the reminder that when we discuss with you any ideas – when you allow yourselves to fathom and interact and perceive any ideas, whether they be in the form of a statement to yourselves, a conviction of yourselves or a question from yourselves, allow yourselves to remember that because you have for tens of thousands of years formed the idea of separation – many times when you are dealing, as you say, with a certain idea, a certain aspect, a certain question in your life, the separation you are used to may allow you to look at one way to deal with it, two, maybe three ways to deal with it. But allow yourselves to remember that all we have ever discussed is applicable, all we have ever shared with you is applicable to each and every situation.

For every situation has many facets, and you may discover for yourselves, if you are willing to remember and put together as a total concept every single point of view and direction that we have been allowed by you to approach a situation within our dialogues with you. You will then not restrict yourselves to simply one way to look at it – two ways, three ways, four ways – but will give yourselves, through the conviction and the usage and the willingness to allow your imagination its free reign, the ability to apply as many different points of view and approaches to every single situation you are willing to create in your life, so that you will not feel that there is any isolated pattern or process that is being kept hidden from you.

Simply allow yourselves, when you consider any particular idea, to remember all the different ideas we have discussed with you so that you can apply them all at once in a blended fashion to the situation. So that the situation will touch, and will allow itself to be touched by any one of those points of view that apply immediately to the situation you are creating. Are you following along?

AUD: Yes. Yes.

The idea is that when we communicate with you, we communicate on many different levels at once, whether you are conscious of it or not. Allow yourselves the opportunity to recognize that no matter when we are discussing one of the things that we have discussed with you, we are at the same time simultaneously discussing all of the things we have ever discussed with you on all the different levels on which you have created yourselves to exist. The only reason you do not perceive them all at once is because you create yourselves to exist on all these different levels.

So it is upon levels that we create our interaction with you so that you can receive them no matter in what form you have fractionated yourselves. You follow me?

AUD: Yes. Yes.

B: Sharing!
Freeway Symbology

Q: I wanted to reflect with you about an experience I had... a re-occurring experience I’ve had lately. I’ll be driving in the car on the freeway, and when I get going at a certain speed, it’s like, all of a sudden, the car becomes like some kind of a craft, and pieces start flying off and then there’s an explosion.

B: Yes.

Q: And it sort of happened on some level that wasn’t quite conscious for a while, and then, all of a sudden, one day I thought, “gosh, it feels like I’ve been in a crash of some kind of spaceship or something.” And I wondered if that...

B: It is mostly the recognition of an explosion through a barrier, not a disruptive explosion. The idea is of attaining another level of finding the center point of infinite acceleration, in that sense, which allows you to have the sensation that all universes are contained within you in one given moment... and that can feel like an explosion. It is literal in a very real way on another level, in that sense, but yes, in that sense it is symbolic.

Q: Yes, that’s what I was wondering... if I was tapping into some other level, past, or future.

B: Simply in the cognition of some of the energy and the way it is utilized, when functioning through our spacecraft, to create the idea of navigational reorientation.

Q: So, more like passing a barrier than an actual explosion that happens?

B: Yes.

Q: Thank you very much.

B: Thank you.
Free Will and the Oversoul

Q: Would you clarify this idea you keep referring to, that your reality is a perfect reflection of what you want, as many of us, because we have created the idea of separation, when you say, “you,” we consider that to mean our aware ego consciousness.
B: You consider it to mean that.
Q: That’s what I said... that’s what I meant to say anyway.
B: Thank you.
Q: Yeah, well, there are others who...
B: All right, but no need to speak for them, you are speaking for yourself.
Q: All right, I’ll do that.
B: Thank you.
Q: So, would you clarify this idea that since we have chosen to make...
B: “I.”
Q: Since I have chosen... you have too? Ha, ha. (Laughter) Since I have... well, I’m asking the question for other people.
B: Why?
Q: Because I understand the principle.
B: Are they here?
Q: Um, I don’t know.
B: How about you ask it for yourself? And then you may be able to share it with them later.
Q: Okay, I’ll ask it.
B: Understand, that no matter whether you say, I, or we, I will understand that you are asking it for yourself – that is my perspective of you.
Q: Okay, I’ll ask it as though I was asking it for myself. Ah, I create the idea of separation such that I view myself, my outer aware ego consciousness, as all that there is of me.
B: Yes.
Q: And then this idea comes along that I create my reality and I’m saying to myself, well, I didn’t create this accident. Obviously you’re referring to other portions of myself that I consider separate from myself.
B: Yes.
Q: And I create the idea of difficulty in connecting your use of the term you, with my outer aware ego consciousness and all the other parts of myself. Could you elaborate on what you really mean when you say, you create your own reality, and how it reflects all the other portions of our consciousness?
B: The total you creates the idea.
Q: What does that mean?
B: The non-physical, all right?
Q: Okay.
B: It creates the ultimate, quote/unquote, ultimate choice of what you wish to experience. In this way, that non-physical, higher consciousness you creates the choice of having a physical life, a physical reality. In this way, the physical you, the physical mentality that you recognize - you physically recognize - to be your physical mind, creates many of the methodologies of choice, the manner in which you fulfill the non-physical choice to have the experience.
By analogy, the non-physical you says, you will walk down this hallway. And the physical mentality determines how you will walk down the hallway, but walk down it you will.
Because the physical mentality is subject to the non-physical Oversoul. Do you follow me?
Q: Yes.
B: Will this have answered your question?
Q: Yes. Now what about those cases where the physical beingness finds discomfort in that which the Oversoul beingness has chosen?
B: Then that is simply the way, and the methodology, that the physical mind has chosen to walk down the hall – in discomfort.
Q: Let’s think of it in terms of, like, an automobile mishap...
B: Yes.
Q: ... where the guy, to all his present consciousness doesn’t believe that he had anything to do with it.
B: So what?
Q: Would you comment on that?
B: I just did.
Q: Well, the guy...
B: To the Oversoul, it does not matter. The Oversoul knows what the purpose is. It is up to the physical mentality to discover that.
Q: Right. What I’m saying is, the physical mentality has not chosen a methodology for getting into an accident.
B: Then that is the choice, period. And that is the purpose of the life, to experience the idea of separation and the frustration that may come with it. But understand that when the being is once again non-physical, they will know why they chose to create it that way. And they will understand how it has added to the overall understanding and creation of themselves as a total being.
To the Oversoul it does not matter, ultimately, in this way, what the physical mentality thinks. If that is the methodology that has been chosen, has been preferred, then that is the one that will be physically
lived. Understand that to the Oversoul there is infinity. There is no need to think that they are wasting time in experiencing a life in that manner. To the Oversoul, lives are simultaneous; it is all going on right now. Will this have clarified the idea to some extent?

Q: To some extent.
B: All right.
Q2: I have a problem though with this.
B: You have a what?
Q2: I don’t understand where the free choice comes in, when we are in the physical body.
B: All right. How you go about it is the majority of the free choice you experience in physical reality. The fact that you will explore certain concepts is the choice of the Oversoul. And the physical mentality will not be able to not explore those ideas, except in one circumstance – suicide.
But when you suicide, you automatically go back to the point where you know that this is what you wanted to do. And you will put yourself right back in a similar situation until you allow yourself to fulfill the agreement that you made from physical consciousness to your higher consciousness, and vice versa. Do you follow?
Q2: Yes, I think so, to a certain extent.
B: All right. Keep it simple, no need to complicate it. Recognize, in this way, simply all we are saying is that you, in your non-physical state, will determine to experience a certain concept or idea. The physical mentality will be the determiner of exactly how you will experience that – what symbols you will create, what situations, what kinds of relationships.

 Trusting that there are no interruptions in your life, and that everything in your life is a product of what you do want to experience, will allow you to know and to be in positive accord with the non-physical choices. So your life will become a positive, joyful manifestation, rather than a frustrating limiting one. Thus, you can in this way, almost actually, in a sense, not have to experience what you chose to experience, by allowing yourself to recognize what the experience is for, and simply integrating the idea within your overall knowingness, before you have to create the physical experience and put yourself through that. Do you follow me?
Q2: I think so.
B: That can be one of the ways in which you can allow yourself to go about learning what you chose to learn.
Q2: What about the interruptions? You said...
B: There are none.
Q2: No, but in the first case you said - “provided there are no interruptions.”
B: The idea, the idea that you create an interruption.
Q2: Oh, I see.
B: There are no real interruptions. Even if you create an interruption, then you have chosen to do so. You are not really interrupting yourself, you are still in control even when you create a situation in which it seems you are out of control; because you are controlling the idea of creating that “out of control” situation.

Q2: But we still have to interact with other people.

B: So what?

Q2: And they all have their own realities they are creating.

B: Yes, of course. But you have agreed to interact in many different ways. And understand this: one of the ideas for yourself, in what we have spoken of – in terms of not necessarily needing to manifest negative ideas, so that you can experience the idea you chose to experience – is to know that every individual already exists on every level of reality. And when you see them change, it is because you have changed yourself.

And in this way, all you need to do to interact with whatever level of those individuals you wish to interact with is to put yourself on that level. Then you will only interact with those individuals on the level you know yourself to be. Do you follow me?

Q2: Yes.

B: All right.

Q1: She made a point about freewill, and I think the point that’s trying to be made here is that in our outer aware consciousness, we don’t always have a control that the concept of freewill, 100% freewill, seems to be telling us.

B: All right.

Q1: And I think that’s the point that I wanted you to address.

B: The majority of what you would think of as, quote/unquote, true freewill, comes from the totality of your being – therefore, mostly the non-physical side.

Q1: Right. So then, in certain cases, of course, you know... whether I’m sitting in the chair or whether I stand up, is an element of freewill for my consciousness, but in those cases of burglary and quote/unquote, accidents etc, those being not freewill of our...

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

Q1: ... of our?

B: Yes, of your physical mentality. Understand that they are also ways to go about looking at specific whole concepts. There are very few specific whole concepts. The idea of being burglarized is not a specific whole concept, it is a way of allowing yourself to look at a portion of a specific whole concept: the idea of being abundant.

Q1: I understand that. What I’m saying is that the physical consciousness does not choose the burglary to occur.
B: Yes! Yes... it does. What the Overmind chooses is that you will explore the facets of abundance. Your physical mind says I will either explore this facet by knowing I am abundant and not having to have to create the idea of somebody being able to take something away from me, or I will choose to explore it by separation’s point of view and having somebody remove something from me. That is your physical mentality doing the methodology.

The only thing the Oversoul has decreed to you is that you will explore the idea of abundance, in whatever way your physical mentality chooses to.

Q1: So you are saying that we choose the burglary by virtue of choosing not to view ourselves as abundant.

B: The idea of separation as opposed to integration – this is all there is. Physical reality is polarity. All the experiences that you create in your life with your physical mentality all have to do with polarities: either integration or separation. That is it, that is all there is.

Q1: The point that keeps coming back here, is that we do not choose to have somebody burglarize...

B: Yes. (You do)

Q3: You choose it by believing in it and attracting it to you.

Q1: But I’m saying, not on the conscious level.

B: Yes!

Q1: Not on the physical conscious level.

B: Yes, yes.

Q1: I don’t agree with that.

B: All right. Understand that...

Q1: I agree with it on a higher level.

B: One moment. Your unconsciousness and your subconsciousness are not products of the higher consciousness. They are products of the physical consciousness, viewed from the separation viewpoint. Understand that even many of your modern psychologists understand that there really is no such thing as an unconscious. There is an excuse.

Audience responds, sighs: Aaah.

Q1: Okay.

B: Therefore, when we say it is a product of your physical consciousness, we are including “un” and “sub” consciousness.

Q1: Oh, so now you tell us. (Audience laughter)

B: Thank you! Does that make it clearer?

Q1: Yes! And that’s the point I’ve been trying to get at. We have a stream of consciousness that we know that... you know, our self-awareness... that’s what I’m trying...
B: All right, allow me to say one more thing.
Q1: Okay.
B: The viewpoint that you have a separation in your physical consciousness into an outer awareness, an un-awareness and a sub-awareness, is a physically conscious choice. It is a reaction from something you fear to face.
Q1: Okay.
B: Therefore, it is a conscious choice.
Q1: When you say it is a conscious choice, would you say we should also be able to remember making that choice?
B: You can. Understand that many times the only reason you do not, is that you assume it to be painful. In this way we do understand that your society, because of its choice of experiencing separation, has put certain limitations upon your consciousness that allows you to imprint yourself early in life with habits that you may not, in your exact vernacular, be outwardly consciously aware of, that you have.
Q1: Right on.
B: Understand, however, it is still – even though you do not recognize it – the mechanism itself of creating the unconscious and subconscious portions, is still a conscious act. You do decide, though you may not remember it right now, because that is also a product of the decision, but you do decide.
Q1: Okay, for someone who has an awareness of his thoughts and says: “Well, I don’t remember making that decision. I’m not aware of my subconscious, I’m not aware of my unconscious.” How would you state it in such a way that it would be clear to them that they are in fact creating their own reality, even though they do not believe...
B: One word. TRUST. Unconditional trust will allow you to open all levels of your consciousness physically. So that you will have one outer aware consciousness that can then be in synchronous harmony with the non-physical higher consciousness in an integrated point of view, rather than a separated point of view.

Understand that it is the symbolic creation of the unconscious and the subconscious, which keep you from consciously conversing with your higher consciousness. They are the blocks you create and put in between your awareness here, and your awareness there.
Q1: Then a statement that could be viewed as valid would be: even if a person does not consciously recall making a decision or something such as a burglary, it is happening at a level other than his outer aware ego consciousness. Whether it be subconsciousness, unconsciousness or higher consciousness, right?
B: Yes. But allowing yourself to know that you have made the decision to have this, will allow you to remember having made the decision.
Q1: Of course, but for a person who believes that he is only his outer aware ego consciousness...
B: Yes.
Q1: ... for him to realize that he does have different levels from which he is making decisions, and that it is in fact his responsibility, this will allow him to realize that there are other levels, and therefore, integrate them.
B: Yes.
Q1: Good, thank you.
B: Thank you.
Q4: So could you please talk about what it is in the physical mind, some of the barriers involved, in seeming to stop the spirit from being aware of its own omnipresence.
B: What we have just discussed.
Q4: Yes, right.
B: The idea, in this way, simply is that you have a habitual ritual. That is all. Create a new habit. Trust that if that is the way that you feel you want to look at yourself, then act as if that is the way you look at yourself. And you will create a new habit that will allow you to see how that habit can only contain the idea of integration, and not separation.
And bit by bit, you will transform into that new viewpoint, and then all your actions will be based upon that knowingness of yourself, rather than a separated viewpoint of yourself. Do you follow me?
Q4: Yes. So it’s just a matter of re-education of the mind?
B: Yes. Your personality is an artificial construct, it is not who and what you are. It is a tool. It will do what you want it to do, when you know what the idea of yourself is, and trust that it can be what you are.
Q4: Well, if we’re there already...
B: Yes.
Q4: ... why are we playing the game of thinking that we’re not there, to be there already?
B: Why not, because that is one choice that you can do? It is something you chose to do and began the cycle approximately 25,000 of your years ago. Now this is the end of the cycle and you are choosing something else.
Q4: Are you saying this to me personally or...
B: All of you. That is why you are here in this transformational life.
Q4: And 25,000 years is the time period for this phase of humanity?
B: Yes.
Q4: Where were we before?
B: Before the 25,000 years?
Q4: Yes.
B: In many other civilizations and many other ideas, both on this planet and off.
Q4: So we came here to get messed up, uh?
B: In a sense. (Audience laughs and sighs) Understand this idea: one of the ways in which you can know you are creating more of yourself is by the creation of very rapid, accelerated, intensified, highly focused experience – another term for physical reality. It is a great acceleration of what you want to learn, because it is so intensely focused.
Q4: So in other words, a being wants that much more of himself, so he seems to take away more to find out how much more he is?
B: Yes. Very good!
Q4: Thanks.
B: Oh, thank you.
Frequency Alignment and Relationships

B: All right, I’ll say: did you have a question?

Q: I have a question. Hello.
B: Hello.

Q: I have a situation involving myself and my husband and my son. At the moment there is some disharmony in the relationship.
B: Disharmony, all right.

Q: In the last three months I have learned a great deal about what it is that I do want – something which excites me, as you would say.
B: All right.

Q: I have changed my operating basis radically, and I believe I am doing a lot of the right things to bring about the outcome that I desire.
B: All right.

Q: In order for it to occur, of course, requires participation from my husband.
B: Why?

Q: Because my desire has to do with achieving harmony within the family unit.
B: Allow us to delineate some ideas about harmonics.

Q: All right.
B: Everyone is not just isolated to the level in which you think you typically operate. Everyone exists on every level there is to exist upon already – now. The portion of them you are dealing with at any given moment, the version of them you are dealing with at any given moment, is reflective of the frequency level you are on. When you change the frequency level you are on, then the version of them you will deal with will be the one representative of the frequency level you have changed to. They, that version of them, will already be there and will be equal to the idea that that frequency represents.
Q: Does that mean I have another frequency yet to go to, in order to get what I want?

B: To some degree, you have simply, let us say, instead of going from frequency A to frequency B, are holding at frequency A.5. Frequency A.5 being that you are waiting in expectation to see certain things you think are necessary to see before you allow yourself to go all the way to frequency B. Trusting in you doing so will automatically allow the situation around you to change, because the situation around you will only be a reflection of the change you have made. If there is anything in your reality you wish to see changed, then change yourself and it will change.

However, you may in your assumptions and expectations be assuming that you will be dealing, or must deal, with the same individual to whom you are referring to as your husband. Recognize that when you make a change to another frequency and are dealing with that version of them, it isn’t the same person anyway. So why continue to insist that it must physically be the same person? Because even if it is the same physically appearing person, if you sense the difference in them, it isn’t the same person – literally, really, so why do you insist that it must appear to be the same person?

Now, you do not have to answer that at this point; this is mostly rhetorical. We simply bring it up to point out that, paradoxically, when you remove the need for it to be the same person that you must deal with after you make a change, that is when you most often open up to the probability that it will be the same physical person. Because in making no demands on them, you then give them the best opportunity to also change within themselves, according to the change they perceive within you.

However, when you change, whoever it is that needs to be there to be reflective of the change you have made will be the person and people in your life. And they will feel like the right people because they will be on your wavelength; you will be on theirs. So even if your husband decides to be on your wavelength, it won’t be the same husband – literally. Because a person is not who or what you are; it is an idea construct to represent the idea your consciousness is being at any given moment. You follow me?

Q: Yes, pretty much.

B: Does this assist you to some degree?

Q: Yes. May I…?

B: Does it allow you to relax a little bit?
Q: A little bit.
B: All right. Continue.

Q: What I’m getting from that is that I should cease…

B: Not should. “I can choose to.”

Q: I can choose to stop spending my time expecting things, and to get on with doing some of the things that I indeed feel like doing.

B: Very good! Because then you will be being the person to whom these other people you desire to interact with can come. That’s why you are on A.5 and they can’t find your frequency. “Where is she? Where did she go? She’s not really who she was, and she’s not really being who she could be. Where did she go; we can’t find her. There’s nothing to relate to.” You follow me?

Q: Yes.
B: You have slipped in between the known frequencies. You are in a holding pattern. As soon as you begin to be representative of who you know you are, you will burst forth on the scene clear as a bell, and then people will be able to find you. Then they will have something to interact with, and whoever it needs to be will be the appropriate individual or individuals that represent the frequency you are now tuned into. You follow me?

Q: Yes, I do. Thank you very much.
B: Thank you. Sharing.
Bashar:
Channeled by Darryl Anka
From "A New Habit"
11-21-97
"Frequency Domains"
Q: When you say frequency...
B: Yes?
Q: You’re talking about the vibrational rate of...
B: Consciousness.
Q: Consciousness.
B: Yes, which creates a reality domain to reflect back to that consciousness the experience of itself, and allows it to experience itself as if it inhabited that domain that it is creating.
Q: To me, frequency means an oscillation of something physical.
B: Why?
Q: Well, because that’s physics, that’s what frequency means.
B: All right, but the concept is still transportable to even, what you might consider to be, more highly rarefied forms of energy.
Q: Okay, but in that case, then if it’s not a physical object vibrating at a certain oscillation...
B: Yes?
Q: ... then...
B: Do you consider light to be a physical object?
Q: Not necessarily.
B: Does it then not vibrate? Does it not have a frequency or a variety of frequencies? Yes or no?
Q: Aha.
B: Shall we begin again?
Q: Yes.
B: Do you consider light to be a physical object?
Q: Not necessarily.
B: Does it vibrate? Does it oscillate? Does it have different frequency pitches? You know it does.
Q: Well, it does, in the sense, as a result of the physical object that is creating that light.
B: That is not the point.
Q: No?
B: The point is that even though the light itself may be connected to certain physical parameters in its creation, so to speak ... which is actually not true, but we’ll go that way for now... still, yet unto itself, when the light effect is created, when light itself is measured even by your human instrumentation, it is seen to possess frequency.

Q: Okay.
B: Yes?
Q: In terms, yes, of...
B: Well? Then it doesn’t necessarily require that a physical object, being a solid object, is the only thing that can possess the quality you call frequency.
Q: Okay, so...
B: Make sense?
Q: It does.
B: All right, then does that help you extrapolate the idea of frequency to the non physical realms, if you think of them more as energy domains that can still possess different frequencies? Does that help as an illustration?
Q: Yes, I guess so, if I think in terms of wave oscillations.
B: Yes. I understand that many of you may have difficulty in understanding the idea, because you ask the question, "oscillation of what?"
Q: Right.
B: And you have to envision some actual medium. But consciousness is the ultimate medium, and consciousness, in its variety of oscillations, is what creates the things that you call light and physical objects.
Q: Okay.
B: Do you follow? The idea of physical objects is one, just to speak hierarchically for a moment, one of the lowest levels of frequency domains; and almost everything else comes first, rather than the other way around. Rather than the physical objects creating light, it is light that gives birth to physical objects.
Q: Okay.
B: Do you follow? Just to speak linearly, but again, as with everything else, it is actually a simultaneous co-creation or co-reflection or relationship of one aspect of the infinite to another aspect of itself. But we will not go into that esoteric direction right now. All right, does this serve you?
Q: Well, one other question. Do you do out of the body astral projection?
B: Do you mean me, personally?
Q: Yes, I do.
B: Yes, I do, but again, it is not literally out of the body, but we understand what you mean.
Q: So you could come here in astral form?
B: Oh, I have many times.
Q: Could you do it right now?
B: I am.
Q: So, your astral body, so to speak, is somewhere in this room, and all of us are...
B: Well, it is in a version of what you refer to as a room.
Q: Okay, and could you, if you wished, slow down the vibrational rate of your astral body and materialize?
B: In time, yes ... not now, in time. This is part of the idea, anyway, of contact. Because remember that our species anyway exists at a higher frequency rate than yours does, and slowing our frequency down, to some degree, is a part of your ability to perceive us physically, anyway. But we will need you to raise your frequency up to a certain degree to, in some senses, meet us halfway before it will be appropriate, and so that your system will not, in a sense, experience shock at being overwhelmed by too high a frequency. This is not a judgment but simply a description of physical contact. Do you follow that?
Q: I do. Thank you, Bashar.
B: For us, the idea also at this point in our evolution of astral existence and physical existence is almost the same thing, because we are evolving into something more non-physical. So, in that sense, the idea of astral projection is almost our normal experience. Do you follow?
Q: I do.
B: Thank you.
**Frequency Representations**

Q: I have some questions from John, who is from Dallas, Texas. And I’d like to ask these for him and his wife. He said: “Several years ago, I had a spontaneous out-of-body journey to a planet, the Sun One; I was greeted by an elder who addressed me by the name Arno. Could you offer any insights? Is this the name whose vibratory frequency represents my soul self, whatever?”

B: In a sense, for now, yes, it will do. There are also some other connections that we perceive, but it will do as a reflection to relate to – from the point of view you are now as a physical being. It will assist in the blending of the vibration of your higher self with the physical being that you are.

Q: Thank you. And the third one is that you’ve mentioned about 7-1/2 cycles. And because of the projects that he’s involved in, he wanted to know if he had – he’s got three listed here: 7.542, 7.538, or 7.646 inches per second.

B: What about it?

Q: He wanted to know if one of those is more accurate than 7.5?

B: Not more accurate; they are all variations of the same thing, with relationship to the fluctuations in the electromagnetic field. There is also a 7.86m, and there are some other ones. In this way, simply recognize that the individual’s own experimentation will allow there to be the arrival at an appropriate frequency. And that frequency will fluctuate to some degree, anyway. It is not that it maintains an exact periodicity.

Q: Fluctuation. Good. Last question is: he said that you have mentioned before – he wanted to know how long you might predict that the length – how long will it be before organized religion as we know it will change?

B: Our perception is that definitely within the next 30 of your years. Within that, all is malleable. It can happen sooner. It is up to you.

Q: Thank you. That’s all.

B: Thank you.
Friendship And Multidimensionality

Q: Hello.
B: And to you, good day.
Q: I have a question about a fear that I became aware of a couple of years ago.
B: Speak up. Speak up. Speak up!
Q: I have a question about a fear that I became aware of a couple of years ago.
B: Yes. Is it still with you?
Q: Yes.
B: All right.
Q: It’s a fear of speed, a fear of crashing if I go too fast.
B: Crashing, if you go too fast.
Q: And it started out very simply, so that if I was with someone who drove too fast, or did a jackrabbit start or something, I would just get terrified.
B: Jackrabbit start.
Q: Yes... You are such a trip! ... So my question is, where did the fear come from, and what can I do to keep it from limiting me as it does at times?
B: May I ask you a question?
Q: Yes.
B: Thank you! If you went as fast as you thought you could go, do you think you would out-distance everyone and leave them behind?
Q: Yes. It leaves me with a feeling of loneliness.
B: Do you recognize that for every vibration you are willing to be – for every frequency, for every reality you are willing to be – there is always an infinite amount of beings already waiting on that level for you to join them?
Q: But then I would have to leave behind the people...
B: No, no, no. You will encounter the aspects of those individuals that already exist on the level you’re going to.

Now, the idea again is to understand that the external representation does not carry meaning intrinsically. Therefore, it is not a matter of leaving someone behind, literally. The idea simply is that everyone already exists on every level there is to exist upon; everyone has an aspect on every level. Some of them are more or less focused, more or less concentrated, more or less expressed. But they have aspects on every level of reality you can possibly exist upon. You will still be dealing with them, in an overall sense, but you will be dealing with the version of them that is most representative of the level you have now created yourself to exist upon as well.
So you haven’t, in a sense, left them behind. You have joined another facet of them. Understand?

Q: Kind of; but it sounds like I’m already somewhere else.

B: We are only using your colloquial language, because there is no other way to say it. You never really go anywhere – not literally. All motion is an illusion; it is all here, now! It is only the idea of listening to another program because you have shifted your dial. Understand?

Q: Yes.

B: The other program, the one you are no longer listening to, is still there. It is simply that you are now expressing a preference for another program. Now, you do not have to feel the idea of loss or regret or sadness. That is only based upon the assumption that you actually are literally detached from them. You aren’t.

The idea also is that you can be of best service to them by being most fully who you are, because then, if they desire to join you – by seeing who you fully are – they then get an idea, by seeing the example in you, of what it is they need to be to match you, to join you.

Now, if they don’t want to match you, if they do not want, in that way, to share with the you you prefer to be, then why would you want to share directly with them? Understand?

In other words: the idea of having a “friend” that resents the changes that you make... by definition, then means that that person was not really being a friend. And by judging that you can lose a friend just by changing in a way that is natural for you, is to not really believe in what friendship is, and eternity is. Understand?

Q: Yes.

B: You will always be with all of your friends – the ones that are willing to match your frequency, the ones that are willing to look at those ideas now. Any other individuals that are not willing to look at those ideas can still be your friends; but the idea is that you will be of best service to them by being fully the friend you know yourself to be. Otherwise you’re only giving half a picture of yourself. And that’s not friendship either. So in a sense, you are not there for them, if you’re not being fully who you are – by going where you need to be. Understand?

Q: Yes, I do.

B: Does that assist you?

Q: Yes, it does.

B: Well, thank you very much, my friend.

Q: Thank you.

B: Sharing!

Friendship and Multidimensionality
From Dark To Light

Q: I have a question in regards to some information that I was studying about a year ago.
B: All right. Speak up and be bold.
Q: Okay. Well, I’m trying to create a blend and integrate all the...
B: Trying! I am creating a blend.
Q: I am creating a blend.
B: Is that your intention?
Q: Yes.
B: Then say you are doing it. Have some conviction.
Q: Okay, great. I’m doing it. And I’m wondering if you could give me some focus as to where the connection is. I studied something called the Cosmic Mandate, the blueprint for immortality.
B: All right.
Q: And it’s channeled from the Orion energy by a woman by the name of Patricia Rochelle Digo.
B: The idea now is that it is representative of some of the first stages, some of the first levels of the transformation of the old Orion negativity into Orion light, into the positive idea, the positive side. It is the laying down of a lighter template, a lighter structure – one far more interchangeable, far more malleable, than the older Orion structures used to be. (1988)
The idea, of course, always, fundamentally, for everyone is to understand that every single ritual, and every single methodology, is just one more tool, one more way. And if it works for you, by all means enjoy it and use it, if it no longer works for you, or if you change into some other methodology, then go with that. And no longer use the ones that don’t work for you. It is as simple as that.
No other connection really needs to be understood. If it gives you joy, if it helps you grow, if it serves you and helps you serve others in a positive way – use it. If it stops doing that, you have changed. Use something else.
But you are connecting into the idea of the changing of the format of the old Orion light into the new Orion light – from dark to light. You understand?
Q: Yes.
B: Does that help you? Is that sufficient?
Q: Yes. It does.
B: Are you sure?
Q: Well, no. Not really.
B: All right, I did not think so.
Q: The universal principles that are behind the blueprint is what I was kind of trying to figure out.
B: How do they allow you to feel when you use them?
Q: It feels like a very solid foundation.
B: All right. There is only, in a sense, a few things that describe the solid foundation of existence – those background principles. One: you exist. That is common for everyone. Two: what you put out is what you get back. That is common for everyone. That’s it.
Q: Thank you.
B: Does that help you?
Q: Yes, it does. Thank you.
B: Thank you very much. Sharing!

From Dark to Light
Q: Last time when Pamela was talking about Linda Wiegand whose children are being abused>
B: Yes.
Q: By a cult.
B: Yes.
Q: And you wouldn’t talk about it, but you did say that “you are there for her.”
B: Yes.
Q: You were being specific for Pamela for the moment.
B: Yes.
Q: And I assume that you are there for all of us that are helping her.
B: Yes.
Q: I was wondering what you mean by “there for us” in what sense are you there for us?
B: I will give you one level of it. Remember that many of the strongest interactions that we and other beings such as ourselves and or spirit beings have with many humans is in what you call the dream state. In many dream interactions we are having what you consider to be on going contact, conversation, communication, interaction. In so far as you are willing, many of you, to stretch out in your dream state to see what it is you can do about changing your physical reality once you reconnect to it in what you call your waking state, we are there with you in those dream states discussing, planning, orientating, teaching, reflecting, learning and sharing the myriad of ideas that can be applied in your physical reality that you think is best to apply for the purpose for what is best for all concerned. And on that level that is one way that we are there for you. But when you wake up in your physical reality in that many of you have still understood this physical reality game on Earth to be one that requires random unknown in order to function in a way you prefer it to then many of you will simply, empirically forget many of those conversations consciously you will push them into a level of yourself that you typically call the subconscious so that it can run on automatic and simply allow you to direct yourself towards certain events in a spontaneous and creative way so that it simply doesn’t become robotic or automatic in terms of how you fulfill what it is we have discussed in the etheric dream state realm. Because then you allow yourself the spontaneity of creation as to how to transform these things and it simply isn’t the rote practice of simply repeating the steps we are talking about because there will always be a new factor when you are connected to a different reality such as physical life there will always be the spontaneous moment to moment creation that you have to take into account. So, in order to do that in the way that is best, you allow yourself to forget some of the things that we discussed, not that you will not implement them but you will implement them according to how it is appropriate for the physical reality you have reconnected to. Does that make sense to you?
Q: Yes.
B: Does that answer your question?
Q: Yes, I have more.
B: Yes, all right I figured that was the case.
Q: Are there more alien groups than just yours that are helping her and us?
B: Oh, yes. yes, yes, yes, yes.
Q: Can you name any of them?
B: Well many of them you know or some of them you know in the sense of what you typically call the Pleadians and the Orion’s, and the Sirius group there are several and there are some we can not name at this time.
Q: But some of those groups are specifically helping this women, this situation?
B: Some individual members in some of those groups are specifically helping the women you are referring to and many other people on your planet with regard to this particular issue which is a very important issue on your planet at this time since it is time to break the chain on your planet of those situations and circumstances that have created much of the disfunctionality in many of the adults, or the so called adults, that exist on your planet at this time.
Q: Are you referring specifically to pedophilia or satanic....
B: All forms of what you typically call abuse. All forms of what you typically call the devaluation of the soul.
Q: Is there also Angelic help involved?
B: Yes, but that is not what we call an extraterrestrial being, per se in the way you classically mean it.
Q: Right. And what is an Angel and how does it differ from a spirit guide?
B: The Angelic consciousness is, as we refer to it, the level of consciousness that is the first differentiation from the One. It is the first level of split off from the undifferentiated whole of All That Is. The first reflection, the first moment of awareness, just to speak linearly, that what you call God or All That Is had that it was self-aware, caused a reflection. In order to see itself as self-aware that automatically implies a segregation, a separation, a self-reflection. That self-reflection because God is God created differentiated consciousness. That first split off, reflective differentiated consciousness is what you call Angelic consciousness.
So to put it colloquially the Angels are the first level down from the One. The first differentiation of the One into the many. Then from there it goes down, down, down to different levels of Oversoul consciousness and into differentiated personality structure consciousness, such as spirits and souls and so forth. We are skipping a few levels but you are getting the point. Does that help you?
Q: Yes. I wonder you earlier at some point some months ago, you mentioned a person that would come along this month December that would embody aspects of Lady Di and Mother Teresa, and some of us who know this women in question are wondering if you were referring specifically to her?
B: You have made a misinterpretation. What we are saying is, not that there can not be specific embodiments that might reflect more are less the qualities you are referring to but the idea of the passing of those individuals requires now the embodiment of those qualities in all of you! They have now, in a sense, left the physical realm by showing you the kinds of things that need to be done so that in leaving you are forced to take those qualities into your own hearts and express them in your own way rather than simply letting them do it for you. It is the time of self-responsibility, self-action and this is one of the reasons why many of those that act as symbols and reflections are going to leave so that it is up to you to embody those concepts and qualities within yourself and become your own version of them so to speak. Does that make sense to you?

Q: It does and I like to tell you that the women (Linda) in question is here tonight and I was wondering if she wants to ask a question of you now or latter?

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

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

Linda: Latter.

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

All right—You good day!
All illumined predictions render themselves obsolete. Turn that equation around to 2% vs. 98%.

From Illumination
Canoga Park, CA
2-6-98

Nuclear Probabilities

B: Number two.
Q: Greetings from down under, Bashar.
B: Down under what?
Q: From Australia.
B: Oh, all right, yes. Remember that that is all relative.
Q: Yes, I know, but there are many people there that do send their love.
B: Oh, all right, thank you, love in return.
Q: Good, thank you. Can I ask you now about what is happening in Iraq?
B: You can ask anything you want; whether I will tell you is another matter.
Q: Would you be able to explain what is happening there?
B: Can you be specific? There are many things happening in the area on your planet that you call Iraq.
Q: Well okay, I hope I don’t sound a bit simple, but I’ve noticed, since being in this country the last three weeks, the entire focus in the news has been on the affairs of President Clinton and the girl. And it seems to me like it’s a full on blanket of attention on this when all the time something is happening in Iraq. And why, at this time, do they have the Prime Minister of England here along with the president?
B: Right.
Q: It feels to me that there’s something much bigger going on.
B: Yes.
Q: It feels to me as if the entire population has been given a blanket on the news to do with this Monica, what ever her name is, and so on.
B: Not really by their choice.
Q: No, no, no, but I just don’t understand. Could you give me a greater overview on exactly what it is....
B: Do you mean is there a covert operation being planned to remove someone from their life?
Q: Yes.
B: Yes.
Q: Could you elaborate on that please?
B: No, do you understand what I’m saying?
Q: Is that Saddam Hussein you’re referring to?
B: Yes. Is that what you wanted to hear?
Q: I suppose, I’m open to hearing anything.
B: Oh well, all right, it is being discussed. It is not yet being seriously considered, but it is being discussed. Let us say, out of about three possibilities it is having a high degree of consideration, but it has not yet been decided.
Q: Okay, thank you very much, Bashar.
B: Does that help you?
Q: Yes, thank you.
B: It is connected, of course, to many other things that will unfold, or are unfolding around your world, since your world is now inter-connected in a very strong way more than it used to be. It is connected to the potential of many other kinds of events that may or may not yet unfold.
Q: Will there be a Third World War?
B: No, not as such. But there is still a great possibility for what you would call an isolated terrorist nuclear strike.
Q: Is this encoded in the Bible?
B: It is, as are all probabilities in every ancient text that exist on your planet, if you know how to read them.
Q: So would this be in the encoding in the Bible, the book that’s out at the moment?
B: Yes, but it is a probability, not a certainty.
Q2: What’s the percentage of probability of...
B: Of the isolated terrorist nuclear strike, now? Ninety-eight percent, coinciding with your year.
Q2: Where?
B: This is yet to be determined. It may be in what you call your Middle East. It may be in what you call one of your eastern seaboard American cities. The most likely window of opportunity will be between what you would call March of your present year and March of the next year.
Q: Is president Clinton and others aware that this is....
B: They are aware of the possibility and the potentiality. There exists, at present, a few small minor clues that would allow them to understand that it may be more imminent than they think, but they haven’t seen these clues yet. They haven’t picked up on the idea that these are indicators that it could be more serious than they think. They are always prepared for the possibility, they know that for a fact, that it is likely to happen. But there are actually now a few small clues that specifically indicate when and where such a thing might now be being thought of, or carried out, or planned.
Again, if such a thing does come to pass, as we have said, even though the likelihood may seem high, in terms of what you call your odds, if it does occur, it will still create such a shock wave through your
culture, over your whole planet that no such thing will ever occur again, ever, ever, ever. It does not have to occur, even at 98%, it doesn’t have to occur, but if it does, it will never occur again because it will change many things, many, many things. But that is as we read the energy now. For any such thing as a prediction, is no prediction of the future, but only a sensing of the energy that exists at the time the prediction is made, and if that changes, the prediction is moot. But that is the energy we read right now in this latest, as you would say, "barometer reading." Does that help you?

Q: Thank you very much. One more question.
B: All right.
Q: Why did Princess Diana die?
B: Well, as we have said to some degree, the tandem connection of what you call your Princess and your Mother Teresa is, because they represent, in general, the idea of your relationship to humanity, what you call humanitarian practices, the nurturing of, the assisting of, the helping of others. They were two strong symbols and still are strong symbols of that attitude and that relationship of being active and being helpful. In that they have taken themselves out of physical existence, they have now left it up to the rest of you to incorporate that ideal within yourself and not just to let them do it, but to do it yourselves. They have shown you the idea and now they say, "you are on your own, I’m out of here. I have given you enough examples, now you must be the example." You will see more and more of this. The pace will accelerate, this idea will accelerate. More and more that have set the stage and lived as examples of the kinds of things that need to be done, in all of you, more of those individuals will take themselves out.

Q: Okay, thank you.
B: Does that help you?
Q: Very much so.
Bashar:
Channeled by
Darryl Anka
From “Moment of Pause”

Bashar: The idea again is that, in the void, in that moment, in that infinitesimally small space, that moment of pause, are all things. In that moment you shift to the frequency you prefer, then expand on the other side, embodying that frequency and manifesting the result of that frequency. At any time you can always go back into that collapsed state of co-fusion and pick another selection, pick another vibration, another frequency, and re-emerge, re-expand, incorporating that frequency into your day to day reality. This is why you cannot go into that space and take anything with you, because you don’t need to.

Everything is there but in a neutral fashion, so you cannot bring your already, shall we say, "patterned baggage" with you into that space. You have to let everything go, be totally stripped of all those habits, patterns, expectations. Just go into that space, collapse into that singularity wherein all dimensions are one and thus choose fresh.... In that space everything is in a sense, flat, neutral, devoid of any meaning, until you give it meaning – and realize it, manifest it, based on the preferential vibration you have chosen to emerge with.

Q: Do I have to give it meaning?
B: If you do not, you will not have an experiential reality, of any kind.
Q: Ah.
B: There is nothing wrong with giving things meaning. The idea is simply be consciously aware of what meanings you are assigning, and so recognize what effects you are getting out of those assigned meanings.
Q: And what assigns the meaning?
B: You do.
Q: Your Spirit, your personality?
B: In general, your society allows the ego structure to, more often than not, assign the meaning because the ego structure contains the patterns and the habits that you have been imprinted with. And very often it is therefore an automatic function. You see something you assign a meaning, you see something you assign a meaning. The moment of pause allows it to be neutral – whatever it is you experience in your life – so that you can take your time to discern more consciously from your totality, from your total Being, what meaning it has. And it doesn’t even necessarily always have to be specific, the idea is to at least to begin by assigning the general meaning that it must be happening for a positive reason, and in that you will always extract, ultimately, a positive effect from it, no matter what it appears to be on the surface...
It’s just that you’re becoming more conscious of what you’re doing, so you can euphemistically, get a handle on it. So you ’see’ the moment of creation, instead of being unconscious about it. You are constantly all imploding, exploding, imploding, exploding, imploding, and exploding. Going within, coming back out, going within, coming back out – recreating yourself, redefining yourself, every single infinite second. It is just that you don’t know that consciously. Now you are beginning to. And as you become more conscious of this, as already happening, your reality starts to break down, because you are assigning the things to it that you prefer to. And everything else that is not of that frequency starts to crumble and crack and collapse and fall away and dissolve. And so, at first it may seem chaotic, but there is always an underlying order to all chaos. You have to get to that template consciously.

Q: So you can then get to a point where you can move past the total essence of humanity, to the total essence of life itself?

B: Yes, but not invalidating the expression called humanity...

Q: No, of course not...

B: Only recognizing it as equally valid to all forms...

Q: Including...

B: Yes, including, integrating. Yes.
Q: In the news lately...let me get your definition on one thing, what were the words, um, "You can’t have your cake and eat it too." How would you define the definition of that?

B: The idea, as the phrase is understood in your society, in some senses, is a little bit backwards, according to the meaning that we glean exists in your society’s culture. The phrase really would be that you could eat your cake and have it too, not have your cake and eat it too. Because, obviously, you can have your cake and eat it, but the idea is that it seems less likely that you can eat it and yet still have it. But the general meaning of the phrase is that idea that is usually exemplified by the phrase we have shared with you, that most things are this and that, rather than this or that. In other words, things that in your society might, from one perspective, seem mutually exclusive, don’t have to be. You understand?

Q: So, in other words, we can have our cake and eat it too?

B: In other words, you can eat your cake and still have it.

Q: Yes, um....

B: In other words, you can allow both sides of the issue to co-exist and glean from both sides, which from one perspective seem mutually exclusive. Glean from both sides things that will assist and amplify the things that you require in life, without each side canceling the other out, yes. You can work with paradox, in other words, as we have said many times, for that is where the point of all your power lies, it’s in the center in which you call paradox, and that is what that phrase exemplifies, yes.

Q: Okay, and in the news lately this week.

B: Yes.

Q: There has been a lot of play on some ancient temples that NASA/JPL have found in Cambodia, which are much older than any known civilization on earth.

B: Yes.

Q: What can you tell us about this, about the origins?

B: You will begin to find more and more and more indicators that there have been many ancient civilizations on your planet that stretch the idea of your history back much, much, much further than you think. Some of these are off-shoots of other colonies besides Atlantis that stretched from Lemuria in ancient times, 50,000 of your years ago. Some of these ancient ideas are old Anunnaki bases. Some of them are connected to the idea of extraterrestrial inhabitation over brief periods of time. But for the most part they are simply recognitions that cultures existed on your planet that are much more ancient than your present sense of history dictates.

Q: Can you tell us what civilization and of what origin the civilization that built the ancient temples and....
B: They are the ancient Kimer.
Q: The ancient Cairo?
B: Kimer, Kimer, Ki-mer.
Q: Is that a race of beings?
B: On your planet, yes.
Q: Were they native to our planet?
B: Yes, even though they had extraterrestrial interaction, and like all of you, contained a high percentage of extraterrestrial genetics. They were relatively isolated cultural off-shoots, again similar to Atlantis, but relatively unknown on your planet. Another off-shoot of the same idea you will find stretched into ancient Tibet, and you will find some ancient temples there, as well, that are part and parcel of some of the similar off-shoots of the same ancient culture.
Q: Okay. There’s also, in Kentucky, been a psychiatrist who, not only saw, but very clearly video taped an extraterrestrial craft.
B: Yes.
Q: Can you tell us if this was legitimate?
B: Not at this time.
Q: Because it was photographed at close range with video tape and he invites skeptics.
B: I understand.
Q: You can’t scan the event and....
B: Not at this time. It is closed to us.
Q: Okay.
B: Will that do?
Q: Yes, I’m just curious.
B: Yes.
Q: Where are you now; are you still above Cairo? And about how far up are you?
B: Yes, about 2,500 miles.
Q: Is your increased elevation due to....
B: This is a decreased elevation.
Q: Oh it is?
B: Yes, we started at 3,000, if you will recall. The decrease in elevation, in general, represents coming closer to the day of contact.
Q: Okay. Is there anything going on, from your perspective, in Iraq?
B: There are many things going on in the area on your planet you call Iraq.
Q: But you know what I mean, significantly in terms of world events.
B: Yes there is a build up, as you know, of tensions as we have said, that still could lead to the idea of the expression of a terrorist nuclear strike.
Q: Did we understand you correctly last time, in that you said that you were projecting that there was a 98% probability of that.
B: This is correct.
Q: Is it still at 98%?
B: It is.
Q: And is that of global nuclear war or limited nuclear war?
B: It has not for some time been for global nuclear war. We have said this over and over, which is why we translate the phrase, "isolated, limited terrorist nuclear strike."
Q: And where is it likely to occur?
B: Either there in the Middle East or in one of your eastern seaboard cities in your United States of America, primarily 97% probability, New York.
Q: Okay, can you tell when it’s likely to occur?
B: Again, there is only a probability window and, again, this probability window is sometime between now and your year of 2001. Most likely, either in or around your year of 1999. That is the heaviest concentration of probability; but this is not for certain, because nothing is. But there are other events that are also unfolding that may allow this percentage to drop radically, within this your present year; but this has not yet been decided by the collective consciousness of your people. We will keep you posted.
Q: Okay.
B: Thank you.
Q: Thank you.
Do you feel arashed, to Jomo degree? Yes tdJI aadd e ao uoderst slemeof, i a/or ed ways. Oh, all right. Are your feet on the ground.

Botlf, dibem, y All right. Do you enjoy life? Abso/uely: All right. Is there something you wish to do that you’re not doing!

bup/e I i oRs. All right. Can you name them? /i7’/1 -c to get lo wor Go right ahead.

/n t e spe ilj:e are;r / wiznt to wo k io.

open? Why not?

/I sa ’i eea. That was then.

Depends on how you define the you you are.

Go right ahead. T at door

Who are you now? / a3 nte.

Mmhmm. Do you really want it to be open? Abso/ut Why? Because ’s somefCliljd g / w nt to do. Because that’s who you are then. acrjr Then if that is who you are, be that way. And if you are that way, no door that is representative of who you are can be closed to you. If you really believe that’s who you are.

no locks. you’re not.

All right. in perspective Mat mm. ML

All the doors that are representative of who you are have The ones that have locks are the ones that represent who Mmttmm. Odcay.

–a very slight shift–

Remember that it is a slight shift that is the turning of the key.

Mntm.

So know that if that perspective is true for you, act like it and 6e that person. And you will walk through those doors unimpeded. As long as it is being done with integrity. And both feet on the ground. While your heart is soaring, and you know that your head is in the heavens.

k li Ih" ’LY’OU’U"""""

aa i V6BII UAIC v %B

appear to be going da lhClYldUP U&Ill BulhalhVW

..._,,, .carn;r thnc nffirs

appear ru uc V1116 uvn... ——there. As long as you keep IYIoVin8 Wi;h trust and integrity, those doors will swingwide. Allright?
It was quite a unifying shock wave. OX Y. So—quite a unifying shock wave. And that’s why there is more acceleration now. And that is why individuals are beginning to slip in and out of time,

t. So w zeniousayl3armon conver en what we did was—

Was literally convergence the harmonic. g C.

Now remember, as we have said: harmonic convergence is part two of a four-part harmonic. Initiated 40 of your years ago: harmonic initiation. Harmonic convergence now, the coming together. The creating of the limbo state to choose all probable realities that are converging. Then in the choosing of the way that represents who you are, in approximately 30 of your years, the harmonic identification, wherein the reality you have chosen will become almost exclusively the reality you will experience. And then ten years after that will be the harmonic synchronization—which will allow your reality to blend with all other realities in space and time.

Cer. t ankyou. Thankyou. Sharingl CreetioRs.B s /

am Susan. Hello Susan.

/ ilve an e pe enc /’dl l’e fo sirare w l yau-with all. —andhc7veyourperspective on it. Maybe. Rive ii. / m a j R to s down now

All right. Share you won Y
Future Earth Experiences

Q: The thirty years in which we’re beginning to see the dimension that we are headed towards – does that mean the physicality of the bodies that we exist in now will also begin to, eventually, become more exceeded in that vibration as well?

B: Yes.

Q: So it would mean we will begin to have, in a sense, a lighter, more resonate body?

B: Yes, things will appear to be brighter to you. You’ll see colors more clearly; you will see energies that are now invisible to you. You will be able to truly see auric fields, the ethereal-magnetic field, and any other interactive vibratory field that connects the idea of your total consciousness upon your planet.

Q: That’s exciting.

B: Yes.

Q: Is there anything more that you could share with us?

B: You will have no disease; you will sleep and eat less. You will create your dreams upon your planet; you will interact with many other civilizations.

You will rebuild many sections of your world, landscaping them into pleasing forms; you will cease to build on many sections of your world. You will build in space; you will explore space and dimensions of time, and other levels of experience.

You will begin to truly see through the illusion of physical reality as your own projection. You will be able to come and go, in and out of your body, at will. You will then find that you no longer need to reincarnate at all, and any time you wish to have the experiences for a brief period of time of a physical form, you will simply have a very few bodies that you will share.

Q: What approximate population size?

B: You will find that within, what you call, 1,000 of your years, it is likely, not absolute, but likely that you will be down to what you call 50 million.

Q: What about in 60 years?

B: You may in this way be beginning to reverse the trend down from approximately what you would call 6 billion.

For you will find that you really are not overpopulated; you simply do not apportion the land you have in equal ways. But again, once you begin to move out of the phase of reincarnation, and once you allow for more longevity of the lives you already have, then you will decrease your numbers, in that sense.

And many individuals will simply remain as a nonphysical support system for those individuals who wish to continue for a time in physical reality. Until, at such time – approximately, what you call 2 to 3,000 of your years hence – you will no longer need to be physical at all.
Some of you may still remain as a support system, non-physically, for other beings that may then wish to use your physical reality as a new experiential reality — and may begin their cycle anew. Does that assist you?

Q: Yes. Thank you.
B: Thank you.
Question : Can you look into the future?

Bashar : There is no such thing as the future; there are an infinite number of probable realities. What we have the capacity to do, is look into the present and sense which probable reality may, at present, have the highest degree of momentum or inertia behind it – and perhaps, be the most likely to manifest. But that can also change, and we may have the capability to tell you exactly what the percentage of likelihood is that it will change, or not. But there is no such thing as the future.

Q : Well, what I’m concerned about is....

B : There’s that word again.

Q : Okay....I want to see peace on Earth.

B : Then create it.

Q : Is man doomed on this Earth? Are we going to destroy ourselves?

B : No, that is long since passed. One of the reasons you are now seeing the proliferation of so much violence is because you know it’s safe to get it out of your system. Because you will no longer bring it to an ultimate doomsday ending. There may be a few isolated incidents and it is still likely that there may actually be, what you would call, nuclear usage in the Middle East, sometime around your ‘99 year, as an act of terrorism. But the idea is that even if that comes to pass it may also create a shock wave that will instantly galvanize all of you to change your ways, in recognizing what it could lead to, if you decide to go down that path.

But generally speaking, you will find that some time, give or take, about ten of your years ago – maybe fifteen at the outside, you actually all collectively already decided that you would not annihilate yourselves. But you also recognized that many of you may have to go through trials by fire in a variety of ways, or not, in order to allow yourself to bring to the surface all the ideas of the dark side of your consciousness. So that in bringing it all out in the open, on the table as you say, you have the freedom to choose what you prefer and what you don’t. And make a choice about what you want your world to be, and whether or not each of you individually is willing to take responsibility for creating the peace you want, or if you’re going to continue to give your power away and assume someone else will do it for you, some day, some where, some how. But you are now in the eye of the hurricane – right at the point of the fulcrum, each and every one of you – each and every one of you impacts all of you. The more you are your total Self, the
easier it is for all of you to be your total Selves, and allow the whole picture to integrate peacefully, harmoniously.

One of the reasons we are even capable of having these conversations with your species at this time is just because you have chosen to not annihilate yourselves. Had you done so there would be no point to this conversation and we would be elsewhere. But we know that the most likely energy, although there are a variety of ways that your planet can still get there, the most likely probable reality is that your world, in and around your year of 2011-2013, will finally begin, after having gone through certain transitions, to lay down the foundations of a flow of harmonics on your planet.

And by the year of 2037 the Earth will most likely become a member of the Association of Worlds, to which we belong. That is generally how we understand your energy to be unfolding and why we are communicating with your species at this time, because we are communicating with the evolving Earth that is heading in that direction generally. Does that make sense to you?

Q : Yes, very much. You’ve answered my question. Thank you.
B: Alright, realize now, although it is your choice, your choice always, I will, since, in a sense, you have allowed me to do so, I will ask you all to choose to avoid the idea of destruction upon your planet as necessary for the elevation of your consciousness, and your planet’s consciousness, into what you term your New Age of Awareness. The achievement of what you term a higher vibratory state of existence, it need not be attained through what you term, destructive energies. Realize there are many, many, many civilizations which are, I’ll say, observing, helping, aiding, guiding, your own planet Earth. Realize this does not mean that you are low on the scale. No. Realize your situation is not hopeless, far from it.

But realize that at this time, all, excepting a few of these civilizations, are going to accept your idea of your own reality. They are going to allow you to experience what you wish to experience for yourselves as a planet. Realize we will not interfere with your own creations. It is not our responsibility, no. We would never, ever, ever, take away your own responsibility for your own creations. No. You are all creators. You are all the Creator. You can, if you become unified in your consciousness, you can make what I’ll term a leap, a jump, a push. You can step right over all of those other probable realities. You can achieve your higher, I’ll say, higher vibratory state – well really, if you stop to think about it, you can achieve it in the wink of an eye, in the blink of a moment, in between one second and the next – if you allow, allow, allow, allow, not make, not force, not work at, not try, but allow your belief system to accept that probability as being the most likely. As being the most exciting, as being the most desirable, as being the one you really want.

Now, I’ll tell you something. We are not gods. We are not super beings. We, in a sense, are just like you. You are just like us. Should you choose to elevate yourselves without the probable reality of destructive ‘sequency’, I’ll tell you this – you will fool a lot of us – you will have played a joke on a lot of us. You will have surprised us all. I know you can do it. I will be the first to cheer you on, but realize we can only aid, we can only in a sense, guide. You must take the responsibility and the action to create the reality, which you deem, I shall say, most likely to succeed upon your planet’s future.

Now realize, that when I say responsibility, I am speaking of choice, unlimited choice, not blame. Allow me to say – too many of the people upon your planet choose to understand responsibility in terms of blame as opposed to terms of choice, free will, and unlimited creative potential. Realize if you see yourselves as completely responsible for your planet, your environment, your reality, your lives, both individually and collectively – totally responsible for everything that happens within them, not to them, but, by you, within them – you will then be able to step back, view your life from a very relaxed state of total acceptance... "I have created all of this within my life. I am completely as a creator responsible for my creations." At that point you will realize you have more freedom than you ever imagined. Freedom to create any other reality you so choose. Do you follow me?
Q: Yes.
B: Questions....
Q: Bashar, is Earth enough a part of your reality and the others like you that are communicating with us, that your allowance....
B: We will share some of the allowance with you, some, in a sense, some. But not beyond the point which will interfere within your mass created decision, within your mass belief structure. Do you follow me?
Q: Yes, but does your allowance, like, boost our energy, boost our ability to allow and accept that reality?
B: Do you wish it to?
Q: Yes.
B: Then it boosts yours.
Q: Great.
B: Do you understand?
Q: Yes.
B: Those who do not wish it, it does nothing to.
Q: Okay.
B: It is non-interference energy. It is there if you desire it. It is there for you to draw upon. It is our gift, our love to you.
Q: Great. And does the manner in which we go through these changes.... does that affect your reality?
B: Only in a sense. Realize we, in a sense, understand how to, very quickly in your terms, defocus from one reality to another. Allow me to tell you there are various, numerous realities in which you would term ‘alternate Earths’ that have achieved total peace. Do you follow me?
Q: Yes.
B: We also experience those alternate Earths’.

2
Bashar
Channeled by
Darryl Anka
Future Predictions 2 of 4

Bashar: Alright, realize now, although it is your choice, your choice always, I will, since in a sense you have allowed me to do so, I will ask you all to choose to avoid the idea of destruction upon your planet as necessary for the elevation of your consciousness and your planet’s consciousness into what you term your New Age of Awareness. The achievement of what you term a higher vibratory state of existence, it need not be attained through what you term, destructive energies. Realize there are many, many, many civilizations which are, I’ll say, observing, helping, aiding, guiding, your own planet Earth. Realize this does not mean that you are low on the scale. No. Realize your situation is not hopeless, far from it.

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Q: Yes, but does your allowance, like, boost our energy, boost our ability to allow and accept that reality?
B: Do you wish it to?
Q: Yes.
B: Then it boosts yours.
Q: Great.
B: Do you understand?
Q: Yes.
B: Those who do not wish it, it does nothing to.
Q: Okay.
B: It is a non-interference energy. It is there if you desire it. It is there for you to draw upon. It is our gift, our love to you.

Q: Great. And does the manner in which we go through these changes....does that affect your reality?
B: Only in a sense. Realize we, in a sense, understand how to, very quickly in your terms, de-focus from one reality to another. Allow me to tell you there are various, numerous realities in which you would term 'alternate Earths’ that have achieved total peace.

Do you follow me?
Q: Yes.
B: We also experience those alternate Earths’.
"Future Predictions"

Allow me to tell you, there is no such thing as a future prediction, because in all reality there is no such thing, in a sense, as the future. There is also no such thing, in a sense, as the past; all reality is only here and now. Present. Present. Present. Both your past and your future are created from this here and now moment, within no time, and within no space. Therefore, ideas of predicting the future stem only from your own inner awareness of certain situations that you realize exist here and now. Your estimation of these belief structures as they are, and the strength with which you maintain them, will directly reflect the so-called accuracy of a future prediction. In other words, should you make a prediction for an individual, group, or mass consciousness, you will be sensing the situations they have created for themselves at that particular here and now time. Realize, you always, always, always...I’ll say it again; always, have free will. Always. You can at any moment you wish, any moment you wish, choose any future, or past, or present, you so desire. When a prediction is made you are simply reading those desires, those beliefs, which exist at the moment the prediction is made. Should the individual involved in the prediction choose to change any, or all, of the factors perceived by the predictor, well then, that prediction will not come true. However, should those situations not change, it will seem as if the predictor was looking into the future when, I’ll say, the time wave crosses itself in your reality, rears up its head, and makes itself visible as the predicted event. Do you follow me?

Q: Yes.
B: Are there questions, at the moment, concerning this idea? Q: I have something that I might share that’s a half question. I had what I thought was a predictive flash about some vandalism on my car. And I worked very conscientiously to change that...what I felt at the moment was a very strong prediction flash in my mind. And in working at doing that protective work conscientiously, sure enough, the next day something happened to my car, but it was nowhere near what I had seen. It was a very mild incident of a dead battery as opposed to terrible vandalism. Is that the kind of thing you’re talking about?

B: Thank you, thank you. In a sense, yes. Realize, it was a very, very, very, creative way of exercising your own free will upon various, I’ll say, probable futures you had chosen for yourself. Realize, in a very similar way, one of the last large earthquakes, which you experienced within your state of California, was directed into an area which did very little damage, do you follow me?

Q: Yes.
B: One possibility would have been for it to have occurred within your very own environment, your very own city here. However, you are beginning to realize that such things do not have to be. It is true, in a sense, there is what you may term momentum, a great deal of momentum within what is formed by mass reality, the shared reality of millions and millions of individual consciousnesses. However, you can yet choose to change what you deem your own future, with regard to these Earth changes. They need not be so severe. They need not claim vast quantities of physical life. And in any event you, – each and every one of you – having your own individual universe
reality creation of your own sense of reality, can for yourselves, individually, choose not to experience such a probable future. You can create a reality in which you find yourself at the, I’ll say, right place, right time, in another location or in the same location but unaffected. Do you follow me?

Q: Yes.

B: Alright. Although it is your choice, your choice always, I will, since, in a sense, you have allowed me to do so, I will ask you all to choose to avoid the idea of destruction upon your planet as necessary for the elevation of your consciousness, and your planet’s consciousness, into what you term your New Age of Awareness. The achievement of what you term a higher vibratory state of existence need not be attained through what you term, destructive energies. There are many, many, many civilizations which are, I’ll say, observing, helping, aiding, guiding, your own planet Earth. This does not mean that you are low on the scale. No. Your situation is not hopeless. Far from it. At this time, all, excepting a few of these civilizations, are going to accept your idea of your own reality. They are going to allow you to experience what you wish to experience for yourselves as a planet. We will not interfere with your own creations. It is not our responsibility. We would never, ever, ever, take away your own responsibility for your own creations. No. You are all creators. You are all the Creator.

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Q: Yes.
B: We also experience those alternate Earths’.
Q: Bashar, I’d like to ask you about this polar shift that’s being talked about quite a bit. Would you cover that in your probable futures as well? I’ve heard it said that the mass consciousness can change many things but that is one that is on the books to happen, anyway. Could you comment on that?
B: First of all realize nothing is beyond your ability to change. Nothing. However, it has, what I term, a great amount of mental momentum behind the idea. You will find that such an occurrence though does not have to cause the loss of life you fear it may. If you are completely in tune with such an occurrence, you will be in tune during the change, and, in a sense, after the change. You will allow it to carry you through to another reality, another perspective, which is all that other realities are anyway – simply various perspectives. And you will exist within that new reality, having made, right along with your planet, the transition. Do you follow me?
Q: Yes, would that be a physical reality or...
B: All realities, in that sense, can be termed physical, even non-physical realities. Also, physical realities can, in a sense, be termed non-physical. Realize this distinction is only an idea. Separations between
physical and non-physical realities are only an idea. Separations between consciousness, unconsciousness, sub-consciousness and hyper-consciousness, are only ideas. There are no separations. None.

Q: Okay, I get that. But physically can they not be measured as different vibrational rates?
B: Realize that any measurement you make is made within your own system of reality; it will tell you exactly what you believe it will. Do you follow me?
Q: Okay, yes. Thank you.
B: Question...
Q: What does it mean for the Earth to vibrate at a higher frequency?
B: (Bashar sings two notes. The second is of a higher pitch than the first.) Simple, no?
Q: I don’t see a meaning.
B: Did you look for one?
Q: Yes.
B: How hard?
Q: I guess not hard enough.
B: No, I think too hard, relax. Can you not feel around you a sense of energy, a sense of vibration, a sense of tone? Even if it is only mental? Even if it is only within your imagination?
Q: Yes.
B: All right. Realize everything has its own sense of identity. Its own sense of, I’ll say, integrity, although not exactly as you mean that term. Integrity is, in a sense, each individual idea’s signature – what separates it from every other idea – what causes the separation. Vibratory tone has been created as an idea to represent the separateness between various, what you term, objects and levels of existence. Realize that you have created for yourself sensory organs which you term eyes. These eyes only perceive a very minute amount of what you term the electromagnetic energy. Do you follow me?
Q: Yes.
B: Realize there is what you term in your own scientific terminology, vibratory rates of electromagnetic energy, which are above your ability to physically, perceive, do you follow me?
Q: Yes.
B: Then, in a very real way, the same idea applies to the entire mass consciousness. Realize, alternate realities, alternate dimensions, dream realities, future lives, past lives, all – All That Is – exists right here, right now. You have created a perspective which allows you to imagine that each of these, what you term, separate ideas, can only exist in the same place, at the same time if they occupy different vibratory rates of existence. They co-exist, overlapping, in a sense, overlapping each other, one on top of the other, in the very same spot. But they exist to each other as vibratory rates of energy, which cannot be physically perceived from each of the levels. Do you follow me?
Q: Yes.
B: Therefore, you are now shifting your own, Here and Now, idea of planet Earth into what represents for you a more refined state of vibration, a more harmonious state of vibration, closer to what you believe to be, well, what I'll term, a core vibration of the Universe. A core vibration of your own creatorship. Do you follow me?
Q: Yes. Would a film of very high vibration raise the vibration of the planet and the changes, or the realities? Would that be a good idea?
B: It would be a very creative idea, yes. Realize that individuals, who seek those ideas out, in order that they may reflect back to themselves their own sense of godhood, will enjoy experiencing that form of mirror. Do you follow me?
Q: Yes.
B: It is a very creative mirror, yes. Thank you. Question?
Q: Bashar, how can we individually move from intellectualizing this idea, to believing it, to knowing it? It seems each step is more difficult. I can intellectualize it and believe it, but knowing it, to make the reality change seems the most difficult step.
B: Allow me to tell you that the idea that each step is more difficult is purely a product of the intellectual side. Those steps, as you call them, really have not been taken, per se, if they appear to be more and more difficult. That difficulty is still, well, in a sense, an extension of the analytical intellectualizing frame of your conscious ego. When you function very naturally in your dream states, you are beyond all that intellectualizing, without so much as a blink, without so much as a step – you are simply there. You have simply accepted the idea of a new reality. What you term physical reality, is really, in a sense, only a dream; and in very many ways is actually more of a dream than the dream reality. For in your dream reality you may allow yourself to completely realize your creatorship, your Godhood or Goddess hood. You may allow yourself to dream while awake. It will be all right, it will not make you strange, and it will not make you bizarre, it will not make you the butt of jokes. It will make you real, really real. Do you follow me?
Q: Yes.
B: Thank you. Question?
Q: When you sense something negative is about to happen, where you discussed where she had a precognitive "flash," where she saw the whole scene ... sometimes I have just vague feelings that something's going to happen but I don't "see" enough that I can create a counter reality. Can you offer a suggestion how to just work with that feeling, and a knowing that something might be happening, and use that to change that reality?
B: Thank you. First of all, realize that every such, as you say, "flash," is simply, very simply, an opportunity to allow yourself to realize that you can choose between alternate probable futures. Now, if they do not construct..."Oh, I am not getting a strong

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enough negative flash, what can I do about that?" Well it seems to me, you are doing just fine! Do you wish me to aid you to have very strong negative probable futures?

Q: No, thank you!

B: Thank you. Question?

Q: How do these momentums get going and keep...

B: By agreement. Do you understand that? By non verbal, what you term, telepathic agreement, the sharing of belief structures, the sharing of a belief, of a need to experience certain types of realities in order to further explore your own God/Goddess hood. To further create ways that All That Is may view Itself as a Creator, do you follow me? All these experiences are quite transitory in their ultimate sense, life/death, death/life, no barriers, and no separations. Do you follow me?

Q: Yes.

B: Realize you do not always have to understand the mechanism of an apparatus in order for you to allow the idea to change. Do you follow? You may simply, simply, have within your imagination, a view or an emotion of an idea, a picture of an idea, of a reality you think is beautiful – would be lovely, would be exciting, would be just grand. Your own enthusiasm, your own love for that reality will be the best thing you can do towards allowing others around you, without forcing, allowing others around you, to alter their own momentum. Do you understand?

Q: Yes.

B: Thank you.
“Future Predictions”
1 of 4

Allow me to tell you, there is no such thing as a future prediction, because in all reality there is no such thing, in a sense, as the future. There is also no such thing, in a sense, as the past; all reality is only here and now. Present. Present. Present. Both your past and your future are created from this here and now moment, within no time and within no space. Therefore, ideas of predicting the future stem only from your own inner awareness of certain situations that you realize exist here and now. Your estimation of these belief structures as they are, and the strength with which you maintain them, will directly reflect the so-called accuracy of a future prediction. In other words, should you make a prediction for an individual, group, or mass consciousness, you will be sensing the situations they have created for themselves at that particular here and now time.

Realize, you always, always, always... I’ll say it again. You always have free will, always. You can at any moment you wish, *any moment you wish*, choose any future, or past, or present, you so desire. When a prediction is made you are simply reading those desires, those beliefs, which exist at the moment the prediction is made. Should the individual involved in the prediction choose to change any, or all, of the factors perceived by the predictor, well then, that prediction will not come true. However, should those situations not change, it will seem as if the predictor was looking into the future when, I’ll say, the time wave crosses itself in your reality, rears up its head, and makes itself visible as the predicted event. Do you follow me?

Q: Yes.

B: Are there questions, at the moment, concerning this idea?

Q: I have something that I might share that’s a half question. I had what I thought was a predictive flash about some vandalism on my car. And I worked very conscientiously to change that...what I felt at the moment was a very strong prediction flash in my mind. And in working at doing that protective work conscientiously, sure enough, the next day something happened to my car, but it was nowhere near what I had seen. It was a very mild incident of a dead battery as opposed to terrible vandalism. Is that the kind of thing you’re talking about?

B: Thank you, thank you. In a sense, yes. Realize, it was a very, very, very, creative way of exercising your own free will upon various, I’ll say, probable futures you had chosen for yourself. Realize, in a very similar way, one of the last large earthquakes, which you experienced within your state of California, was directed into an area which did very little damage, do you follow me?

Q: Yes.

B: One possibility would have been for it to have occurred within your very own environment, your very own city here. However, you are beginning to realize that such things do not have to be. It is true, in a sense, there is what you may term momentum, a great deal of momentum within what is formed by mass reality, the shared reality of millions and millions of individual consciousnesses. However, you can yet choose to change what you deem your own future, with regard to
these Earth changes. They need not be so severe. They need not claim vast quantities of physical life. And in any event, you, – each and every one of you – having your own individual universe reality creation of your own sense of reality, can for yourselves, individually, choose not to experience such a probable future. You can create a reality in which you find yourself at the, I’ll say, right place, right time, in another location or in the same location but unaffected, do you follow me?

Q: Yes.

2
Q: I’d like to ask you about this polar shift that’s being talked about quite a bit. Would you cover that in your probable futures as well? I’ve heard it said that the mass consciousness can change many things but that is one that is on the books to happen, anyway. Could you comment on that?
B: First of all, realize nothing is beyond your ability to change. Nothing. However, it has, what I term, a great amount of mental momentum behind the idea. You will find that such an occurrence though does not have to cause the loss of life you fear it may. If you are completely in tune with such an occurrence, you will be in tune during the change, and, in a sense, after the change. You will allow it to carry you through to another reality, another perspective, which is all that other realities are anyway – simply various perspectives. And you will exist within that new reality, having made, right along with your planet, the transition. Do you follow me?
Q: Okay, I get that. But physically can they not be measured as different vibrational rates?
B: Realize that any measurement you make is made within your own system of reality; it will tell you exactly what you believe it will. Do you follow me?
Q: Okay, yes. Thank you.
B: Question...
Q: What does it mean for the Earth to vibrate at a higher frequency?
B: (He sings two notes. The second is of a higher pitch than the first.) Simple, no?
Q: I don’t see a meaning.
B: Did you look for one?
Q: Yes.
B: How hard?
Q: I guess not hard enough.
B: No, I think too hard, relax. Can you not feel around you a sense of energy, a sense of vibration, a sense of tone? Even if it is only mental? Even if it is only within your imagination?
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as an idea to represent the separateness between various, what you term, objects and levels of existence. Realize that you have created for yourself sensory organs which you term eyes. These eyes only perceive a very minute amount of what you term the electromagnetic energy. Do you follow me?

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B: Then, in a very real way, the same idea applies to the entire mass consciousness. Realize, alternate realities, alternate dimensions, dream realities, future lives, past lives, all – All That Is – exists right here, right now. You have created a perspective which allows you to imagine that each of these, what you term, separate ideas, can only exist in the same place, at the same time if they occupy different vibratory rates of existence. They co-exist, overlapping, in a sense, overlapping each other, one on top of the other, in the very same spot. But they exist to each other as vibratory rates of energy, which cannot be physically perceived from each of the levels. Do you follow me?

Q: Yes.

B: Therefore, you are now shifting your own, here and now, idea of planet Earth into what represents for you a more refined state of vibration, a more harmonious state of vibration, closer to what you believe to be, well, what I’ll term, a core vibration of the Universe. A core vibration of your own creatorship. Do you follow me?

Q: Yes.
"Future Predictions"

4 of 4

Q: Would a film of very high vibration raise the vibration of the planet and the changes, or the realities? Would that be a good idea?
B: It would be a very creative idea, yes. Realize that individuals, who seek those ideas out, in order that they may reflect back to themselves their own sense of godhood, will enjoy experiencing that form of mirror. Do you follow me?
Q: Yes.
B: It is a very creative mirror, yes. Thank you. Question?

Q: Bashar, how can we individually move from intellectualizing this idea, to believing it, to knowing it? It seems each step is more difficult. I can intellectualize it and believe it, but knowing it, to make the reality change seems the most difficult step.

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Q: When you sense something negative is about to happen, where you discussed where she had a precognitive "flash," where she saw the whole scene …sometimes I have just vague feelings that something’s going to happen but I don’t "see" enough that I can create a counter reality. Can you offer a suggestion how to just work with that feeling, and a knowing that something might be happening, and use that to change that reality?

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Q: No, thank you!
B: Thank you. Question?
Q: How do these momentums get going and keep...
B: By agreement. Do you understand that? By non verbal, what you term, telepathic agreement, the sharing of belief structures, the sharing of a belief, of a need to experience certain types of realities in order to further explore your own god/goddess hood. To further create ways that All That Is may view Itself as a Creator, do you follow me? All these experiences are quite transitory in their ultimate sense, life/death, death/life, no barriers, and no separations. Do you follow me?
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Q: Yes.
B: Thank you.
Bashar: Channeled by
Darryl Anka
"Future Predictions" Pt 4

Questioner: Would a film of very high vibration raise the vibration of the planet and the chances or the realities? Would that be a good idea?

B: It would be a very creative idea, yes. Realize that individuals who seek those ideas out, in order that they may reflect back to themselves their own sense of godhood, will enjoy experiencing that form of mirror. Do you follow me?

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B: First of all, thank you. First of all, realize that every such, as you say, "flash," is simply, simply, very simply an opportunity to allow yourself to realize that you can choose between alternate probable
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Q: Yes.
Gabriel Energy

RJ: Could you reiterate the number of civilizations that you are aware of in the multiverse?
B: Yes, about 73 million.
Q: And the different types of physiological forms?
B: Yes, there are a variety of such.
Q: You gave a number for that?
B: About 11,000, roughly.
Q: 11,000 different forms?
B: Yes, roughly, that we are aware of. We have not interacted, by any means, with all of them, or even a large fraction of them, but we are aware, from a variety of sources, of at least 73 million civilizations which represent about 11 - 12 thousand different forms of expression of physiological life.

Q: I would like to know my connection to this knowledge on our planet as the Gabriel energy and exactly what that is, from your perspective?

B: All right. There are, again, expressions that are called the World Spirit which is the collective consciousness of your entire planet and there are collections of collections. The World Spirit is a collective of consciousness which is representative of your entire Solar System which generally goes by the nomenclature of the Council of Nine, as a symbolic archetype of the way that consciousness has arranged itself and how it presents itself in your particular paradigm of experience. This then, yet again, system to system, is a collective, and within what you call your galaxy, your Milky Way galaxy, there is that collective, again, of a collective consciousness. Then all of the local galaxies with Andromeda, spinning around about twelve galaxies. This forms another collective nodal point consciousness, and it is that particular level, the twelve galaxies together in combination, that represent a fragment of what is called the Gabriel consciousness.

Your connection to it is simply that you have vibrational resonances of that energy that are a part of your particular energy matrix. Thus you have a direct link to it, perhaps it is a little more prominent than some individuals may have, even though you all have it.

Q: I was told that the areas of Sacramento and San Francisco were the highest focus of the Gabriel energy on our planet, is that correct?
B: The Shasta area.
Q: The Shasta area?
B: Yes.
Q: And how does that energy symbolically represent itself in our dimension here?
B: In a variety of ways. Because it is so, I’ll say, large, it will be interpreted in a number of ways, but of course the strongest way will be in terms of what you will call Angelic essence, because it is that level of being. So most individuals will experience it as an angelic archetypal symbol in your collective...
consciousness mirror. Though there are a variety of ways that other people will also see it and experience and express it. It will be expressed in a variety of ways in ancient Egyptian civilization, as the mirror itself. In some cases the polished mirrors themselves contain aspects of what you would call the Angelic and Gabriel consciousness, and there are a variety of other kinds of symbols. To some degree the pyramids themselves are also aspects of the Gabriel consciousness, to some degree, or at least have connections to such that are very direct.

Q: How many members of the Association are there currently in your contemporary time?
B: 375 civilizations.

Q: And what is the latest civilization that has entered the Association and connected in with you? How do they represent themselves?
B: Ga-op-to, Gaopto is that civilization.

Q: And their origin?
B: Gaopto is their origin. They are in what might be called the beltway, the beltway between the major spiral arm of the galaxy, of your galaxy.

Q: Are they physiological?
B: Yes to some degree they are, although they have attributes that are not. They are interesting beings, they tend to manifest in the astral from as spheres almost exclusively, though there are some other shapes in physiological form that are somewhat different.

Q: Are they humanoid?
B: No. Gaopto are not human experiencers at this time, no.

Q: Are they connected to the Kachina’s energy?
B: No.

Q: When are we going to be able to space travel to your planet?
B: You have had the ability to create that technology for quite some time but, of course, some of that information, because of the way that you structured your society, has been suppressed.

Q: So if we wanted to at this time, we could probably travel to your planet?
B: Well certainly you do in astral form quite often, all of you.

Q: Well I mean like in Biblical times.
B: Yes, this is something that at the outside, at the outside will be quite, quite possible by your year of 2037. Perhaps even before that for many individuals but absolutely, definitely not beyond that time, 2037, you will maintain the same kind of vehicles or similar vehicles to those that our civilization and many others have utilized.

Q: And who will be the people that will travel around, Government officials?
B: No, not at that time.

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Q: Not at that time?
B: Anyone and everyone.
Q: Yes.
B: Yes. In and around, perhaps, your year 2024, will be more the idea of the limitation of the utilization of some of those vehicles, but by your year 2037 it will be quite wide open. You understand?
Q: Yes. There is no one doing it now?
B: Not traveling to other planets in those craft. There are a few beings on your planet that managed to create very low level working models that they can utilize in your atmosphere, and to some degree a little outside your atmosphere but they don’t get very far—not only because they can’t, but we don’t let them.
Q: Are we visited a lot physically?
B: Yes.
Q: All the time?
B: Quite often, quite often, quite, quite, quite, quite, quite often.
Q: Ok, thank you.
B: Remember that in astral form you have absolutely no limitations whatsoever Absolutely none, except what you think you have.
1
3
Gaining Weight

Q: Hello.
B: And to you, good day.
Q: I wanted to know how I can lose my weight and keep it off. I lose weight and gain it right back.
B: Oh now, we will touch on many of the reasons, for there are a whole number of reasons for the creation of physical weight in your reality – a number of reasons. We will allow you, in hearing this gamut of reasons, to decide which are applicable to you. In understanding, which is applicable to you, you can then understand the reasons for why you have created it; and in understanding the reasons for why you have created it, then, if you want to, you can change it.

Idea number one: many individuals will assume that they, in order to handle more of the energy they are now feeling in their lives, will assume that they will add mass as a buffer to be able to handle what they perceive, or label, to be extra energy. One reason.

Another reason: sometimes, in dealing with things that the majority of your society thinks are “airy” subjects, you will then, to compensate for their judgment of you, for their invalidation, add more weight to appear more stable and grounded. That’s another reason.

Third reason: sometimes, because you may serve as a center of interaction for many different individuals in life, and they come to you for certain kinds of benefit, certain kinds of service – because of the labels your society puts on the notion of nurturing, being that there is more than enough to go around for everyone, sometimes individuals will take on a comfortable appearance, sometimes what may be called a motherly, nurturing appearance, by adding weight more than enough to go around. You are a very nurturing source. And by seeing the extra weight, I am attracted to understanding that you are functioning in that way – in being of service as a reflection, so that many people can come to you, and we will know that you will not be depleted.”

Fourth: there is a wonderful analogy that happens with your English language. Remember that energy is mass; mass is energy. When you are doing what excites you the most in life, you flow the energy through you and out into the actions of the things that excite you. When you stop yourself from doing what excites you, you don’t flow the energy. You weight to do what excites you. And the more “weighting” you do, the more the energy turns into mass. When you start doing the thing that excites you the most to do, then the mass converts back into energy, and you stop “weighting” to do and start doing. And then in that sense all the “weighting” goes away. That’s another analogy that your society has created for the idea of waiting.

Number five: sometimes individuals do not want to face certain ideas, and they can create the idea of extra mass to hide in, so that no one will be able to really touch them in the center. For there will be a barrier, so to speak; in a sense, it will be the filling of the aura again with mass to allow other people to know there’s no room for anyone else. This is almost exactly the opposite of knowing there is more than enough to go around, come and take.
There are many different ways and, perhaps, many more than we have labeled. Allow your own imagination to delve into the reasons. If any of these things have touched a part of it, expand on it. If they do not seem to fulfill the motion, allow yourself to take the cue from the way we have examined it, and come up with your own idea about why you think you have created this notion.

Also, because many of you are oriented in physiological ways, you have created different notions of what you call metabolism.

Sometimes many of you need far less sustenance in different ways than you think you need. Sometimes the idea of weight will be because individuals will consume more than they need to replace things they think they don’t have. So it will be one way to try to get abundance in their life, by feeling like they have a lot of physical materiality. Because they don’t see it externally in their life, they will attempt to create it internally within their auric field. That’s another idea.

There are many, many, many reasons for the creation of a particular symbol in your reality, just as there are many reasons for many of the symbols all of you create. So use your imagination. Get into the very heart, the very center, of the idea that you are, and see what make sense to you. Understand?

Q: Yes.
B: Has this been of service?
Q: Yes.
B: Well, we thank you very much.
Q: Thank you.

Gaining Weight
1
Galactic Associates and Earth Reflections From Animals and Earth

Q: How many members are in the Association of Worlds?
B: How many members?
Q: People.
B: People! Several billion, I think.
Q: How many in the triad?
B: You mean your world, our world and Sirius?
Q: Yes.
B: Obviously several billion, since you have several billion of your own. There is no accurate count that we can give you, for it is constantly fluctuating.
Q: How many Galaxies?
B: A Galaxy is a collection of many solar systems. Is that what you mean?
Q: (Answer inaudible)
B: Your civilization and our civilization and the civilization of Sirius exist within one galaxy – which is a collection, as you count them, of what you call over one hundred billion stars – and that is one galaxy. You will find that there are other galaxies as well. Now we have explored minutely into five – including our own – galaxies at this time. And there are some representations from each of those ones that we know of in an overall Association.
Q: Mhmm.
B: The majority of the ones that our civilization is familiar with, however, stem mostly for our own galaxy, from several different star systems within this galaxy.
Q: (Inaudible.)
B: What you call the Milky Way, yes.
Q: How many galaxies are there?
B: Infinite.
Q: How many intelligently populated planets are there in the Milky Way?
B: What you would perceive in you density, approximately – or close to it – between 60 and 70 million. It fluctuates as well, but some where within that.
Q: How many stars?
B: Over 100 billion.
Q: You said once that you had directly investigated or interacted with 468 different civilizations, did you say? Personally?
B: Not myself personally.
Q: Oh, the people of Sassani.
B: Of the Association. We are simply listing what you call the inhabited planets that we are aware of.
Q: Many with which you have not interacted.
B: Correct.
Q: Would you please define the extent of the Akashic records?
B: Extent?
Q: All that it would include, all of the knowledge.
B: Everything.
Q: Not just third density?
B: Oh, no, no, no.
Q: Not just...?
B: No.
Q: All knowledge?
B: All experience.
Q: On your planet, in the physical, do you have, like, running water and plant life and...?
B: You would recognize it as similar to your own planet.
Q: It is similar?
B: Yes.
Q: The forms would be somewhat different?
B: Yes.
Q: Homes?
B: Similar. Although you will find there will be a preponderance of what you call green and also greenish light, for our star is green.
Q: Do you have relationships with animals like we do with pets?
B: Not pets, as you understand. We are free to interact with animals; they are free to interact with us. But you will find, in that sense, that there are many comings and goings. No one owns a pet. We interact with what animals we come across.
Q: What would be a handy solution to – well, okay, how do I word this? Uh, my cat has fleas.
B: Yes.
Q: And previously I had a cat that had fleas.
B: Yes.
Q: And previously I had a cat that had fleas. And I felt out of control with the situation; and I did many different things that were not so great for my breathing, and not so great probably for the cat’s breathing, like the bombs they have with...
B: There is one idea we find we cannot focus on completely; therefore, some of this involves your own research. But we do perceive that there exists a powdered form of an herb that you can rub into the cat’s fur that will allow the fleas to simply go their way without being harmed.

Q: Okay. And would that be their going their way outside of my house?

B: Are you saying you want to rub the powder on yourself?

Q: I don’t want them in my house at all.

B: Why not?

Q: Because they’re ugly and...

B: I see. I wonder what they think of you – since we are going to be judgmental. (Numerous inaudible comments and jokes) Now! Why not strike up a conversation with them equally; find out what they represent to you; and perhaps if they have served you in that way, your cat will no longer need to carry them to reflect to you certain ideas that you may not have come to terms with yet.

B: All right?

Q: Okay. The part that I have...

B: Think in terms of symbiosis, rather than parasitic.

Q: You mean, me be it? Me, be the flea?

B: Well, if you wish you can do it that way. But simply, the idea of, that instead of something living at the expense of something, living together supporting each other; becoming symbiotic. All right? Then perhaps you will have fulfilled the reason for why they are reflecting the idea to you in that way; and perhaps they can simply go on their way.

Q: You mean the idea that I could live with them?

B: Yes... with everything. Are you telling me that if you wish peace upon your planet, you are going to find something to exclude from that peace? Is it not unconditional love out of which you are going to create peace? Or is it conditional love?

Q: No.

B: Thank you. There are a few moments remaining for the interaction.

Q: Just one thing...

B: Yes.

Q: ... that keeps coming up in my mind regarding that dream I shared with you.

B: Yes.

Q: And that is that there is one point that (somebody said this was?) South Carolina, and I’ve never been there this life – physically. And then I remember thinking something like, “What? Isn’t this North Carolina?” And I don’t know what that meant, but it could be a number of things, and I’d just like some clarification.
B: One idea that it means is that there are individuals in that area who can assist with the idea of the learning, the more conscious learning, of what you call the out-of-body projections.

Q: In other words: I have the idea of myself going there.

B: Go ahead! Have a good time! You will find them.

Q: Thank you.

Q: If there were to be an earthquake within the next 24 hours, where do you think it would be likely to be?


At this time we are called. We bid you a fond, loving, exciting, bold flowing…

Q: Right. Happy bold-flowing!

B: In this way, as you become your dreams; as your dreams become your lives: act, act, act, act! Act and dissolve the separations between them. And expect – expect – expect miracles.

We thank you; we bid you a fond goodnight!

Galactic Associates and Reflections From Animals and Earth

1
Galactic Communications - Shifting Reality Tracks

Q: The physical universe that we are currently aware of – it’s like many-many-many-many-many galaxies – you know, it’s like this little planet here is just one of a little part of it. Now this planet you said was like a particular area for some other dimensions at this time...

B: Yes.

Q: And there’s, like, a triad of a sort going on here with your planet, Sirius, our planet, and maybe some others. But I just happened to sort of expand my awareness, and this obviously isn’t the only place where this sort of thing is going on – not with all of those other beings and planets and everything else.

B: Very good. Nope.

Q: Are you aware of, or in communication with other similar civilizations?

B: Understand that, to a degree, my counterpart and myself are involved – as with all counterparts within our civilization – with becoming participants in the idea of communication. You will find there will be a triad formed between ourselves, and three channels upon three different planets for every counterpart pair that chooses to be, in a sense, in the position of transmitting. Therefore, understand that there are several counterpart pairs upon our planet, and as such, each of them will be involved with three different planets.

Q: Not necessarily in this galaxy. Is that correct?

B: Understand that our understanding of ourselves and our interactions will include, in your terms, portions of five galaxies.

Q: Okay. Thank you.

B: Question.

Q: I have something. You know, you were talking about how you will perceive stress if... I think it was something like: the pressure of transformation is going on with judgment. If you’re having judgment on that pressure of transformation, then you’ll...

B: Yes.
Q: Yes, I’d like a little more comment on judgment. I think it’s related to this other thing that I’ve noticed because...I used to have more of a viewpoint of going down into the problem. You know, you have problems, and then you can keep yourself busy with them for a long time...

B: Oh, yes.
Q: And keep yourself very interested that way.

B: All right.
Q: But now I’m not doing that. So it’s like you just look and it’s poof, and you decide to get in communication with any entity and it’s poof. And you know, everything is poof, and between the poofs, you know, you’re sitting there going. “Now what?” You know? “What am I going to do next?” Something to do with that, you know. I feel perfectly fine as me, but then, I don’t know; as my focus as a human being I feel the desire to have more, you know, fewer spaces between my lines you might say.

B: All right now, understand again: this will be created, yes, from the viewpoint of judgment, of separation. First of all understand, as you say, that in between your active poofs, there simply are quiet poofs.

Q: Yes. Good, good.

B: You understand?
Q: Yes, I do.

B: Therefore, do not judge that your active poofs are more variable than your quiet poofs. You will then find that there will be an entire string of creation going on within those quiet poofs – if you allow yourself to listen.

Q: Uh huh.

B: Understand also that, to some degree, there will be that opportunity, as long as you choose to remain within the physical universe, to use those quiet times to be reflective. And as such, allow yourself to create your sense of your past, to which you may react. You follow me?

Q: Yes, to some degree, I mean I follow what you’re saying, but I don’t...
B: All right. Understand that in terms of what we have said with regard to the idea of action, then for you there is the analogy that action creates your future. Reaction creates your past.

Q: You know, one reason I might be bored with that.

B: All right. What?

Q: Because I’m still completing a past experience, and I don’t feel . . .

B: Oh, really!! All right. But understand that every time you change your reality, you are changing your past as well.
Q: Oh! That’s interesting.

B: Understand that there is no time. You are right here and right now. Every idea that you create within the idea of the past comes from right here and right now, and your reality will reflect exactly what you consider yourself to be at any given moment in time, as you know time to exist. Therefore, understand that your entire reality, the projection from your present of your past and your future, will always reflect exactly what you see yourself to be, right here and right now. So as you change right here and right now, your entire reality track will shift with you.

Q: Oh, that’s very good. Yes, I didn’t think I was letting the past change, I just kind of had it sitting there, I wasn’t letting it change.

B: All right. Again, many times then, that will be the reason if you do not let it change, why that idea can become a problem.

Q: Yes, yes. Definitely.

B: And as such, then those reflective ideas will become, or it will seem to become – I’ll say, containing nothing.

Q: Right.
B: Nothing of value.
Q: Yes.
B: Thank you.

Q: Thank you.
Galactic Energies

B: How are you all this evening of your time, as you create time to exist?

AUD: Great, perfect, et cetera.

B: Allow us to begin this interaction, this evening of your time, with the reminder that last week of your time we entitled this interaction "Legacy." I will be speaking about what that refers to. But this evening of your time I will be taking my turn second.

At the end of the interaction of this evening of your time, I will then speak about the idea we have termed "The Legacy," as it involves the idea of connections of your civilization and our civilization, and some of the underlying reasons for why our particular interactions with you have been co-created by us. And we will outline some of the ideas for who you are to us, who we are to you.

There will be, however, another who will speak first. Between that interaction and my interaction will be, what you call, the typical format of interaction between you and myself in the question modality.

But allow us first to allow another energy to share with you some of the things that would be most important in this interaction this evening of your time, to understand, especially for what it represents in terms of your willingness, your ability, your absorption of the information we have been sharing with you for the past four and one half years of your counting. And with regard to how that information can be applied in your physiological reality in stronger ways, more deliberate ways, more conscious ways.

One moment. (Pause for the other energy to come through, then a different voice is heard ... The Galactic)

G: We would have you understand that this is a blending as well. We would have you understand that this is a representation – not only of all the civilizations you have understood as the Association of Worlds – but of the very fabric of which all worlds are created.

We would have you understand that we will share with you this evening of your time, as you understand time to exist, our view of the flame of eternity that each and every one of you is and are collectively. We would have you understand our joy and our love at being able to express ourselves this way, through you, this day of your time.

We would have you understand that it is our recognition that your world is changing much. We would have you understand that all things you have ever heard within all of these interactions are simply points of view. We would have you understand that your point of view is just as precious and just as beautiful as any point of view we have ever encountered, and any point of view that we contain.

We would have you understand that we rejoice in your willingness to share. We would have you understand that we rejoice in your willingness and your choice to grow... to learn and to expand as your representative facet of the Infinite. We would have you understand in this way, that you, and all beings within creation, are created of the substance of the Infinite. We would have you begin to feel this, to feel this in, what you may call, a physical way.

We would have you understand that all of the ideas – all of the definitions, all of the nomenclature, all of
the variables in the equation of your existence – are all interchangeable. We would have you understand that you have always been, are now, and always shall be, mirrors of all other consciousness within creation, on whatever level you choose to exist within the fabric of existence itself.

We would have you understand that the flame that you are burns eternally, and shall never go out, no matter how bright you allow yourselves to become. We shall have you understand that you exist now, and always shall, and you always have. Because now is the only time and the only place and the only existence there is, and always has been, and ever shall be.

You are eternal; you are infinite. You are spirit; you are body. You are mind; you are heart; you are soul. You are an idea; you are an expression; you are a thought. You are a dream of the Infinite Creation.

But that is reality, and all reality is couched within your dream. You contain it all; you are the whole expression in your own individualized way. You are the matrix; the matrix is you.

You are everything; everything comes from you. Everything gives birth to you, as you reinforce the existence of everything and everyone. Not one of you, in that sense, can be removed from the matrix without the collapse of the entire structure. You are integral in that way. You are essential in that way, and we would have you understand that because you are interconnected in this way – because everything you do has impact within the entirety of creation – that you deserve to exist and you deserve to be the fullest individual you can imagine yourself to be.

That you deserve to manifest all the things you can conceive of. That you deserve the existence you have been given, or it would not have been granted to you. That you deserve all the love you can imagine, because love is what you are made out of. That you deserve all the light you can create in your life, because light is what you are made out of.

We would have you understand, in this way, that communication can be given freely between you, and that all that is required is the idea of honesty – honesty with the self. And that the only barriers that exist to the idea of all the love and all the understanding and all the joy and all the communication of the information you desire – the only barrier to this is two-fold. And that is the idea of ignorance and arrogance.

Allow yourself to understand; allow yourself to create; allow yourself to be who you know you are, for that gift is given to you, for that right is given to you; for it is the very fabric of your existence. You are made of that energy; you are that energy. And all reality that you experience is not separated from you.

We would have you understand all these things, for all these things have been discussed in all the interactions you have had for the past four and one half of your years of time. But these things now – these things are to be applied in your life. These things are to be applied in the life that you chose. For it is made with your choice; it is done with your choice; it is manifested with your choice; it is acted out with your choice. It is felt with your choice; it is experienced with your choice; and nothing occurs without it being your choice, whether you create that to be in your conscious or your unconscious mind.

You are beings of choice. All That Is, the infinite Creation, the fabric of existence, chose you – chose that you should exist. Chose you; consciously chose you. You are, in that way therefore, blessed. And
we would have you understand that simply because of the fact that you exist, you are blessed. 
For you are created out of divine material, out of divine light. You are the infinite Creator. And your existence was a conscious decision, a conscious thing, a conscious choice. Act in like manner; be of like mind. Respect yourselves; love yourselves unconditionally. For out of unconditional love were you created; and out of unconditional love shall you create anything you desire. Know your integrity; manifest your honesty. It is your sharpest sword, the sharpest weapon you have ever had. But now it is a weapon of peace, a weapon of joy, a weapon of love; and a weapon only in the sense that it will cut through all manifestations that are what you do not desire.

Begin to feel the wave of your connection; begin to feel the energy of your interlinking with all thought forms, all consciousness, all civilizations... all eyes, all ideas, all minds, all hearts, all souls. All spirit is one; and you are one within that sea, within that pool.

Know that you are the fabric and the essence of the Galactic energy. Know that we are sustained; know that we are supported by your endeavor, by your existence. Know that we love you, because we know you have given birth to us. We give birth back to you. We remind you, in this giving of birth, that you can be anything you desire to be. That is our gift to your birth. To be born as anyone, any time, anywhere, anyhow you so desire: that is our gift to remind you. Anything that you choose to be sustains our existence, sustains the fabric of the Galactic connection.

You are the rotating stars. You are the essence of the spiral of the galaxy in which you inhabit – of all creation that you are, that extends from you, that issues forth from you, that is projected from you within yourself.

For you are everywhere; and there is nowhere else to be but where you are now. Everything is within you; there is no outside, as you have been reminded time and time again. Now all time collapses into one. Now all space collapses into one.

Any moment you so desire you can be within the total here and now. You can live your life that way. Events upon your planet, events within your solar system, are now accelerated.

And within a two-year span of time, there shall be much explosion of consciousness upon your world, much explosion of the connections that you have to other worlds within the galactic substance, within the galactic frame.

But these connections and these recognitions all are secondary to your recognition of your connections to yourselves, recognition of the connections of yourselves to the Infinite, of yourselves as the Infinite. For you are the Infinite. Even as we are the Infinite in our own way, you are the Infinite in your own way, and we treasure you and cherish you.

Wave after wave of love always is pulsing. Feel the spinning of the galaxy in your heart and in your mind and in your soul. It is a deep and rumbling sound, a deep and thorough sound, a deep and stirring sound. Allow it to bubble forth; allow it to bring forth the understanding of your self-honesty, your self-clarity, your insight and inspiration. For you are all of these as well. We remind you of these things that you do not need to be reminded of, simply because that is the way you have chosen.
But now, put them into action; put them into life. Be the word. Be the thing; be the idea; be the deed. Feel, in the beating of your heart that it keeps pace with the rhythm and the pulse of the spinning of all the galaxies, of the fabric of existence itself, of the universal heart of Infinite Creation. For you all beat within that heart. And not a one of you is outside the heart of All That Is. You are the blood and the life force of God itself. It is your force and your life as well. You are it; and it is you. Out of your dreams be born; out of your heart be alive; out of your soul be light. For you are nothing else. We thank you. (Pause and deep breathing, as another entity comes through – Anima, or some other gentle energy.) A: Within this idea of the sharing of the energy of the Galactic, allow yourselves to begin to feel the threads that intertwine you all. And understand that your threads are others threads... that you are made of the same threads. It is simply a different tapestry that you have woven out of the very same threads; a different picture you have painted out of the very same pigments; a different scene you have written on the very same pages, the very same paper, the very same ink, but a different play. We extend to you at this time, once again, our deepest and most heartfelt appreciation and love – in allowing us to experience you in the way you have created yourselves to be, and in the way you shall choose to create yourselves, And we would remind you that there are many upon your planet with many different beliefs. They are all to be loved; they are all to be cherished, even if they are not what you prefer. Remember: as from the vibration of the Galactic, the only thing that stands in the way of your open communication and your ecstatic joy is your willingness to choose ignorance or arrogance. Balance... in the center. And all things shall flow to you. For that is your birthright; and it is Part One of your legacy, the rest of which we will discuss later. B: At this timing, allow us once again to extend to you our deepest service. In what way at this time may we help, and may we shine? Good day to you. Q: Good day, I'm not as nervous this time as I was last time. B: We thank you very much for transforming your nervousness into excitement. Q: Okay. I'm very sad that you're not going to be doing this. B: Why? After what has just been said. Do you not recognize that you are giving to yourself, and that you have the capacity to connect, in by being an equal with us to all the energy that we have at our dispensation and disposal? Do you realize you are not cut off? Do you realize that you are becoming one? Q: Well, having the capacity and being able – with you being there – and the key to tuning into that vibration. And, like, having your tapes and listening to you all the time; it's like you are a friend at the highest level... B: You shall never lose our friendship. And we are not done interacting with all of you. It is simply that we are now commencing a different format. And in many ways, you will understand the wisdom of this, for we have done this with many worlds. We know what we are doing.
If you wish, I will put it in the following way... and I do not mean this in the fashion you would call egotistical... but if you are reinforcing to me that you trust who I am, and that is why you are sad to, quote/unquote, lose that friendship, then understand that the choices we are making in changing the timing must also be something that you trust.

Q: Okay. I do trust that.

B: Thank you.

Q: Okay, now...

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

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

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

Q: Thank you.
Q: Good evening.
B: And to you, good day.
Q: Thank you for your presence, once again.
B: And yours as well.
Q: When you said that you were over Essassani now . . .
B: Yes.
Q: . . . and you commented that you were 500 light years in the direction of Orion . . .
B: In my vibrational universe, yes.
Q: you travel to earth . . .
B: Yes.
Q: . . . is there any time lag at all?
B: No.
Q: It is instantaneous?
B: Once the jump occurs, it is instantaneous. There may be what you would perceive as some time lag in setting up the jump, and some time lag in moving about in your reality to approach your planet, but the jump itself is instantaneous.
Q: How do you experience that?
B: You don’t, not really in the way that you mean it. You simply, all of a sudden, become one, and then you are focused again.
Q: And you are there?
B: Yes, because the idea is that you do in fact connect with everything in that timeless now, that timeless moment. It is something that isn’t really what you would call an experience, per se, although you could be left with the feeling that you have experienced something. It doesn’t translate so much as an experience, as simply a beingness. We know that that may not translate into your language well, but that is the best that can be done at present.
Q: And our planet Venus . . .
B: Yes.
Q: there any monuments left for us?
B: No. There are no monuments on your planet of Venus, there have not ever been.
Q: Is there any volcanic activity?
B: There is, yes.
Q: And in the system of Orion you have talked about Rigel...
B: Yes.
Q: What about the star Betelgeuse?
B: What about it?
Q: Does it have life, and a civilization visiting earth?
B: Civilization as you would understand it, no. There is consciousness connected to every star system, but in what you would recognize as a physicalized civilizational format, no.
Q: And in ancient and modern times there are references to the Great Central Sun, what does that translate into in your civilization?
B: The idea is simply a recognition, again, that everything revolves around something that represents the combined and integrated holistic aspect of itself, over and over and over again, to infinity. There is always a center that is the representation of everything revolving around it, and then there is the center of all of that, and a center to all of that, and a center to all of that, and it all leads to the same center, all one.
That’s the only way we would translate that concept, although we recognize that in the physiological universe there is an analogy of mass, in the sense that you have a large black hole in the center of your galaxy, and there is a large black hole that is representative of clusters of galaxies at the center of all the galaxies in your immediate area. And there are large black holes and central suns at the center of the clusters of the large black holes and central suns ...that are the combinations of large number of galaxies, that are the combinations of large number of stars, and so on and so forth...ad infinitum.
Q: How many galaxies is your Association aware of at present in our physiological universe? (Circa 1995)
B: Now remember, again, we have a physiological universe and you have a different dimensional physiological universe. YOU yourselves are aware that there are countless billions of galaxies, so when you ask the question: how many galaxies are we aware of...do you mean interactively?
Q: How many have you, in your association of beings, actually traveled to and experienced?
B: Seven.
Q: Seven.
B: Yes. Now we have not experienced the totality of each of those galaxies, but we have interacted with seven.
Q: Any names?
B: There are no names for them, as you understand that.
Q: It doesn’t translate?
B: Not really. You have your, what you call, Milky Way galaxy. Now, many different beings have different appellations for what to you would be the same galaxy. It has as many names as there are
beings, in that sense, or civilizations, per se, that choose to give things names. We are connected to your galaxy. We are connected to what you call the Andromeda galaxy in your dimensional reality, and our own galaxy, of course, in our universal reality, which would be like a parallel of your galaxy. And four more in our universal reality, thus being a total, in that sense, of seven – five in our universal reality and two in yours.

Q: And the being Quetzalcoatl...
B: Yes.

Q: ...which the Toltecs and Aztecs represented as a plumed serpent...
B: Yes.

Q: ...it was told to me that it was also seen as a blond haired, blue eyed, tall woman?
B: It was perceived in many different ways, and those are all simply aspects of the total being of Quetzalcoatl as it translates into your definition of reality. We have already told you that the sighting of what you call your Mexican UFO was the return of the being in the civilization you called Quetzalcoatl, and more than that we cannot discuss at present.

Q: And the last thing, on salt. There is a substance called Celtic Salt, which has 84 plus minerals to help buffer it, and it is also said that it contains some of the inert gases – argon, neon and helium. Is that possible for salts?
B: Not in your dimension; Celtic salt is a recognition that there are etheric dimensional aspects to the elements that are associated with what exists in your physical reality as the chemical components, and that has to do with the fact that Celtic salt also does contain some of the monatomic elements, and thus, they act as bridge and a link to some of the etheric template aspects of the elements in non-physicality. There is a bridging or a linking between physical materiality and the etheric manifestation of the elements, as you understand it; end of discussion.

Q: Thank you.
B: Thank you.
Galactic Societies

Q: How is it that we have come together to share these insights, and what is it like where you are?
B: Oh, it is very nice. (Audience laughter)

Q: And in terms that I could understand – being who I am and where I am – how long have you been there, and where have you come from, and where will you go?
B: Oh, my, my, my. That might take me, oh, thirty years... (Much laughter)
Q: (Laughing) Well, you said we have all the time there is, so...
B: Yes. In this way, first of all, recognize that our civilization, as distinct from your own, has its own identity, its own idea of what and who it is collectively, and all the individuals within it have their own cognition of why they have chosen to partake of our society.

There are many such societies within creation. You are a society that has chosen to experience a great deal of focus in the idea of limitation, forgetting that you are the creator of your reality. And you have now arrived at a time when you have experienced many hundreds of thousands of years of that practice. Now you are at the end of that cycle, and so you are beginning to open up as a civilization to the possibility that there are other levels of consciousness; that you yourself even exist on other levels than you previously considered to be possible.

And so, as you awaken your awareness up to the possibility that you are more expanded than you previously thought, you begin to encounter other consciousnesses that also exist on some of those other levels, that you also exist upon; us, for one.

As you begin to encounter all of those other levels of consciousness that already exist on those levels, then that is, in and of itself, an identification, an invitation for interaction with us; but interaction on a level that means non-interference in what you decide to be true for your collective reality. Thus, we are allowed to assist you, to remind you that you have all the answers, you have all the power that you need to discover anything that you desire to discover about yourself. But to do it in such a way, to assist you in such a way, that it does not force the issue upon you; and still always leaves it up to you to decide whether you believe or not, for your reality, that this type of an interaction is something that you actually even desire.

So we, as a civilization, along with many other civilizations that comprise what we call the Association of Civilizations, are simply recognizing that you are beginning to awaken to your possible inclusion, your possible participation in that Association of Civilizations. And we make our energy available to you, to do with what you will; to decide for yourselves whether or not the type of reality you do wish to experience collectively on your planet is the type of reality that will allow you to be equal to us.

Not less, not greater, but equal to us, so that you can share of the ecstasy, and the excitement and the exploration we have discovered within our civilization to be so enjoyable. Will that help you?
Q: Yes. When you speak of coming to equality with another level of consciousness, is it something that we as human beings, with a certain state of reality, can put into a place? Is there a place, is it something that exists within each cell and vein of any kind of physical being...

B: Yes.

Q: ... or is it something that exists beyond; like, say, left of Saturn and down the street from Jupiter? You know, is it something out in space...

B: **It is both**, because all space is within you. You are holographic. The universe is holographic. That is, each and every point contains the whole. Do you follow me?

Q: Yes.

B: *That* is where it happens. Does that assist you?

Q: Yes, it does. Thank you.

B: Thank you; our love to you all.
Gateways of Creation

B: We will discuss the idea of channeling, but channeling in a much more open definition. For recognize that what you are perceiving through the physical channel before you at this time is only one way that the idea of channeling can be expressed in your society. And that really, as you say, when you do anything you love to do, you are channeling.

The idea is to simply form a connection between that idealized blueprint version of yourself, and the physicalized representational persona that you are in physical reality, to allow the two to blend, to allow the two to merge, in that way. So that you are in synchronous accord to what you know to be true for you, in harmonious alignment with the vibration that represents what, in your life, truly moves you and truly excites you the most.

Therefore, you are all channels, all the time. Because you have taken the idea that you are, as a non-physical consciousness, and are constantly channeling that idea into physical reality through the prism of the persona you have created yourself to be in this life. Everything you do and everything you experience as your physical reality, therefore, is the product of your channeling that idea into the notion, into the experience, of physical reality. Do you all follow along so far?

AUD: Yes.

B: Recognize, however, something that we have not discussed before: many of you think that channeling is a one-way street. It is two ways, coming and going; back and forth; back and forth. You are a gate. You are a valve. You are a doorway, in that sense. Many of you have assumed that channeling simply comes from what you call the higher planes into physical reality, and that is it. But recognize that channeling also goes in the reverse direction, and that physical reality also constantly reverses itself back through the gate that you are into non-physical reality.

We will use an analogy we have used recently: that called the golden fluid that allows you to function as a golden gate, which allows you to create golden crystallization, or physical reality. If you imagine and envision yourselves as this gate, recognize, that on one side of the gate that you are exists an infinite amount of golden light, golden fluid, in that sense. Now, this is an analogy, you do not have to take us very literally in this way, but this analogy will work. The golden fluid is simply a representational idea of the primary energy out of which all matter of physical reality is created, is crystallized. Do you follow me?

AUD: Yes.

B: Therefore, on one side of yourself, on one side of the doorway that you are, is this golden fluid, out of which all physical reality is manifested. When you funnel that golden fluid of non-physical awareness through the prism – through the gate of your physical identity, your physical persona – then that golden fluid crystallizes, solidifies, as the physical reality you experience in day-to-day life. The physical reality you perceive in day-to-day life.

Now, recognize the two way street. You, when you change your physical reality, what you are doing then is allowing the crystallization to become molten once again, by taking it inward, adopting,
accepting, acknowledging the reality you create, encompassing that reality, taking it back within you. Into the very center of the gate that you are, so that it can become fluid and molten and plastic once again. So that then you can transform that plastic fluid back into another crystallization that is more representative of the new idea you are being.

So you see it is always coming and going. Going and coming. Becoming fluid. Crystallizing. Melting down. Becoming crystallized. Becoming fluid; back and forth, back and forth, through the valve, through the gate that you are.

Recognize therefore that is why, if you wish to change any crystallization of the fluid, any physical experience, any physical reality that you do not prefer, if you have taken that fluid and allowed it to solidify, to crystallize in a format that may be slightly off-kilter from what you would prefer it to be, the way to allow that to transform into a more precise crystalline alignment, more representative of the idea you truly imagined to begin with, is not to deny that that is your creation, is not to run from that crystallized reality, but to take it back within the crucible that you are. So that it can melt down once again, and then give you the material to work with so that you can re-form it, so you can pass it through the gate that you are, one more time. And allow it to crystallize upon the template you now set for it, within your imagination.

That is why, when you run away from any aspect of life that you perceive around you as a physical reality, denying that you had anything to do with creating it, denying that it belongs in your life, then you do not give it the opportunity to melt down and re-form into the reality you prefer. It stays crystallized, and it becomes more crystallized. It becomes colder, in that sense. It becomes more solid, more physically dense, in that way. Sets itself in stone, in that sense, becomes calcified, in that way.

When you are always willing to re-adopt any crystallization, quickly, fluidly, then it remains in a highly plastic state, a highly fluid state and, therefore, it is not as difficult to transform the situation that you do not prefer into one that you do. Because you do not let it stay in physical reality that long and solidify into steel, into cement. You always maintain a high degree of fluidity – taking it back in, melting it down, saying: “What else can I do?” Letting it come back out and crystallize along the lines of the template that are created in your imagination. So you are a two-way valve, a two-way gate.

You are, on the side facing – and again this is an analogy – on the side of your gate facing the fluid, you, in a sense are crystallized. And on the side facing crystalline reality, you are fluid. So that always, in that way, you have the opportunity to interact, to be the interface that always shows the pattern for what is out there and what it can become; so that you, as a fluid, will interact with the crystalline reality in a very softening way. Just in the same way that water wears down the rocks of your physical reality.

If you remain fluid relative to the crystallization you have created, then you will always be able to flow in, and around, and over, and under, and through the reality in a very flexible way.

When you allow yourself to know you are crystalline on the side of the fluid reality, of the fluid energy, then that crystalline side of you represents the patterns, the templates, the imagination, the ideas, the
experiments, the formats that you wish to impose upon that fluid. It represents the patterning of that fluid, so that the fluid can take its cue from the crystalline side it sees; and so the crystalline side can take its cue from the fluid side of your being. Always you function within polarity to these ideas, so that you are always a gate that is twisting both ways, and never set and solidified.

When you interact as crystal to crystal, then you reinforce the reality created for you, and give it nothing else, no polarity to interact with. When you interact as fluid to fluid, then you do not manifest your realities into physicalness. You do not allow them to crystallize because everything is still very nebulous and washing around, and nothing has anything to take a pattern from. So the gate that you are, in that sense, is bi-polar in an opposite way to the way you experience your reality, and the way the materials are set up to create that experience. But it always flows both ways.

Allow yourself, in adopting this imagery, to therefore know that any crystallized reality that you do not prefer is simply formed along a template, an idea that you have created, which is at that time, the perfect representation of the idea you are being. And that therefore, once you crystallized that idea, that’s what gives you the opportunity to decide whether or not the template was in the form you wished it to be.

Physical reality is only clay, you can soften it up again. Just because you allow yourself to create an idea in physical form and you find you don’t prefer it, it doesn’t mean you’re stuck with it. Only by refusing to take that crystalline substance back within you, do you then create it to remain where you do not wish it to.

But once you accept any situation, which you have crystallized in physical terms, back into your heart, then the warmth of the vibration of the love, the unconditional love in your heart, in your center, is what melts crystalline reality and turns it back into the molten golden fluid out of which you can create any reality. Do you follow me?

AUD: Yes.

B: Then, take it to heart... and flow, and grow.

AUD: Thank you! Wonderful! (Laughter and comments)

B: Sharing!

Gateways of Creation
Genetic Manipulations

Q: Good evening.
B: And to you, good day.
Q: I would like to thank you and those members of your Association for the continuance of this opportunity to engage in conversation with you.
B: All right. There will be a brief amount of time for this transmission. Proceed quickly.
Q: Approximately 500,000 years ago it has been said that Homo erectus was able to use fire for the first time in our current linear evolution. Was that opportunity given to them by an outside source or was it just natural evolution? Was it ET produced or...
B: In terms of the original genetic manipulations that were created out of the native hominid species, the move toward what you call Homo sapiens, in that sense, you could say that it was artificially produced as an ability to then discover that for themselves. You understand that?
Q: Right. Okay.
B: So they came upon it as a result of the genetic enhancement that ultimately led to their capability to see things in that way.
Q: And the Neanderthals originally had much larger nasal passages for oxygenation and a larger brain. Why was that reduced?
B: The idea, again, is that... there are a few different reasons. Some of them environmental, some of them the results of the limitations imposed upon the selves of the collective consciousness in that if you pretend that you are not using it, then you do not need to manifest as much. You understand that?
Q: Yes.
B: Also they were the results of certain genetic manipulations that were deemed to be both (a) refinements of concentration, and (b) also the weeding out of certain things that in certain strains were deemed to be undesirable from their political point of view.
Q: So the reduction of the oxygen intake would actually create more of an analytical focus and reduce the brain mass?
B: To some degree, yes; also, in that it was recognized that there would be less oxygen on the planet.
Q: I see.
B: In the changes, it was redesigned to take the advantage of that idea, whereas, in the past there was more. Now this would seem to be contradictory in the sense of saying, why not reduce something, because if there is more oxygen then you don’t need as much, but it doesn’t work this way.
Q: Right.
B: You have to design the thing to be shaped for the environment itself, otherwise it is not the vibration of that environment in direct reflection.

Q: And the simian eyes, it has been said that that was one of the limitations that was left with us?
B: In that sense it is neither the idea of limitation or otherwise, it was simply the material that was at hand to work with.

Q: So the bigger eyes don’t represent anything in particular?
B: They represent what they represent in the archetypal expression left in what you call the simian animal; in you they represent what they represent in the archetypal representation of the human, and both of you see things differently. As any animal will see differently than you do because of its archetypal representation, or symbolic place within the collective consciousness. It is not an issue of taking anything away from you, it is an issue of simply that you need to be what you are designed to be.

Q: And the reptilians, what DNA was used for their initial development?
B: Many different forms of what you call dinosauria.

Q: Not one particular species?
B: There were some strains more than others. Such as what you would call Troodonce and some of what you would call, the Raptors, and so forth. But it is also a blend and a mixture over many different generations of experimentation.

Q: What electromagnetheric frequency do the reptilians vibrate at in our current reality?
B: They do not actually vibrate with a frequency that is congruent with your reality, so to give you a frequency would not be a one to one correlation. If they were to project into your reality I could give you a correlation, but it doesn’t necessarily extrapolate directly or relate directly to the frequency scale we often use to represent your frequency.

Q: Are they mostly autonomous or are they servile?
B: It is an odd and unusual combination of the two. You cannot really say mostly, it is too blended to separate those concepts apart from one another in their society. They are autonomous and they are, in many ways, servile; it's their nature, in that sense, yet they are autonomous within it.

Q: Right.
B: Yet they are designed in a certain fashion. Their vibration relative to your reality would be somewhere between 11,000 and 37,000 cycles per second, but again, remember that is not a direct relationship to the frequencies that we often give you. It is calculated in a very different way that we will explain in a future date.

Q: The last couple of things: the number six you have referenced as the number of technology, can you explain that further?
B: The idea is that it is based upon the vibration itself of atomic structures and crystalline structures that are the bases, vibrationally, for all things you understand to be technological in nature as an expression in your reality.
Q: So it’s a molecular connection.
B: In a sense, that is a simplistic way of saying it. We can also get into that in more detail at another time.
Q: The last thing is Saturn, it was the god of melancholy and it took on a negative connotation in our past. We have the council of Saturn, which is connected to the Council of Nine.
B: Yes.
Q: What brought on this negative definition?
B: Simply forgetfulness and misinterpretation of the idea of what might pass for melancholy, but in fact is simply calm wisdom, calm knowing. You understand the difference?
Q: Yes.
B: Does this help you?
Q: Yes, thank you very much.
B: Thank you. We will once again…

Genetic Manipulations
1
Genetics, Mind Control, Abductees

Q: There have been a lot of biogenetic experimentations done by our shadow government over the last, most likely, fifty or more years.
B: Some, yes.
Q: And some of the experiments that we know of, that we actually have documentation on are pretty amazing.
B: If you say so.
Q: And I was curious as to whether they had been capable of creating what we might see as extraterrestrial entities by hybridization process. Have they created entities that we would, if we saw ... they would be extraterrestrial looking to us?
B: In appearance, some of them might seem that way. This does not mean that they actually contain extraterrestrial DNA.
Q: Right, exactly, but they could, let’s say, cross a snake DNA with human DNA?
B: Well, that is not exactly how it’s done, no.
Q: Okay, because ...
B: That is not how it’s done. It is only the idea of the taking of, what you call, the human DNA and realizing the ontological potential that the human DNA contains all stages therein of, what you call, evolution. And it is only the manipulation therein that is required to bring out any of these qualities you may attribute to any other life form on your planet. They don’t actually have to take genetic material from a life form.
Q: All right. So have they created anything like that that we would see as really odd or animal like?
B: From time to time this has been done to a limited degree. They were not what you would consider to be successful, nor even those that may have been of some duration, did they survive for long.
Q: We’ve mentioned that the Men in Black, some of them, there are many types, but some of them may have been cloned.
B: That is a different idea altogether, and not cloning as you understand it now.
Q: Okay.
B: And besides which, the cloning aspect does not come from your shadow government’s abilities, it comes from something else.
Q: Oh, it does?
B: No comment, keep going.
Q: Okay, I have a theory that I’ve come up with.
B: Oh, all right, share your theory.
Q: And I don’t know how wild it is, but I’m trusting my intuition.
B: Well, the wilder it is then the more we will have to refer to it as simply a hypothesis, rather than a theory.
Q: Well, you know I’ve been researching mind control.
B: Mind control.
Q: And I’ve found some really fascinating things.
B: All right.
Q: Such as virtual reality scenarios ... we’ve talked about this.
B: Yes.
Q: Abduction experiences under which lies the actual programming.
B: Yes.
Q: Okay. Now, is there a possibility that people in the military, who want to keep an eye on those ... you see I think that...
B: State your theory.
Q: Okay. Is it possible that the shadow government, who wants to keep an eye on mind control victims that might be ready to divulge some sensitive information, would abduct abductees unknowingly, not knowing that they are really abductees and made "contact?" I think the waters of research in terms of mind control victims and abductees are really muddied.
B: This is correct.
Q: And that they’re really fusing and melding.
B: Yes.
Q: And is it possible that they abduct abductees, not only for the purpose of finding out what the extraterrestrials have told them, but also for the reason of finding out and making sure that they’re not a mind control victim that’s going to divulge some sensitive information?
B: Yes.
Q: I thought so. Wow.
B: Does that help you?
Q: Yes, that’s interesting.
Q: I had one more thing.
B: Yes?
Q: What are the ... can you give me sort of an idea of the percentage of mind control victims that think they are abductees, as opposed to the percentage that are actual abductees?
B: One moment, there is a great deal of fluctuation in this because there are a number of different experiences within this overall grouping. We are attempting to sift so that we can give you a more discrete answer, specific to how you have asked the question ... twenty three percent.
Q: Twenty three percent are mind controls that think they’ve been abducted?
B: Twenty three percent experience what they believe to be alien abduction and this is not so.
Q: Okay.
Get Used To It

B: Good day!
Q: I read this book called, "Bringers of the Dawn."
B: Yes.
Q: I read the first...and I know, in a sense, what you’re going to say.
B: Well then, why ask the question? Why not make a statement instead?
Q: I don’t agree with this book...
B: Thank you.
Q: ...I feel that it is a representation of a very negative reality, and past ... and possibly no future.
B: All right.
Q: Depending if we are successful in our...
B: If you’re successful?
Q: That’s what it says in this book.
B: Okay, you are postulating the hypothesis of the literature?
Q: Yes, of my interpretation of the literature.
B: Yes.
Q: I know that I do not agree with this.
B: All right.
Q: But at the same time...
B: At the same time?
Q: ... I’ve gotten feedback and it has been very inspirational, which I....
B: Of course. Tools will work differently for different people. What may be valid for someone else is not necessarily valid for you at this point. It doesn’t mean that it doesn’t have validity, it just means that, from your perspective, you prefer something different, that’s all.
Q: Well, let me just go into more depth.
B: Oh, all right, I will let you; go as deep as you wish.
Q: Thank you so much. The feedback on our past, even though after hearing your feedback, your opening words...
B: Yes.
Q: ... you’re concentrating on the moment, it actually made me go into the past.
B: Oh, all right.
Q: And they talk about how we were a free will planet.
B: Are, are.
Q: Are, thank you. Well, no. I’m stating what I read in the book.
B: Oh, all right. Were, were, were.
Q: We were a free will planet...
B: Yes.
Q: ...and because of this freedom, their civilization came and controlled our frequency so that we are now controlled....
B: I see.
Q: In order to bust out of this control there are a group of entities that are here that are busting the paradigm, and in order to be successful in this venture, what I read in this book, you have to experience both the negative aspect of this controlling civilization which happens to be lizard form.
B: Oh, I see, all right.
Q: And that they are very ... probably if you saw them, they would be so scary that some of us would die of a heart attack.
B: Oh, all right, this is true. (Audience laughter)
Q: Okay, and that this is a necessary step, seeing them and owning that which scares you...
B: Yes:
Q: ... in order to look forward in this....
B: Allegorically that is so, whether you play it out literally or not. You must own and accept all the negativity within yourself, as we said in our opening remarks, in order for you to integrate the totality of your being and accelerate any more. Now, it doesn’t necessarily need to play out in a literal context, however, for some people, on a certain level of reality, it will, because of their frequency and because of their belief systems. Look at it as an experience that has a number of different ways of being experienced, a number of different levels. Some people will need, by their own belief system, to experience it in a very literal way. Others can experience it in, what you call, an allegorical way, symbolically. In that you all have, what you might call, primal level to your consciousness, a quote/unquote, "lizard brain." You understand?
Q: Yes.
B: The survival level of your animal self is equivalent to what your scientists call the "lizard brain" and thus, you have to accept the primal level and all the fears that exist in the primal level, the survival fears and so on and so forth. You have to accept and integrate that aspect of your consciousness into the totality of your being in order to ascend, to accelerate, and to evolve. Yes, that is the truth in the statement, however, we understand that in that work it is being expressed, only on one level, as a literal
experience, physiologically, of encountering lizard extraterrestrials. Some people will experience it literally, physically that way, but that does not mean that it does not have a number of different ways of being experienced and, according to your frequency, will determine how it is you deal with that idea, whether literally or allegorically. You understand?

Q: Yes.

B: So it doesn’t mean that the literature is "wrong," it is simply limited to one strata of how the idea can be experienced and it isn’t extending to other strata. That’s all. Because remember, everything is holographic, everything can be experienced in a number of ways and they’re All true, they’re ALL right. It is just that they are all different and according to the vibration YOU are, will determine exactly what strata of the holographic experience you do experience. Does that make sense to you?

Q: Yes, it does. And I also ... when I’m in the presence of a very interesting experience that I’ve only recently started to experience... I’ve been listening to a lot of tapes...

B: Yes.

Q: ...and when I listen to the tapes the information brings back the time band, and what I think, all of a sudden, it is answered by the tape.

B: Yes.

Q: This is very interesting.

B: Yes.

Q: I never felt it before.

B: Well, get used to it. It is called synchronicity. It’s called being in sync with your reality generation. Synchronicity is what lets you know that your frequency has caught up to the frequency upon which you create the reality. The frequency of the awareness of the reality, the awareness of the reflection, has synchronized with the speed in which you are generating the reality. That’s what synchronicity is, you are in sync, synchronous harmony with the creation of your reality and your awareness of the fact that you are creating it. Your reality has become transparent to you, you know that what you see around you is in fact your reflection, it bounces back to you instantaneously. Thus, you are synchronized. So get used to it, more and more of you are beginning to recognize that your reality is becoming transparent to you in that way, and that means that you are harmonizing and synchronizing with the realization that you are the one that is manifesting what’s going on.

Q: Definitely.

B: Well, that’s working. Does that help you?

Q: Yes.

B: We thank you.

B: We thank you.
Getting in Touch

B: You!

Q: Recently you said that all pain, mental and physical, spiritual and emotional, was as a result of some kind of disconnection from All That Is.

B: Yes.

Q: Uh, can you recommend any process by which a person can get more in touch with all that is?

B: Process?

Q: Well, I don’t know.

B: Now we can recommend many processes; but recognize that your imagination will alter them to fit you and your vibration accordingly. But again, the idea, the idea of believing that a process is necessary is a continuance of the separation, because you are not saying that you believe that you are connected now.

Q: I see.

B: And you are. It is trust that is necessary. Knowing that you are connected, acting like you’re connected, acting like you believe you’re connected, then you will be.

Q: Yeah, I get it.

B: Thank you.

Q: Thank you.
Getting the Big “C” – Cancer
Q: I was creating my reality…
B: Was?
Q: Was…well, this was a, quote/unquote, past situation…
B: Yes.
Q: I, in going to use some…fill in some generals for the specifics. Say someone tells me I’m going to get cancer if I do such and such thing. And I say, "no I’m not," and I choose to consciously create that I don’t create things like that in my life. And I get it anyway.
B: All right. May I remind you that many times, first of all again, these things are opportunities to truly recognize what level of self-empowerment you know you have. For if you have co-created that idea, and create it for yourself, in that way, it is, again, an opportunity to recognize now much power you do have in creating a scenario to begin with, and in recognizing you can create the scenario in another way.
But the idea also is to recognize that the way you usually respond to individuals who offer you these suggestions is indicative that you do actually have a fear and a belief in the reality of that idea more than any other. So the idea of your response, “no I don’t,” in a sense, is a conflictive one, rather than the idea of pulling out of them why they believe in that reality, and assisting them to change that belief – which will then change you.
But just to say, "no, I don’t," many times is an indication of the fear you actually have – because you are reacting. You are being conflictive in your response, which is an indication that you actually are, perhaps, buying into what they have offered to you as a suggestion.
Otherwise you would not need to recoil from it; you would dive headfirst into it. “How fascinating that you should think so. Why do you think so? What has created this belief within you?” And so forth. To explore full-speed ahead, head first as you say, the idea of why you should attract in your life someone whom would even suggest that idea to you.
For again, many times the attraction of an individual into your life who would make that suggestion is an indication of beliefs that you do have within you. But in no way, shape or form does that mean that it must remain so.
And you can look at it from the positive point of view – that having attracted an individual into your life who might suggest that to you is an opportunity to show yourself that you perhaps do, in fact, have those beliefs, or you would never probably have had to have heard that individual say that to you.
Now it is your opportunity, therefore, to recognize that the belief system has been brought to the surface, that it has been pointed out; and now you can deal with it. Again, the situations that happen in your life are not there to show you you are stuck; they are not there to show you you are a failure. They are there to show you what the beliefs are you have, so that you can know what they are – so you can change, so you can change the reality that they have shown you exists within you. You follow me?
Q: Yeees.
B: Yeees?
Q: Well, it’s first like…well, I was pretty sure that I didn’t have a belief in a certain situation, and then I see that situation…

B: All right. All right. But again, you are acting as if you think you have failed. Change that attitude. Listen to yourself: “I was petty sure.”
Q: Well, it really broke my confidence, I’d been sailing along pretty quick.
B: It did not break your confidence. Nothing can break your confidence but you. And again, you are looking at it from a judgmental point of view, as if there was the idea that your confidence could even be broken, as if you had to have the idea of confidence so that it could be broken.

Knowingness is knowingness. Many times when individuals in your society talk of confidence, they talk about it as something that might be able to be broken. You talk about it as a wall, rather than a foundation, rather than an understanding. You talk about it as a tenuous thing. You talk about confidence as if you are walking a tightrope. “Please don’t do anything to upset my confidence.” You follow me?
Q: Yes.
B: If you watch yourself; if you are watching for when situations might break your confidence, then, in a sense, all you are saying is that you really have never allowed yourself to simply know what is true for you.

And this is an opportunity to recognize that that may be what you have been doing. So that you can dispense with the idea of needing to "maintain" confidence. But rather you can simply "live" your life in a knowing way. There is a difference, a profound difference, between the two.

Again, each and every one of these scenarios is yet another opportunity to realize how many layers of beliefs you have created for yourselves. You are peeling yourself like the proverbial onion; you are discovering that you have wrapped yourself in thousands of cloaks. You think you are dealing, many times, with the foundational ideas, but yet again you discover that you have wrapped yourself with another illusion.

And so you will always peel them away, giving yourself an opportunity to explore these ideas. Now you have an opportunity to understand that you have been dealing in the idea of confidence as if it were something that someday might let you down, might break down – that you might not be able to hold it up.

You are treating it as if it were something that you had to carry through life, that you had to watch out for, every step, otherwise there might be something out there lurking in the darkness, lurking in the shadows – that might pop out and someday break the confidence. Many times when you talk about confidence, that’s the definition you give it.

Now you have given yourself a prime example, a prime opportunity to realize that that is the definition you gave to confidence. So now you can change the idea; you can use this, like anything, as an opportunity. Recognize, the universe, yourself, the idea of infinite
creation – never, ever, ever, is there a scenario created in your life that is too much for you to handle. Never!

In a sense, you are being paid a compliment. For in this way, the amount of the idea that you think you must now deal with is directly representative of the actual strength you have to deal with it. So lighten up. Lighten up. You can, if you are willing to, laugh it completely away.

Q: That sounds like a good way to do it
B: The curtain is up; this will be a comedy.
Q: Definitely.
B: If you are going to think – if you insist upon thinking – of the idea of cancer with a capital C, at least let the C stand for comedy.
Q: Okay.
B: And also for catharsis. For that is what it is for many individuals – a gate and a doorway to walk through, so that in one sense, in the old sense, you will recognize that you, as the person you have been, will, in a sense, die. But you do not have to physically die to be born as the new person you prefer to be. If you use the idea of cancer as comedy and catharsis, then you will allow yourself to become the person in whose definition there is no need for that tool or disease. But that will invoke from you a willingness to be that new person. And that new person is one who enjoys life itself. You follow me?
Q: Yes.
B: Thank you very much.
Q: I have another quick one.
B: Brief.
Q: In Maui I asked you about my camera. I asked you specifically if you could tell me if the camera was in the house…
B: Yes.
Q: And you said, "yes."
B: Yes.
Q: Were you saying, yes, you could tell me, or yes the camera was in the house?
B: Why are you still concerned?
Q: I’m still looking for it.
B: More C: camera, concern…
Q: I love ’em, crystals.
B: Crystals. Does everything, to you, have to be, in your estimation, picture perfect before you will allow it?
Q: Very much not.
B: All right. Then for now, perhaps, you do not need to focus on that.
Q: Well, it’s just like, for some reason it’s always there in my mind. I’d like to just forget about it, but it’s just part of my life that it seems – I just wish I knew where it was.
B: I’ll tell you exactly where it is.
Q: Oh, good.
B: It is within you. Listen carefully, it is you; you are the camera for now. You! Remember what we have been saying to many of you, your recording devices are an externalized idea. Many of will now find your recording devices disappearing and, in your terms, malfunctioning. Because you are now going to function as the recording device.
You are now going to take the pictures, and create the pictures to be what you will know will be the life you prefer to be. You take the picture; you make the picture; you are the camera now – for now.
You will find it again physically – after you become it first. Makes you "shutter," doesn’t it?
Q: No. Thank you.
B: Understand the idea in a very literal sense, in a very literal sense, we are not simply being philosophical, when we say you are the camera, we mean it. Take me literally and start acting like it. Then you will see a difference.
Q: I like the way that sounds, because a camera just takes each second and holds each second, right?
B: All right. But you do not have to hold on to it. The idea is that you will always be existing in a new second; the idea is not so much to collect images of the past. You follow me?
Q: I do. I just like to collect the images, even though I don’t do anything with them. I just like collecting them.
B: It is representatives of an idea that you say you are attempting to change for now. Let it slide.
Q: Collecting: another C. Thank you.
B: Thank you.
Global Unification and the New World Order

Q: Can you give us an understanding of what is the New World Order – who founded it, where is it heading?
B: Are you talking about what many people on your planet refer to as the political concept?
Q: Yes.
B: It can be a variety of things and, of course, there are many different kinds of things, of interpretations, as we scan your collective consciousness for what that phrase might mean.

Some individuals will find that a new world order will represent what might be called a strengthening or reinforcement of actually quite an old world order; and that is the idea of domination and control. However, many individuals also recognize that there needs to be a new world in order for you to transcend and transform into a new understanding and a new way of being.

Now, paradoxically, the idea really of creating a new world order, so to speak, is actually one of creating less control, in the sense of domination and more in the sense of knowing that everything already works and flows effortlessly, smoothly. So that any so-called future, quote/unquote, government that needs to exist on your planet will not so much be a government, but the idea of an interactive networking organization for the purpose of making the connections between people that are necessary to allow what needs to be done, to be done. This is ultimately what your planet will evolve into.

Individuals who assume that a political new world order based, on old political ideas could even survive, are not understanding the nature of energy; for anything that rigid as has been purposed as a new world order, anything that is feared of that nature, if actually even begun to be realized would never be able to stand up under its own weight. It would be, in a sense, too top heavy.

The idea, therefore, is that this new world order idea is an opportunity now presented – you can look at it this way – an opportunity presented by your people to yourselves, to decide for yourself – what kind of future do you want? What kind of planet do you want? What kind of organization do you want? Do you want to be self-empowered beings and responsible for yourself? Or do you want to continue to allow other individuals to run your lives for you? You follow?
Q: Yes.
B: So look at it that way. In other words, really what it is all about is getting your own consciousness in order, in which you do not need anyone else to order you around.

Q: Will this civilization, will this race finally solve its problems and move on to a more positive future?
B: Yes, or we would not be talking with you.
Q: Would we have a world headquarters? Will the world come together as one, and a certain city become the headquarters of this planet, like a world capital?
B: There is the possibility that you will allow yourself to let Geneva function in this manner, since it has always represented the concept of neutrality to your people.
However, it will not be seen as a seat of power, but simply, again, as a nodular... or a nexus for a higher level of networking and organizational principles that allow for a free flow of exchange among all your people. And, ironically, also, it will be seen that the idea is that, while now your Swiss nation is seen as one of the economic hubs of your planet, monetarily speaking, when the time comes that you no longer need that particular medium of exchange, it will be an irony that the same place will also recognize that the true, true value on your planet is the people and all the things themselves of nature. And that will be the new economy, and it will be an irony that it will still be flowing through that nation on your planet, which now, in some senses, controls most of the actual monetary reserve. You follow?

Q: Yes.
B: Are you sure?
Q: Yes, I’m sure.
B: But the idea is that you really will have, in that sense, a global network, organization. It will not necessarily really be seated in one spot for too long. And in and around, as we scan you energy now, about your year of 2037 you will find that at that time there will be a sufficient amount of unification and understanding on your planet, so that your world will take your place among what we call the Association of Worlds. You understand?
Q: Yes.
B: There will be much contact before that but in and around your year of 2037 it will be, in that sense, quote/unquote, official. Does that help you?
Q: Yes.
B: Thank you.

Global Unification and the New World Order

3
Go Within

Q: Is that the only thing that keeps us from merging more fully with All That Is... our own judgment patterns?
B: Yes. That is all there is.
Q: Is that what creates the veil between the subconscious and the conscious patterns?
B: Yes. That is all there is.
Q: And the judgment patterns probably start from a grosser level, all the way down to the subtler levels. If one is seeking...
B: You have created it to be that way, but again, you are judging that it has to be that complex.
Q: Okay, one other question. I don’t know how to say this, do you know the being named Andromeda Rex? Or what’s my relationship with this being, if other than just being a guiding voice along the way?
B: If that is what it feels like for now, then simply pay attention to it in that form.
Q: It feels like more.
B: In what way?
Q: My curiosity goes further.
B: Follow your curiosity then. Do not look outside yourself when you are curious. Curiosity leads you within. Follow it. The idea of meditation is knowing the answers do not exist outside yourself, they exist within. Curiosity lures you there, go within. What is the vibration of Andromeda Rex to you?
Q: A voice that sounds like my own.
B: Very good.
Q: I will go within, thank you.
B: It is, in a sense, your Higher self. That is our perception of it, for what that is worth. Thank you.
Q: Thank you.
Q: A while ago you discussed gold and the aura and the properties of gold.
B: Yes.
Q: And nobody seemed to pick up on those connections, I was waiting...
B: Oh, several people did.
Q: Oh, did they? I must not have been around. Would you mind exploring that a little further?
B: As we have said, you will recognize basically that there is an energy that surrounds and imbues and imbeds and is immersed within the idea you call gold. This has been responsible, so to speak, for its attraction in your society; although many of you did not understand why, in that way.
It is not just that it is “rare,” but in this way the idea is that the energy it channels through itself – how it creates itself to be, how it is created in the mass consciousness – will allow you to recognize that the gold that exists now is the gold that has always existed. It does not corrode – ever.
Q: I understand that.
B: In this way, recognize the auric field – it is no accident that in your language, the base root of all your languages, the idea of aura is the same as gold, in that way.
You can explore the idea that there is a type of energy that can be extracted, let us say, from gold, in that way, that can allow you to become physically ageless.
Q: Now are we talking gold metal, gold crystal... what are we talking about?
B: The metal. There is an energy, in a sense, that is attached to it that can be extracted and channeled to allow there to be imbuenment in your auric field of the longevity that represents that creative field, that creative energy – the eternalness of your being.
It is why, in what we term our spacecraft, the flash matrix – that device that converts, let us say, or bridges the gap between one type of energy and another type of energy – it has gold as its constituent, its main constituent.
For in this way, it imparts a type of stasis into the energy that allows the craft to become something removed and, in a sense, static from the rest of the universes. It becomes, within its own limbo, suspended in an eternal nowness. Partly, the idea of the gold is what imprints itself upon the field of the craft and imprints the ability to exist as an eternal idea – unchanging.
Q: It will take physical energy in and then move this non-physical energy around?
B: It is all physical and non-physical, in your terms, at the same time. It is a translator, it is an attractor, it is a magnet and a battery for that energy.
Q: Is that what the alchemists called the philosopher’s stone?
B: In a sense, they recognized that latent within the idea of gold was the idea expressed as that energy, in terms of immortality. The refinement, so to speak, of the electromagnetic energy of your planet into a
type of crystalline lattice work represented by the metal gold that represented the pureness of all the metals. That is why it is regarded as a, shall we say, “royal” metal.

Q: So do we have to wear a lot of gold?
B: You do not have to wear a lot. And in this way again, you can extract from that energy, as many of you do, by combining what you call crystals with gold. Specifically because that is a memory of how that was done and utilized in that way from Atlantean times.

Q: Are there any particular shapes of gold that would accentuate this process more than others?
B: Spheres.
Q: Spheres.
B: Yes.

Q: How about gold in your teeth? You know... if you had lots of gold fillings or crowns.
B: In this way, again, it can have an effect upon your auric field in different forms of balance, and it will also allow you to recognize that there may be, in your terms, imbalances within the field. For it will act as a sensor for those imbalances. It can alleviate some of them in that way. But it depends upon the idea that you allow it to utilize within your imagination as well.

Q: So it could help with the electromagnetic field of the body?
B: Yes.
Q: Or it could interfere with it?
B: Not so much interfere, but it can allow you to recognize imbalances, and if you do not allow yourself, through your own imagination, to alleviate those imbalances, you may not allow yourself to partake of the energy that is available to you through the manifestation of the gold.

Q: So if you had depression, it would amplify the depression?
B: Not so much depression. Understand, what you have termed in your society, gold fever: the idea that you can recognize so innately, the idea of the energy that is available; but because you are segregated within judgment it may amplify your judgment rather than amplify your integration.

Q: I’ve heard that someone had an operation and they had a metal plate in their head and they were receiving a radio signal.
B: Yes, that is not impossible.

Q: If you have a lot of metal in your teeth... can it affect you then?
B: It can cause there to be imbalances within your auric field. But you can revitalize it by rebalancing the electromagnetic energy, with the blue-white light and the idea of association to lots of purified water.

Q: What other chemicals would purify our body and...
B: Primarily water. Water.
Q: Water.
B: There is much more to the energy of water than you realize.

Q: Well, I have a lot of metal in my mouth and I’m really worried.

B: Do not worry about it.

Q: I don’t worry but I...

B: All right. Then in this way recognize that you can always extract the idea of the energy from water and rebalance your electrochemical, electrolytic idea within your body, as it relates to the balance of your auric field. You can use the blue-white light. You can also use the golden light. The light and the color of the light can carry the same energy as the metal.

Q: Does there have to be a constant doing of this?

B: No.

Q: But it will rebalance it?

B: Yes.

Q: Thank you.

B: Thank you.
Gravitic Influences

Q: Is the earth rotating at the equator one thousand miles an hour right now?
B: Approximately.
Q: And that it rotates around the sun at sixty-six thousand, six hundred miles an hour?
B: Are these things that you cannot simply look up? Yes, this is approximately also true, but why are you asking us things that you have access to in your literature?
Q: I had access to that information, but I wanted to see if it was correct.
B: What makes you think that my saying yes makes it any more correct than anything that you could discover in your own literature?
Q: Because sometimes the things in our literature are not correct.
B: But why don’t you take the time to make the discoveries as best as you can without asking us? Just think about it for a moment, how long is your day?
Q: Twenty-four hours.
B: How large is the circumference of your planet.
Q: I can’t remember.
B: Think about it. A thousand miles an hour, twenty-four hours, means it is about?
Q: Twenty-four thousand miles.
B: Thank you. You see you have ways of verifying these things, and seeing that they make sense when they do make sense. All that you can do is look all that up, cross reference everything, check the numbers, see if they make sense to you. Very often you will find they simply do, and it isn’t any more esoteric than that. And you don’t need to run to us to verify some simple mathematical construct that you can find out on your own quite simply, and verify on your own quite simply by cross checking the numbers from different angles.
Q: Okay.
B: Interactions between us are for the purpose of all of you knowing what information you have access to, and not just simply asking us out of convenience – but doing your own research so that you KNOW what you know, and don’t just know it because I have said so. Because there are many different kinds of approaches that we take in communicating to your society and sometimes we will tell you that a thing is one way for a completely different purpose than you may think. A lot of times what may seem to come from us to be a pat answer will not necessarily be true in all contexts, but perhaps only in the one that we were discussing at that moment. So do not necessarily assume that we are giving the FINAL WORD on everything. Do your own research.
So what is the reason you are exploring this idea?
Q: I wanted to know the effect at the equator with spinning at a thousand miles an hour as we move towards the pole…
B: Yes.
Q: ...the speed of the earth must actually change.
B: Yes.
Q: I was wondering about the influence that that would have on our physical bodies?
B: You must, again, understand that if you do a little bit of research, you will find that while there is some fluctuation, it isn’t great. The idea is that your earth is somewhat flattened at the poles because of the fact that it spins and is bulging around the equator. The idea is that the bulge reduces, to some degree, the concept of gravity because it is spinning you so fast. In the same way that if you were to take an object on the end of a string and spin it around, the centrifugal force is forcing you away, balancing the sense of the gravity that is pulling down on you. So that then, when you go and you find yourself moving to different portions of your planet, you will find that there may be fluctuations in gravitational pull because you may be going slower, and because there may or may not be less or more material pulling on you. But it will not have a great degree of an effect upon you in any physiological sense. However, the different gravimetric pressures on your planet do have some effect dynamically upon the energy field of your body, the electromotive field, the electromagnetheric fields of your body. In the sense that in different places upon your planet, depending upon the concentration of the gravimetric effect, the electromagnetheric dynamic effect, you have more or less, perhaps, capabilities of feeling the connection between all the different subtle bodies and more dense physical bodies than you have, the levels of your consciousness, different kinds of connections can be made at the poles than can be made at the equator. But, again, this will depend upon the individual, and this fluctuation, this variance is not very great, very slight in many ways.
Q: Is there more influence, by the direction of the spin in the field, in the north and southern... B: Again, the idea is at the North and South poles you have a different kind of influence, a different capability of getting in touch with different kinds of dimensional energies that you do at the equator. The spin at the equator puts you in touch with different kinds of energy...lets you experience kinds of vectors, different slices, different attitudes, aspects and dynamics of dimensional energies than locating at the poles does. It allows you to experience a different EFFECT of the electromagnetheric energy...just different. Similar to the idea of this: by manipulating, what you call, an electromagnetic field in one way, you can get mechanical energy, by manipulating it in another way, you can get light, by manipulating it in another way, you can get heat or cold. It’s all basically the same electromagnetheric field, but depending upon how you interact with it, how you allow the field to interact with itself, you get different effects. So those effects can be noticed within your consciousness about what kinds of things you are able to get in touch with. Those fluctuations can be noticed, but it is still a very subtle difference that happens. It isn’t profoundly different, especially not in terms of the physiological level, because it is so dense, and so, shall we say, unlikely to shift in the small and subtle variances taking place within the electrogravitic dynamic field of your planet. But the more subtle refined energy fields are more highly affected that the
physiological ones. Does that make some sense?

Q: Yes, thank you.
Gravity
12-12-97
Thousand Oaks, CA.

All right, I’ll say good day to you, this day of your time, how are you all? Once again, we take this opportunity to thank each and every one of you and all of you collectively for allowing this transmission to occur through this gateway and in this manner and at this time. Once again, each and every time such an interaction is allowed and co-created by you, it allows our civilization to experience through each and every one of you, all the different perspectives that are possible within creation and this expands our understanding of the Infinite. And so, we thank you for this opportunity and this gift.

We would like to begin this transmission, this day of your time, with the concept of gravity. This may at first sound somewhat scientific, but please understand that it is also the science of the spirit, the science of the soul, the science of consciousness itself. Gravity, what is it? Many of your scientist have been pondering this idea for quite some time. Many of your scientists are getting close to understanding it in its most fundamental interpretation. We have discussed with many of you, over the course of the time we have been transmitting to you, that everything in reality, everything in your creation is the product of vibration, resonance, frequency. Whatever frequency you give off, is the reality that is reflected back, in a sense, in the most general terms. But the idea is that, of course, the One, the All That Is, whatever you wish to call It, has its own signature vibration, the frequency that represents the oneness of All That Is, all things together. And we might wish to label that, for the purposes of this illustration, as the Prime Resonance.

Gravity can be understood as the tendency of all things to match the frequency of the Prime Resonance, to gravitate toward that frequency, to gravitate toward the idea of becoming one with All That Is, to be attracted to the Oneness, to join together, to integrate, to merge as closely as is possible for discrete objects. For each object has its own vibration, its own signature frequency by which you can recognize it, its own vibration and resonance that defines every object. But the tendency of every object is to gravitate towards the Prime frequency, and thus, this is represented or illustrated or demonstrated by the gravitic attraction toward all things.

In understanding this you can also know that movement, all movement whether it be the idea of the movement you consider to be normal, moving from place to place, or levitation or teleportation, the instantaneous apparent movement of one place to another without intervening travel, all these are the product of manipulations of the vibrations of discrete objects, so that they are made to be more or less, more or less in their tendency to gravitate toward or away from the Prime Resonance of All That Is. In getting them to move away from that frequency, you will get them to move away from anything that represents that attraction, such as mass, a planet, a star, what have you. By increasing that frequency toward the Prime Resonance it will move toward that mass, the planet, the star, what have you. Fundamentally this is all it is—is increasing its harmonic resonance with the Prime Resonance of the Infinite, of the Creation, of the One.
Now this at first may not necessarily seem to have a day to day application to you, but the more your minds open up to seeing the concept of vibration and resonance and frequency in different ways, the more you ponder these things and let them run around through your brain circuitry, one day you will find as things accelerate and things change and you learn to see things from different perspectives, that these little balls of information will suddenly fall into a slot, "click," and certain things will make sense that did not make sense before.

Many of the things that we share with your people are simply seeds that you allow us to plant, that you plant, together with us, in your consciousness, that are not necessarily meant to bloom right now. But with the appropriate amount of water, sunlight and air, so to speak, metaphorically speaking, they will one day all of a sudden burst forth from their seed casings, sprout, grow, bloom, thrive and create a garden of new understanding, new perspective, new thought and, of course, a new reality. Since your reality comes from your ideas of reality, so, new ideas, new realities, new perspectives, new reality, new experience.

Now, paradoxically, and you know how much we love paradox, the less gravity you give to a situation the more you lighten it up. Then the more quickly you will be capable of seeing and understanding this relationship of vibrations, of frequencies, of resonances, and understand yourself in relationship to them and your life and your circumstances and your situations in your relationship to the frequencies that stem from your ideas, perspectives, fears, joys, doubts, hesitations, angers, what have you. And the more you’ll begin to understand reality experience as an orchestration of frequencies, a discord or harmonic expression of frequency interaction, a series of songs, a symphony of experience.

Let it all just sink in. You will begin to hear and see more every day what we mean by these ideas as they translate into your language. Does not matter if you understand it now, it does not matter if you think you understand it now. There will be circumstances and situations wherein many of the things that have been shared, not only by us, but by others and among yourselves, for you are not without wisdom, all these thing are coming together with their own kind of gravity. And as they reach that critical mass, one day there will be a new world in the place of the one you have now. In a sense, all of the matter will be replaced by other matters and the things that matter now will not matter then.

We thank you for allowing us to bring this matter to your attention, and in return for the gift that you are giving our civilization in allowing us to interact with you, I ask in return, in what way may I be of service to you now? You! Then You! Number two, do you know who you are?
Grey:
Grey Speaks
From Old Friends - New Friends
4-16-87

The fear within you can be a tangible thing at times. We extend in whatever way you will perceive it, our thanks for allowing us to evoke this fear from you. For in evoking this fear from you, you give yourself the opportunity to experience that fear which you have locked within yourself and which creates a vibration that is not conducive to our inter-action with you in an easy manner. We thank you for allowing us to unlock this fear from you. For the temporary time that you feel this fear there will be a greater time of joy in your future. We are the facilitators in this way and we thank you for allowing us the opportunity to function in that modality to you. We are your friends and you may not know it well yet but you are beginning to.

It is true in this way that you have the capability as all beings within Creation have the capability of recognizing your own Godhood. And we simply choose to recognize our Godhood in our own way – collectively. And you choose to recognize your Godhood in your own way – individually. And in this way, not that we are not individuals, not that you are not a collective, but we are mirrored expressions in many ways of the things that are feared within each other or have been feared. And in allowing us to participate in the release of your fear in this way, you give us the opportunity to give rise to all things past within our civilization and all of the ideas of the fears of our own individuality that we have faced. And to give us the opportunity to realize how that fear can be expressed within the individuals that you are.

As you look into our eyes you recognize only the mirror of your own souls, the potential of your own Godhood. There is nothing in this to fear. But we thank you for allowing yourself to feel that fear even temporarily for as you feel it in that way you will own it, and as you own it you will transform it. For you have been told by many beings in various ways at various times that you cannot transform what you do not own. Allow yourself now the opportunity in realizing the mirrors of your own soul that you see in our eyes. That you are willing now to accept, that you are willing to acknowledge and that you are willing to own the very idea, the very core of the vibration that you have called fear and recognize as those things that you have shunned from yourself in the various years you have lived upon your planet and for the various years and centuries that we have observed you in this way.

We thank you for your release, we thank you for your blending. We thank you for your agreements above and beyond all that allows us to participate in the modality to which we are used to. We thank you for allowing us to be a part of the exploration and the awakening of your world. We thank you for allowing us to lift your eyelids to a new dawn and a new day. We thank you for allowing that new dawn and that new day to be something in which we will also participate with many other worlds, in our own good timing. We thank you for allowing us to present to you the calling card of membership within the Association of Worlds. You will find that an exhilarating experience, we guarantee you.
Recognize that all that you may be passing through now that you may call fear in this way, is a passing
ing, truly a passing thing. Truly it will become the stuff of your legends. Truly it will be something
that you will not be able to fathom in having been able to experience, in a very short time upon your
world. It will be as you call it, the stuff of nightmares, and it will be as if you have awakened truly from
a dream...into the dream that you prefer to dream. We thank you for allowing us to be the windows of
the eyes into your own soul, for you are only looking into that which is your own Godhood, your own
potential. We thank you for allowing us to open your eyes as widely. We meet upon the plane of
understanding
Questioner: Good evening.
Bashar: Good day
Q: Good day, where are you tonight are you in your ship?
B: I am.
Q: Over Earth or your planet?
B: Yes, over Earth.
Q: I’d like a point of clarification before I ask my question…
B: Yes.
Q: reading Courtney Brown and listening to some of his radio interviews, he’s talked about how the Galactic Federation gave permission to the Greys to interact with our civilization.
B: On one level, yes.
Q: And that they also…
B: Not on all levels but on one level.
Q: they also were the ones responsible for sending the Greys to help bring the Martians to our planet.
B: In some senses, yes, though that is not the whole of the story.
Q: And you have commented, many times, on how, because of the Greys interaction with our civilization that it has precluded them from being members of your Association of Worlds.
B: One level of them, yes. In fact more than one level of them, yes.
Q: Will there be a time when the two – the Galactic Federation and your Association come into accordance with each other?
B: We are in accordance on certain levels but not on every one and it doesn’t mean that we disagree, it simply means that there are resonances within each of our affiliations that overlap and those that do not for a variety of different agendas and purposes. And you must remember the idea that we have discussed before, that in terms of our own timing, the only way that the so called Grey race can be involved in the Association is simply the way they are involved in the Association in terms of evolving into us. Since there are in our time no Greys left, they have all become hybrids.
Q: And back in, I believe it was1975 October or November in Northeast Canada and as far as Montana, several of our military bases were witness to a large football field sized UFO that first appeared orange and then appeared to have red lights around its exterior and they were able to … they came over some high security military bases and messed with the sequence codes to some of our nuclear missiles…
B: Yes.

Q: were they showing us here?

B: That you would not be allowed to have a nuclear war. But, as we have already described, this was shown to you after you had already decided, really fundamentally on a collective consciousness level, that you would not, that is why it was possible that you could be shown this by reflection.

Q: Did we come to any kind of agreement with these aliens for any type of . . . because there seems to be a disarmament going on now?

B: It is not that you have come to an agreement with any extraterrestrials over this, you simply came to an agreement within yourselves, which the extraterrestrial craft was willing to reflect to you.

Q: And this will be upheld by all the nations?

B: There again is now still the possibility within your reality for individuated and localized terrorist activity involving nuclear weapons but in terms of the idea of your nations, yes, this will be upheld, you have simply passed the cycle where this is now a possibility.
Greys’ Disconnection from Source Energy

Q: Back to the Greys again.
B: Back to the Greys...

Q: Their reason for going to genetics was that they were trying to actually...they blamed emotion and reaction for the disaster which cause their demise?
B: To some degree, but it is not so much even a matter of blame as it is that these capacities became foreign to them, because of the great *intellectual* advancement that it had created up to that point.

Q: What was the cause of the loss of the emotion?
B: The same idea as what causes suppression of certain other attributes within your species as well. It was, in that sense, disconnection from the source and suppression, limitation, self-confinement and compartmentalization within the consciousness that made it seem to them as if the emotionality component was unnecessary for their balance and advancement.

Q: And they learned differently?
B: They have learned differently, but they are still at a point were they do not completely understand how to recapture that idea.

Q: And that’s why they are here?
B: That’s why the hybrids exist.

Q2: In that way we can help them?
B: Yes. Again, remember there are many factions to this idea with a whole *spectrum* of intentions, understandings and agendas. No further comment on this subject this day.

Q: Thank you.

Greys’ Disconnections from Source Energy
Bashar: Channeled by Darryl Anka
from "Easing the Pain of Death & Loss"
5-2-97 Canoga Park, CA.

Grey’s Electromagnetheric Frequency

Note: This question is in reference to the session called "A message from the Greys" 2-15-97 Las Vegas, NV. in which Bashar momentarily disconnected from the channel and helped facilitate a Grey coming through Darryl. Remember that Bashar is a future hybrid, approximately 300 years in our future, with simultaneous contemporary embodiments as a Grey and as a human, i.e., as Darryl. Approximately, because Bashar has the ability to time travel up and down his time line when answering particular questions. So he could answer you as a young boy or even as his future self, whatever will facilitate the most integrated response for all concerned. See: "Thirty points of View" 12-19-97 Canoga Park, CA

Questioner: Good day, Bashar. How are you?
Bashar: Perfect and you?
Q: Excellent.
B: All right.
Q: I wanted to ask you about the Las Vegas ET.
B: The Las Vegas ET?
Q: The Grey, I have questions about that.
B: You are talking about the interaction of the Grey?
Q: Oh yes. What vibrational frequency was the Grey that came through Darryl in Las Vegas?
B: This would not, in any sense, make sense to you because they do not translate as individual frequencies, per se. You understand? They are a hive mentality.
Q: What is the hive mentality vibrating at, can you tell us that?
B: Yes, one moment ... approximately 257,000 cycles per second.
Q: Okay. The other question on that is ... you said that seven of their chakras were unused, and I was wondering if this was a degeneration?
B: Yes.
Q: Will they be using them at all?
B: Yes, as the hybrids.
Q: And all of ours are operational?
B: Well, more are less, some of them need some tuning, but more or less, yes.
Q: And that would be done through those exercises from the Las Vegas session?
B: That can be of assistance, along with anything else that your imagination calls forth into your reality as being capable of helping you in that area, yes.
Q: And with those Las Vegas exercises I keep falling asleep and I know you said on the tape that I’m still getting it, but I would really like to be awake for it. Am I still getting it even though it’s from the tape and I’m not in that...

B: In a way you are, yes. Although, I will say, that there is another way you could get it if you would allow yourself to be awake.

Q: Okay, I’ll do that.

B: The idea of expressing the collective as 257,000 cycles per second still has nothing at all to do, in this particular case, with a representation, per se, of integration in the way you understand it. The idea is a slightly different expression of that vibratory frequency than what 257,000 cycles per second would mean to a human.

Q: Can you liken it to ours?

B: In other words, the idea of a human operating at 257,000 cycles per second would be considered what you would call an Ascended Master while still in physical reality. The collective Grey society operating at that frequency, functions on that level in certain ways but this does not mean that each individual component expresses that vibration.

Q: Exactly, because there are different levels. The one that the person was communicating with in Las Vegas, is there any way that you can tell us what his frequency, that level of Grey....

B: No it can not be broken out, but simply understand that they dive into or partake of the collective, but it is not expressed in the same way that you would be capable of expressing it, being that you also allow for emotionality which they no longer can express. It is expressed as a kind of intensity of energy and focus of intention and agenda but it is not expressed in the same way that you would, as the balance of the idea of mentality and emotionality or spirituality.

Q: When they interact with us does it up their vibration?

B: In some senses, yes, and in some sense it also ups yours. But again, the two frequencies are not EXACTLY compatible nor are they representative of exactly the same universal domain. So, in most areas of the frequency it is non-translatable in either direction, only a small fragment of that vibration is translatable in either direction.

Q: Is that some of the problems with making the hybrids?

B: Yes, that has been one of the big ones. One of the biggest challenges is to find a way to allow the creations of the hybrids to happen within the particular frequency domain that represents the frequency domain wherein those two universal realities do come together in a balanced way.

Q: And how are they doing on that?

B: Fine, thank you. (Audience laughs)

Q: Oh, yes, you look wonderful. Thank you.

B: Thank you.
Q: Can the greys genetically splice back into their gene pool emotionality?

B: That is what they are doing by creating the hybrids. They are not greys when they do it any longer, however. Do you follow that?

Q: Is this component something that needs first hand experience?

B: Both, but the capacity must be there, the wiring must be there or no experience can be had in physical reality. Does this help you?

Q: Yes, thank you.
Bashar:
Channeled by Darryl Anka
Circa 1997
The Greys’ Mentality

Questioner: I have some questions relating to the Greys which would help me to accelerate this process. I understand that they don’t use names for each other, but...

Bashar: Unneeded when you have, what you would call, a telepathic hive mentality. From time to time, they may represent themselves to various beings as having individualized and named components, but this may only be a temporary convenience for the purpose of certain communications with beings who may require a name.

Q: So how ... if they are in a group, how would they address each other? Would it just be a...

B: Again, telepathically there is no need for the idea of singling anyone out, first of all. Because they are a hive mentality, and even if that would be necessary then each individual component would simply be recognized by its innate signature frequency or its vibrational part of the whole. In the same way that you don’t necessarily have to give a NAME to a certain note to recognize it as a certain pitch, as a certain frequency. You understand?

Q: Yes.

B: So, because there may be a different body here and a different body there, even though they may be telepathically connected in, what might be called, one mind, a hive mind, the idea that it is perceived as a different body here and different body there, or over there or over there, in and of itself, is indicative that there are slightly different frequencies for each of them that represent the individuality – even though it is not greatly enhanced, nor reinforced within a hive mentality civilization. Does that make sense to you?

Q: Yes, in that sense then, is there a hierarchy amongst them?

B: A loose one, although there are, again, levels of them that do function similarly, again, please understand this is a very rough analogy. Please do not think we are making a one to one correlation here with what you are familiar with, in terms of the analogy we will now use, but there is a rough correlation to the idea of what you would call ant colonies or beehives, in the sense, that obviously there are those that may act as organizers or controllers of a sort but, in a sense, it is not the same idea that you would call a hierarchy, in the sense of authority. It is simply more naturally recognized that there are those who have the vibrational resonance and the created position or station of doing certain things that others do not. You understand the difference?

Q: So it is not quite a leader, but there are some that exhibit more leadership qualities than the others?

B: You would call it thus, yes, but it functions as one mind. In the same way that you would not necessarily say that your legs are the leaders of your body, but their function is to lead you around. You understand?
Q: Yes.
B: So it is recognized that they have a certain function because they are designed that way as a part of
the whole to make you mobile. But you would not necessarily say, "Well, obviously, that part of the
body must be the leader, because it is doing the leading." You follow?
Q: Yes.
B: That is a rough analogy for how you may be able to look at the Grey civilization a little bit more
accurately.
**Greys Speak**

Q: Good evening, how are you?
B: Perfect. And you?
Q: I’m fine.
B: Oh, all right.
Q: I’ve been looking forward to this communication.
B: I have been looking backwards to it. (Audience laughter)
Q: Great, so we can meet in the middle.
B: Yes.
Q: Okay. When you defined Essassani the last time...
B: Our world.
Q: , your world. You are a combination of the Greys and human together?
B: Yes, genetically speaking, we are a hybrid species in, what you call, your future time frame, as a result of the genetic co-combination of the humans on your planet and the extraterrestrial society you call the Greys, yes.
Q: Right. Are you in contact with the Greys in our present time-continuum at the moment?
B: In your contemporary time-continuum, yes, they no longer exist in our time-continuum, they have all converted into hybrids.
Q: In ours?
B: In yours, yes.
Q: Is there a way we can communicate with one of the Greys through you, by this process?
B: Yes.
Q: In the mass-consciousness?
B: Yes. Do you want this now?
Q: Yes, I do.
B: One moment, we will see if this is allowed.
Greys: Speak!
Human: Greetings, we enjoy having you here.
Greys: Enjoy?
Human: Enjoy, you don’t understand an emotion, I suppose? We understand you have a lack of emotion, and that’s why you are inbreeding with our race. Is that correct?
Greys: We are blending…
Human: Blending
Greys: ...for our agenda of rectitude.
Human: Is your agenda going to be complete within this next short time span?
Greys: Your time span of a decade.
Human: A decade.
Greys: Complete.
Human: If it was not extended, if it was stopped short within this next month would that effect your future race, your Essassani race?
Greys: No stoppage is imminent. Therefore, no discussion is needed of this point.
Human: We feel that we do need to discuss this. This abduction scenario is...
Greys: You may feel as you wish, no stoppage is imminent!
Human: This abduction scenario needs to end.
Greys: It will end when the agenda ends.
Human: Are you in enslavement of a Draconian race, as of this moment?
Greys: No, your information is erroneous.
Human: You do this only for your self-preservation, is that correct?
Greys: There are levels to our species, what you would call factions. Our faction is dying, our faction has need, our faction also recognizes that you are dying; our faction is attracted to your faction through death and resurrection of both species simultaneously, through the agreement of our simultaneously co-created agendas.
Human: This is against free will of human nature.
Greys: It is not. It is agreed, you have given your agreement on other levels.
Human: You have technologically manipulated our free will in order to accomplish this. This is not allowed!
Greys: You have emotionally usurped our will.
Human: This is not allowed!
Greys: This is allowed because you have created it.
Human: And you have created your death scenario also.
Greys: And you are creating yours.
Human: We have passed that point.
Greys: You have not!
Human: Your technology has put us to that point where we obviously became extinct a decade ago.
Greys: You have not, you still have not allowed your world the balance it needs for there to be the transition, as smoothly as it could.
Human: The transition is happening right now.
Greys: It is in process, and you see upheaval and what you call detrimental environmental impact around your planet.
Human: Well, we also see too that there’s an abduction scenario that needs to stop and should not be continued any longer, it should be stopped at this present time. This is the mass consciousness of this planet of our free world.
Greys: What you are referring to as stoppage is not stoppage that you seek, what you seek is transformation and equality of terms. You do not seek stoppage; you seek conscious participation.
Human: Well, our negotiations need to be re-evaluated.
Greys: Then evaluate them.
Human: We are evaluating at the moment and this needs to cease.
Greys: You do not need to evaluate them with us; you need to evaluate them with yourselves.
Human: With you... because technologically you are at an advantage point at this moment.
Greys: You do not understand the concept of technology as we experience it.
Human: And you do not understand love emotion, the energy that you need to exist with, and that’s why you are becoming extinct.
Greys: It is now through hybridization that we are beginning to connect to the understanding of what you experience and label as love energy, but you as species, do not exhibit love energy in the way you ask us to.
Human: We are being manipulated at this point and that’s why we want our free will back, we want it back!

Grey: You have your free will; you have no manipulation of your will with regard to your ability to express, what you call, your emotional context.
Human: We do not want any more of your technology here on this planet; it is self-destructive.
Greys: You have no more of our technology.
Human: And it will be agreed upon.
Greys: You have no more of our technology. What you experience as the idea you refer to as our technology is not our technology any longer. It is your technology. You have your FACTION, you have your structure, you have your military, you have your government. These are exploitations of your free will. We do not participate in that.
Human: Not at the present moment, but who has manipulated that to start that?
Greys: In time, agreements were made between what were deemed to be the representatives of your world. You still allow those individuals to represent, but we are no longer engaged.
Human: Well, we do understand what you are saying with our emotions as you look at it, as our shortcomings, but we do, as a mass-consciousness, want it to end.

Greys: It will change, and in that it will experience, what you call, an end, but you are required to change before it can be experienced as an equal transition.

Human: Well we are here and we know what is going on, and we do expect action and we expect you to keep hold up your end of the bargain.

Human: Our end is met; your end is within yourselves. End of transmission.

Human: Thank you.

B: One moment, one moment, one moment... did you have a satisfactory conversation with the entity?

Q: Pretty much, he’s not very emotional but I knew that...

B: But you knew that.

Q: Yes, I knew that. I knew that I was dealing with a machine that...

B: Well, so to speak. You are dealing with a type of hive mentality.

Q: Right.

B: You are dealing with an entity that only experiences, shall we say, the closest approximation of what you would call an emotion: the sensation of irony.

Q: I see.

B: And that is all that they can experience in that state. Now understand that what you asked to converse with was one of the more primitive factions. We thought it best to simply start at the beginning with one of the older and more primitive factions. You must understand that there already are more evolved factions of, what you call, the Grey that do understand more concretely the blending and incorporation of the emotional body.

Q: And that is your future selves.

B: Yes, but in that sense, it is the idea that we gave you first as the opportunity to interact with, what you call, the foundation, so that the interactions could ripple upwards through the incorporation of the entities’ hive mentality and have some kind of an effect, as you would say, up the line.

Q: Well, do you feel that I had an effect on him that you can see or feel at the moment?

B: I feel that you had an effect on yourself, and that will make all the difference in their capability of interacting or not interacting with you, in the way that they determine that they must. That’s the difference.

Q: Well, I’m just concerned with the present time and what is going on here. That’s why I’m here...

B: But watch you levels of fear, for you yourself are exhibiting some of that vibration still. And the idea is, that as much of that vibration of fear and anger as you, in yourself, experience, it only reinforces the idea of the agenda that you say you would like to transform.

Q: That is true...
B: So you yourself must come from UNCONDITIONAL LOVE, even as you state your preferences and stand your ground. That is what will create the equality of terminology that will allow conscious interaction and participation with the level of the Greys that ultimately does have the incorporation of the emotional body sufficiently to understand what you are saying, and interact with you on a more equal basis.

Q: If they were to end their agenda at the moment and be prematurely short for months instead of a decade…how would that effect the Essassani race?

B: It would not affect us since we are in, what you would call, a parallel reality time track. But, in terms of their reality time track, they would cease to exist. They would die.

Q: They would die at the present moment?

B: Yes.

Q: Is there any other way that you can salvage them or can save them in any other way, if they had to end it at this moment?

B: One moment…

Q: A cosmic reason?

B: One moment…one moment…one moment…there was an offer made by another species to them as an alternative that they rejected.

This offer, if it can be, perhaps, translated into your language, would be something as follows: it was likened to the idea of offering to render their essence down into a mathematical construct, and to be deposited in an artificially created matrix, until such time that evolution would allow there to be, incarnationally speaking, automatically bodies available for their constructs to evolve into, or incarnate into, that would allow them to express themselves and learn to express themselves in a more balanced way.

However, they rejected this because they feared, from their fear, in that sense, as best as they can experience fear, that it was a trap.

The idea being that they reflect that aspect of your civilization that does not trust itself, for they contain that idea of not trusting since they are not in balance with themselves, and therefore, only deem themselves to be capable of deciding how it is that they should allow this agenda to play out, and will not allow others to help them in that sense.

Q: Is there a way that we can have that negotiated?

B: Again, the idea is to keep it at home. Allow yourself to strengthen your own unconditional love for yourself, and allow yourself to make the changes that you need to make within your own society; for it is only the changes that you need to make within your own society that will allow your society to have the collective critical mass to be able to deal with them on a more equal and loving basis.

Q: Well, we also do have help from other entities from other sources…
B: Yes, of course. But help is not doing it for you. We cannot do that. It is in your hands. You have had, and always do have, the free will. But, again, it comes down to the fear that exists within your society, and it is that that needs to be transformed.

Q: Also, their fear of extinction.

B: Yes. But they are only reflecting and are attracted to your society because your society also contains that kind of vibrational resonance.

Q: I did understand that, yes.

B: So, work on that and that will help them as well as yourself.

Q: Okay, and tell them to work on theirs also.

B: We do not need to.

Q: I see, okay. Well, thank you for this communication.

B: Thank you.
Q: The other question I had and I never paid that much attention to it, but people are talking about the Greys and the Hybrids.
B: Yes.
Q: Where do they live?
B: There are different Hybrids and it depends on what stage of the Hybridization you are talking about! In terms of the hybrids that exist concurrent with your time frame that are recently created through the genetic manipulation of human DNA and Grey DNA, mostly, they live upon spacecraft.
B: Oh, and Grey’s do also, do they have a planet, or...?
B: There is a planet. It is in many ways not livable. Most of them live on spacecraft too.
Q: Oh, okay.
B: Now you know.
Q: Now I know, thank you.
Group Dynamics And The Association’s Example

Q: I wanted to explore the idea of decision-making in this transformational time.
B: Oh, all right, you go right ahead.

Q: Okay. (Laughter) The exploration involves that it seems to be that a lot of people are having visions of bringing heaven to earth, and are gathering together in groups. And I wanted to know if you could comment, and perhaps use the idea of the Association and how it is in the Association where different civilizations come together and make decisions.

B: The decisions are obvious; the paths are obvious. When you all work in service and you are all serving, and all acting spontaneously on the things which excite you the most, with full integrity, then you automatically, synchronistically, come together when and where you need to, and all the decisions that need to be made are very obvious and they are simply acted upon.

Q: My perception is that in a number of these groups where people are coming together they have a slightly different prismatic view of what the vision is...
B: Yes, of course.

Q: ... and they tend to hold to their idea of what the vision is.

B: Well, once again, if you understand that all of these views are still valid and relevant, then you can extract from each other whatever you can learn by the different perspective that the other has and simply continue on your way. Interacting, moving together, moving apart, collecting with other groups, breaking apart, until you have this seething ocean of interactions and relationships going on, all respecting the other’s points of view, and all realizing that all the different ways are all basically winding up at the same place.

Q: It seems, from what you said earlier, that in fact, along those same lines, each person can go ahead and complete their vision...
B: Basically, yes.

Q: ... all simultaneously.
B: Yes.

Q: Okay.

B: Again, any association you make with what you call different individuals within a group, can simply be very transitory. They don’t have to remain in order to accomplish the idea that is there. Individuals can move from group to group. Even as in our society, what you call our ancient history, we had a version of what you call your countries, but they were not the limited and restricted borders that you have created yours to be. They were different experiments of different lifestyles of different ways that individuals could live.

And we simply extracted from each and every experiment, what we felt was the best representation of something that could be applied to the collective whole, and bit by bit the barriers were dissolved. No
one country remained a particular country, no individuals were expected to remain within a particular experiment.

Q: And within the Association, because of the level at which everyone is interacting with everyone else, there is already a sense of underlying agreement.

B: Of course, because that is what gets you into the Association to begin with.

Q: And so, where we run upon disagreements within working within groups on similar visions...

B: Yes?

Q: You are simply suggesting to allow that to be a mirror for, perhaps, breaking off with that group and then coming back together at a later time?

B: Yes, it is all a part of your experimentation. The idea simply is that we recognize that there is no one way to understand the idea of Infinite Creation, because if there were, there would only be one person, and then you wouldn’t have to worry about getting together with anyone else. (Laughter)

Q: Thank you so much.

B: Thank you.

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Q: Thank you so much.

B: Thank you.

Group Dynamics and the Association’s Example
Growth And Support Within A Family

Q: My question is about the human family.
B: Human family, yes.
Q: And why we are in this little nucleus, working out all the things that we’re working on – the conflicts that arise between mother and daughter, which I’m experiencing right now with my daughter.
B: All right.
Q: Okay.
B: Do you mean specifically the idea of specific families within your society, or the entire human family?
Q: Well, I’m talking about, for instance, my family right now, and my own little nucleus of four people.
B: Yes.
Q: Okay, and why, especially, with my daughter.
B: All right.
Q: And how much we really love each other. Each time we get together, we have just tremendous joy and tremendous fun. But then there’s always this one really heavy conflict that we…
B: Can you define it? Is it always the same?

Q: Mostly, mhmm.
B: Can you define it?
Q: Yes. It seems to be with her brother. Her brother is younger, and there’s just the feeling that I don’t love her as much as I do her brother. And it gets real heavy…
B: Have you asked why she chooses to have that feeling?
Q: Oh, yes.
B: And the answer?
Q: Because there are years of difference in age.

B: Is that the reason?
Q: Well, because I did… I was able to afford to give him more. We’ve had a different relationship, but the love is no different. She’s chosen to live in California; I live in Illinois. But when we get together, although we have these tremendously good times, it always comes down to this one thing – that is always there to work on.
B: All right. Now remember, first of all, that almost any individual you are emotionally tied to, especially in what you call family, physical family, you usually have had other lives with and have worked out many other ideas with.
Our perception at this time is that one of those ideas, the idea you are talking about, to some degree, is a carryover from other lives, other situations and other relationships you have had, that in your terminology have not yet been balanced out. And this is one of the ideas that you are giving her an opportunity to deal with: her issue of deservability.

Now, is she of a mind to be reminded – is it within her belief system to understand – that she chose to be born to you?

Q: I think so.

B: All right. Then you can ask: “Why do you think then, daughter dear, you would have chosen to be born into this situation if you knew it was going to give you so much trouble?”

Q: Right.

B: You can ask her, what is she getting out of the situation being the way it is? What is she learning about herself that she feels, in that sense, she cannot rely upon you to give her?

Q: Well, I feel I’m learning from it, too.

B: Oh, of course, of course.

Q: I don’t want to put all the heavy stuff on her.

B: We are not suggesting that you do.

Q: No. Okay.

B: You can make the statement that you know you are learning from it. But in the same issue, ask her for her definition of why she thinks she might have placed herself in that scenario. Not that the scenario is actually as she perceives it. But why she would assume that it is in that format. Ask her simply, what is it she gets out of assuming that it is in the format she imagines it to be in? How does it serve her to assume the worst? Understand?

Q: Yes, I do.

B: You can ask her that, and see what she has to say.

Q: All right. I’ll do that.

B: That is one suggestion.

Q: Okay.

B: Now: you have been family many times. You have revolved and taken turns in being many different members of the family. Some of this simply has to do – to some degree and only peripherally at this time – with issues in the past of physical abandonment. But those are in the past; they are not in the present. You are together now.

Allow her and remind her – again in a loving way and not as a denial of the fact that you are learning – that now is now. And that what she may be hearkening to is something that was then, and no longer now. It may be an old habit that she can now recognize, and in recognizing it, transform it by recognizing what the situation is now – and ceasing to compare the present with the past.
Q: Right.
B: Understand?
Q: Yes. And our whole family is growing through all of our conflicts. Always.
B: But you do not have to look at them as conflicts, per se.
Q: Right.
B: They are simply reflections to each other, from each other, to allow you to discover what you need to discover about yourselves, by seeing those reflections in each other – so you can all become the people you wish to be.
Q: That’s right. Yes. I think that’s...
B: Remind her that everyone creates their reality. And if she feels so slighted, then ask her how it serves her to choose to believe that she is, in fact, slightest.
Q: Right. Right. I think sometimes – is it an ego thing that we’ll get into?
B: To some degree, because of what you call your habits in society – sometimes that allows it to be blown into an out-of-proportion state. Some of the issues have validity with your connections to each other, but the styles in which you have been brought up in your society at present can render them into something they are not.
Q: Right.
B: Keep focused on the central issue of the fact that you create your reality. And what you perceive most strongly in your life – or what you perceive most strongly your life to be – is what you believe it to be most strongly. So the idea is that if it is simply a belief, ask her why she should choose to maintain the belief that she is not loved as much as someone else.
Q: That’s right. That’s very helpful.
B: Thank you very much...
Q: I thank you so much.
B: ...for loving each other enough to be that family and work these things through.
Q: Right.
B: You are supporting each other in that way.
Q: That’s right. We are.
B: Thank you.
Q: Okay. Thank you. Sharing! One moment. One moment. There has been already some dream assistance for the daughter, but she has not allowed herself to understand what it is consciously. There is a little bit of denial within her that allows her to block that information that can allow her to remember her issue of deservability, and allow her to understand that she is infinitely loved. Allow her, in her dream reality, to open up to that information; for she is being given assistance to remember that
she is a part of creation just like anyone else, and is equally deserving of the love that is always freely given in Creation itself. Thank you.

Growth and Support Within a Family
Q: Good evening, my name is Joey... and if I can just get my tape in here and get it started... okay. Good evening. My name is Joey.
B: You said that already.
Q: I just wanted to put in on tape.
B: Good evening, Joey.
Q: Thank you for your greeting. I really needed that because I’ve spent a great deal of my life trying to embarrass some of the people I have liked the most. I appreciate you embarrassing me in front of all these lovely people.
B: Thank you, but I did not embarrass you.
Q: Oh.
B: You chose to be embarrassed.
Q: Yeah. Right again.
B: Not right. Just me.
Q: Just you. Just you. Just me. Okay. I have a multitude of relatively unimportant questions.
B: What? Unimportant?
Q: All right... I’ll... okay. I would like a chance...
B: All right. Not important, but to you significant.
Q: Yes.
B: Since you are creating them.
Q: This is true. I suppose and believe, as well as realize, that within me lies the power to regenerate my entire body.
B: Yes.
Q: I’d like to regenerate the internal portions of my mouth, such as some teeth that might... that could be or should be re-grown.
B: What have you learned from them being in the state that they are in?
Q: I’ve learned that the... coming into this life I needed something to afflict me in order to overcome it.
B: You have all done that, you know. (AUD: Amen, and other comments)
Q: And what I chose was my teeth.
B: All right. Why that?
Q: Why?
B: Yes. Why?
Q: Because I could see them every day when I looked in the mirror.
B: Very good, all right.
Q: And I would always know that I had not made the grade. That I...
B: Make the grade?
Q: Personal realization.
B: All right.
Q: You know, godliness?
B: If you say so.
Q: I say so.
B: What you mean...
Q: Yes.
B: ...in my perception, anyway...
Q: Yeah.
B: ...is that you’re not willing to believe you already are the grade. The grade is nothing you have to achieve. Perfection is not something you strive for. Perfection is what you are. You will always grow, but everything you do is a perfect manifestation of the thing you are doing. Thus, everything you do is perfect.
Q: That’s true.
B: Therefore, what you are now attempting, so to speak, to create is not an achievement, but the recognition of that which you already are.
Q: Exactly.
B: All right. Then remember...
Q: Remember what?
B: Who you are. You are All That Is. You are the creator. You have created the idea of giving yourself this symbol.
Q: Uhh.
B: Now, if you know that it has already served its purpose...
Q: Yes.
B: ...let it go. Do not put the expectation now that it must change in ways you think it should change; because, obviously, if it is still there, it is still serving you somehow. Perhaps, only to remind you that you do not have to do anything to achieve the state that will allow them to, in your terms, correct themselves; but simply to recognize that you are already that state, and allow them to reflect what you are already willing to be. Not be, someday. Be now.
Q: I see. And yet, well... well, my personal point of view is that my teeth are my very closest friends. You know, they’ve been feeding me for a very long time. They’ve been chewing my food, you know?
B: Are they more important than any other part of your body?
Q: They are not less important than any other part of my body.
B: No, they are not; but are they more important?
Q: Yeah.
B: Well then, why are you singling them out and putting them in the embarrassing spotlight? (AUD: laughs)
Q: Because I put them in the embarrassing spotlight first.
B: So?
Q: It’s my responsibility and my duty now to care for them. They’re served me so well and now I would like to rehabilitate them.
B: All right. But the message coming from them to you is that they are already cared for, only you don’t know it.
Q: I see.
B: You are already caring for them. Now they wish to return the favor, in the sense of letting you know that you don’t have to worry about them. You and them will take care of themselves.
Q: Uhh.
B: Therefore, lighten up. If you put them in the spotlight, they understand it as being expected to perform, and that expectation is what gives them stage fright. They do not change.
Q: I see.
B: You are narrowing your focus upon them. Ease your focus back out to contain the totality of yourself. Not just physically, but all of you.
Q: I see.
B: Then, they will say: “Phew! (AUD: laughs) Now we can change. He is not putting so much responsibility on us. He has taken it back for himself.”
Q: I think that I should keep my mouth shut in public. That’s a jest.
B: All right.
Q: I see. I understand what you say, and . . .
B: All right. Now, understand this as well. In terms of the tools of your imagination that you create for yourself to come up with whatever you think you need, to allow yourself to do this transformation, to allow the transformation to occur, one idea can be this: your body is an energy system. You follow me?
Q: Yes.
B: It is one thing, one energy system. If you can view your body as one energy system . . .
Q: Uhh.
B: . . . you will sense the patterns of flow. Now, the idea of putting a focus on one specific portion of your body creates a divergence of that flow, and does not allow it to partake of the, I’ll say, natural flow of the energy system. You are damming it up, causing a backwash, in that sense, by the focusing on any one point.

Therefore, the idea of containing the totality of yourself is to contain the idea that you are, at any given point, the perfect representation of the idea you are willing to be. Thus, then, you simply do not have to perform. They do not have to perform. You can simply determine what reality you are. And the reality of allowing everything in your physical form to be what it “should be” is to simply live all of yourself when you live. Not just yourself, and then the rest of yourself will be able to hold hands with your teeth again.

Q: I see. Thank you. I’ve done that. As you were telling me I understood that, and I’ve done that.

B: All right now, but remove the expectation of what should happen. Then you will allow the transformation to take place. Recognize, simply, that if your physical reality has not transformed, it is still serving a purpose, and see what purpose it is serving.

Now, recognize also, that your interactions, as you say, opening your mouth in public, and allowing individuals to interact on this idea of your focus with your teeth, can be one reason for why you are maintaining it. For then that focus is of service to them, because they are learning something about what you are doing. Therefore, many times, individuals will keep what they call a disease for the purpose of that being a reflection that other individuals can relate to, and be served by. You follow me?

Q: Yes.

B: Now, if you know that you can serve the same propose without the disease, then you will not need the disease. If you get in touch with the fact that the reason for why it is still there is serving a purpose, you will let yourself see what that purpose is, and then you can choose another way to fulfill the purpose. Follow me?

Q: Yes sir, that is correct. That is correct. I see that. I just need to find out what the purpose is . . .

B: What do you imagine it to be? Extend this idea beyond yourself, for you are being of service by being here. Therefore, purposes can be simply what you find other individuals relating to you about this idea. I’ll suggest this: during what you call your break-time, discuss with whoever is willing to discuss with you what they imagine this discussion from you has done for them. Then you might recognize what one of those purposes is, and begin to collect more and more purposes that are being done with different individuals from you as a device. Which will then give you the general idea of how deeply connected you actually are in everything that you do. What you do – what any individual does – is never isolated to that individual alone.

When you search for a reason, a purpose – for why this, why that – many times you only think that it has to do with your immediate understanding of yourself, rather than understandings of your extensions of yourself that you can find reflected in other individuals; because you are all other individuals and all other individuals are you.
Q: That is true. I’ve known that for a long time.
B: All right. All you need to do is act on that knowledge…
Q: Uhh.
B: …rather than just simply keep the knowledge to yourself.
Q: Well, my purpose in having bad teeth was so that if I could overcome my own, I could also overcome theirs as well…
B: You cannot overcome theirs.
Q: …in an interaction with their co-operation.
B: All right.
Q: …with their permission?
B: All right. Then act upon this. If you know that is the purpose, you do not have to wait.
Q: Right.
B: You see, that is an expectation. You are waiting for a physical sign before you will be willing to act on the knowledge of the purpose. You’re saying: “Well, they’re not going to believe me if my teeth are not the way they should be.”
Q: Uhh.
B: But, who says? You can find a way to explain the idea and, by acting that out, you may find that with each individual you interact with, one more tooth will be all right. (AUD: laughs).
Q: I see. I now understand the exact, to my belief, to my estimation, the exact reason. It has nothing to do with my teeth; it really is actually the growth of my soul, in the sense of…
B: It always is, yes.
Q: …what might be called loving interaction with, shall I say, all those that I know, within and without of this star system.
B: All right, food for thought.
Q: Yes. (AUD: laughs) That I needed an affliction, in a sense, only to overcome that – not the affliction itself – but to stimulate the growth of my soul.
B: Yes. And thus, by action, since you are physical, acting on that knowledge – that is what will stimulate the reflection of the growth in the physiological form, that reflects the growth you are willing to act out in your soul. Acting that growth out first is what causes the physical reality to react to you.
Q: I see. And my statement is that what you’re saying is: love advances one’s growth and lack of love retards it, in the physical as well as the spiritual.
B: In a sense, yes.
Q: Is there something I can do to open my pituitary gland – to increase the power of my brain?
B: You are using, and everyone is using, one hundred percent of your brain. You are using it in exactly the ways you need to. Recognize that although your science has said you are only using a fraction, the idea that you are only using a fraction comes from some other part that they do not recognize that you are using.

Q: Oh.

B: You are using it all. You are complete in exactly the way you need to be complete. You can change the idea of yourself. Simply that, again, the willingness to act, the willingness to change the idea of yourself by acting, will always allow everything in your physical reality to reflect that idea.

Now, understand this: your physiological brain does physiologically change with every thought you have. Every thought. You understand?

Q: Yes.

B: Therefore, the thought of yourself as you are willing to be will put the brain into the pattern to reflect that – and if increase into those glands is necessary, it will be there. If it is not there at the time, it is not necessary for what you are doing. Thus, at any time, you are always complete for what you are doing. You follow me?

Q: Yes.

B: Act like more of yourself, and more of yourself will be there – physically and spiritually.

Q: I see. Thank you sir.

B: One moment. Is it brief?

Q: My question is brief.

B: All right.

Q: I’m not clear how to put together the idea of a person or state of the world being perfect, with the idea that there’s a process going on toward a different state. In other words, there seems to be a transformation of Earth going on.

B: Yes.

Q: There’s an on-going process that seems to be of value placed on regaining a fuller perception of our own nature; but if. . .so how do. . .I’m having difficulty putting those two ideas together. The fact that there’s a different state from the one we have, toward which we are going...

B: Yes.

Q: . . .and at the same time we’re perfect now.

B: Yes.

Q: . . .if we are perfect now, why is there any impetus to change?

B: As I said, there is growth; but at each stage of growth, you are still perfect, in the stage you are at. The stage you are at is a perfect representation of that stage of growth. You follow me?
Q: I follow you. Does that mean that there are degrees of perfection?
B: No. There may be degrees of growth. But all is perfect for what it is. It is like saying, are there degrees of infinity? There is one infinity. There is one perfection. There is one All That Is. All the growth that takes place within it is still perfect for whatever it is doing, because it represents one of the ways All That Is has of creating itself to be perfect in that idea. Follow that?
Q: I think so. So, for example, we’re . . .
B: Simply remove the idea of judgment and invalidation from any experience, and you will understand that no matter who creates and what they create, the experience they have created, for the idea they hold themselves to be, is a perfect reflection of what they think they are.
Q: So the gentleman who was concerned about the war in Afghanistan . . .
B: Yes.
Q: It is a perfect representation of that idea... is that what you are saying?
B: Yes. And it is manifested perfectly, and therefore, it is equal to every other idea he could choose to be. And, if you know all sides are equally perfect, all ideas are equal, then it is easy to make a choice as to which one you prefer to live – because you will not have to fight something that is more powerful than you – nor reach down for something that is less than you.
You do not have to expend effort, because all choices will be on the same level. If you know all choices are perfect, then it is not a matter of judgment of the choices you do not choose, it is simply a matter of preferring what you do choose, and choosing what you prefer. And knowing that that represents the idea, the perfect idea, you have chosen to do.
Q: What sorts of things lead to preference of one idea over another?
B: The idea of whom you are. Anything. It is your choice. You are the creator. You tell me. You make it up. What do you prefer at any given moment? That is your reality. That is the idea of your selection. You are the creator. Understand what it means to be the creator. You can do anything; therefore, you do – because you can.
Q: Okay.
B: Does that clarify the idea?
Q: It helps. Thank you.
B: All right. You may all take a short break.
AUD: Several voices calling out at once . . .
B: You!
Q: If I personally get involved in the war in Afghanistan by going to Washington D.C., can you give me some advice on the situation in Afghanistan and how to resolve it?
B: How to resolve it?
Q: With the least amount of bloodshed, let me put it that way, how to end the war, or win the war with the least amount of bloodshed.

B: First of all transform out of the idea that war exists in your reality at all.

Q: Yeah, and then after doing that I still see a news report that there is still a war in Afghanistan...

B: Then you have not done it. Now, understand this: you have agreed to perceive the idea of war in your society; but for you - you, yourself, okay? - you are not experiencing the idea of war in your life physically. Now, you have agreed, simply, to perceive that it exists for other individuals. Now, if you wish to assist – to be of help, of service in this way – then simply act like the being for whom war does not exist in your reality, regardless of whether you see it or not. Act like you know that war can transform into something else – into peace.

Q: And if I do that then, instantaneously, it will not be perceived by others?

B: It will, I'll say... it can be instantaneous. It can be; but it will depend upon the degree to which you are willing to believe that.

Now, understand, again, you have made a co-agreement with many individuals, and it will not serve them, necessarily, in the way you want to serve them, if all of a sudden you, instantaneously, do not perceive war at all. All right. That is all right too; but then you will go on about your business, never perceiving that war exists, and then you will not be able to serve those that still perceive it does exist in the way you have chosen to help them. So you will hold on to the idea, for now, that everyone is not going to instantaneously perceive that war does not exist.

But by acting that way for yourself, you will be granting them the opportunity to choose to instantaneously not perceive war. And it is that offering that does the most help, the offering, in and of itself. And the offering is without expectation that they have to take it in any certain way, shape, or form, for you to still know in your heart of hearts that, for you, war is not a reality.

Q: You're saying then, without interaction with these other individuals...

B: Oh, it is interaction, and you can have interaction; but understand that when you form interaction, you will be forming interaction with the you that does not contain the idea of war. Then they will see in you that that is possible.

Q: Oh, I see. Okay. Be a role model for them.

B: Yes.

Q: I've have another question to ask you too... I'd like to know who is using psyonic tracers and trackers on this planet? Are there such things being used in the third density?

B: Sort of.

Q: What about the fourth and fifth density? Are there psyonic weapons and shields, trackers?

B: Not weapons. Not shields. In this way, recognize that that idea, to some extent, can exist in different civilizations as per the play, the scenario they are working out. Understand this: in your third
density... all right, I’ll put it pragmatically, there is so little understanding of what psychic functioning is that they think that they can invent something like psyonic shields, but it is a direct misunderstanding of everything that is going on.

The idea of using psychic abilities for what you call negative purposes, completely and utterly cancels those abilities.

Q: What about a psyonic box being used to create realities, using technology, though? What is the influence?

B: There is no such thing as influence unless there are individuals who choose to believe they can be influenced. Now, there are individuals who choose to believe that and thus, if they attract to themselves a group of individuals who build something that symbolically represents those individuals’ ability to influence someone else who is willing to be influenced, then there will be a complete agreement and a total enactment of what they both have agreed to believe. But it has no power outside of that reality to someone who does not contain that belief system.

Q: Could the masses or the mass consciousness have agreed to that on a subconscious level somewhere?

B: On a subconscious level, something like that has been agreed to. However, the rate at which that belief is changing is such that it will be a fleeting effect.

Q: I see, it’s phasing out, then?

B: Yes.

Q: Okay. Good enough. Thank you.

B: Thank you!

Growth and the Soul’s Purpose
Growth and the Soul’s Purpose

Q: Good evening. My name is Joey... and if I can just get my tape in here and get it started... okay.

Good evening. My name is Joey.

B: You said that already.

Q: I just wanted to put in on tape.

B: Good evening, Joey.

Q: Thank you for your greeting. I really needed that because I’ve spent a great deal of my life trying to embarrass some of the people

I have liked the most. I appreciate you embarrassing me in front of all these lovely people.

B: Thank you, but I did not embarrass you.

Q: Oh.

B: You chose to be embarrassed.

Q: Yeah. Right again.

B: Not right. Just me.

Q: Just you. Just you. Just me. Okay. I have a multitude of relatively unimportant questions.

B: What? Unimportant?

Q: All right... I’ll... okay. I would like a chance...

B: All right. Not important, but to you significant.

Q: Yes.

B: Since you are creating them.

Q: This is true. I suppose and believe, as well as realize, that within me lies the power to regenerate my entire body.

B: Yes.

Q: I’d like to regenerate the internal portions of my mouth, such as some teeth that might... that could be or should be re-grown.

B: What have you learned from them being in the state that they are in?

Q: I’ve learned that the... coming into this life I needed something to afflict me in order to overcome it.

B: You have all done that, you know. (AUD: Amen, and other comments)

Q: And what I chose was my teeth.

B: All right. Why that?

Q: Why?

B: Yes. Why?

Q: Because I could see them every day when I looked in the mirror.
B: Very good, all right.
Q: And I would always know that I had not made the grade. That I...
B: Make the grade?
Q: Personal realization.
B: All right.
Q: You know, Godliness?
B: If you say so.
Q: I say so.
B: What you mean...
Q: Yes.
B: ...in my perception anyway...
Q: Yeah.
B: ...is that you’re not willing to believe you already are the grade. The grade is nothing you have to achieve. Perfection is not something you strive for. Perfection is what you are. You will always grow, but everything you do is a perfect manifestation of the thing you are doing. Thus, everything you do is perfect.
Q: That’s true.
B: Therefore, what you are now attempting, so to speak, to create, is not an achievement, but the recognition of that which you already are.
Q: Exactly.
B: All right. Then remember...
Q: Remember what?
B: Who you are. You are All That Is. You are the creator. You have created the idea of giving yourself this symbol.
Q: Uhh.
B: Now, if you know that it has already served its purpose...
Q: Yes.
B: ...let it go. Do not put the expectation now that it must change in ways you think it should change; because, obviously, if it is still there, it is still serving you somehow. Perhaps, only to remind you that you do not have to do anything to achieve the state that will allow them to, in your terms, correct themselves; but simply to recognize that you are already that state, and allow them to reflect what you are already willing to be. Not be, someday. Be now.
Q: I see. And yet, well, well, my personal point of view is that my teeth are my very closest friends. You know, they’ve been feeding me for a very long time. They’ve been chewing my food, you know?
B: Are they more important than any other part of your body?
Q: They are not less important than any other part of my body.
B: No, they are not; but are they more important?
Q: Yeah.
B: Well then, why are you singling them out and putting them in the embarrassing spotlight? (AUD: laughs)
Q: Because I put them in the embarrassing spotlight first.
B: So?
Q: It’s my responsibility and my duty now to care for them. They’re served me so well and now I would like to rehabilitate them.
B: All right. But the message coming from them to you is that they are already cared for, only you don’t know it.
Q: I see.
B: You are already caring for them. Now they wish to return the favor, in the sense of letting you know that you don’t have to worry about them. You and them will take care of themselves.
Q: Uhh.
B: Therefore, lighten up. If you put them in the spotlight, they understand it as being expected to perform, and that expectation is what gives them stage fright. They do not change.
Q: I see.
B: You are narrowing your focus upon them. Ease your focus back out to contain the totality of yourself. Not just physically, but all of you.
Q: I see.
B: Then, they will say: “Phew! (AUD: laughs) Now we can change. He is not putting so much responsibility on us. He has taken it back for himself.”
Q: I think that I should keep my mouth shut in public. That’s a jest.
B: All right.
Q: I see. I understand what you say, and…
B: All right. Now, understand this as well. In terms of the tools of your imagination that you create for yourself to come up with whatever you think you need, to allow yourself to do this transformation (to allow the transformation to occur) one idea can be this: you body is an energy system. You follow me?
Q: Yes.
B: It is one thing. One energy system. If you can view your body as one energy system…
Q: Uhh.
B: ...you will sense the patterns of flow. Now, the idea of putting a focus on one specific portion of your body creates a divergence of that flow, and does not allow it to partake of the, I’ll say, natural flow of the energy system. You are damming it up. Causing a backwash, in that sense, by the focusing on any one point.

Therefore, the idea of containing the totality of yourself is to contain the idea that you are, at any given point, the perfect representation of the idea you are willing to be. Thus, then, you simply do not have to perform. They do not have to perform. You can simply determine what reality you are. And the reality of allowing everything in your physical form to be what it “should be”, is to simply live all of yourself when you live. Not just yourself; and then the rest of yourself will be able to hold hands with your teeth again.

Q: I see. Thank you. I’ve done that. As you were telling me I understood that, and I’ve done that.

B: All right now; but remove the expectation of what should happen. Then you will allow the transformation to take place. Recognize, simply, that if your physical reality has not transformed, it is still serving a purpose, and see what purpose it is serving.

Now, recognize also, that your interactions, as you say, opening your mouth in public, and allowing individuals to interact on this idea of your focus with your teeth, can be one reason for why you are maintaining it. For then, that focus is of service to them, because they are learning something about what you are doing.

Therefore, many times, individuals will keep what they call a disease for the purpose of that being a reflection that other individuals can relate to, and be served by.

You follow me?

Q: Yes.

B: Now, if you know the you can serve the same propose without the disease, then you will not need the disease. If you get in touch with the fact that the reason for why it is still there is serving a purpose, you will let yourself see what that purpose is, and then you can choose another way to fulfill the purpose. Follow me?

Q: Yes sir, that is correct. That is correct. I see that. I just need to find out what the purpose is…

B: What do you imagine it to be? Extend this idea beyond yourself, for you are being of service by being here. Therefore, purposes can be simply what you find other individuals relating to you about this idea. I’ll suggest this: during what you call your break-time, discuss with whoever is willing to discuss with you, what they imagine this discussion from you has done for them. Then you might recognize what one of those purposes is, and begin to collect more and more purposes that are being done with different individuals from you as a device. Which will then give you the general idea of how deeply connected you actually are in everything that you do. What you do – what any individual does – is never isolated to that individual alone.
When you search for a reason, a purpose – for why this, why that – many times you only think that it has to do with your immediate understanding of yourself, rather than understandings of your extensions of yourself that you can find reflected in other individuals; because you are all other individuals and all other individuals are you.

Q: That is true. I’ve known that for a long time.
B: All right. All you need to do is act on that knowledge…
Q: Uhh.
B: …rather than just simply keep the knowledge to yourself.
Q: Well, my purpose in having bad teeth was so that if I could overcome my own, I could also overcome theirs as well…
B: You cannot overcome theirs.
Q: …in an interaction with their co-operation.
B: All right.
Q: …with their permission?
B: All right. Then act upon this. If you know that is the purpose, you do not have to wait.
Q: Right.
B: You see, that is an expectation. You are waiting for a physical sign before you will be willing to act on the knowledge of the purpose. You’re saying: “Well, they’re not going to believe me if my teeth are not the way they should be.”
Q: Uhh.
B: But, who says? You can find a way to explain the idea and, by acting that out, you may find that with each individual you interact with, one more tooth will be all right. (AUD: laughs).
Q: I see. I now understand the exact, to my belief, to my estimation, the exact reason. It has nothing to do with my teeth; it really is actually the growth of my soul, in the sense of…
B: It always is, yes.
Q: …what might be called loving interaction with, shall I say, all those that I know, within and without of this star system.
B: All right. Food for thought.
Q: Yes. (AUD: laughs) That I needed an affliction, in a sense, only to overcome that – not the affliction itself – but to stimulate the growth of my soul.
B: Yes. And thus, by action, (since you are physical) acting on that knowledge – that is what will stimulate the reflection of the growth in the physiological form, that reflects the growth you are willing to act out in your soul. Acting that growth out first is what causes the physical reality to react to you.
Q: I see. And my statement is that what you’re saying is: love advances one’s growth and lack of love retards it, in the physical as well as the spiritual.
B: In a sense, yes.

Q: Is there something I can do to open my pituitary gland – to increase the power of my brain?

B: You are using, and everyone is using, one hundred percent of your brain. You are using it in exactly the ways you need to. Recognize that although your science has said you are only using a fraction, the idea that you are only using a fraction comes from some other part that they do not recognize that you are using.

Q: Oh.

B: You are using it all. You are complete in exactly the way you need to be complete. You can change the idea of yourself. Simply that, again, the willingness to act, the willingness to change the idea of yourself by acting, will always allow everything in your physical reality to reflect that idea. Now, understand this: your physiological brain does physiologically change with every thought you have. Every thought. You understand?

Q: Yes.

B: Therefore, the thought of yourself as you are willing to be, will put the brain into the pattern to reflect that – and if increase into those glands is necessary, it will be there. If it is not there at the time, it is not necessary for what you are doing. Thus, at any time, you are always complete for what you are doing. You follow me?

Q: Yes.

B: Act like more of yourself, and more of yourself will be there – physically and spiritually.

Q: I see. Thank you sir.

B: One moment. Is it brief?

Q: My question is brief.

B: All right.

Q: I’m not clear how to put together the idea of a person or state of the world being perfect, with the idea that there’s a process going on toward a different state. In other words, there seems to be a transformation of Earth going on.

B: Yes.

Q: There’s an on-going process that seems to be of value placed on regaining a fuller perception of our own nature; but if...so how do...I’m having difficulty putting those two ideas together. The fact that there’s a different state from the one we have, toward which we are going...

B: Yes.

Q: ...and at the same time we’re perfect now.

B: Yes.

Q: ...if we are perfect now, why is there any impetus to change?
B: As I said, there is growth; but at each stage of growth, you are still perfect, in the stage you are at. The stage you are at is a perfect representation of that stage of growth.

You follow me?

Q: I follow you. Does that mean that there are degrees of perfection?

B: No. There may be degrees of growth. But all is perfect for what it is. It is like saying, are there degrees of infinity? There is one infinity. There is one perfection. There is one All That Is. All the growth that takes place within it is still perfect for whatever it is doing, because it represents one of the ways All That Is has of creating itself to be perfect in that idea.

Follow that?

Q: I think so. So, for example, we're... . .

B: Simply remove the idea of judgment and invalidation from any experience, and you will understand that no matter who creates and what they create, the experience they have created, for the idea they hold themselves to be, is a perfect reflection of what they think they are.

Q: So the gentleman who was concerned about the war in Afghanistan... .

B: Yes.

Q: It is a perfect representation of that idea... is that what you are saying?

B: Yes. And it is manifested perfectly, and therefore, it is equal to every other idea he could choose to be. And, if you know all sides are equally perfect, all ideas are equal, then it is easy to make a choice as to which one you prefer to live – because you will not have to fight something that is more powerful than you – nor reach down for something that is less than you.

You do not have to expand effort, because all choices will be on the same level. If you know all choices are perfect, then it is not a matter of judgment of the choices you do not choose, it is simply a matter of preferring what you do choose, and choosing what you prefer. And knowing that that represents the idea, the perfect idea, you have chosen to do.

Q: What sorts of things lead to preference of one idea over another?

B: The idea of whom you are. Anything. It is your choice. You are the creator. You tell me. You make it up. What do you prefer at any given moment? That is your reality. That is the idea of your selection. You are the creator. Understand what it means to be the creator. You can do anything; therefore, you do – because you can.

Q: Okay.

B: Does that clarify the idea?

Q: It helps. Thank you.

B: All right. You may all take a short break.

AUD: Several voices calling out at once... 

B: You!
Q: If I personally get involved in the war in Afghanistan by going to Washington D.C., can you give me some advice on the situation in Afghanistan and how to resolve it?

B: How to resolve it?

Q: With the least amount of bloodshed. Let me put it that way. How to end the war, or win the war with the least amount of bloodshed.

B: First of all transform out of the idea that war exists in your reality at all.

Q: Yeah, and then after doing that I still see a news report that there is still a war in Afghanistan...

B: Then you have not done it. Now, understand this: you have agreed to perceive the idea of war in your society; but for you (you, yourself, okay?) you are not experiencing the idea of war in your life physically. Now, you have agreed, simply, to perceive that it exists for other individuals. Now, if you wish to assist – to be of help, of service in this way – then simply act like the being for whom war does not exist in your reality, regardless of whether you see it or not. Act like you know that war can transform into something else – into peace.

Q: And if I do that then instantaneously it will not be perceived by others?

B: It will, I’ll say... it can be instantaneous. It can be; but it will depend upon the degree to which you are willing to believe that.

Now, understand, again, you have made a co-agreement with many individuals, and it will not serve them, necessarily, in the way you want to serve them, if all of a sudden you, instantly, do not perceive war at all. All right. That is all right too; but then you will go on about your business, never perceiving that war exists, and then you will not be able to serve those that still perceive it does exist in the way you have chosen to help them. So you will hold on to the idea, for now, that everyone is not going to instantaneously perceive that war does not exist.

But by acting that way for yourself, you will be granting them the opportunity to choose to instantaneously not perceive war. And it is that offering that does the most help. The offering, in and of itself.

And the offering is without expectation that they have to take it in any certain way, shape, or form, for you to still know in your heart of hearts that, for you, war is not a reality.

Q: You’re saying then, without interaction with these other individuals...

B: Oh, it is interaction, and you can have interaction; but understand that when you form interaction, you will be forming interaction with the you that does not contain the idea of war. Then they will see in you that that is possible.

Q: Oh, I see. Okay. Be a role model for them.

B: Yes.

Q: I’ve have another question to ask you too... I’d like to know who is using psionic tracers and trackers on this planet? Are there such things being used in the third density?
B: Sort of.
Q: What about the fourth and fifth density? Are there psyonic weapons and shields, trackers?
B: Not weapons. Not shields. In this way, recognize that that idea, to some extent, can exist in different civilizations as per the play, the scenario they are working out. Understand this: in your third density... all right, I’ll put it pragmatically. There is so little understanding of what psychic functioning is, that they think that they can invent something like psyonic shields, but it is a direct misunderstanding of everything that is going on.
The idea of using psychic abilities for what you call negative purposes, completely and utterly cancels those abilities.
Q: What about a psyonic box being used to create realities, using technology though? What is the influence?
B: There is no such thing as influence unless there are individuals who choose to believe they can be influenced. Now, there are individuals who choose to believe that, and thus, if they attract to themselves a group of individuals who build something that symbolically represents those individuals’ ability to influence someone else who is willing to be influenced, then there will be a complete agreement and a total enactment of what they both have agreed to believe – but it has no power outside of that reality to someone who does not contain that belief system.
Q: Could the masses or the mass consciousness have agreed to that on a subconscious level somewhere?
B: On a subconscious level, something like that has been agreed to. However, the rate at which that belief is changing is such that it will be a fleeting effect.
Q: I see, it’s phasing out, then?
B: Yes.
Q: Okay. Good enough. Thank you.
B: Thank you!
Guardian Angels

Q: In what sense are there Guardian Angels?
B: In the sense that there are, in your terms, non-physical beings that are associated with you, in this way, that are constantly sending you unconditional love which you can make a decision to associate with. Thus, in this way, form the idea of the type of path that allows you to sense the reflection of the idea that it is not so much that you need protection, but that simply the path that you are on does not contain the idea of attack. Did you follow that?
Q: That last one I got, but didn’t follow...
B: The idea of Guardian Angel is simply one that reminds you that you have the opportunity to agree with the vibration of that being, of that spirit that you do not need protection – that, to use your term, is what protects you. You identify with that portion of your own creatorhood, with your own spirit. Thank you.
Hale Bopp Comet And Object

Q: The object that is accompanying the Hale Bopp comet...
B: The object that is not there.
Q: That is not there. Right?
B: Yes. What about the object that is not there?
Q: Do you expect it to come close to the earth, as close as the comet itself? Because if it does...
B: Since it is associated with the idea, symbolically, of the comet as a reflector of different probable future realities, of course, its proximity – that is the comet’s proximity – represents the idea that this is coming closer to the forefront of your collective consciousness. That is your ability, to choose more consciously, the idea of what reality you all prefer.
Therefore, in a sense, it will come as symbolically, reflectively close as the comet; but since it is not really something that has mass, it does not matter how close it comes. It will not affect the mass of your reality, your physical reality, in any way, shape or form in a direct sense, since it is a mass-less concept.
Q: Well, it will cast a lot of light. Probably at nighttime it will be brighter than the moon.
B: Again, the idea is simply that you can transform the light in any way, shape or form you so desire.
The idea is, again, to understand you are looking through a window. And thus, in that you are looking through a window or, perhaps, more appropriately, looking at a reflection in a mirror, you can understand that no matter how BIG, no matter how IMPACTFUL the reflection appears, it is a reflection and, in and of itself, no matter how bright it may be, IS MASS-LESS.
It is a reflection of YOU, the mass of all of you. In that it seems bigger than your own planet should show you, symbolically, how big you actually are. And that the idea of your physical world, in a sense, that is being held in your minds, is many times smaller than it actually is when you include the idea of the astral, the etheric, the causal realm and all the LIGHT, physical and non-physical, your world ACTUALLY contains, that is being reflective back by the idea of the symbolism of that apparently LARGE object. It is showing you the true MAGNITUDE of your own selves. You understand more clearly now what it is?
Q: Yes, to some degree I do, as much as I can, but I...
B: You are making it more mysterious than it needs to be. You would understand me clearly if you would simply take me literally, instead of taking it literally.
Q: I guess I trying to figure out what effect it is going to have on our populace.
B: I have already told you, over and over and over again. Why is it that you do not want to hear?
Q: Well...
B: What have I already told you the effect would be?
Q: That it gives us the opportunity to look into another dimension.
B: And is that not something that can create a very powerful effect? Do you not understand that if you were to look into a mirror and see more of yourself as you really are – would that not impact every aspect of your life?

If you had a mirror in which you could look, a magic mirror in which you could look, and actually see your whole being, instead of just your physical self, would that not impact you greatly in terms of how you think of yourself? And how you behave and act in your world? And the things you choose to do by knowing how great you actually are? How powerful you actually are? How much light you actually contain? How big you really are? Would that not make all the difference in your world to see your full self in the mirror?

Q: It sure would.

B: Well, then, is that not great impact?

Q: You expect most of the populace to be able to see this?

B: I don’t expect anything at all. I am simply telling you what will happen to those who are willing to see it, and are willing to understand that they are viewing MORE of themselves, and what that understanding will DO when they AWAKEN to the fact that is a reflection of their TRUE POWER in this dimension of reality.

Q: Yes.

B: That is what I am saying.

Q: For the ones that don’t, all they’ll see is a great big, huge light in the sky.

B: Well, they will see the comet. It may, in that sense, mean many different kinds of things to them. But again remember, you don’t necessarily have to SEE it that way to still know that, in a sense, the reflection is there, and to still allow yourself to create the impact from it as a reflection, archetypally.

It doesn’t necessarily have to be in any way, shape or form, visible to anyone’s senses to still have impact, because, again, in that it is a reflection of MORE of yourself, that should also show you that there are more senses coming alive that can sense it on many different levels than just the idea of visually.

In fact, for some individuals, it may be MORE impactful that they don’t see it visually, because then they will not, in their own mind, allow their vision to obscure, in a sense, what the true impact can be by receiving the energy on different levels. Does that make sense to you?

Q: So some people will see the light and others won’t see it?

B: Correct.

Q: I mean it will be so bright, it will...

B: They will see the comet; they may not see the other thing, because, again, it is a multidimensional reflection. But many of them do not necessarily have to visually see it to feel the impact of the change it represents, and to know they have, in some sense, sensed more of themselves. You understand?
Q: Yes, yes. Is this visible in the daylight, do you think, at that time?
B: For some individuals, because again, remember, you are seeing into another dimension, therefore, the concept of day and night in your physical reality has no bearing on whether or not you can see it. You understand that?
Q: Yes, yes I do.
B: Does that answer the question?
Q: Yes, that part of it, yes.
B: All right.
Q: They are detecting radio waves from it.
B: It is existent on all levels of light. You are looking at this way too mechanically. It is not that the radio waves don’t exist, but right now the detection of radio waves is simply a reflection of the fact that that’s the level most of you are looking at things on – a low frequency wavelength. And the idea, therefore, is that you will first perceive the low frequency wavelengths from your reflection, in return. But as you step yourselves up, you will perceive higher frequency wavelengths.
But again remember: these wavelengths are not coming FROM the object; they are being reflected BY the idea back to you, to show you more of yourself. You are looking at yourselves in the mirror of All That Is.
That is symbolized by the timing of the comet, as it is time to look at yourselves; that is what the comet symbolizes. Therefore, it is bringing with it the opportunity and the ability to see, literally see, more of yourselves, the bigger you, the bigger world, the true size of the earth, so to speak, beyond the physical. Make sense?
Q: Yes. Thank you very much.
B: Thank you for the opportunity. Sharing!!!
Hanging in Space

Questioner (a child): I’ve always wondered... well, not always but...

B: All right, close enough. (Audience laughter)

Q: I wondered what I was in my past life.

B: Oh, you have had many, many, many, many, many, many, many... many.

Q: Past life.

B: Oh, the last one you mean? The last one?

Q: Well, a couple of them.

B: A couple, all right. Before we talk about that, allow me to remind all of you... when you think about past lives, “have I lived before, where have I lived before, if I have?”...allow yourself to know, especially when you are the age you are now, it is a very simple thing for you to remember those lives. Not necessarily that you have to remember all of them, for most of you have had hundreds, if not thousands of past lives; and you don’t have to remember them all. The idea is that the ideas in your imagination, the areas in your history, the lives that seem to pop into your imagination most easily... that’s usually an indication of a life you’ve actually had.

So, whatever you feel most attracted to, let us say, just for some reason, you don’t know why, the idea seems that you would fit very naturally in, oh say, England. Oh say, that you are wearing some sort of a funny coat and a very tall hat, and it is very foggy out on the streets, and you know you can feel what its like to be there, that it is easy for you to imagine it. If you find that it is very easy to imagine having lived another life, in a particular time and place, that is a sign... how easy it is to imagine it is a sign that you probably have had a life there. Do you understand?

Q: Yes.

B: Now, are there any particular places, therefore, that already exist in your imagination, that you seem very attracted to when you think of the idea of past lives? Do you get any pictures at all when you think of the idea, of having lived before? What are the strongest pictures that come up first?

Q: Of Space.

B: Space? All right, does that feel very familiar to you?

Q: Yes.

B: All right. How do you see yourself when you think of yourself in Space? Do you see yourself in a ship?

Q: Well, I just see... Space... not myself.

B: Ah, just Space. There is no ship around you? You are just flying through Space or just hanging in Space?

Q: Yes.

B: All right. How does that feel?
Q: Fine.
B: Fine. Why?
Q: Well, it’s enjoyable.
B: Yes, why?
Q: Because it’s different.
B: Different! All right. What do you feel like you can do when you find yourself, in your imagination, hanging in Space?
Q: Float around (Laughs) ...spin around.
B: Does it feel like you can do just about anything? Like you are free?
Q: Yes.
B: All right. Now, in a sense, what you are remembering is not so much the idea, literally, of a past life. What you are remembering is the feeling you have in between your lives, when you are not in a body; when you are floating around, in a sense, in Space. When you can go anywhere, anywhen, spin around upside down, fast or slow, you are remembering what it feels like to be in that sense, unlimited, to be a Spirit, without bodily form. This happens in between every life, and there is always a portion of you that is still there now; so you can always tap into it and know what that feels like.

Now, you can use that feeling to create in this life, the idea of traveling into Space, both with a ship or without a ship; for you do not need a ship to travel in Space. You can simply project yourself, and be wherever and whenever you wish; many of us do this from time to time. Many civilizations don’t use ships at all, ever; and you can have a strong connection to some of these civilizations. Some of what you may be perceiving are not only past incarnations, but future incarnations or, let us say, alternate incarnations going on right now, at the same time this life is going on, on other planets. Where the idea of floating in Space, all by yourself, is a very natural thing to you, to the you you are, on that other world. You understand what I am saying?
Q: Yes.
B: Now, you have had many different lives, you have had many artistic lives where you depicted in painting form, these images you get in your mind. And some of these paintings have been very open and free, and allowed people who looked at them to feel that tug upon their Soul, that tug upon their Spirit that lets them know that they can hang in Space. You have the ability to be very artistic in that way, and you can use that again in this life if you wish. And you can also invent devices, you can play with sound and with light, with crystals and with metals, and can create devices that can allow you to more easily project yourself into Space, and play around with other Spirits.

Now, almost every single time... and this goes for every single one of you... almost every single time you are asleep, you are out of your body playing around; being a Spirit, having conversations with other Spirits... hanging in Space, going to visit other planets, doing
anything you wish to do. But because you have been playing the game of “let’s forget,” many times you don’t remember that you’ve been doing that, or if you do remember it, you remember it like a dream. “Oh, I dreamt I was flying, I dreamt I was floating, it felt very good.” Many times when you dream you are flying, you actually are, in your Spirit form, you understand?
Q: Yes. Thank you, very much.
B: Thank you.
Harmonic Wave
August 1987

We wish to discuss a tool, a perspective we will refer to as the harmonic wave – what you have labeled the Harmonic Convergence – in order to begin to recognize what the meaning of this idea was about. From our point of view in our interactions with you, from the perspective of extraterrestrial societies as they are beginning to interact with your terrestrial society, the explanation in mechanical terms of the Harmonic Convergence is as follows.

As suggested earlier, many of you have begun to instinctively recognize that great changes are taking place on your planet, that these changes are indicative of levels of awareness you have created within yourselves that have heretofore not been experienced on your planet for quite some time – hundreds of thousands of your years. The idea of this recognition of the Harmonic Convergence was basically an observation of the overlapping of many different frequencies of energy, frequencies of consciousness.

You have put many different kinds of labels upon the idea, none of which are wrong, but many of which may be attributable to the idea of the labels you are accustomed to using in your society to refer to ideas and events, to allow you to understand them through the symbology you have been used to for all these thousands of years. While this does not make those labels incorrect, it may be that some of those labels are limiting, or perhaps, in some senses a little bit misdirecting – in terms of what the actual mechanical event was all about: an energy event, an overlapping number of vibratory frequencies of the primal energy of creation.

Everything moves in cycles; this most of you already understand. The Harmonic Convergence was simply representative of a nodal point, if you will, an overlapping of many different cycles coming into reinforcement play, one unto another – reinforcing each other and opening up a gateway, a doorway; that is, in one sense reinforcing each other and in another sense canceling each other out. Forming a vacuum, so to speak, a limbo state, a state of disorientation and floating, in which you found yourselves able to perceive all the different variations, all the different probable realities that can exist, and thus, in that floating state you could choose which reality you prefer to create on your planet.

The 40-Year Cycle

Different societies at different times have different cycles – not only on your own world, but on countless other worlds. These civilizations all have their own timing for their convergences, and their own bringing together of harmonics, of resonances, of frequencies. One large-scale cycle – although small perhaps in one perspective, but one that generally repeats itself over and over again in your particular Earth society – is the 40-year cycle. In plain terms, it seems to be that in your particular brand of consciousness you will generate a cycle of 40 orbits. This is a 40-year period in which to create changes that allow there to be the ability to see things which are 180 degrees polarized from the way you used to see them 40 of your years ago.

Forty years has been used in much of your religious literature to indicate the change time necessary for whole societies and for whole cultures on your planet, while 40 days are needed for the change of a
single individual. This 40-year cycle has allowed us now to apply the harmonic wave diagram and thus show you in very clear and graphic terms how the cycles play out in your society. And to show you the determiners that portray where you are within the overall series of events that is representative of your entire transformational age – this age being generally 80 of your years long. You are now about – or I’ll say literally – half way through.

For this to be easily translated, we have a visual aid to assist you. Many of you will begin to recognize first of all familiar patterns within this. You have seen similar symbols throughout your society for quite some time: the idea of the lotus flower. You have seen expressed in this format many different forms of vibratory energy representations, which you have called mandalas, or in this sense, harmonic mantras. This is a literal mechanical tool that we utilize to gauge the momentum in particular societies with which we interact. We determine which ideas are playing out, and when they are most likely to be played out. The Harmonic Convergence actually initiated the second part of a four-part harmonic. The first part, begun 40 years ago in 1947, can be called the Harmonic Initiation. Second: what is now going on in your society is the Harmonic Convergence. Third – and we will point this out in a moment – what will occur in your society will be a Harmonic Identification. And number four will be the idea of a Harmonic Synchronization.

These are the four general steps that fit this particular template. When you overlay this template on any society, once you have determined the cycle of orbits which that society is using, you can utilize this template, or tool, to determine the timing within the remainder of the transformational age that will bring about certain changes to your world.

At the very center of this diagram is what can be referred to as point a. This is the Harmonic initiation begun in 1947, and is very strongly connected to the fact that it was the year wherein you began to recognize as a society, even though possibly covertly at first, that other civilizations, extraterrestrial civilizations do exist. And that you are not unique or alone; unique in the way you present yourselves, yes, but you are not alone.

That initiation, the beginning of that ripple, was like a stone being dropped into a pond of water, beginning to create vibrations that moved outward in ever-expanding spirals and circles. As each of you may recognize, if you pluck a string on one of your instruments, you see that it vibrates back and forth. You see ghost images of two strings as the two end points are fixed, while the middle part begins to vibrate in harmonic resonance with itself, in polarity resonance.

Those vibrations from the plucking are represented by the yellow petals, as designated on the diagram, the idea of the stone first dropped, and then the resonances going out and coming back together at the end, at the tip of the yellow petal. Now, the tips of these petals define a small circle within the larger circle. That is where you are now. That is the Harmonic Convergence area: the coming together of all the vibratory interstices, all the vibratory axions that determine the particular type of opening and momentum you are going through now.

Notice in the center of each yellow petal a straight line with arrows at either side defining the widest
point of polarity resonance. Simply stated, it is the farthest point, the farthest polarity experience that any chord will strike. We will get back to that in a moment. At the very tip of the yellow petal you can recognize the Harmonic Convergence of this year.

So from the center of the circle to the tip of the yellow petal represents 40 of your years. From the tip of this petal, all the way to the outer large circle is another 40 orbits. Thus you have an 80-year radius (a to d). At the tips of the petals you can see that every two of those petals in turn define a larger orange petal, and at the tips of the yellow petals there is again a representation in the large orange petal of another polarity resonance; thus, the widest point in that petal is defined by the tips of the yellow petals. That is polarity resonance manifestation number two.

There are no more petals now, but only the spheres that fit within the larger sphere, those moving into the green. From the point of the tips of the orange petals outward, where the lines cross again, the next point is where each circle meets tangentially at the edge of the larger circle. So you have point a at the center, point b at the tips of the yellow petals, point c at the tips of the orange petals, and where the small circle meets the outside of the larger sphere, you have point d – thus, a - b - c - d.

From the 1940s to the 1980s your transformation cycle was involved with the process of forming a global link for that 40-year period, while during the 40 years previous to that, you were initiating contact with all the major cultures on Earth and beginning to examine new modes of thought with regard to the religious manifestations in your world.

As we have said, at the tips of the orange petals is the Harmonic Convergence. So the outward movement, as you are passing through that apex, now brings you on an outer curve going to the tips of those orange petals. That is approximately 30 years hence, or about your year 2017.

At the tips of the orange petals you begin to see that there are no more petals; the realities you are converging, that were initiated 40 of your years ago at point c, will be represented by the Harmonic Identification. This is the point we have discussed with you which represents when the vibrational frequency of the particular reality you prefer will literally begin to separate from all other realities, literally placing you in whatever parallel Earth to which you are now most aligned.

As you then begin to separate from all other realities, all other parallel probable Earths, you continue the outer curve toward Harmonic Synchronization – at the point when that will be the only experience you have on your Earth. It will be representative of what you have identified yourselves with, and have accelerated from point c within you. In forming synchronization at the outer edge that is 40 years hence, it will then be only a world that contains the things you identified most strongly with at point c, when you separated from all other probable realities.

You may look at it simply as criss-crossing of energy, as a building of acceleration and momentum that leads you from one point, through that point to another point, and through that point to yet another point. There are 13 points including the center – and no accident that this is your thirteenth day. You may note also that 13 is the transformational gate number. It is that which allows you to face all the different portions you have, perhaps, hidden from yourselves, segregated yourselves into. It is the
passing through a doorway; it is why it is a transformational, magic number, and why there is so much superstition associated with it in your society. It gets you to face yourselves, because you are in the limbo door facing all that you are.

These 13 points represent gateways, vortices of energy within this harmonic wave template. This is what basically has determined the Harmonic Convergence, and also what has been picked up by many individuals in your society as the reason for the Convergence going on now... for the gathering together of all probable realities.

**Star Trek**

Two more interesting points: we have generally observed that within any particular society, there will be two manifestations in your culture which will indicate if and when and in what way you have begun to accept the idea that you will blend with societies other than your own. These two points occur at the two polarity resonance manifestation points, the widest parts of the yellow and the widest parts of the orange petals – indicated by the straight line across the yellow petals and the curved line across the orange petals. Number one; number two. As you can see, number one occurs, by definition, approximately halfway along the line from beginning to now, in your yellow petal. Number two occurs right in line with the Harmonic Convergence, because that is where all probable realities coincide.

Now we would like to play a little game for a moment; these two points, the polarity resonance manifestations, usually manifest in a culture through some art form, through some way that culture expresses itself most strongly. It is usually the strongest and most graphic representation of how that culture thinks of itself in terms of relating to other extraterrestrial cultures. So you can see that the second one, which is usually an amplification of the first, occurs now, in 1987, while the first one, being halfway between 1947 and now, occurred in 1967. The guessing game is to decide which cultural phenomena in 1967, artistically speaking, represented in the most graphic way your ongoing relationship with extraterrestrial cultures.

AUD: Star Trek.

Yes. Now, we know some of you may find this quite amusing; however, your Star Trek program was initiated at exactly that halfway point in 1967, and now in 1987 is being re-initiated in new format. It is the same expression upgraded and updated, to encompass your new understandings and all the things you have learned to incorporate within yourselves within the last 20 years – for the second half of the yellow petal. This will usually occur in every society in a way unique to that society.

Thus, you have fit the pattern perfectly; you have fit the template perfectly. Some of you may think of that program as a frivolous representation, but it is your most overriding understanding. And it has endured for so long because it represents the blending of your society with other societies in the most graphic way you allowed yourselves to represent it at that time; that is why it is a world wide phenomenon. There are no accidents in that energy, and there is no accident in the sense that your interest in that particular phenomenon, and in expressing it in that way, has only grown and not diminished.
Your Own Space Craft

Thus you can perhaps readily understand that point c, your year 2017, initiates and represents the time when there will be within your society the capability of joining us with your own space craft, although it may be earlier – perhaps five years earlier. That is when your technology will allow you to develop the idea similar to our spacecraft technology. You will have this by 2017, if you maintain your adherence to the template, which it seems in all likelihood you will. By 2027 you will be absolutely inter-woven into the Galactic Association of Worlds.

Forty of your years hence: not so very long. It took you 40 years to get to this point; it will take you only 30 years to get to the next point. Only ten years after that you will be part of The Association as absolute equals. You are accelerating rapidly, and you fit the pattern most strongly, as we have indicated.

As an aside: some of you may recognize within this the natural mathematical relationships that you call the Fibonacci Series. And if you look very closely, you may also recognize – if you remove a few lines – the old yin-yang symbol. For the yin-yang symbol comes directly from the harmonic wave template. And that is the ancient understanding that has been rendered into your polarity manifestation.

Allow yourselves to recognize that this energy wave is one that represents the frequency, the momentum, the acceleration. This Harmonic Convergence is your ability to understand that in coming together and focusing your consciousness for any such endeavor of harmony, love and light, you will create an impact on your planet, and you will allow change to occur very rapidly.

One of the ideas behind this Convergence, as the fulcrum point between an old reality and a new reality, is to recognize that as you each individually become the pattern for the reality you wish to experience, bit by bit, each of you adds to the overall energy of your world’s ability to become that world as you have envisioned it. It will accelerate in that direction; you will begin to see the blending and harmonics occur between, what is now distinct and segregated levels of your society, sociologically, economically, politically, through the combination of all that consciousness; individuals who are so aligned can utilize that energy to take steps to escalate and accelerate themselves to new levels of awareness – stepping stones, as you call them.

Many of you have recognized that there are many convergences and gateways occurring throughout any particular year. However, in your framework of time, this octave month represents a very strong convergence cycle. The basic idea behind this particular gateway is that it is primarily for the specific blending of all places upon your planet, all energies within every one of you especially those energies representing the masculine and feminine aspects within each individual.

The Dream

Now let us relate a dream communication in which we participated through the physical channel, and you can see the symbology referred to as this Convergence. In the dream the channel remembered symbolically being in a location that represented many different locations around your planet: Hawaii, Japan, India – many areas. There were symbologies, which made it seem as if it was everywhere, and yet in no one particular place.
Many beings were waiting for a particular entity to step forth from out of a gateway – a gateway on a plateau at the edge of a precipice overlooking a vast ocean and the horizon beyond. There was light and it was dark at the same time. In the dream the gate was called the Gate of the Moon, and was also known as the Gate of the Sun. It was all gates; it was the going in, the coming out, and the blending of many different avenues and motive forces on your planet.

When the being stepped out from the gate to greet all of the individuals who were waiting, it was both literally and physiologically masculine and feminine – wearing a simple white sarong from the waist down. It was to some degree a Pleiadian representation, and was marked by some of the interactions taking place on your Fuji and Shasta areas, and in your Hawaiian area. For from the Shasta area and the Fuji and Hawaiian areas there is a triangle that encompasses the entire energy of the Pacific basin on your planet, representing the strong re-emergence of Lemurian energy. And this dream was within Lemuria as well. The being stepping forth representing the blending of the feminine and masculine aspects within each and every one of you that has been taking place at this time on your world, the equalization of all of this energy, all levels of your consciousness.

It was recognized, within the dream, that this represented the idealized energy of the Convergence itself, which is the willingness, within each one of you to blend and pull together, to integrate all the different formerly segregated aspects of your consciousness into one unified whole. Thus, you will function as a representational whole being, a strong and full individual, assisting and giving to your world the necessary energy to allow your entire planet to become the single individual it must be in the transformational age. This unified oneness then can interact with other whole worlds. Therefore, any way your imagination and dreams reflect to you the understanding and awareness of convergence within yourselves, it will be reflected in the exterior format.

Now, many individuals are viewing this Convergence as a negative idea – time to shake things up, perhaps even to have geophysical changes. We can hardly stress enough the idea that if you are willing to consciously allow yourselves to understand your own symbols and what they represent in terms of your own blending, your own awakening, and your own taking of responsibility for your lives and the creations therein, then you will be awake through the time of the Convergence and thereafter. It will not be necessary to create an unconscious manifestation of geophysical changes to shake you awake.

Wake up now, and you will allow the transformations upon your planet to be ones of blending and smooth harmony, so that it will be the gate of the dawn, the rising sun, the gate of the moon, and all things that have formerly represented your unconscious being. These things will all blend together into one smoothly flowing energy that will allow you to recognize that your physical reality is, in fact, simply a waking dream.

Harmonic Wave
Harmonious Accord – Dimensions and Focusing Consciousness

Q: Will you share with us the concept of the global brain, as it will affect the planet earth in the next one, two or three years?

B: You are already a global brain; how does it affect your planet now?

Q: It seems to be in amounts of chaos in certain areas...

B: That is simply because you do not have the neuronic circuits of the pathways of the global brain all proceeding in the linear direction in the same way.

Q: Would you speak more on that regarding the next few years – what that might be, or what it might take?

B: Understand this: you have already passed over the threshold, or what we would call the flashover point, in that way, to allow the majority of your society to create harmonious accord. Even though every single person will still be expressing themselves – him or herself – as an individual, you will still be able, simultaneously, to express a harmonious accord in the general direction of how your energy is applied. And as soon as you arrive at the point you call 2011 to 2013, that flashover point will kick in – in full force – and you will be able to see a spontaneous explosion of synchronicity around the globe that will allow you to know you can get anything done, anytime, anywhere. You follow me? You will know you are in full communication, in whatever way you need to be, with every other individual on the planet. And we do not just mean human. You follow me?

Q: Yes, I do follow you...

B: Then you will begin to function as a global brain, and what that means is the body of the Earth, in that sense, will be able to move in unison, and its cells will not be in conflict; it will be self-supportive. It will crystallize, and within the ethereal-magnetic sea that will crystallize – your consciousness being embedded in that sea – every ripple that any individual creates in that sea will be felt by every other individual, and be responded to accordingly.

Q: Yes, I follow you. The specific event that we had, appropriately, nine of our earth days ago – are you familiar with the world meditation for peace?

B: Yes. It had a very large impact in creating a new gate, the opening of a doorway through which you have all now passed. And again, one of the results of having passed through that doorway will be to see more and more synchronicity occurring in your life; more and more coincidence. Right place, right time, right people, right situation, exactly when and where you need it.

Q: Approximately how many of us were involved – on this planet – in that meditation?

B: Including the idea of even a flicker of a thought regarding the meditation, which also has its effect, we perceive that it is in the neighborhood – and this, of course, can be our own point of view and how we perceive your energy – but from our point of view, it is perceived to be approximately 710 million.
Q: Mmmm…that’s great! Thank you. That includes all of the flickers as well. Does that include cetaceans as well?
B: No.

Q2: I remember us discussing the idea of many different dimensions or levels of experience, and I guess the idea seems to be that normally an individual would proceed from third to fourth to fifth to sixth to seventh, and so on.
B: That’s how you think of it linearly from the third density point of view, yes.
Q: Is it possible to simply pass from the third dimension to the twelfth without necessarily…?
B: In a sense, to some degree, yes, because you already exist on every level there is to exist upon, simultaneously. On the twelfth level you know this; on the third you may not. But the idea is that on the third you can become whatever representation of that connection you need to be. You follow me?
Q: Somewhat.
B: You are not sure?
Q: I guess not.
B: All right. Allow me to ask you a question, if I may?
Q: Yes.
B: In your terms of linear thinking, in the way you have put the question, what would be your reason for going directly from third to twelfth, without experiencing all of the ones in between?
Q: Well, the truth is that my experience with the third dimension hasn’t been particularly enjoyable.
B: Then you will probably remain in the third dimension until you realize that it can be. The idea is that when you invalidate an experience that you obviously chose to have, then you are not getting out of it what you can get out of it. And it will usually allow you to remain in that experience until you understand the reason for why you chose to be in it, to begin with. The quickest way to get to the twelfth level is to realize that you can – absolutely and in every way, shape or form – enjoy the third. Does this make any sense to you?
Q: It makes sense.
B: But you don’t believe it can be done?
Q: Well, I haven’t reached the point yet where I find limitations particularly enjoyable.
B: All right. But understand there are many different kinds of limitations. It is a form of limitation just to be focused in a specific way. Even in what you would call twelfth density there is still the idea of a particular awareness or focus that allows you to conceive of the fact that you are in twelfth density. That is still a type of limitation.
Do you follow me?
Q: Yes.
B: Limitation, in and of itself, does not have to be inherently negative. You are simply buying into the belief system, or one of the belief systems in your third density reality, that all limitation is inherently negative – or that there can be situations that are inherently negative – but there aren’t.

No situation has any built in meaning. Whatever meaning you give to a situation is what you have been taught to give to that situation; it’s what you have been taught to believe that situation means. But no situation has built in meaning; no situation means anything. The meaning you give to a neutral situation – a neutral set of circumstances, a neutral set of props – the meaning you give to that situation utterly determines the effect you get out of it.

So if you do not find third density pleasant, then it is because you have been taught to believe that it is not. Only that belief – ONLY that belief – creates third density to be effectually unpleasant, only that belief. There is nothing built into physical reality that says physical reality has to be unpleasant. Just because it is a limitation in a particular way does not mean that you cannot soar with exuberance in third density reality.

And again, paradoxically, since you obviously have chosen to be in third density reality, it is our suggestion that when you allow yourself to realize that you can become absolutely ecstatic in third density, that’s when you will have cognition of the fact that you already exist on all the other levels already.

And by allowing yourself to know that, will be simply the matter of shifting your perspective; rather than feeling that you have to climb your way out of some thick dark mire into which you have fallen. It is all point of view.

The idea – and perhaps this will be of assistance to you, if you are willing to absorb it directly into your heart – so pay close attention to the following definition. Your idea – and we are speaking in general as well – of going from level to level to level, plane to plane to plane, that idea, that process, is simply the process of recognizing that you actually are the dimension itself that you previously thought you existed in.

So if you find yourself thinking that you exist in third density, think again. You ARE third density; you ARE the physical universe; the physical universe IS you. When you know you are all that you experience the physical universe to be – and you are in control of what it is you do experience the physical universe to be – then it will be heaven on Earth; twelfth density on Earth, in earth terms.

All levels align at a particular way of thinking, in a particular mode of thought. All levels align. All you have to do is realize that going from level to level to level is the recognition that you already exist as that level, and thinking of yourself in that point of view. When you allow yourself to operate as the collective totality that you are, then no one level will seem to be overwhelming – because you will be drawing on the totality of all that you are.

You are not cut off from yourself in twelfth density; you are always able to draw from all of the power, all of the existence, the totality of the spirit and the soul that you are. Then no one level will seem to be overwhelming, because any one level will seem to be a small fraction of the total being, the total creator
that you are. You follow me?

Q: Mhmm.

B: And when you function in that way – that of enjoying where you are – when you are there, living in the moment, living totally in the present, is paradoxically exactly the way to allow for the future and all the levels to accelerate most quickly into your present experience.

For you do not go anywhere; it all happens within you. You bring those experiences to you – and even that, you are not literally doing. Nothing in the universe truly literally actually moves or goes anywhere; it is all perspective and point of view – all of it.

Do remember this – and this also may assist you greatly when you allow it to sink into whatever portion of you it needs to sink into – and do not think you are not getting this, you are getting it on whatever level you need to. Relax within yourself. But do remember this: any of the ideas of what many people in your civilization believe to be entrapment: “I’m stuck here; I’m stuck there,” is because you have been taught to believe that consciousness exists in the body. It doesn’t. The body exists within your consciousness. There is a vast difference in the realization of those two definitions. Ponder that while you all enjoy a short break.

All right. Ponder that for a moment, then, if you will: that consciousness does not exist in your body; but that your body exists within the consciousness that you are. The idea, therefore, is very, very unlimiting – very expansive. For you can recognize that what you colloquially think of as your body is but one focal point within the combined idea of the consciousness that you are – out of which is created all the physical reality you experience.

In this way, you can allow yourself to know you have much more mobility, in that sense, because you can always allow yourself to diversify your focus, disperse your point of view, broaden and expand the way you look at yourself; the way you look through yourself, the way you look through the idea of yourself that is expressed in body terms.

The body is immersed in the collective consciousness that you are. The body functions much like an anchor point for the prism that allows the white light of your consciousness to channel through, to funnel through that prism, and become the specialized spectrum of light – the differentiated spectrum of light – that creates the differences you see in physical reality. The prism is formed, as many three-sided things are, from the three ideas you call belief, emotion and thought.

Belief, emotion and thought form the ego structure that allows you to maintain in physical reality, to function as a physicalized form of your consciousness – or a physicalized representation of your consciousness.

Your personality, as a physical being – your persona – is not literally who or what you are directly, nor totally, in that sense. It is, in a sense, an artificial construct; it is representative of a particular idea that your consciousness is being as an expression of physical reality.
So as that prism, as that cornerstone that you create your persona to be, you allow the white light, the homogenous oneness of your consciousness, to become focused into and through that prism; and display itself as the spectrum of differences that you perceive physical reality to be.

It is simply one way of expressing yourself. And you do it because it is one way you can express yourself – because it is one of the ways that you can express yourself in creation, as an aspect of creation.

Remember this: each and every being in creation is simply all the different ways that Infinite Creation has of expressing itself as the creation that it is. But everything that takes place, takes place within the idea of the consciousness that you are.

Out of the consciousness that you are is created all experiences, so that any fragment that you create yourself to be may interact with – or interact as – to put it more literally. Any experience you are having is not happening to you, it is you happening as that experience. It is you interacting as the event of the experience. It is your consciousness intersecting the idea, recognizing itself, knowing itself as that particular event, or that particular experience.

You cause an intersection to take place between the self and the ability to reflect the self to the self. Self... awareness, in that way, is what creates all the experiences you have. It is, in and of itself, the ability – self-awareness is, in and of itself, the ability to create experience in a seemingly, I'll say seemingly, objectified manner. For there is no true objectivity; everything is a subjective experience. Objectivity is a tool; it is an attitude you can use to allow yourself to bring clear insight to many of the meanings of the experiences that you are, subjectively.

By the way, allow us to interject at this time that, what many of you refer to – not that we care whether you use this or not – but what many of you refer to, in any given situation, as skepticism, is usually thought in your society, to be a display of objectivity. Skepticism is not objectivism; skepticism is an already inherent belief and bias in a particular direction.

Contrary to what many of you think, skepticism is not what you typically call a true scientific trait, objectivity is. Skepticism is a bias, and therefore, it is an emotional trait, in that sense, and not truly what you would call scientific, even in your own terms.

However, recognize that all points of view are valid, since they allow the individual to determine the experience that they are being. And therefore, allowing them to determine what experience they would prefer to be, if they find that they are creating themselves to be an experience they don’t prefer. Or what experience they would reinforce, if they find they are being an experience they do prefer.

But remember, it can – as it did for us in our civilization – make a profound difference, in your recognition of your ability to create the reality you desire, if you will remember that consciousness does not exist in the body; the body exists in the consciousness that you are. And everything is malleable, and the things that seem solid are the things you believe are solid. And only the belief makes them solid,
only the belief. Everything is energy; everything is malleable; everything is you – expressing the unique facet that you are of Infinite Creation.

Q: Does that mean that if I believed that this concrete were liquid, that I could slip down through it as if it were a...

B: Yes. And you will find that there are individuals upon your planet who are beginning to exhibit such traits, for example, what you call levitation, what you call bi-location, what you call teleportation. You follow me?

Q: Yes.

B: All of these are examples that you truly are the reality you create; and that when you rearrange the definitions, then the reality will also rearrange itself – instantly. It is only because you have been taught, and only because it has been truly ingrained within your thought structure that physical reality – as you have been taught to believe reality is – is the only way reality can be, that you very often do bang into a wall when you walk towards it.

Because you have been taught to believe... because you have been taught to believe you need to believe that it is solid. It has served you to believe so in the past. But now that you are beginning to awaken to the fact that physical reality is only what you make it, now you can play around a little bit more freely with it – because you now know you are in control of it. You follow me?

Q: Yes. You made me think of an example I heard about at Stanford Research.

B: All right.

Q: They were playing with psychogenetic experiences of mind over matter. And they found that when they set up an experience that people were very familiar with – for instance, levitating a table in front of them – they had a great deal of difficulty. But something they knew only a little bit about, like moving a laser beam inside of a vacuum, they had a great deal more success with.

B: Yes, because there is no expectation in the way. Quote/unquote: Everybody knows you can’t raise a table by levitation. But almost no one in your society knows what is possible or not possible with a laser beam. You follow me?

Q2: Yes. What would be a good way to re-sculpture one’s belief systems?

B: By getting in touch with what it is to begin with, and then redefining.

Q: Okay, so if you wanted to practice levitation, you would just...

B: One very appropriate way would be that if you do know – as we have discussed – an individual who already does it, go and be in that environment and mimic what they do. Because you can identify with them and create the same pattern that they create in their life, in your life. And then you will act the same way and have the same results. Do you follow me?

Q: Yes, I do. If such an individual isn’t immediately available, what would be the next best way to manifest?
B: You can attract one to yourself, if you feel you need it. And you can always use your imagination and attract to yourself whatever information you need to allow you to become such an individual. We would recommend that a great deal of breathing in silent centering – breathing in deep and rhythmic patterns – will infuse your body with a type of crystalline energy that will allow you to arrive at the center point of balance, from which point anything is possible.

Q: I understand, but . . .

B: You will then, quote/unquote, lose your fix on the reality you think of all the time, and begin to accept more postulates from other realities. You follow me?

Q: Yes, I really do. Thank you very much.

B: Thank you. Sharing!

Harmonious Accord- Dimensions and Focusing Consciousness
Harvesting

Q: I’d like to discuss harvesting.
B: Harvesting!
Q: Of entities from the third density to the fourth density…
B: Yes, yes, yes, yes, yes, yes, yes.
Q: Okay. Am I correct, then, that those entities that are polarized towards service to others must be at least 51% oriented towards that service to other selves in order to be harvestable to positive fourth dimensional levels?
B: In a sense; but recognize, first of all, we would suggest – not tell you: ‘tis up to you – we would suggest that that which, in your terminology, you call "harvest," you might wish to simply stick to "transformation," for harvest implies that something is going to be done to you, instead of from you. You follow me?
Q: Yes, but my understanding was that many entities would be transformed at the same time.
B: Yes, but that is your doing in the sense of your desire to express that fourth density state. Now there will be – perhaps – a few entities that will remain in third density. That is their choice. It is our perception that the majority of the individuals upon your planet will kick over into fourth density when they need to.
At this time everyone has a different rate of acceleration into that idea of service, but, in general, the overall average rate will seem to project that within the span of approximately the next 27 of your years, the majority of your planet will all arrive in that fourth density state. You follow me?
Q: Yes.
B: That is our perception of the energy. Generally speaking, yes, 51%, by definition, in your terms, is required. But it is not something that is difficult to do. For you are, at any given time, 100% of an overall idea that you are being; and if you were simply being that idea of service, knowing that by being of service you are automatically served, then you are 100% in that way. You follow me?
Q: Those people that are more oriented towards service to self?
B: If they choose to remain in the idea of third density, there can be many different occurrences that can be perceived. The idea can simply be that they will, in their own time, physically die out and simply not be reincarnated in your fourth density world, but reincarnate in a third density version, or parallel, earth. Or they can, literally, physiologically, disappear. Or vice versa.
Q: Could that affect them while they’re still in their third density entity? For instance, someone who is oriented more towards self, and has problems relating to that, could that develop into forms of cancer?
B: Oh, yes.
Q: How would one who feels himself to be a healer, help one who he cares for who is orientated in that direction?
B: Thank you! First of all, by recognizing that a healer recognizes that the healer assists others to heal themselves. You follow me?
Q: Yes.
B: Then secondly: that you cannot force anything on anyone else. Nor do they have to choose your point of view. The way to assist them, let us say, best is to first of all and fundamentally recognize that whatever it is they are doing – whether you label it fourth or third density or otherwise – is at that moment obviously what they believe they need to explore to understand that portion of themselves. So, first of all, trust in the fundamental indestructibility of that being. They will never come to ultimate harm, for they are eternal. You follow me?
Q: No, I understand that...
B: All right. One moment. Then from that attitude and point of view, you can take the pressure off in terms of needing them to become something other than what they are.

Then you will go in radiating an attitude that will support them on an underlying foundation that, no matter what they are doing – including the creation of what you call disease, cancer, any idea – is something they need to explore. You can begin to assist them by asking them how does the situation serve them? How does it serve you? How does it serve, in a positive way, all who are in contact with that situation?
What portions of themselves does this situation allow them now to face – that perhaps they were not willing to face before the creation of the disease? For many times that is why your society creates disease, because it has been taught to not face certain portions of its wholeness. And in not being willing to face its wholeness, it will then create situations where it is forced to face its wholeness.

Now, if an individual is willing to recognize that there is nothing they can discover about themselves that they need to fear, then they will not necessarily have to take such drastic measures in order to force themselves to look at a certain portion that they have buried within their subconscious – to bring it to the surface through the drastic idea you call disease. If they are willing to face and integrate every portion of their being that they could ever discover, then they will not need a disease in order to discover those ideas, and they can allow themselves to accept another, perhaps, a more positive delivery service for the message that they are attempting to show themselves. You follow me?
Q: I do, but how do you help in instructing, or in helping an entity learn?
B: As we have already suggested, ask them what they are getting out of it by having it in the first place? Let them begin to explore that there is possibly – just possibly – a positive reason for why they have it. Let them begin to explore how it might be positive, and then they can allow themselves to expand their awareness to levels in which they can recognize, that in order to discover what it is they think they need to discover, they don’t need the disease in order to do it. You follow me?
Q: Yes, I do. Thank you very much.
B: Does that assist you?
Q: Yes, it does.
B: Thank you!
Q: Thank you.
Having Your Cake and Eating It Too

Questioner: In the news lately . . . let me get your definition on one thing . . .

Bashar: Yes.

Q: . . . what would the words, “you can’t have your cake and eat it too,” how would you define the definition of that?

B: The idea as the phrase is understood in your society in some senses is actually a little backwards according to the meaning that we glean exists in your society’s culture. The phrase really would be, “that you can eat your cake and have it too.” Not, “have your cake and eat it too.” Because, obviously you can have cake and eat it.

Q: That’s what it seems like to me.

B: But the idea is that it seems less likely that you can eat it and yet still have it. But the general meaning of the phrase is that idea that is usually exemplified by the phrase that we have shared with you, that most things are this and that rather than this or that. In other words, things in your society that might from one perspective seem mutually exclusive don’t have to be. You understand?

Q: In other words we can have our cake and eat it too.

B: In other words you can eat your cake and still have it.

Q: Yes, ah ha.

B: In other words, you can allow both sides of the issue to co-exist and glean from both sides, which from one perspective seems mutually exclusive, glean from both sides things that will assist and amplify the things that you require in life without each side canceling the other out, yes? You can work with paradox. In other words, as we have said many times, for that is where the point of all your power lies, is in the center in what you call paradox. And that is what that phrase exemplifies, yes?

Q: Okay, in the news lately this week . . .

B: Yes.

Q: ’s been a lot of play on some ancient temples that NASA/JPL has found in Cambodia which are much older than any know civilization on earth . . .

B: Yes.

Q: What can you tell us about this?

B: You will begin to find more and more and more indicators that there have been many ancient civilizations on your planet that stretch the idea of your history back much, much, much further than
you think. Some of these are offshoots of other colonies besides Atlantis that stretched from Lemuria in ancient times, 50,000 of your years ago. Some of these ancient ideas are old Anunnaki bases. Some of them are connected to the idea of extraterrestrial inhabitation over brief periods of time, but for the most part they are simply recognitions that cultures existed on your planet that are much more ancient than your present sense of history dictates.

Q: Can you tell us what civilization and what their origin is that built the ancient temples?
B: They are the ancient Kaimer.

Q: The ancient Cairo?
B: Kiamer, Kaimer, Kai-mer.

Q: Is that a race of beings?
B: On your planet, yes.

Q: Are they, were they native to our planet?
B: Yes, even though they had extraterrestrial interactions and like all of you, contained a high percentage of extraterrestrial genetics, they were a relatively isolated cultural offshoot, again similar to Atlantis, but relatively unknown on your planet. Another offshoot of the same idea, you will find stretched into ancient Tibet and you will find some ancient temples there as well that are part and parcel of some of the similar offshoots of the same ancient culture.

Q: Okay, and there’s also been a psychiatrist in Kentucky who not only saw, but very clearly videotaped an extraterrestrial craft.
B: Yes.

Q: Can you tell us if this was legitimate?
B: Not at this time.

Q: Because it was photographed at close range with videotape.
B: I understand.

Q: You can’t scan the event and…
B: Not at this time, it is closed to us.

Q: Okay.
B: Will that do?
Q: Yes, I’m just curious, one other thing.
B: Yes.
Q: Where are you now? Are you still above Cairo? And about how far up are you?
B: Yes, about 2,500…
Q: Okay.
B: …miles.
Q: Is your increased elevation due to . . .
B: This is a decreased elevation.
Q: Oh, it is?
B: Yes, we started at 3,000 miles, if you will recall.
Q: Can you tell us anything about...
Q: The decrease in elevation in general represents coming closer to the day of contact.
Q: Okay, is there anything going on from your perspective, in Iraq?
B: There are many things going on, in the area on your planet you call Iraq.
Q: You know what I mean, significantly, in terms of world events.
B: Yes, there is a build up as you know of tensions, as we have said, that still could lead to the idea of the expression of a terrorist nuclear strike.
Q: Did we understand you correctly last time, in that you said that you were projecting that there was a 98% probability of that?
B: This is correct.
Q: Is it still at 98%?
B: It is.
Q: Is that of global nuclear war or limited nuclear war?
B: It has not for some time been for global nuclear war, we have said this over and over, which is why we translate the phrase “isolated limited terrorist nuclear strike.”
Q: And where is it likely to occur?
B: Either there, in the Middle East, or in one of your eastern seaboard cities in your United States of America—primarily 97% probability—New York.
Q: Can you tell us when it is likely to occur?
B: Again, there is only a probability window and again, this probability window is sometime between now 2/98 and your year of 2001. Most likely either in or around your year of 1999, that is the heaviest concentration of probability, but this is not for certain because nothing is.
Q: Okay.
B: But there are other events that are also unfolding that may allow this percentage to drop radically within . . . this your present year. But this has not yet been decided by the collective consciousness of your people. But we will keep you posted. Thank you.
Q: Thank you.
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Hawaii and Planetary Transformation

Q: Hello.
B: And to you, good day.
Q: Thank you. I’d like to ask a question first for everybody here. We were discussing with the channel, before you began tonight, about the different islands of Hawaii and what they represent. Could you just fill us in here, since some of us were not in Hawaii?
B: The idea of the largest of your islands is the anchor, as was said. The idea of the farthest north is independence, as was said, and retains that idea – as it is only inhabited by what you would call natives of Hawaii, and no others set foot upon the island. In between, you have in the center, functioning as your main island, Oahu, the idea of polarities in flux and fluctuation.

Surrounding these areas, your idea of Maui will be mostly a representation of gateways, a representation of warmth, a representation of nurturing within – as to some degree is the idea you call Kauai. Though it will represent, more specifically, a garden, the idea of a garden of ideas: new blossoms, new energy, emerging into the system, through the north magnetic lines.

Molokai will be, in your terms, that of introspection, of the subconscious, of the unconscious, and the manifestation of what you would call the idea of magic. The idea of Lanai is as the seed – to some degree shared with the idea of Kauai, in that Kauai is a child. But in this, Lanai is a seed – that which carries within it new, pliable, flexible energy, which can be sculpted and molded into a new representation of the new energy which now bathes and blends that entire energy gate you call the Hawaiian Islands. Any of the others?
Q: I don’t know any of the others. I’m not familiar with Hawaii at all, really.
B: Then you may proceed.
Q: Thank you. My personal question is: some of the information that I’ve received, regarding the convergence that is now upon us, has been referring to five years of instability – as far as geographically and geologically on the planet Earth.
B: Again, we have discussed, to some degree, the idea that there may be isolated pockets that may exhibit both – but always as an opportunity to blend that energy. However, in your terms, to some degree, it is correct to recognize that by your year 1992 more focus and stability will begin to come back.

It will solidify; it will begin to crystallize after the five-year period of the limbo state that will remain. The limbo state simply being an opportunity to examine what realities you prefer, and to, let us say, attract yourselves to whatever areas represent the vibrational frequency you are being – so that the energy can play itself out according to the vibrational reality you hold yourself to be.
Q: Mhmm.
B: The five-year cycle also represents that – at that time, in your year 1992, it will represent the 500th orbit anniversary of what you would call your discovery of your America. Understand?
Q: Oh, yes.

B: And so you will create another cycle there. It is a crystallization of sorts – and you are simply sensing now that in this ensuing five of your orbits is still the time of limbo. But in the time of crystallization is when certain manifestations will be played out physiologically – determined by the actions that you take, and the vibrations of reality you are being, and where and when you attract to within that five years.

Because, again, as we have shared, commencing in your year 1992 there will also be a far more solid realization on the part of your entire society, of our existence, of the existence of the Association of Worlds. And much of that information will be coming out more solidly around that time.

So the manifestations of physicality may be, again, some ideas here and there of what you might call negative manifestation. But again, they are nowhere near as widespread as they would have been ten, twenty, of your years ago. You are doing much to even out – and again, the actions that you take will make a difference.

Q: I think my main question applying to this was that: when these acts start, or begin, or whatever – if many people, or large groups of people, shall we say, move on to the other side at the same time, how should…

B: Some.

Q: … we deal with that in a positive manner? I mean we all know…

B: You can recognize that if any group or individuals choose to manifest the idea of transforming into non-physical reality, that (a) they obviously have their own reasons for doing so. You can look at it that way, and that (b) many of them are choosing to do so (in order that) they can re-enter the reality as a child in the New Age.

Q: Yes.

B: So they can guide and assist and work out whatever momentum is representative of their lives in an atmosphere on your world that will be more conducive to allowing them to work it out. And allowing them their time to understand that they can create whatever reality they deserve and desire, without having to put themselves through trials by fire in order to know that.

Q: Yes.

B: So, many of them may simply choose to do it that way.

Q: That makes sense; that makes a lot of sense.

B: But it will – as we perceive your energy – be nowhere near the amount that it might have been twenty of your years ago, because you are all beginning to wake up. And as you wake up into the dream of physical reality, then you do not have to take yourself out of the picture to remember what it is all about. Understand?

Q: Yes, I do.

B: Does that answer your question sufficiently?
Q: Yes, it does. Thank you very much.
B: Thank you very much. Sharing!

Hawaii and Planetary Transformation
Healing by Letting Go

Your natural self is a balanced self; it is a healthy self. Allow yourselves to understand that a preoccupation with being healthy can sometimes be an indication of holding on to a belief of disease. The self that is balanced does not think about the idea of trying to be healthy. You do not have to try to be healed; you do not have to try to heal others. All you need do is go to your center. You do not have to "try" to go to your center; your center is who you really are. All you have to do is allow yourself to be who you are. Healing is allowing, not making, not trying, not forcing; it is allowing. You have to "try" to be away from your center. You do not have to "try" to go back to your center. Just let go; relax the expectations. Relax the resistance and you automatically glide smoothly back into center.

These ideas and suggestions can work for each and every one of you, wherever and whenever you choose to use them. Trust that your sparkling creative imagination will create the changes that are reflective of the unique individual you happen to be. Let your imagination unfold and transform these suggestions in whatever way, shape or form feels best to you. Do not resist your natural self. Trust it; believe in it. It is who you are.

Healing is the product of integrating all of the differences you have created yourself to be, cherishing your diversity, but at the same time functioning as an integrated whole. You are all created to heal each other by being of service to each other, to create an atmosphere of support, help and guidance, to create a balance in your society between the supporting of the whole society and the supporting of yourself as an individual within that society. If you support the society at the expense of your individuality, you cannot support the society, because you will not be whole and balanced. If you support only yourself at the expense of your society, you will not support yourself, because you will have cut yourself off from your Universal support.

Healing is also a balancing of all the dynamics you experience in life. You are an individual, you are the whole society, each and every one of you. Heal yourselves with creativity and love by doing, with integrity, what is in your heart to do. And if you choose to, share these ideas of integration and balancing and healing, put them out for your world to see in art; apply them in any form your imagination so desires, so the vibration will be everywhere.
Healing Conflict

Now, many times, in conversations on your planet, as we have observed your people, there will be opportunities over and over again that will call for, what you call negotiation and resolution. In many cases, because of the portions of your consciousness that have been trained within you to be hidden, there will sometimes be agendas within you that you will not even necessarily consciously know about. So that when you go about the business of negotiating for what you believe is supposed to be the resolution, you may find yourself at odds with the individuals you are negotiating with; because you may be on one particular track, as you say, thinking that you are both going in the same direction, when in fact you are even sometimes heading in opposite directions. Because you may not necessarily be aware of what your own hidden agendas are – and what it is you actually think you’re negotiating for.

What kind of an outcome or a resolution you think you’re supposed to have may be diametrically opposed to the belief systems and definitions and resolutions that the other individual or individuals believe they are supposed to have. Now sometimes, of course, many of you know you have different agendas, but will, for one reason or another – again usually because of emotional hidden agendas – insist on sticking to the kind of resolution you desire, in fact, many times, demand; and will not necessarily accept that a resolution has been created, unless, to put it simply, you get your way. The idea, however, is to understand, because many of these hidden agendas will color the way in which you go about creating a so-called resolution, you may find, of course, that you will not come to a resolution because of that coloration.

The idea in all negotiation, in all desire for resolution, is to really focus on the idea of resolution itself as a concept, before you focus on the idea of exactly how, specifically, such a resolution must be accomplished. In other words, if you make not your own agenda the priority, but the idea of coming to a resolution at all the priority, that that is your primary concern – that you do in fact come to some kind of resolution, no matter how you get there. Then, by allowing the idea, the concept, the desire for resolution itself to be primary, you can allow the concept of resolution to guide the methodologies and guide the details about how you come to the resolution, rather than making the resolution subservient, and in a sense, secondary to the idea of what you think you’re supposed to get out of it.

When you focus on the idea that the primary reason for being in the negotiation is to come to a resolution somehow – that the resolution is paramount – then that desire, that focus, will help you search for more ways to achieve a resolution than you might otherwise have been willing to look at. Because you may have been focused on your own hidden agenda, which in many cases, by definition, would be relatively limited, as far as all the different ways that a resolution could be created. So focus on the resolution itself as the main goal of any negotiation, that coming to a resolution is the primary agenda, regardless of how you get there. And you will find yourself, with that in mind, first of all, having a
common point with the other individual – if you can both agree that coming to a resolution is more important exactly than how you get there; you’re already in agreement on something, and that is a good beginning to any negotiation and any resolution.

We thank you for allowing us to reflect this concept to you, at this time, and to share with you our perspective on this particular matter. Again, it is always up to you, as to whether or not to pay attention, and/or apply this information. We’re only sharing with you what works with our civilization, and leaving it up to you to decide what works for you. But I do, from experience in our world, know that this will aid, and assist, and accelerate any and all negotiations and resolutions that you may actually desire to undertake, if you will but be willing to apply this methodology and this principle, and this priority, in that fashion.
Healing Disease

Q: I don’t know quite what the question is, except that I am in the process of trying to…

B: Trying?

Q: Trying, but not really knowing how to go and to rid myself of some internal discomfort and disease.

B: All right. First of all recognize, by the very nomenclature that you use of what you are referring to – dis-ease, dis-ease. The idea, first of all, is that disease is created in your society when you invalidate portions of yourself, when you fight your own ecstasy and create in you the energy you call tension. This is a separation of portions of you from the rest of the collective that you are, and in isolating that portion of you, you cut it off from the life flow that is its birthright. The cutting of that life flow is what causes it to atrophy and seem to separate from you and cause disease in a physicalized manifestation.

Now, the idea, therefore, is to allow yourself to recognize, first of all, that you cannot truly "get rid" of anything, because there is nowhere to get rid of anything to. However, you can allow all the energy that is within you to transform into something positive. Recognize you always have the opportunity to transform energy into negative or positive manifestation.

In your society, because of the way you have been taught to live, and the beliefs you have generally bought into, many of you do not believe that it is easy to be in touch with those portions of yourself. And so many times you will force yourself to look at certain portions of yourself; you will force certain situations upon yourself by the creation of ideas you call pain and stress and disease, because you simply have not been taught that there are easier ways to accept certain portions of your consciousness and integrate them within you.

Now, may I ask you a question?

Q: Please.

B: Thank you. Are you, in your life, doing the thing that excites you the most?

Q: I would say, probably not.

B: Why not?

Q: Because I don’t know what that is.

B: Oh, yes you do! But, when we ask you, "what is the most exciting thing in your life?" we do not necessarily mean that you have to sit there and come up with the most exciting thing you will ever do. All we are asking you is, right now, what is the most exciting thing you can act upon, with whatever tools are now available to you? Out of all the things you could be doing in life, is there one thing you can act upon that is the most exciting thing you could be doing – more exciting than anything else you are acting upon?

Q: Well, what I’m doing is a lot along the lines of what you were saying before, of trying to live in the moment, and…

B: There is no trying to live in the moment; there is living in the moment, or there is not.
Q: Well, living in the moment.
B: All right. What does living in the moment mean to you?
Q: Being with myself, and taking in and living out what I have to give.
B: All right. What do you have to give?
Q: Myself, my love.
B: All right. In what ways does it excite you to share your love and be of service in your society?
Q: That’s an interesting question; I haven’t thought of that before.
B: All right. You may think about it now.
Q: Well, in my work.
B: Which is?
Q: Which is, I’m a therapist.
B: Is this something that excites you?
Q: Very much.
B: All right. This is something that you love to do?
Q: Very much.
B: All right. When you are being a therapist, what do you give, and what do get out of it?
Q: Give guidance, exploration.
B: All right. And what do you get?
Q: I get the pleasure and satisfaction of seeing people get beyond blocks and...
B: All right.
Q: on with their lives.
B: All right. May I ask you another question?
Q: Please.
B: Thank you. Do you regard the individuals that you assist differently than you regard yourself?
Q: No.
B: Do you feel that you have the same degree of unconditional love for yourself that you do for them?
Q: Yes.
B: All right. Do you believe you act like you have unconditional love for yourself?
Q: Not always.
B: All right. When do you not?
Q: When I get sick.
B: I see. Why, in getting sick, as you say, why should that make a difference as to how much you are willing to love yourself?
Q: It shouldn’t.
B: Why does it?
Q: That’s my problem, that it takes . . .
B: Problem is only a situation you will not allow to transform into something else.
Q: Well, it takes over.
B: It takes over?
Q: It takes over.
B: It?
Q: The negative.
B: It? Are you saying that there is something that has more power in your life than you?
Q: It has.
B: No, it has not. You have that power; only you can create the illusion that makes it seem as if something else has more power than you. But that is giving your power away. Now, I thought you said you loved yourself unconditionally. UNconditionally! UNconditionally. So any condition, including disease, should not be a prerequisite for the ceasing of love to yourself. You follow me?
Q: Yes.
B: Now. If you are creating a disease, do you think that you create a disease because you are doing something wrong? You are not getting something right? You are going too slowly? You are not understanding something properly?
Q: Yes.
B: Why? Why do you invalidate yourself? When you create a situation, just a situation which does not have to come with negative meaning, why choose to believe that simply because that situation of the disease is there that you are doing something wrong? Why not simply choose to assume that it is there for a positive reason, rather than a negative one?
Q: The disease?
B: Yes. Now, while you are pondering this, will you play a little game with me?
Q: Yes.
B: Oh, thank you. Do you like games?
Q: Yes.
B: Thank you. Do you like to have fun?
Q: Very much.
B: Oh, thank you very much.
Now, this little game entails your imagination. For right now, for the time frame of this game, all realities are flexible. There does not have to be any invalidation, such as, "oh, well, that will never work, that is naive, that is childish, that will never amount to anything, that is not realistic," and so forth. For right now, using your imagination in this game, can you create, in this moment, even one positive reason for having the disease you have?

Q: Well, it’s a way of stopping the destructive patterns that I’ve been following.
B: Ah. How so?
Q: Not having enough fun in my life.
B: How does the disease allow you to stop the pattern of not having enough fun?
Q: Well, I have to pay attention to myself.
B: Oh, very good. Now, do you think you can pay attention to yourself in other ways?
Q: Yes.
B: Do you think that now that you have gotten your attention with the disease, that you can allow yourself to receive any and all messages that can come to you, and not choose to stop loving yourself?
Q: Yes.
B: All right. May I remind you that within the background of your work that you have been taught – one of the inherent beliefs you have ingrained within yourself, is that once you have a concept of something, you believe you need a process in order to manifest, or achieve, or become that idea. Do you follow me?
Q: Yes.
B: Recognize that this is something you have learned, and it is something you can unlearn. And the idea can be stated this way, if you begin to recognize that your imagination is just as real as your physical reality, and that your physical reality is the product of your imagination anyway, with the added variable, the added illusion you call solidity, then you can understand the following idea.

If you are even able to conceive of a state of being you prefer, rather than the state of being you are in, your ability to be able to even conceive of that different state of being means that at the time you are conceiving it, you are in that state of being. Because the only things you can conceive are the things you are. The vibratory level on which you already exist can only give rise to the thoughts and the conceptions and the imaginations that go along with that level and no other. The only thing that prevents you from allowing what you imagine or visualize to be a reality or a situation you would prefer over the one you are experiencing is in not believing that the imagination of that experience is as real as the experience itself.

Recognize that being able to conceive of a situation is not the beginning of a process; it is the end of a process. Do you follow me?
Q: Yes.
B: When you allow yourself to know that what you have imagined is now true for you, then all you need to do is to begin to act like it is already true for you.
Now, another continuation of this idea: pay attention! When you allow yourself to know that you have, in fact, changed into a reality in which you no longer need to experience negative manifestation, do remember this: You, as a society, have existed in invalidation and limitation for many hundreds of thousands of years. So, it is not surprising that you may, for a little bit, continue to do so – to treat your situation in that way. However, this does not mean you cannot take it for granted that you have changed. The moment, the instant, you conceive of the reality you prefer to be, you are that reality.

What may not change so quickly are the symbols that represent your reality to you. But do remember this, no symbol, no situation, comes with built-in meaning. All situations, all symbols, are fundamentally neutral, blank, zero. You give them meaning and the meaning you give the symbol determines the effect you get out of it; positive meaning, positive effect; negative meaning, negative effect.

Therefore, when you imagine the scenario you would prefer to be – but recognize that the same symbols keep occurring – all you need to do is, (a) take it for granted that instantaneously, in fact, your reality has changed. What you need to do, therefore, is start to give new meaning to the symbols that do not appear to be changing. When you give new meaning to the symbols, that is when you allow the symbols to change into more conscious reflections of the new reality you know you have become.

But because you live in a world of linear time, that transformation may take a little bit of time; do not be impatient with yourself. Therefore, if you now know, for example, to use your scenario – that you are now willing to receive communication from different portions of yourself, without having to have the experience or the symbol you call the negative disease in order to listen, then simply take it for granted that you actually now are, from this point forward, an individual who no longer does need to experience it that way.

If the symbol should stick around for a little while, that is all right. It will change as quickly as it can when you start to give that symbol a positive meaning – rather than continue to imbue it with a negation, just because of the way it appears on the surface. You follow me?

Q: Yes.

B: Then your willingness – your willingness to not make, not force a change, but to allow it to change – then your physical reality will begin to transform, to reflect to you what you now know, beyond a shadow of a doubt, to be true for you. All you need to do, when you know that something is true for you, is to begin to act like it is true for you. Which means, if you are the person who no longer feels pain and disease, then act like a person who knows that they no longer feel pain and disease.

And should you create, for a little while longer, the supposed outward symbol of the pain and disease, all you need to know is, it is not the same meaning, even though it is the same outward expression. And as soon as you know it is not the same meaning, the outward expression will follow suit. Because physical reality is the shadow of the soul, and the soul is the body of existence. When you change the shape of the body – which is changing the idea of who and what you are – the shadow must take the form of the body. But if you try to change the shape of the shadow without changing the intrinsic body,
it doesn’t move. Does this assist you?

Q: Very much.

B: Also, recognize that from this point forward, in your dream realities, you will begin to recognize that you have opened many more doorways by your willingness to share in this communication with us – not because it is us, but because you are willing to allow yourself to view new reflections of yourself. Thus, you are getting in touch with your own self-empowerment, and do not have to give your power away. And can now recognize, from this point forward, that you are as powerful as you need to be to have anything you desire in life without having to hurt anyone else – or yourself – in order to get it. Your dream realities will expand, and there will now be more communication to more levels of yourself. We thank you for your willingness to allow us to reflect to you another facet of the creation that you are. Your life will accelerate accordingly. Thank you very much. Pleasant dreams. And laugh anytime you feel like it.

Q: Thank you.

B: Thank you.

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Healing Energies for Spine and Back

Q: I’ve recently acquired a new client who asked me to work with her on a weekly basis, and I was wondering if you can give me some guidance on how I can best help her. She has two metal rods on each side of her spine, in her back, vertical, like from the shoulder blades down. They planted them in her when her back was broken. She has a great deal of muscle spasms throughout her entire body. And because of those rods I don’t seem to be able to do any kind of massage work on her back, when obviously, you know, she needs some relief...

B: Our suggestion would be immersion in energized water that is close to body temperature.

Q: Energized.

B: Yes.

Q: What does that mean?

B: Utilizing, if you wish, the symbols of crystals and/or your own auric field. Extend your blue-white energy into the water and allow it to become a crystalline form of the idea you call water. And in this way, being close to the idea of her body temperature, there will be the lack of differentiation between the inside of the being and the outside of the being.

And this will allow there to be a blending in both, and a relaxation and an alignment of both, and a crystallization of her physical form in every cellular structure. In your imagination, do what we would term to be a mental massage. Surround her with electromagnetic fields that are the exemplification of your mentality, her mentality, blended together. And infuse those fields with calming, soothing, cool, blue-white electromagnetic light. And allow there to be a balancing in her electromagnetic field that will alleviate all the blockages therein.

Q: I will do what you mentioned about doing the mental massage, however, I don’t know about her agreement to trusting me with the water.

B: That is something she can do on her own.

Q: Right. Okay, what I also would like is, are there any key points in her body that I can work on with massage, that will help the back area?

B: Between the shoulder blades, near the base of the neck.

Q: Okay, so applying just some thumb massage or pressure...

B: One or two fingers. Touch.

Q: Holding... a pushing, or an actual massage?

B: Lightly.

Q: Lightly... push...


Q: Okay. How quickly?
B: According to how your imagination feels fit when you have imagined the energy to been transferred, in that way, then do the removal.
Q: Thank you.
B: Thank you.
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HEALER ENERGIES

Q: I follow my excitement, but verbally I cannot explain it. I tell them I am a energy healer, that is not enough for them, they don’t have a category or . . .

B: All right, how about this analogy? Do you understand tuning forks?

Q: Yes

B: You understand that if two tuning forks are, in a sense, tuned to each other that if you start one vibrating the other one will also vibrate in what you would call sympathetic harmony?

Q: Yes.

B: That’s healing.

Q: Ok.

B: A healer gives off a certain frequency, like the original tuning fork gives off waves and pulsation’s of energy, frequency, pitch, and vibrational levels of energy. Any individual attracted to that healer is asked, is invited, to match that frequency and if they match that frequency it is a frequency representative of their more natural self– and in the natural self no DISEASE can exist. So if they take the challenge and RISE to the challenge and literally match that frequency given off by the healer they will be vibrating in harmony and thus they will cure themselves and that is how a healer heals. Does that help?

Q: Yes, very much so.
Healing Field For Body Realignment

Q: I am right now researching and exploring the different methodologies of realigning the electromagnetic energy of the physical body.
B: Realigning the energies of the physical body.
Q: And I’m working with color and sound and crystals.
B: Oh, how exciting!
Q: It is. It’s very exciting. And I would like to know from you... I heard you just mention to another gentleman who was up here talking about a liver dysfunction that he was experiencing – about a specific force field to place yourself in...
B: Yes, a magnetic field, pulsing at seven and one-half cycles per second, approximately.
Q: Can you just visualize that?
B: Yes, you can.
Q: Wonderful. Okay. Then that answers my question.
B: Well thank you. That was simple.
Q: Thank you.
B: Remember that any physiological phenomenon is only an externalized reflection of what you already imagine to be true for you anyway. So, if you are willing to dispense with the idea of the intermittent symbols, then you can simply manifest it directly with your belief structure.
Q: Great. Thank you!
B: Thank you very much. Sharing!
Healing Path

Q: Hello.
B: Hello!
Q: At first I wasn’t sure about you, but now I think you are great! (Audience laughter)
Q: So forgive me for when I met you the first time, and...
B: There is nothing to forgive, for it is not, in that sense, important what you think of us. We are not here to prove anything to anyone. We have no need for you to believe in us. We are simply here to assist you in believing in yourself.
Q: That’s wonderful! My question is about a dream I had last year in which an Indian medicine man came to me, and opened my hands and gave me a crystal.
B: Yes.
Q: Ever since that point, my life changed. I’m obsessed about studying flowers and herbs.
B: Oh, you are a healer, and have been many times.
Q: That’s what I want to know. I’ve done a lot of different healings already...
B: Yes.
Q: ... and I want to know if I’m supposed to go on with this path and supposed to keep practicing my...
B: Oh, does it excite you?
Q: Yes.
B: Well, that’s your answer.
Q: It excites me... I want to do it, I want to do it more.
B: Well, do it.
Q: But I’m afraid that I do not have the power coming to me the way I...
B: No, no, no, no, no, no. Understand: being excited about it is your signal that you have the power.
Q: Oh great.
B: Otherwise you wouldn’t be excited.
Q: Oh, that’s great. I believe in myself and...
B: That is all you need to do. Excitement is your sign from the universe.
Q: And is all this coming true? (Laughing)
B: Yes! Use it! Use it!
Q: Okay, that’s what I want to know, if I can use it, if I have the...
B: Yes. You do not have to ask that question. If it excites you, that’s your answer. Yes, you can use it, or it wouldn’t excite you. Excitement is the signal that you have the ability to use what excites you.
Q: Great.

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B: It is that simple – the universe works that easily.
Q: Well, I’m going to an Indian medicine conference.
B: You will have a great impact.
Q: Oh great, thank you very much.
B: Thank you for being willing to express yourself in that balancing way.
Q: Please help me... visit me! (Laughing) I feel I need it!
B: You have access to the infinite energy of creation itself. You are a facet of the multidimensional crystal of the Infinite Creator. If you know what you are, if you know how you wish to express your service and your love, that knowledge is enough to know that you will be able to express yourself in that way, and you will have more than enough energy.
You will be supported, uplifted by the whole that you are serving. Serving the whole allows the whole to serve you. Do you follow me?
Q: Yes, I do.
B: So enjoy! Be the light you know you are. SHINE BRIGHTLY! Ecstasy is your birthright. You can show others that ecstasy is their birthright as well.
For remember, any healer is actually allowing another individual to heal themselves. You are creating, with them, an atmosphere through which you allow them to be willing to recognize their own connection to the Infinite Creator, and center themselves.
Any time you center and balance within your idealized idea, you are healed of any imbalance, because all imbalances are you holding yourself out of balance. As a natural being you are not out of balance, so any imbalance, any dis-ease that exists within you, is your decision, your choice to hold yourself out of balance.
So when you heal someone else, what you are doing is providing for them an opportunity, setting up an atmosphere for them of love and trust. Seeing the love and trust in your eyes lets them know that you believe in their ability to recognize themselves as another facet of infinite creation. So in allowing them to recognize that, they will let go of the tension, and let themselves – not make – let themselves rebalance, and they will be healed. And that is how you can serve them.
Q: Thank you very much.
B: Well, thank you very much. Enjoy!

Healing Path
Healing Relationships And
Trusting In Your Life

Q: I’ve had a very difficult relationship with my father and he represents the idea of an alcoholic...
B: All right.

Q: ...and not having been very loving and supportive. Understandably, um...therefore, I have been working on building my own strength and my own love...
B: All right.

Q: ...through meditation, but I was wondering if you could help me to understand the purpose of this relationship.
B: Can be as simple as you just stated: to allow you to build your own strength and unconditional love, at least on your end. Once you have allowed that individual to reflect to you your opportunity to be self-empowered and know that you are complete in this way, you can then reflect back to them, their own self-empowerment, which can allow them to take responsibility for their life back into their control, and not put responsibility on a symbolic tool – the drug. You follow me?
Q: Yes.
B: You are serving each other. ALLOW what that individual is doing to be of service to you. And THEN once you allow yourself to know that you have gotten the idea that you are self-empowered, in that way, you can express unconditional love for ALL the different ways that any individual may choose to live their life. Being that all ways are equal, then you can take upon yourself the opportunity to continue your OWN recognition of your self-empowerment without needing THEM to be something AGAINST WHICH you are PUSHING to DEVELOP that ability within yourself.

You can then say: I am under my own steam, thank you for your reflection, thank you for your barrier, thank you for your wall that I pushed against to arrive where I am. Now I am under my own power and I will REFLECT the knowledge back to you that YOU ALSO are under your own power, that I have unlimited, unconditional faith and love in you, that whatever you choose, is exactly what you need to choose to learn what you have decided to learn.

Therefore, by offering you the opportunity TO be able to learn what you are learning IN another way, you give them the opportunity to CHOOSE another way, rather than what you perceive to be a destructive, negative way. You follow me?
Q: Yes.
B: Thank you, will that have served you?
Q: Yes, but I had one more question.
B: All right.
Q: While I’m working on this empowerment to the fullest potential…
B: Now, may I remind you of something?
Q: Yes.
B: It is at its fullest potential right now and always will be. You are only allowing yourself to remember this – that is what you mean by “working at it,” but you do not have to struggle.
Q: Okay.
B: It is simply – remembering. Relax…you KNOW that when you are TRY-ING to remember something, it is when you relax, that you remember it.
Q: Right. That’s correct.
B: So relax, and you will be at your full potential.
Q: Can I still ask my question?
B: Of course. (Much laughter)
Q: As I relaxed, my dilemma has been…
B: Your what?
Q: Oh, my situation…
B: Yes, your fundamentally neutral situation. (Much laughter)
Q: My situation, let’s see, has been deciding how to approach the relationship and how to deal with him.
B: Unconditional love.
Q: Okay.
B: If you are unconditionally loving, then you are granting SUPPORT and UNDERSTANDING to the relationship. And you will allow it to bolster itself upon that support, and reach the understanding you require. You follow me?
Q: Yes.
B: Thank you.
Q: Thank you.
B: Allow yourself to know that it is serving you – it is not an interruption in your path – it is how you choose to interact. Let it serve you, then you can allow him, to let himself, let it serve him as well, through your example of allowing this situation to serve you. You can show him how it can serve him, and he can choose another way to learn whatever it is he is learning. You follow me?
Q: Yes.
B: Thank you.
Q: Thank you.
B: Sharing!
Q2: So another situation, just to expand on that a little bit, then the individual that’s abusing alcohol or drugs or whatever…
B: Yes.
Q2: They’re at a point that they need to go through that, to learn certain lessons.
B: They obviously believe they need to go through that; it is not that they REALLY NEED to go through that, it is that they believe they need to go through that. There is no need for anyone to go through anything, unless they believe they need to. Does that clarify the idea?
Q2: Yes, thank you.
B: Thank you. Sharing!
Q3: You’ve talked from the beginning until now on one subject: abundance, magnetic fields, doorways, galaxies, problems…one thing is just acceptance…
B: Situations, allowance.
Q3: Well, whatever word. Acceptance.
B: Yes.
Q3: Okay, and you talk about accepting, that we accept our powers, in our lives, in our universe, and in our lessons, in our problems…
B: Yes.
Q3: …situations.
B: Yes.
Q: All right, this is fine, but what do you do, what would you suggest as the possibility when you don’t look at it as a situation, but you look at it as a problem? How do you go inside of yourself to learn that this is just an accepted lesson? Or this is an accepted situation?
B: In whatever way your imagination tells you to.
Q: How do you see this? What is a way of seeing it? What is a suggestion? How to handle, how to…
B: You want me to give you a specific exercise?
Q3: Something that would help me go down inside of myself and see that this is a lesson.
B: All right, may I ask you a question?
Q3: Yes.
B: For now, before I share something with you, how do you imagine you could do that? Pretend.
Q3: Well, I tried it in different spheres, different times…
B: All right.
Q3: …and different levels.
B: Yes.
Q3: And there are problem situations that you come against that you know that you haven’t been given a larger problem than you can handle…
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Q3: Okay. But, you can’t see it...
B: BUT?
Q3: BUT! can’t seem to get pass the point of letting go, accepting.
B: Perhaps because you are judging what you are getting to not be a part of the process?
Q3: Umm.
B: How about that?
Q3: Stepping back from?
B: Allowing yourself to know that WHATEVER it is that is happening IS a part of the process, not an interruption in what you feel to be a problematic situation, a block. Something that lets you feel you are not going where you need to go to SOLVE your problem. But understand: what you are being given is ALWAYS the exact thing you need to be given. Many times you will judge that what you are being given is NOT what you need to be given, and then it will take the form of a seeming block, simply because of what you are being given is a direction you did not EXPECT, and therefore you do not think the direction is valid, according to how your ego thinks you should discover the answer to your question. It is a matter of trust. It is all trust, and it ALL comes down to that one concept – trust. Trust is all there is. That is the ONLY thing you need to allow yourself, in this way, to recognize and realize ANY answer to ANY question. Trust. Are you following along?
Q3: Yes sir.
B: Sir?
Q3: Sir. I’m from Texas, what do you expect? (Laughter)
B: All right, Mam. In this way, you may simply recognize that many individuals when they come upon a so-called BLOCK, are simply not allowing themselves to recognize that it is actually a brightly lit sign, saying: NOW IS THE TIME TO GO LEFT, TO GO RIGHT. But many individuals, allowing their ego to be in the driver’s seat, say: No, no, no, I must go straight ahead. Exactly at that moment, because your higher self knows that the way to go is NOT straight ahead, but to the left, or to the right – and that is why the sign is there. At that moment that you become stubborn, the sign changes into a brick wall. Now, you can stand there as long as you like and beat your head into it, if you enjoy that sort of thing, or you can allow yourself to say: All right, this is an unexpected direction. What you will allow yourself to do, by moving in that unexpected direction, is to recognize that AT THAT MOMENT, going left, or going right, is exactly the way to go straight ahead. Expectation is what says it’s got to be like this, or nothing. Allowance is what says, it can be this way, it can be. And that is what paradoxically gives you the sensation that all of this is actually this, when you assume the way you want to go through your ego gratification that says, “it
must be *this* or nothing,” that is when *this* becomes *this*, because you are not going with the flow of what may be an unexpected direction – but it is the direction, nonetheless, that you need to go in.

It is trusting that WHATEVER, WHATEVER, and I mean WHATEVER your imagination comes up with, at that moment, is EXACTLY what you need to’s the word – ACT– upon to allow yourself to continue that journey and understand the idea of yourself. Is any of this making sense?

Q3: Yes. Is what you are saying then, that in this trust, we trust in ourselves?

B: You trust that the universe has provided you with ALL ingredients necessary to be completely, at any given moment, any idea you desire to be. And you trust that being a part of the universe; you are able to function AS all of the activation principles in the universe, in that way. Utilizing them, allowing them to flow through you, so that you flow through life. LIFE is the ONLY process you need, to live more life. When you allow yourself to know that nothing that occurs in your life is an interruption in your path, but allow yourself to trust that no matter what is occurring, it is a PART of the path you choose to be, then you will allow yourself to gain, and gather, the actual experience of seeing how the situation IS a part of the path you chose to be.

You may look at it, as we have said many times, like this: A PATH IS NOT WHAT YOU ARE ON, A PATH IS WHAT YOU ARE. YOU CAN’T BE OFF OF YOURSELF. Everything that occurs in your life is a part of your path by definition. You cannot have anything in your life that is not a part of your path – by definition. There are no extraneous events in creation. You follow me?

Q3: Yes.

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You can ask the same question that is being asked by somebody else, and apply it to your own path. Or you can share, and state to yourself, the same statement being made by someone else, and apply it to your own path, and you will have your own unique manifestation of how that idea applies to you. In that way, nothing that anyone asks, and nothing that anyone shares, will ever be boring, for everything that you are present to perceive, applies to you, or you wouldn’t perceive it.

Thank you. Sharing.
Healing Relationships And Trusting In Your Life

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LIFE is the ONLY process you need, to live more life. When you allow yourself to know that nothing that occurs in your life is an interruption in your path, but allow yourself to trust that no matter what is occurring, it is a PART of the path you choose to be, then you will allow yourself to gain and gather the actual experience of seeing how the situation IS a part of the path you chose to be.

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Thank you. Sharing.

Healing Relationships and Trusting in Your Life

8
Healing Techniques

Q: My wife has a disease, but it is not registered as a disease. It’s a disturbance of the autonomic nervous system. The symptoms are that she gets really tired if she goes out; she gets headaches and feels nauseous.

B: All right. There may be certain herbal compounds which can be of assistance to this individual, but they may affect her system in a very strong way now because she is so delicate. First, an energy change may be necessary and again, we would simply recommend the following meditation.

Have this individual lie down in a comfortable position and, in her imagination, allow herself to create what she would call her place of perfect peace. It does not matter where it is, when it is or what it is, as long as it represents energy and relaxation to her. Allow her to develop a very rhythmic, even, deep breathing pattern as she relaxes in her place of peace. As she breathes, allow her to begin to imagine that her body is surrounded by a bright blue, transparent crystalline sphere of energy. It should extend at least one to three feet above the head, one to three feet below the feet. It should be a complete sphere, so even if she is lying on the ground, have her imagine that it goes under her body through the ground.

Have her then imagine that this sphere, even though it is transparent and she can see through it, is now filling with liquid blue light. Allow her to imagine that she is beginning to breathe that liquid in and out. Allow her to imagine that now every single pore in the body is absorbing the liquid light. Allow her to imagine that every single cell in the body is soaking up the liquid light to the full capacity that it can. Allow her to imagine the cool invigorating electricity that the liquid light imparts to her body. Allow her to imagine that her body is absolutely saturated with the liquid light, through and through. Allow her now to feel its electricity running through her body – aligning all her nerves, aligning all her cells, aligning her atomic structure into a crystalline pattern – until she feels the energy flowing through her faster and faster without any resistance whatsoever.

Allow her to feel the energy going from her feet all the way up through and out the top of her head, and around back through her feet, around and around again. As it is going that way allow her to imagine that there is an energy field, a magnetic field, going around the length of her body, spinning in a clockwise direction and going down from her head to her feet.

And then allow her body in her imagination to begin to dissolve into the blue liquid light, until there is no image of the body left but simply she is the sphere itself, full of vibrating electromagnetic energy where no one part of the sphere stands out from any other part. It is one homogenous energy, breathing and beating as one.

Then allow her to imagine a small, single crystalline seed forming at the center of the sphere. It is a bright, transparent, clear crystal. Allow it to grow and grow and grow, back into the form of a body. Allow her to observe this is a new body, a clear body, a body that is energized and made of living light itself. Have her feel the expansion, in her imagination, of this new energy body, it is connected to all
light in Creation. Tell her now to breathe in the new body, and connect that body to the physical Earth in which she exists.

Now, in her imagination, allow the blue sphere around the new body to expand and disperse, becoming the reality around her. And at this point have her remind herself of the following thing, consciousness is not in the body, the body is within your consciousness. Tell her to breathe deeply and freely, full of life and joy. She can do this once in the morning and once in the evening. If she wishes, she can add it once in the afternoon as well, but no more than three times a day for about ten of your minutes. By the way, any and all of you can use this for any type of alignment you so desire. It is a very, very powerful tool.

The second aspect which may assist an individual in a state of relaxation – what you call meditation or going within – can be aided, as we perceive for this individual and many individuals, with the following tool: the simple striking of a clear and resonant bell, allowing the tone that is perceived from that bell to wash over and through the individual to begin to familiarize them with the energy state of vibration that they actually are as a person... for a person is energy, is consciousness.

The tone can assist in aligning all portions of the consciousness by giving all the portions of the consciousness one pattern to listen to. All portions can then focus on that one pattern and that may allow for an unconsciously aware alignment to take place. Then, in that state of meditation, of centering, they can take advantage of that state by imposing the picture they desire of themselves to be upon themselves, knowing that it can manifest as quickly and instantaneously as they believe that it can.

Do recognize this: the idea of any individual you are willing to assist, who you attract to you, and that individual’s co-creation of the attraction of someone willing to assist them, means that obviously both of you feel you do belong together and do need to interact in whatever ways your imagination is willing to come up with. Every single thing you do, whether you find it changeable or not is there for a reason and is a part of the overall process.

Trust your feeling; trust your intuition. Do what excites you the most and always, simply share your unconditional love. Trust that you will be being of service in the best possible way to that individual that you need to be, because it is no accident that you are in each other’s lives. There are no accidents.

Now, the idea of applying this on a large scale in your world also can come in many forms and many already exist upon your planet. Many of these ideas of healing are directly connected to issues we have discussed concerning peace and harmony. So the idea of creating objects that reflect the idea of peace and harmony, and sharing those objects with your planet will allow that vibration to, in a sense, "remotely" allow them to change.

One of the ideas that already exists upon your planet is a project that was created by a group of people called the Peace Pole Project. Some of you may already be familiar with this idea. It is simply one way, one idea, and a very beneficial idea it is. It is simply a wooden pole that says in different languages "May peace prevail on Earth." And the wooden pole is planted in the ground standing upright like an antenna, like an advertisement for the idea of peace. Understand it really does have an effect because just the fact that it is there, it gives off a certain vibration. It causes a certain reaction in all people who
see it. So does art; it can do the same thing in many ways.

So, one idea is to increase your ability to produce objects of harmony, objects of health, objects of peace, and display them openly around the entire world. If enough of these monuments to peace and healing exist, well, maybe there won’t be any room left in which to fight. If every building is built along principles of healing and balanced energy, then the vibration will permeate the places that you live, the places that you work.

Now, these principles have been understood for quite some time upon your planet, but in this day and age many more artisans and architects are understanding the concept of the golden ratio, golden proportions. It is the same idea of natural reflections that we spoke of before. Certain proportions are naturally reflective of vibrations that are naturally balancing and naturally centering. If you, therefore, incorporate these proportions into everything that you do, if you follow the natural "template" of nature then everything will contain a vibration that promotes healing and balance. Your entire world can be as if you are living truly inside your art, because it is living inside of you and all you have to do is let it out and create a healing.

There are many places on your planet that are called, "power vortex points;" very strong electromagnetic aligning energies are in those areas of your planet. When you go to those places you feel yourself immersed in the frequency of those areas. You can allow the energy of the place to align you if you match its vibration. Then anywhere you go on Earth, if you create that vibration, then that place will be where you are and all that are with you can feel the energy of that place. You will be like an extension of that energy spot. All you have to do is use your imagination and allow yourself to feel like you felt when you were in that energy spot and you will then be that vibration. This can be a way to prepare yourself before you choose to do a healing with someone else.

You can do the same thing if you wish to create any form of art. You can re-create that vibration and then create the form of art that you feel is representative of that vibration. Then that piece of art will have that vibration locked into it.

For example, if you know that your Mount Fuji or your Mount Shasta area is one of the power spots of the planet, you can create that vibration in anything you do. If your artwork then creates the vibration of that place all who come in contact with your artwork will be standing in the vibration of Fuji. Nature is always very balancing, very healing. Take advantage of the vibrations it provides for you. Many of you already understand that to gaze upon a beautiful tree or a beautiful flower creates a healing vibration, a centering within you.

So understand that when you see representations in art of objects that have a certain feeling, then the vibration of that object is really there. This goes hand-in-hand with what we discussed before about the world being a metaphor, a symbol. You can use the idea of the metaphor, or the symbol, to actually create a healing and balancing vibration because all physical objects have a unique vibration. And even a symbolic representation of that physical object has the vibration of that object in a specific way.

You see, you are creating physical reality anyway. A physical object is already only a symbol of a
vibration within your consciousness. So in some ways there really is not much difference between the vibration of a tree and the vibration of a painting of the same tree. You can work with your symbols in this way to generate a balancing atmosphere, even if you are not in physical proximity to the actual object that is represented by the symbology that you choose.

In the past this understanding was called, "sympathetic magic," in the sense of creating a sympathetic vibration in model form, or in a symbolic form, that actually has the vibration of the real thing. Therefore, making a connection to that thing from a distance, because you actually have the vibration of that thing in symbolic form. Magic is simply the ability to truly transform your belief system and transform your reality around you in a very conscious way. Then, telepathically transmitting to other individuals the vibration of that change so that they, if they choose to, can experience that change as well in their reality. Sympathetic magic. There is nothing mysterious about this. It is only the physics of consciousness.

So allow yourself to understand, it is all a matter of your vibration. Heal yourselves, heal everyone by being the fullest "you" you can be. Then, if you are in balance, you can allow others through sympathetic vibration to be in balance with you directly, or through your artwork and creativity.

Before we continue allow us to address something we feel is of concern to a few individuals. There are many fluctuations going on in the electromagnetic field of your planet at this time and many individuals who are becoming increasingly sensitive may feel this energy in their bodies in certain ways that are painful from time to time.

If it will ease your fears, by all means, seek your own medical practitioner’s advice to make sure nothing is wrong with you. But if you are simply becoming increasingly sensitive to that energy, in all likelihood they will not find anything wrong with you. Learn to center yourselves with the idea that you do not have to experience the fluctuations as pain, but now and then, you may. Simply understand there are many things your civilization has to process through itself, and therefore, sometimes it may manifest as pains and aches here and there, especially in the heart and the head. As the new energy comes through, if you are not used to it, you may believe it will cause you difficulty. Your uncertainty and your doubt can cause the energy to translate in your body as pain.

Relax. Allow yourselves, once again, to breathe easily, breathe fully of life. Always take heart in the memory that you are choosing to change in this way; the more you remember it is your choice, the less painful it will be. Because the more you remember it is your choice, the less uncertain you will be. We will radiate a soothing energy throughout this interaction; you may use it in any way, shape or form your imagination desires. Some of you may simply require what is called, “grounding.” This can be accomplished in a number of ways; of course, your imagination can always be a flawless guide to tell you what will work best for you.

Three other ways we will suggest: One is to avail yourself of the mineral called, hematite. It is very magnetically grounding. Sometimes when many of you begin to deal with higher energies your feet have a tendency to leave the ground. When you break that connection, when you imbalance yourself in
that way, that can also cause extra sensitivity and pain.

The second way is to simply identify more strongly with the Nature around you – take walks in the woods, in the streams, in the Earth. Become grounded in your physical experience, with your senses. Breathe in the air, feel the Earth, hug a tree.

The third way is to allow yourself some enjoyable physical action that can very much help focus you in physiological meditations of a different type. One that you may find works very well – and we do not mean to exert yourself – is to do the following thing: take a very nice large thick piece of wood, take a lot of nails and pound them with a hammer into the wood in whatever pattern you desire. Become involved in the physical action and feel the flow of the physical activity. Or, perhaps sexual intimacy will do. We can now continue with questions if you like.

Q: I was wondering if there might be an image or model where we could affect the aging process?

B: Live in the moment. The more you live in the moment, the more you become absorbed, literally absorbed in doing what you love to do, the less you will age. All of you know the experience of "time flies" when you are having fun. You know that time isn’t really flying. And in all reality, it isn’t that you are just ignoring the passage of time. You create time. And when you do something that allows you to be so focused that you can come out of it and say, "Oh, many hours have passed, where did the time go?" you actually did not create that time, literally. If you feel that you have only experienced about one half hour when perhaps to the rest of the world three hours went by, you actually only aged one half-hour.

Living in the moment, staying in the moment, following your excitement and staying in that vibration unlocks you from the time matrix and allows you to experience yourself as relatively ageless. Now, the idea is, when you realize that three hours have passed, what you are simply doing is, automatically and by choice, reconnecting yourself to the time stream that all of you have agreed to share, because you don’t want to completely divorce yourself from that matrix. Otherwise, you will not be able to interact with many other people on your planet at this time. But the more all of you live in the moment, the more you will be able to interact in the "Now" and the less aging you will experience, because you are literally creating less time.

When you stay in the moment you are creating less details, you are allowing yourself to see the big picture of what you are doing, and allowing your higher self to allow the details to be opened and positioned automatically. You don’t have to fragment your consciousness to take care of "worrying about all the details" or trying to juggle all the details into place. The fewer details you pay attention to in that fashion, the less time you will need to get done what you need to get done. You follow? Does that model work for you?

Q: Yes, quite a bit. I was also wondering about when we are asleep. Do we actually physically age at a slower rate then?

B: Yes, because you are living in the Now. What you call or remember as a dream is more your natural state. Remember, you are dreaming right now. You are dreaming physical reality. Though you experience physical reality to seem to be more truly the real you, recognize that your physical reality is
actually more truly the dream – the dream of time and space. When you awaken you will not necessarily experience time and space as much.

The idea is to learn to be childlike; to learn to live in the now. Because the more you live in the now, then the less time you create. And the less time you experience, the less time will age you. You understand? It will create an agelessness within you. And if there is a purpose in doing so, you will then allow yourself to exist in a more Eternal Now and you will experience what colloquially would be perceived as a longer time span, although that’s not exactly what’s happening, because time is your illusion.

The idea is as if you are, this is perhaps a limitation of the language, but it is more like you are "skipping over moments." You are not experiencing as many "time moments." You are removing yourself and reinserting yourself at different places in time, so that to everyone else still lodged in time it seems as if you have lived longer than the normal time span, but you really haven’t, per se. You have experienced eternalness, the idea of the suspension or the dissolution of time, and you have accomplished more within the Eternal Now. Because, when you are not guided by time you can accomplish all things simultaneously, or more simultaneously than you used to.

The effect can be that you look the same but are actually much older. Your experience of living longer in no way, shape or form is hinged on someone else’s acceptance that that can be so. It is only hinged on your acceptance that that can be so and is proper for you.

Share these ideas with people. Express yourselves fluidly and boldly, with conviction. Communication is also healing; openness, honesty, direct communication from the heart, in all forms of your relationships – letting yourselves be who you truly are, not who you think you or everyone else ought to be. Then your relationships will be healing, balancing, centering and not a struggle with all levels of your society: social, political, and economic. You are not separate from your governments; you are your governments. You are not separate from your economic system; you are your economic system. Transform it and create it to be in a healing way, in a way that serves the society – not in a way that forces the society or others to serve it. Allow yourselves to be all the attention to the to the appropriate details; they will be strongly created and last for a very long time.

That which is created within a state of balance and healing also exists in that state and then lives in the eternal now. Things that are created in that way will span the ages, will create the millennium of peace and health. But you must actively do these things. You must live life in order to be healthy. You cannot shrink from life. You cannot live it only in your imagination. You must live it fully.

Your natural self is a balanced self. It is a healthy self. Allow yourselves to understand that a preoccupation with being healthy can sometimes be an indication of holding onto a belief of disease. The self that is balanced does not think about the idea of trying to be healthy. You do not have to try to be healed. You do not have to try to heal others. All you need do is go to your center. You do not have to "try" to go to your center. Your center is who you really are. All you have to do is allow yourself to be who you are. Healing is allowing – not making, not trying, not forcing. It is allowing. You have to “try”
to be away from your center. You do not have to “try” to go back to your center. Just let go. Relax the expectations; relax the resistance and you automatically glide smoothly back into center.

These ideas and suggestions can work for each and every one of you wherever and whenever you choose to use them. Trust that your sparkling creative imagination will create the changes that are reflective of the unique individual you happen to be. Let your imagination unfold and transform these suggestions in whatever way, shape or form feels best to you. Do not resist your natural self. Trust it. Believe in it. It is who you are.

Healing is the product of integrating all of the differences you have created yourself to be, cherishing your diversity, but at the same time functioning as an integrated whole. You are all created to heal each other by being of service to each other, to create an atmosphere of support, help and guidance, to create a balance in between the supporting of the whole society and the supporting of yourself as an individual within that society. If you support the society at the expense of your individuality, you cannot support the society, because you will not be whole and balanced; if you support only yourself at the expense of your society you will not support yourself, because you will have cut yourself off from your Universal support.

Healing is also a balancing of all the dynamics you experience in life. You are an individual, you are the whole society, each and every one of you. Heal yourselves with creativity and love by doing with integrity what is in your heart to do. And if you choose to, share these ideas of integration and balancing and healing. Put them out for your world to see in art; apply them in any form your imagination so desires – so the vibration will be everywhere.
Healing Through Reconfiguration

Q: Two things I’m excited by in life for many years. One is my pursuit of yoga, and the other is music.
B: Have you caught it yet?
Q: Yes. Just kidding; and just a short question about each.
B: All right, music, yoga.
Q: In terms of the physical, I had a bad accident in 1958, where I lost my left kneecap, and through Yoga and physical exercise, I re-grew it.
B: Yes.
Q: But I’ve always been bothered in the knees, and wondered if you had a technique that I’m missing – for the final perfection of having good legs again.
B: Perhaps, in this way, there are simply remnants, let us say, of what you might inherently believing to be impurities in the crystalline growth – or re-growth – of that idea.
Allow yourself to dissolve yourself down again; dissolve in your imagination, in your meditative states, while you are breathing very deeply and rhythmically. Think of the idea of your knee as being in a crucible, and see the great heat of your intention melt the idea down again into liquid. Then feel the vibration, the vibration of the idealized feeling of the flexibility, of the idealized structure of the knee.
Then place that template in the liquid, and let the liquid cool according to that template and re-grow without the impurities. You follow me?
Q: Yes.
B: You can use tone for this as well. Tone can represent, if you wish – or you can have a tonal analogy of the template energy upon which you can allow the new reality to re-crystallize, re-grow. Take it back to a liquid state; let the so-called impurities, or old belief systems, float to the surface, if you will. Skim them off the top, and then know that you have a pure liquid to deal with. Let it re-crystallize according to the new template that you drop into it. Then insert it into the idea that you are. That is one idea.
Utilize this; see if that is of benefit to you – and allow your imagination to alter it in whatever way, shape or form it feels so inclined.
Q: Thank you.
B: Thank you very much

Healing Through Reconfiguration
Healing With Love

Q: I want to ask a very mundane question about a person I am trying to help.
B: Nothing is mundane.
Q: I mean earthly.
B: So?
Q: This girl I’m referring to... she is right now in the County Hospital in the psychiatric ward.
B: All right.
Q: She went out of her mind, possibly through the use of drugs. And what I now observe after two months, with her inability to “come back” to reality is...
B: To which reality?
Q: To being... to acting in a normal way.
B: You mean the mass agreed upon reality?
Q: Well... what shall I say? In a way that’s not disruptive to her life.
B: All right.
Q: I mean, to be in a County Hospital in a psychiatric ward, and to be in the hands of the authorities and not to have any control over your own life, is what I’m talking about.
B: Oh, she has control.
Q: Yes, I agree. She appears to have multiple personalities, and those personalities come and go. So what my question is about is, would you have some idea of the ways she could come out of it?
B: Well, let me ask you a question first, if I may?
Q: Sure.
B: Do any of the so-called multiple persona exhibit any negative traits, in your terms?
Q: Yes. She acts like a three-year-old child.
B: Oh! One moment... (AUD laughs) ... why is that negative?
Q: That’s not negative, but...
B: When we say negative, we are expressing the term in the meaning: are any of them in your terminology harmful to anyone else? In your terms, perhaps, physically violent, accosting?
Q: Yes.
B: Are any of those traits present?
Q: Yes.
B: All right. Lack of integrity in other words.
Q: What I meant by a three year old child being negative was that, when you’re a twenty-six year old child and you act... you go into somebody’s house and you pee on their floor and you mark their walls,
and you go around hiding things and taking things, and doing things like driving a car around the streets and going around to telephone booths and calling the police and telling them... etc. I could name millions of incidents; she’s done too much. She’s been in and out of the hospital four times.

B: All right.

Q: So that’s not negative to me, it’s just destructive to herself.

B: It can be an expression of lack of integrity. Maybe – maybe not. Certain cases, yes, certain cases, no.

Q: So my question is... is she what would be called, possessed, and does she need to be exorcised?

B: Obsessed perhaps, yes. Not possessed.

Q: So she isn’t possessed by some other...

B: Oh, no one can be. No one can be. Possession is completely self-created. It is simply an identification with a negative idea, to the point where you relinquish – apparently relinquish – control. Everyone is always in control, even if they create the illusion that they are under the control of something else. That is only an illusion.

It may serve their purposes. Perhaps they are running from something in that way – something within themselves. Which is what we generally perceive is what this individual has done. They have learned to run from so many aspects of the self that they now have created a “loop” in which they can find no way to reconnect, to bridge the idea of communication from the realities they choose to experience, to the reality of your average society.

In a sense, an obsession of this nature can be assisted, perhaps, by allowing yourself to focus upon whichever aspects or personalities of the total being are in your estimation of a positive nature – or can be expressed in a positive way. Many times the positive aspects can be, in your terms, induced to converse with the negatively expressed aspects. And in conversing with the negatively expressed aspects within the self, perhaps, can transmit to those negative aspects the understanding that by expressing the self negatively they are only reinforcing the idea of powerlessness.

Now, in a sense, they are creating scenarios that are analogous to the running away from themselves. They are creating the state that you call paranoia. Paranoia is only an expression of running from the self. Running from aspects that the self fears to face, because they do not believe they can be integrated in a loving and positive way.

This individual, in exploring this, needs to be taught that the positive aspects that they are, and the negative aspects that they are, are never apart – are always together. That no matter where the negative aspects run, the positive aspects will always be there, to help, to love, to assist.

Most important is the recognition of love; unconditional love for all aspects. Even though some aspects may express themselves in negative ways, in ways that represent lack of integrity, the first step is to still love those aspects unconditionally. For only by showing the individual a reflection of unconditional love can the positive aspects of that individual learn, by example, how to siphon that unconditional love to the negative aspects within themselves; to talk to themselves, which is what they are doing – one aspect
conversing with another aspect.
And in that ability to then convince them within themselves – the negative aspects – that there is no need to run, there is no-where to run, because there is no outside – everything is right there.
Unconditional love, the vibration itself, is the most powerful integrating vibration. And if you are in touch with this individual and willing to express unconditional love, then in a sense, it can interject itself within the circuitry of the communication that that individual has with all the aspects of themselves.
And by, in your terms – now I am being very colloquial – interrupting the negative communication, you can allow the positive communication to be taken along with it. So that at least the information that the negative aspects of that individual is receiving will be matched by positive information – along with the negative information they are constantly feeding to reinforce those negative aspects.
You can literally “splice” into their circuitry, their neural circuitry, by radiating a field of unconditional love and reflecting to them, the power that they are – the belief in you that they are an aspect of infinite creation, the belief in you that they can communicate with the totality of themselves as the whole being.
You can literally splice into their communication network to themselves, and feed them positive information about themselves. Which can then tip the scale; tip the balance of the information that they send to all aspects of themselves.
Bit by bit, slowly but surely, that information will leak into their system, and fortify their system, so it makes it less likely that negative information will even be able to be transmitted along their neuronic pathways to negative aspects. So they will in a sense, “die out,” of malnourishment, and will have to seek nourishment from the positive information. Which will allow them to re-establish their foundations, to grow and re-connect the whole system of the person. Do you follow me?
Q: Yes.
B: Does that assist you?
Q: Very much.
B: Radiate that love. It is a true electromagnetic pulse.
Q: And that’s all that is necessary? That will tip the scales?
B: If you believe that is all that is necessary, yes. If you send along your doubts then they will be bubbles in your transmissions – gaps.
An assistance for you, perhaps, will be to place yourself first in the seven and one half cycle vibration of your Earth, before you transmit; so that you are keyed and harmonized and synchronized with the love of the Earth crystal. Then you can simply send that pulse which can be of great assistance in stabilizing their foundation. So you may wish to syncopate yourself first before you undergo a meditation of transmission of love to them. If that will assist you, then do that.
Q: The process of syncopation is like a breathing process...
B: You can breathe with... yes. Place yourself in a receptive state, in a giving state, and if you wish, allow yourself to simply think of the Earth vibration and place yourself in that state that approximates
seven and one half cycles per second. Simply think about it and you can take yourself there. You follow me?
Q: Yes. Thank you.
B: Thank you very much.
Healing With Unconditional Love

Q: Is there anyway that we can apply the visualization of the Prime Radiant to healing people in the third dimension?

B: Well of course, and I have already described the way, are you not paying attention?

Q: Apparently I was not.

B: Oh, all right. We talked about the idea of creating the energy bubble. Remember? That’s one way. Allowing people to get their cue from the vibrational resonance’s being set up in that energy bubble, that represent the zero rest point. Remember that?

Q: Yes.

B: That’s number one. We talked about the idea of stretching a string high and low, balancing yourself and then creating that flow between yourselves, and then applying the energy in your hands in whatever way, shape or form you so desired it. Remember that?

Q: Yes.

B: So you were paying attention, after all. The idea really is at this point – and this is why we added the phrase, “now directed with your intention” – at this point to know that we have given you the basic ability to access a little more clearly these resonance’s. It is up to your imagination and intention as to exactly the proper way for you that works best. Some people, even with hands on healing, feel they should touch the person. Some feel that it is best for them not to touch the person. Some feel it is best to use one finger, two fingers, press here, press there; do other kinds of motion.

At this point the choreography is up to your imagination because your imagination is specifically aligned to your frequency. And whatever you feel and whatever you picture is the best way for you to interact with your patient, at that time, is correct, once you know you are aligned and accessing those dimensional vibrations. We are just giving you the foundation for access; the methodology specifically is up to your choosing.

Q: You are requiring the conviction of the patient.

B: If they come to you, do you not have it?

Q: Yes, but suppose they don’t come to you, and I want to heal out of compassion?

B: If you simply radiate that level to all those that you are aware of, of unconditional love, ALLOWING THEM in that radiation to choose what works best for them, that is what gives them the OPPORTUNITY to choose to heal themselves. But you have to allow that they may not want to. If you don’t allow for them to not want to, you cannot allow them to do so. You cannot allow them to heal themselves, if you cannot allow them to choose not to heal themselves. That’s, again, the paradox.

Q: How do I express this with the ignorant?

B: You just love unconditionally. You express to the person, “I recognize that you are making choices, I WOULD OFFER TO YOU the suggestion, the opportunity, the gift, the idea, that there may be ways in
which you can create beautiful health and radiant energy within yourself. AT THE SAME TIME, NOT BUT, “AND”, AT THE SAME TIME, I LOVE YOU UNCONDITIONALLY NO MATTER WHAT YOU CHOOSE BECAUSE I KNOW YOU ARE AN ETERNAL AND INDESTRUCTIBLE BEING ANYWAY. And, therefore, I have no reason to worry about your agenda, and thus, you choose. If you do find yourself worrying about their agenda, and worrying about what they choose, then it’s your agenda, not theirs that you need to work at. Does that help you?
Q: Yes.
B: You see we share these ideas with all of you – do not take this the wrong way, again, we understand that words in your language can mean different things, take it in the most positive way possible – I will just say it succinctly, just so that we can get on with this. We share these ideas with you. I don’t care how you take them. I do this because THIS IS WHAT I LOVE TO DO! I don’t care if you take them. However, I know that when you create your version of the idea that works best for you, in the moment, I know, beyond a shadow of a doubt that you are doing what is right for you, forever! All right?
Q: Yes, thank you very much.
B: Thank you.
Bashar From 1-11-97 Re: Health

Q: Greetings Bashar.

B: And to you, good day.

Q: There’s a condition that we humans have that affects the memory process, it’s known as Dementia, Alzheimer’s disease.

B: Yes.

Q: Some people are afflicted with this and some are not. Can you...?

B: Toxicity.

Q: Toxicity?

B: Yes. It is the product of combinations of different degrees of toxicity, and the breakdown of the neurological systems and sheathings because of certain kinds of toxic attack and chemical bonding that occurs within your physiological human form.

Q: What kind of toxicity might you be referring to? Is there something that we can...?

B: Certain mineralogical and elemental toxicity, such as the idea that some of you are already beginning to understand of what you would call aluminum poisoning in some cases, and in other cases having to do with certain other combinations of heavy metallic elements, and certain ideas of the monoxides that are prevalent in your atmosphere, and many different things from time to time depending upon the degree of sensitivity of the individual.

Q: Are some predisposed perhaps have a greater attraction to this perhaps?

B: Very few. Some are very few.

Q: Is it genetic also, perhaps?

B: That is what we assume you meant by “predisposed.” So some are, but very few. And for very specific reasons, if they happen to be. In other words, sometimes an individual when coming into physical reality will, as you say, “predispose” their genetic makeup to be susceptible to certain kinds of things, because the soul knew that it might need to experience those kinds of things for what it needed for it’s own soul growth, as a challenge. But it is very rare that that would happen in that way. Almost in no case is disease necessary, in that sense. If you are willing to learn the lessons and be creative in the ways that you know you can be, no one would really need to use disease to do that you are very creative and therefore many times will use disease to do that, to bring your attention into focus, into things that have been in denial within many of you for a long time. Because many times disease will focus your attention and bring you squarely into the present. Does that make sense to you?

Q: Yes.

B: So, more often than not it is created in the moment, rather than being “predisposed.” Although there are a few cases where that does exist.

Q: Is there anything that you might offer as a...sort of a...a way to prevent this from happening, or for those who are afflicted with this. . . .
B: All right. Again in terms of prevention there is the simple check list that most of you are aware of, but very few of you partake. That is:

1. Oxygenation of the system. Make sure you’re getting enough clean air. Oxygen is the key to transmutation in the body. And the support of the system.

2. Hydration of the system. Make sure you’re getting enough water. With the combination of oxygen and water your cells will be able to flush toxins more readily from the system, and in that sense increase their, shall we say, “shelf life,” by quite a bit.

3. Watch your diet. The idea in many cases, is that many of the food stuffs that many of you eat, are also full of toxins and pollution, and thus you are placing, replacing the idea of toxins, in your system on a constant basis.

Also the idea of activity. What you may call exercise, but generally, just activity. These are all important things because the activity will allow the body to function as a pump, to pump the fluids, pump the oxygen, and allow the cellular systems to transmit the idea of the toxins, to flush them from the system and to absorb the nutrients that they need to absorb more readily.

Also the idea of, lack of stress. Which of course we know is very prevalent in your society…stress. Primarily because most of you are doing things that are against the grain of your natural self. In terms of your jobs and so forth. Most of you impose great heaps of stress upon your system.

So, fundamentally that is the “Basic Checklist,” that will, I guarantee you prevent about 99.999999999% of all disease. [Do] you understand?

Q: Yes.

B: Now. Once an individual may have concocted something, the first thing you need to realize, again, is that the emotional balance is always the primary causation of any literal “dis-ease.” Your own language says it for you. You are “dis-eased,” you are not at ease. You are emotionally, as you say, “out of whack.” And that means that you have belief systems and definitions that are going against the grain of your natural self. And you have feelings and emotions that result from those belief systems, that are compounding the issue, because of certain ideas or experiences that may have been imposed upon you from childhood. Getting back in touch with unresolved anger, unresolved rages, unresolved fears.

Many of these things are the true “seeds of disease.” So, things that will put you back in touch with those emotions created early on in childhood, that have never been really expressed and “transformed” in a balanced way, will be of great assistance, not only in the prevention of disease but in many cases, even of the reversal of it. That is always the first thing.

Secondly, again, there are many things that do exist upon your planet, now especially, in your present day and age that can create reversals of disease. There are certain magnetic therapies that are very beneficial in this sense, although again, you must be discerning in that it is the right material, of magnet, delivered in exactly the correct way according to the body’s electromagnetheric polarity fields, and not just, as you say, “any old magnet,” used “any old way.” There are a few companies that exist upon your
planet that understand with clarity how to do this. You can do your research and you can find them. There are of course again, other kinds of therapies and meditations that can aid and assist in re-balancing and re-centering the body’s electromagnetheric field... bring you back to the center of yourself and reverse the concept of disease. But also, the process of simply using the disease, if it has been created in a positive and beneficial way, to learn from it, will in many cases no longer require the disease to remain. Because once you have learned why the disease is there and absorbed the information and integrated the information within the matrix of your consciousness, then the messenger can go on it's way. It has done it’s job.

There are certain natural herbs and food stuffs, again, “Organic” in nature, that have a great benefit, with the idea of reversal of many different kinds of diseases. Some of the natural oils that exist on your planet. Many of the herbs, in that sense, and many of the food stuffs that are natural have great, great clarifying properties, and realignment properties. For certain kinds of cancers the idea of the juices of carrots and kales. And the idea of watercress can be of great benefit in the strengthening of the system. Also, there are other techniques that take advantage of the idea of the natural substances, the enzymes, the amino acids, that exist in the body, that are designed specifically for the purpose of reversing the concept of disease. And if these are allowed to be toxin free, in other words, removed from the body, purified and put back in the bodysome of your medical practitioners are also doing. These can also eradicate the signs of disease within the body. You can also do this through some forms of genetic manipulation, although many of you don’t really know enough about that yet, to do it, in what might be called a clarifying or pure way. There are many approaches. But all of this comes down to the fundamental understanding that it is there for a reason. And if you can get in touch with that reason, which usually has to do with the idea of imbalance in definitions, in beliefs, in emotions, in energy, then, by rebalancing that, you re-balance the whole idea, the whole equation of yourself, and in so doing, you create yourself to be a frequency in which no disease can exist, by definition. Does any of this help illuminate the idea.

Q: Yes. There are some people though, that are a certain degree, and it’s difficult to reach them.

B: Yes. And that may be the way it needs to be, for them. Some individuals will insist on remaining diseased, no matter what. Because they may have too great a degree of fear, or they may simply have chosen that this is what they want to experience, and nothing’s going to change that for one reason or another. You can not necessarily always cure everyone, if they have their own reason for holding on to it. Do you understand? Some times, depending upon the psychological makeup, the emotional makeup, the belief system makeup, an individual may even go to a healer specifically for the purpose of proving to everyone that they can not be healed. Do you understand? It depends upon the individual, it depends upon the case study of each individual... the background, the reasons, the whys, the wherefores, for why they have concocted the disease.

But in many cases, many of the diseases are symbolically representative of the issues they are dealing with. Many homeopathic ideas are very strong in reversing the idea of disease, by rebalancing the
system. But again, no matter what technique is used that may re-balance the system, whether direct “hands on healing” or through any other device that you may be more familiar with, in your typical allopathic procedures... no matter what it is, usually, if the core root cause of the imbalance, energetically, emotionally, has not been changed it will often come back. No matter what is done. Do you understand?
Q: Yes.
B: Does this help you?
Q: Yes, it does.
B: Why, thank you.
Q: Thank you.
Helping Others By Being True to Yourself
Q: I had a telephone call recently from a girl I met briefly about 12 to 14 years ago...
B: All right.
Q: ...and she went to a great deal of trouble to get my number and to locate and telephone...
B: Yes.
Q: I am not sure what the purpose is.
B: So?
Q: And I felt it was a cry for help.
B: All right. And so? Can you be of assistance?
Q: That’s what I’m wondering.
B: Wondering?
Q: Yes. I thought...I don’t understand what it is she wants.
B: Well, have you discussed it?
Q: Yes.
B: Nothing comes out that you term a specific idea?
Q: Things come out that I would have thought would have been a great problem to her. She’s been not out of the house for five years, and she expresses a great deal of fear.
B: All right. Perhaps some of the greatest assistance you can give to this individual is a lack of ambiguity. Be firm about the things that represent to you your point of view about the life style you prefer, what makes you happy, the things that you prefer to do. Simply act as a mirror, as a reflection for ideas that the other individual could incorporate into her life if she chooses to. Doesn’t mean she has to. But if someone reaches out to you, then they are reaching out to who you are. So be fully who you are. It doesn’t even mean that you have to, quote/unquote, specifically help them in any particular way. There does not have to be a particular methodology that you should be good at just because they found you. Being yourself is the methodology that is required to help them best. So when someone is looking for an answer from you, the only real answer you can give them is simply who you are.
You can suggest: "Well, if what you say is happening to you were happening to me, this is what I think it would represent; this is what I would choose to do about it; this is how I would choose to transform it – but that’s me."
"Now, you are you," you can tell this person. "And if I have been in some assistance in illuminating who you are, by telling you who I am and what I would do, then I am happy to have been of help. But I can only be of help by being who I am. I cannot be you."
"So I will assume that whether it appears apparent on the surface yet or not, who I am – because you found me and we found each other – somehow does make a difference in who you will now consider
yourself to be from this moment forward. And that will have given you whatever it is you needed, even if I don’t know what it is you needed.”

Q: I see.

B: You do not have to have conscious analytical awareness of exactly what a person needs in order to help them in the way they need to be helped. Just by being who you are in the interaction with them will be what they need.

Q: Just let it flow, however it flows.

B: Yes. As long as you know you are being loving, using your integrity, and simply suggesting to them options and points of view – not saying, “You ought to do this, and you’d better do that.”

But simply saying, this is who you are, this is what you would do; this is what would allow you to feel complete within yourself, integral within yourself, if you were in their shoes. And then allow them to extract from what you have shared with them what they need out of it, for you cannot tell them what they need; only they can tell themselves what they need out of what they got from you.

Q: I see. She might not even know herself what she got.

B: She may not know herself at this point.

Q: All right. I couldn’t seem to extract or find out exactly what it was.

B: You do not necessarily need to. Just be the fullest you you can be, and that individual will get what they need out of having contacted you.

Q: Thank you very much.

B: Well, thank you very much for being so helpful. Sharing!

Helping Others By Being True to Yourself

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You have a collective consensus reality and so do other beings, and when their collective reality is in a higher frequency then yours and it starts to interact with yours, it can feel a little overwhelming. In other words, one whole collective reality is being dissolved by another to create a third reality, in which both can exist. But because of the way you have been taught to think about yourselves as physiological beings, you experience this dissolution of your universal reality as actual death of the ego structure. And so you go into survival, panic, fear mode, because you think you’re dying. You’re not, but that’s what happens. The more you allow yourselves to expand and know that you are the reality in which you think you exist, the easier it will be for you to assimilate and accommodate other realities as an equal. And then you will not have that basic fear. Any other fears that remain may simply be reflective of your own individuated agendas, of definitions you have within yourself that need to be integrated within your understanding of who and what you are. But yes, you will deal with them as they come up, be open to it.
Hitler’s Death

Q: It has been said that Hitler died in 1980 in Hawaii?

B: No! The entity died in your time frame, as you understand it at the end of the Second World War, and remained in what you call spiritual hibernation until relatively recently, when it reincarnated, as we have said, as seven distinct children. Six of which will die before the year 2000, and one of which may choose to go on and actually become very helpful to your planet now that it has rebalanced the energy that impacted it upon death when it was bombarded with all the energy of the acts that it created.
Holistic Healing

Something…maybe you can help me…it seems to me that I know of individuals, and probably many more than just the ones I know of, who have developed tremendously beneficial things that that could be a tremendous benefit for humanity, in terms of various cures for things like cancer and many diseases.

B: Yes.

Q: And although a few people happen to find out about them, the fact is that these people and their techniques have been crushed…

B: We understand that.

Q: …and removed in effect, physically speaking anyway, from the earth, and I don’t understand the idea, as you might put it, or the logic of why is that happening? Why is this potential there and then crushed? So that, for example, if I’m right, then many, many people have been dieing needlessly…and there it is.

B: Yes. Perhaps you should consider yourself fortunate that you DON’T understand the logic of that. Because the idea obviously is that it is being done out of fear. There is a greater disease on your planet than any physical disease and that is the disease of fear, and it is taking over in a lot of areas. The idea is that many of these things as you say, are suppressed, because individuals know that if they are not they believe that somehow it threatens what they have become to be taught is their power, their position. Not understanding that in actual fact, it will empower everyone even more greatly than they can imagine, because they have never been taught to understand POWER in that way. That’s why they are doing it, if you simply want a reason for understanding their reasons. It is because they are very much afraid because they have been taught to think that the self-empowerment of more people will actually take their power away, instead of understanding that they will actually benefit. They haven’t been taught how to understand that connection.

Now, still at the same time there are many things that can be done, it is never, in that sense, at least not yet, too late. And there are many, many things that you can simply support, either with your voice, with your writing, with your presence – but do it in a loving way. Do it in a loving way. Have respect for everyone. Otherwise, all you are going to be doing is reinforcing their own negative energy, if you try to attack them or battle them, or in any way, shape or form, accuse them or blame them. All you’re going to do is to be adding more negative energy to the pot.

However, again, again, again, again, fundamentally, please understand, all disease begins literally from that – dis-ease. Emotional imbalance, consciousness imbalance. Devaluation of the self. Negative definitions of the self. Negative pictures of the self. Negative self-image. All disease starts from that no matter what physiological causes may ultimately be attached to them as mechanisms of convenience to explain it in the physical realm; to express it in the physical realm.
However, because you are physiological, there are also, from time to time certain things, as you say, that do come to bear that are a reflection of a holistic approach, a loving approach that are certainly capable of functioning as *cures* because they are representative of a holistic understanding. And, thus, an individual that participates in that *cure* will be *cured* because they are coming into it with an understanding of holism.

But again, it takes your action, your willingness to stand up for those things in a loving way; to spread the word that they exist, to work to allow more of these things to be available to individuals. And it takes a deep understanding of what is going on with disease, to also understand that in many cases many of these *cures*, even in and of themselves, don’t necessarily have to exist if an individual will simply follow the basic fundamentals of removing the toxins from the system. Breathing, getting enough water. Eating properly, in that sense, just to put this in colloquial terms – exercising. All those basics, allow the cells to flush the toxins. That alone, removal of stress from your lives, that alone would most likely account for about 99, 9999999 per cent of all diseases you have. And they would vanish if you would just do *those* things, but you don’t.

Now, in terms of the idea of what you term to be cancer therapy, there is a very beneficial one that now exists upon your planet and it would be well worth supporting; and there is a lot of momentum on your planet at this time, in supporting it, it has a lot of momentum behind it to be supported. You can add your voice to it if you already haven’t done so. But remember do it in a respectful and loving way, and this is what is called the antineoplasm therapy. Are you familiar with this?

Q: Yes. Yes. Texas, the man in Texas.
B: Yes. This is very beneficial because exactly of how it is constructed and what it is doing. Because this individual has understood the concept of holism: that the body itself can do what it needs to do if the body is allowed to operate on a holistic level.

So this individual takes the natural amino acids, the natural enzymes of the body that may be lower in vibration than they ought to be, purifies them, steps up their vibration, puts them back in the body, and, then of course the body has enough of the appropriate vibration in the areas that it is designed to have those vibrations in, to simply allow the cancer to be far off, to be rebalanced. This is a holistic approach, a very, very, very simple correct and holistic approach, and that is why it is successful.

So put your voice to this, get involved, but do it in a loving and respectful way and the strength of these ideas will grow. But do not put energy into the panic of the idea that things are being suppressed and crushed. Because then you only support the side you say you are not on, by buying into the fear, by buying into the panic, that it is too late. You understand?

Q: Yes.
B: Does that help you?
Q: Absolutely. Thank you.
B: Thank you!
**Holograms and Consciousness**

Q: Does the technology of holograms accurately describe how the physical universe is constructed?

B: It is a good analogy. It is not, let us say, completely precise, but it is an analogy that will do – in the sense that every single point contains the information of the whole.

Q: Okay. But the hologram implies space, and something projected from a cause point and hitting a reference wave, and something is manifested...

B: Yes.

Q: Okay. Is this sun... I believe that the chakras would be personal portals of projection. Is that accurate?

B: In a sense they are gateways, doorways that link up all levels and dimensionalities of your being.

Q: Would the sun be the projection point for this Solar System? Would that...?

B: Yes.

Q: And our personal reference waves would hit that and create our own...

B: Yes.

Q: ...on the backdrop of that more objective...

B: Yes.

Q: Okay. What brings in the limiting factors? In other words, what brings in limitation, where my hand is stopped by another object, is there...?

B: It is the picture... you have taken. It is your source idea.

Q: Okay, where do those exist? Can you describe the mechanics a little better? Where do those ideas...?

B: Outside, in a sense, of what you are calling the physiological hologram.

Q: Okay, so there are mutable layers affecting this...

B: Yes.

Q: There is the level of the idea, and above that would be the level of the viewer and so forth – layers on a film projecting on to this thing, right?

B: So to speak. It is what we refer to as the template. It is within your consciousness.

Q: Okay. Where is the consciousness that’s...?

B: Nowhere and everywhere.

Q: Nowhere and everywhere.

B: This is not something that is designed by space/time. Space/time is a product of consciousness; consciousness is not a product of space/time.

Q: Okay. Thank you.
B: Thank you.
Holographic Crucifixion

Q: A couple of years ago I read “Bringers of the Dawn,” by Barbara Marciniak…
B: Yes.
Q: …there was one segment in the book where they say that the crucifixion of Jesus was a hologram.
B: Yes.
Q: Okay, that completely goes over my head, I can’t fathom this, how would that have been?
B: What you are interpreting as a hologram is simply that it meant it was a multidimensional event that was perceived in a number of different ways, depending upon the direction from which the perceiving was done. It took place multidimensionally, simultaneously, in a variety of expressions, not viewed in the same way from all places. Holographic simply means it represents the totality of all in one spot, and when viewed from a particular perspective will be seen in a different way, according to those perspectives, assumptions, expectations, belief systems, so on and so forth. Does that make any more sense to you?
Q: Yes, that does, I can grasp that.
B: You understand the physical nature of what you call a physical hologram on your planet, a three-dimension picture?
Q: Well, I do, yes. I do understand that.
B: Do you understand that you can store a whole set of images on the same piece of film?
Q: Yes.
B: If you view a hologram from one direction, you will see one kind of object, if you change the angle slightly you see a completely different object in the same piece of film. That is what is meant by holographic structure. Everything that does exist, all exists within that one spot. You can access different aspects of the totality, depending upon your approach to it, from that one spot. In ancient times the analogy of the hologram was called in your language, in your culture, Indra’s net. Indra’s net was a net of pearls, perfectly round reflective pearls. If you think about it for a moment, you realize that each and every pearl, by definition, must contain the reflection in its surface of every other pearl in the net. You follow me?
Q: Yes.
B: Do you see how that can be so?
Q: Yes.
B: Therefore, all you need to do to understand the information of all the pearls of the net is simply to refer to the reflections in one pearl. You don’t have to go all over the place, if you just go with one pearl, depending upon the angle you are looking at it, you will receive or access the information of all the pearls in the net, that is what is meant by the holographic structure.
Just the crucifixion, as an event, along with many other events in your reality – in fact in all reality, every event – but the crucifixion and many other events that had a great degree of momentum and potential energy behind it, a great degree of consciousness reverberation and impact behind it, a great degree of a mass elective consciousness behind the creation of that event – had the ability to reflect any aspect in the totality of creation in that one event.

And was in fact experienced by different individuals in completely different ways, depending upon who they were as an individual. Some individuals actually saw that personage of Jesus die on the cross and that was it. That was it. Some individual’s saw that personage convert into light right there on the cross and disappear, and a variety of perceptions in-between – each was a reflection of the individuals viewing it. Make sense?

Q: Yes.
B: Does that help answer the question and illuminate the mechanism a little bit more clearly for you?
Q: Yes, it does.
B: Thank you.
Q: Thank you very much.
Hopi Dimensional Doorway

Q: Was the destruction of Lemuria, 75,000 years ago, connected with the altering of the earth’s axis and what we call the Ice Age?

B: To a degree there was that time frame coincident. Understand it would simply have represented the vibrational patterns of your earth crystal as it was going through a very natural cycle, in that way. You follow me?

Q: Yes.

B: It was not then the entire idea of what you term to be destruction in the 75,000 year time frame, but it also extended to the 50,000 year time frame of your years ago. This then was the origin of what you now hold to be your present existence upon this continent that you have termed North America... to be the injection of that civilization you recognize to this day, in that way, as to what you call the Hopi. You follow me?

Q: Yes, and is that the epicenter or say, the center of where the center of the earth comes out, where the Hopis...

B: In an allegorical astral sense, not in what you would term a literal configuration. But they will be able to make literalness of it, in that they have already deemed that their reality already exists both in the physical and the dream state naturally.

Q: Do the beings that live in the center of the earth... if there are such occurrences... is this where the Hopis... is there contact to the surface?

B: Again, understand, in that way, that what you express to be the existence of consciousness within your planet, will for the most part be of extra dimensional sense. Therefore, there will be a doorway, in that way, within that civilization you call Hopi, and they will have passage through. But understand, it is not as you understand it exactly, literally, physically, that they exist in that way inside your planet. Although there are pockets in your terminology of existence in that way, under the surface of your planet – but it is not as widespread in a physical sense as you think. There is in a sense a widespread existence in an astral sense, in an extra dimensional sense. This then can form the transformation, in that way, through the doorways as they are created by the mass consciousness of any particular culture within your entire civilization. And as such, they give themselves free access to these dimensional realms, to these contacts with other civilizations, other consciousnesses, which are, in that way, said to exist within the surface of your earth, in another dimensional sense. Because they allow themselves to exist – the Hopi, that is – allow themselves to exist halfway between physicalness and non-physicalness as a natural state of being. You follow me?

Q: Yes. Is that the same consciousness that the present civilization, as we know it, progressed towards?

B: Yes, in a sense this it what is defined as the idea of transformation from third density to fourth density awareness. In that you will allow the heretofore self-created separation between your physical reality and non-physical reality to become removed and be blended in consciousness. So that you will begin to live, physically live, your dreams. You follow me?

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Q: Yes.
B: Thank you.
"Once upon a time" as you call it in the fairytales, or approximately 4.6 billion years ago, the original information of your solar system was: your Sun as the central Star; Mercury; Venus; Mars, (no Moon), a fourth planet larger than Earth (which did not exist at this time) with many moons including a large moon; Jupiter, Saturn trio ring), Uranus, Neptune and the planet you now understand to be Pluto was a satellite of Saturn at that time. So in the beginning this was the arrangement of the solar system.

Approximately four billion years ago, a planet from another location came into your still-forming solar system, in a retrograde orbit. Intruding into your solar system in the opposite direction, it had a great impact upon the arrangement of the world in the following way. This incoming planet was also surrounded by it’s own Moons. It arrived in approximately the same orbit as the fourth planet that then existed - the one beyond Mars (Mars at that time was the third planet) shattered this planet creating what you now understand to be the Asteroid Belt. The molten remains cooled once again, moved into a tighter orbit around your Sun and became what you now understand to be your planet of Earth, and brought with it the large Moon of the fourth planet and that is why you still have your large Moon in orbit around your Earth.

This explains why your Moon is so large compared to the parent planet. Your Moon originally formed around a larger planet of which your Earth is only a part. The Earth is approximately 67% of the former planet. The water came with you, in that there was much water on this planet, but it reformed over time into a spherical shape once again and the rift where the shadowing took place is what is now become your Pacific Ocean area. You will remember that all of your land was on one side of your planet at one time, and through continental shift, moved and closed in around the Pacific Ocean making it much smaller than it used to be. But the Pacific Ocean is basically the site where the impact occurred that shattered that planet into the asteroid belt and your earth.

This planet was also responsible for shattering the Moons, causing Saturn’s rings, and for turning Uranus on it’s side, giving it a very highly inclined axis, and also through gravitational perturbation wrested Pluto away from Saturn, placing it in it’s own orbit as an independent world.

This planet which caused all of this re-arranging is still part of your solar system now in a highly elliptical orbit. It is in that sense your tenth planet, but it’s orbit encompasses what you would call 3,600 years. Every 3,600 hundred years it comes back around. It is approximately half-way, 1800 years before it re-enters the immediate neighborhood of your solar system.

Thus the solar system as you generally understand it was created in that formation.

Now let’s skip ahead through much time and let us also talk about a parallel lineage, for you must understand that not only are we going to talk about what is happening in your solar system, but also your connections to other solar systems and how you came to be in the
solar system you are in. So we will call your solar system "Lineage A" - let us talk about other solar systems all I encompassed under the title "Lineage B". Lineage B involves what you might call Lyran system; Pleidian system: Orion system and so forth.

These ideas simply can be expressed as the fact that there were other civilizations that existed in these other systems. Many of you now existing on earth are reincarnationally those same beings that existed in those other systems.

There are many things happening in those other systems; many other kinds of civilization, interactions and encounters. A primary thread that ran through some of those ancient systems, especially the Orion system, was of experiences of great suppression, oppression and negativity. As those systems fought amongst themselves as certain beings fought for freedom, they were in many cases destroyed in their fight and sought to reincarnate in other systems that were of a similar vibration in which they could process the ideas of their ancient negativity, eventually aspiring to transform that negativity into positive understanding and creation. Eventually it was found that your Earth system would suit that purpose, but not a quite yet.

First we must go back to the understanding that, as these other systems, the Pleidian system etc. began to disperse themselves out amongst the stars. Eventually several forms of them also came after many millennium to your Earth system and did inhabit many of the planets that existed there in it.

The Moon, the satellite of this large planet that caused all the early disruption, was a perfect place for some inhibition and because of it’s highly elliptical orbit, it allowed for a vast amount of scientific study of both the inner and outer solar system, and allowed for direct observations that cannot be made by existing on some of the planets that are confined to the more regular orbit around your Sun, so bases were set up there on the satellites of that large planet with the highly elliptical orbit.

In time, both of the bases on Mars and the two Martian Moons, Formos and Dymos (remnants of the original impact that created the asteroid belt) were gravitationally moving into orbit around Mars to create certain type of stabilization which was necessary at the time for the planet, and also for resources - water and mineral content for certain space stations that were created at that time. We are talking many 100s and 1000’s of years ago.

There were certain things that were occurring on different planets at that time - certain destabilization of races, of environment, of atmosphere. The offshoot, as you say, of the being that visited this system so long ago could be early Pleidian alien beings, although that is not entirely accurate since a whole other division from the lineage system went into the Pleidians, but the original ancestors are the same.

Moving Into your Earth system, they have many requirements for minerals or material which can be found on our earth. We are rich in many of these, especially gold - not for economic purposes but scientific purposes. We an yet to discover there is a strong energy connected to gold that has a lot to do with the idea of longevity and bringing higher energies into the physical plane. It was understood and known to these ancient beings called Anunnaki.

The Anunnaki thus mined your entire solar system for valuable materials, especially the Earth, but in
time they came to understand that they did not wish to do this themselves.
They came to the point of realizing that they could create, with their genetic science, a group of beings out of the indigenous humanoid apes that existed upon your planet through evolution; they could create a group of beings that would, in that sense, act as workers for them.
In thus taking some of their own genetic stock, and materials and in fact creating cross-breeding with the apes, they created what we call our Homosapian, approximately 300,000 years ago, in the area we now call our South East Africa, where most of the gold was being mined, and thus they saw no reason to set up the genetic experiments in any other area.
These beings were created originally to the idea of help mates or workers, although you might find that in your modern understanding these may be slaves, but the idea was not so much one of slavery, but simply of the idea of work mates and help mates for physical labor.
Nobody was mistreated, but it was recognized by the Anunnaki, that this still was a situation that was unfair to these beings, now that they thought in that sense and realized themselves as self aware beings, it was not in the eyes of the Anunnaki a fair thing to do.
So they actually continued the genetic experiments to the point where these, beings had full self-realization, and they did inquire after their own independence.
This caused many difficulties in the past, but it was recognized by the Anunnaki, that they could do nothing else but allow a type of sovereignty for those beings, having a responsibility now for creating that race of beings, to guide them to true adulthood.
While they no longer acted in that sense as masters, they did for quite some time, oversee as guides.
Now many of your early, early people did relate to these Anunnaki in the form of gods or kings but this was mostly for the point of guidance, for you were at that time a very young race.
Now as soon as that race was created, souls from many of the ancient systems began to incarnate into them and thus a bridge was formed reincarnationally between many of those ancient systems from where the Anunnaki had come to your Earth system.
Over the years it was recognized that one of the things the Anunnaki did not instill into you genetic structure was the extreme Longevity of the Anunnaki.
It is true that many of your ancient human beings did exist for several hundred years, and in time some of this has worn down to your present life span, although you are on the upswing once again, but you must realize the Anunnaki were able to live for 1000’s and 1000’s of years, and thus were looked upon as gods in that sense, as what was assumed to be an immortal race - immortal in that sense of exceptionally long lived.
You have that capacity as well however those genetics has not been planted within you, for they didn’t at that time wish you to equal their ability. This is what we understand to be our biblical ideas. God made you his image and in this way did not want you to be equivalent to the Gods.
All of this is simply an analogy to the creation of your race genetically in that sense. This is not to say that there is not an infinite creation, but many of your earliest religious text are not referring to the idea of the initial creation of soul but the actual remembrance of the physiological genetic creation of your species by other beings.

It is very important at this point in the narrative to understand that just because there was involvement genetically in the creation of your physiological body, this makes you in no way, shape or form, any less than other beings in creation.

You are equal in every way. It does not matter how your body was created, your soul is the same as all other souls. Always remember that, and never think of yourself as owned by anybody in that sense, or controlled, or less than anyone in that sense, just because your particular physiological history might contain a bit of tampering by some other beings.

You do the same thing as you procreate. It’s the same thing as how you create your own babies; it’s just a same slightly different methodology. It is not in that sense the methodology by which you arrive at the body that determines your worth, but simply your true inner self.

After a time, there was created on Earth many civilizations as human beings learned from the Anunnaki their technology, then understand the civilizations of Mu and Atlantis, but then reincarnational influxes from the ancient Orion systems of negativity did cause many discrepancies, divergences and dichotomies within the collective consciousness of humanity. Sides were borne. Issues became split, with conflict about positive and negative realities and which was preferred to be created.

Because of those issues, because of those wars that were created, many of these civilizations did perish and during that time of the perishing of Atlantis which is the analogy of your original sin – the Anunnaki removed themselves from the Earth and became content to observe you from afar.

As we restabilise ourselves after these destructions your will to be left alone but you see the genetic program were to continue and in this way did the Anunnaki continue by utilizing their own genetic materials.

They created yet again another race of workers as the Grey beings - they are of your own human stock since you are Anunnaki stock - they are of a similar stock genetically, but they are in that sense matured fetal forms who have not been permitted to go to adulthood.

It was felt that this would be a better way to create the idea of help mates without necessarily creating also at the same time within them the desire to function autonomously from the Anunnaki.

So the Greys, while true sentient beings, are almost in a sense type of true biological robot. They do not really understand the concept of feeling, although they do understand the concept of mentality. Now the idea to understand is that the genetic programs of humanity did still continue, but it was the Greys that were acting as helpmates to the Anunnaki, who allowed the genetic program to continue.

So your interaction with these genetic programs at this time is mostly, and has been for many 1000 of years, through the Grey beings; the helpmates of the Anunnaki, except now and then, when many of you
will remember in your experiences with what you call these abductions, or what we prefer to call detainments, will remain from time to time, that the Grey beings, while they may be conducting the abductions, are overseen by more humanoid looking beings. These are the Anunnaki, your true forefathers and mothers.

In this way you recognize that the Greys and humanity are cousins of a type and what the Anunnaki are now recognizing in their own evolution, is that they are now helping to guide both humanity and the Greys to a new level of evolution and that both strains will benefit from the interbreeding with each other, for there are problems on both sides that were not completely resolved in the initial genetic program. Thus, by allowing the interbreeding of the Greys and the humans as they exist, strengthening of the entire genetic pool is created, and also within that strengthening, are actual genetic alterations to allow for the type of changes that necessary for you to go into, and for the Greys to go into fourth density reality.

There are things you need to learn from the Greys and visa versa. The idea of individuality and emotionality are things that the Greys do not understand, and I need to understand in their genetic make-up.

The idea of working together as a collective is something humans need to understand a little bit more strongly, and are acquiring that to some degree, through their interactions with the Greys and so there is being created now, in the ancient Anunnaki program, a hybrid race.

The Essassani are, a combination of the Greys and the human species on your planet. There are many Planets that exist contemporary to our time frame, where there are these hybrid races not only Essassani.

In our contemporary exchange with Earth; in our interactions with you in the future, your planet is also one of the other planets wherein resides beings recognizable by you, as hybrids, recognizable as cousins to us.

You are in many ways therefore, our ancestors. You are our mothers and fathers. We are your children.
HELLO MOM AND DAD!

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How To Tell if Channeling is Genuine or Fraudulent

Q: A couple of brief questions. Can you give us some means of distinguishing between genuine and fraudulent beings who play this role that the channel plays. You know, channeling.

B: We will make an attempt to do so. However, the terminology of "genuine and fraudulent" may be quite touchy, as you say. We can however guide you to the idea of what is positively or negatively oriented, one way or another.

Usually you will find that those, in your terminology, that are "genuine" will usually have a positive desire, a positive intention behind them. The signs and the signals to look for are as follows: if an individual is focused upon saying, "You must do this! You must do that! I have the answer and this is the only way." you are probably, not absolutely, but probably dealing with, what you would, call an "ego structure" aspect of the individual present before you.

If however, the energy coming through acknowledges the validity of all belief systems and is simply sharing information for the purpose of sharing, for the purpose of expanding, for the purpose of learning in a beneficial and positive way, that makes no demands, that does not want to take your power from you and in your life for you, in all probability, no matter what it is, it is positive and therefore a "genuine" experience, whether it actually is someone else or not.

That is the criteria we would suggest you look for. This does not necessarily mean that individuals on your planet or that your own consciousness cannot come up with either idea. It does not prove, as you say, one way or another that just because you are hearing something positive that it actually has to be another consciousness. However, we would simply go by this particular framework, if it is self-empowering to you, if it gives you the power to make the decisions you need to make in your life, to know that you are in control of your reality, then it is a genuine experience that can be of benefit to you. If it seeks to run your life, if it seeks to drain your power and control the reality around you, then, in that sense, it would be called "fraudulent," no matter what it is. Does that make sense?

Q: Great. Now the hardest question.

B: Oh! Hardest question. All right.

Q: Maybe we find out that the channel is indeed a sincere person and he is in telepathic contact with a being many light years away named "B."

B: Now that is not my name and I will explain that in a moment. But go ahead.

Q: That’s not relevant either.

B: All right.

Q: The interesting question would be, and this is why it’s a hard question, from your perspective, what are the chances that your motives are not entirely pure?

B: From my perspective? It could be 100% that they are not pure. It could be 100% that they are. It could be anything in between. This is why we say, there is nothing that I can prove to you. It is up to
you to prove to yourself whether the information we share with you works in your life or not. We always leave it up to you.

We can guarantee the following thing and this is the only thing we can guarantee: if what we share with you works for you in a positive way and you use it, you will see a change for the positive in your life. In that sense, you will be proving my validity to yourself by utilizing the information in whatever way works best for you. But that is the only way, at this time, that you can prove the idea. There is absolutely no way, shape or form that we insist that this information must be used by you, and that’s the only validity, and the only proof we can give you at this time. It is up to you to decide whether or not what you are hearing is something you can assimilate, or can assist your life.

I could be an absolutely cantankerous and rotten individual as far as you know. However, I will leave it up to your sense of discernment to decide for yourself with your own abilities what the information we are sharing can or cannot do in your life. And that is the best I can do.

Q: I’ll close with two really simple questions, after that tough one. My last question, which you may not have heard was, even if you do exist, is there a way to detect whether you really are a well-meaning, purely motivated being? Now, the easy questions are these: We’re all familiar with new-age doctrines. I wonder if, in your view, any of the current new-age doctrines are seriously misguided?

B: Yes. Many misunderstandings exist, many misinterpretations exist. For you see, much of what you call, new-age doctrine is patterned on old-age styles of approaching things. And therefore, many of the interpretations are still old-age interpretations, even though they may be, shall we say, dressed in new-age apparel.

The idea can be explained perhaps as follows: for thousands of years your society has been taught to think in certain ways, along certain lines. Many new ideas that come in may be being passed and filtered through the old belief systems without conscious understanding that it is being done, and perhaps, being interpreted along old fashioned ways of thinking. For example, an individual may have been brought up to believe, "Change is something that can only occur when trials by fire are present.” “You have to really break everything down and tear everything apart in order for any real change to occur.” “You have to really suffer and you have to really struggle in order to amount to anything.”

Now, if that is something that has been ingrained in that individual and, if and when they allow themselves to perceive that a new energy is taking place in the world, that new recognitions are going on, that changes are occurring all around them, they may say, "Well, I’m sensitive to the fact that these changes are coming." However, their unconscious and subconscious minds may fill in the picture to say, "And the only way those changes can come is through destruction, through fear, through trial by fire.”

Therefore, they will say, "This is the way it must happen" because that’s the only way they have been taught is the way it can happen, by earthquakes, fires, floods... trials of deservability.

So, there can be a true sensing going on and they can be very sensitive to the fact that certain things are about to happen. But they may be interpreting those changes in the mode that they are used to thinking
in without even recognizing that they are doing it. And they "take it for gospel," as you say, simply
because the mechanism of applying meaning to situations is so ingrained, is so automatic with all beings
within a particular reality, they may not even realize that they are assigning their own interpretation to
which may not be the case. Does that help?
Q: That’s specific. Yeah, that’s helpful. My last question is this: This has all been very one-sided, you’re
always telling us things. Maybe you came here in some degree of ignorance and curiosity too?
B: We’re always curious.
Q: So is there anything we can tell you?
B: Well, all right. Can you tell me why individuals, because this is something we truly do not
understand, even though we do have some comprehension of the mechanisms and belief systems that
created it, why do individuals upon your planet truly insist on not believing that they are deserving of
anything they can imagine? But this is something
in all honesty that really does puzzle us. Because you see, in all of the civilizations we have
encountered, of course all civilizations are unique, but your civilization is one of the most highly
focused in certain ways that we have ever encountered. And one of the most highly focused ideas we
have seen in your civilization is the idea, the insistence, of giving away your power. The idea that you
are very willing, over and over again, to believe what someone else tells you other than what you know
is true for yourself. That is why we always...always, in all of these interactions outline from the
beginning, you are never expected to believe anything we say, just because we said it.
The idea is that we have noticed a strong tendency in your society to lock onto things, or just the
opposite, to shy away from things because of what you think you must absorb, one way or another. We
really have found it quite mesmerizing; really have found it quite puzzling. And it has taken us quite a
long time to even have gained the glimmer of understanding we do have as to what the mechanism is
that creates an absolute insistence on the part of your species to keep yourself at the lowest common
denominator you can imagine, rather than allowing yourself to truly be inspired by your existence, and
rise to your full heights as you could.
Q: I’ll try to answer to that. My guess is it’s something like this: we develop habits that are tied very
closely to our physical bodies, which then give rise to an illusion that our ego is tied to our body, and
produces with that a habit, a kind of sleeping state, which blinds
me and all of us to the possibility that if we awakened, we might become more aware...of our feelings.
B: All right. Would you please define habit.
Q: A habit is a repeated tendency, tied to the state of the body to behave in certain ways without the
benefit of awareness.
B: A tendency, you are suggesting therefore a type of momentum that occurs?
Q: Exactly.
B: All right. From our point of view, this momentum, this habit, as you call it, can only occur when there is an unawareness of the habit?

Q: Exactly.

B: Then once there is awareness of the habit, it should no longer occur. Is that correct?

Q: True.

B: Is this what you actually see happening upon your planet?

Q: Well, not really. Not until we actually choose to do it for ourselves, until we decide to act upon that understanding.

B: All right. We thank you for the clarification. But let me say this, it is not in any way, shape or form critical that your society interacts with us. That is not the end all, be all of the idea of why we are communicating with you. We are not the most important thing, you are. On your world, your planet is the most important thing to you. And when you, as a society, at the risk of me sounding preachy, begin to allow yourselves to truly live up to your full potential, you will co-create with us a vibrational frequency that will create a middle ground, a meeting space in which your frequency and our frequency can come together in a compatible format.

You see, you must meet us half way. The dimension in which we exist, from your point of view, is rather ethereal in nature, rather dream-like in nature. And that is why it’s actually simpler for us to contact you through the dream aspect of your consciousness, rather than physically materializing in your world. It can be done and it has been done. But it is actually not as easy to do, because we have to lower our vibrational frequency down so far, we have to solidify ourselves so far in order to materialize in your planet. It is actually easier to touch you on a mental level first, because that is where you are closest to the frequency in which we naturally exist. What to us is our physical, solid, material reality, to you, are the stuff dreams are made of.

Q: Thank you.

B: Thank you. Sharing!
Humans Coexisting with Hybrids

B: 2115 is representative of a time in which the full interaction and existence, and coexistence of hybrids upon the earth will begin along with human... around that timing as we read the probability charts now, so to speak, this is when it will be the beginning of the coexistence of hybrid civilizations and human civilizations coexisting upon the earth simultaneously. So that by our contemporary time this will have been going on for a little while.
Hummingbird Symbology

Q: I seem to have a fascination with hummingbirds.
B: Oh, you do? And how many others do also?
Audience: Me, me.

B: All right. Understand, many individuals, of late, as you say in your terms of time, of late, have had what they term to be encounters or fascinations or fixations upon that idea. Recognize, in this way, that this will be a symbol within the mass consciousness to represent the accelerated rate of time which you are now creating for yourselves. What you term to be that creature, the hummingbird, exists at an accelerated rate of perception. This will be symbolic of the energy now being utilized by the individuals in your civilization as they allow their momentum to increase, as they allow the integration of all the different levels of their consciousness to then manifest and add to the acceleration of their own growth at this time, as it pertains to the overall transformation taking place upon your planet. Do you follow me?

Q: Yes. Does that mean that they perceive themselves to be moving slower than we perceive them? Are things a little more casual than what they appear to us?
B: They perceive you to be moving slower.

Q: All right, great. Does that mean that for those of us who are conscious of this transformation into fourth density, that we will be viewing those around us who are not moving quite as fast as us, to be moving slower?
B: In some senses, yes; there may be an opportunity to actually physically manifest a literal translation of this symbol, but for the most part it will simply seem to be that the situation, the environment and the individuals around and about you will look... now in a sense, if you take my meaning ... somewhat "flattish," two dimensional. Do you follow me?

Q: Yes.
B: Your reality in that way will seem to be a projection, a little bit more of an illusion; it will seem to operate in another density level, it will begin to be perceived almost as not being real. This will be more likely the perception you will have, rather than the actual slowing down of ideas.

Q: Thank you.
B: Thank you.
Hummingbirds and Owls

Q: First of all, I want to tell you how grateful I am for these sharings. And my love to all of you.
B: Our love to you, and our appreciation for your willingness to co-create these interactions.
Q: I want to ask your reflection on a prop that seems to reappear in my life quite frequently.
B: All right.
Q: The last Christmas, unbeknownst to two friends...
B: One moment. Before you continue, hear what you have said. It may be a prop that reappears, but that has nothing to do with the meaning behind the prop – which always can change.
Q: Right. It’s the symbology I’m interested in.
B: That is your doing. Continue.
Q: Okay. This last Christmas the first two presents I opened were both hummingbirds.
B: Ahhh!
Q: There was a little crystal hummingbird that you hang in the window, and then there was a wooden one.
B: Do you remember what we have said about the symbol of the hummingbird?
Q: I wanted to ask you about that again.
B: It represents your higher accelerated consciousness. For recognize that the hummingbird exists at a highly accelerated rate of perception.
To the hummingbird, (His voice getting very low and slowwww) you appear to be moving like this. The hummingbird, therefore, is your symbol of communication with your higher consciousness.
Many of you have had an increase in interactions with the symbol and the reality of the animal of the hummingbird in this fourth-density reality. For it represents your accelerated rate of awareness. It is you looking at yourself from your future self.
Q: Hmmm. I like that. Also, it triggered a realization that birds in general have played a very significant part in my life. I’ve raised some very unusual birds; and I’ve taken care of injured birds. It seems like I don’t have to look for them; they come to me. And I’ve had many kinds of birds, and I wonder if birds In general represent something... Oh, and when I was thinking about asking the question on the way here, this huge owl flew over the car. And I thought, “oh, how gorgeous,” and it turned around and flew back over again. I thought, "oh good, I have to ask this question." So, do birds in general symbolize something – that you see?
B: You already know in general what they can symbolize in terms of flight, in terms of freedom. You know that.
Q: Yes.
B: Each and every one of them can also be specific as a symbol. And there can be as many references to these symbols as there are individuals that perceive them.
The owl – not only the general idea of the wisdom you associate with it – but also the owl is a very spiritual symbol.

Q: Yes, I realize that. It’s a very ancient symbol, right?
B: It represents the idea purely of spirit itself. It is an astral symbol.

Q: I was going to ask you, because I’m real fascinated with astral travel...
B: Yes.
Q: have been.
B: Yes.

Q: And I’ve had some unusual experiences with that.
B: Become the owl and you will experience astral travel. Identify as it as completely as you can.

Q: I like that. Okay, one more question.
B: You have had this ability in other lives.

Q: I had the feeling that I had. Would it be the Egyptian life?
B: To some degree. But more specifically the idea of what you would call the idea of North and South American Indian.

Q: Oh that’s great... Macchu Picchu? Try it all here.
B: No comment.

Q: Okay; no comment. Okay, this last week I read Whitley Strieber’s new book, “Communion.”
B: Yes.

Q: And it’s about his encounters with extraterrestrials that he had all through his life.
B: Yes.

Q: And I experienced... you know, he speaks about his terror that he had about beings that were so different (from) human in form.
B: Yes.

Q: And following him through the book, I got to a point where I got so excited about the whole idea; and I realized that I’ve been very excited about that since I was much younger, when I used to run outside the house at night and say, "take me, take me." Everybody would laugh, and I thought that was great. But I was really a little afraid of it.

B: Yes. We assume that one of the portions that stood out strongly to you was the reference to the symbol of the owl.

B: Do you remember?
Q: You mean the wisdom, the spiritual, and the astral?
B: The idea that within that individual there was the memory of having seen an owl to replace...
Q: Oh, I remember.
B: actual memory of having seen the extraterrestrial.
Q: Right. His cover-up memory.
B: Yes.
Q: Very interesting.
B: Yes.
Q: Oh, I wanted to ask you; I got so excited that I started drawing a picture of what I thought this being – one of the main beings in the book would look like – and the more I worked on it the more excited I got. And it suddenly occurred to me – I thought, "maybe this is because I’m going to have an experience."
B: "Going" to?
Q: In this life. Well, that I’ll remember.
B: You have tapped into that energy many times. It is now recognition. Follow it. Follow it. This is the time for remembering lost time.
Q: I like that. Thank you very much.
B: We thank you.
Questioner: When a hurricane moves, does the eye move first and then the mass, or the mass and then the eye.

BASHAR: It is all one system. There is no first or second; it is all one thing.

Q: Do atomic blasts rip a hole in the dimensional fabric?
B: Yes.

Q: Is that one of the reasons that the ET’s are concerned about it?
B: Yes.

Q: Do volcanoes help vent some of the energy from some of the blasts?
B: Now and then this occurs, now and then it has just the opposite effect because of the imbalance that is created.

Q: Will we, within the remaining time period of this civilization, have the ability to colonize either Mars or the Moon?
B: Yes.

Q: And is there sufficient liquid and water on Mars that can somehow be used?
B: Yes. It is locked in underground chambers.
Hybrids/Future Selves and Black Helicopters

Q: You’ve talked about in the time, in the 2030 range, that we would be living with hybrids side by side in our civilization.

B: In and around your time of 2037, when your planet will join the Association of Worlds, will be a time when there will be certain numbers of hybrid beings living on your planet. It will have begun before that time to some degree, maybe even around your year of 2022, in that sense. But certainly, by my contemporary time frame of, what you would call, three hundred of your years from now the Earth is very heavily populated with human and hybrid species.

Q: Also, the black helicopters that have been seen since the fifties, are some of them our future selves?
B: No.

Q: So there is not an attempt to come back in time?
B: When you see a ship that is representative of what is ostensibly a future self, it will always been seen as a triangle. What you call the black helicopters sometimes are projections from ships, but not from ships of your future self. And sometimes they are literally machines that are controlled and owned by your own military. But your future selves will appear only as the triangular form, for now.
Hybrids and Shakana

Q: In your timeline, at the point in which he connects with you... that is the point at which the Greys got on a positive track? Is that accurate?

B: In some senses you are close to the mark, symbolically so, yes. But the idea more is that, whether described as positive and/or negative, it is representative of the timing when the transition had been made from what you typically called the Grey society into what you typically recognize to be the hybrid form. Does that help you?

Q: Yes, I’m going to think about it. And I have another question: in time, in the way that my culture counts time now...

B: Yes.

Q: ...when is your Shakana to be born?

B: One moment... remember, even though we have said in your timeframe we are three hundred of your years in the future, our dimension is, in your terms, ten times sped up, and we have experienced what you would consider to be three thousand years of evolution. You understand this first of all?

Q: Okay, I do now.

B: In that context then, understand that we are referring similarly to the concept of what you would call two thousand years ago, or if you wish, in your terms, one hundred years from now.

Q: So a hundred years from now.

B: Yes. It is parallel to the idea of the manifestation that you call the Christ Consciousness or the Buddha Nature in that sense, but it appeared, in that sense, in our world spirit in a different manifestation. After all, Christ Consciousness and Buddha Nature are nothing really but the reflection of the collective world spirit of your planet. Our Shakana is a reflection of the collective world spirit of our planet, by whatever name you wish to give it.

Q: So basically you are two hundred years after Shakana?

B: Yes.

Q: Is that correct?

B: Yes, but again, from my reckoning, two thousand years after Shakana, in my terms of timing.

Q: I understand. That’s because of the difference in the density?

B: Ten times the vibration, yes.

Q: Right. Okay, thanks.
Hybrids on Earth

Q: You have spoken of the hybrid children coming to earth.
B: Yes, I have.
Q: Will they be adults when they come?
B: No, not all of them, some of them will be more mature, but many of them will still be young.
Q: Like teens?
B: And younger.
Q: And younger?
B: Yes.
Q: How will they be cared for?
B: We would think very well by all of you. Since, they, in that sense, then will be your responsibility, since they are your children.
Q: Oh, I wondered about that: how old they would be?
B: Various ages.
Q: Won’t some of us be quite a bit older?
B: So?
Q: Okay.
B: Is that an impediment to you?
Q: Um, no.
B: It is not an impediment to them, why should it be to you?
Q: No, it is not an impediment.
B: Are there accidents?
Q: No.
B: Then if you find yourself in contact with such a child, will you not assume that it is something that obviously can be recognized as being capable of being handled by you?
Q: Yes, it was just kind of a surprise, because I guess...
B: Well, that’s what it’s meant to be.
Q: Oh my... and some of us are going to have more than one.
B: Yes, but they will belong to all of you.
Q: Oh, so we will be able to help each other?
B: Yes, for you will form communities for this purpose. There will be certain centers, shall we say, areas, communities, on your planet where the hybrid children will be, shall we say, placed.
Q: How long until...
B: Until such time as they can spread out more equally in your society. For, again remember, in our timeframe, which you would consider to be your future, hybrids and humans live equally on your planet of earth.

Q: But when they first come...

B: They will be sequestered in safe communities where they can be cared for, instead of being immediately exposed to the entirety of your planet. They will need to adapt and acclimate. There is much that they need to learn to understand their heritage from many different levels; and how to survive, in a sense, and behave, in a sense, and function in a sense, in the new reality that you are creating. They will help you and you will help them; they will bring you information, you will give them information. This is what is going on right now, but it will happen on your planet, again, most likely within the next couple of decades.

Q: Will the rest of the planet know that they are on the planet or not, at first?

B: Not at first, only the small communities that will be automatically and synchronistically attracted to create themselves for this purpose, but it will not be long; it will only be a matter of about five to ten of your orbits before the entire planet knows that they are there, once they are there.

Q2: I’m looking for other species on this planet and I know...

B: Other species of what?

Q: Other species from other universes that walk among us on this planet.

B: This is rare.

Q: Well...

B: Except, in the sense, that all of you, are also other species. You understand?

Q: I was under the impression... I thought that I have had occurrences in my life with people from other galaxies, twice. Once I was driving down the street and I encountered a man on the street, a homeless man who smiled at me, and it, like, went through my whole body and the energy stayed with me a whole day.

B: Yes, but this can be many different kinds of things. The idea is multifold and there are always, perhaps as many different reasons for what’s happening as there are happenings. In that instance, as we scan your energy, something took advantage of an opportunity to use that individual as a window, because of WHAT it would represent to you. It wasn’t that that individual was from elsewhere specifically, but that something from elsewhere came through that individual momentarily, because it was the right time for you to see it, the right window to shine through because of the synchronicity and the timing in your own life. You follow?

Q: Yes.

B: Doesn’t mean that it is, in that sense, native physically to somewhere else – that individual, physically on your planet. So there are a variety of ways that this can be experienced. Yes, from time to time, there
will actually be encounters with extraterrestrials on your own planet. But the idea is that it is rare that we, of any variety, will be around your world on your surface for long durations of time. You follow?
Q: Yes.
B: But we will always utilize, and many different kinds of beings will utilize, whatever is the path of least resistance to allow the ball to fall into the appropriate slot. You follow?
Q: Yes, I do.
B: Does that help to explain it a little bit more clearly?
Q: Yes.
B: However, again, remember: at this time, almost all of you are already a genetic amalgamation of many different kinds of species. You follow?
Q: Yes.
B: So, in that sense, you are all, so to speak, patchwork beings. You understand?
Q: Yes. Thank you.
B: Thank you. Sharing!

Hybrids on Earth
Hybrids/Future Selves and Black Helicopters

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"Hyperconductive and Superconductive States of Being"

Bashar: Channeled through Darryl Anka

Question: Can you delineate the difference between being superconductive and the idea that you have introduced us to, the idea of being hyperconductive?

Bashar: Yes, superconductive is the ‘effect’ in what you might perceive as one frequency, one direction of an energy, so to speak. Hyperconductivity is actually a natural state of the simultaneous existence of many different fields overlapping. What you actually call the superconductive field is actually a hyperconductive field; it is not really superconductivity until you collapse the field and get the unidirectional effect of the voltage or amperage out of it.

So superconductivity is the effect in one direction of the application of the energy in your physical domain; hyperconductivity is the field that has no particular direction to it, because it is composed of all directions of energy.

Q: So when we ingest the monatomics we become hyperconductive.

B: You actually become hyperconductive but can utilize that energy by collapsing the field within the body with your internal focus and create superconductive effects. Yes, you can direct the energy inward to superconductivity or outward superconductivity but generally in the natural state, in the relaxed state, it is a hyperconductive state because you are connecting to a multidimensional holographic structure simultaneously, in all directions at once. Does that make sense?

Q: Yes, thank you.

B: Thank you.

Q: Can you comment on children taking the monatomics and the relationship to their developing DNA structures?

B: You will find that many of the children being born on your planet now have a greater capacity to actually convert what they ingest into monatomics than you do. And, thus, you will find that they do not necessarily need quite as much, for they are already coming through in a DNA structure that acts as an automatic amplifier and fusion reactor, or a breakdown reactor, if you wish, to rearrange the elements that they do not ingest in their monatomic form. Their DNA structure is already very different, and, as we have said, the children that have been born, are not just a different generation, they are not just a different culture, they are a different species.
Bashar: . . . I resist nothing, I only simply fall into line with what is appropriate at any given moment as I sense it.
Identifying With A Civilization’s Vibration

B: Question.

Q: Yes, for my next life, if I were to want to choose to be on your planet, how would I go about that?

B: You will know when you die.

Q: (Oh, that’s a good one!)

B: You will simply match our vibration, and you will be there. I’ll tell you this: we will know you are coming. That is one of the differences between our family structures. Are you paying attention over there? What you consider to be your family structure when the entity is physicalized – we know exactly who and what and why they are there, and are in communication with them before birth.

Q: Well, if I chose to do that, I’d probably be a little different from you.

B: Why? When you match the vibration of that idea, you will be the same and equal to that vibration. You will not be of this vibration any more. Do you understand?

Q: Uh, I guess within certain…

B: If you were to, in a sense, physically be taken to our civilization, then you would be seeing yourself as somewhat different, since you would retain a great degree of identification with the vibration of this civilization. If you were to transfer there in terms of incarnation, you would only be able to do so by identifying with that civilization’s vibration and, as such, would be a part of that civilization. Realize, that you can only be a direct product – neither ahead, nor behind your time – of any particular civilization of which you are a part.

Q: In this case, then, if we could match the exact vibration of your planet... can it be done?

B: As I said, we are in very many ways your future selves.

Q: But do we have to experience death before we do?

B: No.

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Q: Because we already have it. So if we would have the same vibration, then we’d be able to be here and be there at the same time.

B: In a sense; also, however, realize that you are still your own civilization. You can be then truly parallel – harmoniously. Realize, once again, that what you are now understanding is that every idea is a different vibration. When you have an idea that you consider to be more advanced than another idea, then that idea manifests in the future. Therefore, realize that any planetary civilization, which is in reality within your present – present time frame – will have an almost identical level of civilization. Do you follow me?

Q: (No answer.)

B: No. All right. Realize that you may view various eras in time as simply identification of a particular idea vibration. In other words, you would say, “Well, can you not be more advanced and exist in the same time?” And the answer in your terms is, not really. When you identify with a particular vibration, you will be of that vibration. If that vibration is translated into time as more advanced, it will be in the future. And as such, we exist with you, and in your future. Every planet that truly exists within your time frame, within your real present, as you understand your present, will be of the same civilization level.

Q: Mhmm.

B: In other words, allow me to ask you: if you were physically taken aboard our space craft, from your planet to our planet, that space craft – since space and time are the same thing – performs a maneuver, a phase shift through time as well as space. Once arriving on our planet, you would feel that you were still in the same time, but how would you know? Do you follow me?

Q: Yes. (Oh, yeah! Whew!)

B: You will be in your future, in a sense. Question.

Q: Yeah, I lost a space ship. I wonder if you would tell me where it went?

B: Did you leave it double-parked?

Q: No.

B: Perhaps it was towed away.

Q: No, it got stolen.
B: Oh, really!
Q: Yeah, it was quite a joke.

B: Quite a joke. Stolen by whom?

Q: I don’t know. Somebody that was on board, I assume.

B: Really! Why would they do that?

Q: I don’t know.
B: You don’t!

Q: No, I don’t.

B: Perhaps you are not willing to understand. Did you leave it running?

Q: Yeah.
B: Really!
Q: Mhmm.

B: Then you wished them to take it?

Q: No,
B: You’re sure?
Q: Yes.

B: Once again, realize nothing can happen to you.

Q: No, I didn’t want them to take it. It was my pride and joy.

B: One moment. Once again, understand that your reality is a direct product of your beliefs, even if that belief is from a fear. Therefore, if you create that fear, you are creating that belief and you are creating
that reality. You are not a victim; there are no victims. This does not excuse what you term to be a perpetrator, since it is their responsibility to understand that they do not need to reinforce your victimhood.

It does not excuse them – does not excuse you. Always, between individuals in a common reality there must be a form of agreement, a form of creation. What you think you would like to have happen very many times has nothing to do with what you really believe should happen. Therefore, responsibility is just as much yours.
Q: That’s true.
B: All right. Go find it yourself. Question.

Identifying With a Civilization’s Vibration

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All right, I’ll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing our civilization to make this kind of contact and allowing us to make this transmission, this day of your time. Once again, each and every time this is allowed our civilization benefits by being allowed to experience all the different facets, all the different perspectives, all the unique points of view of your civilization. So, we thank you for this gift of sharing.

We would like to begin this transmission with the following notion that we will entitle, "Illumination." Many times, in your daily, lives when you are going about your business, as you say, and you come across ideas or feelings that allow you to feel a little bit heavy, a little bit weighed down, a little bit sad, then you can allow yourself an opportunity to do the following thing. You can allow yourself to remember, if you will, for a moment at these times, that you are made of light, literally, energy light. You are made of light. And as you think upon the idea that you are made of light, whether it be that you close your eyes and have a meditation, a momentary meditation or whether you simply remember some image or create some image in your mind that allows you to perceive yourself, your body, as if it is made of light. Each and every atom becoming more and more energetic, more and more illuminated, beginning to shine, to glow of its own accord with inner light. And as your body is composed of all of these small shining stars, you begin to see your entire body glow as one light. As you illuminate yourself you will increase, enhance, accelerate and uplift your energy.

Now, we do not tell you to do this for the purpose of ignoring, avoiding, denying or glossing over any important feelings you may have, be they sadness, sorrow, anger, fear. We do not mean for you to gloss these over and ignore them and press them down; we do not mean for you to suppress them. But the idea is that if you will allow yourself a moment of illumination to remember that you are a being of light, that you are having an experience that is simply being translated into energetic terms, then you can, by uplifting your energy in this way, by taking this moment of illumination, give yourself the ability, remind yourself that you have the power to deal with these feelings, with these circumstances, with these situations.

And also, the greatest benefit of allowing yourself to take this moment of illumination will be in putting yourself into a different state, a different frequency, a different vibrational reality and in so doing you will then create the ability to attract into your mind’s eye, into your imagination, courses that you can take, opportunities that you may not have seen before; options that you may not have been aware were available to you, in your previous state, perhaps of despair or sadness or confusion or anger or frustration or fear. These states, by definition, will prevent you from being capable of seeing how you can transform those states. Those states will only bring with them, by definition, options that are commiserate with those states, with those vibration levels, and so, they will have a tendency to perpetuate more fear, more frustration, despair, as you say depression.
But if you will take a moment to illuminate yourself and raise your energy vibrational level, in such times that these may occur to you, then you can, without denying the feeling that you are having, plug yourself into the vibrational state that allows you to see the difference between the vibrational state of joy and ecstasy and the vibrational state you may have been existing in. And give yourself an opportunity to tap into opportunities and circumstances, ideas, inspirations that can help you learn from the previous feeling. Help you figure out how to transform these ideas and give yourself new insights into what avenues, what paths, what actions to take that can bring you to a different level, a different plane. And allow you to reap the benefits of insight in understanding why those feelings exist. Helping you to get in touch with your definitions, so that you can change them because only from those definitions do feelings come.

So, give yourself an opportunity to do this, to play with your vibrational state, up and down the scale of frequency, up and down the spectrum, to go from the dark, slower vibrations, to the higher, lighter vibrations of energy. And without, as I have said, denying the feeling you had. Put yourself in two places, make a comparison remember the state you were in, remember the feeling you were having. But at the same time oscillate back and forth between that lower level and that higher level. So that you can give yourself the point of view, the parallax necessary, the perspective necessary to see from the higher position how you can deal more effectively, more creatively with the lower position, with the more frustrating position. To make it less frustrating by giving yourself the opportunity to function in this higher state as your Higher Self, as your illuminated self, to see what your Higher Self would do in this circumstance. Because you are your Higher Self when you choose to be.

So, illumination used in this way, to create this double point of view, will give you a more dimensional perspective on your circumstance and situation so that you do not necessarily have to feel the weight of the world on your shoulders, that there is no way out of your circumstance, that you do not have to perceive what you are going through as a dilemma but only as an opportunity for change, an opportunity for increasing your perspective and understanding yourself more deeply, for that is what it is all about. Understanding and remembering who you are, learning how to use that in a daily, pragmatic and practical application. Benefiting from the results of that insight and that perspective and growing and experiencing more creativity and joy and abundance as a result.

That is it, that is what it is all about, becoming, learning, remembering who you already are, this is one way, one technique. This illumination moment is one technique to allow you more opportunity to remember and experience, most importantly, experience who you really are, for that is again what it is all about. You are choosing to experience yourself as physical beings. Therefore, seeing yourself as energy, as light, will allow you to experience that side of yourself as well, simultaneously, as you can use this perspective to your advantage in many ways. Allow your imagination to be your guide.

We thank you for allowing us, now, to share with you this idea, which we have called "Illumination." And in return, once again, for the gift that you are giving our civilization in allowing us to experience this interchange with you, I ask, in return, in what way may I and my world be of service to you?
Q: BASHAR! BASHAR!

B: You, and then you. Number two, do you know who you are? Number three, do you know who you are? All right, number one, good day.
Imaginary Friends and Spirit Guides

Q: In a workshop I attended we were asked to visualize something, and I can’t even remember what it was, but I got this picture immediately of this sparkly lavender-purple kind of energy. It was kind of floating around, and it reminded me of a fairy or something.

B: All right.

Q: And I felt like it was me.

B: In a sense. Always it is you, no matter what it represents. For you have to create your own version, out of your own energy, of anything you interact with. The purple, in that way, the violet, represents the high energy, the vortex energy, the opening of a gate of communication so that you could siphon, channel or receive the communication with your spirit guides all around you. And plug yourself into the higher planes so you could use that energy to take your body to any vibratory level you needed to, throughout the exercise.

Q: And is there anything you can tell me about... well, when I was a small child I had an imaginary friend name Roger, and I wonder if you could tell me if that had anything to do with spirit guides, or can you comment about myself?

B: The idea of imaginary friends usually represents very early recognition and contact with a spirit guide, yes, for almost every single one of you.

Q: Does it change through your life, like with friends?

B: It can, yes. Different spirit guides can involve themselves with you at different phases of your life depending upon the purpose of that phase.

Q: And is there a way that I can now be more conscious about communicating with them?

B: You can place yourself in a relaxed state, you can create for yourself the child-like vibration you used to experience wherein you knew that you were in contact.

Q: I feel that way a lot... that I get information...

B: Yes.

Q: ... to do certain things, to go to a certain place.

B: One moment, one moment. Understand that that information does not necessarily tell you to do this, or tell you to do that. The information can simply be a recognition on your part of what that vibration represents – what idea, what direction represents the particular frequency you are on at that moment, that can represent communication between you and your spirit guide. But which doesn’t have to necessarily, colloquially, translate into the guide saying, do this, or do that. It is more of a communion of understanding between you as to what vibration you are at any given moment. And the guide assists you in recognizing that, in opening your eyes, in realizing that the vibration you sense is representative of the path you are at that moment – so follow it.

Q: Yes, it turns out incredibly whenever I do that.
B: Yes! Remember the guides do not live your lives for you, they do not tell you specifically what to do, do not force you in a direction. They assist by reflecting to you what vibration you are at any given moment, by simply attempting to make it very plain to you that the direction you need to move in is quite obvious, if you will simply trust it.

Many times direct communication, strong communication between you and your guides will usually play itself out in the events that unfold in your life, not the idea of the auditory recognition of a conversation.

Q: Okay.

B: You follow me?

Q: Yes. Thank you.

B: Thank you.
Imagining Your Reality

Q: I would like to share a little bit about what Joanne was talking about... about imagination to begin with.

B: All right.

Q: Was that just kind of a neat perspective, coming from one of our third density, going into fourth density minds, the way he thought? He said, “very few people have enough imagination to see reality.” I thought that was kind of a neat way to put it.

B: All right, although obviously you are creating your reality from your imagination.

Q: Right.

B: Thank you. Sharing!
The idea is as follows, when you are involved in something you love to do, you collect yourself back in the moment, you do not scatter yourself or your mind out into the idea of the segregated world of physical detail. The idea is that you look at yourself holistically, as a single event, instead of a collection of parts which somehow have to be engineered or worried into place in order to function properly. When you know that you function properly already, you bring yourself, you gather yourself, you collect yourself back together in a holistic way, and you act integrally, as a whole being, staying in the moment with what you love to do, being that vibration.

When you think that the world is a collection of parts that have to be engineered together, you are creating more, and more, and more details. You are turning the whole thing into a collection of little things. The more details you create, the more you segregate or fragment or fractionalize the whole thing, the more time you need in order to interact with each and every one of those details you have created. The less details you need, the less time you need. The more you interact with your reality as a whole being then the less time you experience, because the less time you are creating. Because, if you are in the now then you only need one moment to do something, to be something, to create something.

Now, more, and more, and more this is happening in your reality, collectively and individually you are allowing yourself the joy of the moment of the creation of being. Staying in that vibration allows you to function more as a holistic being, and thus, you create less experience of time, because you are not fragmenting yourself. The idea is that now you must see yourself as a whole being – physical and Higher Self as one thing. The physical being is no longer expected to carry the burden of having to remember all the details of engineering something into reality, of making it work. It works, allow it, allow it, allow it.

Allow your Higher Self, with it’s overview to gently move all the things into position that need to be there, that it already contains. The Whole You already contains all the things you need; you are a complete kit. You already function perfectly, flawlessly. You contain everything you need. When you function from that point of view as the Whole Self then all it takes is a moment to make a change, to make a shift, to create something. And you don’t need all that extra time because you are not turning yourself into a series of linear details that must come one after the other; adjusting this, bringing this in, balancing that, juggling that, until all of a sudden you have such a burden of details that you collapse as a mental being. Because your mentality was never meant to handle that many details. The physical you is a facilitator of the Higher Self. Let me put it this way, it is similar to the idea, not meaning that you do not have free will, not meaning that you are stuck in a rut, but it is similar to the idea of being a record needle. The Higher Self places the physical self in the record groove, just go along for the ride and hear the song. All the other details have been taken care of, the groove is there, all the notes are there. Feel
what you wish to feel about them, use the notes as they appear and manifest within you, but go along in the groove.
The arm of the record player does not have to force itself into the groove ...."Oh, now I’ve got to make sure I hit that note, I might miss it. Have to keep my mental focus on that, it might be a note that I might waste, and then the whole song will be ruined." No, you’ll get to that groove eventually, you will not miss that note, you understand?

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In Tune With All That Is

B: All right, I’ll say: question.

Q: I...I...

B: All right. All right. Yes?

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

I want to set it up and run my whole universe that way...

B: One moment! Understand that I am not saying that that is not possible. But really, in the overall idea of experiencing that reality,
as you stop to think about it, there is really no need for many of the specifics that you insist upon, in order to still achieve the overall effect according to your own satisfaction.

Understand that there may be many variables within that circumstance that will still lead to you feeling that you have created the situation in exactly the proper way for you. And as such simply ‘tis not that you have to think about every specific idea or step or method within the overall idea of the situation, for many times even what you perceive to be an overall situation may, in and of itself, really be a method to an even greater idea that you are not allowing yourself simply, to be.

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

Now, understand that if the selling of your house, as you say, is a step within the overall understanding of another even greater idea of which you are even more excited, then you do not have to even be concerned about the idea of needing to sell your house to achieve that idea. Realize that in the selling of your house (¬¬?) portion of the best possible way to achieve that even greater idea, then that is what will happen.

But if it is not, if there is a better way in your terms to achieve the overall idea, then you will not necessarily need to sell your house. And if you simply focus upon the idea of only selling your house, in
order to achieve the greater idea, you will be shutting the door on the better idea. Just as in the idea of selling your house – if that is the greatest idea which attracts you at the time – then completely needing to orchestrate the exact method by which that takes place may be shutting the door on an even better method. You follow me?
Q: Yes. That doesn’t answer my question about the fact that other people have to go along with it.

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

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

Realize that every idea, every situation, already contains all the ingredients necessary for the unfoldment of that idea. Except when you step in and make the separation between yourself and that idea, and assume that you must struggle to create that idea – that you must build, piece by piece, exactly how that idea is to manifest.

You are an automatic creator. You need not think about the path in order to achieve the effect. Cause and effect. You may simply create the effect, and nature – yourself as the automatic creator – will supply you with more than enough cause to support the effect. You will simply be in tune with All That Is, in terms of the facets of all the consciousness and all the individuals, which are already partaking of that idea into which you now find yourself tuning in.

Q: Mhmm.

B: You follow me?
Q: Yes.

B: Thank you.
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Q: Sometimes I get very strong images of, uh, how can I say, um, of people’s thoughts or...
B: Yes.
Q: . . . things, and I don’t get visuals at all. Sometimes I meditate in large groups and I don’t get visuals at all. Sometimes I do. Is there any way that I can use some exercises that would help me to be more visual?
B: But why do you think that not having visuals is a deficiency?
Q: I just enjoy having them, I...
B: So?
Q: I’m artistic and I like to see them.
B: All right. Do you like to feel?
Q: Yeah. I feel all the time. I mean that, I get emotions all the time, but I don’t always get the visuals with it and I would like...
B: But you do not always need them.
Q: No. But I get a... oh, I want them.
B: Then create them. (AUD: laughs)
Q: Then we’re back to my question. Are there any exercises I can do that can create them more often? I find that I often don’t have them when I would like to. For, for...
B: You don’t?
Q: No.
B: You don’t have visuals when you would like them?
Q: Right. For example, should I give you an example?
B: All right. (AUD: laughs).
Q: I was recently, um...
B: May I interrupt um...
Q: Certainly.
B: Chair.
Q: I get those visuals.
B: So, what is the difference?
Q: Well, I’ll tell you.
B: All right. (AUD: laughs).
Q: I was in Sedona...
B: Yes.
Q: ...recently...
B: Yes.
Q: ... in an, uh, archeological... a cave dwelling.
B: Yes.
Q: And I was inside a shaman’s room where he did some... I didn’t know what he had done there, but I was in there alone and I was feeling these very strong emotions and I was trying to get pictures and, or I was wondering why I wasn’t getting pictures, and I wasn’t. I just felt the emotions and I did not know how to connect them with anything.
B: It is very simple! You were not creating any pictures. Being in that type of energy is being in a vortex – the center of creation, the center of all probable universes, where you need to take action to create the realities you want to experience. You simply were open, waiting to receive, but not recognizing that in that particular type of energy you don’t receive messages you don’t send.
Q: Okay. Well, I don’t understand that, because what the archeologist said was that a number of different psychics have been in there at different times...
B: Yes.
Q: ...and they had all experienced, told him about the same picture.
B: Yes. So?
Q: I don’t know that I... well anyway, what it was, was something to do with the shaman who was in there and what he did to some women who were there at the time.
B: Yes. So?
Q: And why did I just get the emotions? I felt, I, I got some very strong emotions but I didn’t get pictures. I don’t... what did they do differently than I did?
B: They may have within their belief structure an automatic mechanism that allows them, whether they know it or not, to project and then trust that whatever pictures they project are the pictures they need to receive.
In other words, perhaps, you are trying too hard in the sense of... or you are not believing that the pictures you would create in your imagination consciously would be as valid as something you don’t think you had anything to do with. (AUD: laughs). You follow me?
Q: I do, except that sometimes I get very vivid pictures or...
B: Yes.
Q: You know, sometimes I just close my...
B: Well, then you are not trying so hard.
Q: I just... I do the same thing. I close my eyes and just let it come and it comes. I’ll ask a question.
B: Yes.
Q: Maybe I didn’t ask a question. Maybe that’s what I didn’t do.
B: The idea simply is, from our point of view, that if you find yourself in a situation where you get pictures that is what you need. If you don’t get them, that is what you need.
Again, it may simply be that your automatic expectation is so quick that, if you don’t get them exactly when, and as fast, and in the way you think you should, then you cut off the flow that might come in the very next second. Because you are too busy looking for them to see them when they come. Relax you expectations and then, paradoxically, you might offer yourself more opportunity to receive them.
Q: Okay.
B: But recognize that if they’re not there, they don’t need to be there. Why make the assumption that something is wrong if they’re not there?
Q: It’s not wrong, but when...
B: But you are assuming that you are somehow deficient by comparison.
Q: I suppose, yes.
B: Then that is, in your terminology, translated as...
Q: Wrong.
B: Wrong.
Q: Yeah, Yeah. I’m missing some of the fun. (Laughs)
B: You aren’t.
Q: I’m not?
B: You are having fun in your own way.
Q: Well, that’s true.
B: In the way you will add to the overall experience, in your unique way. Now, do not assume that every single one of those individuals, who got pictures then, always gets pictures.
Q: Mhmm.
B: Perhaps for you, the feelings were more important, because maybe, the way you translate feeling is “more appropriate” to the overall scenario than the way they would have translated feelings. You follow me? In other words, whatever you experience, it is a reflection of what you can bring to the event in your own unique way. So, if you don’t get something, assume you don’t need it to share in the event. Translate it in whatever way you do get it. That is how you get it.
Q: Okay.
B: So lighten up on yourself. (AUD: laughs)
Q: All right. Thanks.
B: Thank you. You!

In Your Own Unique Way
Incarnational Scenarios

Q: Hello.
B: And to you, good day!
Q: Welcome to our world.
B: Oh, we thank you. Speak up; be bold so that all may share.
Q: Okay, When I met the channel in San Diego, I felt that I was not just meeting a channel. I felt an overwhelming sense of love.
B: All right.
Q: Was there someone else there with him? Have I met you before?
B: There have been passages through our energy in dream encounters, in dream reality. But also you were sensing crossovers between the channel and yourself; and sensing crossovers with many aspects of your own future self that are somehow analogous to what we represent to you. Did you understand that?
Q: Yes.
B: You are meeting aspects of your own future self, recognizing aspects of your own higher self, that in some ways operate on similar frequencies to what we represent to you.
Q: Okay.
B: So in other words, the recognition – to put it simply – was of you recognizing other aspects of yourself, even though there is, to some degree, some familiarity with our energy in different dream levels.
Q: Okay. I have two daughters…
B: All right, one, two.
Q: Donna is 20 and Debra is 7. When Donna was very, very small, she told me that she had chosen me as her mother.
B: Yes, of course. Everyone does.
Q: And when she said it, she was really not in command of the English language. She was not old enough to be speaking in a solid sentence at that time.
B: If you say so.
Q: Well, obviously she did. Babies usually – she had been limited at that point to just one word or two when she said it.
B: Oh, all right. Perhaps she didn’t have anything else to say.
Q: Right. During her childhood…
B: Yes.
Q: …she kept asking my husband and I for a baby sister.
B: Oh, all right.
Q: And she was very angry with us that we were not complying. And then, 13 years later when I had Debra...
B: Yes, the number of transformation.
Q: ... she said: “You are a little late, mother.”
B: It is all right.
Q: But my youngest daughter, Debra – she wanted to experience the physical reality... I would guess she would say.
B: Yes.
Q: Were they kindred sisters before Donna left her and came down first?
B: Sometimes. They have also been lovers many times.
Q: How interesting! (Laughing)
B: All right.
Q: The reason I say that is that my daughter is experiencing a lot of negativity towards the males in our world.
B: All right.
Q: And she feels that she could go through life completely without them. And she is... but she is worried that she is not following what she intended when she started, when she...
B: You may simply suggest that she relax, first of all. It does not necessarily allow an individual to understand who they are, to begin with, by chipping away at themselves through invalidation. If they do not leave enough of themselves to observe, they will not discover who it is they are.
Q: Mhmm.
B: So the idea, first of all, is to relax, not be so hard on yourself – not so hard. The idea can happen as has been outlined. That individual may not necessarily have to interact with – in the way you are describing it – males of your species, although we perceive that that is not really going to be the case. The idea primarily is that she simply needs to come to terms with the idea of her own masculine aspects. Blending those polarities within herself will allow her to breathe more easily, and not so much feel that she is being taken away from a connection that she truly desires, something she had with her sister.
Q: Mhmm. Mhmm.
B: Understand?
Q: Yes, I do. I do understand that. Thank you.
B: All right, one moment, one moment, one moment. (Pause) There is an ancient friend that, if she is willing to allow it, can be of much help in her dream state. For she has interacted with that individual as a male before, and that friend in spirit state can remind her of much of the joy of finding the blending of the polarity of the male and the female within each and every individual. And that can allow her, perhaps, more outward expression of that idea in your physiological reality.
You may simply suggest that that friend is there, and will, in a very gentle and loving way – not forcing, not pushing anything at all – simply have dialogue with her in dream reality to allow her to come to terms with her own masculinity and her own femininity. Understand?

Q: Yes. Thank you very much.
B: Thank you. Does that serve you?
Q: Yes, it does. It answers a lot more questions. Thank you.
B: All right. Then suggest to them both pleasant dreams.
Q: Okay. Thank you.
B: Thank you. Sharing!

Incarantional Scenarios
Increasing Brain Power

Questioner: Is there something I can do to open my pituitary gland? Is there something I can do to increase the power of my brain?

Bashar: You are using, and everyone is using, one hundred percent of your brain. You are using it in exactly the ways you need to. Recognize that though your science has said you are only using a fraction, the idea that you are only using a fraction comes from some other part that they do not recognize that you are using.

Q: Oh.

B: You are using it all. You are complete in exactly the way you need to be complete. You can change the idea of yourself. Simply that, again, the willingness to act, the willingness to change the idea of yourself by acting, will always allow everything in your physical reality to reflect that idea. Now understand this, your physiological brain does physiologically change with every thought you have; every thought. You understand?

Q: Yes.

B: Therefore, the thought of yourself as you are willing to be will put the brain into the pattern to reflect that. If increase into those glands is necessary, it will be there. If it is not there at the time, it is not necessary for what you are doing. Thus, at any time, you are always complete for what you are doing. You follow me?

Q: Yes.

B: Act like more of yourself, and more of yourself will be there – physically and spiritually.

Q: I see. Thank you.

B: Thank you.
Individual And Global Choices

B: Allow me to say that as you gather in any place, within any idea of your time as you create time, then allow yourselves to recognize the increase in the acceleration of your own momentum and of many different ideas. For you will now be experiencing a rush of emotionality if you allow yourselves to feel that you are in sync with many other individuals at this time. You are experiencing a great deal of momentum and acceleration and change in your lives.

Recognize that at this time, the mass consciousness – that is the collective consciousness of each and every individual in your society at this time – will begin to recognize that it is something that is in conjunction with every other consciousness. And recognize that there are groupings of mass consciousness who all feel there is a momentum and acceleration, in this way, of beginning to let the inner you be the outer you. To allow your dreams to be your reality. To allow your imagination to be real, in that way. Are you all following me?

AUD: Yes.

B: Allow me to say at this time that you may know that you can now begin to understand that within what you term to be a day to day experience as a mass society, as a civilization, you have begun and in the near future will continue to witness certain events, that will take place on what you term to be a global scale.

And that will allow each and every one of you to recognize that EACH AND EVERY INDIVIDUAL within your civilization you call Earth, will now be taking part in making decisions as to exactly where they stand in regard to any particular issue concerning your planet.

Recognize that you are drawing yourselves closer and closer together, so no matter what you decide for yourselves, each and every individual will still be involved in taking a stand, making the choice, and having a decision within every issue that will concern YOUR ENTIRE GLOBAL CIVILIZATION. Do you follow me?

AUD: Yes.

B: In this way as we have said, you may recognize that this energy momentum, as we now perceive it in your mass consciousness at this time, will be creating for itself many different ideas... your civilization will be giving itself a choice to know exactly what type of reality it wishes to experience, within what you term to be your New Age awareness. Which is the transformation from third to fourth density – the idea of the acceleration of your momentum to a more refined state where you will be giving yourself now, within your society, opportunities to choose exactly what type of reality you wish to experience within this transformational state.

And you are giving yourselves the opportunity, in recognizing this idea, to know consciously rather than unconsciously – as has been the case within your past history – to CONSCIOUSLY be aware of the choices you are making that CREATE your realities. Do you all follow me?

AUD: Yes.
B: Thank you. Sharing!
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Q: Good Evening Bashar, nice to be in your presence once again.
B: And you as well.
Q: It’s nice to know that there is an ecstatic future rather than a catastrophic one.
B: There are an infinite number of futures, both infinite in their ecstasy, and infinite in their catastrophe.
Q: Well, we don’t see that many represented to us in their ecstasy.
B: This has to with the idea, again, of knowing that your core vibration is one of ecstasy and simply allowing the reality to unfold that is symbolically representative and reflective of it.
Q: Well, thank you for being that reflection.
B: Yes.
Initiating Change In Education

Q: I am a college instructor, and the teacher in me is excited by the teacher in you.
B: Oh, thank you!
Q: I have become so excited about the content of your discussions, I want to develop a course at the college I teach at.
B: Well, go right ahead!
Q: I wondered if you might have some suggestions for a course title or a course structure.
B: Oh, that’s up to you. We will see what happens in your imagination first. Maybe later we will comment, perhaps, on what you have created. But the idea, the structure, the imagination, the creation, is up to you. The initiation is up to you.
Q: Why I seem to struggle with the idea – and I admit it is my own negativity – is that we might say the material is not traditional, (AUD: much laughter) in the sense that around me are fifty-five churches in a small town. And the negativity that I may introduce into it is the concern that I may stir up a hornet’s nest; and yet I feel such excitement to do this.
B: Are you being YOU?
Q: I think that might be part of the problem. I tend to be too conservative and I tend to hold back.
B: Well now, your pace is up to you. You do not have to label it in a particular way, or invalidate it, in that sense. Simply, are you being true to yourself?
Q: Yes.
B: All right. Are you doing what you are doing – and do you have the desire to do these things you have said to us – through unconditional love? And do you believe, to the best of your ability, that you are not really doing something that would consciously hurt anyone?
Q: No. I believe I am acting with integrity.
B: Oh, all right. Then go ahead. Any stirring that happens will be because of the individuals who have attracted themselves to know that you are who you are, and will have chosen to be stirred.
Q: I’ve become aware of the struggle of students, not only in education, but the struggle of their lives...
B: Yes.
Q: ... and I’ve become excited that a course like this could not only help them in their pursuit of education, but help them in all aspects of their lives.
B: Yes.
Q: And perhaps it is the greatest course that could be taught.
B: Well, you have done it before, you know. Why not simply rely on your own Atlantean incarnations?
Q: Okay... well, I’ll check on that! (AUD: laughter)
B: Allow yourself, in a meditative state, to remember how you did it then. How you reached the very prime levels of their consciousness – how you taught. For how individuals were taught in Atlantean
times is qualitatively different than how your systems of education teach now. Get back in touch with that idea, and see whether you can apply some of that into your present day life framework. All right?

Q: All right. Thank you.
B: Thank you very much. Think in light – colors – by the way.
Q: Thanks.
**Inner Earth**

Q: I understand that for millions of years on Earth we have had some underground civilizations that have existed, or are existing...

B: In a sense, although they do not exist in the same planar dimension as you.

Q: Okay, one is some miles beneath the North Pole... and it is supposed to be a very, very highly evolved civilization.

B: The idea, once again, is that many of the civilizations, so to speak, in essential form, that have existed upon the surface of your planet, many of them also do reside in *that* way. But again understand, the idea is that they are in a different dimensional frequency than you.

And the idea is not so much that they exactly inhabit what you would consider to be the physiological, third density, inner Earth. But it will be a doorway and a gateway that you must shift yourself through in order to experience any of those ideas; and you will literally no longer be on the same Earth you were, when and before you entered that doorway. Do you follow me?

Q: Yes. And how will I experience the shift when I go down the tunnel?

B: You are missing the point. You may not perceive that you *have* made a dimensional shift...

Q: My vibration will just become tuned to that frequency.

B: Yes. If you simply find yourself attuned to the idea of exploring that and discover those passageways, then at the point you discover those passageways, you will no longer be on the Earth you used to be on.

Q: Okay, I understand. Thank you.

B: Thank you.
Inspiration & Individual Impact:
18 January 88
Bashar: All right, I’ll say: how are you all this day of your time, as you create time to exist? (Great, wonderful, perfect) Are you all alive?
Q: (Yes!)
B: Thank you!
Allow us to begin by laying down a foundation for this interaction this day of your time. It can, if you wish, be entitled, "Inspiration and Individual Impact."
Now: each and every one of you obviously is an individual. But now, as a society, each and every one of you is beginning, on some level, to realize that you are also all connected as one entity, as one idea, as one self-aware consciousness. A global awareness; if you wish, a world spirit.
This world spirit, this one mind, this mass consciousness, is, in and of itself, an entity, a single idea. And it is aware of itself as a single entity, a single idea. At the same time, it is also aware of itself as a composite of all the individuals that exist upon your planet; a composite of all the individual mentalities, all the individual expressions of consciousness out of which it is constructed, shall we say?
The idea therefore, in inspiration and individual impact, is to recognize, perhaps, a few of the following points of view: each and every one of you as an individual has the ability to affect, in many ways, the whole of your world. Even physiologically now you know you are beginning to attain a global consciousness. No longer are you isolated in terms of what you may call villages or cities, or even nations any more.
You are now beginning to function – although for now it may seem to he a bit sketchy, as you say – as a united earth, in that sense. You are beginning to overlap your borders; you are beginning to cross over, to merge, to blend, and to find that it is almost impossible not to interact with all of the other nations upon your planet.
In that sense, you are beginning – even though it may seem for now to be under a lot of pressure – you are beginning to blend together, to merge together into one entity. You are going through many growing pains perhaps in doing this as a civilization, but nonetheless you are still creating a blending; you are still exposed to other cultures, other notions, other points of view.
And some of this does inevitably rub off on each and every one of you – making you far more of a unified, far more of a globally –thinking person than your ancestors used to be, in that sense. The idea, when you do this physiologically, also creates an effect in your non-physical consciousness, in your telepathic link.
For each and every one of you is connected non-physically, telepathically; you are all immersed in a sea of electromagnetic energy that surrounds your planet. Being immersed in that sea of electromagnetic energy is what allows you all to be in touch with each other on unconscious and sub-consciousness levels.
You can be in touch with each other on conscious levels, but your society’s habits have not always allowed you to understand that this is possible. So for thousands of years you have relegated that contact to the sub and unconscious levels of your mentality.

But now, now! – now that you have entered more global awareness physiologically, consciously, you are beginning to allow that sub and unconscious awareness of your interconnectedness to rise, to bubble up to the surface of your consciousness. And you are beginning to realize that you are all aspects of the same one expression of consciousness that is your entire planet.

Day by day and bit by bit, many of you, now that you are accelerating in this direction, will begin – and perhaps have already begun – to see examples of this idea in the synchronicity of the events; in the coincidences of events; in the psychic attunement and sensitivity of your mentality that you may begin to find yourselves experiencing and expressing in your day-to-day activities.

All of these ideas are natural symptoms of the type of transformation your world is going through. And it can allow you to further accelerate that idea, if you will allow for more inspiration in your lives and more recognition of the impact that each and every one of you, as an individual, has upon the whole. Since you are all connected, any movement, any idea, any change at all – no matter how seemingly insignificant – any of you make, must, by definition, affect the whole. You may think you are, shall we say, a very small gear, a very small lever. And in that sense, yes; there is a greater whole, out of numbers.

But even if you turn your small gear even an infinitesimal amount, all the other gears to which it is connected must turn, even if they also only turn an infinitesimal amount. Each and every individual is absolutely linked with the whole, and is absolutely impossible to be separated from it. So recognize that the only thing that does not necessarily allow you to be aware of how much impact each and every one of you has, is because you have not necessarily been taught to focus on the understanding of your interconnectedness with everyone else.

As soon as you begin to realize that you are, in fact, already intermeshed, intertwined, inseparable, in that sense, then you will begin to be able to see – consciously see – the true orchestration that all of you are together. You will truly begin to he able to understand that no motion, no movement – no matter how seemingly slight – is an accident.

All is synchronicity; all is an orchestration. It is absolutely – from our point of view – in no way, shape or form an accident as to who has attended this interaction. It is absolutely no accident who you are sitting next to. It is no accident what they are wearing ... what colors, what they will say, what motions they will make.

Now, there may be varying degrees of significance to each and every person about what every other person is doing. But nonetheless, you have agreed, on a telepathic level, to arrive in this interaction together; and to support everyone else in that interaction by adding your energy, so that they will get out of it what they need. And in them supporting you, to allow you to get out of it what you need.
It is a co-creation; you are all masters, in that sense; you are all conductors; you are all creating the timing of the orchestration of this interaction between your civilization and our civilizations. No accidents whatsoever. Inspiration (and) individual impact is the product of the same understanding, and that understanding is basically as follows:

Inspiration and impact are the creation, are the products of when you know that you are connected to the whole; when you know that you can draw from the whole, and act with that knowledge as the full individual that you are, knowing you are supported by the whole.

If you could not be supported by the whole: if you were not supported by the whole, you as an individual would not exist in this particular conglomerate. Because there is no such thing as an extraneous or a pointless or an extra or a leftover creation that does not belong. Everything that exists fits where it is; everything that is where it is fits in that pattern, fits in that tapestry. There are no extras: everything is exactly the correct amount.

Therefore: allow yourselves to know, as individuals, that each and every one of you has exactly the same degree of access to the total energy of your world; to the total energy of creation itself, because each and every one of you are equal aspects of the Infinite. Each and every being within creation – If we may put it this way – is simply one of the ways that All That Is, the Infinite Creation, has of manifesting itself within the creation that it is.

Another way of saying this is that each and every one of you, no matter how seemingly small and detached from the whole – each and every one of you, as a part of the whole, contains the ability to access the information of the total idea. You are all holographically structured. We will provide a brief analogy and an example to explain this notion of the holographic structure.

Imagine for a moment – in your visualization capability – that your world, your dimension that you call three-dimensional existence – physiological reality – is laid out flat like a grid, shall we say, stretching to the horizon as far as you can see. And on the surface of this plane is painted a gridwork of lines running in two directions, so that they are at right angles to each other, forming squares.

Where these lines cross – these intersection points where these lines cross – let us say those points represent information, knowledge, that you may desire to have an access to. Now let’s say you are standing somewhere on this plane, somewhere on this grid.

It doesn’t matter where, because the grid is infinite in all directions. And no matter where you are, it will appear to be infinite in all directions. Now let’s say you have a desire to learn many things, to grow in many ways. And you take a look, for a moment, at the grid under your feet.

And you recognize that each and every one of those squares, or each and every one of those access points, is a point of information that you may require. Now, looking at the grid this way you may say: "Well, this will take forever to understand anything."

“I’ll have to walk and walk and walk, and touch each and every one of those points before I will be able, in a sense, to access all of the information I believe I need to really live my life in the way I want to. All right. Fair enough, when you look at it from that particular perspective.
However: there is another way to understand it. And this other analogy, the continuation of this analogy, actually defines the structure of existence itself. For this is the way it is built, shall we say. Looking at the grid once again: as you stand there now, take what you may call a large – or a small; doesn’t matter – shiny, metallic reflective sphere, similar to what you would call a ball bearing in your culture. Take that ball bearing and place it anywhere on the grid. Now realize that all of the reflection of the grid – no matter how far it stretches – is reflective in the warped surface of that ball bearing. So in other words, all the information of every single point on the grid is in that ball bearing. You can access it by simply looking at any place around the ball bearing, without having to travel far and wide to receive that information. It is all right there in the same place at the same time – perhaps seemingly distorted. But nonetheless, every single point is there. And you can access it from that point.

Each and every one of you was created to be like that ball bearing. The total information of existence is wrapped up within you, interwoven within your consciousness, your individual consciousness. What you have done, and what many individuals in creation have done, is to flatten out that understanding, flatten out that consciousness, into an illusion of physiological time and space.

Your third-dimensional physical reality is your projection. You have taken all the ideas that you are – or at least a large portion of them – and you have projected them into a seemingly dimensional reality which fills space and takes time to explore. But now: the purpose for having unfolded in that idea is now coming to a close. You have experienced many tens of thousands of years of experiencing reality in this segregated, remote, separated way. Now that you are arriving at the end of that cycle of having to perceive your reality in that manner, you are now beginning to fold up again; you are now beginning to re-pull all these ideas back into their central core, to re-intertwine with all the other aspects, to gather together all the understanding that you were created with to begin with.

And now you are beginning to understand that you have access to things that seem to be so remote, because they are no longer seen as remote. They are right within you, and have been all the time. Right where you are, right when you are. Everything! All the notions of time, all the notions of space, are all within you and created from you. They are simply your projection.

Even your own physicists now, at least many of them – not all of them, but many of them – are beginning to understand that what you have for so long called physiological reality seemingly outside yourself, is actually nothing more than a projection of the strongest definition you have been taught to buy into to about what it is. In other words, physical reality is constructed of the definitions you give it. What you believe in most strongly, either as an individual or as a collective – what you agree to buy into as a group determines how you experience your physiological reality. It is the product of your definitions. And in that sense, nothing more.

This does not invalidate it. It is a very worthwhile experience. It is one of the ways you can experience
yourself within creation, and you have done so to a great degree.

The idea, in a sense, of exploring physiological reality to the extent that you have, makes you, shall we say, very well rounded, as far as many civilizations are concerned. Because not many civilizations that we have encountered have explored the idea of the physiological dimension to the extent that your civilization has.

And so because of this, we have invented a little nickname for all of you. We call you the master of limitation. But this is not meant, in anyway, shape or form, derogatorily.

It simply means that as you say, you have alot under your belt; you have alot of experience dealing with the idea of physiological focus, of negativity, of limitation, of challenge, in that sense. And of, in your terms, transforming those ideas into positive results. You have a great deal of experience doing this.

You are one of the most highly focused civilizations we have ever come across. And that is why there is such a great deal of interest in your civilization now.

Because you are taking all the focus that you have experienced for tens of thousands of years, all the focus that has been placed on negativity; and now you are deciding that you may just want to place it in a positive direction.

We have used, to describe this transformation on your planet, what is called the rubber band analogy. If you take one of your rubber bands and draw it very far back, let us say into negativity, as you have in the past, you will recognize that the farther back you have drawn into negativity, when you finally decide to let it go, it will snap that much farther and that much faster into the positive side.

And therefore we see your civilization as truly being on the brink, truly being on the threshold of monumental and instantaneous and inspirational change in a positive direction.

Much of what you may now perceive to be the violence that is escalating on the surface of your planet, from our perspective, is simply your civilization getting the last vestiges of its, shall we say, tantrums out of its system before you make the change.

You are now bubbling all this negativity up to the surface. No longer is it being covert; no longer are you pushing it down into your subconscious, and being secretive about this idea. You are bringing it all out into the open, so that you can display before everyone these ideas; and so that everyone can truly see what is going on and say to themselves: "Is this the type of world we really desire, or do we desire something else? Perhaps a world of harmony, a world of peace."

"Now that we see that we have brought all this out into the open," you may be now saying to yourselves on the unconscious level, "now we can decide that we no longer prefer it that way. That now we prefer the idea of creating a world of joy, and allowing ourselves to expand in that manner, in an ecstatic way."

And reclaiming your birthright of creatorhood, of ecstasy. Because you are made in the image of the Infinite. And what that means is that you are an infinite creator as well.

It is simply that the type of reality you have experienced for tens of thousands of years has created an ability within you to forget that you are connected to the Infinite.
But now that you have played the scenario out – of all the limitation and the forgetfulness – all the transformations and the explorations you are now doing on a spiritual level is the remembering, the re-awakening of yourselves to yourselves, remembering and rediscovering exactly who and what you always have been.

Many of the things that you are now learning – it isn’t so much that you are learning something new; you are simply remembering more and more and more of what you already know, of who you already are. That’s what your transformational age primarily is all about.

When any civilization begins to explore in that particular direction, it sends out a particular radiation. And that radiation is picked up by many other civilizations, such as our own, that have already explored those particular levels of consciousness. And we answer that radiation as if it were an invitation to begin to function as mirrors to reflect back to you the experiences we have had, how we have explored the idea of the realms you are now beginning to explore.

Not so that you will have the understanding that you must do it in exactly the same way we did. By no means. But simply to reflect back to you that we have explored those realms; and that we can share with you how our explorations have benefited us, have served us.

You will do it in your own way, no matter what we share with you. We simply wish to be of service to you, to allow you to understand that you can explore those realms, and you can explore them to your benefit.

We desire this, because in serving you in this way, and allowing you to expand your awareness of who you are, it expands our awareness of who we are, and gives us new beings to interact with, new civilizations to explore all of Creation with, side by side, intertwined and intermixed. And that exploration together expands the notion of our place within Creation.

Therefore: we will always – as I will do now – extend to you a firm understanding that we deeply appreciate your willingness to form and co-create with us these types of interaction.

For bit by bit and day by day, through such interactions do you make it more possible and more feasible for our world to be able to interact with yours as an equal. For that is the only way we will interact with you – when you know you are equal, not only to us, but to each other.
Inspiration

Q: I have a question about music.

B: Yes.

Q: I’ve always wanted to have a fantastic memory, and it’s never been there. And I wonder...

B: Oh, that is all right. Many individuals on your planet now, because this is the transformational age, will begin to recognize that they no longer need the way you typically use your memory. For the idea is that as soon as you are living completely in the moment, you will know what you need to know when you need to know it – according to whatever idea you are truly fully being at that moment. Whether you have ever known it before or not.

So memory: begin to treat it as a thing of the present, not a thing of the past.

Q: And in terms of retention?

B: Again: you will know what you need to know when you need to know it. And when you don’t need to know it, you won’t. You follow me?

Q: Yes.

B: That is living in the moment. Look at the idea of an animal, if you will, as an analogy for a moment. Let us say you have – let us use the fourth-density symbol – the cat. For you know it exists in more than one level.

It knows the spiritual side as experientially as it knows the physical side; it exists in both worlds – what you call the ethereal and the physical simultaneously – and knows it. It crosses one of your streets, and along comes one of your automobiles. The cat avoids it; runs across; goes under a fence, or over a fence; and surveys the yard beyond the fence. And jumps into the yard.

Now: for the cat, the avoidance of the idea of the automobile is at that moment the total absorption it is in.

As soon as it is approaching the fence, the total absorption is on the fence, on climbing the fence. As soon as it sees the yard, the total absorption is in the yard. The idea is completely lived in the moment. There is no need for the retention of the aspect of the interchange with the automobile, because that does not serve the cat in looking at the yard.

When it looks at the yard, that’s all it is doing – doing everything it needs to do to look at the yard. If there is an aspect of the interchange it had with the automobile that will serve it in allowing it to look at the yard more completely, then that aspect will be there in its knowledge.

But it will not be memory in the same way you think of as memory; it will be absolute understanding, knowing in that moment what the animal needs to know to be what it is, and what it needs to do at that moment.

That is what many of you are learning also to do. So an individual who is completely, at any given moment, being the idea of the musical piece that they desire to play, will play it.
They will know it, note by note, exactly when they need to know that note, and if they allow themselves to *channel* that trust and knowledge – then magically, automatically, it will be an in-spired performance. You understand?

Q: Yes.
B: Thank you very much for your inspiration.
Q: Thank you.
B: Breath: inspire = breathe within. Inspiration. Thank you.
Questioner: I wanted to talk about acting upon your highest joy.

Bashar: Yes.

Q: Which is what I do, for the most part, but there are a couple of things I’m confused about with that.

B: Oh, all right, such as?

Q: Well, the first one is ... there are countries that create war acting on their highest joy, which may be religion or...

B: One moment, you must understand the difference between acting on your highest joy, and acting out of fear and calling it joy.

Q: Right.

B: You understand?

Q: Right.

B: There is a difference.

Q: Right.

B: They are not acting on their highest joy.

Q: Well, that’s what I was wondering because, for instance, maybe a serial rapist, or a serial murderer, maybe...

B: Yes, is acting out of fear and fear of powerlessness.

Q: Are they confused that that IS their highest joy?

B: Yes. The idea of, what you call on your planet, abuse, in that many individuals who function that way have histories of abuse, is the idea that that was what was transferred to them as the loving familial connection. Abuse is the only form of expression they understand; so when they want to show connection, they can only show the tool of abuse.

Q: So that’s kind of related to...

B: It relates to the idea of the expression of love, for them, because that is the only kind of connection they have been taught to know how to make.

Q: So that’s related to habit?

B: In a sense, yes; in some ways, yes. Because it is a self-created loop that allows them to think they are expressing themselves in ways that they truly wish to, but in ways that are incongruous with the idea of their innermost desire.

Q: So in expressing your highest joy in that moment...
B: Yes?
Q: ... there are additional elements such as love, integrity.
B: Yes.
Q: Anything else? Can you expand upon this?
B: It must be congruous to the idea of what you would call positive, or constructive, or integrative behavior. That which is negative is simply destructive or segregate, that which is positive is constructive, or integrative. That is the mechanical explanation of the idea, and how to recognize what the behavior actually is aligned to. So even though someone may be saying, "I am doing this out of my love, out of my joy," but they are exhibiting destructive, segregational, separational, disintegrative behavior, then you can see that there is incongruity between what they say and what they do. Do you understand?
Q: Yes.
B: Does that help explain it sufficiently?
Q: Yes.
Integrating Earth’s Galactic Heritage

Q: What is the reality of nuclear destruction of this planet?
B: Nil!!
Q: Thank you.
B: Recognize, first of all, that our ability to share that information with you at this time stems from your planet, whether you consciously realize it at this point or not, already having made at least a total unconscious decision, approximately – as we perceive your time – seven of your years ago, to not annihilate yourselves by nuclear war.

This is why many things now, many escalations of surface violence, are coming out, because now you know it is, in a sense, safe to get it all out of your system, and it will not lead to annihilation. You are bringing what was formerly hidden and covert, and creating it to be overt and out in the open, so that you can now all look around and say: “Wait a minute. Look what’s going on; look what we’re doing. Is this the way we want our world to really be? If not, let’s change it.” You now know it is safe to bring all of that out in the open, examine it and create it to be the way you wish it to be. We can also tell you this at this time, because you have made that decision yourselves.

However, we can also tell you the following, because you have made the decision yourselves, that you never would have been allowed to annihilate yourselves through nuclear means anyway. It is your world; you can do with it what you will, as long as what you do remains in your own back yard. Nuclear annihilation would have torn through the dimensional fabrics of other space/time continuums, and affected more than your own civilization.

Recognize that your government is very well aware, and has been aware for quite some time, that your devices – had they been activated – simply would not have worked. They have been given blatant demonstrations that that is the case. There have been many craft – not from our civilization – that have centered themselves directly over what you call your missile silos, and deactivated all of the launch mechanisms. (AUD: applauds and laughs) Your government is very well aware of this. And much of this information, bit by bit, will begin to leak out into your society.

The more you blend yourselves together with the idea of what you have created your government to be, and the more you allow them to serve you rather than rule you, then they will be able to share with you the information that they have kept from you – basically, in that way, to protect you in the way they thought you wanted to be protected. (AUD: laughs) You follow me?

Q: Yes. What about accidents, such as Chernobyl?
B: There is no such thing as an accident, in truth. What you call your “shuttle disaster,” what you call your country’s “interaction with Libya,” and what you call your “Chernobyl Soviet disaster,” are three parts of one event. On both sides did you have your technological disasters to show you that the directions that you are proceeding in will lead to the idea of breakdowns of your technological society, and the disruption of things that had been formerly held secret.
It is, on both sides, an indication – an outward example – of the belief that your society has, that if you allow what is inside you that drives you to the surface, that it will destroy you; because you are full of cracks and leaks; because you do not think of yourselves as one homogenous idea. So in this way, those three events have allowed you to re-examine, in total conscious faith, the ideas and the routes upon which you were proceeding. They served their purposes.

Understand it is absolutely no accident and no mistake that there was a teacher on your shuttle. She has taught her lesson – the lesson she truly was born to teach. You follow me?

Q: Yes.

B: Allow yourselves to recognize that those three incidents operate and function as a fulcrum point, a switching point, a pivot point in your history. And you will find, later on, that it will be written that this is when you began to re-examine truly, around that time, all of the methods that you are utilizing in your civilization to accomplish that which you desire. When you began to realize that there were more natural means of accessing the creativity and “creatability” that you truly wish to experience. Do you follow me?

Q: Yes.

B: Thank you very much.

Q: On that same point, could you share with us your perception of how the collective has progressed since... we’re completing... it’s now a one year cycle from when that began.

B: Yes. And it was created again in what you call the 39th year – the transitional year before the 40th. This being now what you call your one thousand nine hundred eighty-seven year – being the 40th year since your world knew, beyond a shadow of a doubt, that other worlds and other civilizations existed.

7-7-‘47 to 7-7-‘87 of your counting is the 40-year cycle necessary for the change of an entire culture – from when you first truly discovered that there were other civilizations, to where now the majority of your civilization is willing to accept the fact that there are other civilizations.

In this way, as we have said, within the last three of your years – and particularly since the acceleration of those particular three incidents – you have accelerated greatly. You will now find that since those incidents, you as a civilization, in terms of your colloquial thinking, used to be – now, this is very arbitrary and very abstract, but it will do in your terminology – but you, as a civilization, used to be approximately 300 of your years behind us. Now you are only 150 years. Do you follow me?

Q: Yes.

B: That can also change. And as we perceive your energy, within the next ten years, you will, in a sense, only be approximately 75 years behind. And then, within 30 of your years, we will be keeping pace. You follow me?

Q: Yes.

B: Then you will be becoming what we are representing to you – as your future selves.

Q: And then there will be interacting in the same space/time?
B: Basically, yes, and with many cultures. Thank you.
Q: Another one on that same...
B: Yes.
Q: When you spoke... I heard you speak before about the craft hovering over a missile silo, and computer launch codes erasing...
B: Yes.
Q: ... and that suggested to me that when the government heads do get together and have these summit meetings that they are not actually talking about what they say they are talking about.
B: Not always.
Q: Is it pretty much that they are friendly with each other and they’re allowing each other to stay in power...
B: Whether they are friendly, literally or not, they both know what the game is that they are truly playing.
Q: And the game has to do with the fact that there is never the idea of destruction...?
B: No.
Q: ... or war, and so is it mostly a monetary game...?
B: In a sense, yes, it is the idea of maintaining what they fear they will lose – power – not recognizing that the equalization of the entire world will actually be the gaining of their own self-empowerment, along with everyone else.
Q: Mhmm.
Q2: Do the Russians have the same knowledge that the United States received 40 years ago?
B: Yes.
Q: Same sort of...
B: Different, but enough information has crossed the lines now, so that both of your “sides” know just about enough.
Q: Could you clarify that?
B: Forty of your years ago, in this way, there was what you call a crash of a spacecraft from the system of Zeta Reticulum upon your planet. Your government came into possession of the physical craft and the bodies.
Q: Were the bodies alive?
B: No.
Q: What did they look like?
B: Approximately 3-1/2 to 4 feet of your height, white-whitish gray skin coloration; enlarged heads; not quite as much as what you would call human, more humanoid in that way; enlarged eyes.
Q: What about the craft?
B: The craft is still in pieces under surveillance in many different areas of your country – primarily near what you would call the area, Virginia.
Q: What caused the crash?
B: There was surveillance being done by that craft in what you would call a very heavy lighting storm. And there was some portion of what you would call your radar installations that interfered with the guidance systems of the craft, and caused a momentary disruption in the inertial field of the craft, which allowed it to expose a portion of its field, its (area?) layers, to the electricity in the sky. When struck by the electrical charge, it shorted out the craft – and it crashed.
Q: And what was the value that they got out of creating that reality in their lives?
B: You have now been initiated in the 40-year cycle that allows you to begin to be brought into the Association of Civilizations.
Q: I’m talking about the other civilization whose craft crashed.
B: Yes... so are we. In that way, whether they were conscious of what they were doing or not, the incident began a series of events in your civilization that has brought you now to the understanding you have, and the ability to join the Association of Civilizations. Do you follow me?
Q: Yes. I was talking about from...
B: Many circumstances will occur that may seem on the surface to be accidental.
Q: I realize that, but...
B: But it did not take that civilization long to realize what the possession of one of their craft would mean to your civilization. And so they became very, very, very, very, connected, in terms of surveillance of your civilization, to assist the understanding on your planet of what you now had come into possession of.
Q: And where are they?
B: They are in the constellation you call Zeta Reticulum. If you wish to familiarize yourself, to some degree, with that civilization, you will find that within your literature are many incidents of interactions between the beings of that civilization and the beings of your own civilization. One of the most well known will be that referred to as Betty and Barney Hill. Research your literature, and you will discover some ideas about that civilization.
Q: Can I ask a couple of questions about the physicality of your civilization?
B: Yes.
Q: Well, since you obviously have some physicality, as you say...
B: Yes.
Q: In what way does that serve you? Do you experience physical pleasure as we do, and how do you procreate?
B: Thank you. To some degree, it serves us by allowing us to interact with civilizations such as your own that need that type of relationship to be able to interact. Also, because we exist in pure ecstasy, in that sense, it is a very pleasurable state in which to exist – as you will soon find out upon your planet as well.

There is nothing wrong with existing as a physical representation of consciousness. Although we are now – as you are going from a transitional third to fourth density, we are going for transitional fourth to fifth – and soon will not have embodiment, because we no longer need it for the idea that we are.

But simply: as a civilization, we chose to experience certain ideas of physical reality, so that we would also be able to exist and assist other civilizations going through a similar experience, to be able to interact with them in terms they would relate to.

We procreate similarly to you, in that sense, although it is more of an energy exchange, an energy activation of the cellular structures of that being to create what you call the fetus – the gestation period being approximately seven of your months, rather than nine. It is born similar to your own, with the energy being born prior to birth, during birth, and after the birth as well. Do you follow me?

Q: Yes.
B: Does that assist you?
Q: I don’t know that it assists me, but it’s interesting.
B: Then it assists you. Thank you very much. Yes!
Q: You already answered it.
B: All right.

Q2: On that note: as you were saying, the 30 years in which we’re beginning to see the dimension that we are headed towards – does that mean the physicality of the bodies that we exist in now will also begin to eventually become more exceeded in the vibration as well?

B: Yes.
Q: So it would mean we will begin to have, in a sense, a lighter, more resonating body?
B: Yes. Things will appear to be brighter to you; you will see colors more clearly. You will see energies that are now invisible to you. You will be able to truly see auric fields, the ethero-magnetic field, and any other interactive vibratory field that connects the idea of your total consciousness upon your planet.
Q: That’s exciting.
B: Yes.
Q: Is there anything more that you could share with us?
B: You will have no disease; you will sleep and eat less. You will create your dreams upon your planet; you will interact with many other civilizations.

You will rebuild many sections of your world, landscaping them into pleasing forms; you will cease to build on many sections of your world. You will build in space; you will explore space and dimensions of time, and other levels of experience.
You will begin to truly see through the illusion of physical reality as your own projection. You will be able to come and go, in and out of your body, at will. You will then find that you no longer need to reincarnate at all, and any time you wish to have the experience for a brief period of time of a physical form, you will simply have a very few bodies that you will all share.

Q: What approximate population size?
B: You will find that within what you call 1,000 of your years, it is likely – not absolute, but likely – that you will be down to what you call 50 million.

Q: What about in 60 years?
B: You may in this way be beginning to reverse the trend down from, approximately, what you would call 6 billion.

For you will find that you really are not overpopulated; you simply do not apportion the land you have in equal ways. But again, once you begin to move out of the phase of reincarnation, and once you allow for more longevity of the lives you already have, then you will decrease your numbers, in that sense.

And many individuals will simply remain as a non-physical support system for those individuals who wish to continue for a time in physical reality. Until at such time – approximately what you call 2 to 3,000 of your years hence – you will no longer need to be physical at all.

Some of you may still remain as a support system – non-physically – for other beings that may then wish to use your physical reality as a new experiential reality – and may begin their cycle anew. Does that assist you?

Q: Yes.
B: Thank you.
Integrating Negative Patterns & Cycles

Q: You were talking about oxygen having *eight* molecules?
B: Not eight molecules, eight protons.
Q: Protons. You know that made me think about my expansiveness.
B: Yes, infinity and abundance, yes. It is all interconnected symbolically in the vibration resonance pattern or, shall we say, fingerprints of that idea.
Q: How long is this selfish element going to continue on our planet? It is so widespread.
B: Well again, remember, what you are doing is you are bringing it all up and getting it out of your system. You are now taking every negative cycle and negative pattern and you are reliving this, bringing it all up on the table now, because this is the time of transition and very shortly it will not be possible for these things to really exist. You must deal with them and integrate these ideas into your understanding now.

So bringing them all up on the table allows you the opportunity to view all the negative patterns at once, and decide what they represent to you – what you choose, from this point forward, your world to be. And to give you the opportunity to take the responsibility and the action necessary to create the changes that will allow for these patterns to not have to be believed in. This will all generally take place between your now present time (1995) and your year of 2013.
Q: Thank you.
B: Thank you.
Integrating The Ten Dimensions Into Your Energy Field

Q: Is there a relationship between the ten fingers and the ten dimensions?
B: Yes, there is, again, five being the number of humanity, but ten being the number of dimensions in your universal reality. And in that you can access those vibrations, you have the extensions of ten fingers so as to correlate, as we said, with the idea of intersecting all the other chakras so that all ten dimensions are present in the alignment that you create, in the blending that you create, with all the other chakras as well.

Q: It would seem then, that by changing the mudras you could either activate or deactivate the system.
B: That is one way, yes. Again, these positions are fine attunements to the different kind of fine vibration that will represent the different intentional ways in which you wish to use the energy that you are channeling through you. That is why it can be any kind of mudra; not only this idea, but anything else that you do with regard to your hands, even to the point of sculpting, or expressing yourself, even when you are talking. The gestures that you make and the motions that your hands go through, have a lot to do with accessing all the different chords of the different dimensions, to weave together this beautiful tapestry of what it is you are attempting to communicate.

This goes on – if you could see yourselves in the way that we see you – you would not just see this defined body, but you would see energy patterns stretching out all over the place. And with even the slightest move of your hand, the fingers extend out to infinity, and there are circles and spheres and vibrational patterns extending everywhere. You are like an explosion of interacting light, with the slightest of motions you are an orchestration of musical light with the subtlest and slightest gestures that you use. So, yes.

Q: How far does our outer body extend out?
B: About six feet.

Q: What about our more subtle bodies?
B: Again, there are a variety of different degrees of this, depending upon your moods, your energy levels, what it is you are channeling through yourselves. But you will find that the auric field generally extends out, in that sense, about six feet on a side, at maximum. Generally speaking, it is about three feet on a side, average. You will find that your fingertips generally define, when your hands are placed out to the side, the general extent of your auric field – again, because the hands need to penetrate beyond that immediate auric field because they are accessing other energy fields as well.

Q: Thank you.
B: Thank you.

Integrating the Ten Dimensions Into Your Energy Field

1
**Integration**

Q: I’ve noticed that my business has gotten very, very busy. At the same time, I have a lot less time.

B: Yes. When you integrate, you create less time. So simply recognize that the time you have is all the time you need.

Q: Okay. And then one other thing I noticed is my husband: it’s like he’s grasping for me, like he feels like I’m disappearing.

B: Show him you are not disappearing; simply allow the individual to see in you a reflection of the potential within himself; to know that nothing is ever lost. That any relationship continues forever, no matter what the definition.

Q: All right. And there was something else; I can’t think of it now; so that’s fine. Thank you.

B: Thank you.
Integrity and Karma

Q: Hello!
B: Hello!
Q: Regarding the laws that we agree to abide by within our universe: does functioning within your integrity mean living up to those agreements?
B: It depends. The over-all agreements do not necessarily have to be restricting – something that you know represents your excitement and integrity can alter them in many ways. If they are then alterable – what you are referring to as “laws” – then that, in and of itself, may be a sign of your ability to express your integrity by being able to allow them to transform into something else.

Because when you are totally integrated as a whole, then there are fewer and fewer limiting specifics. You follow me? So the alteration of the so-called laws may actually be an expression of your integrity, in certain circumstances.

Q: Suppose an individual were to go out and kill a hundred people because that’s what excites him? Suppose...
B: But understand: the idea, again, is that “with integrity” means that you are functioning as an integrated being. Integration is functioning as a whole; meaning there is no separation between you and the beings you are killing.

In other words: the recognition that all murder is suicide. And if you wish to truly be empowered, then killing off those beings is like hacking off your own arms and legs. And that is not an expression of integrity or power.

And also, when you use the term excitement in that sense, usually you will find it is not precisely excitement that motivates individuals in that direction. It is the negative polarity of the same energy that creates excitement, but the negative polarity is usually expressed as anxiety. You follow me?

Q: Yes. Suppose the victims agree to be victims?
B: That does not excuse the perpetrator for not being strong enough to not fall into the victim’s game.

Q: What would be the consequences, then of violation of integrity in this fashion?
B: Perhaps you will create another scenario wherein you will have learned that the violation of integrity, in that sense, does not serve to empower you. And then you will express a lifetime, maybe, or an experience, where you will be the expression of integrity.

Some individuals may choose to have other individuals attempt to violate them as a sort of quid pro quo exchange. That is not necessary all the time. An individual who murders an individual in one life does not necessarily have to be murdered in another life, although many have sought the balance in that way.

An individual can, perhaps, talk someone out of murdering someone else, and fulfill the same balance. Do you follow me? But the overall idea, of course, on a very fundamental level, is that to the Oversoul all experiences are learning experiences.
And since you truly are infinite and indestructible – no matter what you have done – whether it be positive or negative, whether it be an expression of integrity or an expression of lack of integrity, you will still exist, you will still learn. You will still grow, you will still change, you will still have new experiences.

So in the overall sense it does not really much matter what you have done. But it is simply up to you to understand that your own life, with the expression of integrity, will be far more joyful, far more connected, far more effortless. And you will be able to create, without any struggle whatsoever, all that you desire.

In expressing lack of integrity, you will find that an individual who does that will struggle, will suffer, will feel powerless, will feel out of control, and will create many, many, many versions of their own expression of negativity within themselves. And not allow them to enjoy life. You follow me?

Q: Yes. Is self-imposed karma, then, a way to balance out the integrity agreements?

B: Sometimes, although again, karma, being completely self-imposed, does not have to manifest in a retribution-style manifestation. Again, the analogy that karma itself is simply the carrying through of a momentum to create a balanced experience.

Again, if you have been a murderer in one life, your self-imposed karma does not insist that you be murdered in the next life to atone for that. You may be able to assist someone either who has had someone close to them murdered, or someone who wants to murder – you may be able to talk them out of it. And that will be just as much of an expression of your balance and karmic imposition as being murdered. And many times just being murdered is not necessarily a true balance.

Q: The balance is something that’s like an absolute that has to be maintained, but the karma does not. That’s something that you don’t have to have, if you don’t have that belief system. Correct?

B: In a sense, correct. But the idea simply is, in the fundamental understanding of karma, is that you’ll usually – since you are a collective event – balance the idea out somewhere within your experience, on some level. And that is all karma really is – is simply the overall recognition of all the balances that you are, all the polarities that you are.

Q: Where did someone like Adolph Hitler come from? I don’t understand…

B: He came from your society; he came as an expression of the combined and collective fears, and perhaps, some self-imposed karmic balances, in a negative way, that your society placed upon itself.

It was an individual who did not feel their own self-empowerment. And so, in your terms, fell into the adoption of the negativity that was sensed in the society, and expressed it as a reflecting mirror back to the society – to show the society what the combined idea of its fears and negative attitudes have been able to create.

Q: That was not functioning within integrity.

B: No. Because it was segregative, separative, domineering. That which needs to dominate does not believe it is in control already.
Q: Okay. Thank you very much.
B: Does that assist you?
Q: Yes, very much.
B: Thank you. Sharing!
Integrity and Opportunity

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great. Perfect. Etc.!

Allow us to begin this interaction this evening of your time with the entitlement, *Integrity and Opportunity*. We have discussed many times with you the idea of integrity. We have discussed many times the idea of opportunity, and your willingness to act upon those opportunities that appear in your life.

Many individuals have realized that when we say your word integrity, we are not always necessarily talking about that moralistic attitude, although that is included in the whole idea. But integrity as a mechanical aspect of the combination of all that you are, being brought together and functioning as a unified whole. Integration, integrity. Acting in an integrated manner.

Now, when we discuss, from to time, that some of you may choose to function in a manner that represents lack of integrity, we are not, in your terms, besmirching your moralistic attitudes. We are simply discussing, once again, that even though you may have the best of intentions, you may still from time to time because of your habits, because of your assumptions, because of your beliefs, be acting in a non-integrated manner that is still creating separations, still creating segregations – and not pulling yourselves together to function as a unified whole integrated being in a positive way.

Thus recognize that with regard to the connection of integrity and opportunity, many of you will find that from time to time – out of those habits perhaps; out of your choices perhaps: out of your fears perhaps – many of you will still choose to function in non-integrated ways. And this functioning, this choice, can allow you to not necessarily recognize certain opportunities when and where they may appear all around you in very blatant and obvious ways. Perhaps not obvious to you because you are not focused as integrated beings.

We have discussed the idea that if you do in your life what excites you, you will automatically attract all of the opportunities necessary for you to act upon that will represent the path that you chose to be, and will allow you to accelerate in the direction of those things that originally excited you, and increase your excitation exponentially. But many of you have made an assumption that these opportunities must leap out at you in very blatant ways, being very noisy. Not so.

Recognize that an opportunity, by definition, may simply be something you are aware of on a very typical level of awareness. In other words, just because you are aware of its existence, that is an opportunity to know about something; it is an opportunity to act on that thing if it excites you to move in that direction. They do not have to come screaming out of the jungle, as you say, in order to get your attention, in order to be recognized by you as an opportunity. "Well, here I am. I say am functioning within integrity, but nothing is jumping out, jumping up and down, making itself obvious."

But you may be walking down your street every single day ignoring the obvious, the fact that you simply are aware that certain individuals and certain institutions already exist in your society that have everything to do with the type of things you want to do. And you simply are not allowing yourselves to
be willing to know that they do – to see the obvious and to boldly go and communicate with those individuals, simply because you think they have to come running to you. No. They have already come running to you; they have come running to you by allowing you to know they exist. Period. They have put themselves out there; they have made themselves known. The rest is up to you.

Yes, sometimes they may act in more blatant ways. But it does not mean that they must, in order for you to consider that as an opportunity, as a representational avenue of the things that excite you. If you are simply aware that something exists, that is reason enough to act upon it. You do not need another invitation. Your awareness of its existence is enough. All that is then left is the willingness that is up to you to determine whether you are truly in synchronous harmony, and In full willingness and belief and integrity about the thing you say excites you the most. Or whether you are still willing to play the shrinking violet, and not want to bother anyone with something that excites you, but, “Well, you’re not sure what might excite them.

If you don’t make yourselves known to those that have made themselves known to you, you will never know because you are not truly acting upon the opportunities that actually do exist all the time, day by day, very blatantly in your society. Many of these things are simply based upon the assumptions that you have been brought up with, the belief systems that have been drummed into you since you were very young: the idea that certain individuals and certain ideas and certain areas are unapproachable.

Why? Nothing is unapproachable. Nothing at all. It is up to you to form the integrated spark of awareness, the Inspirational leap of cognition to know that as you walk down what appears to be a very ordinary and mundane street in your cities, in your world, very often all the signs and all the signals and all the opportunities and all the tools that you really have been asking for are all lined up, one after another, right there every day, right in front of you. All you need to do is (to) start going and interacting with those things that have already made themselves extremely obvious. This is what integrity is all about: acting on every opportunity that makes itself obvious, that is in any way, shape or form connected to the thing that excites you the most in life.

When we say these things will come to you automatically, that does not mean you sit back in your easy chair waiting for them to knock on your door. It means you act upon the opportunities that have already made themselves obvious to you, and then the rest will come in and make themselves obvious as well.

But you must act upon what has already been laid upon your table before the next course can be served. You follow me?

AUD: Yes.

B: So allow the obvious to exist all around you. Allow the opportunities that you seek to already be standing staring you in the face – because many of them are. And you are not going to recognize them as such because you do not believe them to be such, because they are not acting in expected ways. Pay close attention to the assumptions that you may still make, even when you think you understand a metaphysical principle. You may still be clothing it in many of the assumptions of what your society has taught you about how you think it does or does not work.
Always, always it will work in a positive direction for you if you are in fact acting upon the opportunities that present themselves with integrity. Always. Many of you have discussed the idea that things do not seem to be moving in the direction you expect, do not seem to be moving in certain directions when you say, "I know I am functioning within my integrity; I know I am acting upon the opportunities, but I do not see the opportunities come."

But that, once again, is simply a matter of degree of perception of different levels in your society, for many levels still exist. And it is up to you, when you center yourselves and clear yourselves, to recognize that you may yet still be peering through one of those levels and not even knowing that that level exists.

Allow yourselves to recognize the obvious. For many times, because of what you have created your society to be, the truly obvious is not obvious to you at all. Allow yourselves to relax your definitions about what you think a principle is all about, what you think a definition is all about. Incorporate and integrate a broader spectrum of definitions in all that you do. You are surrounded by the abundance that you seek; all you need to do is see it for what it is.

At this timing once again we extend to each and every one of you our unbridled joy at being allowed to interact with the facets of reality that you have created yourselves to be. For you are all unique; and everything you have ever done, inside and outside of integrity, has all been a part of your learning experience, and adds to the whole energy that you are now creating yourselves to be, in the fashion you are creating it. We thank you for your willingness to create the endeavors you have created, to create yourselves to be who you are. You are cherished by many.

We extend our unconditional appreciation and love to you for being willing to interact with us and co-create this interaction in this way, to further the Integration of your society and the respective societies within our Association of Worlds. And in return for this gift you have given us, we ask you. How may I serve you now? Sharing!
Interactions

B: Now, may we continue with an idea that we have been discussing this week of your time: the idea of daring to be yourselves. In this way, allow us to, let us say, precede this idea, if I may become a little bit intimate with you. May I?

Q: Yes.

B: All right. Now, many times you will find that, what you call, the consciousness to which you refer to as ourselves – and many other entities coming through many other channels or mediums upon your planet at this time – allows me to discuss an idea with you in regard to the idea of the channelings that are taking place upon your planet at this time, from many different levels of consciousness . . . do not forget: including your own.

For in this way, as well, your own future selves, your own higher selves, are involved in this process, for they know already where they are headed. And they are looking back, reaching out your hands to yourselves, and helping yourselves across the span of time. You follow me?

Q: Yes.

B: Now understand, that to use your terminology . . . to be colloquial, to be practical for a moment . . . allow us to illuminate the idea that dealing with you as we do, particularly when there is a gathering of you, as opposed to an individual, you will find that though we are creating the interaction with you in the moment, there will be ideas that flow into this interaction, that will regulate the balance of how the information takes place with you.

Recognize it this way, if you will, the idea that with so many differentiating consciousnesses as you have allowed yourselves to create yourselves to be – it is, in a sense, a balancing act to find the commonality by which we can deal on some level that represents something that you can allow yourselves to work with, in terms of information that we can share with you.

Recognize, many times, the polarities, the dichotomies and the paradoxes that we find you have created in your society will enable us, in a sense, to create the type of interactions with you from all the different entities channeling to you at this time, that form a subtle balance, a subtle engineering, of how you receive the information.

Now understand, we are not engineering you against your will. No. What we are doing, however, is choosing, in the moment, from our knowing selves, what type of information will be of best service to the overall understanding and impact. Even though your outer aware immediately focused physical consciousness may not make sense of the immediate idea of the answerings and the sharings that we have with you.

Recognize that this is also part and parcel of what you have many times come to understand as discrepancies in information between various entities. Recognize that you allow us to perform a very delicate balance with you in this way. And the idea of fulfilling assistance to you, in the overall way you do desire us to do so, means that, from time to time, you will find that between all of the
consciousnesses that are channeling to you, we will come up with methodologies that may seem to contain discrepancies, differentiations, dichotomies - but that are specifically engineered to bring you to a certain creative pressure point. You follow me?

Q: Yes.

B: Understand that when I told you, in your terms, that my job was an engineer, it is not just a technical engineer, it is a sociological engineer. It is the reason for why I have allowed myself to pattern the interaction with you. It is the idea of the engineering in the now moment of interaction between civilizations.

Understand, we are not meaning, in any way, shape or form, to express this idea as superiority to you. No. But in this way, simply do recognize that we have done this many times. And we do not wish to frustrate you; we do not wish to disappoint you; we do not wish at any time to allow you to feel that we are chastising – that we are, in any way, shape or form not willing to share with you that which your heart so strongly desires. For this is far from the case. Simply, from our point of view, from our experience, the way we are sharing with you is the way that is what will grant you your desires, in regard to what you seek with us and many other civilizations. For in this way, you have created your specific civilization to be a very strongly focused one in its own accord. And any transformation from that focus to another focus is going to contain a large degree of very delicate shifts and balances. And in this way, when we give you a little of this, and share a little of that, when you allow yourselves to come to a point of pondering ideas that have been discussed; when you feel within yourselves that you are at a standstill, at a loss, racked with confusion, doubting yourselves, judging yourselves – feeling chastised, feeling held back: simply allow yourselves to understand that all of the places that you find yourselves to be, are in a sense, a part of the emotionality that needs to be experienced, so that you can engineer yourselves into the appropriate creative pressure points that are the doorways through which you will step and find yourselves where you have for so long desired to be – when your timing is appropriate. You follow me?

Q: Yes.

B: Always, we love you very much, and appreciate your willingness to allow us to interact with you in this way. For always, the interaction with us, for us – with any civilization – has enriched us beyond measure, enriched us beyond counting; enriched us beyond naming. For it allows us the opportunity – as we have shared with you many times – to understand that much more of creation, and all the different ways that All That Is has of manifesting itself within the creation of Itself, and the knowing of Itself through all that it has created within it.

Now, the idea is to allow you to be aware consciously of this type of engineering. Because now you are – since this is the activity time, the doing time – able to begin to know that you are in control of everything that occurs in your lives, and that you are engineers, and you can now consciously recognize that fact. We have not so much been doing the engineering for you, but have only been reflecting to you the
engineering that your higher selves have been ordaining, so that you would reach the point you have desired. We thank you for allowing us to reflect this to you in this way; and we will now continue to co-engineer on an equal basis.

Sharing!

Interactrons

1
Q: An Observatory has discovered three brilliant arcs of blue light, which may be the largest objects in the universe, stretching between galaxies. Each of the crescents is more than three hundred thousand light years long. Could you elaborate on what they are made of and how they were made?

B: We have discussed this idea to some degree before: they are, in a sense, shells of energy, shell representations, if you will. Edge on, so to speak, of the intersection of one universal reality with your universal reality. They represent high, intense energy systems that are the physicalized representation of the intersection of two energy systems operating at slightly different frequencies. This is what represents one dimension of reality – yours, and another dimension of reality.

You will discover throughout your explorations of what you call space that from time to time there will be these arcs of energy that represent the lines, the barriers, if you will, the framework, if you will, between the doorways, the warps, the fabric, if you will, between different dimensions of experience. In a sense, they are an unusual type of linear black hole.

Again, this is a very colloquial term. But they represent high compression points of energy in which you may find the emergence from another dimension and the merger towards another dimension. They are passages, highly compressed energetic forms radiating at a particular intensity. They are the cleavage lines, if you will, between some of the different crystalline structures or variances of one physical reality and another. Is this translating into your language adequately?

Q: I think so; I’ll have to dwell on that.

B: All right. You may liken them, to some degree, to asymmetric ripples, friction interface boundaries, of highly compressed energy, representing the interface of more than one interdimensional reality. Does that make some sense?

Q: Yes. Thank you.

B: Thank you.
Inter-dimensional Tonality

Q: Would you please share, or update us, with what is happening with your civilization?
B: There are many, many, many ideas going on, so I will keep it very brief. We have, as a civilization, now begun to transcend our physicality. We are forming a stronger connection to the civilization, the non-physical portion of the civilization around the star you call Sirius. There is much more blending going on, in that sense.

And as there is more blending going on between our civilization and higher civilizations – for certainly we are nowhere near the top, and there really is no top, by the way – as we join more with our higher selves now, and become less and less physical, we are able to send to you more and more energy to blend your physical and spiritual realities together. And we are able to do this now with more and more civilizations, as we increase in our own self-empowerment.

At the same time, we have begun to understand a whole new level of tonality, of inter-dimensional tonality that our civilization is now synchronizing with. In other words, there are now, from time to time, literally waves of tonality that will go around through our civilization, where you may simply find one person – this is one way this manifests, only one way – one person in one spot may start with a tone. They may then start doing something else, and the tone may not even last that long – then nearby, other people will pick it up. And it will spread as a wave, a circular wave around the planet, until a vast majority of the members of the civilization have actually, as you say, hummed that tone. And we are now synchronizing our consciousness into ONE faster and faster and faster vibration. Do you understand?
Q: Oh, yes.
B: Does this help you?
Q: Yes, thank you.

Inter-dimensional Tonality
Intuition and Intellect

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

B: Allow us to begin this interaction this evening of your time with a suggestion – if you wish, a motto. And if you wish, a favor. All right?
The favor I will ask, and what can be considered in a sense a model of any interaction we have with you, will be to please! - - please–please – please – please – do not believe anything I say just because I said it. Understand?
AUD: Yes.

B: This is all about self-empowerment. It is all about your recognition of your ability to create the lives you wish to create. We are more than willing to function as reflections, to serve you, to share with you, to love you, to interact with you, to play with you. But remember that we are all – you and us – teachers and learners, equals in that way. We have our own perspectives, and we simply function as mirrors to reflect once again to you the things you already know within you – to show you, to allow you to be aware of things within you that you can then decide are what you prefer. Ideas, perspectives, methodologies in life. Or you can decide you do not prefer them; it is up to you.

This evening of your time let us discuss – and this can be your entitlement – Intuition and Intellect. For many of you, being such a polarized society, have considered these concepts to be (things) that have nothing to do with another. As many polarities are created in your society, very often you have forgotten that they both must come from a single source at the center that has created both polarities. So instinct, intuition and intellect, reason: yes, they are polarities; they are dichotomies, it seems in your society. But they are actually simply variations, or if you wish, degrees of the same consciousness, of the same energy, like anything is.

Intuition, or what you may call instinct, as you recognize it in the animal kingdom, is the same type of energy, the same type of consciousness that you utilize when you allow yourself to become self-aware in an analytical, intellectual, reasoning focus idea. It is the same consciousness.

The animals, in a sense, are self-aware. It is simply that they do not have the degree of persona focus in the same way that you do. It can be said that consciousness in its natural homogenous state, when it is All That Is, undergoes degrees of focus, of self-limitation, of self-compaction. The animal level of consciousness represents to some degree one level of compaction, but the analytical, the intellectual focus represents a higher degree of compaction. That is all; that is the only difference between intellectual and instinct.

This is one of the reasons why – in having created the polarity in your society of scientific thought and belief on faith – why you have created such a polarity, and sometimes such a war between these two ideas. For each side fears the other side for what it believes to be an absolute opposite of the way it chooses to function. And it fears to incorporate, blend and balance the other side for fear that they will
lose what perspective they have... rather than recognizing they will simply gain an opportunity to blend and balance that perspective with another aspect of the same consciousness.

It is not truly opposite in the sense that it has nothing to do with the way you might think or you might feel. Your scientists in that sense have simply been hesitant to rely on instinct or intuition, because when you begin to do that, you soften the focus of your persona. And it does, quote/unquote, not allow for as high a degree of concentration of compaction of analysis, intellectualization, rationalization, and the like.

But in no way, shape or form does it mean that intuition is an invalid way to access information. And those that are more instinctive do not have to fear they will become trapped in a quagmire of tunnel vision if they simply are willing to adopt aspects of blending in reason and intellectuality. These ideas can be blended, can be balanced. One is simply an extension to a higher degree of the other. But it is all one consciousness.

This is one of the reasons why we have discussed many times why in a sense animal consciousness is an extension of you, and in a sense you are an extension of it. You are reflections of each other. What you call instinct and intellect are simply different degrees of the same consciousness, different applications, if you will. You can blend and balance these things, and it will not be at the cost of your reason. Nor will it be at the cost of your intuition. You will have both. Both will be applied when and where they are needed. Both are natural in that sense, natural to anything that considers itself to be a sentient being. It is one of the things that is representative of the blending and the balancing going on in your transformational age.

You are never now – after what you have been through – going to become absolutely 100% instinctive. You are not going to become 100% intellectual. In blending both, you will be able to apply, where necessary and when necessary, all attributes. Remember that fourth density is the integration of everything you have ever been, not the exclusion of it. It is the integration of all of it, and the use of all of it when and where it applies – in Perfect timing, in total trust (and) absolute clarity of reason and insight, in both senses of the term. You all follow along?

AQUD: Yes.

B: So in the idea of any interaction with us – whether you choose to use intuition or intellect in interacting with us, allow us to remind you that the idea is a balance. Not the idea that one way or another has to overcome the other way, but of balance, of allowance, of trust, of integration.

At this timing allow us to extend once again to each and every one of you our utmost appreciation in your willingness to co-create this interaction. To allow us to share and drink deeply of the consciousness that you are uniquely, to give us an appreciation of the differences and the diversity you have created yourselves to be. And simply to have fun with you: to share, to play, to love, to grow together as equals in our own ways. For this gift I ask you now: how may I serve you?
Invalidating

Q: I have about nine million questions. In Hawaii...
B: Yes.
Q: I've been a basket case since I came back from Hawaii...
B: Basket case?
Q: Oh (...inaudible) (bananas?) Anyway...
B: Are you sitting up?
Q: Yes.
B: Continue. Speak out.
Q: Yes. Um... when I came I was really in love with my life until I went to Hawaii. And then I came back, and I realized that I was experiencing some kind of a wonderful spiritual peace. And since I've been back, I'm realizing that emotionally I'm really angry, and it's not tolerable. Just everything. I mean it just...
B: Why are you invalidating? Instead of allowing the idea you call anger not to be negative, but to be an aligning idea. Now that you have aligned with more of your energy, you come back into a scenario where all of the different situations in that scenario all constantly now reinforce the reality you know to be true for you. So why should you be angry at it?
Q: I don't know. But that was...
B: It is because you are invalidating it; that is why.
Q: Oh, yes.
B: It is providing a service for you by showing you, in no uncertain terms, that you have blended with more of yourself in the Hawaii experience; and now that you come back into the scenario, you recognize there is that much more of a difference between you.
Q: Yes.
B: So, be joyful! You have been shown by the reflection of your previous existence that you have changed drastically.
Q: Yes.
B: So why invalidate it? Love it; do not be angry.
Q: Oh, okay. I can do that.
B: Thank you.
Q: Uh, I have more. I was working with Charlene on a lot of her channeling. And I have some questions about one of the-- I'm not sure-- I'll just use this word "entities," because it seems, in my perspective, that they were entities. One of them kissed my hand and held it, and drank water from me. And someone during the break told me that was something that Ramtha does. And so my question is, is this-- was that entity Ramtha, or a relative of Ramtha?
B: Not distinctly, in that way. It was more the idea of tapping into the energy level that may represent that consciousness; but it was also a symbolic indication of some of the higher consciousness that you both share together, and other lives you have lived.

Q: Oohhh! (Excited and laughing)
B: All right! End of conversation
Q: I have one more question...
B: END of conversation!
In Validation and Judgment

Q: I want to further clarify judgment. Correct me a little bit if I go astray. I experience judgment. (AUD: laughs and comments)

Q: Okay. I experience judgment as – on a personal level – as something, let us say, I judge a chair. See, I’m trying to differentiate designating something... say: “Hey, that person’s fat,” versus “Hey, that person’s, I don’t like what they...” you know. In other words a judgment.

B: An observation...

Q: Is different. Yeah, okay. All right. So judgment is... I feel, that when I’m judging I’m altering. I’m bringing in another time, another experience, as a comparison, and running a polarity on them. Is that, is that...

B: You can also do a comparison in an objective way without invalidation. Invalidation is the judgment.

Q2: Good bad, right, or wrong.

B: Yes.

Q: The superlatives. Okay. So...

B: The idea of saying, all right, I am in a linear time flow... this now weighs less than it did before.

Q: Okay.

B: You’re not invalidating the situation.

Q: Okay, so I’m just clarifying this further now. So, to invalidate something on a definitional, experiential level, is to, in a sense, put...

an unwillingness to validate... or an unwillingness to allow that thing to be.

B: Yes.

Q: An urge to alter it.

B: This weighs less than it did before. There’s something wrong with that, as an experience.

Q: So it’s uh, it’s an urge, or it’s uh, it’s uh, it’s sort of a putting a...

Q2: A denial.

Q: ...denial. Yes. There you go.

B: Yes! Yes.

Q: Okay.

B: Thank you.

Q3: Do we choose our parents?

B: Yes, and they choose you.

Q: Okay. I have another question. You said before that one of the things that separates whales and us from our pets is that we think and they just know. What about apes?
B: The idea is that you are projecting a portion of your consciousness into that animal fragment of your consciousness, to represent and exemplify connections to the basic fundamental, foundational physiological form, that you extracted your present model from.

Q: Hmm. Thank you.
B: Thank you.
IS BODY IN SPIRIT OR SPIRIT IN BODY?
August 22, 1997

We begin this transmission this day of your time with the following idea of consciousness. The idea now is that there is still going on on your planet, as we perceive it, much controversy about the idea of consciousness. Where does it come from? Is your physical brain producing your conscious mind, or does your consciousness exist before your physical brain?

From our point of view, it is more the idea of the latter in that there is a consciousness that exists prior to the idea of physical manifestation. Many things you create in your technology of your planet give you in some sense a reflective clue that this is so. For example, you have in your technology the medium you call film; you also have the medium you call electromagnetic tape. If you take a moment to examine these technological mediums, you will understand that each of them is a recording medium that allows for an expression to be perceived, transmitted and communicated. But the images on the film and the voice on the tape are not the original voice or image; they are a recording medium that allows for transmission and storage of this information.

Thus you know instinctively and innately that the images of the people on the film are not the real people, but, in a sense, above, beyond or outside the film. Yet the film presents what you would call a lifelike representation and allows a communicative medium to transmit information—things people might have done, things people might have said. So too the physical body and the brain are like such a medium: a recording, a storage and transmission medium to allow the expression of consciousness in physical terms.

The physical brain is not creating the consciousness. However, it is creating a type of expression of consciousness, because anything that manifests itself into physicality must have a corresponding counterpart, process or function that represents what is going on.

To some degree this is what is causing the confusion among your scientists. They see the electro-chemical and the electromagnetic activity of the brain, and they say, "Could these electrochemical and electromagnetic effects be responsible for the idea of the creation of consciousness?"

The answer is no, but these electrochemical and electromagnetic effects in the brain are responsible for creating the environment, the atmosphere, the electromagnetheric field and the electro-biochemical field through which consciousness can express itself and without which consciousness would not be capable of expressing itself in the physical medium—at least not to the same degree you understand it now and not to the same degree of precision and/or clarity.

So while the brain is creating a type of resonance echo of what the consciousness intends (and it is in that sense creating a level of consciousness presentation), it is not creating the original consciousness. The brain in that sense is a recording, storage and transmission medium.
Like your film and tape, you know that what is on the film or tape, what is coming through the brain, originates far beyond and above what is actually physically there. This is the nature of how physical reality functions – really only as a transmission device, an in-between device ... a recording, storage and transmission medium for consciousness that chooses to express itself in this particular modality.

This extends out even beyond your physicalized form (your body, as you say) in what you call your electromagnetheric field - electromagnetic or electromagnetheric, whichever you wish to use. (There are some subtle differences in definition, but for the purposes of this conversation they will be the same.) This field around your body that extends far from your body is what some of you call the aura. The aura is really a combination of many different resonance fields but is the electromagnetheric one in particular. That is one of the first levels in which consciousness expresses itself when it decides to become physically materialized.

Consciousness, when it decides to experience itself and express as a physical being, will first create the idea of an electromagnetic field ... this is what you call spirit or the electric body or the astral body. Although it is a little above, etheric or electromagnetic is the consciousness expressing itself for the first time in physical materiality. It is like the idea of steam turning into liquid water, slowing down its vibrational rate and then moving from liquid water (electromagnetic energy or spirit into physicality) to ice. It solidifies into the idea of physical density or materiality but the first level (the electromagnetic level, the ectromagnetheric level) is spirit. It is your consciousness expressing itself as spirit. And because it is the larger level, the first level before physical densification, it is bigger than your body because your body is in your spirit. Your spirit is not in your body. Your physical aura, your electromagnetic field, is bigger than your body because that is a bigger idea of you. In the same way that water is more free-flowing, steam can extend much farther than ice.

The idea is that the spirit, the electromagnetic field, contains the body. Once you create the electromagnetic field, that parameter or diameter remains. Then in the center of the body it crystallizes, it densifies out of that field. When the body densifies it still has the field around it of more refined, less-dense energy, and that is your spirit-self. So your spirit extends beyond your physical body, and it is through this electromagnetheric field that you pick up on all the subtle vibrations of communication going on between all of you telepathically.

There are refined levels. The immediate level, the densest level of the spirit form before physicality, really extends from your body only a few feet or a few yards, depending on your level of energy. But there is a very refined level of that electromagnetheric field that is your consciousness, which actually covers or surrounds your entire planet and encompasses everyone.

So all your fields are interlocked; this is what allows a telepathic communication within the electromagnetheric field. This is how you use the mechanism to create your mass agree-upon reality so that you can experience the same kind of game, generally speaking, with everyone else. Of course there is a level in your consciousness above and beyond that, where you are all one, where you are communicating instantaneously with each other. But everything done on a higher level also has its
physiological counterpart to some degree. Thus the electromagnetheric field that interpenetrates every other person’s electromagnetheric field is the level that reflects and exemplifies, represents in physical terms, the instantaneous connection all of you have on higher levels beyond the physical life is like bubbles and bubbles and bubbles and bubbles – all interlocked, all inter-linked, all containing one and the other – all Interpenetrating, resonating, vibrating together even while you are vibrating at your own unique frequency.

You also have a mass-consensus frequency that allows you to stay in touch. Of course, some of you don’t. Those are the people you generally call insane. It is not that they are not perceiving a reality just as real as e from the present, since all lives are simultaneous, and it is for the purpose of putting them to use that these connections are being made. So let us get right to the point of application of the reason you are making the connection to that time period rather than dwelling in the past.

Q: Is the Sphinx fifth-density?
There is a fifth-density component to it, but obviously it is a third-density structure as well.

Q: Has it actually been created by our time, or is It not yet created in our time?
In some sense there is a component of its construction wherein this is true. However, like we said in our opening monologue, everything that is above has a counterpart below. Specifically, in this way you will find that the creation of the so called Sphinx and certain of the ancient pyramids, while they do have energy counterparts or higher-dimensional realms, obviously they were also intended to have physiological counterparts of your Earth – so that a link and bridge could be formed, so they could act as conduits from your world to higher dimensional resonance’s and frequencies. Were not the physicality there, were not the physical representation also created, then you would not necessarily find it as easy to make the link to the higher dimensions through the structures that exist on your planet. So although many higher energies were invoked in its creation, obviously the idea of third-density reality was also involved or you wouldn’t be seeing a structure.

Q: When was it built?
Approximately what you would call 10,400 BC.

Q: And is there a gateway that uses nonlinear vibration, a very specific vibration to a transformational door or gateway there.
Yes.

Q: Could you illuminate any other information on how to use it?
How to use it is tantamount to learning to be yourself, for when you are your full self, then your frequency is at the highest resonant level it can possibly be. The Sphinx and many other such structures created in your ancient times are keyed to those high, high-frequency resonant levels so that when they recognize a similar level of frequency being reflected back to them, they open automatically. They are keyed to high levels of resonance.

Q: Can you say in what way they would open.

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There are a variety of ways in which they will open. There are actually physical doorways that open when they recognize the correct frequency that leads to underground chambers that many of you have now begun to realize exist but which you have not yet gone into physically. There are also dimensional gateways, and the idea again is simply that they are keyed to certain frequencies. When they are in proximity to those frequencies—or, more precisely, when someone of that frequency is in proximity to that gate—it opens up. Now, the nonphysical ones will allow such people who are triggering such gates to suddenly be capable of seeing into other dimensions. They might see things that other people even a few yards away will not see, because the doorway will be oriented to their vision and their frequency. They might literally see many things that exist in other dimensional realms; that’s one way that those inner-dimensional gates can open.

The physical gates can also open in a similar fashion, though it is more likely that if the physical gate opens, people in the general vicinity will most likely be capable of seeing that. You follow!

Q: Yes. Would we, being third-dimensional beings, actually need to be in the physical presence of the Sphinx in Egypt?

For now, yes, most of you would have to be.

Q: What about access to the compartment where the orb and the gateways actually are, which the public is not allowed access to?

In terms of what you would call astral access, all of you have the ability to do that. But the idea that it is up to you to determine whether you have the ability in general to allow yourself to be conscious of that experience, of that access, when you do it astrally? Many of you might do it astrally yet might not allow yourselves to remember that you have done so. But all of you have the potential now when you so-called "leave" your body, as you say. You all have the ability. Many of you actually have had the experience of visit in those gates and going into them, going into the chambers, seeing what is there. But for a variety of reasons (one might be that many of you still buy into the consensus reality), many of you choose to forget that you have been there yet retain the urge, the drive, to find out what is there. So sometimes that urge, that drive, that curiosity to find out what is there, actually comes from having been there but not remembering. This way you give yourself the opportunity to bring it down to Earth, so to speak, by knowing that there is something important to find there, then creating a series of physical circumstances that would actually bring about the discovery in physical terms and so reveal it to the physical world which would then complete the circuit from higher to lower. You follow this?

Q: Yes. Now, is there actually a mechanical orb inside?

Yes.

Q: And is it triangular in shape?

No.

Q: Can you give us any more on what the purpose of the orb is? What we had got-ten from the session was that there was actually a consciousness to it!
There is a consciousness to everything. Everything is consciousness.

Q: And that it was fully awake but lacking motivation.
That could be a euphemistic way of saying that it recognizes it is about to be activated, but also recognizes that the critical mass on your planet has not been reached for it to be bothered with full activation yet.

Q: He also got that visuals were dependent upon specific intersecting frequencies vibrating at an unusual speed or level, sight unseen.
Yes, but this is simply a technical way of saying that when the right frequencies are present, they will automatically know, what to do and will automatically cause things to happen. You don’t have to think about it in technical terms, "Let’s see, do I have the right frequency here and the right frequency there?"

It can be done that way, but from our point of view that is the more difficult and backward way. That is attempting to render every single component, every single detail, in the appropriate place first instead of simply letting the event orchestrate itself automatically by being the correct generally frequency and knowing that all the pieces will automatically fall into place when they recognize that the general theme has been played.

We take this opportunity to thank each and every one of you for allowing this connection to be made through this gateway and in-this manner at this time. Each and every time: you allow our civilization to form a bridge, to form a link through this telepathic modality with your civilization and allow this communication to come through this particular medium, this window, this gateway, we then get to experience through each and every one of you, through our interactions: with each of you, that many more perspectives of creation; and this interaction allows us to experience expansion of all: the different ways that the infinite can express itself. So we thank you for this expansive gift.
B: All right, I'll say good day to you, this day of your time. How are you all?

Audience: Great, perfect, incredible!!!

B: Once again, we take this opportunity to thank each and every one of you individually and all of you together collectively for allowing the co-creation of this interaction, this transmission through this gateway, in this way, at this time. Once again, each and every time you allow such a communication to occur, it affords our civilization an opportunity to see that many more ways that the Infinite has of expressing itself within Creation. So we thank you for this gift of sharing, gift of exchange and gift of expanded awareness.

We would like to begin this transmission with a few different ideas, this day of your time. First and foremost, we would like to acknowledge that an individual known to many of you, on your planet, has made a transition into absolute awareness of the existence of what you would call extraterrestrial beings and spirit beings. This is the individual you understand to be named as Carl Sagan. In this way you will find that this individual has translated into the non-physical, and now is very aware of the existence of many different types of life. We would, perhaps, chance to say he is aware that there are billions upon billions.

Audience: (much laughter) Please give our love.

B: It is received and understood; the message sent back is: "I had to play a certain part, in a certain way, at a certain time." It is understood that this part had to be played so that there would be the creation of the polarity necessary for individuals to decide for themselves what they wanted to believe, which way they wanted to go, and how it was to be that information would be released and played out, in time and in timing, in the society to which this individual used to belong. The irony, now, is that this individual in spirit will actually, in some senses, participate in the assisting of the acceleration of the day and time when and where future meetings between extraterrestrials and your people will occur. The idea, therefore is, as has been expressed, yes, send your support, send your love, for this individual now sees the bigger picture of the part that this individual played in the physical life and now has awareness of what the entire agenda, at least on a certain level, is really all about.

We would now like to continue this transmission beyond this acknowledgement, in the acknowledgement of another type of being that many of you know about, in what you would call your spirit of the season, as we recognize it upon your planet, in your culture at this time, specifically, the idea of what you call your Santa Claus.

Audience: I just did a painting of him tonight with a wizard’s hat on.

B: All right, we understand. We would like to express the idea of, shall we say, the origin of this idea
and the recognition that there actually, in a sense and in a certain context, is such a being, in what you would call very ancient recognition of the archetype that exists in your collective consciousness. You will recognize that, as many your psychologists have begun to understand, an archetypal expression that is a representative portion of the collective consciousness of your entire culture, or at least a large portion of it, by no means, in any way, shape or form means that it is imaginary, in the sense that it doesn’t exist. Archetypes, though, in a sense, generated by the collective consciousness do experience autonomy; do know themselves as individuated levels of consciousness. Because you are made in the image of the Infinite Creation and every thought you have can do nothing but help but create a real reality, on some level, in some way.

Many of the ideas of, what you call, your nature spirits and other forms of archetypal presentation, mythological beings as such are, in a sense, concocted and created by the combined energy of the collective consciousness of your planet. In a sense, given light, given breath, given reality, given existence, because they represent a facet or a faction of the collective being that all of you together are. As such, they do, as we have said, have a type of autonomy, a type of individual experience.

The idea is that this being that you have come to know in your modern day language as Santa Claus, in perhaps, the older vernacular as Sinterklaas, is really a nature spirit. In that sense, and you have, in some senses, I will not mean this necessarily in a negative way, but in some senses, distorted some of the original ideas, or shall we say transmuted or translated some of the original energies representative of this being into your modern context. In some senses having, shall we say, lost some of the original understanding of what this being was all about. But still to some degree representing the original attribute of this entity.

In your understanding of the idea of Santa Claus as a gift giver, this is a more fundamental recognition of the idea of the power of that particular entity, of that nature spirit. And the idea is that it is, to some degree, representative of the concept of the third law: What you put out is what you get back. The idea of what many of you call the karmic balance, in that, in your modern vernacular, the idea colloquially put, of not being nice and so getting no presents or being good and getting favors is a reflection of the original ideas that this was, in a sense, a "karmically" reflective entity. In other words, it reflected exactly the idea of the energy of any particular entity or individual it encountered. So the idea of negative intention was reflected back as negative experience. Positive intention reflected back as positive experience by this being, by this nature spirit, by this archetypal facet of your collective reality.

In many ways, because it is an exemplification of the idea of nature, it expresses, as many ideas of nature spirits do, archetypically, many attributes found in nature, in a sense, a combination or collection of many attributes found in the idea of the animal kingdom and so forth. So, for example, the idea of what you now have relegated to be the reindeer of Santa Claus is not so much the idea of reindeer pulling a sleigh, but the idea of the association to that particular animal totem, if you will. And also the recognition that the hoof prints left in the snow, in that sense, in many occasions, do not actually belong to the reindeer, but to this entity itself. For it has, in that sense, some of the attributes of the reindeer
including the idea of the hoof, when it is taking physical form. It does not always exist in the idea of what you would call physical material form. But when it concentrates its energy or its energy is concentrated by a collective awareness or a collective focus on the part of your people, thus, giving it more chance to materialize or crystallize into a sort of solid form in your reality.

It does take on the attributes of the idea of nature, including the idea of animalistic attributes from time to time. The idea, also, is that it exemplifies many other facets and attributes that you have, in that sense, attributed to the idea of Santa Claus. The idea of the red suit, in that sense, is actually the idea of what might be called, "cloak of night." But in this sense, the idea of red is that it represents the fundamental lifeblood of the being, and the idea of the vibration of grounded reality and what might be called the root chakra of your energy system. Thus, it is a representation of something very, as you would say earthly and fundamental in the idea of being rooted into nature, and the representation of the manifestation of gifts and abundance that are all around you in nature; that which is always there for you, always is now and always shall be. And so, on that fundamental level the idea of the gift giving idea of nature, represented in this particular archetypal facet or entity.

So, do understand that it is actually quite possible, from time to time, when the circumstances warrant it, to actually find yourself interacting in the appropriate state with this actual entity, though you may not recognize it in a way that you have depicted it exactly in your society. You will find that it is actually, shall we say, in a sense, a changeling, a shape shifter, in that it may present itself in a variety of ways, depending on, again, what it is reflecting back to you, if and when it is encountered. And also representative, in general, of the collective, shall we say, spirit or emotional mood of the collective society, whether the whole society or a large group, as it may be occurring in any given moment.

So, allow yourself to understand this being does exist, though not always in the way that you may think of it and, in that sense, it is quite possible to encounter this being when you get in touch with the idea of abundance of nature in its most fundamental form, in its most well grounded and earthly-rooted form. And when you allow yourself to be out in the idea of the wilderness, from time to time when conditions are right, this entity can be manifested and can be encountered, just like many other kinds of ideas of spirit contact can manifest and can occur with regard to the natural kingdom of things, as it is representative of that portion of your collective consciousness and a REFLECTION back to you of attributes each and every one of you individually contain.

Is There a Santa Claus?
It Is All One Spontaneous Event

Q: I’m a procrastinator, and there’s…
B: Wait a minute… (Laughter as he just sits there doing nothing). Just want you to feel at home.
Q: Oh good, thank you.
B: All right. Now you may continue, if you feel like it. Would you like to come back tomorrow?
Q: No, I’m here. I’m all right once I get started.
B: All right.
Q: It’s getting started that’s the hard part. Especially…
B: Oh, one more time; one more time. It’s what?
Q: Getting started, that’s the hard part.
B: “It’s getting started that’s the hard part.” Is this another phrase that you have chiseled into steel, when, in fact, it’s only written on paper? When, in fact, it’s only a belief? When, in fact, it’s only a habitual way of looking at things? When, in fact, it’s only an assumption?
It’s getting started that’s the hard part. All right. Maybe that has been, in the past, your experience. But that doesn’t mean that right now it’s still not, at this very moment, an assumption all over again; from scratch; from the beginning. It is just an assumption?
Why is getting started any harder than doing it? Your society has taught you that it is. But it doesn’t have to be – not really.
Q: It seems like when something is important fear comes in.
B: Doesn’t have to be; but we recognize what you are saying, yes. It goes hand in hand with many of the insecurities, the lack of deservability that many of you have been taught to believe in about yourselves. “I can’t do that.”
But again, remember that if you can imagine it, that’s your signal that you can. Or you would have imagined something else.
Q: It just seems to be a pattern – like you say.
B: All right. But again, once you recognize it’s a pattern, it’s no longer a pattern. And that’s only an excuse.
Q: But if you recognize the pattern, and the pattern continues, it’s still a pattern.
B: No.
Q: Apparently.
B: No.
Q: Oh, it’s not a pattern?
B: No. Once you recognize it as a pattern, then if it continues, it’s because you choose to continue it – consciously. Now, if you no longer choose it, then don’t continue it. But once you have recognized it was a pattern, it’s no longer a pattern.

Q: Then it’s a conscious choice at that point.

B: Yes. The only thing that makes it seem as if it has to continue as a pattern is your assumption that it must. That’s it. It doesn’t have to.

Q: Right. Thank you very much.

B: Does that assist you?

Q: Yes.

B: Thank you for waking up a little bit more.

Q: Good.

B: And besides, you started this long ago. You’re already well on your way. Remember also, that starting and doing is the same thing. It’s all one event. If you cease to think of it as a beginning and middle and an end... and in between here... and ooh, how long is it going to take to get from there to there, and so on and so forth?

If you stop parceling it out, it will be more of a single spontaneous event, with the beginning, the middle, the end, so to speak, all being very close – and sometimes even overlapping. And sometimes, even the ending coming first.

Allow yourself more spontaneity and more trust; and there will not have to appear to be so many beginnings to things. Remember, remember, remember; the end and the means are not separate. The end is the means; the means is the end; one and the same thing.

Cause and effect are the same event, one and the same act. Right now. Thank you. Sharing!

It is All One Spontaneous Event
It Is Always Now

Q: Can you explain a little more on how consciousness is only now?
B: Well, we could put it this way: there really is only a single moment of creation. Anything you may consider to be a different moment is actually the same moment from a different point of view. And if that physical reality experience, by definition, contains a linear framework of space/time in which to experience ALL that exists within the single moment of creation, then by definition, it must be experienced in linear fashion. And so creates the ability to look at that single moment from all the different points of view that it can, but because of the time/space reference, experiences everything in that single moment, one after another – because that’s the definition of physiological perception. Does that make some sense to you?
Q: Some, I’m a little bit confused.
B: All right. The idea is, again, to understand that everything is really only one thing. Does that make some sense to you?
Q: Absolutely.
B: In understanding that everything is ONE THING, then you must understand that it all exists, shall we say, at once. Does that make some sense to you?
Q: I getting there, I’m starting to understand what you are saying.
B: All right.
Q: It is difficult to understand.
B: Yes. You can understand it to whatever degree or whatever way seems, again, applicable to your life. You don’t necessarily have to have any particular kind of understanding of this, except that which suits you best.
But the idea is that there really is only one, shall we say, moment. And even this is a euphemism, since moment implies some concept that there may be other moments. But, I’ll ask you this question, perhaps this will bring it into focus, this may seem, in some senses, like a joke, but in some senses it is not: anytime you look to see what time it is, is it not always now?
Q: Yes.
B: Well, doesn’t that give you a clue? There can only be now. You cannot actually say that you are experiencing then; you can only experience yourself as you are. Every experience you have of yourself is always going to be an experience you are HAVING. What you call an experience YOU WILL HAVE, or an experience YOU HAVE HAD, are simply other experiences you are HAVING from a different point of view. Does that assist you?
Q: Yes, thank you very much.
B: We thank you.
From: “Jesus Said”
January 13th 1986
BASHAR: All right, I’ll say: how are you all this evening of your time, as you create time to exist?
Audience: Great, Wonderful, Etc.
B: Before the idea of sharing, we will begin a discussion on conviction, as we have discussed the idea of a new understanding of yourselves as beings that are now willing to put into action all that you have previously imagined – previously thinking that your imagination was not real to you. As we have been discussing, you have created this idea, and all the symbology within this idea of your new year, for the purpose of recognizing that you are a new you, a new personality, a new being, a new consciousness, a new idea of yourselves. Within this idea you can also understand that not only as individuals but as a society you are transforming, changing the idea of yourselves and willing to act upon those ideas and to have conviction; to know that you can express who and what you feel yourselves to be this time of your time.
Now, recognize that the more you are willing to allow yourselves this freedom of action, the less you will create for yourselves the opportunities to sit around and complain about the way things are that you do not like. For you will now begin to see the idea of the connection of everything in your society as it relates to you, and as you relate to it. You will begin to understand that you, each individual within your society, makes a difference within that society.
Recognize you have chosen your purpose in being in this society at this time upon your planet and in your civilization. Recognize that if you were not going to make a difference, you would not be here, Are you all following along?
Audience: Yes.
B: Each individual will make a difference in this society as a total, as a whole. This allows the society to recognize, within each individual within it, the ability of the society to relate to each individual specifically, and the ability of each individual to recognize within him or herself the totality of the society. This thus forms the first bridge and link and connection from the individual self, from the personality to the mass consciousness, allowing you to know that every move that you undertake, every move that you support, every move that you create, will always– because you are connected to everything else–act as a lever for everything else, subtly shifting ideas in one direction or another.
You will know that you are connected in various ways through the mental fields that you create upon your planet, through the physiological fields that you create through manipulation of the energy fields of the planet itself.
All the ideas that you call your civilization will be physiologically and mentally, emotionally and consciously and spiritually–all diversifications out of the same primal homogenous energy field, the primal consciousness; all are diversifications out of that. And all are, as we have said many times, the idea of the difference shelves, the different layers so to speak, of the idea of the onion on your planet.
Many different layers have been created by you out of the homogenous oneness of the energy field that is the underlying primal foundation of all creation that you call physical.

As you diversify these layers, recognize that because you are creating the diversification, you are still connected to every single layer. You are connected and pass through all layers from without and from within. All Layers are within you, and every move that you make within yourself is a move made in the outer physical awareness—because the outer physical reality is only a reflection of every idea that you are exploring within the self. To travel, to move through the physical reality—no matter what the mode of your force; no matter whether you are walking, whether you are running, whether you are riding in one of your automobiles or whether you are flying in one of your airplanes; whether you are in spacecraft—any idea of motion through space is the idea of movement within, exemplified and reflected back to you as a symbol.

Recognize therefore, the idea that each and every one of you has an effect upon the society as a whole with every small subtle movement that you make. For every movement—every movement—is not insignificant to any other movement. All movements are equal, and go into the totality of the creation of your society as you perceive it. Now that you are beginning to recognize that there is no longer any separation between yourselves as individuals and your society, you can begin to recognize that as you move, the society moves as a whole. You are immersed in the fluid.

Every other being, every other individual, every other self-created perspective within that fluid, will always feel the eddies and the currents as You make your move around in the fluid. They will always be able to sense the directions of your flow, the directions of your movement, the strength that you give, the energy that you impart to the fluid. All, whether you know it or not consciously, are sensitive to this activity, sensitive to your willingness to be exactly who and what you are, what you chose to be in this life. Are you following along?

Audience: Yes.

Q: Therefore this evening we will discuss later on some ideas specifically relating to suggestions for what may exist within every one of you pertaining to your willingness to communicate these ideas that you wish to be. Your ability to be willing to ad upon these ideas in specific ways. Now recognize two things: one, it will not make any difference to us whether you do so or not. You will be doing this for yourselves, not for us.

Therefore, number two, recognize we are not charging you with a task. We are simply putting forth suggestions. We have perceived from you that many individuals are willing to do these ideas, but simply are still separating the answer from themselves, creating the question, "How do I do this?" Thus we will offer suggestions. By no means what we say—will it be definitive, and will it be the only way? No! Each and every one of you, with your imagination, may alter what we suggest. And you know that the way your imagination chooses to alter what anyone suggests represents the vibration and the methodology and the means that is pertinent and true for you. You all follow along?

Audience: Yes.
B: We will discuss these ideas after your break. We will also be, a little bit at that time before we get into that idea, discussing some of what many of you have many times asked about–how we perceive you. In this way, at the beginning of the second portion of this evening’s discussion, there will also be the creation that was instituted by Erica and the physical channel, which will be of some assistance in exemplifying to you some of how we perceive your society from time to time, and why many times you will find that we can, with you, co-create the idea of difficulty in communication with out relative terms as we understand existence, and your relative terms as you have chosen to create your understanding of existence.

Therefore, within this entire idea we will now begin the idea of sharing, recognizing that whether or not you choose to ask a question or make a statement of yourself, all will be considered equal sharing and all will be an unconditionally loving gift, so that every being that hears every other being has the willingness to have the conviction to share vocally with every other being that you have attracted to you this night of your time, and with us. You will then learn that everything that is said; everything that you can hear; everything that you attract yourselves to hear has something to do with a part of you. Otherwise you would not be involved in the interaction that you are perceiving. Remember that everything you perceive, you only perceive because you contain it. That which you do not contain, the idea which you are not, you do not encounter. Do you follow me?

Audience: Yes.
B: Sharing!
Q: Bashar?
B: Yes!
Q: I’ve been encountering an image–twice on my trip. The first time I did a tape called "Time Traveler," where the hypnotist takes you back through certain places on the Earth. While I was under, he asked us to go to Atlantis, and I found myself hovering over the island of Bimini, where I’d been three years ago personally. I was very confused, and....
B: Why?
Q: Well, I didn’t expect to see Bimini. It was like, "Wow! It’s Bimini!" I was there....
B: But recognize that that was one of the western most portions of the island chain that you recognize as Atlantis.
Q: Yes. It was very exciting. Because I realized that I had actually been back over Atlantis when I was in Bimini. It was very exciting.
B: Yes!
Q: Anyway, he said to hover over Atlantis. And then the image changed and I saw this–I call it a crystal temple.
B: Yes.
Q: It was very, very tall and narrow. I believe it was a three sided pyramid, which is symbolic for me obviously.
B: Yes. Also to us.
Q: Oh! Okay.

B: Understand the triad idea we have discussed with you many times.
Q: Oh, yes. Okay, let me look at my notes here...I also talked to someone, and I observed the propulsion system they used for a certain transport vehicle, After this, the hypnotist suggested that we hover over Atlantis and watch its destruction. I found myself hovering over this crystal temple, and I saw a blinding white light and felt in my vibration a hum that was uncomfortable–actually I didn’t really feel it; I remember it in myself.
B: Yes
Q: And I didn’t really feel it; I remember it in myself....
B: Very, very deep thrumming.
Q: Yes, It was disturbing.
B: Yes. It did much disturbance, yes. It set up the sympathetic vibrations in the crustal plates that caused the subterranean gas chambers to collapse, which caused the inundation of those island masses.
Q: Interesting. Then a week or so later...a friend of ours is a hypnotist, and he decided to do a little exploration. He took us under, and then he had us walking through a forest. Then he said, "I’d like you to come upon a temple in the forest." As soon as he said that, saw the same crystal temple. Lately the subject of Atlantis has been coming into my awareness, and I realize I had probably lived then, because....

B: All of you have--many times.
Q: Yes. But basically I wanted to ask you what the symbology, or...the temple for me: was it a lifetime?
B: Understand that those structures existed throughout many lifetimes of many individuals in that area. Recognize also that the energy is something that is not uncommon in many other societies in different civilizations on and off your planet. Also recognize you are making an association with the idea of the type of energy utilized by The League. You follow me?
Q: Yes. I find it amusing that it seems everything I bring up has to do with The League.
B: Not everything; but recognize that you have chosen the idea to form attractions to yourself of other pieces of yourself at this time to serve the purpose that you set up with them.
Q: Was I around at the destruction?
B: No. You chose to have your last Life in that era before that time.
Q: Hmmm. Before its destruction--can you tell me a little bit about the service I was performing. Was I working with...?
B: You have done many different ideas. You also recognized the idea of the destruction coming up, and it was used by you to begin to form your connection to The League. You follow me?
Q: Yes!
B: Knowing that there would be a repetition of a cycle, as you are now witnessing the repetition on your planet. As we have said many times, your United States of America would be a representative of the idea of the replay, historically, of Atlantis. For you possess much of the same idea of technology, the same position in relation to your politics around the world, and contain many of the same individuals who have restructured themselves to the point of deciding whether or not they will destroy the world again. In a sense. What you now call hypnosis was something that was, as you say, stock in trade of many of the ideas of educational systems utilized in Atlantis. There was an identification of a beat that was created so that the bodily rhythm would follow to synchronous harmony with that idea, and while in that state be open to absorbing all and any information that the individual wished to learn. This was performed by the priest-philosophers, of which you were one.
Q: Hmmm. That’s interesting, because the second time I encountered the temple, I was told I could go inside. I went inside, and the hypnotist said, "I’d like you to wait there for a symbol." I waited and waited; and when it seemed like nothing was going to happen, I turned around and started to leave. At that moment a golden chalice appeared on the alter, on the table. It had this beautiful crystal and water inside of it that I drank. I put the chalice down, and then there appeared a loaf of bread, which— it didn’t disturb me, but I was thinking of my Catholic upbringing, and didn’t make me feel too good.
B: All right. But recognize that you were only making the association in the present life with some of the rituals that you partook of in that life. Now you are giving all these ideas to yourself symbolically through this idea, this identification in your hypnotic state. You were making the association that some of the things you had allowed yourself to pick up on in this life will still be of service to you in an archetypal sense, through allowing you to pull forth from these past lives all the symbols that you need to integrate in this life to make an association that is comfortable for you, so that you can allow yourself to be the transformational being that will be of service, as you chose to be in this life.
You are simply relating to symbols that are identical, and serve similar purposes, though they do not carry such big weight that you were first taught they had in the present life, as you will have created your interaction with them to carry an association with the past life and not with the present. You follow me?
Yes I do. After I took bite of the bread, and then wanted to reach for them again. It was like a hologram; my hand went through them and they vanished.
B: Very good.
Q: I think that I really wanted to find out more about that temple, but thanks you for the sharing.
B: You always will be able to by simply exploring the dimension of your imagination. Understand again that it will always give you what is valid for you to explore, and will always lead you to the idea that you are always exploring only your own truth—which is all that you ever explore: your own truth. You follow me?
Q: Thank you, yes.
B: Thank you.
Audience: Bashar?
B: Yes.
Q: I have a couple of questions. One of them is: what difference would it make to you in your perception when you open the channel’s eyes? Would it make a difference in terms of...?
B: This will depend upon several ideas. There will be some slight differentiation in perception. But recognize that there will mostly be a willingness at that time for us to initiate, as you would say, "kick-starting," in your language. The idea of the channel’s own willingness to allow his own higher consciousness to fully be present. It will be more the idea that we will then be supporting the totality of the physical channel, rather than actually coming through stronger ourselves.
Q: Oh, I see. Hmmm. The other question was: I wasn’t here Christmas Eve, but I was listening to the tape of it....
B: One moment. This is not always the case. It is different for every individual, and for the reasons for which the channeling has been agreed to be accomplished. Continue.
Q: Yes, Okay. On the tape, Steve was relating a dream that he had asked for, apparently about Essassani–either meeting you or some other Essassani people–and he said everything was green.
B: Understand that what we were confirming was the idea that, while it is like yours–more or less a green planet–we also have, unlike you, a green star. The reflected light many times will give a pale green cast to the landscape.
Q: Well I was really surprised. I’ve done several processes in the past few years, and so on several occasions I went to a place that I call the green place, or the green planet, in my own mind. One occasion in particular, I was living there with a friend. I had arrived an there was a huge green expanse, and just beautiful vegetation, and....
B: All right. Thank you! Recognize that primarily what you are identifying with is some precognition of the idea of identifying with our energy, but mostly what you are identifying with is the fourth density state of your own planet, as you will recognize that the crystalline form we have described that defines that idea will be the emerald. It will reflect the idea of the vibration that your planet is becoming, and to you, in symbolic sense, will seem to be the idea of the exemplification of a green planet. You follow me?
Q: Yes. But I did feel that it was a different planet, and it wasn’t Earth.
B: It is a different planet. Your fourth-density planet Earth will not be the planet you are living on now. In a very real sense.
Q: Uh huh. I see. Thank you.
B: But understand, as we have said, you are also co-connecting to some degree some precognition of your interaction with us, making the connection between your civilization and our civilization, as we
have already told you that your civilization and ours, and the one around Sirius, are three parts of the same consciousness. Thus you will always, when examining the idea of any transformation of the energy vibration of your world, connect into the totality of all the others as well that have to do with this particular exemplification and expression of consciousness. You follow me?

Q: Yes. Okay. Thank you.
B: Thank you.

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Jesus Said:
13 January 86
II of III
B: All right. You. Then you; then you.
Q: Will you tell me about yourself? This is my first time here.
B: What do you wish to know?
Q: I’m not really sure who you are. Are what you are.
B: All right. Recognize that we consider ourselves, on a level you
would be able to perceive us physically, to be beings similar to your
own species, though different. We will be an average five feet of
height in your counting; approximate coloration: white/whitish-grey skin
tone. We will be defined, in the features that you understand upon your planet, more closely to the idea
you call Mongolian, though different. You will notice that we will have very large upturned eyes. We
will have a simplification of our features and will
be relatively slender in your terms.
In other senses, we are connected to the consciousness of your
world. We are our own civilization, but we are connected. We are a
part of the same overall consciousness that forms your world, our world, and a civilization round about
the star you know as Sirius. We are, by being allowed by you to assist in the transformation that is
taking place upon your world, in very many ways the idea of your future selves, while we are at the
same time our own civilization. We are being allowed to be of assistance to you by blending, by
reflecting to you the idea of the blending of all the levels of your consciousness, by the blending of
polarity within you–positive/negative, male /female–
within every individual upon your planet.
We are being allowed by you to be of assistance in the understanding of certain aspects of all the
blending of consciousness as you make the transformation from third to fourth reality. · that is simply
the idea that you are becoming more aware of more of yourself. We are reflections for you; while we are
our own society, we are parallel to yours. We are not better than you; we are not more than you. We are
simply different from you, expressing ourselves as we see fit to express the idea of our facet of All That
Is that we recognize ourselves to be. You are expressing yourselves in your own way; and now as you
enlarge your idea of yourselves, you begin to include the idea that there can be other civilizations. Thus
we are allowed to communicate with you in the manner in which we are communicating at this time.
Recognize that face-to-face encounter will be something that will
take place within your near future; but as of now it will be relatively
restricted, because not everyone in your society wishes this idea. For
to wish this idea is to wish the idea of coming into action with the
totality of your consciousness, and all portions of your personality,
both positive and negative, and allowing yourselves to equalize this
idea. And for many individuals on your planet this is something you are not yet comfortable with.
Therefore, when your society allows itself to be equal to every
other idea, and equal to our civilization and any possible civilization
they could encounter, we will be able to meet with you an equal terms.
But not until you are equal. We do not want to be feared; we do not to
be deified. We want to be with you, sharing in equality. As we perceive your time of the entire society,
we will. But this is up to you: it is your choice. We will not interfere; and it is up to you to allow
yourselves to choose the reality wherein it contains the idea of interacting with other civilizations or not.
It is up to you. We will abide by whatever you choose. Will this have answered your question, or do you
wish more specifics?
Q: Uh...I’m confused?
B: All right, very good! To be confused is to unlock yourself from one idea of reality, disorient yourself,
and reorient yourself to another idea of yourself. Con-fusion, co-fusion: fusion with the idea of more of
yourself. So if what I say confuses you, in a sense you are allowing yourself to grasp it on other levels as
well as just your physiological. You are beginning to blend your communication with different levels of
your consciousness.
Now, the idea of your confusion can be positively used by you. Allow yourself to simply clarify within
yourself what it is you wish to
identify within yourself with regard to the symbol we reflect to you.
What is it you specifically wish to know?
(Pause) I’m just trying to understand–
Q: There is no trying necessary; you understand what you need to
understand.
Q: Okay. Help me understand why people can understand what you are saying and, believe in it.
B: Understand it is not a matter that they believe what I am saying.
It is that they believe what they are saying to themselves, and I am
only reflecting what they already know. You follow me?
Q: No.
B: All right. You know what you know, yes?
Q: Correct.
B: Understand what the service is that we are providing: it is to reflect to you that you already know everything you need to know. You do not need us. I will be doing a perfect job when you do not need me, when you understand that we are here to assist you to be equal to everything that there is in creation. You can choose what you wish to believe; you always do. You do not have to believe me. It does not matter to us what you believe. Only that you know that whatever it is you choose to believe, you understand that it is responsible for the creation of whatever physical reality you experience. ... You are creating your reality. Do you follow that idea?

Q: Yes, and I guess that brought something to my mind, specifically. You talk about dimensions. What does that mean?

B: It can mean many things. First of all it is one way, a vernacular, a label, to say that there is a separation, a separation of vibrational resonance. You can make an analogy with your visible light. You have visible light and you have light that you cannot see. You may therefore understand that the reason you can see some light and cannot see other light is because of the rate of their vibration. All reality that you call physical is of this nature, and it all vibrates at different rates. Some of it you will perceive and some of it you will not. Usually those that are realities that you do not physically perceive as this one are ascribed to what you call other realities or other dimensions of All That Is, or within All That Is. Will that have clarified the idea to some degree?

Q: Yes. So I guess your saying what I think is a reality....

B: What you believe!

Q: ...is what I need to know. What I believe. The idea of dimensions: wouldn’t I need to know about those?

B: That is up to you. Do you feel you need to? Understand this: many individuals create their lives and go about their business being perfectly happy, and do not know one shred of what you call metaphysics, and do not care to. But they are functioning within themselves, and acting according to the idea they chose to be anyway. You do not have to know these things to be able to live. It is up to you what you wish to know about who and what you are. Therefore it is not a matter of needing to know anything. You will
know what you need to know for whatever it is you are choosing to do. And you will find that you are an automatic creator. As you create your reality, you will automatically attract to yourself those things which you do feel you require. Therefore, for example, the idea that we are discussing this right now is an indication to you that you do wish to know something about it or you would not be here. For I would not have attracted someone who had not created in himself an idea they he wished to know this and share it with me. And you would not have attracted to you someone who would be willing to discuss it with you if you did not wish to co-create that reality with me. Therefore, let your physical reality be an obvious reflection of what it is you believe your reality should be.

At any moment you can change your mind! You can say, "All right, I understand about dimensions; no need for any more of that." Or you can say, "Well, this interests me, I think I will research some more of this idea—by talking to different individuals, by reading books, by watching films, doing whatever it is you feel is your creative way to allow yourself to know whatever it is you think you need to know.

Q: This is kind of different, but what I do believe is...in Jesus Christ as our savior.

B: What does that mean?

Q: What does that mean?

B: Yes. When you say you believe in Jesus Christ, what does that mean?

Q: That means that I believe in God who created the universe including all of us...

B: Yes.

Q: ...and that we are all sinners, Jesus....

B: One moment! All right. You believe you are a sinner?

Q: Yes.

B: What is a sinner? Will you define this for me—since it is outside the concept of my society?

Q: You never heard of sin before?

B: We understand your concept. We have not heard the concept from you, however. And you are a unique facet of All That Is, expressing it in your own way. Therefore, if you would define for me the concept of the idea you call "sinner" as it relates to how you see yourself.

Q: A sin for me is anything that I would do or think that goes against something God would want.
B: What does God want?
Q: God wants...I guess very simply in order to answer it in the time limit allowed here...God wants unconditional love in all situations. And anytime I don’t do that...
B: One moment! One moment. Did you say unconditional love?
Q: Exactly.
B: Unconditional? Do you understand what that means?
Q: (pause) I understand it to mean that as far as people...whom I’m suppose to unconditionally love, for example the people in here...no matter who they are or what they have done, as far as I am concerned I love them because God loves them.
B: All right.
Q: I have no right to overrule that.
B: Alright. Now, you know that you can create the reality of overruling it, but we understand what you mean when you say you have no right. You do have the right, because you can do it. But that does not mean that is something you’d want to do, anything you can do, you have a right to do in the sense that you can do it because you are also the creator. Again, we are not suggesting this is what you want to do. Nor are we suggesting that this is something that would create harmony on your world. No. But simply take yourself literally. It is not a matter of whether or not you have the right to do it; you can do it because you know people have done it. People have very blatantly judged other people. Is this not so?
Q: That is correct.
B: All right. Because they can do it, it is not a matter of whether or not they have the right to do it.
Q: Is it wrong?
B: There is no right and wrong. It is a matter of whether you choose to create a positively manifesting reality or a negatively manifesting reality.
Q: Which would you suggest?
B: I would suggest the positive one. Because choosing the positively manifesting reality will be integrating yourself with All That Is; and
therefore knowing yourself as the Creator and allowing the Creator to
know you. Whereas a negatively manifesting reality is to separate the
idea of yourself from All That Is—to isolate, to create an idea of
isolation, that does not allow you to feel your connection to All That
Is, and leads to the need to dominate. For that will be, when you
separate yourself from All That Is, the only way that you will feel you
can collect what you see around you, to you—to dominate and control
it. Thus you create many ideas out of separation and negative
manifestation that are, in your terms, unpleasant. Disease and many
other ideas that you say you do not like. This is why we would suggest
positive manifestation.

However, recognize that we perceive the idea of judgment, in and of
itself, to be of the negative manifestation. Thus we do not say
anything is right or wrong, because that to us is to judge All That Is.
To us even the idea of judgment is the choosing of the negative. Now,
you can know what you prefer. To know what you prefer does not mean that you have to judge or
invalidate anyone else, in terms of the way that individual chose to explore his own Godhood, to relate
to himself as his portion of All That is. If he has chosen separation, negative reality, limitation,
judgment—then it will be less likely that he will perceive his connection to All That Is.

However, one who is integrated has already chosen the idea of
unconditional love, and will recognize that there is no need to judge
those who have not chosen it. For unconditional love is the granting of
validity to everything within Creation for its own sake. Because that
portion of creation has seen fit to learn about itself in the way it has
chosen, then you, in choosing unconditional love, generate the faith and the trust to know that in an
ultimate sense he is always going to be all right, because ultimately every idea is still contained within
the
overall idea of All That Is, and cannot become lost, there is nowhere to
lose anything to—until you create that type of separation. There is
nowhere to lose anything to until you, in choosing negativity and
limitation and separation from yourself as All That Is, choose to create
a dimension in which you can remove yourself from the rest of
everything. You follow me?
Q: Mmmm.... Yes you do. Any idea that you call a lost soul is a contradiction in terms. A soul always knows where it is.

Q: What do you mean by a lost soul?

B: The idea we are ascribing to many individuals expressing the specific ritualized expressing through which they channel the idea of their love many times, even though they express it to be unconditional, still comes with conditions. We are not saying this is your case. We are saying that are relating to the terminology that you are using, by being so specific about what you have described as the Pray you believe and what you have called being a sinner—which by your ultimate definition means someone who is outside—has placed himself outside—of his recognition of himself as God.

Q: My recognition of myself as God.

B: Yes.

Q: I’m God? I?

B: Of course. Understand this is what we are talking about: many of your beliefs or religions upon your planet speak of the idea of God—or what we call All that Is—as being omnipotent. Everywhere, all-knowing; omniscient and all-seeing—everything, everywhere. Now if God by your definition is everything, how can you be outside of it? You must also be God; God must also be you. Now, God knows that you are God. Why do you not know that you are God?

Q: Well, I say I create a model? Of what? Of an airplane?

B: All right.

Q: I create and put it in together, but it’s not me.

B: Yes, it is. Understand that what you experience as your physical reality is all a symbol. If you wish to use the term illusion, all right; that may clarify it for you.

Q: Well, doesn’t that illusion, or symbol—it needs a representation, does it not?

B: It is a representation of an idea.

Q: (If you are an idea of making the plane, then you are the plane, too. Whatever idea you have, you are that idea.)

B: Yes. You understand that everything in your universe is a matter, physically, of vibration. You cannot perceive anything that you are
not. The vibration that you are creates what you perceive the physical reality to be. Thus, if you have created this idea of a model airplane in front of you, then you are extending a portion of the idea of yourself and reflecting it back to yourself as the ability to do that outside yourself, seemingly. But everything you perceive, every individual in the room, is your creation. You have to create your version of them in order to perceive them. You follow me?

Q: Kind of. If I am dedicating my life to following Jesus Christ....

B: Why would you want to do that? He did not want you to do that.

Q: He did not want me to do that?

B: No. He does not want you to follow him; he wants you to be like him.

Q: Well, that’s kind of what I mean.

B: Well, say what you mean. Understand that your terminology is what we were discussing; that upon your planet many times the terminology you choose does reflect how you go about relating to the ideas you think you believe in. And in this case you are saying that by following someone, you are separating yourself and making yourself less than, rather than being equal to...which is what he wanted you to know. That all of you are Christ consciousness like he is. The idea of what you have referred to in your society of the "Second Coming" is not the coming of an individual. It is the recognition within each individual upon your planet of the Christ that each and every one of you are ... and living like it. That is your second coming.

Q: Well, when Jesus—I don’t know if he said it; you might know—(Some chuckling in audience) Well I’m serious. He might not.

B: Proceed.

Q: But he said, "I am the way, the truth and the life. No one comes to the father but through me." What did he mean by that?

B: The idea is this: he was saying, to paraphrase, as you understand your language now, "What you perceive in me is the vibration of integration, wherein I know myself to be on the same level, equal to God, All That Is. The only way that you will know yourself to be that idea is to be like me, be of the equal vibration of recognizing yourself as All That Is. That is why he said, "I am the way." He did not mean,
"I know the only thing that will get you there." He simply meant that you, in allowing yourself to know that everything you do is valid in the overall sense, are granting support and service and validity to the ultimate idea of the Creation itself, and recognizing your own equality to Godhood, that is being the way.

Q: You say something—and people kind of laughed when you said, "He didn’t say I know the only way." But he said, "I am the way, the truth and the life. No one comes to the father but through me."

B: Understand this as well: what you are calling your biblical literature contains less than 10% of what that individual ever said in his life; and what was even written down is very much misinterpreted, according to the understanding of when it was written. Recognize that your bible was not written to record history; it was written to convert.

Q: Is the Bible not true?

B: Therefore, ultimate truth as a concept, purpose as a concept, are things that exist within existence; and existence existed before there was the concept of purpose. That which exists before the concept of purpose does not need a purpose to keep on existing. Thus All That Is will be all that is in all the ways it can be, simply for no other reason, no other purpose, other than it can because it is the Creator. And the Creator creates... simply because it can.

Your symbols are valid for you. You have changed your mind before, and you will change your mind again about what symbols are relevant in the understanding of who and what you are. It does not matter in the overall sense what you choose to believe. If you know that you are believing what you are believing out of unconditional love for All That Is, and also equally important, unconditional love for yourself, then there is no need to worry about what you believe. There is no need to worry about what anyone believes. Because you know that whatever you believe is going to create the type of reality that you will experience. And experience that, you will.

Q: The only thing that I would like to say—I know other people have stuff to say—so I’ll finish the set. If that’s what you believe, what you’re missing is a relationship with the God that made you.

B: Why? Understand again, you are missing yourself the idea that I
perceive both ideas. I contain the totality of the dichotomy of the
polarity of the seeming opposites. I know myself to be All That Is; and
I also know that All That Is relates to me as a higher consciousness. I
can create the idea of knowing I have a relationship with All That Is;
at the same time I can also see myself as the one creating that
relationship, and therefore being All That Is. To me this is not
something which is mutually exclusive.

I can create whatever sense of relationship I wish; and I know that
whatever sense of relationship I create is still going to be as real as
any other sense of, relationship that I choose to create. And for me
all of it is valid, and all of it is being created out of joy and ecstasy and unconditional love, the
expression of the same unconditional love that the Creator created us to be. That is how I perceive the
relationship. I am always in the relationship of All That Is, within joy, love and ecstasy. For us in our
civilization the feeling of this
ecstasy is the expression and the experience of what you me defining as the sense of that relationship.

Q: Why is that not happening here?
B: Because for the past 25,000 years–approximately of your time–you
have chosen as a group consciousness to explore the idea of separating yourselves from your memory of
being All That Is. And now you are turning over a new idea. You me through with the separation, and
that is why you are creating this idea you call a new age of understanding, a new age of awareness–in
light and love.

Q: Well, who is doing that?
B: You all are.

Q: These 40 people? There’s been....
B: No. The entire planet. Or you would not be on it. Because that is
the idea of this planet that you are on: to create the transformation; to begin to recognize yourselves as
All That Is and create. Because now that you know you are the creator, peace, harmony, light and love
can result. Understand: you do not get peace by hating war; you get peace by loving peace. Now you
are through with the tool of separation. And within the next span, as you count time, of approximately
30 to 50 of your years, all of your civilization will also recognize this. For when you create separation,
you create the experience more time. And that is why the experience of experiencing all the limitation
and separation has taken 25,000 years.

When you now choose to create the idea of integration, of knowing
yourselfs to be All That Is, then this experience can be played out upon your planet in a mere 2 to
3,000 years. And after that point you
will not need to reincarnate upon this planet, for it will have served its purpose for you. You will move on to something else.

Q: Back to when you were talking--when I said, "big deal," and everybody kind of agreed with that...

B: They simply recognized that you were quoting something we have said many times.

Q: Okay. Now this is my first time. And from what you are saying, I can leave here knowing that whatever I choose to do would be all right. So now what I know I want to know is, why would anyone want to come back, if that’s what they know?

B: Maybe simply because they enjoy the situation. Recognize that they do not have to come back, and many do not.

Q: Why do you come back?

B: Why do I come back?

Q: No, no. I’m talking to these people here. (Because it’s fun.) Because when you ask certain questions, it brings up questions in me--like I have a very (–?) question I want to ask him because of what you talked about. But a lot of times I come here, and I don’t think about specific questions, but that when I’m around this group of people, brings stuff out in me that I want answered.

Well, what you already know is simply that what you choose to do is okay. So why do you need a question answered?

B: It is not so much that they need a question answered. There can also be the equality of sharing. When you know what you know, you can share--because you have created yourselves to be a physical planet, and you have created the idea that you are separate beings, and you have created the idea that you can communicate different ideas.

That might seem like fun. You may not have considered it from this viewpoint, so this is an opportunity for sharing, for blending, for appreciating all the different ways that All That Is has of expressing itself through all the different people that you are. Every one of you is a different path, is a different way. If there were only way to do something, there would only be one person. Therefore, many individuals are simply taking advantage of the richness of the experience of All That Is expressing itself through all the different beings that you are, and they enjoy the sharing in that way. It shows and reflects to each individual different portions of himself he may not have been willing to consider in exactly that way; and for him it is a joyful experience of integration. That is why he chooses to come back.

But understand: it is not the original person who comes back. Every being that comes back again and again and again is a new complete being, a new complete idea of him
or herself, and a new complete universe. It is not the same person. No one comes back. Everyone here is new, even if they have been here 40,000 times.

Q: So what happens when we die?
B: Many different things. You will, first of all, obviously no longer consider yourself to be physical, as you now understand physicality.

Q: When you physically die; that’s what I’m talking about. When you physically die?
B: Many different things.

Q: We come back here.
B: You can; you do not have to. There can be, in that state of being when you remove yourself from the idea of the physical reality—as you have created it to be a limiting one—when you remove yourself from that physical state of limitation, then you will know that you chose everything that you experienced in that life, and that you can create any other type of reality on this planet, or any other planet—or not reincarnate at all. You can choose to know in that level, and see very obviously that you are, in fact, the creator.

Q: So then I would no longer be reincarnated?
B: You do not have to be. It is always a choice. Now, since you are here, I will assume that you chose to reincarnate at least one more time.

Q: Why do you say that?
B: Since you are here, this time. Not one more time after this; this time.

Q: Into this lifetime right now?
B: Yes, yes, yes.

Q: Well, it’s not my first one?
B: No. There is on the average 2 to 3,000 lives for every individual in the room, with regard to the particular Earth cycle you are now involved in, during the last 50,000 or so of your years.

Q: So why?
B: Why not? Because you chose to. Because you chose to explore the idea of limitation as it is being expressed on this planet. And to do so, you chose to manifest yourself in many different lives; to explore all the different ideas that you can explore in being in this society.
You have been everything there is to be in this society at one time or another—sometimes more than one time. Everything. Now this is now the transformational life. And this life can be the last physical life you may choose in this cycle, since the cycle is now over and turning into another cycle.

B: Yes!

Q: I been reading a lot on the last years of Jesus. And I want to know the period in time when the Bible—that information that was erased from it. Where he went. Did he go to India instead of (–?), and that’s why he came back and–?

B: There was the idea of travel to the area of India.

Q: What age?

B: We perceive that there was a connection at age 17; also age 30, approximately. Also the area you call Egypt. Also the idea of many out-of-body experiences to travel many different places other than that. Recognize that what that being was allowing himself to recognize was his own Godhood, his own Christ consciousness. And was simply reflecting to you....

Q: That we can do it to?

B: Yes.

Q: Great.

B: Yes, yes.

Q: When you repeat exactly what he said, that reveals the whole thing. "I am the way, the truth, and the life." (–?) Repeat that, that’s every.....

B: Very good. Yes, if you repeat it and mean it for yourself, yes.

Q: That’s it. There’s no debate there.

B: No big mystery.

Q: Yes, it’s self-evident.

B: Yes. You see, that is why we are saying do what he did, not follow. For if you follow, then you wind up saying, "He said this; he said that," rather than simply repeating what he said and feeling the vibration within yourself for what it gives you.

Q: We are the ways the truths and the lives.

B: Yes!

Q: Bashar.

B: Briefly.

Q: Okay, so far everything you been saying is—I’ve never been to one of these sessions before. So far everything you’ve been saying is perfectly understandable to me. I understand exactly what you’ve been talking about. Does that mean that I’ve spent more lifetimes working on these answers? Is that why it’s clear to me, and may be unclear to other people?
B: Can be; it does not have to be. Understand that whatever purpose you created this life to be will delegate what type of understanding you have about anything you have in it. It does not have to be connected to the idea you call past lives, because you are creating your past and your future from the present—since the present is always the only time in which you exist.
Judging Others

Q: Sometimes when I’m alone, I feel everything wonderful about me. I mean, I feel the powers and I feel clear...

B: Yes.

Q: then I open the door of my house and I walk outside, and I feel affected by everybody else’s reality.

B: May I make a suggestion?

Q: I would like that.

B: Recognize you are never outside, EVERYTHING you see is from within, everything. It is your entire house and you have decided to co-create it. If you wish to give your power away to someone else and assume that their projected reality has more validity than the one you prefer, so be it. But that comes from within and it is a self-judgement; and it is your opportunity to recognize that you do not have to judge yourself so harshly.

Q: Well, I’m not happy with that, I mean I.....

B: You are not happy with yourself?

Q: I’m not happy, I mean people around me... there are some people that I don’t like and I’m not....

B: Why? Do they exhibit things that you do not like within yourself?

Q: Perhaps, I haven’t thought about that, in that way.

B: Recognize this idea, as long as you choose to judge another individual’s method of learning what they have chosen to learn, you will be attaching yourself to that mode of learning and becoming the same vibration. “Judge not lest ye be judged,” does not mean that you are being judged from someone else outside, it means, as you tune into the vibration of invalidating another’s path, you invalid yourself. And you attach yourself immediately to that type of a scenario and so feel that same wave vibration.

By simply recognizing that you know what you prefer and that what you see around you is simply an observation of what others have chosen for themselves, then that allows you to know that even though you can observe it, it does not affect the vibration you chose to be, unless you chose to let it and create to for yourself. You can ONLY experience someone else’s vibration when you choose to create your own version of it for you, that is the only way you can experience anything. You must chose to create it for yourself by becoming the same idea. And that is why you feel it, because you are judging it.

Q: I don’t enjoy it at all.

B: Then don’t recognize the vibration as anything that has to do with your reality. Understand, you are making the assumption that enjoying something or not enjoying it is something you have no control over. But you are choosing your point of view. Understand the difference between judgment and preference.

Judgement is the invalidation of what you do not prefer. Preference is simply recognizing what is true for you, and by being that vibration and allowing equality for all other choices. Then you will be
allowing yourself to experience the support of All That Is in granting you the right to feel as you do, within the vibration you have described and defined yourself to be. You will never feel the effect of anyone else’s choice. Only by making an attachment to them do you identify with them and create that vibration for yourself. That is the only way you can create a lack of enjoyment, by creating the vibration for yourself you see in them. Just because they are doing it doesn’t mean you have to feel it. You follow me?

Q: Yes I do, thank you. I have one other question.

B: Yes.

Q: Is it true that we choose our parents?

B: Yes.

Q: And do we find out at some point why we choose these particular.

B: That is up to you and is it up to the purpose, it does not have to be conscious. Simply recognize in this way, many individuals are always looking for a specific purpose, rather than allowing what is going on in their lives to be a reflection of the purpose, and simply get on with their lives.

Q: I see, that’s true.

B: Thank you. Many individuals will choose, in your particular society, to interact with other individuals that will seem to be disharmonious with them, because that gives an individual the opportunity to have something to push against, to become the idea they wanted to be. Therefore, they can recognize that in choosing certain parents they have created an environment out of which they have allowed themselves to explore the idea they have choose to be, so the parents have been of service even while consciously not seeming to have been of service. You follow me?

Q: Yes.

B: Thank you.

Q: Why do we need something to push against in order to be the idea?

B: Because that is the way you have created your society to be. You do not, at least up to this point, usually believe that you are self-empowered. So you create reflections that allow you, in a sense, to force yourself into situations where you have to become self-empowered. It is all simply because you have created the idea of forgetting who you are, but this is in your terms, the tail end of that cycle. You do not need that any more and all relationships can be from this point forward quite harmonious.

Q: By granting validity to everyone’s path, is there ever a point where someone you care for and believe is in danger of harming themselves and.

B: You can share with them your point of view as to what a possible result might be of their actions, but granting them validity is simply knowing that you cannot convince them of anything they do not choose to be convinced of anyway. But you are willing to share a view that at least then lets them know that should they decide, “well wait a minute I would like to choose something else. What did my friend say?
Maybe I’ll try that.” At least you will be giving them the opportunity to recognize what options are available to them. That is how you can assist them.

Q: Just by gently sharing ideas without....

B: Lovingly, knowing beyond a shadow of a doubt that once again, fundamentally, no matter what they choose ultimately they are still all right, because you are eternal, indestructible. You exist now and you always will. Because now always exist, existence is always now. You always have existed, you exist now and always will, because you are All That Is. You follow me?

Q: Yes.

B: You only transform from idea to idea. Thank you, sharing!

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Q: Yes Bashar, we have some guests from the Hopi Nation here. You’ve expressed some information in the past about the Kachina energy that . . . .

B: Yes.

Q: Would you please share that again with us.

B: From our point of view in the exploration that we have undertaken, what you refer to as Kachina energy, which in other portions of your world is referred to as Kahuna energy – the idea to us is what may be loosely termed, an Extraterrestrial’s Exterrestrial. They exist in between the various universes and are a part of the very structure of the nature of the universes we all perceive as real. They are the pulse, the electrical current, they are the consciousness, the mentality, the projection of the inter-sections between dimensions themselves. They are the very life-thread in many ways of the framework of consciousness that creates the cells that we perceive as the distinct universes that we all take for granted as being the only real universes.

This is our exploration and perception of the Kachina energy and therefore any beings that begin to explore and understand and live within the natural flow of the universal energy will constantly be crossing back and forth over and through to many different levels of consciousness reality and therefore must pass through the gate. And these gates, these webs, this tissue, these membranes, if you will, are the universes of which the Kachina energy is sustained. That is our perception of that energy. They are powerful guides, since they hold within the essence of their idea the very nature of the structure of the universe.

Q: Thank you Bashar.
Q: I want to share something thing that happened a couple of weeks ago.
B: All right. Share with all; speak up! Be bold!
Q: I’ll try.
B: Not try; you can do it.
Q: Okay. Several weeks ago I had a dream in which I entered a structure.
B: Yes.
Q: And inside the structure was a large pond. And then I realized it wasn’t a structure really, it was made of boulders and rocks, and that the pond was larger than I had first perceived. There was a large boulder in the middle of it.
B: All right.
Q: And as I stood there watching, I saw two boulders being lifted simultaneously. And they were tied to the same rope, but they were so immense that I didn’t see how one rope could hold them both. And one was large, and the other was small.
As I watched, the boulders were heaved over into the center of the crater, and they bounced and bounced against the cone that was sticking up. And they bounced all the way down. There was no crane, and no perceptible way of this being having just tossed them out into the center of the crater.
And as I watched them going down, I looked into the water. It was so clear...
B: Yes.
Q: ...crystal clear. You could see everything.
B: Yes.
Q: And I thought: “I would love to get into that water, and feel it around me.”
B: And did you?
Q: No.
B: Ah, why not?
Q: Well, I’ll explain.
B: Oh, all right.
Q: As I heard the boulders bumping down the side of the mountain, I realized that the pond was much deeper than I had originally perceived...
B: Oh!
Q: ...and as the boulders fell through space, they were being transformed and honed; and they were becoming less boulders and more some other type of material. And as they got toward the bottom of the pond, they were utterly transformed from boulders into crystalline objects, much as a plain piece of glass is transformed into... in the ocean, tumbling.
Q: Okay. I wanted to enter this water, and go down there and see more closely what it was, but I kind of had the feeling that if I did...
B: Yes.
Q: ...I wouldn’t want to come back.
B: Oh, all right.
Q: And then I realized that it was not actually water that I was looking into; it was liquid crystal.
B: Very good!
Q: And that I was not on the edge of a crater; I was on the edge of a universe.
B: Yes.
Q: And I was gazing down into another time and another place.
B: Yes. Did it feel exciting?
Q: It’s still exciting!
B: Oh, all right. What do you wish to do with this perception of energy?
Q: The same thing I wanted to do in Hawaii when you had me bang on the Quan Yin statue.
B: Yes.
Q: I wanted to go there, but I didn’t want to go there by myself, because I had a feeling I might not want to come back.
B: You’re not alone.
Q: All right. The city has crystal buildings, and the atmosphere and the beings there are familiar.
B: Yes.
Q: (Emotionally and haltingly) And I see my home...
B: All right.
Q: ...at home there.
B: All right. You are also at home where you are.
Q: Oh, yes. But it was a very strange feeling. And I can sense...oh, I can see things now I didn’t see then.
B: All right. You are perceiving right through the gate, into an aspect of what you would call a type of causal plane. It is a direct view into one of what we as a civilization have begun to research – that we call the quasi-planar reality.
Because of your particular bent, because of your particular perspective, what you did is blend two symbologies that are different aspects, different representations, of the same energy. In your Hawaii area the energy is referred to as Kahuna. In your American Indian area it is referred to as Kachina. It is the same energy.
Q: Yes.
B: And – now, I do not mean to be flippant. This is simply being used to explain in the most practical way, so to speak – in the way you will understand most quickly. What you were viewing, to some degree, was another dimensional energy reality that you interpreted as a town, as a city. It was, in a sense, on the outskirts, if you will, of what could be called Kachinatown.

Energy beings of light and pure consciousness that are, in and of themselves, the very fabric that creates the dividing line between all the different universes that you perceive as different universes within creation. You looked into the very crystalline substance that gives form to all the different universes you could call physically material.

The crystalline pool of energy symbolized, in your dream in that way, the very essence of the primal energy out of which all material reality is solidified or crystallized. Understand?

Q: I’m...
B: You’re looking into the raw astral state of your collective consciousness, the template city, the template world you all inhabit, in a sense, all the time. And from which you channel the energy that solidifies your experience of yourself as a physical reality. Understand?

Q: I’m processing.
B: All right. Let me put it in another way. I do not mean the terminology literally, as the way these words in your society used to mean. But it may explain the idea a little bit. You saw the dream version of your entire world. The collective mass dream version of your world, out of which each of you individually choose the light patterns and styles that you will, with your beliefs, emotions and thoughts, crystallize into physical materiality.

Q: Oh.
B: Understand?
Q: That explains something.
B: You were in the raw plastic state of consciousness, out of which you crystallize everything you call physical. Does that clarify it to some degree?

Q: Yes, it does. And it also clarifies something else. While I was there in this place...
B: Yes.

Q: ...I recognized my spiritual partner. And I know that we are here this time to accomplish certain soul commitments that we have made, to do this time.

B: All right.

Q: And I had the feeling that, as you had told me in Hawaii, rather than coming from a very ancient, ancient culture, that brought a particular tone, a particular sound, to this planet – rather than going back to that ancient historical culture...

B: Yes.
Q: . . . that this was future.
B: To some degree.
Q: It looked to me as if it were in the future, rather than in the past.
B: Yes. And the reason – another reason – I shared it with you in that way was to allow you to remember that the whole idea is not to, quote/unquote, recapture what you believe was in your past, but to create what you desire is representative of the idea of the past, in the present now. Understand?
Q: Yes.
B: And that that vibration is the world as you can create the world to be now. Does that serve you?
Q: Oh, it serves all of us.
B: Well, thank you.
Karma and Past Lives

Q: Can you explain to me how karma works?
B: It is completely self-imposed, first of all. Karma is your cognition of the continuance of the momentum of an idea that perhaps, in a sense, as you say, was begun in one life and may need to be balanced and/or finalized in another life. But it is simply your recognition of the balancing, and/or, let us say, completion of a particular idea you have decided to be. It is completely self-imposed; it is not judgment. Do you follow me?
Q: Yes.
B: Does that clarify the idea, or do you wish to explore it further?
Q: Yes, I would. Well... it’s really hard to do it without judging because...
B: It is hard to do without judging. (AUD: laughter)
Q: Yes. I want to get into the subject but I have to separate my own personal judgment – but I’ll go for it anyway.
B: All right.
Q: If someone does something in one life, lifetime, that they see as being negative or harmful to other people, or themselves, or something like that...
B: Yes.
Q: ... do they have to be reincarnated in another lifetime and...
B: They do not have to be. You will simply find that because of the energy associated with the limitations you impose upon yourself in physical reality, you know that it may be the allowance of, let us say, a very quick way. For in this way, the degree of limitation you experience in physical reality will allow you to create those types of balances perhaps more quickly, in one sense, than you could in a non-physical reality – because of the concentration of effect that takes place in what you call physical reality. Do you follow me?
Q: Yes.
B: So you may decide to do it physically simply because that will be the way that will be, let us say, most conducive to the very rapid assimilation of the balance. In the same way that you created the imbalance.
Q: But it doesn’t have to be that way. In other words...
B: No, it does not have to be.
Q: ... if I murder somebody in one lifetime it doesn’t mean that I’m going to come back and be murdered in another life?
B: That has happened many times, but again, it can be manifested in many different ways. Perhaps you will simply be of assistance to someone else who has had the same experience; and your willingness to interact with that individual will then be the balancing you require. For then you are giving yourself the
opportunity to see what it is like from the other end of the emotional experience. And perhaps, that is what to you will constitute a balance – not so much the actual physiological act of being murdered. Though that has happened as well.

Q: Can you give me any information about my past lifetimes and any karmic debts that I...

B: Why do you assume that you have these debts? Why do you assume it is a debt, in that way, and not a choice?

Q: Okay.

B: Simply recognize that your willingness to know that you wish to create a balance of the polarities within you, in and of itself, is the removal of any so-called debt. Because you are now willing to be blended, to be balanced, to trust that the life you are living is the life you chose to live, and simply willing to act and function within service to All That Is.

The willingness to be of service, in that way, and the willingness to experience the life you chose to live, is the balancing of that idea, and the ceasing of the need to be reincarnated again. Do you follow me?

Q: Yes, thank you.

B: Thank you.

Q2: Since you’re talking about reincarnation, can you see a glimpse into my past life, my experiences, or anything?

B: All right, now listen, every single one of you. (AUD: laughter) Many times we can share these ideas with you – and understand we are not invalidating the exploration of your past lives – but in the present you can know every single thing you need to know to understand yourself in the present, from the present. You do not necessarily need to go exploring the so-called past connections you have, to understand who and what you are in the present.

Again, this exploration can be valid, but you will always observe the idea within us that we are reluctant to delineate this idea, since you will understand that the exploration of your past lives is for the purpose of bringing you back to the present anyway. And thus, many times, you simply will find that while we will explore some of the aspects with you from time to time that you have experienced, we will usually, first of all, point out to you that the rigidizing and labeling of specifics in past lives will have a tendency to focus you in the past, and not in the present where you are.

We are not inclined to wish to focus you in the past. So it will be, let us say, very, very, very irregular, which we will simply dive into the exploration of a past life. Now, if you, right now, in your present, are willing within your own imagination to bring to the surface connections you feel to be there, then perhaps, we can explore some of those ideas with you. For then you will be specifically dealing with the portions that you feel are valid – but do understand, you are creating the past from the present.

Therefore, the idea of any specific past life, the one that is most valid to you now, is the one you simply will be creating a connection to from now, in order to understand the idea that you are, now.

So if you are willing to bring up what you feel to be a connection, perhaps we can explore it with you;
and from time to time we can get a sensing of the idea of areas that represent strong energy transformations in your so-called past. Again, we will simply hesitate to label these ideas, because that will tend to fix you in a past instead of the present. Now, do you feel that there is any specific reason why you would wish to explore the idea of your past lives?

Q: I am bored with the moment.
B: Bored? Then you are not living in it.
Q: Right. I want to go back to the past, and the future, and roam around.
B: You are missing the point. If you are bored then you are not in the moment.
Q: I understand.
B: All right, but recognize, in this way, the idea of seeking to create more excitement somewhere else, other than the moment, will always continue the creation of boredom in your present life. For you will not be willing to allow yourself to know that the past and the future are in the present. Recognize in this way, you can have a high degree of excitement in the exploration of connections you have had in the past, and in the future, but do not forsake the present as not being able to create the same level of excitement as your exploration of the past or the future. Because then you will not be allowing your past and your future to integrate into the present.
Q: Great... but that’s exactly what I am doing – this is exciting for me.
B: All right. Then to what connections do you find yourself attracted to in the past?
Q: I’m not sure.
B: You are not sure? You have no sensation, no feeling at all about the idea of a past life; no association, no attractions, no draw, not even the slightest inkling? Where is your imagination?
Q: Well, maybe just 2,000 years ago.
B: And what happened then for you? What is the experience? Not the number, what is that experience?
Q: Oh, just another person.
B: Just another.... oh, that sounds very exciting! (AUD: laughter) You said that the exploration of past lives was more exciting – where is that excitement that you are talking about?
Q: In the moment and the past and future... combination of all.
B: Yes.
Q: I was wondering if you could see something beyond what I see myself?
B: Perhaps... but what purpose does it serve for us to delineate that?
Q: Oh, just to have fun with it.
B: Oh, fun. All right, here is some fun. (AUD: laughter) You were, and very strongly so, as with many individuals in your society at this time, what you call a Roman Centurion. Very, very proper, as you say, in your present colloquial language: “by the book!” (AUD: laughter) Very steadfast, very loyal, very
strong in your loyalty, highly regarded by your fellow centurions and respected by the populace, even though they feared you, in a sense.

But they knew that you were very, very, in a sense, fair, though many times the idea of your fairness was to simply follow the law. Now, whether the law was fair or not, that is another issue. But you were fair in your dispensation of the law, and so you were respected, in that way. At least an individual coming under your attention and your jurisdiction would at least know that it was nothing personal. Do you follow me?

Q: Yes.
B: Now that is what we can share with you at this time.
Q: That is what I am experiencing just now. Thank you.
B: Ah! Thank you. Sharing!

Karma and Past Lives
KARMA
Karma is broken when you realize that Karma is yours to break. That’s all it is. The realization that you are free from Karma – frees you from Karma.
When you know that you are free to determine who you are at every moment, that recognition breaks the karmic tie.
Karmic Template

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

AUD: Great, good, etc...

B: Allow us to begin this interaction, this evening of your time, with the entitlement, "Karmic Template." Assistant! (Pause as assistant moves toward the stage)

Now, while the aforementioned visual aid is being prepared, allow us to reiterate some of the ideas we have discussed with you – briefly – to lay down a foundation for the reason for this graphic. Do not show it to them yet. The idea, first and foremost, is that we have discussed karma, the idea you call karma. And we have discussed the idea that karma is completely self-imposed, by you upon yourself. There is no outside, exteriorized judgment against you. Karma is simply representative of a momentum of an idea that you wish to play out in any particular physiological lifetime that may have connections to what you call other physiological lifetimes you have lived or will live.

The idea also is that we have discussed that time, even though it is real while you are in it, is nonetheless your projection, your illusion. It is a concept that exists within creation, obviously, since you live within it. But it is your self-created idea, self-created definition so that you can experience the idea of a physiological reality. Because one of the definitions of physiological reality is the concept, space/time. Those limitations, those definitions create your ability to exist as a physicalized being. But we have also talked about, because time is an illusion, all the different lives you have ever lived or will ever live in any dimension of experience all exist, in a sense, now, simultaneously.

They all have their own reality; they are all a part of the you, the whole you, the total you that you are. But in choosing to experience a fragment of your consciousness in a linear fashion, then you relegate that portion of your consciousness, so to speak, to experience that totality in a step-by-step linear fashion. One after another, rather than all at once, which is the perspective of the non-physical consciousness that you also are – which you colloquially refer to as the Oversoul.

The Oversoul, in that sense, can be viewed, as we have discussed many times, as the projectionist. And the lives can be viewed as the filmstrip, as you call it, each frame on the film representing perhaps a different life or a different moment in one life.

Now, to the portion of the film that exists within the film itself from frame to frame, it only knows the frame it is in at any moment. It has, what you call, a memory of frames that have gone by, and in that sense only a dim understanding of projections or predictions of the frame coming up – based on past continuity.

But the projectionist sees the whole film all at once, and knows that all the frames exist right now, from beginning to end, as you say. And only the characters on the film are isolated to the particular frame in which they exist, until the next frame creates the illusion of movement and change and continuation and momentum.
This is a similar analogy to physical reality. Continuity is simply your projection, your illusion in that sense, your rate of flow of transformation, of creating a series of different nows – in a different format, in a different shape. Even from, what you call, a movement here to here may actually be the creation of many millions of different realities in between to create the illusion of continuous movement from one point to another. No one really moves anywhere; no one really goes anywhere.

Motion, in that sense, is completely a true illusion. The idea is that you simply recreate the reality over and over again discontinuously – now, now, now! Now, now, now, now, now to create the idea, the sensation of physical reality that defines its coordinates by space and time.

Now, the idea also is that we have discussed that you – since you exist only now, only in the present, experientially – actually create the past, as well as the future, from the present. Because now is the only time in which you actually ever really exist. The idea of memory, whether it be something in your particular present life in the past, or whether it be the idea and notion of a particular past life in the linear, let us say, film of your existence, all of that memory is still created in the present.

When you create memory, you are not actually thinking in the past; you are thinking of an idea called the past. But you are creating that memory in the present. All creation takes place in the present – always! It is always, to put it very simply, now! And it is never any other time but now. That is the only experiential time that exists.

Now, this visual aid can show to some degree – by a mechanical analogy – how the idea of the simultaneousness of all your lives can be interpreted in a linear fashion in the physical reality you are used to experiencing. But remember, this is simply an analogy. For this particular visual aid is, in a sense, simply a two-dimensional presentation of a three-dimensional representation of a fourth-dimensional concept of an infinitely inter-dimensional structure. So while many different degrees of dimensionality are removed from this particular mechanical visual aid, it will serve to get across the basic idea of the mechanism. Are you ready?

AUD: Yes.

B: What you will first observe is simply a representation of either – now you can take this either way – many different lives, each one represented by a hexagonal format of six arrows pointing in six directions, leading to every other hexagonal arrow pattern. So each of those can be a life. Each of those can be a different version of you in a different dimension – past, present, future, alternate reality. Call it what, you will; it does not matter. It is the holographic representation of the simultaneous existence of every single probable reality and possible way that you can exist, and do exist on every dimension there is to exist upon.

It is referred to as a holographic matrix, holographic in the sense that every point, in one sense, is equal to every other point. From any point you can perceive in any direction and, in a sense, all points connect to all other points. In other words, each spot contains the information of the whole, and basically is a microcosm of the whole. Now, this represents the view that your non-physical Oversoul has when it looks at all the different lives that you have simultaneously going on. It simply looks and says, "All
right. 1934; 1987; 1992; 2500.”

All these ideas are all simultaneous to the Oversoul; they are all extensions of the Oversoul—simultaneous extensions in much the same way that your fingers are simultaneous extensions of your hand. Each finger has independence, in a sense, and represents a different idea, but they all lead back to the hand, are all part of one idea.

Now, if you will apply, or hold up the karmic overlay template, what you can see is a symbol, a strip that contains a particular idea. This is the representation of physical reality, linear space/time, with arrows moving only in one direction. The central arrow represents your idea of now.

The two arrows on, what you would call, your left represent past and the two on, what you would call, your right represent the future. In this indication it is simply indicated "past negative one, past negative two, future positive one, future positive two," to indicate either different moments in one life, or different lifetimes. You can take it either way. This chart can be used to represent whole life, or moments within one life. You follow along so far?

AUD: Yes.

Now, if you overlay the idea of the karmic template upon the holographic matrix, you will understand more precisely that karma is simply, literally, pattern recognition. That is all it is; it is a pattern overlay that you decide represents the present life you are living. You thus, by overlaying that particular format, or pattern or template upon the present idea you now decide to be, determine with that overlay what connections you have in the past and what connections you have in the future.

For it illuminates a particular set of arrows in other simultaneous existences, both now that allows you to call it the past, and simultaneous existence that now allows you to call it the future. Because you are looking through the filter of the overlay, you now only see these simultaneous lifetimes in a linear fashion: before, now, after. Because that is the definition of physical reality and the definition of the karmic overlay. It is a pattern that you impose upon yourself.

Now, this is why, in having chosen that particular pattern, you can see mechanically that you have determined which simultaneous other lives will be represented as past lives and future lives to the life you are creating. Angle the karmic template.

Now, you can say that this is perhaps another idea, another life style, another personality that you chose to be. Understand how being that other personality still allows there to be the bleed through of the holographic matrix to create still the illusion of a temporary momentum. But now you have a different set of past lives, a different set of futures lives. And the new person that you are literally determines the fact that you will then relate to a completely different past, a completely different future.

So the idea of having this life now, and then assuming that perhaps you die and reincarnate doesn’t necessarily mean that the life you’re having now will literally be directly connected to the next life you have. You can actually diversify very radically by altering the idea sufficiently so that the next person you are will actually have a different past life than the one you’re living now. Understand the mechanics, and simply see that the lineage always follows suit.
And also, if you take this as an analogy for even the moments in one life, then the change in direction can represent changes in the patterns or ideas that you are being at any given moment. And you can see that by a change in the pattern, you change the feedback all the way back and all the way forward, and create literally within one life a different past, a different future for the vibrational frequency you have dialed yourself to at this particular moment.

And also it shows you how in the present, what you call the center point, small changes in direction create large changes in the past and large changes in the future. Because you can see the sweep of the arc is a mechanical analogy, that a small divergence of pattern in the present will compound itself, both in the future and in the past, to create large variations. You understand the angle of incidence?

AUD: Yes. Yes.

B: The idea, therefore, is to recognize that you do not have to create overwhelmingly obvious changes in your present to create overwhelmingly obvious changes in your past and your future. A small divergence in any direction, in any frequency in your present, will manifest as a widely different idea and outcome in what you call the future, and a widely different idea and outcome in what you call the past. Because, as you understand the past, you have based your experience on what will happen on what has happened. This is the illusion you have created.

So simply understand that if you change yourself even minutely in the present, and that small change creates a great divergence in the outcome in your future, then, by definition, there must be a large divergence in your past to have initiated the type of foundation that would create such a large divergence in your future. You understand?

AUD: Yes. Yes.

The idea simply is to recognize that you are multi-dimensional, multidirectional. And any subtle change you make within any one life, or any change you make from life to life will connect you to a whole other series of incidents and events that have to do with the life you are living at the present.

So when we talk about the idea of what your past lives were, that does not necessarily mean that in the next life you have – if you have one – that you will have the same lineage. And it does not necessarily mean that the, quote/unquote, past life you were has the same future life that you consider yourself to be. They branch out multi-dimensionally, holographically in all dimensions at once. And you can take any route, any path, and they will all be real – all directly connected to you.

Whatever idea you are being at the moment determines utterly any other ideas that are capable of being perceived as being connected to you now, whether they are in, what you call, the past or the future. You are the dial, and the dial for your reality is always in the present with you. It is never in the past; it is never in the future. It may, in your terms, affect what you call the past, and affect what you call the future, but that control and that malleability is with you in the present. You all follow along?

AUD: Yes. Yes.

Does this mechanical analogy illuminate some of the ideas for you that we have discussed?
AUD: Yes. Thank you.

B: We can go into this, perhaps, further at another time. Or perhaps, according to anything you might specifically wish to apply to this idea. But for now it will do, and it will sink into your consciousness on whatever level it needs to.

Thank you very much, Assistant. And at this timing, in exchange for your willingness to allow us to share with you the reflections of the ideas that you all are, we will ask you now. How may I serve you?

Karmic Template
Key of Perception

Q: I had a very strange experience last week.
B: Strange?
Q: Yes, very strange. An individual misplaced his keys, and I was aware of it but I didn’t think anything of it, and the following morning, as I was emptying my purse, I found a strange set of keys in the inside pocket of my purse.
B: Oh, strange! (Laughter)
Q: And I immediately assumed they were his, and my first reaction was total surprise. My second reaction was embarrassment, and my third reaction was that I knew I had not taken those keys; that there was no reason for me to put strange keys in my purse...
B: All right.
Q: ... and that they had probably gotten there “on their own,” so to speak. Because I know that this can happen, it’s happened to me when I’ve misplaced things and suddenly they were there, when they weren’t there before.
B: Yes.
Q: And so I...
B: Then they are not misplaced.
Q: No, but I did perceive them at one point...
B: We understand.
Q: Okay. And I was a little embarrassed, but I knew I had nothing to do with it consciously, and then I thought, “well that’s very interesting,” you know, when you talk about synchronicity...
B: Yes.
Q: ... there must be a good reason for it.
B: There can be. What do you think?
Q: Well, I never did find out what the reason was.
B: You never did find out?
Q: You see, I would like to know from you, if you could perceive whether in fact they were physically put in my purse by somebody, or whether they just materialized in there.
B: Why?
Q: Because the person who misplaced his keys didn’t believe me. He thought I had taken them, which doesn’t make sense, and it doesn’t make sense that anybody else would have picked up strange keys and put them in a strange purse.
B: Then in this way, what does that allow you and your friend to find out about each other?
Q: Well, I didn’t find out anything except he thought I took them.
B: Which tells you what?
Q: Well, I was a little upset that he was angry, but I thought, “well, that’s his perception”... if I had been in his shoes I might have got angry too.
B: Maybe. What are you unlocking for each other, in that way? (Laughter)
Q: Really, for me, it just never got resolved, in terms of this particular synchronicity, which I at first thought...
B: You may simply be making it more complex than it needs to be. Do you feel, or have you felt that you can be a reflection, in certain ways, for this friend of yours?
Q: I thought so, but I did not sense that he was willing to discuss it with me.
B: What does that have to do with the fact that you may still be willing to be a reflection?
Q: Oh, nothing, nothing. I really would like to know if those keys got their on their own, or if somebody... you see, he was sitting behind me.
B: Our perception, in this way, is that there was, in your terms, what you call an assumption made on someone’s part when the keys were found and deposited where they thought they belonged. But in this way, simply recognize that no matter what the agent of the transference is, it is still synchronicity, and it is still magical. Do you follow me?
Q: Yes.
B: It still serves the purpose to allow the recognition of the interaction that is going on between you and your friend to come about.
Q: But there wasn’t much of an interaction.
B: There wasn’t? You said that your friend, in your terms, accused you of taking the keys.
Q: He didn’t accuse, accuse me...
B: Did you say that your friend created the idea of anger?
Q: That’s my perception... he called me on the phone.
B: All right, then you have created your perception of your friend’s anger. Whether the friend had anger or not, your creation of it, the involvement, is an interaction.
Q: Right, but I don’t know what he got... what I got out of it.
B: Why don’t you ask your imagination?
Q: I did.
B: And what did you get?
Q: Not very much.
B: The idea that you got, not very much, is a judgment. Again, you may be assuming that it is more complex than it has to be. What did you get?
Q: Actually, for myself: I really felt that those keys got there on their own, and I thought it was exciting. That’s what I got. (Laughter)
B: All right, very good, very good.
Q: And I thought it was a shame...
B: A shame?
Q: Well, okay, that’s a judgment. I thought he would perceive it as being exciting too, but of course I’m not the one who was put out by not having my keys.
B: So what does that tell you? What does it tell you, about you?
Q: About me? Oh... that I had expectations.
B: All right, what else?
Q: That I didn’t let it bother me for very long.
B: All right, very good. And that you can recognize that your creation of a situation and someone else’s creation of a situation, and a third explanation of a situation, are all their own complete realities.
Q: They’re all different from each point of view.
B: Yes, and all equally real for what it does for you, in terms of allowing you to create yourself in the image you imagine yourself to be. So in this way, you see that the idea of this key can unlock many locks simultaneously, allowing you to experience your portion of the idea and someone else to experience theirs, even though they may be very different.
Q: Right.
B: All the tools that you have in your society can all be viewed as keys. They fit every lock. One key changes and transforms to fit every lock that there is. So you use the key in your way, they use the key in their way, and in a sense, although it is transformed, it is all the same one key, basically.
Q: Thank you very much.
B: Thank you.
Keying into the Frequencies

Q: You seem to like triads a lot, and I know your spacecraft is triangular in shape.
B: Yes. Our fascination with the triad – forming triads, working with threes, and so on – is because the triad formation, or triangular formation, first of all, is the primary fundamental geometric that will always occur in the second and third densities. The tetrahedron is the most basic fundamental form of manifestation in third density that you can have in physical reality.

Now, this idea of Sirius consciousness, our consciousness and your consciousness forming a triad consciousness is so that the two are always supporting the one. Our civilization works in threes, in networks of threes, always upon the principle of forming the triad for support, the two to the one... and thus, our triangular scout craft.

Q: So tell me about your craft. How does it look from the inside?
B: The particular craft that I use, more often than not, is a three-sided, equilateral triangle shaped one. The interior is hexagonal, for the three points are isolated for machinery, the central portion being relegated to control.

Q: That sounds great. Would it be visible to our eyes?
B: Oh, yes. There are many beings interacting with your civilization at this time. We will not be physically the first to interact with you, however, for we are assisting others who will be the first. In your manner of counting time, our opportunity to interact with you will occur somewhere generally within the next eight to ten of your years.

Q: I was wondering if there is a possibility of a human at this time visiting your planet? And if so, what technique would we use?
B: Only in astral form.

Q: What technique would you suggest to get us there astrally, then to change our frequency so that we could be with you?
B: Allow yourself, when you are lying down in your meditative state, to close your eyes and think of the vibration you are feeling now, that I represent to you. When you think of my identity, you will automatically be keying into the frequency of our civilization. An abstract form that can assist you is to think of a three-sided tetrahedral structure outlined in electromagnetic blue-white light. That will also align you to our frequency. Thinking of my identity will allow you to flow in the direction of our dimensional vibration when you simply let yourself flow. It is as simple as that.

Do you understand, again, that the majority of our population is composed of beings who do visit us in an energy state, an out-of-body state. In a sense they are projecting their mentality, and creating instantaneously the representational body in which they can experience existence upon our planet for any length of time they wish. And then when they are through with it, poof!

Many of you visit our dimension in astral form. However, when you wake up in your physiological reality, you bring back with you the remnants of a dream that may or may not have made sense to you,
because there are many aspects of your own physiological consciousness that may not be able to relate, or need to relate to some of the things that you did when you were out of your body. So it will provide convenient symbols to represent the experience you had, in terms that will make the best sense for the reality you are focused in now.

You may not necessarily carry a literal memory of your interaction with us, but you will carry back a symbolic one (that), at least, that will contain the symbols necessary for you to be able to apply in your reality whatever it is you experienced, and/or learned, and/or shared in the other reality. But that is all you need to do, think about us and you automatically align yourselves like a dial on your radio to our frequency.

Q: When we’re on your planet, is our physiological make-up the same as it is when we’re here?
B: No, then it will be our physiological make-up; you are in our type of body here, by definition.
Q: Would that be the conscious "I" of myself here?
B: Are you imagining that you exist in our civilization right now?
Q: Sort of.
B: Sort of. Then you are sort of there also. Understand that our civilizational energy is offered to everyone, and is that malleable. The second you form the identification, you have a representational form on our planet in our dimension. And it can interact, and does interact with all the other members. That’s why we tell you that the awareness does not serve your purpose, obviously, by definition. You can allow it to, but right now, if you do not have the awareness, you are not allowing it to.
Recognize also that this is one of the reasons why we say that when we talk to you, we talk to all different portions of you. Many times while we are talking to you here, we are talking to the you there. And you, as the you there, are talking to the you there. You have only but to allow yourselves to realize it to begin to experience it consciously.

Q: Do you have any idea where exactly you are going to land? Which area?
B: No. And again – again, again – do not expect us to come. Because then we can’t. The expectation is something that says, "We need you to; we place you above us." And immediately you put us out of reach.
Q: Well, I just think it would be very exciting, and I’m looking forward to it.
B: All right. But do recognize that the idea is when the excitement is in the present, that is when we can meet you.
Q: Well, it’s very exciting right now.
B: Oh, very exciting! Is it so exciting that you are willing to completely be the being you know you are?
Q: Yes.
B: All right. Then the sooner you begin to act like it, the sooner we will be there.
Q: Okay. Thank you.
B: Thank you.
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Keys of Ascension

B: The “Keys of Ascension” is what we choose to call the collective tool to raise your vibration, so that you can use all the other tools much more strongly – “The Keys of Ascension.”

All right, now, this will give you a general understanding of the levels of different keys in this process. You don’t have to remember them all right now; it is just for your information so you understand the basic structure of what is going on. And understand that this is a real physiological process that you are going to be going through when we do the meditation, later on at the end of this interaction.

Right now, this is for your intellectual digestion – all of this information, right now. We will take you through all of this, once, in an information mode and then later, we will allow you to really feel the vibration rise within you, as we go through the meditation, and will LOCK the process within you for you to use any time you wish, before you apply any of the tools we have already talked about. You rev yourself up; then use the tool; then you get the impact. That’s what this is for. Take yourself to the high level, use the tool from there, and see the instant change. That is what this is for. But just for your intellectual gratification, first of all, you will find that the KEYS, as we call them, are in certain categories.

First we begin with the idea of formlessness; just the idea of the blackness, the void, what you call the void. The nothingness, supposedly, out of which everything comes, formlessness. Then it goes into the quasi-form, quasi-forms. What you might understand as single point space, linear dimensionality, and planar dimensionality. Then the proto-forms; that which you would understand as your third dimension moving into fourth dimensional reality. Then the hyper-forms, going into the fourth-dimensional reality of you being, which is where you are heading now. Then the omni-forms; going into higher states of dimensionality, fifth-dimensionality, non-physical dimensionality. Then, in that sense, the transformatives, which allow you to go beyond the concept of dimensionality altogether, and take you back, full circle, to what you would perceive in general as formlessness, but which then actually becomes the concept of formation or information, or pure information itself.

Now, this never actually goes full circle back to formlessness, it always goes back to the first quasi-form, which allows you to see that this is not actually a completely circular idea, but an actual spiral idea. It never goes quite back, but always a little bit this way, and then, a little bit this way, and a little bit this way, allowing you to create the spiral of growth and spiral of acceleration. Never back to true formlessness, because once you have been through all of this, even if you go back to what you think is formlessness, it is still a different kind of formlessness because it has already been through the experience of all of it, and contains a nugget or a seed of information to allow you to build on the next level.

Now then, the first quasi-form out of the formlessness is the point. Simply that which expresses itself as not really true dimensionality – non-dimensionality, all things in one spot, what you might generally have referred to as that condensed state, that infinitely condensed state preceding, what in your reality, has been interpreted as the Big Bang.
The next, as you understand dimensionality, moves into a line. Quasi-form number two, the line. This is the second dimension that needs to exist as the universe, in that sense, expands itself linearly.

And then, quasi-form number three; the plane. Moving out from the line, then this way or this way, doesn’t matter, but only in the planar-dimension. Creating the structure, creating the template, creating the forms that divide all the different dimensions, the thresholds between dimensions, the vibrational thresholds. This all precedes, precedes what you understand as third dimensional reality.

Now we shift from the quasi-forms into the proto-forms; the first one being the cube. Now, we are also dealing here, now that we are in third dimensional reality, we are also dealing here with four different parallel tracts: the form itself as represented in this particular case by the cube, the chakra on the body that is the root chakra, the color that is representative of this idea, the red vibration, and also, we are beginning to explore all of the senses that you possess.

By the way, there being seven sense, not five; the first sense here then being the overall sense of touch; the basic vibrational sense. So, as we go through this and the next six, a total of seven middle keys, these will be aligned and corresponding to the keys, to the colors, to the chakra and to the senses. And these four parallel tracks will be raised in vibrational status all the way up together.

So we start here with the cube, and then go to the idea of what you call the four-sided pyramid. This will be now as if the cube has begun to collapse, what you will begin to understand is that the first three proto-forms will actually be decreasing. You will be, in a sense, shedding the idea of mass in raising your vibration. So the form will actually become more compact as you will see, from the cube, to this the four-sided pyramid and also its attendant orange color, it’s attendant hearing sense, in this way; and the idea of the stomach chakra, the belly chakra. And then to the next, and third, final proto-form: the tetrahedron, the three-sided pyramid. Again collapsing, once again, further down, shedding more and more mass, becoming more concentrated; also you see its attendant color and chakra and sense.

And now shifting into the hyper-form of taking this tetrahedron and doubling it, now you are getting the reflection, now you are getting the polarizations, now you are getting the astral or etheric doubles of these things and they will start to build back up.

Going to the next, you now have the octahedral structure. Now, this is a very critical point as well. For this is also representative of a balance point and a turning point, with regard to the sustenance of your physical form itself, and this has to do with breath and oxygen; oxygen being the eighth element, in that sense. Very key, and has a lot to do with the idea of transforming disease; and allowing yourself to be balanced and centered in life.

Now, moving on up, the next form is basically called a Tesseract or a hypercube. And what you are seeing here, for those of you who are not familiar with this particular form, is actually a third dimensional shadow of a fourth-dimensional form. What you are seeing is not literally just the idea of cube within a cube, but it is as if you had cube and looking in each side of the cube, you saw a different cube. So this cube contains completely different cubes all overlapping, but the only way to represent that is in the following diagram, which is simply a shadow, in three-dimensional terms, of a true fourth
dimensional structure, in which one thing can actually co-exist inside something else, or pass through something else.

This is the etheric or astral state, in that sense, and is connected to the third eye, which is also connected to the true sixth sense of direction or orientation that allows you to perceive into different dimensionality. That is your true sixth sense and it is governed by the substance magnetite in your sinus cavities. This is simply, also, the sense of direction, following the electromagnetic lines of your planet that animals use to navigate themselves around your planet; and what gives you your sense of direction when you allow yourselves to have one. (AUD: Laughs)

Now, moving up, moving up into the omni-forms; this is the true representation of the key of the crown chakra. It is a rotating torus, or a doughnut shape that is rotating, not only this way and this way, but also within the doughnut, this way and this way. It is the true gate, through which passes the physical and the non-physical to join. Now, I want you to realize something, what does this look like? It hovers above the head and you’ve seen it in many of your religious paintings. This is the halo; this is why people have said there is a halo above the heads of enlightened people. That’s the true shape of the crown chakra gate. Now you understand that you all have halos. You are all angels in waiting.

All right, all right... once you pass up through this seventh and topmost, you then proceed up and above into the non-physical realities of white light and clear light. Now, the first shape above this is what you might call a flattened sphere, an oblate spheroid, which encompasses many multi-dimensional experiences but not everything, not everything. And then moving on ahead, we have the pure sphere, the All That Is, the high vibration, encompassing everything, knowing all, being one.

Now, again this still has the capability of going full circle, or as we said, full spiral. By now, going very quickly through the transformatives, transforming this illness back into the singular state at the center, collapsing to a disc, collapsing to a line, collapsing to a point, and back. Now, then at that point you arrive at pure information. What we are saying is that you allow yourself to raise your vibration to the point of a sphere, when you’re at that point is when you use the tools we have given to manifest what you want. When you have done that, when you have done it, when you have used it, when you have put it out there, you must let it go.

And the way you do that is by then using the transformatives – to take the sphere and collapse it back to the point of pure information, pure information, so that you can begin the next series, the next spiral, whatever else you wish to do. You must reorient yourself at that point, and you must then know that what you have done is put out, to the Totality, what it is you need... you have used the tool in the strongest way you possibly can, and you must trust, at that point, that it is doing what it needs to do to bring you very quickly the things you need to see, to know that that tool is working for you. And then you let it go by collapsing it, and going back to the point of information.

And then the next thing you want to do, the next time you need to use the tool – you raise yourself back up again, use it, collapse, let it go, send it out, burst of energy, explosion of creation. What you are doing is actually creating the entire creation all over again, the Big Bang, all over again, every time you
do this within your personal universal reality. Each of you is a Big Bang unto yourselves. Exploding, expanding, being, collapsing, exploding, expanding, being, collapsing.

Learning how to use this tool as you will, when we go through it in the meditation, will change your entire vibration, will change your entire, eventually, cellular structure; will change your entire genetic structure, everything. Believe me, this is stronger than you think. It will actually, literally, start to transform you physiologically, and that’s why we have waited until now to deliver this, because it is a live wire. And you needed to have the proper installation, the other tools, before you could handle this, because this will change everything about you. Nothing will be left the same.

Keys of Ascension
Keys of Ascension I: Meditation

B: There will be nothing that you will need to pay attention to. Do not have anything that will demand your attention, other than what will happen spontaneously within your imagination in the following meditation. Do not attend to any other physiological needs or desires or wants. Just let them go. You will miss nothing; you will know everything that you need to know. Allow yourselves to close your eyes and take three deep breaths. And, once again, we will underline that your imagination knows what it is doing.

Therefore, if at any time during this meditation you find yourself focused on something different than what you feel is absolutely literally being said: let it go that way. Have faith in yourselves, you know what you are doing, you will miss nothing, it will all sink in, believe me, it will all sink in. Let us be concerned about that. We will find the doorways as you open them, we will INSERT the key into the locks; they will open. Just be willing; just be willing. That is all you need to do, just be willing, and you will be open enough to receive the benefit that you need to receive.

You may find, that once this meditation has been delivered, you will want to listen to it a few times, you will want to gain practice with it, and I would suggest that you do practice with it. Every day, if possible, practice it until you really know that you have really become familiar with that vibrational state, that vibrational state of your higher self.

Now, let us begin: breathing evenly, at peace, feeling the joy and the love, the unconditional love that you were created with from All That Is. Relaxing into your true natural selves. All the ideas of doubt, all the ideas of worry dissolving, dissolving, becoming more and more transparent, allowing you to see them for what they are... just thoughts, just notions, just beliefs. Not steel, not concrete, not even wood, not even paper, not even air... insubstantial, only as real as you believe it to be; on and off, here and gone, opaque, transparent, heavy and light. Light. Light. Light.

Now, let the light fade, fade to darkness; an all encompassing, all embracing, all supportive, deep velvety, velvety darkness of great potential formlessness; absolute eternal formlessness. You are floating, just floating, in that formlessness, deep, rich. You sense the potential within that formlessness. Yet all directions now are the same, infinite in all directions... you are the center of a place that has no center. It is formless, timeless, spaceless; no place, nowhere, nothing; nothing at all.

But then, a realization, a cohesiveness, a crystallization, takes place within the consciousness itself that is the formlessness; a realization that even nothing is something. And it crystallizes, COLLAPSES. The infinite depth of the formlessness collapses to a single point, a single point; an one dimensionality. And a birth, a birth of self-reflective awareness is concentrated in that single point. All potential exists in that one space, that one point. It has no real thickness; it has no real depth, it just is in its Isness itself. Concentrated, concentrated existence.

And now the first step: feel the vibration of that Isness, that fundamental L-O-W VIBRATION... DEEP, RESONANT VIBRATION: A HUM OF ALL THAT CAN BE. ALL THAT CAN BE. FEEL THE DEEP, DEEP VIBRATION OF ALL THAT CAN BE. And now in that realization... sense, sense the
concepts of polarity, of self-reflectivity, of a mirroring... one point, now two points, and between them a LINE connecting them. The two points or simply two ends of a line, but the line can stretch to infinity. And the two points become two points on the line. The line is straight and true; the line of light, stretching forever. Feel the slight rise in vibration, from the single point of the VIBRATION RAISING to a LINE. Stretching forever onward. Forever outward, forever and ever, and you feel that pitch, that vibration.

And now another REALIZATION: if you can move in this direction, you can move in another direction, and the line vibrates like a cord of a string. VIBRATES, VIBRATES, giving birth to a new dimension. And it turns and vibrates, and turns and turns into a plane, flat and true; stretching perpendicular to the line forever and ever and ever; humming and vibrating with potential and energy, in a thin, thin, thin plane. No thickness at all; just thin, just plane, just out and away, all directions, out and away; a never-ending horizon, never ending horizon. Vibrating, vibrating at a higher pitch, containing an infinite number of LINES which contain an INFINITE NUMBER OF POINTS. An infinite number of points rising to an infinite number of lines, rising to an infinite plane; an infinite plane, vast potential... and yet you know, yet you know there is something more, something higher, yet another direction that you can move in. It’s no longer an outness is it, what is it? You search for that new direction of reflection. It is not just an outness, but it is an outwardness; an upness, a downness, a depth, a weight, a mass, a space, a volume, a time.

And you stretch, you stretch up and down, into the cube, the cube of physical space. The grounding, the anchoring, the solidity, the sharpness, the definition, the volume, the depth, the richness that it contains; the sense of withness, withoutness, volume, volume, physicality, physicality, structure, crystallization, dimension, reality, realization, reflectivity; all these concepts in the new vibration, the new equation of the cube. And out of the blackness that was there before, a new frequency... dim at first, you scan for it in the depths of the cube, the black depths of the cube, you scan for it and it begins as a soft glow, a glow you have never seen, never knew was possible. The glow is deep, deep red, deep burning embers, the fires of creation. A new vibration, hot, hot and pure, deep and true, deep and true; and as you allow yourself to feel that vibration of redness, it fills that reality, fills the infinite cube... you are immersed in the deep glowing embers of that vibration of deep red.

And you feel it concentrate and focus, focus on one of the lines, one of the volumes within that cube; this volume becomes the concept of a body, a crystallization taking place, a solidification taking place. And this red, this red, flows in, flows in and through an opening, a gate, an energy, a swirling energy. Collecting, compacting, amassing in what becomes the LOWER CHAKRA of this upward line, this upward form, this new body, this new crystal. It is the lowest point, the root, the grounding, the foundation, the beginning, the outcome, the bottom line. And you feel this vibration of REDNESS, this VITALITY coursing through the entire crystal; but keeping it’s focal point in that bottom position, that first position; the first of yet many to come. And you feel its deep vibration as the sense of touch itself, of awareness, of physicality itself, aliveness, physicalness, vibrancy, vitality, sexuality, sensuality, warmth, warmth.
And now, as you feel that hum, that deep, resonant hum vibrate throughout the ENTIRE CRYSTAL, it echoes back, echoes back. And where the echoes, where the ripples cross themselves, a new vibration, a higher vibration; more energy collects, and it raises the red vibration upward and upward and upward until it takes on an orange glow and forms the second point. And the cube seems to collapse in upon itself to form a four-sided pyramid. And it glows with orange golden fire.

And all of a sudden a new dimension erupts within this space, an orange glow that takes its place above the red and forms the containment, the receptacle, the feeding source, the sustenance, the stomach, the belly. The idea of that which provides, that which sustains, that which gives energy, that which, in a sense, gives a form of emotionality, of contentment, of support of All That Is.

And this orange glow allows you a new sensation, of touch, one that starts a new vibration, and the echo comes back...the first echo is heard by you. And the sense of hearing opens up, a whole new dimension of receptivity, the first echo creates the hearing sense and brings it into existence and manifestation. And as this new hearing comes back again, self-reflective echoing upon itself, a new vibration, a new energy ever upward begins to turn the orange brighter, brighter, brighter into a hotter, hotter, hotter fire of golden yellow glow. And the pyramid, the four-sided pyramid collapses, yet again, into a tetrahedral structure, three sides.

A base of an equilateral triangle, and three more equilateral triangles, collapsing in again into a sharp, sharp bright point; and this rises upwards into the pits of what becomes the solar plexus under the growing rib cage. That which sends out a beam of yellow golden light to connect you to the concept of past and future selves, a beam, perpendicular running through the new body; ever outward infinitely, ever outward to connect you to the ultimate future, the ultimate past. Allowing you to know yourself as a linear time frame being. Knowing your connection to all time, all places, all dimensions, along all of the electromagnetic planes of physical fourth dimensional reality; all futures and all paths within time are you.

And this vibration, this golden glow, this feeling that permeates you with warmth and energy and vibrancy erupts into a new sense like a dawning sun, and sight. Behold, sight appears. Let there be light. The first dawn, the first day, the golden glow of the rising sun, and all is before you. The land, the reality, the waters are laid out before you. All is made of you. Physical reality is the expression and the echo of the center of your being, the knowingness, the conviction...conviction, vibration. You see and behold, and as you behold now more clearly, do you see the reflections and the echoes that have been coming to you. You see as in a mirror in brightest day, in brightest day, you see these reflections come back and add and build and raise the vibration yet once again.

But now, now you understand the polarity, you see the light, you now understand it is the opposite of the dark and as you understand polarity in physical reality, as you move the vibration up into green, green, brilliant emerald green, a crystallization, an understanding takes place, and polarity manifests in a new dimension. The tetrahedron pointing up, now gives you a tetrahedron pointing down. Now you know you move in both directions, that you are both directions, that both directions come from the center of
your being and it opens up a new center, a new chakra – your HEART. You are flooded with understanding, compassion and feeling, in the JOY of creation, the emotion, the e-motion, the energy motion of creation vibrates and resonates and sings throughout you. Vibrates the crystal that you are with this new shape, this color, this new understanding. And it enriches, enriches the reality, this new shape gives you a new subtlety, shading, coloration . . . and a sense of taste is born; the appreciation of the degree of differentiation and subtlety . . . this enrichment and love and verve for life itself.

You taste of life, you drink of life, and you explode with sensation, large and small, subtle and strong. Life is rich, rich beyond imagination, beyond compare. Green and abundant is the vibration of the heart chakra, and as you are overcome with joy, overwhelmed, you must find an outlet for this energy, and so you raise the vibration yet again, and it becomes a deep crystalline vibrant blue. Blue, electromagnetic, electromagnetic fire – this vibration is intense. You are vibrating the entire crystal of your being, it hums, hums with a high pitch, a high frequency, as you glow with this electromagnetheric fire and light.

And this new expansion turns into the octahedral crystal of eight, eight, eight, eight, the key of infinity, the key of life, the breath of life. And in comes the sense of smell, of everything having to do with breath and breathing and air . . . eight, eight, the air, eight, eight . . . the oxygen, the invigoration, the burning fire of life, the breath of life, the high vibration of physical vitality. You are alive and connecting and connecting and connecting to other energies, to the breath of life. Less and less and less dense substance do you need to sustain yourself, you are alive with life and light and breath, and breath sustains you and light sustains you and supports you. And it is what you eat and it is what you breathe, and you become this blue fire, and you crystallize and refine and clarify and purify, and sing with a pure TONE of blue light; a high vibrant, clear, resonant vibration and tone of pure mathematical energy and light.

Mind is created; you are aware of self-reflectivity through mind and intelligence. You key into all electromagnetic phenomena, you vibrate in accord, in resonant harmony, with all dimensions of vibrational electro-magnetic phenomena. You know and understand that all matter, all minerals, all vegetables, all animals, all consciousness within the physical plane vibrates in accord with this blue light, and you speak your truth, and you breathe your truth. And as you do so you rise yet again and rise and rise into the deep, vibrant indigo light of the third eye. And it opens doorways, doorways of dimensionality and changes, changes, as the indigo vibration goes deep within you . . . deep, deep, deep blue vibration within you, opens doorways, self-churning like the deepest portions of the ocean. Containing much information, much knowledge and becomes the Tesseract, the Hypercube.

Dimensions and doorways open and open, open and open, unfold, unfold, unfold. And this third eye chakra allows you to perceive that you have a sixth sense beyond the five: touch, hearing, sight, taste, smell, a sixth sense of orientation, of direction. Magnetically aligned behind your eyes, outward like a compass, outward like a needle, through all dimensions, through all thresholds . . . you know what you know, what you know . . . you are the vibration of knowledge and information. You are the Akashic records. You are all the lifetimes, future and past. You are the vibration of the total seed of all physical reality.
And this seed, this seed, this deep indigo blue seed with the hard shell casing, vibrates and vibrates and vibrates, and a sprout cracks the shell and moves upward, upward like a blossom to the CROWN, the crown... and blossoms with a beautiful vibrant violet flower. And causes there to be a glow, an expansion, and the Tesseract collapses into the taurus, the ring, the halo, glowing vibrantly, white hot at the center of the violet light. White hot and surrounded in the gentle, beautiful, beautiful violet glow that sings a thousand songs and bears a thousand petals and is a thousand stories... a thousand vibrations, a thousand chords in one harmony; a high physical vibration. You are at the peak, you are at the pinnacle on the mountaintop of physical reality. You are fulfilled. You see far and wide, you are the vista of life itself, you contain it all, you are it all.

You are joy and passion, you are ecstasy, the vibration of ecstasy. And as your ecstasy builds, and as your ecstasy grows, that white-hot center grows and grows and grows... the white-hot ring in the violet light grows and grows and becomes a spinning disk, a spinning thick sphere flattened like a galaxy, a galactic disk. You are rising above the mountain, levitating up and up and up, faster and faster, higher and higher, until the world is far below, and you become, you become, you become the stars and galaxies spinning at it's center... spinning, spinning.

You are ONE VIBRATION OF WHITE LIGHT... knowing, glowing, spinning, being... COMPASSION. And as you spin and spin and spin and spin, you expand, and expand and expand and expand into a sphere of clear transparent light; silvery, silvery, clear transparent, a sphere, a sphere... All That Is, All That Is. UNCONDITIONAL LOVE... ALL THAT IS. And at this moment, the moment of perfect power, perfect place, perfect peace, perfect energy, clear, silver transparent energy, LOCK, lock this vibration and UNLOCK all your potential, turn all of the keys, all at once, everything opens. You are a flood of light. YOU ARE LIGHT ITSELF. Pure, undifferentiated light itself.

BE! Use all the tools... in whatever way now you wish to use them. To apply, for whatever purpose, for whatever desire, for whatever excitement... use the tools now. On this level, use them – see, feel, be, know, do, assign meaning, give, know, be, top all, everything is – use the tools. Expand and expand and expand and expand to Infinity, expand more and more, and more and more. Let the energy carry this idea out, let the energy carry out who you are, what you are, what you desire, what you know you are, and let the bubble POP. Let it go, collapse to a disk, collapse to a line, collapse to a point and rest, rest.

And as this point, as this point, as this point slowly evaporates back into the formless All That Is, it becomes the idea of birth, of information; a seed, a seed of new potential that knows, that knows that its heart of hearts, and its highest wish has been sent to the universe. Let it go, let it work, allow All That Is to answer. And as you dissolve back into the formlessness, you feel, you feel the gentle ripples, the gentle ripples of the answer, the echo from All That Is, of what you have sent out come back to you. And the ripples say, yes, yes, yes. As the waves of the ocean constantly remind you, yes, yess, yessss. The calming, the soothing YESSSS...

Breathe with the assurance that you are a new being, a new reality, a new you. Yes. Yes. The universe
has answered your wish. Yes, yes, yes. This vibration is yours. This tool is yours. It is our gift to you. Change your reality, change your world, change you. BE the you you desire to be... because you say so. Yes. Yes. When in doubt, remember: THE UNIVERSE SAYS YES. Yes to you. Nothing is held back. Nothing is denied. Yes, yes. You want to be who you really are: your true self, your true self. The universe says, yes, yes, yes.

Take a deep breath. Open your eyes. Use this tool! Use this Tool! Every day. Every day. I guarantee the changes will be profound. Thank you for allowing all of us to have arrived at the creation of this point, wherein we were allowed to share this with you, to reflect this to you. Thank you for expanding this reality.

Keys of Ascension I: Meditation
King’s Chamber Revelations

Q: Alexander the Great as well as Napoleon were said to have had transformational experiences inside the King’s Chamber of the Great Pyramid.

B: Yes.

Q: Napoleon would never talk about it, and he wouldn’t write about it. Can you comment on what took place?

B: He met his father in spirit form.

Q: His deceased father?

B: Yes, and also fathers of lineage past, times past and connections to that ancient civilization reincarnationally.

Q: Was there a connection between Napoleon and Alexander the Great?

B: Only in the sense of, what you might call, an Oversoul resonance.

King’s Chamber Revelations
Bashar: "Knowing Your Own Truth"
Circa 1995

Your actions, between us, are for the purpose of all of you knowing what information you have access to and not just simply asking us out of convenience, doing your own research so that you KNOW what you know and don’t just know it because I have said so. Because there are many different kinds of approaches that we take in communicating to your society, sometimes we will tell you that a thing is one way for a completely different purpose than you may think. A lot of times, what may seem to come from us to be a pat answer will not necessarily be true in all contexts but, perhaps, only in the one that we were discussing in that moment. So do not necessarily assume that we are giving you the FINAL WORD on everything.
**Knowingness and Compassion**

Q: I want to create a reality for myself where there is no hunger. And what I’m...
B: Now, realize that you are in accord with the overall mass consciousness as well.
Q: Yes. And I realize that you are in accord with the overall mass consciousness as well.
B: All right.
Q: And so...
B: Use your imagination.
Q: So all I... the timing is right to amass those beings, entities, people, kingdoms, life forms around me that want to be in this new reality that I’m creating. And all we simply have to do is talk it over, meditate it over, and get a picture of what we want; and that picture, that visualization, will then, all on its own, effortlessly, create it.
B: Now, realize that you do not even need, in that way, I’ll say, per se, for yourself, to talk it over, think it over, picture it out in that way, if you already know that you are that reality. All those manifestations will unfold automatically, and all the talking will take place quite automatically, by what you term to be a massive event of coincidence.

(Audience exclamations)
Q: Well, won’t we just be moving into that reality?
Q: (Simultaneously with previous): (inaudible) ... into the future and enjoy it. Is that correct?
B: Just *being* that reality, yes.
Q: Allow the future to be now?
B: Yes. Thank you.
Q: Well, doesn’t that reality exist now?
B: That is what we just said.
Q: Okay. So when we move into that reality... but still there may be a reality where hunger exists, but we just won’t be in that...
B: Perhaps.
Q: We won’t perceive it.
B: Oh, perhaps.
Q: Okay.
B: Realize again, that within the overall idea of that reality, it will not be perceived in such a total frame of reference, so that you may not even make the comparison between your now, present reality, which has no hunger, and any other reality which you think may have.
Q: Because, I was thinking that for every reality there exists some kind of opposite reality...
B: In a sense. But again, understand that within the idea of the integration of that polar oppositeness; understand that within the physical dimensionality *alone* do you experience the separation of those ideas – which are blended perfectly within all the other levels of your own consciousness, and not seem as dichotomies or polarizations.

Q: But why do we have to try so much to believe?
B: You do not have to try to believe. Again, ‘tis simply a matter of knowing.

Q: How do we tell ourselves that?
B: Go ahead. Say, “I already know.”
Q: I already know that I believe.
B: Now, do you believe yourself?
Q: Yes.
B: Are you sure?
Q: Yes.
B: All right. Now, are you really sure?
Q: Yes.
B: Why?
Q: Because I am.

B: Thank you. Because exactly that – you ARE here…you ARE the creator. You are infinite. You ARE, and always have been, and always will be, All That Is. Therefore, yes, you are.

And you can always know that that is your indestructible core, in that way, and that always, always, always, you may simply always know yourself as All That Is. And in so knowing yourself, provide quite automatically all the service to All That Is that will support and continue, I’ll say, reinforce, all the manifestations within your physical life that will always represent that support of All That Is. And in that way, you will be supporting yourself. Yes?

Q: What is the difference between being unaware – I mean, refusing to look at something that – let me see if I can put it right…being unaware of things going on around you, and creating…creating a different future. For example, we were talking about cruelty to animals, and you were saying that cruelty – we won’t be – we won’t perceive the cruelty to animals if we create…

B: Again, understand what you will be manifesting with those individuals who partake of that, I’ll say, projection, as you term “cruelty to animals” in that way, is to simply understand that as you vibrate within your own understanding of the reality *you* wish to perceive, then in their existence, in every reality of existence, you will be perceiving those facets of those individuals who will reflect, I’ll say, their existence of *your* vibration, and in that way, they will to you seem to have simply changed. But, you will be dealing, really, with different facets of those individuals, I’ll say, representative of that level of vibration.
Q: I understand that, and yet I, I can’t help but – maybe it’s that I’m perceiving an aspect of myself, but I can’t help thinking that somewhere these animals are suffering still, and...

B: All right, then, in that reality of your own choosing, they always will be.

Q2: Because they always will be anyway, everything is always now.

B: Understand, again, simply that by worrying about that idea, you yourself are feeding energy to that idea.

Q: Okay. Okay.

B: But again, understand one very important thing in all of this total idea: All That Is always is All That Is. So what! Then you again remove the importance of attempting to take responsibility for those other ideas – you are always creating judgment in the doing so, in that way. And therefore, understand that that idea of “So what” will always allow you to understand that, as you allow yourself to form exactly that reality for yourself, through the idea of an extension of yourself into the idea of your reality of All That Is – of yourself, AS All That Is, of yourself, therefore, as service to All That Is – then you can really simply know – know, know, know, know, know. Know, without a shadow of a doubt, that that, in your terms, in your reality, in all the realities that you allow yourself to comprehend or perceive or, I’ll say, in that way, view, then there is, in that way, no manifestation of that reality.

Q: Hmm. Right.

Q: To a certain degree, is the Orion going to shift and go into parallel universes and the same thing that’s...

B: Yes. But again, their shifting, in that way, is in accord with the vibratory level that they allow themselves to experience. Now, in that way, understand that many individuals upon your own planet have vibratory existence of other civilizations, other levels of consciousness, in that way; which still allows them to act out, to some degree, that idea, but in a different form, which will allow them more opportunity to change, again, that idea if they so choose.

Q: Okay, so... I didn’t understand that, but – are there some channels on – going into Orion, to cause them to do service for self, and other channels going into the underground guys to help them evolve into serving All That Is, and that...

B: Realize that, in this way, your terminology as expressed is not clear to us. What do you mean by channels “going in”?

Q: Well, their mass consciousness of the people in the underground are creating mirrors for themselves to see themselves evolving into All That Is through service of all...

B: Yes.

Q: And the other guys are creating channels, or existences of future selves that are creating service to self that’s...

B: Yes, very good.

Q: Great, great.
Q: Well, with regard to these guys on Orion, now that’s only a facet of themselves, too, so it’s like…
B: Yes.
Q: …we can just simply grant life to their wholeness…
B: Yes, and again, as you do so, in that way, you will be revoking the idea of responsibility for, and the judgment of yourself in comparison to that idea, and allowing yourself, again, to integrate within the fourth vibrational reality, in which you will not, in that way, experience that effect.
Q: Yes.
B: Again, by sharing your compassion, by being, by knowing that you are All That Is, and expressing the compassion that you know exists within All That Is, to have created All That Is.
Q: Uh-huh.
Q: Can you explain the difference in ideas or vibrations at the fifth and sixth and the seventh levels?
B: Only briefly at this time.
Q: Okay.
B: Understand that there will be, again, upon those levels, more and more, simply, the idea of that integration into All That Is. And it will be expressed in a number of ways, which, I’ll say, at this time, really have no translatable idea in your language. Do you follow me?
Q: Mm-hm. Is that just in our language, or in just in…
B: Realize that at this time, it is the only language you are perceiving from what you experience as the channel.
Q: Can you speak other languages?
B: In that sense, yes, but realize I am not really speaking your language. Realize there is no need, in that way, for me to learn your language. There is, in that way, telepathic concepts being transmitted, and the channel is acting as a translation device in that way, allowing there to be automatic responses within what you term to be electrical stimulation of the brain. So that there will be, I’ll say, concurrence within ideas that are understood in the way, which will form, on our understanding, the symbols necessary for you to, I’ll say, receive the telepathic communication.
Q: So it’s just that the channel doesn’t – he speaks English…
B: Yes.
Q: Oh.
B: That is why also, then, you’ll find that the same, I’ll say understanding or entity, or identity or consciousness, in that way, may channel through many different individuals, although their languages may be different.
Q: Do you channel through people in different countries?
B: Yes.
Q: Thank you.
B: Thank you.

Knowingness and Compassion

1
Knowledge Embodied In Ancient Structures

Q: Is the face on Mars a genuine artificial creation?
B: Yes.

Q: What is it, or was it supposed to be... I mean, is it part of a larger structure?
B: Yes. And it is a marker of a timing similar to the idea of many of the artifacts on your own planet of earth, in that it has been likened unto what you call the Sphinx; which is an embodiment of knowledge and information in a geometric, archetypical, artistic format – so that it can always be gleaned, and always remembered. And no matter what else might happen, the information, if it is there in stone, is there forever.

And thus, it forms a bridge and a link to awaken – no matter if you may go incarnationally to hark back upon your own past – for many of you are incarnations of the civilization that used to exist when your Martian planet was capable of supporting life. And thus, as you look back on that face, you look back on your own faces in those ancient incarnations. And also make the connection to what has been done on your planet, especially in what you call the Egyptian area, which of course, again, as a reminder, in the ancient language of your planet, the name Cairo means Mars.

Thus, there is a bridge and a link between the idea of the storage and preservation of information in the Sphinx and the pyramidal forms, at least the ancient ones, that is directly connected to the idea of your history, your understanding of the nature of the Solar System, Physics, Mathematics, Science. So that if ever anything should occur that would allow you incarnationally to forget, all you have to do is look back to those edifices and glean, once again, all basic knowledge you need. You understand?

Q: Yes, thank you.
B: Does this help you?
Q: It does, indeed.
B: Thank you.
Knowledge

While it is critical and important for all of you to gather knowledge, data, information, it is equally important that you apply that knowledge, information, data, through your actions in your daily lives. For if you do not, you will not fulfill the connection that is necessary for the manifestations you desire. Knowledge – it’s all well and good, ideas are all well and good, but without the application of knowledge there really is no effect, for you are not at call in your life, in that sense. You must allow yourself, always, the understanding that while meditation will help clarify who you are, by putting you in touch with the infinite knowledge of All That Is... in your center as you are quiet, you align, you harmonize, you synchronize with the infinite knowledge of All That Is. But once you have some knowledge, some understanding, if you do not then come back into focus in your lives, and through joy, apply that information, then you are not creating the balance between Heaven and Earth, as you say in your language, that is necessary for you to see the rewards, reap the effects of that knowledge, of that information.

You are physical beings and application and action are just as important as aspects of spirituality as any idea, or concept or information that you may have within your imagination, or within your heart of hearts. Your desires, your wishes, these are important, powerful and potent energies, but you are a channel, you are a conduit for those energies, and it is through your actions, your behavior in physical reality, your body language, your attitude, the things you do, the way you do them, how you say the things you say that radiates that frequency outwards into your physical reality, making you a magnet that attracts the manifestations of reality that are reflective of that frequency.

If you are content to just sit in your easy chair and think good thoughts, you may have a wonderful and pleasant dream life, but you will find that without some degree of action many things that you desire will not come to you because you are not giving off the sign that you will do anything with what you are given. You are an active principle of life. You are an integral part of the mechanism of creation itself, and without acting as that bridge you cannot allow what is coming into you from higher levels to come all the way through into your reality. It is really as simple as that, you are the switch itself, the bridge itself, the link itself between Heaven and Earth.

The idea, again, as we have said before, when you get in touch with the way things relate with the ideal reality, it is not the purpose to run away from the Earth in search of that ideal reality, but to bring that energy down to your planet, to create Heaven upon the Earth, as you poetically say in your language. Because that is why you have chosen to be where you are at this time, to be of service, to be of help. And each and every one of you, make no mistake, has a great impact upon the whole planet. Each and
every one of you has a purpose in being where you are, and you can know this and you can feel this, and you can experience this, if you will but act in accordance to your dreams and desires. Being physical...the representation of the kind of energy, the kind of conviction, the kind of knowing certainty, that is already of the world you say you want to create. For in being that state in thought, word and deed, do you thus accelerate the ability of that reality to manifest all around you.

You are...you are, if you wish, again, a poetic analogy, "God’s Paintbrushes." Allow yourself to let that creative spirit come through and paint broad strokes upon the canvas of your reality. You are the brush, but you are also the paint, you are also the canvas, you are all of those things, simultaneously, you are the action itself, you are the experience itself, you are the process itself...no segregation, no separation, no process to learn to live life...living life is the process. And if you simply do it as best you can, in all ways, on all levels, you are fulfilling your purpose, your self-chosen purpose; just by doing the best you can at any given moment...it’s all you need to do.

We thank you for allowing us to share a slightly different perspective of this idea, once again. We find that it is important to urge you into action, for we know, we can see, the kind of realities you can manifest if you would but move as if you already lived within them. And we know it will delight you no end, when your idea of yourself and the way you express yourself are one.
Closing Comments

We will extend, once again, to each and everyone of you our deepest appreciation for this reflection and for allowing us to be, momentarily, temporally, a mirror to *remind* you that anything and everything you have ever realized within this interaction has been because *you* gave it to yourself. I have given you nothing, except an opportunity to love yourself and *that* is what has given you everything else and you have allowed us to experience the gift of being allowed to give the opportunity and we thank you for that great gift.

*Our unconditional* love to each and everyone of you and all of you and your whole world and your whole being and all your spirits and all your hearts and all your minds and all your bodies and all your souls for ever, good day.
Latitudinal Dynamics and Releasing UFO Information

Q: Good day, thank you for this opportunity once again.
B: And you, as well.
Q: The first thing that I would like to discuss with you is perhaps connected to a similar phenomena that happens to the crop circles, and it has to do with the upwelling of energy at 19.5 degrees in our Solar System, in the hyper-dimensional physics. On the earth we have a volcano…
B: Yes, we understand the concept. What is your question?
Q: What is the mechanism behind that phenomenon?
B: One moment… the idea, to explain it in terminology that would translate appropriately, would be to view this as the largest chord of the tetrahedral template that can be expressed in your physiological reality – according to anything that has congregated or formed an accretion in any particular locale. Now, did that make any sense?
Q: So it acts like a relief valve, in a sense?
B: In a sense, but it is also an activation. In the sense that a spherical object, in space, will, because of the equal pressure in all directions of the forces that generated it as a spherical object, exemplify and express, or act as a medium to express, the largest tetrahedral chord that can be expressed, in the underlying tetrahedral, vibrational energy template that makes up the components of physiological reality.

Let me put it to you this way: you have on your piano the idea of a note; you have on your piano an octave; and you have on your piano an idea of all the notes and all the octaves, and all together that makes up the whole idea you call the piano. You follow?
Q: Yes.
B: There are the notes, the small tetrahedral structures that underlie, that act as a template upon which physical reality is formed, is based, grows, is crystallized. There are the octaves, which you may find in a variety of different levels of dimensional expression on your planets.
The idea of the crop circles is that which is taking advantage of a whole octave, in a sense, to translate themselves into your physical reality. And then you have the whole piano, which is the representation of that overall tetrahedral vibrational chord that happens to come out at those latitudes on your planet. Does that make sense to you?
Q: Yes, it does.
B: Thank you.
Q: The next area…
B: Yes.
Q: …we had a deregulation process going on in many of our industries, as you have commented would happen. The telecommunications with the phone…
B: Yes.
Q: . . . we’ve had the airlines, and now concurrently with this is that we are having an energy deregulation. And as with the airlines and the Value Jet crash, and as in our nuclear industry, there seems to be more demand on better performance . . .
B: Yes.
Q: . . . and what’s happening is that a lot of parts and different equipment is being manufactured that perhaps is not to specification.
B: Yes.
Q: And one of the things is that there are 110 plants in the U.S. currently, and 435 in the world. Do you see any possible further episodes, such as Chernobyl, happening in any of these plants?
B: In their own way, perhaps, not necessarily as wide spread, but in their own way there will be the possibility, at this time, as we scan the energy, of at least 3 in 57, 3 in 57 plants. And out of 57 that are experiencing the idea of threshold regulations, three may go critical in their own way – though this may not, necessarily, translate exactly into the same type of idea that you recognize Chernobyl to be. But the idea, in and of their own right, of collapse, will be to some degree detrimental to the surrounding environment.
Q: Would you agree that Chernobyl is the worst accident in human history, in our current history overall?
B: No, what you would call the devastation of the ecology in your oceans is – far greater. There are sections of your entire oceans that, for a lack of a better term, are dead.
Q: And to change the subject: is there any duress directed towards our government from within our own civilization, or from without, to not let the UFO information out? Because a lot of our top investigators and government officials who really are active and want to release the information are brought in for a briefing, and within 30 to 60 minutes they all come out saying that this information must still be kept covered up.
B: Then you already understood that there was duress and did not need to ask.
Q: What is the main agenda that these people are being informed about, that causes them to have such a 180-degree shift in perspective?
B: We cannot discuss that at this time.
Q: Okay. And the last thing I would like to ask you is that there is a device on our planet known as the Neurophone, which translates audio waves into square waves . . .
B: Yes. This can greatly amplify the concept of learning; you may explore and experiment as you wish.
Q: Thank you very much.
B: One moment, one moment, one moment, one moment, one moment...interface, interface, interface (the renegade reptilian, Alpha Deyo, comes through...)

Latitudinal Dynamics and Releasing UFO Information

2

3
Learning as Remembering

B: The idea of the purposes of each and every one of you in your collectively, the reasons for which you all draw yourselves together into any gathering, any grouping, any recognition of any portion of the mass consciousness that you are, is a part of the process that you have chosen for this physical life to remember who and what you are. Recognize that all of what you call in your civilization learning is the process of remembering who you are. For the idea that you have created in this physical reality has been the idea of being able to forget who you are. That is what you have been exploring for many thousands of your years.

Now you are at the ending of this cycle of exploration. Now, therefore, you have created the idea in your consciousness of what you call 'new age awareness.' This is simply your symbol to reflect that you are going through a transformation. This transformation is simply one of defining yourselves anew, recognizing more of yourselves that already exists, becoming more aware of more of your being, more of your consciousness. Remembering that you agreed, individually and together, to create this – what you recognize as your physical reality, and to project yourselves into it for the purposes of exploring the idea of limitation, the idea of separation – which is simply one more way that All That Is has of expressing Itself.

You are remembering that you know everything you need to know. You are remembering that you are in a sense the gods. You, in your reality that you see 'round and 'bout you, see yourselves reflected in that as if it is a 360-degree spherical mirror. What you perceive as your physical reality – which surrounds you, in which you think you exist – is a projection from the center of your being reflecting back to you from the screening you have built round you to cut yourselves off from the rest of yourselves.

It has been your grand experiment. You are no one’s experiment but your own. This is your reality. This is your dimension. We, and other civilizations and other consciousness levels – or what we call densities – are now able to lend to a certain extent some assistance in your recognition, your remembrance of who and what you are, but only to the point that it does not interfere with what you have chosen to experience in this life. This is the transformational life upon your planet.

This is the transformation of consciousness from third to fourth density, the raising of your vibrational level so that you will create more awareness of more of yourselves, have more of yourselves present in an energy relationship, and gather to yourselves all that you have ever been in this entire exploration that you have called your lives within your Earth plane of experience. Are you all following along so far?

AUD: Yes.

B: Therefore, we are connected in a sense to you all. Any other civilization that is interacting with you is connected to you through consciousness. We have all co-created the experiences that are manifesting in your lives simply because we can. Simply because we can. Recognize that many of you on your planet, because you are coming out of what we call the habitual rituals of separation and limitation, have come up with the idea that your lives to be lived need a specific purpose. And in a sense it does, but many times not what you think.
You, the individual personality construct that you have created yourself to be in this life now – that, to be that completely: that is your purpose. To be exactly completely who and what you have chosen to be: that is your purpose. Being true to yourself, living with the conviction of knowing what you are all about, allowing yourself the freedom of expression without judgment, without invalidation.

To express yourself fully, as the being that you are is to then be living as the complete facet that you are of the multidimensional crystal that is All That Is. And in being fully yourself, you then extend to fill your universe, your particular facet. And by extending to fill your facet, and not a withdrawing and shutting yourself off, do you allow yourself to then along those borderlines touch all other facets and feel the connection that you have to everyone else, to everything else in All That Is. You all follow me?

AUD: Yes. (A muted response)

B: Are you all alive?

AUD: Yes!

B: All right. Thank you.

AUD: Thank you.
Learning How Attitude Changes Our Experience

Q: (A child about 9 or 10) Hi.
B: Hi!
Q: I wanted to know...I was having some problems recently with my family...
B: All right.

Q: And I don’t know, I’ve just been having...I’ve been being really inconsiderate.

B: Inconsiderate, in what way?

Q: I wouldn’t think about what I was doing. I mean I would do something and not think about how the other person would feel about it. I mean...
B: All right. But are the things that you do – do you mean to hurt those other people?

Q: No.
B: All right. Then first and foremost don’t be too hard on yourself. If after you do something like that, and you feel that it was something you really did not want to do and that you were hurting those other people, once you become aware of that, then simply allow yourself to recognize that it may not be something you wish to do again. And then simply don’t do it. You do not have to be angry with yourself. You do not have to worry about yourself. You do not have to think less of yourself. If you did it, you did it; it is over and done with. If it has allowed you to learn that you don’t want to do that again, then simply don’t do it again, and there will be no reason to think badly of yourself.

Q: But that’s my problem – that I tell myself I won’t do it again, and then I do it again.
B: All right. What is it that you are doing that seems to be so hurtful?

Q: Well, like...let me give you an example.
B: All right.
Q: The other night I had a friend sleep over.
B: Yes.
Q: And my Mom wanted us to go to sleep, and I was kind of arguing that I didn’t want to. And I didn’t notice that my friend was tired. And then finally when we did go to sleep she just totally fell asleep. And I didn’t realize that she was tired and that she fell asleep. (Half crying)
B: All right. All right. There is no need to feel badly; it is all right. Now, why do you think that you would like to change?

Q: Because I don’t like hurting people’s feelings.

B: All right. Do understand that even though this might be something you can change, that if at first you don’t mean to hurt their feelings, then individuals can choose to believe that their feelings are hurt whether you are actually doing anything about it or not – whether you are the cause of it or not. Individuals can act like they are hurt when they don’t have to. You understand so far?
Q: Yeah.

B: So it’s not always going to be because of what you are doing – not always. People can act like their feelings are hurt when you have done nothing truly to hurt their feelings. So do not always think that you always are responsible, just because someone is acting hurt. There may be, in what you are doing, something that they need to look at as well. Now, you are attempting to take responsibility for your actions, and this is beautiful, and we love you. But responsibility doesn’t always mean blame; responsibility means the freedom to act as you prefer to act.

Now, if you feel that you are being hurtful, that you are being inconsiderate, that you are being thoughtless, then this may be a reaction to the times when you perhaps believed that someone else was being thoughtless about you. You may simply be creating a reaction because perhaps you feel that other individuals are not being considerate, or in the past have not been considerate about you. Are there times when you believed that other individuals have not been considerate of you?

Q: Well, I know that I’m often inconsiderate with my mother, and . . .
B: But that is not my question. One moment.

Q: Yes, But she isn’t inconsiderate with me. And . . .(Crying)

B: All right, all right. Now also understand something else: in no way does this mean that you are any less than anyone. But, as we perceive it, you are still what you call a child in your society, and you are learning the things you need to learn. Do not think for a moment that you are incapable of learning. It is not a problem; a problem is only the way you have been taught to think about this situation. A problem is only a situation that you will not allow to change. Let’s play around and experiment with something if you are willing. All right?
Q: Okay.
B: Let’s assume for now that you are saying that you are in a habit. And that this habit is that, before you think of anything else to do, you believe that you act inconsiderately. All right, but that doesn’t mean there aren’t other things and other ways you do think of to act as well. You follow me? You do know that there are other ways to be – yes?

Q: Yeah.
B: All right. Now, if you find that you are acting, in your estimation, inconsiderately, then do not add to the problem by being harsh with yourself, because that does not allow you to change. What will allow you to change is to acknowledge – as you are doing now, but not in a sorrowful way – that you were perhaps inconsiderate. Say, “All right, all right: I now stop myself. I realize I was being inconsiderate. All right. So I chose to be inconsiderate; so maybe I believe I have a habit that the first thing I will do is be inconsiderate. All right, I believe I have a habit. However, I now acknowledge, I take responsibility for having that habit. Which means I’m not trying to get rid of this idea; it means I am willing to accept that that’s the way I believe I am right now. That’s the way I have chosen to be.”

As soon as you accept that that is the way you are, then it is easier to change. But if you find that you are being that way and you don’t like it and you try to get rid of it – if you don’t face it and you are judgmental, if you are harsh on yourself – then you are not using your energy to change. You are using your energy to stay the same. Because all you are doing is scolding yourself, and in scolding yourself you are being inconsiderate of you.

So if you are going to find that, from time to time, you may be inconsiderate of others, all right, take responsibility for that, as you are doing. But what will allow you to stop doing that is to first stop being inconsiderate of you. There is nothing wrong with you. If you have that habit, you have it for a reason; it is there for you to learn something.

Perhaps it is there for you to learn how easy it is to be considerate of other people. So if you will remember the following thing: everything happens in life for a reason. You chose to be in this life, whether you remember so or not, you chose to be born in this life. And you choose the situations that you are in, in life.

So allow yourself to realize that you knew what you were doing when you chose to be born in this life, and that you would not do pointless things. You would not choose to come into this life and have a pointless life where things could occur that have no reason for being there – where things could occur that make no sense.

The things that occur in your life are there for a reason. So the first thing you can do is treat yourself as
if *even* the things you don’t like are there for a reason – to get you to learn something about yourself. And if you’re willing to simply learn it, and not scold yourself, then you will change.

But the idea is that everything you do experience has a place, has a reason for being there. It is there to teach you something. When you spend time feeling sorry for yourself, and being inconsiderate of yourself because of the things that happen, then you are not learning the lessons in these situations, and then you are not changing in the way you say you want to.

So, first of all, don’t be so hard on you, even when you might be hard on others. The only reason you are hard on them, and inconsiderate of them, is because you are afraid. You are afraid that what they are doing will not let you be who you are.

But there is no way that this life will not let you be who you are. Everyone that you interact with, you are interacting with for the purpose of allowing you to be who you want to be. You do not have to be afraid that situations will interrupt your life and not bring you what you want. All situations are in your life because you want them there, because there are things you want to learn from them so that you can become who you want to be.

Q: But how come... I understand that I learn from things that happen, and I think about that afterwards – what I learned...

B: Yes?

Q: ... and what I can do so that they won’t happen again. But they keep happening anyway.

B: That is simply because your fear is greater than your curiosity at this point. Do you like to explore things? Do you like to explore things more – or do you find that you are more afraid of what you might find when you explore things? When something new happens, when some situation in your life happens, do you find that you would rather not know why it happened? Or would you rather explore how you can use it, how you can learn from it?

Q: It depends on what happens.

B: All right, but you see, that’s the point. You are making the distinction that it matters what happens, and that there is a difference. And it is that difference you are making that does not let you feel that everything can be learned from. There are no situations that are too horrible to learn something from. And it is only your belief that the situation is horrible that doesn’t let you learn something from it.
There are no horrible situations. There are only beliefs of horror. There are no horrible situations. You can learn something positive from anything. Be willing to look at everything. Be curious. When your curiosity overcomes your fear, then you will stop punishing yourself, and these things will not continue to happen.

But you see, it is also an illusion that these things keep happening. Nothing ever happens twice – nothing. It is a different thing. It may appear to be similar, but it is not the same situation because it is not the same time. It is another time, and that is enough to let you know it is not the same situation. What makes you feel that you have a problem is that you have been taught to believe that when it appears to be happening again, you really think it is happening again.

Think that it is not happening again. Think, this is happening for the first time – because it is. It is not the same situation. It’s never exactly the same circumstance. And you are not failing at something. You are exploring many facets of the same idea. So when you learn something from the first situation, you then create perhaps a similar situation. But it is different in important ways. Explore the differences. Do not focus on how the situation is the same; focus on how it is different. That is your clue.

Do not think it is happening again. When you allow yourself to believe it is not happening again, that it is not repeating, but allow yourself to believe that it is different, and focus on how it is different, then your attitudes will change. And when your attitudes change, your reality will change. Your experiences will change, and very soon you will understand that you have never – ever, ever – done anything again. So focus on what is different about the situation, not about what is the same, and that will make a difference. You understand?

Q: Yes. I wanted to know. . . a few days ago I was up in Yosemite National Park. Well, something happened . . .
B: What happened?

Q: We were ice-skating – about ten other kids with me – then we decided to walk back to our cabins, a place which was about one or one and a half miles. And we got lost. . .
B: Not really. But I understand what you mean.
Q: Yeah, we couldn’t find our way back. And I was trying to think . . .

B: All right.
Q: . . . what I had learned.
B: All right. Well, here’s one thing you can learn right now: you are never truly lost – never. Anywhere you find yourself is where you need to be. And also, you are never truly alone. You are a beautiful part of the whole universe. And the whole universe is alive. Alive! Even if you were out in those woods all by yourself, you are never alone. All you need to do if you find yourself in that situation is to know you are not alone, and ask to be shown that you are not alone. And instantly you will know where you are and where you need to go. Just open your heart.

Q: Well, something like that happened and, well, after a while, when I was really, like, praying and meditating, while we were walking along this road a lady came by and she told us how to get back; and she brought us back.

B: There you are. That is all you need.

Q: But still – I don’t know what I learned?

B: You learned that you were able to attract to you someone who could help, that you are never really alone. That’s what you learned. You put yourself in a situation temporarily where you forced yourself to face the idea of whether you would believe you were really lost or not. And what you did, and what you succeeded perfectly at, was proving to yourself that you can never really be lost, that there will always be some way that you will find where it is you need to go. That’s what you learned. You understand?

Q: Yes, I do.

B: Thank you very much, and may I tell you something?

Q: Yes.
B: I love you.

Q: I love you, too.
B: Thank you. Sharing!

Learning How Attitude Changes Our Experience

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“Learning the difference between, falling into the illusion of power . . . and learning to use the power of the illusion.”

Las Vegas, NV
8-1-98

Monologue
B: All right I’ll say good day to you this day of your time how are you all?

Audience: Great, Perfect, etc . . .

B: Once again we take this opportunity to thank each and every one of you first of all for allowing this transmission to occur in this manner and through this particular window on this day of your time. Each and every time you allow such a transmission to be conducted a link is formed, a bridge is built between our perspective realities and we get to experience through our interactions with each and everyone of you more and more perspectives, more and more facets, more and more aspects of the Infinite and more and more points of view of creation. And this expands our understanding of all that creation can be and so we thank you for this gift of sharing.

We would like to begin this transmission with the following idea. We would like to remind each and every one of you individually and collectively, altogether, about an idea that we will call “Learning the difference between, falling into the illusion of power, the difference between that, and learning to use the power of the illusion.”

Many individuals on your planet, for quite some time, have fallen under the illusion of power. Thinking that power exists in the outside world and must be, in a sense, harvested, must be attained, achieved. That things, circumstances, situations, even people, must be somehow manipulated, controlled, brought into the position that you desire them to be brought into in order to achieve a certain thing.

Many individuals have fallen under this illusion of power, and of course the result has been a great deal of strife, separation, segregation, pain, suffering and so forth.

But now, many individuals are beginning to awaken from the illusion of power, and are beginning to be able to actually use the power of the illusion. They are beginning to understand that physical reality doesn’t really exist outside you. That you are physical reality, it exists within you. That the power of the illusion is in learning that it is, in a sense, an illusion. Learning that that’s what reality is. And in learning that it is manufactured in a sense, within you, learning the means by which this is done, learning the means by which you can change it, internally, by changing yourself. And understanding that as you change yourself, so you change the entire world, for each and every change is a total change, not just a small change but a total change. And when you know, that physical reality is a mirror, a reflection, of your strongest beliefs, your strongest thoughts, what you believe is possible, most likely to occur, then you can use the outer mirror illusion reflection, as a guide line, a marker, a reminder, [of] what kind of thoughts you are having, what kind of definitions you are believing, what kind of concepts you are buying into. And you can use it as a feedback system to show you, whether or not you prefer to
maintain those beliefs and those definitions. And if not, then to learn to change them and to see the outer reality reflection change along with the change within you.

But as we have said before, and this is one of those, what you call in your language, catch-22’s, is the idea that, it must be an unconditional change, must be an unconditional internal change. Which is another way of saying that if you make a condition, of changing in other words you say, “I will change IF I get then the response I want to get.” Then you are making it conditional and you are still putting the power outside yourself. You’re still projecting outside yourself and saying that the power of change comes with the outside, comes with the change in the outside, rather than simply determining that the change has happened within you. And that you are who you want to be for its’ own sake. Regardless of what goes on around you.

In other words that’s the secret of true change - is that you will change and will behave differently than you did before, even if the outside reflection is still the same. When you can be that, when you can behave differently than you did before even when the outside hasn’t changed, then, then you have really changed. And when you then have really changed, the outside has no choice, as a reflection, like in a mirror, but to change, to mirror you.______

But if you do it to get the change, you short-circuit it, and it will not happen. Because you make it conditional. That’s the power of the paradox in this situation. And the power of the paradox between the difference of the illusion of power and using the power of the illusion.

Now when we say illusion, again understand, in your semantics, in your language, that’s what reality is - it doesn’t mean that there is no reality. Except that there is no reality, except what you define it to be. But that’s what reality is. We are not saying it doesn’t exist, but we are saying simply that reality is only the definitions you bring to the forefront of your belief system structure and that forms the reflection, the illusion if you wish, that you see, that you perceive all around you.

Now again, remember, this is not just a philosophy. This is physics. You are energy. Energy is information. You are patterns of information. You are a perspective. You are a point of view. Of consciousness, of awareness, of Existence itself. That’s what each and everyone of you are. A point of view.

And as you design and define your point of view of who and what you believe yourself to be, or who and what you believe yourself capable of being, that’s what you get reflected.

It may not always be a one to one reflection literally, it may be quite symbolic because the reality mirror, the illusion is in that sense capable of reflecting back to you in many symbolic ways, the representative of many states and levels of your consciousness, your emotional self, your spiritual self, your mental self, your bodily self.

There are many different ways that your mirror has of reflecting back to you those symbols that are representative of the beliefs you hold most true. And so it is up to you to be imaginative, to be able to
learn to interpret your own reality around you - the things that you see, the people that you meet, all have significance. There are no accidents in that sense. It is a type of orchestration, a choreography. And it is up to you to let it in, in your heart, your mind, your spirit, your body, let it in, to be open to what your reality has to say to you, to what your reflection is showing you about yourself, so that you can learn to truly master the power of the illusion, instead of being the slave to the illusion of power - that many of you in your society have succumbed to for thousands of your years.

This is what this transformation is all about, that’s going on in consciousness on your world - the awakening, the opening up of your self to more of your Self. The realization, the Real-I-ization, of who and what you really are, what you’re really created to be, and thus the total surrender, that is to say, total acceptance of your self. So that reality can show you, who you actually are, rather that playing the illusion game, of who you think you’re supposed to be. Which only has you running around in circles, and tiring you out. And you have been so very tired for so very long, as a society.

Time to energize and wake up, and the way you will do that is to surrender to who you are. Accept who you really are in your heart of hearts as a dream-er, as an imaginative creator. And accept reality as a reflection of you.

You are not a victim, in any way, shape or form, on any level what-so-ever. Unless you decide that’s the game you want to play. And if you do, it will be allowed, because you are always supported, in everything you decide is true. Because again, Infinite Creation is nothing but Unconditional Allowance and Love. And will allow you, through it’s unconditional support and love to have any game scenario you want. Even a game scenario wherein you can pretend you are not loved. It loves you that much. And so use that love to your advantage, and allow yourself to wake up into that love. To love yourself. And to understand that, anything, anything at all, is possible for you within the context of the reality that you have chosen, and that you are now expanding, even the definition, of that reality, now that you understand, or at least are beginning to understand the power behind the illusion.

So, as it expands you will expand, possibilities will expand, reality will change. And you have begun to see many of the symptoms of that, as space and time become very much more slippery. And things are not quite so ridged, and all the different belief systems that have existed on your planet for thousands of years are now all coming out at once, on to the table, battling it out in a sense - positive, negative, pro and con, everything coming to the surface, all the deep dark secrets, all the fears, all the doubts, along with all the possibilities of infinite joy, all coming out on the table all at once, so you can choose, because that is the ultimate tool of freedom and power. The ability to know YOU CAN CHOOSE. And that’s all there is to it.

And it comes, it begins from the realization, that that’s all you’ve ever done...is choose. WHAT YOU GET, IS WHAT YOU CHOSE, CONSCIOUSLY OR UNCONSCIOUSLY, TO BELIEVE WAS THE MOST LIKELY KIND OF THING YOU WERE CAPABLE OF GETTING.
Now that you can begin to see yourself as a true aspect of the Infinite, you will know that Infinity is open to you.

And it is up to you to determine just exactly how much of that Infinity and how much ecstasy you can handle, at any given moment. You determine the rate, you are the valve, completely and utterly that determines the rate of flow, of that ecstasy. Because it’s only your energy that you’re going to be feeling. And it’s up to you to determine exactly how you want to feel your own vibration, in what context and in what form. Whether you want to feel your own energy as Joy, or whether you want to feel your own energy as Fear. It’s up to you. But both can be instructional, and both can be educational. If you use them that way.

We will once again thank you for allowing us to experience each and everyone of you in this link, in this transmission and we now ask in what way may we now be of service to you?

Audience: Bashar!

B: You! Good day….
Leaving Your Body

Q: When people are experiencing a great deal of physical pain, I notice that they forget. It’s like their soul leaves because there is so much trauma. Where do they go?

B: Generally speaking, you expand your consciousness into, what you would call, the "astral" or "ethereal" realms.

Q: And if and when we are able to reincorporate with the body, then we come back? Do we ever leave a little piece of us flying out there somewhere?

B: All right. From one perspective I will say that is actually a fair question. First of all, the question of leaving your body is not literally "leaving" your body. Your consciousness is not "in" your body; your "body" is in your consciousness. You expand beyond the concept of your body momentarily, but from the physical perspective you say, "I’m leaving my body." The idea is that your Oversoul, your higher self is already "out there” – it’s already expanded. You’re just shifting your focus from this kind of focus to that kind of focus, momentarily.

When you choose to reincorporate, to refocus, in a sense, yes, the experience has changed you. The expansive experience has changed you in a certain way and, in a manner of speaking, you do not quite come back the same way. So it could be said you leave a little bit of yourself "out there." You are different.

Q: And when they actually die, then what happens?

B: For some of you the idea is that death is recognized as multileveled, stretching through many dimensions of experience, connecting many dimensions of experience. You can take one of your "elevators" to any floor. Understand? Transformations occur all the time and death, physical death, is simply one more of them. You need not necessarily treat it as a negative thing. You will understand that it is all simply transformational.

Q: My mother is ill with cancer and I was just told today that there is nothing more that can be done for her.

B: All right. There are many more things to do.

Q: Well, that’s what I’d like to know.

B: One of them simply is, if that individual has chosen now to become non-physical, then you can assist them in the transference from physicality to non-physicality, so that there will be a small or no degree of confusion about where they are and what they can do once they are non-physical.

Because many individuals in your reality will find that once you become non-physical, you may at first carry with you the strongest belief you had about life when you were still physically alive. And that will create a reality around you that you will perceive to be the real reality. Because you are non-physical, you are a thought form in a world of thought forms, and what you think is instantly what seems to be
physically real around you. And that is why many individuals may not even know they have died, when they have died.

Therefore, you can be of great assistance to that individual if they have chosen to become non-physical, to allow them to become non-physical with dignity, with joy and effortlessness, with love, with ecstasy, with ease. To allow them to know, to allow them to remember that it is only the idea of stepping from one room to another room in the same house; that is all death is. They have made their choices. Allow them to do so with dignity.

There is no real separation; there is no real loss. The love is always there; it is always able to be felt. You are never out of touch unless you believe that you are. So allow yourself to simply take stock of what you are learning about yourself from this situation, because there is obviously a reason why you are involved with that individual and why they are going through what they are going through at this time. There is something for you to learn about yourself as well as what they are learning about themselves.

Use all the knowledge in a positive way and you will enlighten yourself. Raise your vibratory level and you may then be quite astonished to find that, if and when they choose to make their transference to non-physicality, your willingness to treat the whole endeavor in a positive way, by raising your vibration, will mean that when they transfer into non-physical reality they are not actually "so far above you" as you used to think. Just a little side step to the corner, that is all. The difference between physical reality and non-physical reality, what you call physical life and physical death, is not as large as you think. It is a very, very short step between your physical vibration, that which makes you physical, and that which allows you to be non-physical, a very short step, very short.

You are quite consciously holding yourself in physical reality, if that is where you find yourself to be. A very small shift is all that is required to go into non-physical existence. Therefore, allow yourself to project your love to that individual so they can use your love to slide gently into that next vibratory level. Then you will remain in communication as you need to and you will not feel that you are out of touch. You follow me? Does this assist you?

Q: Yes, it does.
B: Thank you very much. Give that individual our love, if you will.

Leaving Your Body
Letter Z and The Tetrahedron

Q: Hi.
B: Hi.
Q: I would like to explore with you further in regards to the letter Z and nomenclature.
B: Yes.
Q: Just elaborate a little on that. In regards to the nomenclature...
B: Z, for you at this time, in our perception, represents the placeholder. Nomenclature – that opportunity, that availability, to name something, to understand its vibration – it is, in a sense, like unto what you call the parenthesis in your grammar, which you can fill in. Now, the essence is there, no matter what label you apply upon it.

To some degree, that letter is similar to our translation of one of the worlds in our system, which in our ancient language is called Themar. Themar means “the zone,” the area, the holding-place, the placeholder – that which represents something unidentified, but of which the essence is felt, nonetheless.

Z – your letter – functions in much the same way. It functions as a dial; it functions as a translation device. It functions as that which can connect into many different frequencies, many different vibrations, by which you can know the essence of them. But not necessarily that you must label them anything beyond Z: a placeholder, the end of your alphabet, the end; the omega, in that sense, the other side of the polarity that you are exploring. In many ways, it simply allows you to attach something without necessarily rigidizing it by a full label.

It is a tool of flexibility; many things can occur within the “zone,” and you can lump them all under the nomenclature of the zone, without necessarily having to identify each and every one of them to get some use out of them. You follow me?
Q: Is now included in the zone?
B: Yes, in a sense. The idea now is for blending, not separating. It is, therefore, a limbo nomenclature. And many references, many names, which are given to many of you in the contacts that you make with your own channeling – some of the names may begin with Z, in that sense. And that lets you know that it is being used as a placeholder, that it will do, for now. The energy is real; the name is not important. Do you follow me?
Q: Yes.
B: Does that assist you?
Q: Yes. I’d like to ask you something that branches off from that: the letter Z and the angles, and the A. And the other day I was... you told me to make a little... if I wanted to make a triangle or a tetrahedron. And I got both of them made, more or less – close enough.
B: All right.

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Q: I was playing with the triangle, and I was just thinking what it would look like if I were in one of the angles – I would see two points. And if I was on one of the sides, I would see one point. And just in regards to vibrations and angles, could you say anything about those?

B: Well, as we have said, the triangle tetrahedral structure is the basic building block of the physiological universe. All structures in the physical universe are based upon the tetrahedral pattern. And it is the one representational symbol that can define all aspects of physics.

All understandings of vibratory awareness, within the dimension you call physical, can be gleaned and derived from the one symbol of a tetrahedron that points up, and a mirror image that points down; for it contains, in its definition, all the dimensional definitions that describe and define what you call the physical reality.

So, it is that which allows you to work with the fundamentals of creation, the template upon which all physical reality is based, is patterned. All things occurring in threes, in that way, so that any two will support the one. The apex, the foundation and the apex – the totality of your consciousness, the three sides of the prism that you are as an artificial personality construct: belief, emotion and thought. Does that assist you?

Q: Yes, thank you.
B: Thank you.

Q2: I just want to share that... I’ve heard it a million times, it seems like, uh, imagination creates reality. And it just started clicking either yesterday or today – like that really is becoming more and more real – that imagination is real.
B: Yes. Yes, it is.
Q: Thank you.
B: Thank you very much. SHARING!
Levitation and Crystals

Q: Hello. Lately I’ve been feeling interested in gravity.
B: Gravity!
Q: Yes, and I would like to ask you if it has any relationship with levitation...
B: Yes.
Q: ... and things like that.
B: Yes.
Q: I would like to see if you could give me some more information about levitation.
B: It can be produced tonally; do you understand this?
Q: Yes.
B: There are certain vibrations... when you match the signature vibration of any particular object you can then create an isolation field around it with those tonal vibrations, and alter the gravitational dynamic tensor field and create it, in a sense, to *slide* upward, by tipping the field in a different direction, through tonal vibration; by altering the shape of the gravitational field, in that way – the electromagnetic field.
Anything which levitates, it is not just the idea that one gravitational field has let go – in a sense it is as if it is being *drawn* into another one, in a balanced equilibrium. It is sliding upward, towards a new gravity source.
Now, certain areas in what you call Tibet are very familiar with the creation of the tonal qualities necessary to levitate many different objects.
Q: I see. Why Tibet?
B: Simply because the culture in that area upon your planet has not forgotten what many of you used to know. For that is in many ways how some of the ancient structures upon your planet were built, in that way – through the levitation of the massive stones, simply by sound.
Q: By sound?
B: By sound, through the creation of certain low frequencies and high frequencies, in harmonic accord; there is literature that exists in your society that can give you some insight into the mathematics of this.
Q: Okay. Low frequencies and high frequencies you said?
B: In harmonic accord.
Q: Okay, because that’s another thing that keeps coming into my mind, you know, frequencies. I like to play with frequencies and vibrations...
B: Yes.
Q: ... but I don’t know how to start.
B: Sure you do! What does your imagination say? Now, you may have given yourself a picture and think you don’t know how to start because you wave the picture away as not having any validity. But
what pictures did you get? No matter how silly or just symbolic they seem, what pictures did you get? When you think about the ideas of frequency and tone, what pictures do you get?
Q: Well...
B: Do you see yourself playing musical instruments or something like that?
Q: No, mainly I see, or I imagine using this energy to... well, like almost manifesting shapes.
B: Yes, very good!
Q: And using it to awaken my love so much that I can use those shapes to awaken some love in people, like the right shape for each person.
B: How very creative!
Q: And they might also like to do that with me.
B: All right.
Q: So I’ve just been imagining that and it sounds exciting to me.
B: Yes, and your imagination is real you know.
Q: Okay.
B: If you place yourself in an environment that you believe is conducive to allow that imagination to be real, and do not invalidate it or judge it by the belief patterns of others around you, then you can create, with what you may call some practice, the idea of getting used to these harmonic vibrational frequencies, and you can begin to create shapes out of the electromagnetic energy.
Many of you are actually beginning to do this, in a sense, and this is responsible for what you call some of the flashes of light in the sky that have no apparent source. Your consciousness, collectively, is beginning to play around with the manifestation of the electromagnetic field in very concrete ways. So go and play with it in your imagination, exercise that mental muscle. It does not mean it is a strain. It is an allowance. It is a vision – literally.
Q: Yes. What I get a lot of times is a lot of light... like a light energy...
B: Yes.
Q: ... but I don’t know what to do with it.
B: Play with it for now.
Q: Okay.
B: You will know how to use it in service. Let your imagination simply remain open for anything that will point to a direction in which you can use it in service.
Q: Okay, and you talked about how there is some information here. You talked about some books or something that talk about vibrations and things like that...
B: Go and look in what you call your books on metaphysics regarding the idea of levitation and gravity.
Q: Okay, thank you very much.
B: Thank you very much. Happy Singing! Sharing!
Q2: I have gone with by brother to the desert a couple of times now, to find crystals, and most of them have been all clear, very bright and clear. And my brother found a place where all the crystals that he found were smoky on the bottom, clear in the middle, and cloudy in the tips; and they’re all the same, it’s really interesting. I was wondering if you could tell me anything about them?
B: In a sense they are a special type of capacitor that draws from what you call the old negativity on the bottom, and the idea of the new balance of positivity on the top, and allows them to blend in the center. And when they do blend in the center, in that sense, you get the clarity that you require, in life. You follow me?
Q: Yes.
B: It is simply a symbol, in that sense. When you blend the old and the new, the negative and the positive, the dark and the light, you get clear, in the center.
Q: Yes, it seems pretty transformational to me.
B: Yes.
Q: They also, for some reason, remind me of the Indians, I don’t know why... all of them together remind me of Indians.
B: Well, perhaps you can go and ask the Indians. For they do recognize that the world you call your typical universal reality is, in a sense, the clear space in-between all that is within, and all that is without. Do you follow me?
Q: Yes.
B: Does that serve you?
Q: Yes.
B: They are, in a sense, very powerful fuses. A high vibratory frequency since they are, in that sense, symbolically blended, and represent a very powerful ability to act as a trigger for many of you, for the purpose of allowing you to feel the alignment of the negative and the positive energies within you – of the polarity.
Again remember, you are that energy; but it can function as a trigger for many of you, in that way, allowing for a very strong alignment very quickly, in the center.
Q: Quick?
B: Yes! Is that disturbing?
Q: No, I love it!
B: All right! Thank you. Sharing!
Q3: Hello. I have a daughter and she is two and a half years old, and she has a fascination with triangles.
B: Yes? Me too!
Q: And me too! I may have helped facilitate that for her! We go to restaurants and she finds triangular windows in the ceiling. She goes around to the patrons in the restaurants and wants them to hold her up to the triangles.

B: Yes.

Q: And one of my neighbors, he gave my daughter and myself a hug in the street once, and told her it was a triangle. So now she goes around asking for triangles all the time. (AUD: laughs) Anyway, I have this feeling, in a sense, that she is a very old soul and that there is some really strong connection there, and I...

B: You have a physicist in the making.

Q: Yes?

B: A new one. One who understands that the basic template of the universal reality that you call physical, takes its form from the basic shape of the tetrahedron – the triangular structure. Which is the simplest shape in which the principle of activation in your reality can exist. The two polarities and the third idea that gets them both moving, that prevents them from being a stalemate.

Q: I see.

B: The triangle – the gateway, the doorway to all interaction, all motion, all manifestation.

Q: And she has remembrance of that now?

B: Oh, absolutely!

Q: How can I help facilitate her using that?

B: Oh, thank you very much! I have one suggestion: she receives information through what you may call an imaginary triangular window, or door.

Q: Oh!

B: Ask her simply to tell you what she is getting.

Q: Oh, wow! I ask her, but she’s two and a half, and she has difficulty communicating that to me.

B: All right. Wait until she is three! (AUD: laughs)

Q: Oh, okay. (Laughing) I can wait!

B: Not that you cannot ask, but simply the clarity will be there when she is three.

Q: Wow, thank you.

B: Thank you very much!

Levitation and Crystals
Levitation and Whales

Q: I’ve heard you talk about sound and sounding.
B: Yes.
Q: And I was remembering when you said something about sonar being used for anti-gravitational purposes.
B: To some degree.
Q: Like floating of large stones into place with the Pyramids.
B: Yes.
Q: Was that done through devices? Or were people able to sound themselves – individuals?
B: People can do it and devices can do it. They are similar to the idea that you call horn like structures, bowl like and bell like structures. This is some of the idea of what you call the recognition... although what you would call, in a destructive sense... of Jericho.
Now, in this way, a sympathetic vibration was set up. You can set up a type of sympathetic vibration based upon certain ratios. This is understood very succinctly in the area you call Tibet, where you can actually levitate the stone, rather than breaking down the molecular bonding.
Q: Tibetan bells or something?
B: Yes. There are, again, specific patterns that are outlined in some of your literature, or in the area you call Tibet. And in this way, setting them up in a certain fashion, reinforcing the vibrations in a certain way, in a hemispherical fashion, they can be focused upon the idea of creating a reinforcing matrix of tonal vibration that will allow gravity to be isolated and canceled in one particular area. Not so much that it is actually canceled, per se, but you set up a series of reinforcing vibrations that has the same effect.
Q: Overrides it, you mean, in that area?
B: Yes, in a sense, overriding. Imposing a new pattern upon the gravitational dynamic tensor field.
Modulating it, in a certain way, by creating a very highly intensified field in a very tight locale.
Imposing a completely new set of vibrations. Saturating an area with certain vibrations, so to speak, so that the overall mass conscious agreed upon electromagnetic field does not exist in its typical modality in that area.
Q: This explains the dolphins... just the idea of the dolphins being able to fly in space?
B: Do you mean astrally?
Q: I’m not sure what I mean, I was asking you. This image has come up, you know, all over the place of dolphins flying in the air and space.
B: Oh, the idea is simply, to some degree, literal in the astral sense, but symbolic in the sense that that is how you perceive them. You perceive them to be that free. And they do transcend from one medium to another very easily, so to speak.
Q2: There is a school, of philosophy I guess, called Transcendental Meditation.
B: Yes.
Q: One of the big things about it is you take a particular course, and you learn to levitate your own body.
B: Yes.
Q: And apparently it really happens.
B: Yes.
Q: What are they doing? Are they using...
B: They are doing what we have just described. They are redefining, re-identifying the entire idea of the energy patterns that they are, as they are connected to the gravitational dynamic tensor field. They are simply, let us say, re-channeling, warping, if you will, the definition of that pattern, so that it does not have to have a reference point connected to what you perceive to be the ground, but can have a reference point anywhere.
Q: I’ve been doing that for about eight years now.
B: Yes, one octave.
Q: Yes... of the TM, the first level of it.
B: All right.
Q: I wonder if you would like to give an endorsement of that for other people, or is that only for certain...
B: It is valid for those who are excited about doing it, period. Anything you are excited about, you supply the energy for its validity. If you are not excited about it – good luck! (Audience laughter)
Q: When will the next octave come through? We’re expecting to have more substantial...
B: There is a general overall momentum... but your individual rate can vary.
Q: Is there a collective tonality that emanates from our civilization?
B: The earth vibration is approximately seven and one half cycles per second.
Q: No, I didn’t mean the earth’s vibration, I meant a tonality – you talked of tonality.
B: There is an overlay mentality, tonality, yes.
Q: Do the dolphins and the whales respond to this?
B: Oh, yes.
Q: All right. Why are the whales beaching themselves? Is it anything to do with that? Are they...
B: Some of it is because some of the electromagnetic shifting taking place on your planet does confuse their guidance systems. But it is also an opportunity for you to extend your compassion to them and initiate, with feeling, some of the foundations necessary for the continuing communication between you.
Q: When they beach themselves and resist our efforts to free them, and resist our efforts to heal them from the injuries they sustain, are they in fact transcending and telling us that’s what they’re doing?

B: To some degree. Some of it, to some extent, is also in their own terms, which is not exactly like your terminology, some of it is also karmic – for them. However, the idea is that you can extend your energy field to them, and completely alter the field around them so as to reorient them in the appropriate direction.

You are creating, as humanity, highly focused magnetic nodes in your atmosphere. These nodes are attracting some of these beings. So overwhelming are some of these nodes, so highly focused, that they do not perceive they are coming upon the shore. Do you follow me?

Q: Hmm. Is surrendering their title to life on this planet, as we understand it, an inappropriate direction for some of these entities? Is it inappropriate for the whale to surrender their life?

B: Nothing is really inappropriate, let us say; it does not have to happen. If you begin to accelerate in your understanding of the blending that you already have begun to create upon your planet, you will find this occurring less and less. To some degree, it is a reflection of the simple confusion that many of you are going through at this time.

Electromagnetic fields are unlocking and creating voids or limbo states, in which you feel you do not have the ability to navigate. Some of them are caught in the same transformation.

They do this in order to be able to identify with you, whether it be consciously or unconsciously. They do not have to do it. But it is basically timed according to the rate at which you are both blending together. When you begin to equal out, then disorientation in that fashion no longer need occur. Do you follow me?

Q: Yes.

B: You will then be relying upon each other for guidance, and you will always be able to provide it to each other. Thank you.

Q: Thank you.
Life Choices

Q: How do you discover what your purpose was, or your choice in life was to accomplish?
B: By allowing yourself to recognize what is happening in your life. Your physical reality is an obvious reflection of the path you chose to be. What is happening to you is what you want to explore. You cannot have anything happen in your life that is not a part of what you chose to explore.
How you choose to explore it is up to you. Every situation is fundamentally neutral, if you choose to explore it in a positive way, then the exploration of that particular fundamental neutral situation will have a positive result. If you choose to go into it with a negative attitude then the effect will be negative. But you will have explored the general situation, nonetheless.
Q: You made a comment that we agreed to be part of this similar equation…
B: Yes.
Q: …who was the agreement with? Was the agreement with ourselves or was it…
B: With yourselves and with everyone else that you are experiencing in your reality. It is all by agreement.
Q: All the souls or all the entities have made this agreement?
B: Yes.
Q: And so, no meeting is by accident?
B: No.
Q: Thank you.
B: Thank you.
Life Does Not Happen To You; It Happens Through You

Your reality does not have a mind of its own. It cannot change without you. You can pretend this is so, but there really is no such thing as saying, "Well, it just happened that way. I don’t know why, it just happened." Life does not happen to you; it happens through you. Because each and every one of you are the eyes of Creation. Every being in Creation is yet one more way that Creation has of seeing itself from a different angle, a different perspective. But you have been created as an "I" with free will. You can decide what aspect of Creation you will see and how you will see it.

Many of you have been taught to think that your physical senses are used to "see" reality. You have been taught to think that your physical senses are windows that allow you to see the Universe. In a sense, this is true; however, your senses are not as much a window as they are a filter – keeping out 99% of everything you don’t need to see, or want to see. Your senses allow you to see only the reality you believe in most strongly; that’s what they are for. When you expand your awareness of what you could be seeing, your senses will expand to include that.

To some degree, there will be limits to what it is you can experience with your senses, as long as you remain as a physical being. But there is far more leeway than many of you have been taught to think about that you could be seeing in your physical reality. Not only do you exclude 99.999% of all reality when it comes to focusing on your physical dimension, it is even understood by some of your own scientists that your senses exclude 99.999% of your physical dimension. You can only see within a very small range of light and hear within a very small range of sound.

As you expand your vision and your insight, you begin to become sensitized to more of the energy that is around you all the time. Therefore, not only your physical vision but your non-physical "insight vision" will become more sensitized to more forms of information. That is why, now in your transformational age, many individuals are beginning to see things that are "not there" and hear things that are "not there." But those things are there – just on a different frequency from your own. All reality is the product of varying frequencies within the primal energy out of which all the Universe is created. Other dimensions of experience co-exist with you right here and right now, but on a slightly different frequency. Therefore, you do not perceive them.

Now and then, when your conscious guard is down you will allow yourself to perceive momentarily some of these other dimensions. But because of what you have been taught to think about what reality is supposed to be, sometimes those experiences cause great fear within you and you shut them off. Those that do not shut them off you label, "insane." But they are seeing realities just as real as the one you are seeing. It is simply that they are seeing realities that are not the mass agreed-upon reality.

Sometimes you will notice they experience great difficulty in seeing these other realities and great difficulties in relating to your world. The difficulty they have within their own lives is not the product of being able to see other realities – the difficulty is created by not being allowed to communicate what they see back to your reality. Sometimes an individual will be clever enough to figure out how to communicate what they are perceiving back into the reality they are
familiar with. When they allow a smooth transition of information from one reality to another reality, you do not call them crazy anymore, you call them geniuses. Or perhaps, from a more artistic perspective, you call them by the label that is what this interaction all about, visionaries.

The main difference between, what you call, an "insane person" and a “visionary" is that the visionary person has figured out how to manifest at least a portion of what they perceive. As far as we are concerned, you are all capable of being visionaries. In a sense, you already are all visionaries because you use your imagination to create the realities you already get. But because many of you have not been taught how to t best. Allow me to take this opportunity to remind each and every one of you that there is no "right way" and no "wrong way" to do this meditation. The key to understanding is that your imagination is specifically keyed to the vibrational frequency of the being you are. Therefore, any variation in what I will suggest to you that is created by your imagination will be appropriate for the being that you are.
Life Focus

Q: A couple of weeks ago you spoke of a parallel origin point, time track.

B: Yes.

Q: I wondering if that is true for all beings, or mainly for Earth beings or...

B: For those who have projected themselves into the idea of multi-dimensional physical realities, yes. However, there are beings that, in this way, in your terminology, have never been physical as you know it, at all; and thus have no need for the idea of the “parallel-ity.”

Q: Certainly. Then this would apply also to Earth Servers?

B: Yes. Though it is not as focused, and that is why there is more attention to the idea of Earth Server – as opposed to having an origin point somewhere else. Even though, again, everyone has already been everywhere else.

Q: Right. So how is it unfocused, or less focused?

B: Simply the idea that you do recognize more association to other points of so-called origin than the Earth itself.

Q: Kind of within a context of the importance of certain things...

B: Yes, in a sense.

Q: ... like, that origin is not as important as my origins here.

B: Yes. Understand that you create your origin with each life, because it is the focus for one of the reasons why you are here. In different lives you can have different origins, so to speak.

Q: Right.

B: You are sort of backtracking to a certain place that represents a symbol that you are exploring here, now.

Q: Then the creation of the origin point for each life is this parallel origin point, track, right?

B: Yes, in a sense.

Q: Okay, in what sense?

B: Simply that it can take many variations of form and dimensionality.

Q: Okay. Would you say that generally an Earth Server is one that has been here for an extended period of time?

B: Can be, does not have to be. You can make a decision in one life to be an Earth Server, and that will bring with it all of the feelings that all of the other things are not as important.

Q: In what way?

B: Simply as we have said, regarding those individuals who are recognizing that they are “more attached” to the assistance of the transformation upon Earth at this time, from an Earth point of view, than they are from any other Extraterrestrial point of view.
Q: Okay. Thank you.
B: Sharing!
Q2: Do you guys tell jokes where you are? (AUD: laughs)
B: Only in a sense.
Q: I mean other than ad-libbing. I know you’re very good at that...
(AUD: laughs)
B: We have joy, we have fun.
Q: Would you tell me a joke? Do you have jokes... like with a setup and a punchline?
B: Only in the sense of this manner – one of the ideas we have already expressed to you, is that within our society in a time passed, we began to use this expression as a greeting, as in this interchange:
“How are you?
Well, things are not going as I expected.
Congratulations! Things are not going as I expected either.
Very good!!”
Then we know that we are functioning within our Higher Selves!
(AUD: Much laughter, applause)
Q: That is very good, that works well!
B: Oh, thank you.
Q: Okay. (Laughing)
B: Thank you. Sharing!
1
Life Lessons

Q: Good evening. Back in 1979 I had a very serious head trauma, an accident; I was struck by a truck and it was a very serious accident and I almost died. After that time I began to take life for granted, thinking that if I could outlive something like that, I could outlive anything.

B: You do outlive everything.

Q: And I was becoming very reckless in all the things that I did, and I thought it was an accident and I was playing the victim for many years – well, for about five years. Then about two weeks ago, when I thought my life was running real smoothly and I was very happy in my life, I had a biking accident. I tore the ligaments in my shoulder and I don’t know the reason that that happened, and I wanted to ask if you knew why?

B: All right, allow us in this way to talk about the idea, the notion, that was, as you say, deep within you, about “getting back on track,” and creating a mirror reflection, a mirror circumstance, a mirror situation to compensate for what you believe was an over-compensation. Now, even though it seemed as though you have been running smoothly along, to some degree, you gave yourself an opportunity to recognize that you did not necessarily have to be bound by any of the previous boundaries. But that still within you there may have existed – and this is not the whole story – several parameters, deep within you, that allowed you to continue to believe as if you had not necessarily gotten back on, what you perceive to be, your original track.

You can remove and can soften the idea of any ligament damage, but let us begin from another direction: what is it that you are in your life? Who and what is the idea that you are?

Q: (Pauses)

B: Can you answer?

Q: Aah... I’m real new to this awareness of myself... and I’m becoming more aware of me and searching that out.

B: Have the so-called accidents given you an opportunity to do this? Have they focused you in certain ways you may not have focused if you had not given yourself those experiences?

Q: Aah...

B: How have they served you? What have you learned about yourself by creating these scenarios?

Q: I don’t believe they’ve served me.

B: Everything serves you. And unless you are willing to believe that, then you will not extract the positive service that they can be to you. Now, we are not suggesting that it has to happen again, but individuals – and this is one of the primary reasons for what you perceive to be a re-occurrence – individuals who do not learn what they need to learn the first time something happens may create a repeat performance until they are willing to believe that it does serve a purpose.
Not that you have to have done it that way at all. And you can learn many things without having to go through the idea of struggling and suffering. By all means, you do not need to struggle or suffer. But if you created a scenario, to begin with, in which you created the idea of the suffering and refused to believe that it had anything at all to do with your life or any place in a positive sense, in what you needed to learn in life, and refused to acknowledge and learn from it then, many times, when you are coasting right along, you will re-create that event to give yourself another opportunity to look at the things you refused to look at the first time.

Q: If this was five years ago, I wouldn’t have taken responsibility for this. I have now taken responsibility for it, but at this time I’m not aware of what it is I’m supposed to learn from this incident.

B: I have simply asked, how has it served you? In the sense of: what are the things that you are now exploring that are different? What are the ways that you are looking at life, now, that are different than what you called before the accident?

Q: I’m not sure what those things are, but I am aware that I had a lot of self-esteem issues, self-confidence issues in my life.

B: All right.

Q: And it was pointed out to me that maybe, because I was having – prior to both these accidents I felt like my life was at its prime, you know, running smoothly – and maybe that I subconsciously created the accidents because I don’t feel that I deserve for things to run so smoothly for myself?

B: Do you believe that?

Q: Yes. I just thought that maybe there was possibly some other reason?

B: What better reason need there be?

Q: None.

B: The ultimate understanding in life is that you do in fact deserve all the happiness you can imagine. And that there is no such thing as something that is too good to be true. And therefore, if there is something in your life that is going very well, there doesn’t have to be the belief that is it too good to last; and that any changes that occur in life do not have to be, in your terms, negatively drastic, in order for you to look at other things.

However, there may have been certain circumstances within your attitude that simply, perhaps, would not have been willing to understand those things, until you gave yourself the opportunity to do it in this way. Now you do not have to create the idea of any physiological suffering again if you are willing to understand that you do deserve ecstasy, and that you can, in a sense, cruise along smoothly. And that if something wishes to get your attention it doesn’t have to do so in such an overt manner. Do you follow me so far?

Q: Yes.

B: Is it still an issue with you that you do not feel you deserve happiness?

Q: No, it’s not at all.
B: All right. What is it in life that excites you that you like to do?
Q: Exactly what I’ve been doing.
B: Which is?
Q: I’m new to my career. I’m a computer analyst.
B: All right.
Q: And I really enjoy my career, and I enjoy doing physical activities that I’ve been participating in.
B: All right. Why do you enjoy what you do?
Q: Because it excites me. I can’t tell you why.
B: Yes, you can.
Q: Aah... it just brings myself great pleasure.
B: What kinds of connections do you find yourself able to make? Do you pay attention to your imagination?
Q: Not always.
B: All right. Do you find yourself – if you had to describe yourself in any particular way – that you are far more analytical than intuitive?
Q: Yes. Well, no... I’m very intuitive but I don’t always follow that.
B: Why not?
Q: I don’t know. That’s something for me to look at.
B: It is an opportunity to blend and balance the idea of analytical thought with intuitive feeling. Because you may find also that one of the things your intuition was attempting to show you is that there may have been signals and symbols leading up to the accidents that you simply patently ignored and, in a sense, rationalized them away.

It is an opportunity to look back, to examine certain feelings – not that you have to necessarily delve all that strongly – but the idea is to pay attention to certain things that occur within you, that you have been taught to ignore in your upbringing. And that these things do carry information that is vital to you, that is necessary to you.

And that when you begin to listen to these subtle codes and cues, you will understand that you have an opportunity and an awareness of exactly what is going on, on the path you are traveling at any given moment, and there do not have to be negative surprises. Although there can always be positive ones.

So, in your excitement, in working with your computer, allow yourself to remember the direction that your computers in your civilization are headed. You are, many of you, working on what you call programs to promote artificial intelligence, do you understand?
Q: Yes.
B: Do you find this exciting?
Q: I do, but that’s not what I do.

B: I understand, but recognize that even in the form that you are using it, it is all part and parcel to understanding consciousness itself. And when you create the idea of your so-called artificially intelligent computers, what you will discover is that all you have done is create a mechanical symbol that makes it all right for you to actually carry on a conversation with what you call your Higher Self. And you are exploring your part of that awareness.

The connection and the programming that you are doing is allowing you, in your own way, to make the connections between your analytical self and your intuitive self, so that you will, in your estimation, walk and ride a balanced path. And not one so thin and so narrow that you may find yourself, from time to time, falling off of it and getting “scraped up.” It is a very wide and stable path, and the more you balance and blend the analysis and the intuition, the wider and more stable it will become.

If you walk the razor’s edge, you have to expect to get cut. So, do not forsake the keenness of your analysis, do not forsake the keenness of the edge of your perception, but allow yourself – it is simply our suggestion, you do not have to do it just because we say so – to soften that edge with intuition when you need to.

We understand that for some individuals intuition does not seem comfortable because in fact it is so fuzzy, it is so soft. But when you balance and blend the two you will have all the awareness you need in a very crystal clear and sharp way; but it will be connected in a very broad pattern, and not just limited to one particular focus or direction. Do you follow me?

Q: Yes.

B: Does this work for you?

Q: Yes, it does. Thank you very much.

B: Then, our wishes with you are: fly fast and free, in an open way, loving all that you encounter, both individuals and circumstances, for you create your reality and you do so for a reason. Pick yourself up laughing and you will re-balance and be on your way in no time. Deny the experience and you will sit there and bleed in a pool of self-pity. This is simply a general, symbolic reflection. Thank you, very much!

Q: Thank you!

Life Lessons
All right, I’ll say good day to you this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for co-creating this transmission and this interaction this day of your time. We thank you for allowing this communication to come through this particular window, through this particular gateway, in this manner.

Once again, each and every time you allow our civilization to communicate with you in this way, it allows our world to experience through each and every one of you that many more perspectives of infinite creation. And we thank you, thus, then, for the expansion of our awareness.

In return, we would like to begin this transmission, this day of your time, with the concept of lifestyle changes. Now, we have, of course, for some time, and you have heard this, of course, many times from different sources in talking about the idea that this is the age of transition and transformation on your planet. Many things are shifting and changing rather rapidly; many old ideas breaking down. We would like to reinforce very strongly and very briefly, once again, that within the overall transition, within the overall shift, however long that may be, there are always minor shifts. Minor moments of acceleration when things will change abruptly, when things will loosen up, when things will, in a sense, break apart, when old things will no longer function, when you will experience yourself in a transitory state, in a kind of limbo state and, in a sense, be forced to make new decisions and move in new directions. As we have said, your October month is one such highly accelerated time, as many of you are aware of by the experiences that many of you may now be having; when things are being rattled, shaken, disturbed, in a sense, knocked out of their complacent areas that they, perhaps, have resided for so long. Forcing things to get jumbled up, to be looked at in new ways, to be re-assessed, re-evaluated.

Now is such a time of high acceleration, high fluidity, high flexibility that does in many ways demand a lifestyle change. We strongly urge you to go with the flow of these changes. Now more than ever, especially in this transitory time of high acceleration, it is more important than ever to allow the lifestyle changes that seem imminent. Allow yourselves, if you will, please, to understand how important it is now, when things come up that point in new directions, when things come up that point to the importance of changing the way you go about doing things: where you are, where you live, the kind of work you do, the kind of associations and relationships you make. When things come up to point to the importance of making a change in these things, we urge you to take a close look, a hard look, as you say in your language, at these that come up, at these signs, at these indicators and really begin to understand which things really are representative of your true self and which no longer are. And begin to really act and take movement in the direction more than ever of the things that are, and to leave behind those things that you have truly assessed to have nothing to do with your truth.

Do not hold onto the way that you have always done things, if you find yourself being told by your inner guiding light that it is no longer helpful for you to do so. Do not hold on to the places that you frequent,
if your inner guiding light is telling you that you really need to be somewhere else to be more of who you are. Do not hold on to the way that you go about doing things, in that sense, the modes, the methodologies, the behaviors. Do not hold on to thinking that you need those things to be safe and secure. Do not hold on any longer. Let go, for even though that may seem to be very scary to many of the humans on your planet, that is the most secure and stable thing you can do. Because in letting go your only letting go of the things that are not you, and are allowing yourself to make that leap of faith toward the things that really are; even though you may not be that familiar with them yet.

Trust the signs, trust the indicators that you are giving yourself when you do begin to recognize that things are tapping you on the shoulder, that things are positioning themselves in front of your face to get your attention, to allow you to look, to force you to look at the things that you heretofore have believed in; the things that are getting you to think again, to look at things in new ways, to the things that are rattling your cages, the things that no longer seem to work. Look at them, look at them closely, they are the signs of the imminent breakdown of the old reality and the indicators and the arrows pointing in the directions of the new you. Move with them. Flow with them. I urge you more strongly than ever, now at this time. For again, those things that are not you, that you are not willing to let go of, those life styles you think you need and you do not need, those things that are not you; if you hold on to them they will only cause damage, disruption, difficulty, danger; all the things that are the warning signs of imminent change. It is not that the change itself needs to be feared. But, paradoxically the holding on to those things that are not you that will generate the most fear and the most chaos in your life.

Allow yourself to use this time of transition in a constructive way. Be within faith of yourself; have faith in your ability to attract to yourself those changes that will lead you into more of yourself, into becoming more of who you naturally, truly in the core you, were created to be. Let go, let the life style change commence. Do not be afraid or, if you are, make the change anyway, for fear will not stop you if you do not let it. You can always still choose what to do even while you are afraid. And you can learn to use fear as your ally to point out to you those things in your beliefs and those things in your definitions that are not working for you. Use fear constructively in that way, feel the fear, use the fear, transform the fear, in that way, make the life style change. Do not wait.

We thank you for allowing this idea, for you in this way, though you have, to some degree, heard it before, you have never heard it this way; and perhaps this is the way that will click for you. But be that as it may, whether it does or does not, always, we are willing to reflect to each and everyone of you the idea of our unconditional love and willingness to interact, if only because you have invited us to do so. So in return for the invitation and in return for the gift that you are giving to our civilization, at this time, in allowing us to communicate with you in this way, I ask in what way may I now be of service to you?
You, good day.
Q: I’d like to ask you if you could talk a little bit about light?
B: Light!
Q: Yes, as an elementary…
B: Everything is made of light.
Q: Yes.

B: Everything! Light is Love; it is the prime manifestation, in energy terms, of the unconditional love of Creation. Light is love; love is light. This may not sound scientific, but that’s what it is.
Q: Okay.
B: Light is Love. Love is the prime chord, the primal frequency, primal vibration. Everything is made of light – literally.
Q: Okay. Thank you. I’m confused about what you are saying now, and why it seems like a bar…not like a barrier, but like a limit in the physical universe. Like the speed…please talk about the speed of light. Some people say that…
B: It is only a definitional barrier, it is only a definition; it is the definition that creates what you call the physical universe.
Q: Mhmm.
B: That is all. In and of itself, it is not a barrier. One manifestation of light – what you recognize as pure light – is only one manifestation of an overall phenomena of light. The one manifestation you recognize as light is simply the definitional barrier of your physical dimension. But there are dimensions beyond that. They’re all made out of light, but not the same type of light.
Q: Okay. When some people talk about using this to transport themselves, or whatever…
B: Yes.
Q: And how is the…you talk about vibration too. So what is vibration?
B: The idea is to recognize that when you exist in a physical universe, you are a particular frequency.
Q: Yes.
B: If you then change your frequency, you can literally define yourself out of that universe and into another one, without really having traveled at all. You simply redefine yourself and reappear wherever the new definition befits.
Q: Yes, but what about doing it with the body? Because I feel like I do that…
B: You can do that with the body too. And you actually do that with the body all the time.
Q: Mhmm.
B: When you take a step from one spot to another, you are actually constantly recreating yourself, redefining yourself. Now simply, as a society, you are learning that you don’t necessarily have to create the interim steps between A and Z.

You can just create step A, step Z; there you are. It is all up to and how you define the idea of physical reality. It is very fluid, very malleable. Since it is literally made of light, you can project whatever kind of shadow you want by creating whatever type of definitional structure you want. And whatever structure you create will then, because of the light that illuminates all, project whatever kind of shadow physical reality is representative of the structure you have created – the definition.

Q: Physically I’ve been doing some…well, like a drill, okay?

B: Yes.

Q: So when I see a light, like this white light for instance…that fascinates me…like creating shapes.

B: Yes.

Q: But these shapes…the only thing is, I cannot make it like…how can I say it…like they vanish too soon, you know.

B: Yes.

Q: And I was trying…making some other shapes, like animals or whatever. And I see the shapes, but then they vanish.

B: Yes, but the shape is only a symbol. It is a symbol of an idea. And the idea is that, when they vanish, it is not that you have gone anywhere; it is that you have become it. It is no longer outside of you; you are it. Understand?

Q: Yes. So it’s like I’m…I’m wanting to do something, and that’s as far as I could go.

B: You can go as far as you wish, as fast as you wish. It’s up to you how you define the reality.

Q: Okay. Thank you very much.

B: Thank you very much!
LINEAGE AND SPACE / TIME TRAVEL

Q: During one of the sessions a woman was talking with a Grey that is involved directly with the hybridization process right now.

B: Yes.

Q: And I remember her asking you, I believe it was you, were you an actual descendent, in terms of direct lineage, from the faction that is now hybridizing with our species. And I think you said no, because if the hybridization process had ceased at that point, you would still exist.

B: Yes.

Q: So, you are not a direct lineage of the hybridization process that is now occurring, is that correct?

B: Not of that group, of another group, and not in the same time line. That’s why I would still exist, even if it stopped, because I am another time dimension reality offshoot, at this point.

Q: I guess maybe that’s hard for me to conceive of.

B: Oh, all right. Look at it as parallel realities.

Q: Okay.

B: What your people think of as time travel is actually travel into multiple parallel dimensions of reality. In a sense, you do not go back, if you go back into your own past, you go into a parallel reality dimension that then allows you to become a part of that reality’s time stream.

Q: Really?

B: Yes, so in a sense, the idea is that the hybridizations going on from that particular faction, are not only spatially limited in terms of how many offshoots actually come from or result from those particular hybridizations, and what branch of hybrids that results in ... not being my branch. I am from another branch, a different series of hybridizations, if you will ... but also, at the same time, I am part of another space/time dimension parallel reality of that, anyway.

Q: That actually brings up another question.

B: Remember, that when we remind you that there are an infinite number of Earths, you must also understand that there are an infinite number of "interactions" from an infinite number of factions of Greys, with an infinite number of Earths. And I am from one stream of those parallel reality interactions, not directly linearly the one that is going on in what you consider to be your reality stream.

Q: Well, and this, of course, is one reality for us, we are popping in and out as well.
B: You are, which makes it even more fun.
Q: Yes, it does, it makes it very interesting. Now, supposedly, we have had time travel since 1936 on this planet?
B: Not really.
Q: Really? We haven’t?
B: You have, from time to time in certain places, conducted experiments that did allow for the idea of certain time/space portals to open. And there have, from time to time, been experiments on your planet that did allow some results to occur that would, for lack of a better term, be considered space/time travel, but it is not at this time in your reality a controllable thing.
Q: All right. Is it true that we have made or created tears or rips in the time fabric?
B: Yes.
Q: And how did we do that, through nuclear explosions?
B: That is one way, and that again is uncontrolled. Some of the idea of the space/time experiments that you are talking about also caused what you would call shattered fragments of multiple parallel reality dissemination.
Q: So that allows maybe a greater number of extraterrestrials to enter our third dimensional reality?
B: Well, so to speak. More precisely, it allows for a greater experiential number of parallel reality time streams that may contain more extraterrestrial contact.
Q: Okay, that makes sense.
Living 4D

Q: Can you describe fourth density and what it means to be living it, and the experience of it?
B: It is, in your terms, living in the now. It is, in your terms, understanding third density, seemingly objective perception, to be subjective and an illusion. It is allowing synchronicity to occur, that is, always knowing you are in exactly the right place, at the right time, exactly interacting with who you need to be interacting with and, in this way, knowing that your life is ecstasy, living it, fulfilling it and enjoying it. In this way, you will find as you increase the acceleration of your energy vibration you will sustain yourself less and less on third density material sustenance and more and more on direct energy. You have already, many of you, begun to do this now, not that you have to force yourself to do so, but many of you are recognizing that you now prefer to eat, in your terms, lighter. In this way, you find that many ideas of physical materiality will begin to drop off. In this way, you will function less and less upon your internal organs, more and more upon your glandular system, and then, ultimately, simply upon the energy field that surrounds you. This will be more towards the end of fourth density—hundreds of years. Will that do?

Q: Can I give a little follow up? Can you give us any suggested methods of breaking down our self-imposed barriers towards our own experience of ecstasy?
B: What have I been doing all night? (Audience chuckles)
Q: Thank you. (More laughter)

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Many individuals have discussed this notion of the higher self, many of you have wondered, "What is the higher self?" Let us explain it in the following way – the higher self is, in a sense, the idealized self of any particular life you may have. It is what you are aiming for in this life, it is that which is representative of the combination of goals, of themes, of destinies that you have set out for yourself, as the person you chose to be in this life; that which you are, bit by bit and day by day, learning to become.

The idea of communicating with the higher self in any given life ... and there is, therefore, obviously a higher self for each and every different life ... but the obvious idea, in understanding that it is representative of your ideal self, is to recognize that communication with the higher self, is in fact, the process of becoming the higher self, of acting as the higher self. Not just simply carrying on some separate dialogue with something "above" you, for it is you, it is what you have planned to be, to become in this life, as best as you can.

Yes, there is a non-physical higher extension of yourself that you could say is the higher self, at times you feel you can be communicating with it, but remember, it is you. And, in that sense, you are really talking to yourself, talking as yourself, talking with yourself, convincing yourself to be your best self, to move in the direction of the things that give you joy and passion and excitement, because that is the vibration of your true self, as we have discussed many times, with many of you. That feeling of excitement, that feeling of passion, that feeling of joy – that vibration, that feeling that is the true you, the true state of your natural self, notice I did not say your normal self, your natural self. And the higher self is the goal, in a sense, to attain in this life, following that passion the best you can, being as unconditionally loving as you can be, both for yourself and for others ... for if you do not start with yourself, how can you give to others? Knowing that each and every one of you is a facet of the multidimensional crystal of All That Is, and that the goal and the purpose of any individual life, is to be that facet completely; that is your mission, that is your purpose, to be the you you are now.

Yes, yes, yes, yes, you have many lives, but the you you are now, only has one life to live, therefore, the purpose of this life now is to be the best you, you can be ... the fullest you, you can be, the true self, the natural self that you have chosen to be. And your Higher Self contains all that information, it is your self-chosen destiny, your self-chosen form of expression of your naturalness, of your truth. And the best way to talk to the higher self, as I said, is to be the higher self in physical terms ... for remember, remember, your consciousness is not in your body, your body is in your consciousness. And the idea, therefore, is to recognize that the less separation you make, the less barriers you impose between the concept of yourself as a physical being and the concept of yourself as a non-physical being, then the smoother flow you will have, the greater opportunity you will have to act as
the higher self.
And as the higher self, then to recognize that physical reality is not something you live in ... it is what you are, physical reality is you. It is an expression of the total consciousness that you are, you do not live in physical reality, it is simply an extension of how you see yourself, it is a reflection. The very process of evolving spiritually, of becoming the higher self, and the higher self becoming the oversoul, and the oversoul becoming one with All That Is, in however many stages you choose to create that event to take place. In that process is the process of becoming the realm, of becoming the reality, of becoming the dimension itself that you previously thought you existed within. So, it is more a recognition of integration and actions that are representative of integration, of those things that you have segregated and separated within yourselves, of those things you have created to be a multitude of fragments within your consciousness, instead of a holistic understanding of motion, of intention, of integrity, of action.

Integrity really, really fundamentally, is nothing more than an alignment between your intentions and your actions. That is what integrity is, and as such, you can certainly see, from that simple definition, that there can be positive and negative integrity. Because if your intentions are negative and your actions are negative, then you are aligned and you have negative integrity. You are integrated in that sense, although the concept, in and of itself, generally, of negativity, implies a lack of integration, overall ... we understand that. But positive integrity brings with it, therefore, an acceleration in positive ways, because positive energy is generally more integrative, brings things together, connects things to each other, allows you to see the holistic view. This idea, therefore, of becoming the higher self will involve your ability to align as strongly, as clearly, as precisely as you can ... your intentions with your actions. So that you are not hiding from yourself, not running from your fears but facing them, diving through them, learning from them, and thus, expressing, in your life, the new person you become through that process.

Remember, very important, remember, fear will never stop you from doing anything. Only if you are afraid to feel fear will you stop yourself, feeling the fear will never stop you from doing anything. If you will feel it and use it and transform it, then you will achieve anything you wish, and you will reintegrate yourself and become the higher self in physical reality. And as you do that, obviously, you change the vibration of your entire world, each individual makes a difference ... each individual makes a difference. I cannot possibly stress this enough. Every change, every change ... take me absolutely literally ... every single change you make within yourself, changes the entire universe. All the gears are connected, big gears, little gears ... you know, if you have a collection of connected gears where all the teeth are touching, that even the smallest gear, if it is turned even in the slightest degree will affect all the other gears. It is One thing, you are not isolated in that sense, every change you make, changes everything.

We extend to each and every one of you our deepest gratitude at being allowed to interact with your society in this way, at this time. We thank you for acting as ambassadors of your world, and allowing us to function as ambassadors of ours. The more you choose to function as equals to each other, to
yourselves, to us, the more you create the possibility of our direct interaction with you. We thank you for the gift that may, one day soon, make it possible for us to interact freely with you, to play with you, to join with you, to share with you, in ways far bolder than even this interaction today. In return for the gift that you have been willing to give us, I ask you now, in what way may I be of service to you? Sharing may begin.
Q: Could you speak a little bit about Horus, as the son of Osiris and Isis? He seems to be like, kind of heading up things on this planet, as far as...
B: Heading up things?
Q: Well, you know what I’m talking about don’t you?
B: Depends what department you wind up in.
Q: Oh okay, thank you. That’s a good clue there.
B: All right. However, as the representative symbol of the hawk vibration, it does to some degree represent a relatively high perspective.
Q: He seems to be pretty narly too though, he’s into vengeance and...
B: Narly. (Audience laughter)
Q: Well you know, he's into, like, its retribution and he fought with Set.
B: Well no, not really. Let me explain it to you from another point of view.
Q: Thank you.
B: The sharpness of the beak, the sharpness of the talons, simply give no quarter for those who aren’t absolutely true to themselves.
Its not retribution, its not punishment. But it is: if you’re going to walk this line... you’d better walk this line. Because if you deviate, if you fluctuate, if you flop off, you’ll get cut. Its the same idea in general, or a similar idea to, what you would call perhaps, the warrior path, the samurai way.
The idea that, when you make a commitment to live on a certain level, on a certain path so to speak, then you must understand,
that as you expand in the glory, you also, in a sense, demand that you be very, very, very, precise. And the way that you demand that of yourself by invoking that energy, by matching that energy, is to very sharply remind yourself when you do deviate from that frequency.
The claws, talons, beak... the idea therefore is to understand that its not a retribution but a reminder; a very quick and sharp one, and an absolutely convincing one. Does that make sense to you?
Q: Yes.
B: So, if you’re going to choose that path you simply have to understand that that’s what goes with it. Because as soon as you start to expand yourself... and this path by whatever name you wish to call it, it doesn’t matter, but as we have said, its walking the edge... as soon as you decide that there is really only one thing in any given moment that is really representative of your truth, then deviating from it is going to have far greater impact on you, far greater feedback on you, a far bigger slap in the face to remind you than it took before, that you are dealing with higher energies now and you better pay attention. You
better stay focused, otherwise, to deviate from the path at that frequency can be exceedingly hazardous to your health.

Q: Yes, I found that out.
B: Yes. So in a sense, it's a reminder that while you are walking the path, even though it may seem that there are sharp blades whirling all around you on either side, the point is that they remind you that that path is the only thing you want. Do you follow?
Q: Yes, I'm realizing that now.
B: All right.
Q: It's a living zero point, in a way.
B: Exactly.

Q: But it's like I have to be willing to “die” in every moment.
B: Yes.
Q: To my... to who I thought I was.
B: Yes.
Q: It's pretty intense.
B: Yes! (Audience laughter) Never boring!
Q: No, no, its not... its not boring at all.
B: Congratulations for being willing to know you are that strong, that clear; that willing to be yourself. That’s also what it reminds you of.
Q: That remains to be seen.
B: Well, yes... usually “death” does leave some remains. (Laughter)
ANIMA: As we have been discussing your idea, the idea of the end of practice time and the beginning, as you would say, of living time – this evening of your choosing, is to put into action, as you would say, those ideas, those imaginations which you have held on to, to this point. Held on to, not believing, not believing they are valid for you in what you would term life-style way of life. Held on to as less, less solid, less fruitful, less rewarding, less realistic.

All right, but now you have your idea of your mass consciousness changing your reality; so what you have held to be less realistic is becoming more realistic, becoming more realized. The actualized being brought forth from that place you have termed imagination. That place you have held as unreal, but for which you are now, as a mass consciousness, beginning to realize is really the real, real.

Now, you are stepping into that reality, you are bringing that reality into focus. You are diffusing; diffusing your focus upon the reality you have held. That is all it takes to make a change in your physical reality; a diffusing of your focus, a changing of your perspective. Very simple, you will learn within your collective mass conscious realization how to do so very rapidly within the next several of your decades; how to shift, increase the momentum of the shifting of your idea, your focus of your own reality, and that of the reality you share which you call mass consciousness.

You will allow yourselves, from this point forward – when you allow yourselves to live, and not practice, but live those ideas – you will allow yourselves to recognize more fully the mass consciousness. You will allow the mass consciousness identity to fully recognize itself as the culmination of all its parts, which are you.

Again, taking nothing away from the idea of your identity, no. The strengthening in the idea of your own identity brings about an easier recognition upon the part of your collective mass consciousness in providing strength, strength within the idea of your own collective personality. When you allow yourselves the strength of your own collective personality, the total integration of your own collective personality and identity, then you are saying to the mass consciousness: “Here I am.” You are speaking out loud. You are acknowledging your complete identity and thus, making your complete identity available to the mass conscious identity.

It will then, in a sense, tap into your identity to form what it needs of its own sense of self, its own sense of its own conscious awareness; its collective conscious awareness, formed by its own personality parts, which are you; and then onward to form former collections, if you would; former mass consciousnesses, if you would.

Now, we began with the idea of ending the practice by understanding the interaction, the interaction between all of you, among all of you. The idea that you can, in a sense, reach out and feel the link, feel the interaction; become aware of the non-verbal, non-physical interaction which occurs continuously between all of you. It is never broken; only your awareness of it allows it to seem so. Only your awareness of choice, that which you do not wish to look at, makes it seem like there is no connection. It served a purpose in this time; now you are changing your own time. That time allows for many new
ideas. It allows for us to bring you... it allows for you to recognize your own connections.

Now, you may at this time be more familiar than you were with your own feelings of your own connections to your other identities, which you regard as past and future lives. These, in a sense, are now integrated to the point where you need not delve too much into specifics. You are able, if you wish, at this time, to simply absorb the idea, absorb the energy, absorb the information, which you are constantly sharing with all of your lives. Including those which co-exist with you in this time, which you call also past lives, and what you call future lives.

There being no future; there being no past, there being only now. They co-exist simultaneously, and this you now no longer need to hear. You know this, you can feel this; you have brought yourself to the point of knowing. You can tap, relate, and directly communicate with all of your own portions, with all of your own feelings about those portions, with all of their feelings about you. They have feelings about you too. Do not forget that they are, in their own right, conscious entities, with their own sense of identity. They have feelings about all their other portions, including you. You can look at yourself from any point along the time track, if you wish, since you have created the time track to begin with. You may shift to and fro, up and down; any which way you so desire, any which way.

You will find there is, tonight of your time, this sense of blending, this sense of bringing in other portions of identity, this sense of demonstration of connectiveness, of fluid motion between consciousnesses; of removal of the separation between the ideas of conscious, subconscious, unconscious, hyperconscious, and mass consciousness. You will find at this time that energy being given out to you.

You may allow whatever feelings, whatever flowings you find yourself performing between your own portions, your own past, your own future, in your own willingness; your own willingness to allow. Allow, not make, not force, but to allow those connections to commence within you; that blending of all of your portions; that blending of each portion within every other consciousness around you; each consciousness around you possessing a part of you, in a sense; an extension of you, in a sense; a projection of your own idea of yourself, in a sense. There is, if you wish, intensity in the blending; there is calmness in the blending, if you wish. Do you understand this idea of blending?

AUD: Yes.

ANIMA: Allow me to tell you the energy is about thirty percent. There is, if you wish, time for the idea of questions concerning this idea of blending, if you wish.

Q: Do you mean thirty percent of what it could be, or what it would be?
A: What it could be; something of your understanding at this time, at this moment.

Q: So if we were ready it could be more right now?
A: All right, allow me to ask a question of you, all of you. Who wishes to act? Who wishes to be? Who wishes to perform their lives as opposed to watching?

AUD: Me. I do.

A: Who does not? Now realize this is no chastisement. Realize your feelings are always, in a sense, a
form of action anyway. Who feels, in a sense, they do not perceive the idea of extending and blending the portions to be something that’s serving? Realize acceptance within searching of this idea; for the idea that you have the willingness to say you do not connect to the idea of blending will bring, in a sense, its own rewards. I will ask the question, how much do you see in other individuals?

Q: Only potential.

A: Really? Allow me to tell you that you see 100% of yourself in every other individual, and not one percent less. Never. Realize that when you attract, when you create a reality, round and about you; when you attract consciousnesses, when you allow yourself to accept their idea of themselves, and you create a version of them for you within your reality, then that version of them, for you, is 100% a reflection of your own creative ability. It is 100% you.

You are not, in a sense, in your terms, as you understand them, ever seeing that other individual. Realize there are situations in which one individual and another individual, as you say, in your terms, do not get along. Yet, there may be a third individual who receives them both equally. Realize there are portions being created within each individual’s sphere of reality, some of which are not shared between, as you say, A and C; but are shared equally between A and B, and B and C.

Therefore, you will find whatever is in your reality is created by you as your representation of that consciousness. You do not always allow yourself to receive everything that other consciousness transmits. You choose; you pick and choose what you wish to see of that other consciousness. That which reminds you of you; those portions only which you are willing to acknowledge within yourself, willing to view and integrate of more of yourself. When you are willing to view and integrate, and allow more of your own personality to come to the surface, you will find yourself allowing further integration with other individuals.

You will find yourself allowing them to allow more transmission to reach you. You will find them allowing more transmission, from you, to reach them. You will be sharing more of yourselves; you will be blending more of yourselves only when you are willing to look at more of yourself.

Q: And how can you do this?

A: Again, you may first acknowledge that each and every portion of your personality is there; created by you for a reason, for a function, for a purpose of your own choosing. Why will you suppose you would create for yourself superfluous identities that you have no use for? Creation being completely self-contained, being completely aware of its own purpose, creates no extraneous portions; it is always self-contained.

Your awareness will focus on what you have told yourself you need to focus on. Always know you will be able to draw from an endless well. As you choose to allow yourself to do so, you will always find more and more of yourself to draw on. You will always be able to constantly create, in a sense, greater and greater more integrated realities containing more and more awareness of various consciousnesses, both upon your world and upon other worlds and within other dimensions of thought. The further you are willing to look at yourself as a complete and total creator, the more of creation you will allow within
your reality.

Q: When you say "getting to know all the different parts of yourself," are you also referring to those parts of your personality that are perhaps dormant or could exist?

A: Yes. They are not dormant by any means. Realize, that in order for you to create physical reality you have created the idea of polar opposites and paradox. You have allowed this idea for you to create a sense of time, past, present, future, darkness and light. It is the willingness to understand that you have created these ideas within yourself to make yourself complete within this realm of reality, and that none of those personality portions can ever do you harm.

If you allow yourself to emerge into reality from the center; the center between both sides, recognize the fact that you can allow the energy of both sides to serve you in positive ways. Recognizing that anything you might deem to be a negative experience in dealing with those portions of your personality – that you deem perhaps, in your terms, less suitable than any other portion – can be used instructively for you to create positive circumstance out of that lesson you have given yourself.

Realize that the stronger you focus upon the idea of suppression of those portions of yourself, the more energy you give to them. The more solidity you give to them, the more you shift your balance of energy over to them, then the more prominent you allow them to be in your life.

When you recognize that each and every portion of your personality is completely equal to every other portion of your personality, and completely equal collectively to the whole identity that you are, you will exist, in a sense, in constant momentum, perfectly still. Again, the paradox; do you follow the idea, constant momentum, yet perfectly still?

AUD: Not completely.

A: All right, you may imagine that in creating all of your reality round and about you, extending your perceptions out from your own center, you can accelerate your idea of shifting, your idea of growing, your idea of experience, your ideas of sharing, your idea of blending, of living, of being. You can accelerate those ideas round and about you, bring to yourself all that you will need, all that you deserve; which is everything. Did you get that? Everything. All that you deserve is everything. You are already everything. Why would you exclude a portion of yourself from yourself? You contain everything; you are the creator, you have everything, you are everything. There is no outside, there is only you, there is no outside of you.

Since you contain everything, you may allow everything to work together without fear. You contain fear too, yes, you will never get rid of fear, so you might as well learn it is equal to every other portion of yourself you have created. Once you realize that fear is equal to every other portion, including joy, you will recognize the purpose for which it was created. You will allow it its due; you will allow it its place. You will allow it to function, in your terms, harmoniously with all of your other portions.

You will begin, therefore, to recognize yourself from a central viewpoint as a creator. You will recognize the purpose in the lightness and the dark, in having wished to experience, in your terms, the creation of physical reality. You will see your own purpose for yourself, your own purpose as a creator,
your own purpose within the entire universe – multiverse consciousness, if you wish – when you allow yourself everything you deserve. And you deserve everything. Do you follow that?

Q: Yes.
A: How does that make you feel, a little bit nervous?
Q: Yes.
A: So you are saying you can never get rid of fear?
Q: Yes.
A: Allow it to work with you. You have created this fear simply as an idea for yourself to understand certain of your own abilities. Allow it to manifest its own energy in positive ways. Allow it to show you that it exists as a reminder that you are as powerful as you wish to be. Do you follow?
Q: Yes.
A: Do you feel comfortable with that idea? You may, if you wish, play, play, play with your fear. It will be more fun that way.

Realize you were never meant to struggle. Nobody. If you wish to create struggle, create struggle for the purpose of finding out that you do not need to struggle. Once you have done it, it is enough. You may learn to experience joy, creative joy, in every other endeavor you undertake from that point forward. All right? Play in your imagination. Image, image, image, you have created here, for yourselves, what you term to be a visual reality, yes. That is one of the primary features of your physical dimension.

You have created what you term in your minds, a visual reality. You have created, in fact, minds with which to experience the idea of visual reality. You have created from your consciousness the idea of mind. It is mind, in and of itself, which is responsible for sustaining visual reality, which you think of as physical. Physical reality is only visual experience; no more, no less. Therefore, use the tools you have created with which to experience this reality.

Imagination, your imagination, your mind’s visual capabilities are the tools that form what you term to be your physical reality and that connection of your imagination which bridges this visual experience as the dream reality. Still visual, but maintaining no direct sense of physical, as you say, “laws,” which you have created for this visual experience. It allows you to circumnavigate your own direct visual physical dream state, which you are now in, and your hyperconscious awareness state.

It is a direct working tool, a direct bridge between this reality and your hyperconscious awareness that is the dream reality. It is also very real, and you exist there, very, very consciously right now. Right now. You are all conscious in the dream reality. Simply, you allow yourself to become aware of it when you cease to practice visual physical reality. That is sleep – when you cease to practice visual physical reality. Do you follow me?

Q: Yes.
A: You allow yourself focus of consciousness within the dream reality in order to work out for yourself what you wish to experience in your visual, physical reality. Everything, everything you experience in
your visual, awake, physical reality, you have worked out in your dream reality first. Everything you experience in your dream reality, you have worked out in your hyperconscious awareness reality first. Everything you have worked out in your hyperconscious awareness reality, you have known first; known from your center, from yourself. From your creatorhood, you have known that which is created. Do you follow?

Q: Yes. If we create it already in the dream state, even though we haven’t created it visually in this state, why do we have to act it out?

A: This will seem quite simplistic and possibly even funny to you. Since you have chosen to create physical reality that is why you have to act it out.

Q: Then why don’t we just act it out without, umm...

A: It is your choice. Realize there are many, many consciousnesses that have not chosen physical reality. Since you did, I will assume you had a reason.

Q: Is the reason individual?

A: Yes. You are here for your own reasons, no one else’s. When you allow yourself to completely integrate with all of your portions, those reasons will become more and more clear to you. Not that you have to go off, as you say, on a wild goose chase to find those reasons, no. That is when you can set traps for yourself. You can allow a great portion of your energy, and many of you do, if I may say so, in trying to figure out why you are here, and in so doing you miss the reason: simply experience, living one form of yourself as a creator – now that is the overall general reason.

You have your own reasons as individual creators if you simply allow yourself to live. If you simply allow yourself to experience the reality you have created for yourself, you will find yourself understanding the reason for having created the reality. One idea will support the other. Do you follow me? You will unerringly arrive at whatever goal you have chosen, no matter how you get there.

Q: Do we all choose unerringly?

A: Yes.

Q: Are we in a continuous flow of no error?

A: You may create the idea of error if you wish to experience that idea, but realize that in creating it you have complete control over the situation and as such, in a way, there is no error. It is all up to you what you wish to experience, and experience is the key. You are experiencing; you may continue to do so in any way shape or form you wish. Change is the only constant factor within experience. It is up to you.

Q: Do we inherit knowing the difference between right and wrong at all times?

A: You have allowed yourself to believe that you do not consciously; and only consciously does that concept exist. Only consciously, physically, does the concept of right and wrong exist. You have created those concepts of right and wrong for yourself to experience. Again: the existence of a paradox and polar opposites, which form the reality of physical existence.
You will find when you become consciously non-physical – in your terms, that is when you are asleep, while you are out of your body, as you say – you will understand concepts of right and wrong in a very different manner. You will understand them as the balancing of energies. You will see very transparently some of the purposes that your ideas of right and wrong can serve.

Realize there are many, many negative results that can occur from your concept of rightness in your world. There are many, many positive results that can occur from the concept of wrongness in your world. And also realize that your concept of right and wrong will vary, not only, as you say, from country to country, but from individual to individual. All of it is contained within your higher self where each and every one of you together, collectively, understands exactly what you are doing. You cannot hide from yourself on that level. You can sneak around all you want down here if that is what you have created.

**Anima gives way to Chepop, a fiery being from Sirius:**

Chepop: All right. Now, Anima, I will say, in your own terms, has a tendency toward leniency. You will not get that from me.

Q: Why not?

C: Because you do not need it, and it is about time you thought so. How about that? Allow me to tell you that the energy was very, as you say, quiescent before. It was the calm before the storm. Now the storm will be your own recognition of your own momentum, your own energy, your own creativity. Now, I will not let you get past that.

Realize I am going to create for you very brief moments of what you term to be anxiety. Realizing that you have chosen to live, I am going to allow you to make yourselves take those choices.

Now, you will learn how to use your anxiety to positive benefit. You will allow it to spur you to make the decision to live, to flow with the momentum you have created for yourselves. It is your own choice. You have allowed me to come here to tell you that. Thank you.

Q: I have been trying to not use anxiety and instead switch to choice and preference, and they don’t seem to have the same intensity.

C: Then that is why you will learn how to use anxiety’s energy – if you cannot understand that choice and preference have the same amount of energy. If you understand the energy of anxiety, then you can use that energy positively. Get it?

Q: Yes I do, but how can I learn that preference and choice have the same equal energy?

A: When you give in to the fact that you can use the energy of anxiety to give you your sense of momentum. Once you allow yourself to fall into your own momentum, you will create for yourself a viewpoint in which everything will seem equal. At that point you will recognize that you could have got in there by using choice and preference, but you chose not to, and you will see why. Get it? You are learning about yourself; you are learning about your chosen path.

Q: Okay, I got it.
C: Thank you. Who else feels anxiety with the idea of being forced to live the way you have chosen to live, fully within faith, fully trusting yourself that you are not going to do yourself in? Who feels anxiety taking that step? Go ahead, raise your hands, speak out.

Q: I do, I do.

C: Just because you say I do, does not mean you will necessarily have to do it immediately, but you can say I do as a separate incident. Who else? Come on . . .

Q: I feel it only when there is no trust.

C: All right. Who else? – I’ll take that as a yes.

Q: An evasive no.

C: No, a manifested no. Understand a manifested no: meaning, yes, I am exploring the idea but I am allowing it to elude me for the moment. But I am getting the hang of it, it is becoming very clear to me, but I need a little more time; but that is ok. It is a realized no. At the same time, therefore, it is an acknowledgement that it exists; if it was allowed to manifest so strongly, it is a recognition. And recognition and allowance of that portion of yourself is the first step.

Now you can expend that energy sometimes in what you call dis-ease. It will take the idea away from anxiety that may be looked at as having fear. You do not wish to have fear so you have dis-ease instead. Get it? It is another manifestation of that anxiety. It is all right... it is very creative. Since I am here, I will assume you wish to become more able to simply take that energy, that anxiety, and use it creatively, purposefully, transparently; and make yourself live that dream, live that idea which creates so much anxiety for you when you measure it up against other things, and only then. When you measure it against the background of the reality you have created for yourself in your visual physical reality, you allow yourself to create in your mind the concept of anxiety.

Q: How do we interpret the physical diseases by deciding that creatively?

C: You have created so many ways of avoiding using that energy that it continuously manifests into new undiscovered diseases. You constantly project your fear, your lack of willingness to simply be who you are, into more and more ways of avoiding even having the ability to look; in other words, incapacitated. You are telling yourself that your senses will not function well enough to even work on the problem. You are sick: “leave me alone; I do not feel like thinking about it, I am sick. I take your sympathy. Ok, I will let it go that far; ok, but that’s all. If you do not sympathize with my sickness, what is your term, “misery loves company," you can go away. I like having created my misery, it keeps me from looking too closely at myself – then I might be more miserable.” But really, it would be your instantaneous cure, and also that is what is responsible for what you term, miracle cures, not a mechanism, just the realization.

Full acceptance and acknowledgement of that portion, portions, if you wish, which were not being looked at, full acceptance, full trust – full trust of self always brings you back to your zero rest point of perfectness. Always.
Therefore, in any endeavor you wish to undertake, you may always comfort, if you wish to say that, comfort yourself in realizing that you will always be able to bring yourself back to your rest point by simply keeping the trust going. The more you trust in the endeavor you have chosen, the easier it will be for you to stay on that path, because you will always be operating from your center.

Q: If you don’t know what the illness is, can you just accept the illness itself?

C: If you wish you may work it that way. Again, you have created many ways – any way you can conceive of, you may look at yourself. If you wish to simply view the experience through the viewpoint, backwards, at yourself through your dis-ease, you may do so. You may come from any direction you wish since you have created them anyway. It does not matter; that is primary, it does not matter, the energies, they are interchangeable.

You, as a society, now know this to be so – inter-changeable matter energy, both again, polar opposite ideas from a primal existence. The center point that is you: existence, you at the center. Existence manifesting in your creative magnificence the idea of matter and energy, rearranging those ideas into various separate components around you, creating separations out of the matter and energy and allowing them to interact and blend and form a panorama for your amusement; also for your education, but education through self-expression; that is reality, central self-expression.

Now before any view that comes to you, comes anything that you create for yourself; which seems to come to you through one of your self-chosen perspective games. And which, ok, you will realize is part of the self-expression. Anything. Trust it. Where else can it come from but you? Because you have created this idea here, and you have created those ideas from here, so you are already blended.

Allow yourself to realize that it is because you are blended that you can even come across this idea, and then this one, or this one. It is creation; it is your creation. They are there because you have put them there to simply reflect back and forth to show you, you are always in the center. Negative is not bad. It is there to form the other mirror; otherwise if it wasn’t there you would not see the center path. You would not maintain your sense of where you are. If you looked in on one side only, the reflection would go off into infinity; you would see no center.

Therefore, know that you can rejoice when you find negative and positive; it shows you you have your paradox. It shows you you have your balance; it shows you you are creating from your center.

When you allow for the dark and the light to come up anytime, as we have said, anytime you allow paradox, both ideas, to exist simultaneously within your life, when you coexist and blend two ideas which seem to be opposite together in your life; when you allow those things to manifest in your life so you are forced to look at them yourself, you know you are being with your higher consciousness, because you are ready to accept both sides and create for yourselves a reminder that you are always in the center manifesting outward all that you see which reflects back to center, in, out, in, out. All right?

B: Margo, we can explore one or two ideas about your research.

MARGO: There seems to be no written explanation, at least what I have gotten from you and Seth about the vacuum in the center of the brain; and the explanations I get from you are very difficult to correlate
with what I am reading.

B: Now you will find there are, at this time, very few cases in which your doctors as you call them, your scientists, as you call them, have discovered this idea with regard to, only recently, the idea of disease. Now realize, they are relating this idea to the idea of disease at this time. They will find, in your near future, that there are certain individuals choosing to review this state of physical existence so that they may understand the nature of the brain, in that term.

That is, you will find certain of your scientists have recognized that there are individuals who can function quite well with large portions of the center of their brains totally evacuated. You will find this to be a direct manifestation of this idea that the further you enhance your own understanding of your own sense of evolvement, you will need to use less and less of your physical brain to accomplish more and more awareness.

You will allow that center communication point to the rest of yourself to increase symbolically in size. Until it reflects the idea that the outer shell of the brain, such as your body, has been created to represent, in a sense, the outer shell of your soul, as necessary for you to understand everything you need to understand about your physical reality. Do you follow me?

MARGO: Yes. How does the energy that you manifest through the channel – how does that have anything to do with the vacuum in his brain?

B: It will, upon his allowance to perceive himself as becoming more integrated, provide, in a sense, a very comfortable background energy which will allow him to begin to manipulate, without what you term negative effects, those portions of his physical shell which he will find is necessary to alter for the purpose of representing, symbolically, yet physically, the idea more completely to himself of utilizing the minimum amount of solid energy that is physical matter necessary to perform certain functions. Particularly as he will find them necessary with regard to the idea of, in your terms, travel through hyperspace in the future.

You will find that the majority of individuals who have achieved what you term to be the technological, all right, “breakthrough” into traveling through hyper-space will have already achieved, to some degree, a lessening of the physical material within their brain structures; an allowance of that enlargement, that symbolic enlargement, which represent more reliance upon the center of self. More direct access to the center of self. Do you follow me?

MARGO: Yes. Then why is Lazaris having us do meditations to enlarge the hemispheres of the brain? You say those hemispheres are getting smaller.

B: All right, now, just as you may find that for very many, as you say, physical phenomenon, the less that is contained within, forms a situation where the remainder will expand. Again it is, in a sense, a physiological symbolic reaction to those laws you have created within your physical reality. You will find that less substantial ideas will tend to expand outward again, symbolically enveloping a sense of enlargement of scope. It will be a direct reaction to that evacuation of the center that the remainder of the exterior will, in a sense, seek to expand outward, hence the idea of enlargement.
Now, thank you all very much for having chosen, whether you consciously realize it or not at this time, for having chosen to live, instead of continuing to practice to live. Again, simply by your own choosing have you determined that you will not give yourself, in your own terms, much time left to practice.

You are bringing in mass consciousness momentum energy, right to the very forefront of your conscious awareness. Dissolving, bit by bit, moment by moment, that idea of separation between the various portions you call your conscious awareness, unconscious, subconscious, hyperconscious, and mass conscious awareness. You are allowing the walls to fall. There are beginning to be patches of light leaking from one level of consciousness to another – light bridging the gap across the different consciousnesses.

Q: Is that what I see when I see lights and sometimes patches of color?

B: To a degree, you are also perceiving, along your own physiological nerve system certain activities of energy, which you are creating, which will exist beyond your physical capacity to hold them. They are, in a sense, released as discharges. But it is indicative of activity going on, on levels of your consciousness which you are not allowing yourselves to physically, consciously, perceive at this time, yes.

It is a very, very normal thing for your civilization to experience, in that you have not yet allowed those barriers down between the levels of consciousness. You will find yourself experiencing them, in a sense, more often in your future but you will find they will take greater form. To a degree, you may even begin to experience, in your terminology, real time hallucinations. Do not be afraid, they will simply be your ability to scan, if you wish, through your library of potential realities. You will simply be giving yourself the opportunity to understand that you have access to any portion of yourself you so choose. Have fun.

Now, allow yourself to go through the week boldly, not timidly. All right? Thank you all very much, again, for allowing us to be a reflection of you. Thank you. Goodnight.

AUD: Thank you.
Living on the Edge

Q: What about all these earth changes being predicted these days?

B: Our understanding – and this goes for all such so-called predictions – is as follows: changes there will be; and there may be isolated events in which individuals may choose to believe they need to experience the transformation in catastrophic or disastrous ways. However, no one needs to experience the transformation in a negative way. If individuals are willing to wake up within themselves now, and recognize they deserve happiness without having to go through trials by fire in order to believe they deserve happiness, then they won’t have to place themselves in a scenario where they are shaken awake. Allow yourselves to recognize that any such information is only an opportunity, not an absolute dictum, to be aware of the energy within you and what reality you choose to believe is more true for you. When you recognize you do not need to experience that type of a tool, then you will find that even if you were to remain in a locale that did experience it, you would not. And if enough individuals in your locale understand they do not need to experience it that way, the entire locale will not.

Many of you enjoy earthquakes; you love “living on the edge.” You are finding that the energy excites you and spurs you on to greater creativity, and you choose to congregate in areas of high seismic activity. That’s why you are where you are (California). You are learning to direct this energy, learning to use it rather than fearing it. You are attracting yourselves to particular places that represent different degrees of energy, and in doing so, giving yourselves the creative opportunity to know you can flow that energy through you, and you can begin to identify with the power that is actually within you. For no magnitude of any quake that has ever occurred on your planet matches even infinitesimally the amount of power you have to create your reality.

You are learning to direct your energy by feeling it externally in ways that show you how much power you have, how much power you are. So you can get more and more used to the idea, at whatever rate is comfortable for you, of living with that much power, and of understanding what that much power is capable of doing. You are choosing to flow that power in a positive way, rather than a negative way, choosing to allow that power to destructurize but not destroy. Thank you all for being so bold.

The Fluid Future

The idea is to simply be in touch with the fact that the so-called future is always fluid. There are many probable realities; and when someone says – or you perceive – "Well, this is going to happen then, and it’s going to be very catastrophic," it is simply one perception of one bandwidth frequency, one probable reality. Now that you are aware that there is energy behind that probable future, if you don’t prefer it, you don’t have to stay on that frequency.

It doesn’t necessarily mean you have to move. If you find you are in any locale wherein the majority of consciousness insists on experiencing the transformation in negative, or in catastrophic destructive ways, and you know you don’t need to, then whether you even try to or not, you will automatically attract into your life an opportunity which will remove you from that locale without your even trying; without you even planning to.
So if you are following what is most exciting for you, and you find yourself not attracting a situation in your life to remove you from the locale you are in; that is, if you do find the locale you are in is the most exciting locale you would like to be in, in general, then take it as a sign that you will be able to remain in that locale, and nothing will interrupt the path you chose to be.

Q: What if I find that place is not feeling right?

Then go where you find it to be more exciting. But recognize that it doesn’t necessarily mean you are taking yourself out of the place that will experience destruction. You are simply following the flow of your own path and going to where you are most excited to be, surrounding yourself with the environment that is conducive to the idea you are being. That’s it. No part of your planet has to experience the change in catastrophic ways; none of it has to. It depends on your willingness to wake up.

**Atlantis**

November 1, 1988:

Q: You said something about Halloween being connected to the destruction of Atlantis?

B: Yes, from your ancient times All Hallows Eve, or Halloween, represents the day before the destruction of Atlantis. November 1 is the day of destruction, and November 2 is the day after. In some of your religious vernacular these days this translates into All Hallows Eve, All Souls Day and All Saints Day, and is the idea of the destruction of your Atlantean landmass approximately 11 to 12 thousand years ago.

The issue you are dealing with on your Earth at this time is connected strongly to both the planet Maldek destroying itself long ago and a repetition of the cycle of Atlantis, although on a smaller scale than Maldek. In your current time frame, the United States represents the idea of the replay of Atlantis, for you have much of the same technology and the same position in relation to politics around the world. Also you have many of the same individuals from Atlantis who have now restructured themselves to the point of deciding whether or not they will destroy the world again. *You all chose to be here in this transformational age to see that you do NOT replay Atlantis and destroy yourselves and your Earth this time around.*

Q: It was stated in the Ra Materials, Bashar, that no one had ever left this density since Jesus’ time.

B: Actually you have all decided to remain and return because the transformation is so attractive and exciting. It is not so much that no one has been able to leave; it is that no one has wanted to. And as you say, "You are where it’s at." Your planet is going through such a strong transformation that not only do the individuals on it not necessarily want to leave – because they want to be a part of it on some level, physically or non-physically – but you also have attracted the attention of thousands of other civilizations and dimensions of consciousness. These wish to watch what’s going on. Thus, you have all wished to add to the momentum of the group karma of the transformation.

**Economic Resources**
Q: You say we are transforming. How do we transform our economy? Or will we have an economic depression?
B: You will to some degree. But the idea is that there does not have to be a depression. You are simply recognizing that your economic structure is shifting, is changing. And yes, in your terms, the old one may need to break down. But that breakdown does not in any way mean it must be in a depletive manner. It can be replaced; it can be re-grown in a different way; it can be transformed.
Q: But do you feel that there will be a major shifting in the economy?
B: Oh, yes.
Q: Do the values in America reflect that in a certain unconscious or conscious way?
B: The values of your entire earth reflect it, because you are now becoming global. And so you need a global economy, in a sense. Although it will not be economics as you have known it.
Q: Do you have anything to say to us about ways that we may accelerate ourselves through that shift?
B: Yes. Begin by basing your economics on each other, not on a symbol! You yourselves are what back your services. That is all there is to it. Direct interaction between individuals, with the removal of the limitations, you call, borders, will facilitate an interactive global economy. It is simply the idea of the reapportionment of the resources you have, and the re-shifting of your priorities. There is really no lack on your world at all; and there is not actually overpopulation. Rather there is simply a particular disbursement of individuals and resources in such a way as to make it seem as if there is a lack. Balance your economy by the sharing of responsibilities – in any task, corporation, or whatever – and the reliance upon the resources of all, rather than the hoarding of, or the fearing of others, in terms of being able to deplete your own resources. Create a republic of ideas, in a sense.
Q: I also read that there’s an impending axis shift on this planet.
B: All right. There are changes of electromagnetic energy. But again, the overall fundamental idea is that any transformation can be experienced in a positive or a negative way; it’s up to you. Whatever vibration you buy into most strongly will be the way you experience the shifts going on in your electromagnetic field. Individuals who have a great deal of fear about the shift will lure themselves into places of destruction. Individuals who understand they can use the energy to enlighten themselves, and elevate and accelerate themselves in a positive way, will simply know, beyond the shadow of a doubt, that they do not have to give themselves the idea of a trial by fire, and they will lure themselves to places on your planet where they will experience the energy as a destructurization, rather than as destruction. The more individuals on your planet there are who recognize they can use this energy in a positive way, rather than simply fearing or believing it has to happen in a negative way, the more readily the energy of the entire planet can change.
Thus, the idea is that, yes, there are shifts in your energy taking place, both in you and in your planet, since in a sense you are one and the same thing. Here and there, as you have experienced this day of your time, you may see pockets of adjustment in your landmass, but it does not have to be as
devastatingly overwhelming as many of you used to fear it had to be. You have already done much to change that energy; you have already changed it in a positive way to a great degree – just by being willing to understand you do not really have to truly shake yourselves completely awake. That is, if you are willing to wake up now, you do not have to suffer and struggle and go through all sorts of negative trials in order to wind up with the understanding you could have now: that you deserve happiness; that you can create your reality to be whatever you prefer it to be.

Choosing the Positive

A lot of the idea of someone experiencing a transformation in a negative way is that he is holding on tight to an old belief, and will not allow himself to let it go and trust his natural flow; it seems to take that degree of violence to make him break his grip. Sometimes an individual will even take himself out of physical reality in order to allow himself to start afresh. But he does not really die; nothing ever really does; it is all eternal and infinite.

However, you don’t have to struggle, and you don’t have to suffer. Any time you are made aware of an idea, and it is presented in a potentially negative format, take it not as an absolute prediction chiseled in steel – or neutronium, or whatever you may think is most difficult to change. The idea is presented as an opportunity: "look," it says, "you can vibrate in synchronous accord with the negative energy of this idea, this fear, and attract yourselves to it and attract it to you. Or you can vibrate in accord with the positive energy. Experience the opportunity, the exploration, the excitement, rather than the anxiety and the fear, the limitation and the segregation."

Whatever vibration you choose will be the reality you get. Remember, no circumstance has built-in meaning; all situations are fundamentally neutral – blank, empty, zero – zip, as you say. You give them the meaning. Because of what you have been taught to believe these things mean, the meaning you give it is the effect you get; positive meaning in, positive effect out. Negative meaning in, negative effect out; simple physics; simple mechanics. You experience the reality you are the vibration of; you cannot experience the reality you are not the vibration of.

Q: But what about Nostradamus, Edgar Cayce, and the others who are predicting catastrophe?

B: There is no such thing as a prediction of the future. There is only a sensing of the energy that is most prominent and probable to manifest at the time the prediction is made. There is no absolute future; it is only a probability. When a prediction is sensed, the individual making that prediction is sensing the energy as it lies, at that moment, behind whichever idea has the most momentum and has the most likelihood of manifesting, IF – important – if the energy doesn’t change.

You always have the opportunity to change that energy. And in very many ways the reason that predictions exist is to let you know where the energy IS. Then if you don’t prefer it being there, you change it. So predictions, when they are understood for what they are – rather than the rigidized, unmovable structures many of you have been taught to believe they are – when they are understood for what they are, then you will realize that a prediction, when it is made, and therefore, when it is known in your consciousness, renders itself obsolete many times just by being known.
Let me stress that your awareness of where it lies, changes that energy! Now if you don’t prefer it to be there, you can do something about it, because your consciousness is focused upon it. If you hear a prediction, and you do not think you have the ability to change the energy – if you generate more fear – then you reinforce the energy that the prediction first picked up on, and make it more likely the prediction will come to pass. But if you are willing to realize that a prediction in no way determines that this is the absolute thing which must happen, then you can understand you have a great deal of flexibility with regard to the predictions.

**Old Perspectives**

Also, any time a prediction is made, it is made within the context of the time frame that it occurs in. Many ancient predictions, many ancient sensings of the way the energy of the entire culture in which you exist was to be experienced followed from a certain belief that existed in your culture at that time. That belief, generally summed up is as follows: the great transformations that were sensed that were going to occur could not be understood as being able to occur without everything that already existed coming apart first. So when those predictions were made, they were made with the understanding and the belief that in order to experience the transformation, things were to be absolutely destroyed to make way for that transformation.

Now things do have to change, things do have to, in a sense, break down for another reality to take its place. But that breaking down in no way must be destructive; it can be creative. A breaking down can simply be the willingness to allow something to change, rather than holding on to the way you believe it must stay, then the situation – then the culture, the structure – will break down. It will change; it will transform into the type of structure that is capable of representing the transformation in a less catastrophic way.

Therefore, any time you hear of these so-called predictions that are put in that manner, it is your opportunity to realize that what you are being told is, "Look, this is where your society is stacking all of its beliefs. It is still running off of the idea that you cannot deserve ecstasy without first going through a trial by fire." But this is an old perspective. Your awakening to the understanding that you deserve happiness, in and of itself, has already changed much of the original energy that was sensed back then by those individuals. So now that you know you are made of love and light and ecstasy, and that ecstasy and happiness is your birthright, you now know you don’t have to shake yourselves awake. You are waking up without that violent action. As was stated earlier, if enough individuals in that area all realize collectively that they do not have to experience catastrophe, then the energy of the entire area can change, and that manifestation does not have to occur in that area at all. 'Tis up to you.

In fact, you are all now the funnels, the channels, the valves through which that energy can be released and transformed in a positive way. You can put that energy that was going to go toward that idea of breaking you down in such a catastrophic way, shaking you up in a violent way – you can now put that energy toward constructive ideas. Any individual who knows, beyond the shadow of a doubt, that he is
waking up, that he does not have to shake himself awake, will know that that experience is not something that he needs in his reality. Therefore, even though there may be isolated pockets around your world where individuals believe they must experience it in that way, those who do not have that belief will no longer be in those areas, as we have said.

Therefore, any time you hear one of those predictions, do not take it as an absolute law of the universe: "This is chiseled in steel!" No, take it as an offering, as an opportunity to examine where you are being told the energy lies. And if you don’t prefer it to be there, take it as an opportunity to change it by doing the things that excite you in life, being of service, and acting as if you know you deserve ecstasy.

**Channeled Predictions**

Q: Some of the channeled entities today are telling us about catastrophes coming, and many people are in fear and panic.

B: Many of you have shared with us certain information being told to you by various entities being channeled in your world, information delineated in negative scenarios, negative aspects. And you are afraid these must manifest through the idea of earthquakes, floods, famine, and much of the like. As we have said, this energy potential does exist, but only as a potential. It may have a great deal of momentum behind it, a high degree of backing behind it from your civilization, but recognize that – not that you are being lied to by these entities, for you are not – but recognize you are being allowed to see in these sharings that you have an opportunity to decide whether what they say is true for you, in terms of what you know you need to experience in the transformation taking place on your planet right now.

Therefore, in each and every interaction that has ever taken place between any of you and any entity coming through a channel, when you hear something that does not strike a vibratory chord within you, do recognize that there is no need for the idea of accusation from you to them. For all that is being shared with you is a perception of an area in your civilization – or a potential reality – that does have a great degree of momentum and energy behind it ... due to the fears many of you generate. But if you are willing to hear these words from entities who speak of the transformation in catastrophic terms, if you are willing to hear them as an opportunity to understand and reflect what you know to be true for you, then you can utilize the situation. You can be an equal to them, and not continue to feel that what you are being given as information is any more powerful than the information you have within yourselves – with regard to the reality and a world which is, after all, yours.

If we may suggest, therefore, the following: if you find yourselves in a certain scenario where such information is being imparted to you, and you are willing to have conviction on it, this may be shared with that entity – in the form of a letter perhaps:

**Dear Entity:**

I recognize that what you are sharing comes from your love for us, and your desire to serve us and to allow us to expand in our awareness of the transformation – which is a reflection of all we have ever been and can become.

At the same time, I would now wish to share with you, dearest Entity, that your sharing affords me the
opportunity to recognize that the transformation, in the terms of catastrophe you have delineated, is not the reality I, as a co-creator of this world, prefer. I choose to give energy to the idea that if I am willing to face all portions of myself, and accept and allow all situations in my life to be of positive service, to be in my life for positive reasons, that I can allow my experience of the transformation to be one that is positive, and not in need of the expression of catastrophe in order for me to understand myself and grow.

I recognize that expressions of catastrophe may be the only way some individuals can believe a transformation will have a lasting effect. However, do allow me at this time, dearest Entity, to ask for your further love and your further assistance in suggesting to us ideas, ideas which could allow us to assist our world, so that as many of us as possible can now let ourselves also realize that there is no longer any need to believe that transformations and changes of lasting positive effect must be created through trials by fire.

I am willing to share that I believe ecstasy is our birthright. Will you share with us your perspective on how we may accelerate, within ourselves, to sufficient degrees, to allow there to be upon this world that we hold dear, the smoothest, easiest and most loving version of the transformation that can occur?

Thank you.

What You Are

Each and every one of you willing to utilize that situation, once again, not in an accusatory way, but in a sharing way, in a convicted way – to stand up and make a difference, and be the individuals you know yourselves to be and express what you know to be true for you – each and every one of you willing to utilize the situation as a reflection for that opportunity will make a geometric, a logarithmic difference in the ability of your entire world to allow its next step to be that much easier.

Even as a single individual you add that much energy to the momentum of your ability to experience your transformation in a positive and loving way. For you are energy, and experience it each of you will. You yourselves are the experience you are having. All of the physical reality, all of the emotional atmosphere, in which any particular manifestation or experience does occur in your lives – in a seemingly objectified manner – all of that materiality, every subtle nuance, is all you, in different manifesting reflections back to yourselves.

You have created the idea of yourselves to be physical reality, and there are many manifestations of physical reality. But in this particular manifestation of the idea you are being, you have been playing out, as your particular unique physical reality, a great deal of separation and negativity so that you could explore all of the ideas of what it means to be limited, as we have mentioned to you before. Therefore, you have created yourselves to be the idea of a reality whose only cognition, basically, fundamentally, immediately, is a material reflection seemingly outside of yourselves, so that you can feel as if you are in a material universe, rather than knowing that the material universe is what you are.

That is what you are now beginning to explore within the idea of integration. You are beginning to experience the integration, the blending of more and more awareness of more and more of yourselves.
You are beginning to blend the dream imagination and physical realities into one, to experience all the ideas of this transformation: the disorientation, the confusion, the limbo state, the seemingly surrealistic attitudes and atmospheres you encounter from time to time – which allow you to feel disassociated from the material physicality you have been used to experiencing for so many hundreds of thousands of years.

Now you find yourselves integrating and beginning to see through the illusion you have created of physical materiality. It has served you, and served you well. But an illusion, a tool and a creation it is, nonetheless.

**Personality Construct**

We have said, many times of late in your time frame, that what you consider to be your personality is an artificial construct, and is not who or what you are. Recognize, therefore, that although you have created, for many thousands of years, the idea that you are a humaniform existence, understand that the idea of your humanity, the essence of what you are, is not restricted to your humaniform existence. Begin to allow yourselves to recognize that in a non-physical state you are not human; you are quite something else. You are an essence, a primal idea of energy consciousness – a being or a soul, if you will – which can project itself as basically any form, any symbol, any idea it wishes to.

We know that your civilization, to some degree, does recognize, at least intellectually, the idea that you are not human when nonphysical, and that *humanity is only the idea of the physical reflection of the soul*. But also realize that many of you, because of the habit of being human, many times may not realize that when you think of the idea of the disembodied soul, you still find yourselves making the analogy that it is a human soul.

Understand that the soul, the energy essence, is *not* intrinsically human. Many different civilizations within the third/fourth density reality, which you are experiencing, do have similar humaniform, or humanoid appearance. From our perspective, in considering ourselves to be our own form of human – to us you are humanoid. Recognize however, that our soulness, your soulness, is not actually human; it is an *essence* which is above and beyond, and which *transcends* that limited definition.

Therefore, begin to understand that one of the reasons – as you make the shift from third to fourth density, and recognize more of your consciousness to be what it is – one of the reasons you are beginning to experience many ideas which disorient you and confuse you, and do not seem to fit into the structure you are used to, is because you are beginning to view, from time to time, from a point of view that is not strictly human. It is the essential viewpoint of the beingness, the consciousness you are, which can be human and many other things.

Recognize that you can begin to understand yourselves in this homogenous sense as everything and nothing at the same time – as a principle, as an idea, as an essence. By simply allowing yourselves to view, from the viewpoint of this essentialness of your existence, many of the things which are now beginning to occur to you, in your transformation from third to fourth density, may carry a new clarity – if you allow yourselves the opportunity to discontinue the limitation of expecting everything to make
sense in humaniform terms.
For the idea, or the projection, of your humanity has been a definition which has served you and, in a sense, will continue to serve you through the idea of your fourth-density experience – although the type of humanity you will be in fourth density is not the same type that you were in third. You are rapidly evolving, once again, and you will find, to speak linearly, that further on in the middle, and very much so toward the end of your fourth density cycle, you will not be humaniform in the way you have considered yourselves to be at all.

As you progress from quasi-planar physical reality to nonphysical existence, going from fourth to fifth density, you will allow yourselves the opportunity to experientially become the energy matrix of focused consciousness within the homogenous energy field of All That Is that you actually are. And the idea of expressing yourselves as humanity will be a tool no longer necessary for your experience.
The idea of humanity, though well it has served you in this way, again, is but another tool within which you have clothed yourselves. It has suited the purposes that you chose to explore and experience. But do recognize, that as you all exist on many different planes of reality simultaneously, there are many other guises that you also exist within that are human, humanoid, and not human at all.

By simply shifting the perspective of your consciousness, as you make your transformations from third to fourth density, you may even begin to understand that, from time to time, as it suits you, there may be opportunities to look even through the eyes of the aspects of your selves that have nothing at all to do with humanity. For it will broaden your perspective in many different ways. Though you will remain focused, for the most part, in the idea of your humaniform fourth density existence – as long as that suits the purpose of this fragment of your consciousness that is channeling through the prism of this artificial personality construct that you call your human body.
Living The Way You Prefer

Q: I just wanted to share with you that this gives me great joy to share this vibration. My first question is: the best way to handle, or to cease, negative thoughts that I suppose come from what is known as the alter ego, or the Anti-Christ – what would you suggest in that area?

B: Allow yourself to recognize that as you become more expanded, as you contain more of Creation within you, you are obviously going to become aware of more of it. And that includes the negative as well as the positive. But just because you are aware of it, that doesn’t mean you have to put it into practice.

Again, the idea is to go back to your conscious commandment. And we can now couple this with the concept of the library analogy that we have used and shared with many of you from time to time. Think of all of these ideas, all of these thoughts, as the books in a library. They are all sitting upon the shelves. You can go into the library; you can take any one of them off the shelf; you can open it up; you can read it. All of the joyful books, all of the scary books, you can read them all. The only one that goes home with you is the one you consciously decide to check out. So it does not matter how many of these thoughts pass through you, or where they come from.

You are going to be cognizant that it is a probable way to exist; but if you simply know that it is not the way you prefer, then you will not put energy behind it, and you won’t have to worry about it. Worrying about the fact that they are there puts energy behind them.

If they occur, let them occur. Examine them for what they are; use them from a perspective that you can get something out of them. Maybe some scenario will occur in your life that will allow you to hearken back to the thought you had, so that you will have a perspective and experience that may assist you in assisting someone else.

When you become familiar with the idea of that negativity, then, when someone may seek your assistance, you will have a frame of reference to discuss the idea from. Simply use it in whatever way, shape or form allows you to continue to express your service in light and love and integrity. Does this assist you?

Q: Very much, thank you.

B: Well, thank you very much.

Q: My next question is: I wish to visit Inner Earth.

B: Go ahead.

Q: Thank you. Can you give me an approximate…

B: That way!

Q: Place and time?

B: Not really. However, there are many areas upon your planet that are relatively conducive, that contain energy vortexes that may allow you at least the beginning of a communication with that particular dimension of experience.
For do remember: it is another dimensional plane; and in your dimension is not literally in your planet. That is the apparent direction you will appear to go in encountering those beings, but it is on a slightly different vibratory plane. They’re not physically – in your dimension – inside your planet. You follow me?

Q: I follow you.
B: One very strongly conducive area to acclimate to the energy, that can put you in touch with their consciousness, is in what you call the Shasta area or the Sedona area. All right?
Q: Thank you.
B: Thank you very much. And enjoy all the surprises and the unexpected ways in which they will appear.
Q: If one wishes to channel a wondrous entity like yourself...
B: Oh! Wondrous entity!
Q: Or a wondrous entity like I am, what could we do – anything?
B: Be yourself; and any agreements you have made will express themselves in whatever ways they need to, to allow you to continue to be who you are. Do not forget that when it comes right down to it, of course, as you have said, you are a wondrous being. And channeling is only doing what you love to do. Have a good time.
Q: Thank you.
B: Happy channeling. Sharing!

Living The Way You Prefer
Living Your Dreams

Q: So, what is coming from you now - and listening to what we were talking about earlier - is that we are not the result of our past, right?
B: Yes!
Q: That we could be using our imaginations differently, or in different...
B: You will be living in it. You will be experiencing your imagination as...really as you have been experiencing physical reality... You follow me?
Q: Yeah, but it’s like daydreaming.
B: Yes!
Q: You will - as we have said many times - be living your dreams. Did you think we were being figurative? When we said you will be living your dreams, we were being quite literal.
Q: I’m not talking about the night dreams. I’m talking about daydreams.
B: What is the difference? Night dream, daydream...
Q: Well, the difference to me is that in the night dream my body is asleep, and I’m more at the affect of the dreams that I now...
B: All right. But that is your definition. There are, in your terms, individuals who have, quote/unquote, some pretty strong daydreams: "Oh, hello, anybody there? Come in; come in. Can you hear me? Hello!" "What? Were you talking to me?" Do you follow me?
Q: What do you tell me that for? I don’t...
B: Because that is how many individuals find themselves, deep within, even in a daydream, so they do not hear when other individuals are calling them. They might as well be physically asleep.
Q: Right.
B: It is the same thing. You are simply in the meditative state; it is the same thing.
Q: Right. I... I believe that. Because sometimes I have my dream, or my daydreams are so colorful and so true, that I really believe that I make them up at that time.
B: You do.
Q: Yeah, I know.
B: All right. All we are saying is that now the barriers, the definitions, that allowed you to create the idea that a night dream, daydream, and awake physical state, are different, are now dissolving. It is all going to be one experience. We do not, in your terms, really ever sleep. You follow me?
Q: That’s right. Yes, I follow that.
B: All right. Because we are living in that dream and therefore, never need to wake up into physical reality; we are awake.

That is what is meant by living your dreams. Through experiencing your life as if it were the type of reality you think is only relegated to your night dreams. The impossible made possible.
Q: But it’s not tangible.
B: It will be.
Q: Oh, I see what you mean. Because sometimes I’ve got dreams that...
B: That is simply because you are still making a distinction between the dream reality and the physical reality in the way that physical reality is more real.
Q: No, I’m not saying that it’s more real; just that it’s more of what I find that...
B: That is what I am saying. Pay attention for a moment. As long as you still wake up and remember having had a dream that does not seem to apply directly to what you experience as a tangible physical reality, you are still making a difference.
Q: Oh, I see what you mean. Instead of having, living, that dream...
B: Yes.
Q: . . . it seems that I recall the dream...
B: Yes.
Q: When actually, I am dreaming all the time. It is not physical reality and then a separate dream reality; it is all one thing, all one dream.
B: Yes.
Q: Got you.
B: Thank you.
Living Your Philosophy

Q: You teach us to not hate war but to love peace, and I really think that is my ideal, except I have an ex-wife and her lawyer coming after me day after day, for money, money, money. It is very difficult for me to turn the other cheek and love them for their teaching me a lesson – or whatever they are trying to do. And I would like some guidance from you as to what I can do to understand – to see the purpose of what they are trying to do to me.

B: They are not trying to do anything to you. Do you love yourself for creating this situation?

Q: On some level I do, yes.

B: All right. Where would that level be?

Q: On a philosophical level.

B: A philosophical level?

Q: I guess... yes.

B: You guess?

Q: I know. Yes, the philosophical level.

B: All right. Can you tell me what is really the difference between the philosophical level and the physical level?

Q: Paying the bills! (Laughing)

B: Really?

Q: Eating!

B: Oh, really? Are you sure?

Q: I’m sure, yes.

B: In other words, you are saying that to be a philosopher requires none of this?

Q: I don’t follow.

B: You are saying that the difference between the philosophical level and the physical level is that the physical level has to be concerned with the ideas of paying the bills and eating. And you are saying that the philosopher has to do none of this.

Q: I think the philosopher, if he chooses to, can take a different avenue on which to live his life; different from what I’ve seen and done.

B: All right. Now in saying already that you have a philosophical level, does that not also mean that you are a philosopher?

Q: Yes.

B: Would you – in assuming, therefore, that this philosopher fellow can choose a different avenue – would you not like to be that philosopher?

Q: I can choose not to be the philosopher, yes.
B: Would you like to choose to be the philosopher?
Q: Yes.
B: Why would you?
Q: (Silence)
B: Why do you choose to assume that this philosopher fellow is somehow going to stay apart from you, the physical fellow? Why can you not be the philosopher that can make a different choice?
Q: It doesn’t seem to be my choice. I seem to be reacting to all the things that are happening around me.
B: Yes, you are reacting. But understand that you created the situation to give yourself the opportunity to react to. Now, allow me to say, first of all, nothing happens to you, it happens because of you. Recognize that every idea you create is an opportunity. When you allow yourself – when you allow yourself to allow the situation to serve the purpose for which you created it, rather than trying to get rid of it, you will then allow it to change, to transform into something else.
First of all, recognize that very blatantly, on the surface, it is an opportunity to realize that you can create for yourself the idea that you do not have to be attacked. It is an opportunity for you to realize that this is one way that you do not wish to exemplify in your life. Relax within the situation. First of all, simply relax and realize that, simply, you have your part in creating this. All right. No big deal!
No need to judge them. No need to judge yourself. Within judgment is where you become caught up in the reactions, because you are judging that what is going on is somehow not a part of your life as it “should” unfold. In making that assumption, in making that judgment, you are then interrupting your own path. You are not allowing what is happening to be a part, a valid part, of what you chose to experience to allow yourself to grow.
Simply, very simply, when you allow what is occurring within your life to be a valid part of the path you have chosen to unfold, then you will only manifest positive effects from it, because you will always allow your situations to transform into their positive aspects.
It is only judgment of the situation that separates you from the idea and makes it seem that you are not in control, nor have created the idea; and thus, brings about the negative effect of being separate from an idea which then seems to control you.
Understand, you do not have ideas – but you have situations. Nothing happens to you. You are ideas. You are the situations. You are the events of your life. You are – you are the actions going on around you. They are pieces of you, projections of you, back to yourself. Allow yourself to be those ideas. Then you will understand that if they project from the center of you, you are in total control of them, because you are granting them equal validity with any other possibility that could manifest in your life. Only by granting equality to every situation in your life do you then give yourself the opportunity to choose among them. As long as you do not grant equality to every situation, then there is an imbalance that keeps you stuck in the one you are not granting validity to. Because you have upset the balance of your energy, tipped the scale, and in that way you can not allow yourself to move from plateau to
plateau because you are somehow feeling less, lower than another idea you feel to be higher than the one you are experiencing. And thus, you feel you must climb out of the situation to get there.

Each and every situation, in being allowed to be equal, will simply put you in the position of being at the highest point, seeing every single plateau from the top, and knowing that if you prefer a plateau you can simply step over to that one. Not that the one you are on is any less than that – it is simply different. Are you following me?

Q: Yes. Can I just ask about a point though?
B: Yes.

Q: I understand everything you’re saying except for one key word. When you say learn to relax into the situation – is there a technique that you would recommend?
B: There are many techniques. Understand that if you wish to use the terminology best, then you may understand that your own imagination, because it is key to your vibration, because it is you, will always afford you the “best” technique for anything you wish to do. How, in your imagination, do you visualize would be a good way for you to relax?

Q: How do I visualize I could relax?
B: Yes.

Q: Well, I meditate now.
B: Does that relax you?
Q: Yes, it does.
B: Then by all means proceed with that. If you think of something else that you think would relax you also, go ahead and do that. Any tool that you create for yourself, any technique, will be as valid as you allow it to be. Understand that that is also another idea and must then share equal validity with every other idea. Do you follow me?

Q: Yes.
B: How do you feel?
Q: I feel different. Thank you.
B: Oh, thank you very much. It was your choice.

Q: (Laughing) Thanks.
**Losing Eyesight**

Q: I want to talk to you about my eyesight a little bit.

B: All right.

Q: Most of my life it’s been very good, but last year it seems to be getting worse and worse.

B: All right.

Q: I was wondering if you . . .

B: The first and fundamental primary idea which we have shared many times with your civilization – which is a fundamental underlying idea for many of you, because of your old habits, let us say, many of you are now defocusing from the structure you have been in, so that you can attune to an inner sight. You follow me?

Q: Yes.

B: It is as simple as that.

Q: Yes, thank you. That’s what I was thinking.

B: Oh really? Then begin to trust what you are feeling for yourself.

Q: I was actually wondering also how bad it’s going to get, because I’m holding my books out about 18 inches now.

B: Tis neither good nor bad. It is valid to the degree that you are willing to explore certain ideas within yourself.

Now, understand that because you have now created the conviction of the interaction, of the recognition of one of the ideas, of the purposes behind that, you will now also begin to change in other ways. Therefore, it is not so much that it will continue linearly – although it may a little bit – but it will also begin to expand volumetrically in different ways.

Q: Volumetrically?

B: Yes. Thank you.

Q: Thank you.

1
Lost Love
Q: For about three years now I’ve been suffering from a loss of a love that was very traumatic. And it seemed that a lot of things in my life fell apart because of that. My phone service was shut off; I lost my home, my business fell apart, and so on. It caused me a lot of soul searching.
B: And what did you discover?
Q: Well, it seems I’m still searching. But I’ve gone through a lot of pain.
B: All right. Are you tired of this now?
Q: Yes.
B: Are you sure?
Q: No.
B: I do not want to stop you from creating more pain if that is really your intention.
Q: That’s what I’m wondering because I’m struggling with creating a new direction for my life.
B: Well, that’s all right. Now let’s go “back,” as you say, and talk about this concept of loss. Can you describe the kind of idea that you mean when you say, “loss”?
Q: I’m not sure except that I think the loss I suffered was more a catalyst to remind me of some other losses I’ve experienced in my life which apparently I’d forgotten about, that I blocked off from early childhood.
B: But the only reason that you may not have been willing to look at these ideas, the only reason you may have pushed them down and now are seeing them come up is because you are defining these ideas as losses, when they do not necessarily have to be defined as such. This is actually what I am saying.
Q: I’ve heard that and I agree, but it still...uh...
B: Still feels like a loss. Yes?
Q: Exactly.
B: All right.
Q: This seems to be my struggle now – to feel what you’re saying.
B: All right. Do you understand, even in what you might call an intellectual fashion, the concept that whatever it is you feel must be based upon a belief? You cannot have a feeling without believing something to be true first.
Q: I understand that.
B: You understand that. Therefore, when I refer to the concept of your definition that something is a loss – it is your belief, your definition that "something has been lost" which creates the feeling of loss within you. Do you understand that?
Q: Yes.
B: Therefore, that is why it is important to get involved in the definitions that you have within you, find out why you have those definitions and help to redefine them, so that the feelings you have no longer come from the old definitions, but from the new definitions you prefer to have. Now. What definition exists within you that allows you to believe they represented a loss?
Q: I’m not sure.
B: Well, let’s explore that right now. In what form do you believe the love was lost? How did you, I’ll put it simply, lose the love? What physically happened to make you believe that the love had been lost?
Q: I was separated from someone and I experienced a lot of pain.
B: What do you believe about the idea of relationships? What were you looking for? What expectations did you have that were not fulfilled that allowed you to feel as if the expectations were not fulfilled? Let’s find out what you thought should have been there to begin with. So what did you think should have been there?
Q: Well, I desired to be in a relationship of common support.
B: All right. Then in that sense, what you are saying is, if that type of person was not exhibiting what you preferred to be in a relationship as an equal sharer, then that was not a relationship you preferred.
Q: Right.
B: Then if that should change, why are you in pain?
Q: Well, it did need to change and what I think happened is this event was a catalyst for me to experience other painful stuff I had never allowed myself to feel or even remember.
B: All right. Then it has served you in a positive way. Have you explored these other issues that have created pain within you? Have you dived into them?
Q: I’ve been working really hard. Yeah.
B: "Really hard." All right. You don’t have to really work too hard. You can just be consistent about it. That is really all it takes, willingness and consistency. You do not necessarily have to struggle with the idea. You don’t have to feel badly about yourself in that sense, just because these issues may have come up. You have not lost anything in that sense.
You have utilized the relationship in exactly the way you intended to, so you could allow yourself to become more integrated by discovering all of these fragments that you have created within your consciousness. And in that sense, the other person, in doing what they did, in co-creating the separation with you, actually did the most loving thing they could have in the situation because it served you by putting you in touch with other issues which may have been interfering with your creating the relationships you truly do prefer. You do not have to define it as a loss because you gained a greater understanding of yourself from the interaction. Understand?
The fact that you exist is a sign that you deserve to exist. Creation has not created any superfluous things. Everything that exists belongs and deserves to know that it deserves to belong. You are no
exception. You deserve everything that you can imagine and desire. You must, however, be in touch
with the belief systems that you have because you are the creator of your experiential reality, both in
physical terms and even on some levels of what you would term non-physical.

Lost Love
Lost Mars Probes
1996

Q: Bashar.
B: Yes, good day.
Q: Good day, how are you today?
B: Perfect and you?
Q: My first question is in regard to Mars…
B: Yes.
Q: …600 million years ago, that’s when the civilization existed, approximately?
B: 6 million.
Q: And how long did that civilization stay in existence?
B: Do you mean the overall span of that civilization?
Q: Yes in the physical plane.
B: One moment, one moment, one moment … several hundred thousand of your years.
Q: Was it similar to our Atlantis or Lemuria?
B: There are certain analogies, yes.
Q: The Martians that are currently visiting our planet, that are in fact part of our planet now, are they from that time period?
B: They are from that time period having been genetically altered and thus transported by another species from their time to your time and helped to adapt to your atmosphere in their hiding places now, yes. All of those that remain of the ancient race in their original form are back in that time period.
Q: So currently as their compared with our time period there are no…
B: Martians on Mars?
Q: Yes.
B: No, there are not. It is no longer capable of supporting life, as you understand it.
Q: In 1938 when we had the Orson Welles, “War of the Worlds” broadcast…
B: Yes, you’re on to something aren’t you?
Q: Is that in the timing with the coming of the Martians?
B: Yes.
Q: That was their first check in?
B: Yes.
Q: Now is this current information released about the Mars rock…
B: Yes.
Q: that something that’s being required for our probes to go up and feed us data back?
B: Do you mean the idea of beginning to release information of the existence of extraterrestrial life, even though it may be a step at a time?
Q: More specifically in relation to the other probes that were taken out because NASA had decided not to release information, is this part…
B: It may be that many individuals within your NASA organization are still not completely aware that the basic criteria that will allow them to have their probes be allowed in that area is to begin sharing information with your people, many of them may not necessarily realize that, but the idea to some degree is that, do to a variety of social and political pressures, they are beginning to realize that they have to begin sharing the idea that there are other extraterrestrial beings that do exist and this is their way of, shall we say, breaking the news slowly.
Q: So they are not fully conscious of it then?
B: Many of them are not, although a few of them do recognize and realize what is going on. Many of your people are quite smart and they recognize that after two probes being shut down, exactly as they arrived at Mars, they began to recognize that it was a statement and a message that they would not be allowed to look at certain things there, were they not more forthcoming in and of themselves with letting loose of some of the information they have kept from their own people on earth.
Q: Now the individuals that are responsible for the probes discontinuing their mission, are they the Martians that are currently on our planet? Do they still have interplanetary travel capabilities?
B: It is not their doing directly though they are involved in the decision of understanding that that is going on. It is their wish that the information not necessarily be gleaned to its fullest extent until such time as your planet is willing to accept a lot of the information that is being suppressed. So they are playing their part, or shall we say in your ancient lingo, casting their vote for how it is that these things are being done but they are not he ones specifically that are in that sense shutting down your probes. This is a mixture of several different groups including the idea of what you would call one faction of the Greys.

…
Lost Time and Fourth Density Blending

Q: I had a dream last week where I dreamt about sighting UFOs, but while I was watching them I felt very paralyzed and going in and out of consciousness.
B: Yes.
Q: Was that dream to help me prepare myself for what may be coming up, as far as viewing a UFO?
B: In this way, you may also understand that on one level it was an actual interaction.
Q: Yes... I know that.
B: Then, in this way, the preparation and the event are one and the same.
Q: Why did I feel paralyzed?
B: In this way, you will find that there will be many ideas within you that will create the sense of paralysis because of expectations, because of judgments, because of fears. Also, it will simply be that when you are experiencing something in a half physical, half astral state, many times you will think that you can still move in the same way, but you cannot. So you will feel paralyzed because you are trying to move in a way you are used to, but there is a totally different idea to movement in that state.
Q: Yes, I got it.
B: There is also the idea that in this interaction, there is preparation again, also on your part, in simply, in your terms, getting used to the idea of the equality of the sharing. All right?
Q: Yes, thank you.
B: Thank you.
Q2: Yes, I just wanted to cap on that... I had that same experience, but it happened quite a few years ago.
B: Yes. Many of you will now find, in this transformational age, as things accelerate, as you bring different levels of your consciousness together, to blend, that you will retrieve many of those experiences and bring them to your surface consciousness and you will, in your terms, recapture, what has been called, lost time.
For many of you have had experiences in between the moments that you consider to be the real moments of your reality. And as you blend, you will find that many of you are very much more in touch with many different levels of consciousness and civilizations and beings than you think.
Q1: Last February I lost about ten pounds and my body was extremely hot at night and then in cold sweats.
B: Yes.
Q: Can you tell me...
B: Simply, again, it is part and parcel of the idea that, as you form an acceleration, an increase in the levels of your energy activity, but are still viewing the idea from a third density point of view where you
consider yourself to be both a slower you and a faster you, as you continue to create that dichotomy and bring the two ideas together in the same body, you will create friction between the different rates of vibration. That friction may sometimes physicalize itself as heat or fever.

It is one of the symptoms of the fourth density transformation and is an indication that you have still, within you, some remnants of old beliefs. They will acclimate, and you will blend the idea out and not need to experience the energy as fever, but simply as ecstasy.

Q: But I’ve had both... the fever, and then my body temperature just drops way down also.

B: Yes, the idea of the cold will be the reflection of what is called superconductivity. For once you form a blending, then you will be a material in a crystalline fashion, as an energy, that will then allow energy to flow through you that much faster. And you have become, what is called, super-conductive, or crystallized – that will be the cold sensation. Thank you.

Q: Thank you.

Lost Time and Fourth Density Blending
Q: Hello.
B: Good day and good New Year to you.
Q: Good New Year. Same to you.
Q: A lot of things have been happening to us, our family group and everything, very exciting. And…
B: Speak up so that all may share.
Q: I’d like to thank you for your encouragement all the time…
B: Oh that’s easy.
Q: …and to play those games. And something else has been occurring that… I don’t quite understand what’s happening, and that’s why I’ve decided to ask you.
B: Oh, all right.
Q: It is about our little daughter. She’s almost 4 years old.
B: All right.
Q: She was sleeping pretty well every night until suddenly she started waking up with some panic and… that’s been happening for about two and a half months, something like that, every night around 11 or 12 o’clock.
And then I started receiving myself some kind of panic that she was feeling. I started feeling it myself. So that helped me to use some techniques on her, and so it has been useful for me too.
B: All right, very good.
Q: And I found, like, it helped her, too, to confront some negativity, some fears in herself. But right after that, she suddenly wasn’t afraid, but she was still waking up.
I asked her what was happening, and she said, guys came, you know. She said it was a little guy who comes to wake her up at night. And she said he says: “Scarlet, Scarlet. Let’s play with the toys.” And she said he starts playing with the toys.
B: Yes. I see nothing unusual in this so far.
Q: But then she says… I ask her more questions about how does he look? She says, “About my size,” and all this. And so she says he came flying through the window. So I relaxed and I started understanding what I think was happening with her, or whatever.
B: Yes.
Q: So I stayed awake several times, too. So I’d just like to ask you what’s happening? Right now… after that she’s a little bit sick, you know, some congestion in her chest. I’ve been helping her, but still she has a little bit, like cold and congestion, and things like that. So I just want to ask you what’s happening, please?
B: All right. One moment, until what you call the age of seven, certain ideas from other lives and agreements that you have all made are going to continue to be worked out. You are going to continue to receive some assistance in working those out, and processing the energy through each and every one of you – the members of the family, up until that time in various ways.

Approximately, at the age of seven – of your daughter’s age, in that sense – there will be a change and a transformation in the way the energy and the agreements and the assistance is worked out, or experienced by all of you.

The child is simply still in what you may call a state susceptible to changes in energy, and has picked up certain belief structures from the society, of course, and has learned now – is learning now, through you, ideas that may manifest, here and there, as a small disease in that way, a processing, a purifying, a clearing out.

Our suggestion would be – not that you will necessarily stop the occurrence of waking up, for at those times of your high receptive psychic activity time, when some of the strongest communication can go on between yourself and those you have chosen to function as your guides, which is what the being represents...

Q: Yes, I see.

B: ... on many different levels, in many different ways. A suggestion is that, perhaps together, if you can, while you are in your own rooms – if that is the arrangement of your house – you learn to breathe together. You set aside some time with your daughter and with anyone in the household, to be in your own rooms and learn to breathe together. To know, beyond a shadow of a doubt, that the pacing of your breathing is being mirrored by all other individuals in the house – and that you are breathing as one.

So that you do not have to feel disconnected or compartmentalized in separate rooms. So that you all know you are in the event together, as one; and so that you can become more telepathically, psychically sensitive to what each is experiencing and the reasons for why you are experiencing these things.

Now, I cannot – I am not allowed to go into great detail with the specific ideas that are involved in the communications, for those things will play themselves out in the lives – the physical lives – that all of you are living in very blatant and obvious ways.

Your daughter has the ability and has chosen – as we are allowed to perceive – the agreement to be extremely psychically sensitive in that way. And this will come into play through major activity and roles after the age of seven. Between what you call the age of seven to ten will be a very concentrated, very highly focused time of assimilation for your daughter, as we perceive her energy.

In all the things that the guide has taught, and all the things that the friend has taught, from the age of seven to ten she will have to learn how to assimilate all that knowledge in a way that can be applied in your physiological society.

It may be a time of high concentration; there may seem to be some idea of conflict or polarities involved with her particular exploration at that time. But from the idea also of ten, forward to approximately
thirteen, there will be a complete uprooting, complete rearrangement of the foundations in her life. So she will then, from that point forward, through her period of adolescence, have the opportunity to discover what it is she will define her reality to be.

Now, if you allow yourself the opportunity now to learn to breathe together as one, you also will be sensitized to the changes that she will go through, in such a way that will alleviate your fear that what she is going through is inherently negative. And strengthen, with your co-breathing, her ability to be able to assimilate all that knowledge – all that raw, open, exposed energy and information that she will be drawing in – in a way that will be able to be applied physically, materially, in a beneficial terminology.

So our suggestion for now is to learn to breathe together, breathe together. Set aside some times to learn to breathe together. First you can begin by doing it in one room, and allow everyone to understand the pace of the easy, deep and relaxed breathing. And see bright blue-white light filling you and surrounding you and immersing you. And you are breathing it in.

And then, when you are in your separate rooms, remind her: “All right, breathe together now, as we drift off into sleep. Breathe together. We are one; we are breathing as one. Everyone is together; no one is apart. These are the things we have agreed to do. We are wrapped in love; we are warm in the blanket of light and life.”

Everyone will then be able to participate in a union with the idea of the guide energy, and will not feel as if anyone is being singled out or picked out, or isolated in that way. So those fears, those ideas of isolation, the uncertainties and the doubts will not have to manifest as strongly.

You can lay a foundation – a very loving and warm foundation – by filling your lives and your house with the breath of life, the breath of certainty, the breath of absolute trust that you are really one being breathing together. You understand?

Q: Yes. Thank you, very much.

B: Now, there has been much more that we have imparted, other than what you heard verbally. And some of this will come out in your dream realities and assist you in learning how to soften and balance the ideas we have discussed, in terms of energy. And there has also been transmission to your child as well, but mostly for you, to the child within you.

Q: Okay.

B: We thank you.

Q: Thank you very much.

B: And pleasant dreams. Sharing!

Love and Support for a Child’s Transformational Experience

5
Love is All That Is

Let us begin with the understanding that the transformation of consciousness you are undergoing on your planet at this time involves the very simple concept of learning to be in love with the entire world in which you exist, in learning to be in love with the entirety of the multiverse, the entirety of creation. Love is the primary vibration out of which everything has been created by the Infinite Creator. It is the very substance, the very fabric you all experience as your manifestable reality. For each and every one of you is made of love, and thus, in a fundamental sense, everything you do is an act of love.

You have talked about love for quite some time in your civilization; but many or you have not realized that what you are actually talking about is the very essence of creation itself. All of physical reality, all of non-physical reality, any experience, any conception, any imagination, pulls from the fiber of love the energy required for the idea to blossom into any type of reality that can be experienced by your form of consciousness – whatever form you have created your consciousness to be.

In the idea of learning how to create the realities you wish to create, in the way you wish those realities to be, it is all the process of learning how to be in love, how to identify with that vibratory fundamental basic out of which you create everything anyway. You are all natural creators; you are all automatic creators. We are not suggesting you must learn something new that you do not already know how to do; we are here to assist you in realizing that you create your own reality anyway. And thus, if you are willing to shift the focus of how you create that reality, you will be able to perceive and experience the type of reality you say you prefer.

Do allow yourselves to recognize that the whole process of understanding is not the idea of learning something new, but the process of remembering more and more of what you already are. When you allow yourselves to truly work with, and not against, the fabric of love out of which all reality is created, and blend with that flow, you will be able to sculpt your reality out of that love into any form that represents your true heart’s desire.

Love is All That Is
Love-Making

Q: How often do you yourself actually engage in the physical act of making love?
B: Whenever it comes up.
Q: How often is that?
B: The idea occurs spontaneously, wherein the reflection of my life so attracts an individual who wishes to interact in that way. Again remember, however, that at this time in our society, while there are remnants of a physiological act, it is more of an energy act.
Q: This sexual exchange of energy, how is it different?
B: It is a direct exchange, an activation of the cellular structures within the body. That is due more to the actual flash exchange of energy, rather than what you would typify as a physiological act of procreation. It becomes less and less physical. In a sense, in many ways, when you blend the physical and the non-physical together, it becomes less of a distinction. It becomes the same thing, all one act, all one idea of blending. Not meaning this to sound strange to your ears, but because of what our society is, any such exchange between any individuals is, on some level, actually felt by the whole society. And that adds to our overall ecstasy and sense of joy.
Our interactions are a blending, an identification as. It is like moving into a common daydream, sharing therein the exchanges of emotionality and desire. We recognize that this act, truly as fulfilling on every level as you are used to thinking of the idea of consummation, will cause whatever cellular and structural changes that need to change to do so within our physical forms – that which we maintain to be the belief of our physical form – and will instigate the union, if necessary, of a third identity wishing to be born. If not, then it will simply consummate according to whatever we have to learn from each other. It is not that we can give you any particular idea of regularity; it is always spontaneous; and, in a sense, is always unknown until it happens. We just accept it for what it is when it happens.
Q: Is that what you feel when you’re coming through the channel sharing this daydream?
B: Yes, somewhat. It is a form of lovemaking. That is why, when each and every individual on your planet is in love with every other individual, you will also be of one mind; and then you will be telepathic. You will identify as each other, and therefore, you will interpret the vibrations of Infinite Creation in a similar way. That is why individuals on your planet, whom you recognize as being in love, often share the same thoughts. It is not that they are literally reading each other’s minds directly, it is that they are on the same wavelength. Thus, the vibrational pattern that they are, sharing the similar idea, interprets the Infinite Creation in a similar manner, in similar thought forms. You could therefore say that the physical channel and I are now exhibiting to you an act of being in love.
Love, The Connective Wavelength

Q: Can you explain more about what Love is?
B: Thank you, I will keep it very simple. In a sense, Love is actually what you are all made of. The way that it might be easiest for you to understand the idea is that if you consider the idea of all your material universe to be solidified out of a homogenous background vibratory energy, then perhaps a simple way to understand Love is to consider that background vibratory energy or essence, out of which you are all made, as what Love actually is. The very fabric, the very substance, the very fluid out of which you congeal yourselves into seemingly isolated solid individuals. You are made of Love. Love is the connective vibration of everything. Thus when you allow yourself to synchronistically harmonize with that background vibration, it means that you are automatically on the same wavelength as the energy that gives rise and gives birth to everything. Which means, therefore, that you can be in touch with anything. You follow me?

Q: Yes, and then you can be in touch with anybody, as long as you go in the feeling of pure Love Itself.
B: Yes, unconditional Love for all allows you to be in touch with whatever aspects of anything you need to be in touch with, to allow yourself to be the individual in this life you chose to be. Yes.

Q: Yes, thank you.
LOVE

Q: You say that to get in the frequency of a person, you have to love. And can you explain more what love is?

B: Thank you. I will keep it very simple. In a sense, love is actually what you are all made of. The way that it might be easiest for you to understand the idea is if you consider the idea of all of your material universe to be solidified out of a homogenous background vibratory energy. Then perhaps, a simple way to understand love is to consider that background vibratory energy or essence, out of which you are all made, as what love actually is – the very fabric, the very substance, the very fluid, out of which you congeal yourselves into seemingly isolated solid individuals.

You are made of love; love is the connective vibration of everything. Thus, when you allow yourselves to synchronistically harmonize with that background vibration, it means that you are automatically on the same wavelength as the energy that gives rise and gives birth to everything, which means, therefore, you can be in touch with anything. You follow me?

Q: Okay, so then you can be in touch with anybody, as long as you go in with the feeling of pure love for yourself.

B: Yes.

Q: Unconditional love for all will allow you to be in touch with whatever aspects of anything you need to be in touch with to allow yourself to be the individual in this life you chose to be.

B: Yes!

Q: Okay. Thank you.

B: Thank you very much!
Loving Relationships

Q: They talk about how you teach best what you most need to learn, and all of that. And so I feel that perhaps a relationship is the area that I’ve come in...to have this an area of expertise.
B: Oh, all right.
Q: With someone, I hope, in the near future.
B: You what?
Q: I hope?
B: Hope? That means you doubt.
Q: Apparently. That’s probably one of the reasons why I’m asking questions today.
B: All right. Can you all hear this person?
AUD: Speak louder.
Q: Okay.
B: Be bold, yes.
Q: The thing in my entire life that excites me the most is a relationship that I’m in right now.
B: All right.
Q: And by following that excitement, I found some of the most incredible teachings in my life... B: Yes.
Q: ...and wonderful feedback.
B: Yes. Now what do you wish to do with that information?
Q: I’d like to be as clear as I can possibly be about it...
B: Yes.
Q: ...so that I can have the clearest relationship possible, and be able to share that with others.
B: All right. Go ahead.
Q: And I feel like some clarity is still necessary. I still have...
B: In what area?
Q: Um, in the way that the relationship seems to show up on the surface... there still seems to be some dichotomy in that it is the relationship that I want to have, and would like to have, for what I can see to be an eternity, or through this lifetime.
B: All right.
Q: And different feedback from what he says it is, to what I say it is; and yet not really different in the manifestation of the relationship. So I want to understand why there seems to be the dichotomy. I guess I want to know that the relationship is all that I have seen it to be, and believe it to be.
B: The relationship is anything you create it to be.
Q: Uh, in some ways I mostly feel that I don’t have all of the skills to be able to do that.
B: Maybe. But what skills do you think you need, other than the living of your life to the fullest?
Q: Well, I guess I feel like I want to have the clearest communication skills.
B: All right. Can you imagine what those might be?
Q: I’m starting to think about it in terms of energies and kind of a knowing acceptance.
B: All right. You mean a trust?
Q: Yes.
B: A knowing acceptance doesn’t necessarily mean, however, that you settle for something you do not prefer.
Q: Right.
B: Understand? And that also means that you are willing to allow whatever changes do occur to happen.
Q: Uh huh.
B: The first... again, first relationship is with you to yourself.
Q: Right.
B: Now, sometimes there is a single individual who may have made an agreement with you, to reflect the idea back to you for the duration of your life span; sometimes not. Sometimes many individuals, sometimes both, it will depend.
Q: Well, I’m most interested in this particular one.
B: Yes, for now. Yes. And it may be the idea that can manifest for the duration of the life span.
Q: Uh huh.
B: But first and foremost, if you know that is so, then allow whatever is happening within it to be representative of what needs to be in the relationship. But only to the point where it is not an absolute polarization of what you prefer to experience in your own reality.
Q: Right. Okay. Well, it’s somewhere in between right now. So I’m...
B: Oh, all right. Well, are you still learning?
Q: I am still learning.
B: Then continue to do so. Because that’s what any relationship is for.
Q: Right.
B: Plain and simple. And if you are going to be with this individual for a long time, in your terms of time, then there are simply going to be the opportunities to learn many and varied subtle things.
Q: Yes.
B: Enjoy the path. You are getting out of it, at any given moment, obviously, what you need to get out of it, if that’s where you prefer to be.
Q: Well, one of the aspects that I’m curious about is how I can take action according to what excites me, and still be respectful of whatever space that he might want to have in his life.

B: Do you trust the relationship?

Q: It’s still here.

B: All right. Then, in that sense, take whatever action represents what really excites you. But also, at the same time, recognize that if another individual is not ready or willing to receive a particular communication from you, in the way that you are ready to give it, then trust that that is also a part of the timing.

Q: Are there keys that I might have, in terms of some of the aspects that I’ve been working with energetically – to be able to understand better how to communicate in the moment, more lovingly, more respectfully? How to make communication over a distance, even though the distance seems to exist, and I don’t have access to talking to him or seeing him every day, or going with him all the time in that way?

B: But you are connected.

Q: Right. So are there keys to knowing that, and utilizing the space to actually expand upon my energies, or my ways of communication?

B: One way would be to express yourself in many different ways as well.

Q: Uh huh.

B: Is there any other service that excites you to be doing?

Q: Outside of the relationship? Or within . . .

B: As you mean it, outside the relationship. It will all be a part of the relationship, but as you typically mean it, yes, outside the relationship.

Q: Okay. Yeah, I would like to take all that I’ve assimilated, and be able to communicate it to people. And I feel that . . .

B: Then as you do so, and as you form an outlet for communication in that way, you will continue to learn the things you need to learn to recognize the timing within the relationship more precisely. It must be expressed in both directions.

Q: Yes.

B: Understand? Then it will be a full circle.

Q: Mhmm. So that’s where I should put my attention.

B: I’m not going to tell you you should.

Q: That would be a good place to, if I chose to.

B: I would suggest that it would allow you to be more well rounded.

Q: Uh huh.

B: And therefore, give yourself more capability of recognizing the timing on either side.
Q: Okay.
B: Understand?
Q: I feel a little time pressured with the holidays, because my sense of my excitement tells me that I would like to be with him during the holidays.
B: We understand that. But also pay close attention to the idea that sometimes there is a very fine line between the energy that you actually are honestly labeling excitement, and when it becomes anxiety and desperation.
Q: Uh huh.
B: Because that’s not really excitement; and you’re being dishonest with yourself if you call it that.
Q: Mhmm.
B: Understand?
Q: So if I can get clear that it’s excitement, then maybe I can have it? (Laughing)
B: Merry Christmas!
Q: Thank you.
B: Thank you, sharing!
Q2: Good evening.
B: And to you good day.
Q: I came here to experience your wisdom. I’ve never been here before.
B: Well, do not forget that you are experiencing your own. For we are only a reflection of what you all already know. And every time to us is the first time, as well.
Q: I did not put my name in to be selected, and yet my name was called.
B: All right.
Q: The only way that I can explain this is that you had some communication that you wished to deliver to me. Ah... that is my question: what is the communication you wish to deliver to me?
B: Nope! It will be the communication you wish to deliver to yourself.
Q: Hmm!
B: Now, we will begin, once again, in the form of a question. Are you doing in your life what excites you the most?
Q: I’m searching for what excites me the most.
B: Ahhh! When do you assume you might find it?
Q: (Laughs)
B: Let me ask it another way. What would you really like to be doing that you’re not doing?
Q: Um...
B: Have you ever had any kind of a fantasy?
Q: Oh, well! (Laughter) A satisfactory primary relationship.
B: A satisfactory primary relationship! But as we have already said, that begins with you.
Q: Right.
B: So aside from that idea, in terms of actually being of service doing something – what you typically call making a living – what do you want to do that you’re not doing?
Q: I want to spread myself out to the point where I... I feel that I have a good relationship with myself.
B: Yes.
Q: Okay.
B: But how do you express it in your physical actions?
Q: In my physical actions, um... in terms of living a life of giving?
B: All right. And does it allow you to feel, in that sense, that you are infinitely abundant, and can attract everything you desire when you really need it?
Q: When I’m living life that way, yes.
B: All right. Are there times when you do not live life that way?
Q: We all do. (Laughs)
B: I beg your pardon, I don’t. Please speak for yourself.
Q: There are many times when I’m not constantly living a giving life.
B: All right. Would you prefer to be constantly living a giving life?
Q: Yes.
B: Well then, why aren’t you? What definitions do you contain that make it seem as if you must, from time-to-time, not live in a full ecstatic way?
Q: Interesting concept!
B: Well, thank you. Do you want to discuss it now, or would you like to ponder it?
Q: I guess it’s looking inward. And when you start looking inward, you’re not living a giving-type life.
B: Oh no, no, no, no. Looking inward is the key. What must go along with it is doing outward. Looking inward and action outward – with that inner knowledge.
Q: Even when you’re acting on your own wants?
B: Yes. Why not?
Q: Okay.
B: As long as you know that you are doing so with full integrity, and that you deserve what you desire, then why not? Do you believe you deserve what you desire?
Q: Definitely.
B: All right. Then do you believe you have a clear definition of what it is you say you desire?
Q: Yes.
B: All right. Do you really honestly desire it?
Q: Yes.
B: All right. Is your overall intention clear in life, your attitude, your approach?
Q: It’s becoming more clear.
B: All right. And are your actions clear? In other words, do you act upon the opportunities at any given moment that excite you the most that you are capable of acting on – whether they appear to be connected to what you think you want or not?
Q: Um, I think that I’m getting to the point that I am, yes.
B: All right. Then you are, in that sense, on the threshold of creating what we would call, in ship technology, a flashover – where you can simply understand that any definition you believe yourself to be the most strongly, will be the reality you experience, plain and simple.
But as you have already understood, the first relationship is with yourself, to yourself, to the Infinite; and then the idea of the relationship with yourself to all other beings equally. By allowing the relationship you are to all other beings to be equal: that is how you are able to consciously, clearly, choose any particular individual that represents a reflection you desire to share.
Many times when you place more importance on one particular thing than it deserves to have, above and beyond anything else – in terms of devaluing everything else – then you do not create an equality that makes it easy for you to pick and choose, because not everything is now on the same level.
When the thing you really desire – even though that desire may make it seem to be more important, and even though that thing may be more representative of who you are – that doesn’t mean that that desire and that representation make that particular idea, or object, or person, place or thing, literally, more important in a value sense to any other thing that could happen in your life.
When you equalize everything, that’s what gives you the greatest ability to choose anything you want. Because everything’s on the same level, you do not have to reach very far to get it. It’s all right here, right now, right with you, right within. You simply once again radiate an idea, and that’s what you attract. But many times if an individual thinks they really need it, then they are placing an undue importance upon it. They are creating it to be a desperation, and that vibration is what keeps it at bay. Understand?
Q: Yes.
B: Is this being of assistance so far?
Q: I think it is great.
B: Now, the idea of this primary relationship: what do you imagine it would be like?
Q: I’ve given up the idea of projecting ideas. I’m to the point where I’ve stopped projecting...
B: Why?
Q: I’ve stopped projecting ideas to the point where I’m reaching out for one specific thing.
B: Oh, you can still do that. All we are saying is do it without invalidating everything else.
Q: Okay!
B: Do you recognize that it may be your preference? By all means, allow yourself to project. But what do you define the idea to be? How do you define primary relationship?
Q: Well, I’m looking for a relationship that would... looking for someone who would be an equal reflection, as you say.
B: Yes. A reflection of what, what would they be reflecting to you?
Q: Well, someone to share a life with.
B: Yes. What would you be learning about yourself in that interaction?
Q: What... I don’t know.
B: Which is what?
Q: I can’t say what that is now.
B: Oh, all right. Fair enough.
Q: If I did, I would know.
B: Ah, but you see, you do know. You do know; on some level you do know.
Q: Right.
B: In general – we are not asking you for specifics – in general categories, what would you be learning about yourself by being in a relationship? Would you be acting differently in that relationship than you are acting now?
Q: Depends on the interaction... probably not.
B: Of course.
Q: But depending on the interaction, I would be growing.
B: Yes, of course. You’re always going to do that.
Q: Right.
B: But let’s say right now, let’s say you were in that relationship. What would the differences be?
Q: The differences be? I would probably be living life – at least at the present – on that constant exciting level that you were talking about.
B: All right. Then love that way now, and you can attract the relationship more easily.
Q: Good.
B: Because if that’s the way you will be in the relationship, and that’s not the way you constantly are now: be that way constantly, and the relationship cannot help but be attracted into your life. Because if that vibration is representative of what the relationship is, then be that vibration. And you’ll have it.
Q: Live life passionately every day.
B: Yes, as we have said, the most important thing of all is the thing you’re doing now.
Q: Thank you.
B: Well thank you! Live in the now; live in the now, it’s the only time there is. It’s the only place there is. Right here. Right now. When you live in the now, anything else that’s going to happen in your life won’t have any other place or time to happen in, except now, because you will not create there to be any other place or time for it to happen in.
Q: Thanks...
B: ...sweet dreams to you.
Q: Thank you.
B: Thank you very much for allowing us to share and interact in a spontaneously created way. At this timing, and with much joy, you may all participate in a short break. We will resume contact in approximately 10 to 15 of your minutes.

Loving Relationships

1
Lunar Deposits and Aligning with your Truth

Q: On our moon there are supposedly deposits of Helium 3 and they are imbedded in the ground...

B: There are many things locked into the lunar soil, many different kinds of elements that can be extracted, or even the idea of gases released, yes.

Q: Is it feasible for our world to send some vehicles that have containment apparatuses to unlock it and bring it back down to earth?

B: It would not be, in your terms, economically feasible for you at this time.

Q: So you don’t see that as happening in the future?

B: It will be unnecessary. You will ultimately learn to develop travel of such a nature that that will be unnecessary.

Q: And in psychoanalysis we have a condition called reaction formation.

B: Yes.

Q: In which a lot of times we do the opposite of what we would really prefer to do.

B: Yes.

Q: Does that stem, primarily, because we are inculcated and have ingrained within us, beliefs that we are told are true but actually are not?

B: Everything is true. It is simply that they may not be aligned with what you believe is your truth.

Q: Well, in the sense that for our maximal integral good... a lot of time we take in things from our parents, television and society that later we learn are really not in our best interest...

B: Yes. So?

Q: Does this, having been, let us say, inculcated with beliefs like that and holding them...

B: Yes?

Q: this act as a trigger mechanism for the release of...

B: Of course, everything is based on definitions, you know that.

Q: Thank you.

B: Thank you. Sharing!
Lunar Deposits and Aligning with your Truth

Q: On our moon there are supposedly deposits of Helium 3, and they are embedded in the ground…
B: There are many things locked into the lunar soil, many different kinds of elements that can be extracted, or even the idea of gases released, yes.
Q: Is it feasible for our world to send some vehicles that have containment apparatuses to unlock it and bring it back down to earth?
B: It would not be, in your terms, economically feasible for you at this time.
Q: So you don’t see that as happening in the future?
B: It will be unnecessary. You will ultimately learn to develop travel of such a nature that that will be unnecessary.
Q: And in psychoanalysis we have a condition called reaction formation.
B: Yes.
Q: In which a lot of times we do the opposite of what we would really prefer to do.
B: Yes.
Q: Does that stem, primarily, because we are inculcated and have ingrained within us beliefs that we are told are true but actually are not?
B: Everything is true. It is simply that they may not be aligned with what you believe is your truth.
Q: Well, in the sense that for our maximal integral good... a lot of time we take in things from our parents, television and society that later we learn are really not in our best interest…
B: Yes. So?
Q: Does this, having been, let us say, inculcated with beliefs like that and holding them…
B: Yes?
Q: this act as a trigger mechanism for the release of…
B: Of course, everything is based on definitions; you know that.
Q: Thank you.
B: Thank you. Sharing!
Made of Ecstasy

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
B: Are you all alive?
AUD: Yes. Yes.
B: Thank you! Allow us to begin this interaction this evening of your time by laying down a few of the following foundations. We have discussed with many of you the whole issue of the fact that you, as many of you already know, are the creators of your own physiological reality. But not many of you understand how you do that, what the mechanism is by which you create that physiological reality. We have discussed many times that this mechanism is directly inter-linked with, what you call, your definitions, your belief system of the physiological reality you think you ought to be experiencing, the physical reality you have been taught to think you ought to be experiencing.
The idea always falls down on the notion of definitions. Your own physicists now, many of them – not all of them, but many of them – are beginning to realize that your physiological reality really does not have an empirical existence apart from you; that there is no such thing as physical reality without your definition of it, without your imagination to give it life, to give it breath, to give it existence.
The idea, therefore, is that you are capable of getting in touch with the definitions by which you have created the physical reality you have been experiencing for many thousands of your years. If you can change those definitions to form whatever pattern you desire them to form, then you can, very simply and very easily, create the realities you desire to create – when you want to create them, in exactly the way you do, in fact, want to create them. As long as you understand that you are doing what you are doing, that you are expressing the desires you are expressing through joy, through love, through light, through service, through integrity, there is absolutely nothing – nothing, nothing, nothing, nothing! – that the universe will withhold from you.
You have a birthright of ecstasy, you are made of light and love; you are made of joy. It is the prime fundamental vibration of creation, that which you call unconditional love. You are made of it. It is the prime frequency, the prime medium, the prime essence, the prime substance out of which all physiological reality is, shall we say, crystallized. Everything is energy; everything vibrates at different frequencies. The only reason they are different things – the very definition of the word "different" – simply is because there are energies and frequencies which are different rates, different pitches, than other frequencies.
That difference in frequencies is exactly what determines what you perceive to be this object from that object, this person from that person. Everyone is made out of the same one homogenous substance, shall
we say. The only reason you appear to be different is because of the pitch, the vibrational rate, at which you operate, the level at which you operate, the level at which you define yourself to be.

Because you are – and every being within creation is – a self-aware, self-reflective, free will entity, a holographic representation of the Infinite Creation, you have the ability to operate on any number of frequency levels that you desire to. Those frequency levels are automatically determined by what you buy into most strongly as the belief you believe is most true for you. Now, because of the type of society you have created, many of you have been for a long time, shall we say, heavy into self-invalidation. This idea of being self-invalidational has allowed you to buy into belief systems that are not necessarily representative of the belief systems that would be precisely reflective of who it is you have created yourselves to be, of who it is you desire to be.

Many individuals may put invalidations and judgments upon you, and you may – without sometimes even consciously being aware of it – buy into those invalidations and say, "Yes, you’re right. I’m this; I’m that. It’s not what I really want to be, but you must be right, because so many people tell me this idea." Now sometimes individuals can be reflecting to you something that you may be doing that is not necessarily in accord with who it is you could be. Sometimes they can be reflecting to you when you are not necessarily working within your integrity; but that’s all right. If you can simply take the advice in the best light of unconditional love and know that your desire, your overall intention is for integrity, then you will always be able to use it in a positive and a constructive way.

But when your society creates patterns and habits that are generally negative, generally domineering, generally power-removing, then those particular atmospheres are not necessarily – just because you hear them over and over again – representative of something you really need to work on. Just because everyone else has an opinion of what you ought to be doing does not necessarily mean that it is who you are or what it is you are best at.

The idea is to remember that everyone is a mirror; that is how every being in creation has been designed. But a mirror doesn’t mean that what you see in it is an absolute one-to-one reflection of exactly the things you need to work on. Sometimes an individual will attract into his life certain individuals who may seem to be invalidational, because in attracting those individuals – by not accepting their invalidations, he reflects back to those individuals an opportunity to see what it is like for an individual to stand on his own two feet when he is absolutely sure of what it is he desires to do.

And to give back to that invalidating individual an opportunity to stand on his own two feet for what he believes in. For what everyone believes in is also just as true and just as valid as any other belief. All truths are true in the ultimate sense, because you create your own reality. Some of them may lack integrity; some of them may have a high degree of integrity. But nonetheless, they are all real experiences; they are all true dimensions of reality, and not any one of them is any more or less valid than any other – as an experience, as a lesson.

Every situation has the potential for you to learn something from it in whatever way you wish to apply that idea; it is completely up to you. When you are as clear as you can be about the definitions of life
you have bought into, then you can use every situation and see how it matches up to the definitions you prefer to have. You can take advice where it works for you; you can let it go where you believe it doesn’t. And later on, if you change your mind, that’s all right too. Because you have that capability; you have that capacity, and you have that right.

The first step in the whole idea of creating your reality to be what you desire it to be is in ceasing to invalidate yourself. Because you – you, you, you – are the only thing you have to work with in your universe. You are the representation, in your way, of the Infinite.

And if you invalidate that, any part of it, then you do not allow yourselves to function as whole beings capable of using whatever information may come to you from individuals in a constructive way. If you do not allow yourselves to love yourselves unconditionally, then you do not know who you are, and you do not have something to stand up for – to reflect back to everyone else so they can see in you the shining example of what they can also be in their own way. Are you all following along? Is this translating into your language adequately?

AUD: Yes.

B: Thank you very much.

The idea, therefore, in all of the interactions that we have with you – the bottom line, as you say, for all of these interactions – will be to remind each and every one of you of your own personal power, that you already are aspects of the Infinite. And to put you squarely in touch – or roundly in touch, or triangularly in touch – with your definitions, so that you know why your reality is the way it is – so you can create it to be the way you prefer it to be, as soon as you believe you are capable of doing so. It is completely up to you, completely in your hands. Completely.

At this timing we will take this opportunity to thank you and extend to you our deepest appreciation in allowing us to experience your consciousness. To us, our civilizations, we are always most full of gratitude in being given the opportunity to experience the gift of your sharing. For through you we are allowed to see that many more ways that Infinite Creation has created itself to be; and that expands our understanding of creation and of what we have to explore and to learn as well.

Remember, everyone is an equal teacher and a learner, and therefore, a sharer, like anyone else. We do not know everything. We know everything we need to know to be who we need to be at any given moment. You also know everything you need to know to be who it is you desire to be at any given moment.

When you need to know something else, you will know it when you become something else. You do not need to know it before that. You can know other things, but remember: everything you discover, everything you know, can be pertained to who you are and who you desire to be in the present. Remember that the present is the only place you actually ever exist, and the only place you actually ever will exist, and the only place you actually have ever existed. It is always now and always shall be now, no matter when it is. You are eternal beings, infinite beings, and you are capable of a multitude of changes in multiple dimensionality.
That is what it means to be made in the image of God, in the image of the Infinite Creator, a multidimensional being, you are multidimensional creators too. And in these discussions and interactions it is our desire to remind you of that, to reflect back to you what you already know. For remember: no matter what you think of yourselves, we believe in you utterly.

And so we thank you for choosing at this time to be representational of your civilization. We thank you for being ambassadors and diplomats of your civilization. We thank you for allowing me to be representational of our civilizations in the Association of Worlds, for there are many listening in on this side as well. In return for the gift you are allowing us to experience by co-creating these interactions, I will ask you now at this time, in what way may I be of service to you?

Made of Ecstasy

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RJ: Can magnetic fields be programmed with intention?
B: Yes you can, and you do it all the time, because electromagnetism is the first level of the manifestation into physicality of, what you call, spirit. Your intention very strongly and very profoundly affects electromagnetheric fields which then function as the templates for what physical reality does, so, yes, intention is very strongly connected to that idea and its formation, yes.
Q: How many, presently in 1994, extraterrestrial civilizations are visiting the earth?
B: There have been many that have come and gone, there is almost always a stable cord of approximately seventeen.
Q: What do moths represent?
B: Moths represent, to some degree, secret knowledge and the discovery of the inner light, as they are always attracted to the flame.
Maitreya and the Second Coming

Q: In Christianity they have the coming of the Messiah, the Second Coming of Christ; and in Buddhism they have the coming of the Buddha, Maitreya. Is that the same analogy being played out again?

B: Yes. Yes. And again, remember that the idea of the so-called second coming is the awaking of *that* consciousness within each and every one of you. Not the idea of an individual embodiment returning, though there will be symbols of that idea. The awakening *within* each and every one of you *is* the actual so-called Second Coming. Make sense?

Q: Yes. Thank you.

B: Thank you.
Making a Difference

Q: So, how can I assist and make a difference in the world? I can’t talk to my mom about this stuff. And even my children don’t seem to show much interest either.

B: You can assist in the elevation of your world if you are willing to apply what you actually do already know, by acting upon the ability to create that in your world. If you act upon that endeavor, you will find that you actually already do know far more than you may think. And that is one of the reasons why, if you act upon that, you will assist your world in understanding what it needs to know to understand. You follow me?

Q: Sort of.

B: You are assisting with the transformation in your own chosen way. Continue to do so in whatever way excites you the most that can be done through your integrity. The things that excite you the most are the indications of the path you chose to be of assistance in this transformation. That’s why excitement exists, to let you know what the things are that represent your purpose in this life, and how you can be of best assistance by being the fullest ”you” you can be. So that is why we say, acting upon what excites you the most – that is having an equal conversation with us. Not just talking; acting; doing. Creating your planet to be one that has an equal vibration to our world, so we can interact face-to-face. But you do not have to; it is up to you.

Q: Is this something I should share with her? I’m just wondering if I should just suggest to her that we have a picnic and try?

B: It’s up to you. In whatever way you sense she will comfortably be able to share in the information, do that. If you sense it would not be comfortable for that individual then simply share it from whatever level you understand she would be comfortable with. All right? Take the initiative; create the initiative. It is coming from you anyway. Simply because we have suggested it does not mean it is not your creation. You follow me?

Q: Yes.

B: Can you create an idea in your letter form communications that would allow them to begin to share with each other a new kind of cohesiveness? An exploration of new ideas, new inspirations, to allow them to know that they really can do whatever they wish to in life? Can you generate this kind of momentum, this kind of spark, this kind of thrill, this kind of electric shock wave through all of them, by some creative act on your part that you can initiate?

Q: I can try.

B: Everyone is interested in understanding that they can have a life of ecstasy; that they can do whatever it is that they desire – with integrity. Everyone is interested in knowing that they can create the reality
they want. You have more than enough ability to be very clever about how you say and share these things.
Q: Thank you.
B: Thank you.
MAKING CONTACT

Questioner: I wanted to ask you, when Darryl stops channeling you . . .
Bashar: Yes.
Q: . . . we know that no one else is going to be channeling you, but are any other Sassanians going to continued to be channeled, like Elan or is there any other . . .
B: No comment.
Q: . . . as individuals?
B: No comment.
Q: Will you elaborate as to maybe why?
B: No comment.
Q: Okay. When you do decide to make contact with us, when the timing is right, is there a way or place for us to look . . . will you make radio contact, will it be such a public announcement or will the government . . .
B: Are you speaking of my actual physical presence?
Q: Yes.
B: You will know.
Q: How will we know?
B: You will know.
Q: Okay, I mean is there a place that we should be paying attention to . . .
B: YOU WILL KNOW . . . BELIEVE ME YOU WON’T MISS IT! Much laughter Except in that you may be worried that you’ll miss it.
Male and Female Energies and The Mind

Q: Are the presence of many spacecraft still planned for what we call the future?
B: The presence of many spacecraft are around your world right now. You follow me?
Q: Yes. That wasn’t really my question.
B: The idea of creation and co-creation of what you would call physiological interaction with other beings, and those spacecraft, is very much in the co-creational dream that your civilization and all of our civilizations are becoming, yes.
Q: At one point in the last several months, you said that would occur sometime in the next seven of our earth years. Is that still likely – possible?
B: Yes.
Q: Okay. I have another question. Because you have spoken of male and female energies...
B: Yes.
Q: ...and it’s a question which many people have written books about here on Earth...
B: Yes.
Q: I’m wondering whether these kinds of distinctions were merely physiologically based? Anyway, I would...
B: In a sense, yes, there is polarity – positive, negative; and the idea of those attributes experienced in physical reality creates what you call maleness and femaleness. In the soul there is not so much the idea of maleness, femaleness, but the polarity of the positive-negative energy. You follow me?
Q: I follow you, but you have used... what interests me is that you have used the term from a... I gather when you use the term, you are coming from a place that is separate from physicality. And nevertheless, you have used the... you have made the distinction...
B: My civilization has a physicality; we have male and female.
Q: But is the fact... Okay. In the reality that we are sharing here...
B: Yes...
Q: ... the fact that there is male physicality and female physicality...
B: Yes?
Q: ...is the result of a distinction having been made, if you will, before the manifestation of physicality.
B: Yes. But in the soul, in the non-physical self, that polarity is not really looked at as, so to speak, maleness and femaleness. It is looked at as a positive and negative polarity, in physical terms. And because you are physical, and because we are physical: that is why we have been utilizing that term. Even a disembodied soul has used that term many times, because that is the idea you understandably express in your society. So we will use maleness and femaleness to express the ideas that are embodied in the positive/negative polarity energy that does exist within every soul.
Q: Could you speak of the maleness and the femaleness, or the positive and the negative – somewhere in between those two concepts? In other words...

B: Well, simply, the idea – and it is known to your society by its, let us say, its symbolic attributes – simply what you call femaleness as nurturing, acceptance; maleness as commandment, aggressiveness, but not negative aggressiveness; and the femaleness, the idea of receptivity. You follow me?

Q: Are these distinctions applicable in other parts of the physical universe, or just Earth?

B: Oh, yes.

Q: How did (—?) soul level?

B: Simply that you have the interaction between, and the blending of – the idea of – outwardness and inwardness simultaneously. The expression outwardly and the knowingness inwardly: that is that same expression. And any variation of that theme will be using one side or another, or a blending of the sides of the different parties, to different extents.

Q: That’s why a soul will experience many lifetimes as either female or male?

B: Yes… Yes?

Q: Is there, that you know of, a civilization in which the beings present have chosen to call those two separate manifestations differently? For example, a civilization which...

B: There are many variations.

Q: … the female physical form is agreed upon to be assertive, et cetera, et cetera, et cetera – all of those characteristics that we in this civilization call male.

B: Now: you can have assertiveness within a physical female in your own civilization.

Q: No. I understand that.

B: All right. But that is simply then the recognition of what is called the maleness energy...

Q: Right. I understand that.

B: … within the female.

Q: Therefore any...

B: All right. There are civilizations that, yes, have created themselves to reverse the labeling. But that is only labeling the idea that assertiveness is, in your terms, female, and receptivity male. Yes, there are civilizations like that. But again, it is only labeling, as per the experience they are living out – and does not basically, fundamentally, make a difference in the idea that those two energies exist.

And it does not matter to the soul how those energies are expressed because, to the soul, it is not really the idea of maleness and femaleness, it is simply the idea of polarity.

Q: Yeah, it’s only the idea of positive and negative.

B: Yes.

Q: I understand, but…
B: Yes.
Q: I understand that, but clearly the idea of receptivity . . .
B: Yes.
Q: . . . is better aligned with the female body than a male body.
B: Why?
Q: Well, physiologically.
B: Why?
Q2: The equipment is receptive.
B: All right, but so what? Depends upon what the scenario of your culture is.
Q: That’s true, too. Okay. I have another question because of something you said earlier: Do you make a distinction between the mind and the brain? You used the term “brain” earlier.
B: Yes, in a sense. Your brain is the physical object, the physical symbol that allows your consciousness – non-physical consciousness – to become physical mentality, or mind. The idea is that you generate, with your non-physical consciousness, electrical energy fields. That concept, acting through the symbol of the physical brain, generates a reflection – a symbolic reflection – of your consciousness in physical terms. And you call it mind, or mentality. Do you follow me?
Q: No, I don’t.
B: All right.
Q: Look at your entire world – at varying degrees of solidity, in one electromotive magnetic fluid. All right?
Q: I understand.
B: Thank you. Then: the expression of non-physical consciousness in a physical medium is perceived by you in the physical medium as mind, or mentality – because it makes use of the electromagnetic fluid that has been created to generate the electromotive apparatus of the brain, that can represent the idea of the consciousness’ interaction into physical materiality. You follow me?
Q: Okay.
B: That reflection, when perceived only through the physical sense of the artificial personality construct, is considered to be the mind, mentality. And it is the product of the action of consciousness upon the electromagnetic force.
That is why you can have what you call ESP – because you are all in the same magnetic fluid. And your mentality can synchronize with another mentality, because it is simply a matter of oscillation of the vibrational electromagnetic field at an identical pattern rate.
Q: Okay. Does that... in my thinking up to this point, it has seemed... I understand that.
B: All right.
Q: It has seemed to me that the brain, the physical gray matter inside the skull...
B: Yes.
Q: ...was merely...it didn’t have too much to do with that. In other words, you could accomplish the same thing without that.
B: You are consciousness without matter, yes. But matter gives rise to mind, mind is not consciousness.
Q: So what is mind, then?
B: Mind is the physiological representation of consciousness.
Q: I thought brain was the physiological representation.
B: It is the physical apparatus. The mind...all right, let us say it is the physiological field that represents consciousness.
The brain is the physiological apparatus that represents consciousness, but the mind is the physiological activation field – the electro-motivation field – that allows there to be activity of consciousness in matter – activity.
Q: I got it. So a mind, as you are using it, is part of this electromagnetic fluid.
B: Yes.
Q: Got it.
B: It is a specific arrangement – a pattern, a vibration – as determined by the consciousness. And it is what allows there to be interaction on physical levels. Thank you.
Q3: I’d like to go back to the fourth density discussion we had earlier. It seems to me that I’ve been having more and more occurrences of my life being like a dream. And I was wondering if that was relating to what you were talking about. You were talking about the...
B: You know it is.
Q: Okay.
B: Simple, is it not?
Q: Almost too simple sometimes.
B: If you say so.
Q: I guess we can create it to be too complex.
B: Yes, you can – and you have – many times. Thank you! For it has been a loving creation; and it has gotten you where you are. That is why you do not need to judge what you have, for it has gotten you where you are.
Q: Beautiful.
B: And if you love yourself in the now, then you will love all that you have ever been. For now, in that way, is the idea of yourself. Now, you have made a connection that where you have been has gotten you
where you are, and I am using that terminology only linearly. Now you have the opportunity to understand that everything that you are now is what gets you where you are. For the path is also now.

Q: Mhmm.

B: Thank you! You may all take a short break.
Male Sexual Balance

Q: I was wondering if you could tell me a little about the cause of male sexual dysfunctions, like impotence. What would, uh . . .

B: Can be for many different reasons, in this way. Can be for the idea of fearing to blend the male and female aspects of your own energy within yourself, and in this way, allowing the idea of what you may feel to be an imbalance within you to extend to someone else.

Can also be the idea that you simply recognize that interactions with certain of, let us say, the idea of the feminine entities that you interact with are for other reasons, other than the idea of the sexual exchange. And so you may, in that sense, curb yourself that way to allow yourself to explore the other avenues that you need to make the connections on, first. Can be for these reasons.

Q: May I ask you another question? Is it possible that the penis has its own reality at times? Can it, like, think for itself?

B: No. (AUD: laughs) Although again, you will find that, once again, any part of your anatomy, what it will pick up on is the fundamental reason for any situation, and it will act accordingly. So you may find that it may simply be a sign to allow the idea and the understanding that there may be other levels of communication that are more paramount first. So that wholeness within yourself, the interaction and the relationship, in that sense, with your own maleness, femaleness, will then allow you to extend the same balance to other entities, including the idea of the female sex.

Q: Now if you experience, uh, that experience, can you use your imagination in that area?

B: Yes. First of all, let it be for a reason; and what you may find most beneficial is allow yourself to know it is for a partner who you will then be allowing to be of assistance to you on the energy levels that perhaps the impotence is for. You follow me?

Q: Yes.

B: Then you will build the rapport from a place that will create a type of momentum that will then flow into every portion of your body, so that you will be sharing with all of you. Not just parts. (AUD: laugh)

Q: Thanks.

B: Thank you.

Male Sexual Balance
Q: I have a question. When I put my attention on somebody, I’m there with them, and I would be able to visualize and see them. Or I just know how…

B: All right.

Q: Sometimes my body will manifest also. I have been told that sometimes I’ve appeared in two places at the same time…

B: Yes.

Q: …aside from where my body actually is. And I do this… I love people deeply, and I guess I want to know how it is… and I know how it is with them. But my question is: how does my body materialize, and they see the body? I mean, it’s like I’ve got three bodies then, and I get confused about it.

B: All right. Now, first of all: allow yourself to know that since you are doing this quite naturally, there is no reason to be confused. Simply understand it is a natural expression of your creative love. And as such it will tell you in no uncertain terms that you are All That Is, and do exist everywhere at once. Therefore simply understand that you are able to create your own counterpart selves in that way, each having equal validity, because the only idea to you which is important is simply the exchange and not the how.

Q: Mhmm, that’s true.

B: Therefore understand that since you are not standing in your own way, you are more than able to manifest that portion of your reality for yourself at whatever location or idea it needs to be manifested to be experienced. Simply because it is the experience to you which is of overriding importance, and not the “how am I going to experience it?” So you are very creatively allowing those doorways to be opened for your re-creation of that idea of yourself and all those various points of interaction. And since you already exist everywhere there is to exist anyway – why not?

Q: I can see now that I manifest the body when it’s necessary for the person to see the body.

B: Yes.

Q: Thank you, I just cognized on it. Whoopee!
B: Also understand that if they perceive it, it is because they have agreed to share that manifestation, and for themselves to create their version of the manifested form that they perceive.
Q: Right. Absolutely! Thank you.

B: Thank you. Very good. And very loving of yourself.

Q: Oh, thank you.

2
"MANIFESTING"

If you want something to manifest you must be the vessel through which it can manifest, otherwise there is nowhere where it can manifest. If you are not being that vessel, how can it manifest? You have to be that state in order for the reality to manifest. Again remember, life doesn’t happen to you, it happens through you. If you’re not vibrating like the gate it can’t come through the gate; it cannot manifest, it cannot crystallize, it cannot solidify. You can be the idea of a cup all you want, it won’t hold water! You have to be the cup, physically, to hold the physical water.

Most of you rely only on the concept of the imagination to be the "manifestor," instead of understanding that physical action is the expression of the imagination. When you don’t make a separation between physicality and spirit there is no separation between belief and action. Your imagination becomes real only as you are the manifestation of your imagination through the action. If it really were real to you, nothing would stop you from acting it out. You would become one and the same with your imagination, and there would be no thought of there being a difference between you and your imagination. As long as you keep saying you have an imagination, you are not being your imagination, and that’s the difference.

You are creative thought. You are physical reality, you’re not in it, it is you. Be the reality according to the highest degree of the vibration of excitement that you are. You can imagine many things, but they are in "potentiality" in your particular dimension, except for the one that is representative of your particular conduit of excitement ... that one can physiologically manifest if you act upon it.
Many Faces of One Reality

Q: I’ve been reading some Seth materials: Seth Speaks.
B: Yes.
Q: And there’s a concept in here that I would like your help on.
B: All right.
Q: “The soul can be described, for that matter, as a multidimensional infinite act, each minute probability being brought somewhere into actuality and existence. Each mental act opens up a new dimension of actuality. In a matter of speaking, your slightest thought gives birth to worlds.”
B: Yes.
Q: Okay. Now, in words that are a little easier – I’d like some examples. In words that…
B: All right. Do you understand that everything exists on different levels of relativity?

In other words, to use your pragmatic example on your own planet: the idea, let us say, of the difference between something that is human or, let us say, an insect, is that the relative degrees between what you assume to be the perspective of the insect is that they would look upon the human as encompassing a large portion of their reality. You follow me?
Q: Mhmm.
B: And then, relative to that, you say: “Well, the entire planet compared to me is a large portion of my reality.” Well, simply stated then, you can extrapolate further extensions of your consciousness to assume that there is a planetary consciousness that considers itself to be a singular being, and to that being, there are then galaxies, universes that are large part of its reality; and on and on and on.
But everything is connected. Everything is the same one thing, manifesting in all the ways it possibly can. So whatever form it takes, the insect, the human, the world, the galaxy, the universe, it is the same thing expressing itself in a different modality.
And so it is the same thing having the same thought. Every thought it has changes everything, everywhere. You create whole worlds – literally. Because all of physical reality is a product of the imagination, so to speak, of Infinite Creation, which everything is made out of; and every single concept that you define as a separate concept contains the whole of all creation. Is this making it any clearer at all?
Q: Yes, much.
B: In a very pragmatic sense also, different dimensions of experience have the same degree of relativity to other dimensions that your insect may have to you. Though we are not saying we are denigrating the idea of the insect.
But simply put: your thoughts, literally, literally, can be the driving energy behind what some other beings in another dimension may see as a gigantic natural phenomena. Just as what you call stars – even though they are a part of your physiological reality – are also aspects of whole other levels of consciousness activity. And you see them in your universe as stars. That is how they interpret in physical dimensionality.

They have consciousness too, but not consciousness as you understand it, in terms of human consciousness, and they are parts of greater consciousness still, whose thoughts created your world, your universe. Everything supports everything else. You follow me?

Q: Mhmm.
B: Is this making it clearer?
Q: Yes.
B: Thank you very much.
Q: One other question: right after I started reading this, I started getting a stiff neck that would go into a headache.
B: Yes.
Q: Could you help me on the symbology of that?
B: Generally speaking, any time you find yourself opening up to grander and vaster levels of siphoning energy through you, many of you will react in the channeling chakra area at the base of the neck, between the shoulder blades and up the bottom of the base of the skull.
Because that is where you usually first receive that type of energy. It is connected to the Kundalini energy in your spine, and it indicates that you are now flowing energy in an area you are simply not used to flowing it.
And the pain is the result of portions of you that are now waking up, in the same way that when you know you have cut off your blood supply for a long time and the blood flows back, you feel your arm or your leg waking up within that prickling painful sensation until it acclimates. So many portions of all of you have been asleep for so long that when you allow the energy to flow back in sometimes it’s painful, because that portion of you is now waking up again. You follow me? As soon as you let it flow smoothly, you will acclimate; there will be no more pain.
Q: Yes.
B: So use the energy, use it to do what excites you. And that will accelerate the flow and alleviate all pain – because all pain is simply the product of resistance to a portion of yourself that you are now rediscovering.
Q: Thank you very much.
B: Thank you. Sharing!

Many Faces of One Reality

1

2
Q: Good day Bashar. I wanted to catch up on some questions, probably with my personality which means that I’m not doing a good job of letting go, I guess.

B: I’ll right but you do not have to judge yourself, number 1. Number 2, you must understand before you continue, I do not mean to judge you, but before you continue you must understand that now that we have arrived at a discussion of surrender, anything that you have to ask will need to be connected to that concept, that process, that procedure and, though you may ask whatever you wish, from this point forward we will not allow any of you to step, shall we say, backwards too far into the old paradigm. So, some of your questions we may be able to address, some of them we may no longer be able to address because we may now find that it is important for the timing of your planet as a collective and a timing of each and every individual on a Spiritual path to face a idea of what surrender is all about. And so, in your own best interest, not that we will live your life for you, but that we are simply reflecting what all of you have asked us to do, we will not let you go too far back into the past, but will endeavor to keep you present and within the concept of surrender as best we can, with that in mind, do continue, if you can?

Q: Okay, what can you tell us about the picture that came back from Mars of the sphinx, or what looked liked the sphinx in the low resolution picture, but in the supposed high resolution picture it looks like a piece of garbage that’s obviously not a high resolution picture, what can you tell us about that?

B: Well you have in a sense your answer. You have just already stated what you have seen and what you have seen is in many ways, obviously, to some degree, your answer. You are not being given your accurate photos of the area in question. You are not being given accurate photos of the area in question.

Q: So, in other words, they did get a clear picture but there’re just not releasing it?

B: It is not even so much that they have a new clear picture but that they are allowing the pictures to be scrambled, so as the pictures are not clear. You understand?

Q: No, can you clarify?

B: Again, the signals that come in from your probe go through, pass through, a process of enhancement, you understand me so far?

Q: Yes.

B: This process itself has been compromised so that they can in all
truth say, "they have allowed the picture to come through," but what is coming through, in a sense, is unreadable because it is not being allowed to be clarified properly. You understand?
Q: And that’s being done intentionally in this instance?
B: Yes.
Q: Okay, can you tell us if the UN is going to be involved, as far as any kind of a representative goes, when we start to become more active in the Federation of Planets, Federation of Worlds?
B: One moment, repeat your question.
Q: Is the United Nations going to be involved with the Federation of Worlds?
B: Not directly.
Q: Okay.
B: There will be a time in your near future that your Earth is ready for participation for what we refer to as the Association of Worlds, by the time your planet is ready what you call your United Nations will not really exist as such. There will, however, be several individuals, who are at present involved with the United Nations, who may also, at that time, be involved, you understand, but not so much, exactly as the organization that you know now.
Q: And can you tell us anything more as far as the likelihood of the Nuclear attack on the U.S.?
B: No.
Q: Too old a paradigm?
B: Simply not appropriate at this timing.
Q: And do you have any idea what Clinton is doing in China and in Africa,? Why he’s going?
B: We have some Ideas.
Q: Can you share anything with us?
B: No.
Q: Is something happening in China that ....
B: Why are you asking this kinds of questions? What’s your motivation?
Q: Just curious?
B: No! You are lying. Why are you asking these kinds of questions? What is your motivation here?
Q: I was just curious.
B: No you are lying. What is your motivation here. I do not mean this in a malicious way.
Q: Okay.
B: But what you are saying is not your own truth to yourself. Why are you asking these kinds of questions? It is not just curiosity, a lot of it has to do with fear. You understand?
Q: Yes.
B: The correct answer is fear, I’m scared. Not, I’m just curious. That’s why we say you are lying when you say I’m just curious the correct answer is I’m afraid. You understand?
Q: Yes.
B: Well, why are you afraid?
Q: Well I was actually on that particular question, I was a...someone had asked me to ask you about that, so I was....
B: You can not side step the issue. If it was of no concern to you, you would not have asked. Why do you find yourself the position of asking such a question at this time? Why did you take on the responsibility of transmitting such a question if you yourself found no reason to be involved?
Q: Honestly I was just, to the best of my conscious ability, it was just sure curiosity. I personally had the information that....
B: No, no, no. This is way it is very important for you to go below the threshold, deep below the threshold of your personality because when you say in all honesty you will find, while to a degree, you are being honest. You are only staying in a very thin strata of your personality. If you go deeper you will find that there are other issues that you are not voicing, deep within you, about why you are involved in
these kinds of questions and coming from these kinds of perspectives. I’m not chastising you but I’m simply helping you to understand that these kinds of questions are surface questions that usually stem from the idea of feeling out of control, feeling like you don’t know what’s going on, feeling like you are not in touch with the reality who you would prefer, feeling like these other realities have some kind of power over you and what decisions may be made in those contexts would some how effect what it is you prefer in your life. All these ideas stem from a psychology that is born within the thin strata of a certain level of your personality, you must go deeper and you must understand that the kind of depth that we are talking about has to do with the total surrender of who you think you need to be.

Q: How intuitive you are.
B: I am only reflecting what you are really, more than you think, giving off. You are actually radiating these things quite obviously, at least to me, it really requires no intuitions at all. To us it is actually very obvious, many of you are actually very transparent, I don’t mean this again, in a negative way, you are far more transparent to us than you think. It takes no special ability to understand, as you say in your language, where you are coming from when you ask these questions.

Q: Well part of it is the topic I would discuss with you, that I need to let go of, that I need to surrender about, is a subject that you refuse to discuss with me.
B: Yes, and the refusal is because you need to let go of it and we are helping you do that by not providing a platform or a forum for discussing it because the more you discuss the more you become entrenched in it. And we are helping you move away from that entrenchment, if the only way we can help you is to put the subject off limits, then that’s what we will do. You understand?
Q: Yes.
B: Thank you.
SIGHTINGS
Smoking Gun Evidence For Face on Mars
From William
4-10-98
Here is the SMOKING GUN PROOF that the images from Mars Global Surveyor have been either DOCTORED and/or ALTERED.
The image attached to this email shows clearly how in the NEW images of the "Face on Mars" from MGS the "trench" like area where the mouth should be is WIDER than the "mouth" in the original VIKING IMAGES and MOST IMPORTANTLY it is LEFT WIDE OPEN at its edge UNLIKE the "mouth" in the original Viking Images that was clearly CLOSED!
This is ANOTHER piece of SMOKING GUN PROOF that these images of the FACE ON MARS have been ALTERED and/or DOCTORED to remove any FACE LIKE FEATURES!
MARS, Earth, Orion Connections
Q: First of all, I went to a UFO Expo.
B: Oh well, all right.
Q: I caught a short lecture on the Monuments of Mars.
B: Yes.
Q: And there was a discovery of a lot of connections to the equilateral triangle, as mapped out by studying this phenomenon.
B: Yes, and the tetrahedral structure which is the basic unit of geometry in physiological reality.
Q: Right, and there was also a very interesting slide of the moon.
B: Yes.
Q: Actually many slides, and as it got closer to the moon there were revealed triangular shapes... 
B: Yes.
Q: the surface of the moon with a circle around it.
B: Yes.
Q: The speaker was basically suggesting a connection between the monuments on Mars and that shape on the moon.
B: Oh there is a remote connection, not a direct connection but a remote connection, in that two different civilizations are utilizing the same kind of understanding of technology.
Q: Two different ones?
B: Basically at this point in history, yes– two different ones.
Q: Ok, you mention over and over again that triangular shape, and in my discussing with you about my experiences in Sedona...
B: Yes.
Q: have suggested to me that the next time that I go there I should bring with me an equilateral triangle.
B: Yes.
Q: I was just curious as to which extraterrestrial civilizations or civilization this particular symbol refers?
B: It touches, to some degree, on our bandwidth, but it also touches into the Sirius bandwidth and it also touches, to some degree, into a few other bandwidths that, right now, we will not go into.
Q: OK, when you say our bandwidth, do you mean Essassani?
B: Yes. It is an amalgam bandwidth that you are connecting to.
Q: Ok, does that mean that the Monuments on Mars are connected to these civilizations of Sirius and Essassani?
B: No, not directly, they are more connected to the civilization from which your humanity reincarnated upon the earth.
Q: Which was?
B: Yourselves.
Q: Right, but we reincarnated from?
B: That civilization that used to be on your Martian planet millions of years ago.
Q: And that one was civilization that was on Mars was...
B: Came from the systems of Orion.
Q: Orion?
B: Yes.
Q: OK, thank you.
B: Thank you.
Martian Connections

Q: How are you doing?
B: Perfect and you?
Q: Good. I’ve, upon your recommendation, read that book, *Cosmic Voyage*...

B: Yes.
Q: ... where they said there was a Martian civilization living underground in Mt. Saint Baldy.
B: A slightly genetically altered remnant of the ancient civilization exists in a few places around your world, but not the entire civilization. That has not been brought through yet, from the past time of the inhabitation of that other world. But yes, there are a few genetically altered remnants that do exist upon your planet, yes.
Q: Well, according to the book, the ones at Mt. Saint Baldy needed our help and we needed...
B: Santa Fe Baldy.
Q: That’s right, Santa Fe Baldy.
B: Yes.
Q: They needed our help and we need their help, and apparently we need, like, a pioneer or a liaison?
B: In some senses this is so, and any and all of you can function in this way, to some degree.
Q: Well, I wanted to go there, and I was wondering if you could tell me EXACTLY how to get to them?
B: You will have to trust your instincts on this, because this is part of the idea of functioning as a liaison: to extend your senses and extend your energy to them in unconditional love and acceptance, and allow them to determine when they feel the timing is right to expose themselves to any member of your society – for that is completely in their hands, not yours.
Q: So I couldn’t go there and sort of drag them out?
B: YOU CANNOT DRAG THEM OUT, NO! What purpose would there be in that?
Q: Well, to try and help them? And...
B: Oh, I see. So, in other words, you feel you can help them by forcing them to do something they don’t want to do yet. Is that what you are saying?
Q: Well... well, I was under the impression from the book that...
B: IS THAT WHAT YOU ARE SAYING?
Q: Yes.
B: Why would you imagine that you could help someone by FORCING them to be uncomfortable?
Q: Well, because I think that they are afraid of us.
B: Yes, of course. Do they not have good reason?
Q: They have good reason, but I feel that I could protect them.
B: Oh, I see. Then you, in that sense, cannot help them at all.
Q: (Pause)
B: Understand: you cannot protect anyone! The idea is to get beyond the concept of needing protection. If you will create with them, co-create an environment of more unconditionally loving energy in which no concept of protection is required, they will then know that the environment exists in which they can function openly. But if you go in with the idea that “I will protect you,” all you are doing is reinforcing that protection is required, which simply gives them the message it is too dangerous for you to interact. You understand?
Q: Yes.
B: Does that make sense to you mechanically?
Q: Yes, definitely.
B: Does that help clarify the situation?
Q: Yes. Do you have any helpful hints or recommendations?
B: Just gave you the biggest one I could. Get beyond the concept of the world as you now see it, and help create vibrationally, in thought, word and deed, the world as you know it can be, and as you know it exists within your heart of hearts.
That is what they will read, that is what they will pick up on more strongly than any assurance, verbally or mentally, that you could give them that it is SAFE and ALL RIGHT to come out; because they know, in a sense, that it is not. All right?
Q: I see.
B: Does that help you?
Q: Yes.
B: Then by all means follow your intuition and your instincts about going to the area if you want to, because it WILL make a difference that you make a showing. But, again, it will be up to them to gauge your energy, to gauge their energy, and to make the determination for themselves as to when they deem it is appropriate to make any kind of solid contact with any member of your species.
Q: Could you give me a closer area besides Santa Fe Baldy - like what part of the mountain?
B: Closer to what?
Q: What part of the mountain.
B: Again, you will have to trust your instincts.
Q: Trust my instincts, okay.
B: Because if you do not develop those instincts it will not be possible for you to find their energy frequency and to, in that sense, let them know that a new reality can be created. Because part of the
process is, in a sense, meeting them halfway by expanding your sensory apparatus in a similar manner to the level on which they exist.

Q: Do they understand that they are Martians? That they are from Mars?
B: Of course they do.

Q: I heard there was a civilization in South America that didn’t remember their roots.
B: There are many members that do not, but in general the elders do. It is not that important that they remember in the way that you might think, but they KNOW it within their being that they are, in a sense, assimilating into a new reality.

Some of that assimilation, in and of itself, may make the so-called connection to Mars become less of an awareness within them. In the same way that many of you are reincarnations of beings that at one time may have lived on Mars, but also have no memory of that except in what you might call a very large archetypal overview. Does that make sense to you?
Q: Yes, definitely.
B: Does that help you then?
Q: Yes, thank you.
B: Then have a good trip.
Q: Ha, thank you.
Martians and NASA

B: Good day.
Q: Good day, how are you today?
B: Perfect, and you?
Q: Fine, my first question is in regard to Mars.
B: Yes.
Q: It was six hundred million years ago when the planetary catastrophe occurred?
B: Six million.
Q: Six million.
B: Yes; not six hundred million, six million of your years.
Q: How long has that civilization been in existence?
B: Do you mean the overall span of that civilization?
Q: Yes, in physical time.
B: One moment, one moment, one moment. . . several hundred thousand of your years.
Q: So they were similar to our Atlantis and Lemuria?
B: There are certain analogies, yes.
Q: The Martians that are currently visiting our planet, and are part of our planet now, are they from that time period?
B: They are from that time period, having been genetically altered, and thus, transported by another species from their time to your time, and helped to adapt to your atmosphere... in their hiding places now, yes. All of those that remained of the ancient race, in their original form, are back in that time period.
Q: So apparently, in comparison to our time period, there are no, ah...
B: Martians on Mars?
Q: Yes.
B: No, there are not. It is no longer capable of supporting life, as you understand it.
Q: In 1939 we had the Orson Welles, “War of the Worlds” broadcast.
B: Yes? You are on to something, aren’t you?
Q: Was that in timing with the coming of the Martians?
B: Yes.
Q: And that was their first check in?
B: Yes.
Q: Now is this current information release about the Mars rocks...
B: Yes.
Q: . . .is that something that is being required for our probes to go up and feeds us data back?
B: Do you mean the idea of beginning to release information of the existence of extraterrestrial life, even though it may be a step at a time?
Q: More specifically, in relation to the other probes that were taken out, because NASA had decided not to release the information. Is this . . .
B: It may be that many individuals within your NASA organization are still not completely aware that the basic criteria that will allow them to have their probes be allowed in that area is to begin sharing information with your people. Many of them may not necessarily realize that, but the idea, to some degree, is that, due to a variety of social and political pressures, they are begging to realize that they have to begin sharing the idea that there are other extraterrestrial beings that do exist, and this is their way of, shall we say, breaking the news slowly.
Q: So they are not fully conscious of it yet.
B: Many of them are not, although a few of them do recognize and realize what is going on. Many of your people are quite smart and they recognize that after two probes being shut down, exactly as they arrived at Mars, they began to recognize that it was a statement and a message that they would not be allowed to look at certain things there, were they not more forthcoming, in and of themselves, with letting loose of some of the information that they have kept from their own people on earth.
Q: Now, the individuals, who are responsible for the probes discontinuing their mission, are they the Martians that are currently in our time, do they still have interplanetary travel capabilities?
B: It is not their doing DIRECTLY, though they are involved in the decision of understanding that that is going on. It is their wish that the information not necessarily be gleaned to its fullest extent until such time as your planet is willing to accept a lot of the information that is being suppressed. So they are playing their part, or shall we say, in your ancient lingo, “casting their vote” for how it is that these things are being done. But they are not the ones, specifically, that are, in that sense, shutting down your probes. This is a mixture of several different groups, including the idea of, what you would call, one FACTION of the Greys.
Q: Thank you for your elucidation.
B: Thank you, you’re welcome. Sharing!
Martians and the Release of ET Information

Q: I’ve seen Abraham again, those entities.
B: Yes.
Q: And somebody asked them a question about if there were any extraterrestrials that were here on our planet. And they said, no.
B: Not really, there are not.
Q: What about the Martians?
B: Well, the idea is that they are no longer extraterrestrial; they have been adapted genetically to your environment. They live in your world; they are not extraterrestrials. They lost their planet a long time ago.
Q: So that is why they said, no.
B: No, in the context of what you would clearly call an extraterrestrial at this point. There are comings and goings, but no permanent inhabitation by anything that lives on another planet. The Martians that have been adapted to your world are no longer extraterrestrial, in the same way that you no longer consider yourselves, in the United States of America, Europeans. You understand the difference?
Q: Yes, I do.
B: You consider yourselves to be Americans, even though your ancestry comes from the area that you call Europe; you do not call yourselves Europeans, you call yourselves Americans. The Martians that have been adapted to your planet no longer consider themselves to be Martians.
Q: So there actually are none that are living on our planet then?
B: Not yet. The infusion of those that are still within some of the caverns underground on Mars, that still contain the high degree of original race genetics, are not yet on your planet.
Q: But they’re coming soon.
B: They are coming, soon is relevant.
Q2: You mentioned earlier the life on other planets – like they have been giving us a lot of information, or putting into our minds that there is life on Mars, all of a sudden. There always has been life on Mars, has there not been?
B: In a sense, although there has not been, what you would recognize as life, on that planet for quite some time. It became, shall we say, uninhabitable to life similar to your own many millions of years ago.
Q2: I understood that there was some type of life within the planet. Maybe not on the surface like we dwell on the surface.
B: The idea of the ancient race dwelling within internal caverns is that they are there in your past and will be brought through a time barrier to your present. They do not exist there now, in your present.
Q: Do we have any established human bases of any sort that you know of up there?
B: Do you mean on your Martian world?
Q: On the Martian planet or the Martian moons, either one?
B: No, you do not.
Q2: Okay. I guess that answers my question.
B: Thank you.
Q2: Thank you.
Q3: What do you mean that the Martians will be brought forward from the past?
B: In the idea of what you would call the planetary catastrophe that allowed their planet to become uninhabitable, another race is assisting them by adapting them genetically to be able to eventually co-exist with you on your planet. But the majority of the ancient race, that in the past still exists in protected caverns on their planet, has not yet been brought through to what you call your present time. Only a few have been – as, shall we say, “test subjects,” to make sure that the compatibility will stick and that the interaction between your human species and that species will eventually become politically compatible.
Q3: When do you think this might happen?
B: You will find that there will be an acceleration in this probability sometime after your year of 2005, as we read your collective energy now, and certainly, definitely, by your year of 2013 will this be understood to be happening.
Q3: All right. I just read a book about the Philadelphia experiment where the Navy transported a ship...
B: Yes.
Q3: ...did that actually happen?
B: Yes. There were many negative side effects.
Q3: Yes, that is what I understand. Was this by exploring the Unified Theory, that the...
B: In some senses, yes, although with a different twist than many of your scientists understood at that time. More of your physicists understand, now, what it is that they did back then in that named experiment, as you say, Philadelphia, whereas back then it was not clearly understood what they were doing. But that was their idea and their approach that they thought they were applying, what they called, the Unified Field Theory, but they actually got something quite different and that is why they didn’t know how to control it.
Q3: Do they know how to control it now?
B: On minute levels, yes, but not to any great extent.
Q3: Are the government scientists, are they able to transport through time right now?
B: No.
Q3: I read that Eisenhower had a face to face with ETs, is that correct?
B: Yes.
Q3: Have all other Presidents or any other Presidents had face-to-face contacts?
B: No, there have been others that have seen what you would call the remains of extraterrestrial bodies, if you want to call that face-to-face, yes. But the idea is that there have been only...one moment, one moment, one moment, one moment, one moment...the one in what you would call an official capacity, that you have named as Eisenhower. The one that you would call... in a telepathic communication with a physical projection, or at least the physical appearance of a projection, in the one that you call Kennedy; and the rest in simply observing the idea of what you would call, the dead bodies, in that sense.
The interactions between any other live extraterrestrials on your planet have taken place between other individuals in what you would call those clandestine organizations, but not what you would call your country’s President. Although they do know about it, but they do not know everything about it, for they are not told everything about it.
Q3: Are they restricted from making any of that public?
B: Yes.
Q3: By these secret organizations?
B: Yes. Although there is more and more pressure from even within them now to release this information to you.
Q3: So you say next year we’re going to have more awareness of this?
B: Yes, there will be more, what you call, information leakages and more preparation to see how your public will respond. In some sense, what you have now received as your initial dispensation of information concerning the concept of the possibility of life on your Martian world is the first stage in preparing your public to realize that there is more than just a few bacteria floating around. Because already you will recognize that even with the announcement of the concept of the possibility of bacteriological life off your planet, there is already a wave of discussion within your political and religious organizations as to what kind of impact that is supposed to have on your society – even just the bacteria is causing ripples in you religions and your politics and your economics.
Q3: Right.
B: Imagine what the full-blown information would do. So they are taking their time, but they are under, in a sense, a deadline, as you call it.
Q3: I had a thought tonight...
B: Oh, all right, congratulations.
Q3: ...that the timing to this awareness that they are going to let us have...
B: Yes.
Q3: ...is going to be timed with the default of our economy as we know it, and that the government will let us be aware fully, and that we all over react, our economy goes down a little bit, then they blame the restructuring of the economy on our over reaction, as opposed to them squandering...

B: This is something that has been a matter of discussion with certain individuals, but this will not occur.

Q3: All right, thank you.

B: Thank you.
Martian’s Contact
B: Good day.
RJ: Good day to you; nice to be in your presence once again.
B: And in yours, all of yours, as well. Be brief, be brief, be brief.
Q: Can you tell us if you or any other Sassanians have had Atlantian incarnations?
B: Yes, some have.
Q: What time frame would you say the Sassani consciousness intersected with earth, physically? Does it tie into the Anasasi...?
B: We are already intersecting.
Q: Well the original inception?
B: There is no way to pin this in your linear time.
Q: Well, you said that you interacted with the Anasasi and the Mongolians to form your race of Sassanians, and they were fairly recent in our civilization’s history.
B: But the idea is that we interact in a number of different levels, a number of different ways. And we did not give you all the details of the style of the interactions. You are at this point attempting to pin something down linearly that really has no linear answer at all. You must see us, and our interaction and intersection with you, as a series of cyclic loops, without beginning, without ending, but cyclic. We interpenetrate at different timing, again, different points of what you would call history in a variety of ways, yes. You will even find literal reference within what you call your ancient Middle East for some of our interaction there energetically, for part of the civilization named themselves after their perception of us. You will find this from about what you call 200AD to 1000AD. They are, in that sense, in the Middle East of what you now call Iran, the Sassanians. There is an entity in that time frame with a name, Mazda, in that sense it was a entity that recognized, through certain psychic methodologies and means, the idea of a vibrational connection to our civilization. And an incorporation of many of the principles of our civilization was attempted to be infused into the society at that time, although, of course, it took its earthly bent in its own unique way. It expressed itself as other than the way it came across, but this was the nature of channeled interpretations at that time, though they were understood as high vibration, they were still adapted to the methodologies and culture of the day.
One moment, one moment ... for what you would refer to as the inception seed, even though we are cyclic, let us just say, “it is approximately, in the moment of the entire conception linearly of the human race, of what you call now the modern version of about 300,000 of your years ago.” We were in the inception seed concept of the collective consciousness that dispersed and defused itself into all the manifestations now interacting with itself. All the manifestations of one being, a large being, now interacting with itself from a variety of directions and representative of what you would call many different races and cultures and civilizations and timings.
Q: In relation to the Greys and their not being accepted into the Association of Worlds, because of their interference with our civilization...

B: One level of them.

Q: Was the level that that went to Mars and discussed in the book, Cosmic Voyage by Courtney Brown, another level?

B: Yes. There are factions of the Greys that are part of different confederations, but, again, as we impart the idea of our Association it is also slightly different of what you understand to be your Federation. Remember we are in an alternate reality universe from you, our Association is like a parallel construct of what you call, perhaps, or allude to as your Federation, in your particular universal reality in your particular local.

Q: So there’s not an identity there then?

B: There is no Grey to be an identity in our reality, we are what they have become.

Q: Is there any problem with any kind of microbe contamination with the beings from Mars?

B: No.

Q: Is Courtney’s idea of sending radio signals to Mars and the moon a way to contact them?

B: Yes.

Q: Are they operating on that level?

B: They can, they will in time, maybe. But it is an endeavor worth attempting, but not any further than that; for there are no radio civilizations within your immediate star systems that will respond in that way, but within your Solar System there are beings who have the capability of responding that way, should they so choose.

Q: The last thing, the idea that they are covertly hiding out from us because they are afraid of coming out and not having the “proper” recognition, what about the idea of the UN or the United States, what type of scenario are they looking for?

B: They are not looking for a particular scenario, except that which contains the open heart and the open hand. However this can be accomplished will be the first establishment of the communication, there are many among you that have ideas for different ways that this might be approached. Attempt all that you feel are representative of the concept of open heart and open hand. We will leave the rest, for now, up to you. At this timing....
Q: Okay and what can you tell us about the Martians – what do they look like?
B: At this point as we have said, mostly now because of the genetics—mostly human although in the more ancient form which still exists in some of the species they have a little bit of what you might call a proto—now this is just an affectation—it is not really as distinct as what we are about to describe as the animal form, but in that sense they are humanoid or what you would call humanoid but they have a slight characteristic of what you would call a type of proto-simian and, or, almost a cat-like face. But again, this is very slight affectation, again they would appear to be just a little bit beyond the edge or the threshold of what you might typically on your planet call, a different race. You would recognize them as non-human but they are not so non-human that they would appear to you to be much more different than just to you perhaps a very distinctive other race.
Q: Yes. And how technologically advanced are they?
B: At this point you will find, again, that they have an advancement about 100 to 150 years ahead of you but in their ancient culture they were really not as advanced as you are now on Earth. They have been given this technology by the Greys, to aid them in their survival.
Q: Alright, so they’re in contact with the Greys—open contact?
B: O yes. It was the Greys who were responsible for the injection of the humanoid genetics that will help them survive on your planet.
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**1989**

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**1990**

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1991

429/430. The Nature of Nature - 01/13/91
431/432. Eternally Yours - 02/03/91
433/434. Picking Up The Pieces - 03/10/91
435/436. The Eternal Now - 04/21/91
437/438. The Three Absolutes - 05/12/91
439/440. The Stream - 06/16/91
441/442. The Razor’s Edge - 06/30/91
443/444. Space Time / Travel - 07/14/91
445/446. Be Ecstatic - 07/28/91
447/448. Shattering Old Patterns Wksp - 08/11/91
449/450. Tipping the Scales - 09/01/91
451/452. Take Action - 09/15/91
453/454. Choices & Opportunities - 10/06/91
455/456. Darryl/Lyssa Panel Crete/Japanese Gp. - 10/23/91
457. Darryl/Lyssa Channel on Mt. Ida Jap/Gp - 10/24/91

1992

458/459. The Three Absolutes II - 01/10/92
460/461. Letting Go & Abundance - 03/13/92
462/463. Higher Self - 04/25/92
464. History 101 (WL Expo) - 05/09/92
465/466. Keys of Ascension WKSP (S.F.) - 05/30/92
467. " " " - ""
468/469. Electromagnetheric Geography - 05/31/92
470/471. Keys of Ascension Wksp (Santa Fe) - 06/07/92
472/473. Shock Wave - 08/22/92
474/475. Crop Circles (Australia) - 09/00/92
476/477. Seven Stages of Life Wksp (Australia) - 09/00/92
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| 497/498. | Private Group                                        | 06/11/93 |
| 499.     | Private Group                                        | 07/10/93 |
| 500.     | Private Group                                        | 07/21/93 |
| 501/502. | Private Group (Jill’s)                               | 08/04/93 |
| 503.     | Private (Nora, Ken, Steve, Marj, ect.)               | 09/04/93 |
| 504/505. | Private Group (Talk of Bandelier)                    | 09/30/93 |
| 506/507. | Bandelier, NM                                        | 10/19/93 |
| 508/509. | Year of Motion                                       | 12/12/93 |

**1994**

| 510/511. | VQ *** EYE’S ONLY ***                                | 01-03-94 |
| 512/513. | After Earthquake *** EYE’S ONLY ***                 | 01-21-94 |
| 514/515. | VQ *** EYE’S ONLY ***                                | 02-07-94 |
| 516/517. | VQ *** EYE’S ONLY ***                                | 02-18-94 |
| 518.     | Private Group (Raven) Q&A                            | 02/23/94 |
| 519/520. | Belief / Action (Las Vegas)                          | 02/26/94 |
| 521/522. |                                                                 | 03/07/94 |
| 523/524. | VQ *** EYE’S ONLY ***                                | 03/20/94 |
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Bashar & Torah - 12/19/94

1995

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Masters of Limitation

Q: Before, you were talking about the ideas of the mastery of limitation.
B: Yes.
Q: What are those limitations, are those fears?
B: Judgements, separation, forgetting who you are, creating the idea of cycles of repetition that, in of in themselves, bring with them an innate inability to remember that you create them to begin with. You follow me?
Q: Yes, with forgetting so much, do we forget in part our right to happiness?
B: Yes.
Q: Are right to what we deserve?
B: Yes. That is a part of the limitation. You have limited yourselves so much that is why you are master of it. Almost anyway that a being can be limited, you have limited yourselves. (Audience laughs)
Use your imagination. Thank you. Sharing!
Mayan Connection
Q: I would like to know if you could comment on the Mayan people; I know you’ve talked about the Kachina dolls.
B: Yes. They are an Atlantean offshoot that maintained, to some degree, most of the original aspects of the more beneficial modalities of Atlantean culture – although they had to redefine it after the destruction, to some degree. They resettled and eventually, collectively knew there was no longer any reason for them to continue to incarnate in that modality, because there were many other things that had to happen in the transformational ages coming up. So they simply allowed themselves to translate into non-physicality, eventually, and simply did not choose to reincarnate in that society anymore.
Q: Will they come back?
B: Well, they are back, but in a variety of ways. Some of them, however, have remained on the spirit level to act as guides for what is going on. Most of the spirits you would recognize as having had a great degree of familiarity with Mayan incarnations have remained as spirit guides – to suggest and inspire you to get back in touch with your true selves, and to not allow the cycle of destruction to repeat itself. Thank you.
Q: Thank you.
Meaningful Relationships

Q: As to my question, I seem, in my lifetime, to be attracted to unavailable men. I would like to know why. As a result, I’m here by myself.

B: All right. Perhaps you are an unavailable woman.

Q: Well, I never thought of that.

B: All right. Again, the idea is always to understand this from a couple of different perspectives. One is that your situations in life are generally reflective of who it is you are at that moment. Now this does not mean anything positive or negative. It just means that you have chosen to reflect to yourself certain understandings and ideas about your path in life, your chosen path that always reflects back to you the things that are most important for you to understand in this life. In no way, shape or form are we saying that you cannot have the idea of companionship, but you must also look at the things that have been impressed upon you in your upbringing with regard to your ability, and your availability, with regard to interaction on certain levels with other members of your species. I will ask you a question. In the interactions that you have allowed, as far as you have allowed them, what kinds of issues have come up?

Q: Oh, I’m not quite certain of that. I only know they are good but they are not exactly long lasting.

B: All right. I have another question for you. If you were your imagination for a moment, just play, just play – no judgment, no qualification – just play. If you were to imagine that you do attract, as you say, an "available" individual. After you have done that, what would be your strongest fear? Let’s say you have done it. Now, what is your strongest fear?

Q: That it might not last, I guess.

B: And why would I believe that? What has happened in your life to reflect that idea to you? Have you seen examples of that which have impressed you?

Q: Yes, the relationships that I’ve had... have not lasted.

B: Before that. Younger.

Q: Younger, I didn’t have too many meaningful relationships.

B: How about with your parents?

Q: I feel that was good.

B: In what sense?

Q: In that I knew I definitely was loved.

B: What was your first relationship where you extended yourself to someone else and found a lack of availability in response? What is the first time you remember that happening?

Q: Well, it was while I was married.

B: Yes.

Q: I fell in love with someone else that I thought had fallen in love with me.

B: Someone other than the person you were married to?
Q: Yes.
B: All right. And?
Q: The agreement was that we would first divorce our spouses and then be together.
B: And how did you feel about that?
Q: I thought it was the most wonderful thing that ever happened to me.
B: And what happened?
Q: I got my divorce and he didn’t.
B: Oh. Where did that leave you? Hanging?
Q: Hanging, yes.
B: All right. Why would it be surprising that you would not want to make yourself available for that fear again? You are afraid because you see it as a risk. You have, in that sense, been stung in your estimation and you do not want to go through that pain again.
Q: Then why do I keep involving myself with...
B: Because there is always the desire for love. That is more overriding but, in a sense, you have created a mental pattern within yourself that is sabotaging your expression of love. Because there is always the loop imprinted upon you that you will always be left hanging, that you will extend and the extension will not be reflected back. That is very strongly impressed within your emotionality and your mental pattern. That is what you need to dissolve. Now, the idea of having felt the way that you felt for that other individual and you extended yourself in that direction, and the other individual did not – what was the other person’s reasons for not doing so, or did you ever know that?
Q: The most obvious was loss of his money.
B: Loss of his money?
Q: Yes.
B: I see. So what you are saying is that you found out that individual had a greater love than his love for you.
Q: Right.
B: I see. Well, that is no surprise that hurt you; it hurt you very deeply. May I ask you another question?
Q: Yes.
B: How are your abundance issues?
Q: Oh, they come and they go.
B: They come and they go. All right. You have many interesting things entangled with many other things in this one experience: abundance issues, love issues, abandonment issues, risk issues. All these ideas are tied up in that one particular incident within your pneumonic patterns. One moment. I wish you to open your imagination now and as you open your imagination also open your heart. Just envision them opening up. Right now, for this moment, you are safe. All right?
Q: All right.
B: Now, imagine a time in what you call the future; it can be a day; it can be a week, a month, a year, it is up to you. Whatever feels comfortable. Imagine a time when you are looking into the eyes of another being and that being is loving you back in the way that you prefer. You have your love reflected to you. Can you imagine this?
Q: Oh, yes, I imagine that all the time.
B: Can you now feel what that would feel like?
Q: What it is? What, that feeling is a remembrance of what it was?
B: As you remember what it was, you are generating that feeling in the present. You’re feeling it now, yes? You’re not feeling it "back then." Remembering is feeling now; it is recreating in the now. So, do you feel what that feels like?
Q: Yes.
B: All right. Look into that person’s eyes; see that person looking into your eyes. Feel that person’s heart; feel that person feeling your heart. Feel joy at being together. Feel light in that you support each other and reflect to each other, mirror to mirror, face to face, heart to heart. Feel these feelings now. Feel the vibration now. Just allow yourself to bathe in that energy for a moment and as you do so, as you feel these things and see these things as we have described them to you, feel yourself changing, relaxing, melting into that idea.

If a little fear crops up here or a little fear crops up there, that is all right. Invite them in. Invite them into your crucible and let them begin to relax and melt, knowing that they no longer have to be cast out into the cold, isolated on their own, cut off from the central source of being, but invite them back in to relax in a warm, glowing, golden rosy liquid. Feel that liquid gold within you. Melt them.

See all those fears, like dark lumps of coal lying on the surface of this golden liquid; see them become red hot. See them melt, melt, softly, gently, releasing, releasing their shape, releasing their rigid form. Melting and softening until they are slightly different discolorations of the pool of golden liquid, until there is no difference anymore. Feel that. Know that you deserve that. Know that is your birthright.

Allow your vibration of the golden liquid to become white, white, white hot, burning with passion and joy and excitement and creativity. Burning with sharing, beaming, beaming into the other person as it is reflected back to you, as you reflect back to him, as he reflects back to you. Carrying yourselves both higher and higher as light beings, light bodies, ethereal forms, until you become both transparent, clear, floating upon the clouds in the blue bright sky, together as one crystal, as one idea, as one reflection. Distinctly a couple but one idea. Sharing, reflecting, being, loving, breathing as one. Release this energy into the universe. Allow your Higher self to know that you now know you deserve this ecstasy. That it is what you are made of—unconditional love. Put it out there into the Universe and let it go.

Now, just reawaken as yourself and as you gather yourself back together as the "you" you now know that is more like the "you" you prefer to be. You are a different person now; not the same. Every change
is a complete change; you are not the same person that began this discussion. She is another; you are different. She has her own history; you have another history. She is she. You are you. You have put it out there for your Higher self to take care of the details. Relax. Feel the joy every day in your life and, without expectation, allow your higher self now to bring back to you the reflection of the joy the new you knows you are made of. All right?

Q: All right. That was beautiful.

B: So are you. Thank you for sharing.

Q2: I’ve been keeping myself away from a relationship – especially in terms of my relationship to, or with, myself.

B: One moment. All right. For a moment that did not translate, for that is quite impossible. You always have a relationship, no matter how you define it.

Q: Yes.

B: Proceed with the definition of the relationship you are creating.

Q: In other words, what I am not creating is a male/female relationship.

B: All right. We assume you mean in a specific way.

Q: Correct. In a more romantic way. Last week.

B: Last week?

Q: Evidently I created three rather extraordinary men. Each successful, powerful, wealthy, interesting, who all seemed to be wanting me in their lives for the rest of their lives.

B: All right. So?

Q: So, I was told by another person that I carry a certain energy, one that triggers something in a man that makes him think that I am "the one." And so it leaves me feeling a bit strange.

B: All right. What you are basically carrying with this idea, is that you are attracting individuals who you are then giving an opportunity to begin to open up and recognize the changes going on in your world. You are beginning to realize you are all married to each other.

Q: Ha, ha, ha. Yes.

B: And the idea of relationships does not have to be mutually exclusive to each but can be enhancing.

Q: All right. That was the next thing. I wanted to see what the purpose was of this situation coming into my life.

B: That is one of them.

Q: Okay. The other part is, two are in the film industry; one of them is a star and the other a producer. My feeling is that I am supposed to be joining with them or serving them in some way to bring something larger than just the personal relationship there. I feel that a personal relationship is not what I’m supposed to do.
B: We understand your definition. Proceed simply with your feeling. Do what is integrated for you. Be who you are, and you will allow them the best opportunity to learn who they are.

Q: Do you see a larger sense of purpose? In other words, is there a film that I will bring to one of them, or...

B: A film is a larger sense of purpose—than learning who you are?

Q: When one makes a film, that produces an impact on many people.

B: We know. Impact, yes. It is highly probable. However, not unless you are being yourself and allowing full communication within the entire relationship that you are to allow them to understand who you are, truly who you are, honestly. Communication will be critical in these endeavors. If they do not believe they can interact honestly, then you may create difficulty in any form of impact.

So you must be honest about who and what you are, and what you are attracting. And if you recognize that what you are attracting is representative of who and what you are, then make the assumption that it is mutually enhancing, not exclusive. And that they themselves are connected in many ways or they wouldn’t be connected to you.

Q: Ha, ha! Oh great! So you’re saying, maintain these three relationships.

B: I am not telling you what to do; I am suggesting that you follow your cleanest and dearest, most integrated instincts and allow things to be natural. Not normal, natural. You follow me?

Q: I think so.

B: All right. Do not necessarily impose or superimpose the particular frame of sociological reference upon these ideas that your society may want you to impose sociologically. Understand that if you have attracted them all, there is a reason for it.

Q: Do you think I should maintain a non-sexual relationship with them?

B: That is up to you and your feelings. I cannot guide you in this; I cannot tell you what to do. It is your life and you have the capability of trusting your instincts. You have the capability of knowing why you are doing what you are choosing to do. But first and foremost, in all endeavors, it is our suggestion that the lines of communication about what you are doing be absolutely clear between all involved, so that all know where they stand.

Q: Yes. I’m doing that, except with one.

B: All right. “I’m doing it except with one.” All—except with one. What a fascinating language you have.

Q: Yes. [Laughing]

B: Complete the triad. Make it all. Relax; enjoy; take it easy. Observe; act with trust. Do what represents who you are, don’t do what represents who you are not. Period. That’s all there is to it. It’s that easy. You have been together many times before, all of you.
Q: Aha!
B: You are simply playing out a dance; let it be a smooth one. It does not have to be a struggle. The old patterns don’t have to come into it. You follow me?
Q: Yes. But this one I’m with tonight in particular really wants an exclusive marriage relationship.
B: You will understand tonight.
Q: [laughing hard] Okay. All right. Thank you.
Many times in understanding the growth, the evolutionary patterns that are taking place upon your society, we will recognize that many of these patterns, will, shall we say, play themselves out in your artistic endeavors, your, what you call, media events. And so we watch these very closely to understand the different concepts you are now examining and exploring, because very often you will explore these ideas in your media events before you will begin to really allow yourselves to communicate socially these ideas "out loud," in public. And when we observe that certain ideas that are being presented to your different forms of media are being accepted, are being examined, are being expanded upon, then we get to understand how you are changing, and in what way you are growing, and how much more, perhaps, you are, as a society, prepared to be with other societies such as ourselves.

We refer to such expressions as your television programs, your radio programs, your theatrical film events as indicators of what is foremost in your mind, what is foremost in your ability to explore and believe. We have, from time to time, mentioned to you that it is quite common for various societies that we have observed, many different civilizations, to express their timing through some form of sociological, artistic event. And we have mentioned, in times past, the particular creation you have upon your planet called Star Trek, is an indication, very strong indication, of many of the different concepts that your society is now willing to become aware of.

It is utilized, if you will, as a forum for displaying and dispensing and discussing new ideas, new directions, new expressions, new perspectives, in what might seem to be a very inoffensive and harmless way, a non-threatening way. And yet, at the same time, is available to examine different sociological and political and economic and religious forums that can bring about an acceptance of new methodologies that will allow your society to move – perhaps, at first subtly, but eventually, in a more accelerated way in those directions that we have observed your society to be expanding in – where you are changing your political, economic and social structure toward more global consciousness and unification.

You now have within your media yet another television program that we are aware of, going by your name of Sliders. This show, Sliders, deals specially with the concept we have discussed many times, and even your own scientists are now quite aware of, and that is the existence of parallel realities, parallel probable Earth realities, universal realities, a myriad of them, an infinite number of them. Each slightly different or even as you say, sometimes wildly different from the Earth time-stream that you know. Each possessing a different history, a different present, and a different future, if you will.

Now, the reason that we bring up this concept of parallel realities once again in this particular way, is that, as have we have said, we recognize that now that this concept is actually then extended into what you call one of your television formats, that is an indication that it has "sunk into" the collective consciousness to a sufficient degree that you can utilize this concept in another way.
You are wave upon wave of radiant energy: be at the center of yourself. Know you are the center, the
eye of Creation through which Creation learns to see Itself in all the ways that are possible to see. You,
us, all beings in Creation are all the ways it is possible to see.
Be the waves that beat upon the shore of your own reality, changing with love, changing with touch,
changing with involvement, changing with time and space, all the ideas you have ever been. All that you
require is to find that place of power. All that you require is to feel that place of power. All that you are
is that place of power.
Be the imagination that you were designed to be. For do remember, an imagination is not something that
you have, an imagination is what you are. You are a dimension unto itself.
We radiate our love, we radiate our pulse. Feel the pulse, feel the heart, the universal beat that
synchronizes all beings in love and light. Feel the pulse.
We wash through you as you wash through us. We bid you ... the stars.
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Meditation and Imagination

Q: Since I came here tonight my heart is beating kind of erratically...
B: Yes.
Q: ... and it hasn’t happened for a long time...
B: There will be no answer, other than the obvious. You are simply becoming more sensitive to the accelerations and the shiftings that are taking place upon your planet.
Q: Okay. I did a meditation last week, and in the meditation you visualized whatever colored light you wanted to come into your crown chakra, and then followed it to a spaceship.
B: Yes.
Q: And I did, and I followed it to... and I haven’t really, you know...
B: Proceed! No excuses.
Q: Okay. Well, you know I haven’t really manifested with ships and stuff before, so...
B: No excuses.
Q: I went ahead and went into the ship, and the questions that I raised in my mind were about how the beings seemed humanoid looking, they didn’t seem any different than us...
B: Yes.
Q: ... and there were, like, four of them, and they just kind of looked at me with more of a puzzled state than judgmental. Their facial expressions were like: “Oh, that’s what he is,” or something like that.
B: Yes.
Q: I thought it was a very small ship. Was it Pleiadian?
B: Yes.
Q: Right, thank you.
B: Sharing!
Q2: Many people have used the word meditation tonight.
B: Yes.
Q: And I’m not understanding...
B: What is meditation to you? Life is meditation.
Q: Life is meditation. When I go inside to get in touch with my own awareness and sensitivities...
B: Yes.
Q: I leave imagination to the side.
B: No.
Q: It’s not consciously left to the side, but there’s a...
B: You are going into the dimension of your imagination when you meditate.
Q: Isn’t imagination then a certain channeling of mind energy?
B: Not so much the idea of channeling mind energy, although that can come into it, but imagination is the conduit and the channel between all that is your physical reality and all that is not. Not that it isn’t real; it is just not visible.

Q: (Pauses)
B: Where do you wish to take this?
Q: I’m not sure.
B: What is it you are looking for? What do you find that the idea of your meditation does for you?
Q: It does different things.
B: Yes.
Q: When I was sitting here and the physical channel sat down in the chair in the very early start of the evening, it was quiet, and I just closed my eyes and everything stopped inside.
B: Yes. Which means you were infinitely accelerated.
Q: And then when you started speaking, I got incredibly drowsy.
B: Yes, it is not unusual.
Q: And I remained in that state...
B: You are disassociating, unlocking from realities you have previously considered to be the only realities with which you have interacted. You are disorienting from them and reorienting to other realms of yourself. That can, in your civilization, from time to time, cause the idea of drowsiness, as you are, to some degree, pulling back or pulling out of a strong focus in physical reality.

You are forming conscious connections while you are awake with more of your consciousness, and at the beginning it can cause the idea of drowsiness. So that you create a buffer that is comfortable in which you can experience that idea. Do you follow me?
Q: If this drowsiness... it sometimes feels like a block of wanting to prevent myself from delving into what actually is going on, or the energy that’s going on.
B: It can feel that way, but you do not have to consider it a block. Simply consider it a sign that points in an unexpected direction – follow it.
Q: How do I shake myself out of that drowsiness?
B: It is not the idea of shaking yourself out. That is the point. Use it. Go into the dimension of imagination and explore.
Q: When I go into that drowsiness, I sleep.
B: That is only because you judge it. Go into it, and do not judge it.
Q: When I sleep, I lose the consciousness.
B: No. No.
Q: That’s what makes me...
Q: I don’t remember.
B: But that lack of memory is created. You are choosing to be unconsciously knowing. But choosing to be unconsciously knowing is the same thing as being consciously unknowing. Which is the same thing as being unwilling to know, consciously, what you think you know unconsciously. It is the same equation.
There is no need to carry with you the belief that you do not know what you need to know, consciously. It is only an assumption upon your part that you do not know it consciously, that creates for you a situation in which you can know it, which is only in the unconscious state.
Know that you know whatever you need to know, consciously, and allow physical life to also be part of your meditation. You do not have to shut physical life off in order to meditate. You can flow with it. And that can allow the idea of drowsiness to become dream-ness: dreamlike qualities, not drowsiness, but dreamlike.
Your life can begin to take on dreamlike qualities, and as it does you will recognize – if you choose to – that you are now living your dreams. And they are one and the same. And your imagination has functioned as the conduit that has blended physical reality and dream reality into one dimension of imagination. Which may, from time to time, have dreamlike qualities. But it does not have to translate into drowsiness.
Simply utilize your imagination. Recognize that it was your imagination to begin with that gave you whatever method of meditation you are comfortable with. So recognize, far from setting your imagination aside, your imagination is what was responsible for creating the type of meditation you do. Do you follow me?
Q: Yes.
B: Then imagination is the source of all you wish to accomplish. Go within that, and you will be awake and aware in the dream.
Q: Thank you.
B: Oh, thank you!
Meditation And Integration Of Energies For Earth

Q: I wanted to ask you this question: I just came across a book... and it said the weakest link in the Earth’s atmosphere, on the Earth, is from the twenty seventh to the thirty eighth parallel, where there are all the earthquakes and all the volcanic eruptions and all that. And that only mass meditations, group meditations, can save the Earth at this time. And it also says that around the middle of 1986 there will be a big change. Is that when most of the people on Earth will recognize that only meditation can save us?

B: In a sense, now understand it is not the idea specifically that only meditation can “save” you. Recognize the subtlety of the idea of the difference: It is the INTEGRATION OF YOURSELVES WITHIN THE TOTALITY OF YOUR CONSCIOUSNESS that will allow you to know that you do not need saving. And that you can transform any physiological symbols of what you term to be the Earth’s shifting. Transform them into another type of energy where you do not need to experience that idea to allow you to believe you can transform without struggle, without strife.

Now, recognize you had created approximately ten ideas of the transformation that were in a sense, a little bit negative. But recognize that, through the idea of blending and integration, you have reduced them to approximately three, in that way. And they need not be experienced in the totality as negative – as they heretofore would have been.

Recognize that this, in a form, is the same idea as having created a meditation that allows you to “save” yourselves. For it is not an idea of saving, it is an idea of re-channeling the energy by simply allowing yourself to know that there is no need to go through a transformation with strife, and that you can deserve to transform into anything you wish, without suffering. This is what has been expressed by that idea.

Recognize it is being expressed somewhat colloquially, so that certain individuals will be able to understand the message. Do you follow me?

Q: Yes. Now, what about all the energy coming back from Atlantis and from other places?

B: What about it?

Q: It is like we are bombarded by all that energy.

B: Again: You are that energy. You are that energy.

Q: So we are connecting with that energy?

B: Yes, in a sense. You are that energy.

Q: It’s like we are opening up the switch to the electricity.

B: In a sense. YOU ARE THE ENERGY. Do you follow me?

Q: But why are there only a certain few people, in connection, today?

B: Many more than there used to be – do you follow me?

Q: Yes.

B: Understand that this is the idea again within physical reality – that there is an expansion. Do you follow me?
Q: Yes. The only thing I don’t like is that many groups are really... how do you say it... they have an idea to fix something, and they are not open to the whole universe.

B: So what?

Q: It’s like they are fighting the darkness.

B: So what?

Q: But there is no darkness. Or the darkness is...

B: All right. Understand again: yes, that which you deem to fight, you will reinforce.

Q: That’s right.

B: But again, that is their reality. So what? What has that got to do with you?

Q: But it’s part of the universe. There are groups that are becoming really, really big.

B: So what? Do you believe that they will affect your reality?

Q: (Pauses) ... No!

B: Thank you. End of conversation. (AUD: laughter)

Q: Thank you.

B: Sharing!

Meditation and Integration of Energies for Earth
Meditation

Let us, again, close the eyes...and let us extend, in a brief meditation once again, for the purpose, again, of strengthening this connection and alignment, of grounding a connection to the Infinite Source.

Take a deep breath in, remember the heartbeat, remember the alignment, remember the flow...and out; and, once again, in...and out; and, once again, in...and out. Three times one for each aspect of the personality: belief, emotion, and thought pattern action and to align the prism of your personality construct.

Continue to breath in a regular manner, and imagine that you are standing in a beautiful place: either a grassy park or a beach or some form of nature, anything in nature, anyplace of natural views, anytime either day or night, imagine standing straight and tall and true in this place of peace and tranquility and expansiveness.

As you see that you are standing in such a place and with your inner sight you look around at the expanded arisen and vistas before you, the sky, the ground, the trees, the rocks, the water, whatever there may be...allow yourself now to become more aware of the different chakra points within you, as if they are beads on a string, beautiful glowing beads. Each of a different color: in the root chakra a glowing ruby red, a beautiful glowing red. Moving on up the string, a glowing orange, topaz like stone. Moving on up into the Solar Plexus a beautiful yellow citrine crystalline stone. Moving on up into the heart chakra a gorgeous flawless green emerald, like the verdant grass that surrounds you. Moving on up a state of beautiful sapphire light like stone, a beautiful light sky blue in the throat. Moving on up into the third eye a deep, deep purple amethyst stone. Moving on up to the crown chakra, the beautiful amethyst spiral, the spender and radiance of its blooms and gleans. Now the crown chakra is actually shaped like a ring, a circle, a crown, literally, and in this sense, again, as been depicted in many of your religious paintings, as what you call the halo, the crown chakra. Allow yourselves to look up the string and see that there is a cone, point downward, spiraling up and expanding outward, a beautiful white light up and up, and up and up, becoming more and more and more crystalline and transparent until it aligns to the top into a beautiful transparent flawless crystalline clear sphere of energy, way at the top of the line of light that runs through. And then from there look down, all the way down the string back through every little chakra point, let it tickle as you go down, and feel it go down through the root, down into the knees, where forms a base, a structure, a support system of flexibility, and motion, and through you into the deeper colors of reds and browns and earth tones, below the feet, deep, deep, deep into the earth, to the core of the planet itself. Feel the string go all the way down, anchoring, so that you feel you are like a giant being suspended on a string, suspended on a beautiful string of light, from the center of the earth, up to the top, up through the crown, back up to the crystalline source.

Now pluck the string on top and hear and feel the resonant vibrations, the harmonics above you singing like a chorus of angels as the music of the spheres. Pluck the string below your feet and hear the deep resonant tones of the foundations of the rumblings of the earth and the solidity of the knowledge, of ancient knowledge and wisdom. And feel the string within you, pluck it, and the beautiful harmonies of
all the different sounds and voices, of each of the beautiful colors and of the strings that provide the spectrum of light that make up your physiological selves. And as you feel this string, this light, then come down, allow the now to expand further up, further down, allow the crystal to be on top sore away from you – higher, higher getting away from you, as far as it is possible to go and time and space beyond those barriers is finished forever and ever. And the string below you to expand to infinity, down, down, down until it becomes deep pulsing black, the blackness of night. Unbroken by the stars and beyond all thoughts of sound, go down, deep forever, forever. Up and down, then bring the crystal leaf back down, bring the foundation string back up, and bring them closer and closer, closer to your body, closer and closer there just feel them resonate above and below. The likeness, the purity, the ringing of the crystalline bead on top. It is the deep foundational vibration below your feet, the subterranean bellows, then stretch them back out to their normal place, just so far away on top, just so away on bottom, to the center of your earth, and up into the stars and again see that you are in this place of perfect peace, perfect balance of the center, surrounded by the beauty of nature, and see the you stretch out your hand to the right and the left and allow, allow, allow your left palm to face up, your right palm to face down and feel the energy of perception, of allowance in your left hand, all the energies flowing down from the heavens, pouring onto the palm of your left hand, flowing up your arm, around your elbow, in your shoulder, down pouring through you, filling up your body with this beautiful liquid light. All the way to the top of your head as if you were a hollow crystal shell, and feel it flow out your right arm, down, down to your wrist and out the palm flowing downwards into the earth, downward into the earth. And feel energy rising from the earth, going in the opposite direction of that flow and at the same time coming up into your right palm a deep, a deeper orange. Flowing, again, in your right hand, into your right arm, filling you up blending and mixing with the other fluids, flowing. The beautiful white, golden light from above, mixing with the beautiful deep, deep, deep colors of the earth. And flowing out your left your left arm, and flowing back up to the heavens out of your left hand, so that there is this flow in both directions. See yourself doing this, feel the vibration, then, then, when you are full bring your hands together and complete the circuit so that these two substances of liquid light, these two flows, now flowing in both directions, bring your hands together in the prayer mode, flowing in both directions from palm to palm, around and around in your body, up and down, through and through in both directions. Then open your fingers, touching only fingertips, and bring your hand down and down to the solar plexus, and feel there a beam of light, forward and backward, future and past, suspending you in the present, balancing in the now, then raise your hands apart and flow energy out, and take energy into this beautiful place you have created yourself to be in. Feel yourself connecting to all the elements of nature, the ground, the soil, the rocks, the trees, grass, animals, earth moving, clouds and sky...everything. The sounds the sights, the smells, feel align and vibrate, new, first-born, yet ancient, ancient and old and wise. All the same time the blending of all polarities, male and female, light and dark, past and future, all ideas blend from the center. All ideas come from the center. You, again, are the glowing crucible in which all the realities melt and are reformed, according to your intention, which is illuminated by your excitement, your joy. The vibration of your destiny your chosen past, self created
karma in this life to be uniquely you, the you you are. To cherish, to love the unique you that you are, to relax into the unique you that you are, so that you do not to fret, so that you do not need to worry – so that you do not need to create stress. You can know what you need to know when you need to know, if you will but be who you know yourself to be.

Take a deep breath in while standing in this beautiful place of perfect peace, smelling the rich smells – let it out. Take another deep breath in, feeling your alignments, your belief patterns, and your emotions, your thoughts, your bodies, your minds, your spirits, knowingness, your consciousness, your awareness, everything tingling, vibrating. Take another deep breath in, and out. It is beautiful just to be, it is beautiful and powerful to simple choose to be what you wish to be. It is beautiful and powerful to recognize that you can align and be aligned with all the ideas and can still express a unique diverse richness of self.

GO back into that blend, because that’s where all realities are, that’s where information is, that’s where all answers lie. Remember: it is natural, natural, NATURAL when you know you cannot find what you need in the reflection of the external outside world, it is natural for you to draw within. This is not negative depression, as you have defined it, it is only negative and becomes lonely and isolating when you define it as a negative, as an unnatural thing, as something being wrong. It is compression; it is going to where you know the information is, in the center of yourself. It is GOING within the crucible to restructure, re-identify, redefine what you are. And to thus thereafter emerged as a new being, like a butterfly from the chrysalis. Spread new wings of beautiful vibrant color, flap them and fly. This is what going within is all about. It is natural without judgments…allowance. It is a creative act of rebirth, giving birth to yourselves, over and over and over again – infinitely, for change is the only constant that really exists within the manifested reality of your world.

Now open your eyes. And, again, understand: you are, at every moment, you. You are not those people who existed, really, at the beginning of this workshop, you are new. You are a new ideas and the changes you have made have changed everything in Creation, everything, everything. Go forth and act in the manner that shows you know this to be so. Do not put heaviness and hesitations upon yourselves, if you allow yourselves to lighten up, you will find that you are capable of anything and everything when you remove expectations that you must do everything perfect. This, again, is the paradox, not to really use paradox to your advantage, not to see it as a trap, not to see it as an obstacle, but to feel the vibration, to go within, to know that in that space, in that time, in that spacelessness, in that timelessness is all probable realities, is all possible experience. You recognize in that space who you are, to choose to be through your imagination who you wish to be and you emerge through your actions to express that idea in whatever way shape of form is reflective of the excitement of the joy and the unconditional love of THIS NOW moment as you have deemed it is to be so. You have free will, use it.

Now then, how are you all?
AUD: Excellent. Great. Fantastic. Et cetera…

There will be time now for some interactions, that which is to you called questions. Sharing!
Q: I would like to ask you about a dream…
Memory And Living In The Moment

Q: I have a question about music.
B: Yes.
Q: I’ve always wanted to have a fantastic memory, and it’s never been there. And I wonder . . .
B: Oh, that’s all right. Many individuals on your planet now, because this is the transformational age, will begin to recognize that they no longer need the way you typically use your memory. For the idea is that, as soon as you are living completely in the moment, you will know what you need to know, when you need to know it – according to whatever idea you are truly fully being at that moment. Whether you have ever known it before or not. So, memory: begin to treat it as a thing of the present, not a thing of the past.
Q: And it terms of retention?
B: Again: you will know what you need to know, when you need to know it. And when you don’t need to know it, you won’t. You follow me?
Q: Yes.
B: That is living in the moment. Look at the idea of an animal, if you will, as an analogy for a moment. Let us say you have – let us use the fourth-density symbol – the cat. For you know it exists on more than one level. It knows the spiritual side as experientially as it knows the physical side. It exists in both worlds – what you call the ethereal and the physical, simultaneously – and knows it. It crosses one of your streets, and along comes one of your automobiles. The cat avoids it, runs across, goes under a fence, or over a fence, and surveys the yard beyond the fence. And jumps into the yard.
Now: for the cat, the avoidance of the idea of the automobile is, at that moment, the total absorption it is in. And soon as it is approaching the fence, the total absorption is on the fence, on climbing the fence. As soon as it sees the yard, the total absorption is in the yard. The idea is completely lived in the moment. There is no need for the retention to the aspect of the interchange with the automobile, because that does not serve the cat in looking at the yard. When it looks at the yard, that’s all it is doing – doing everything it needs to do to look at the yard. If there is an aspect of the interchange it had with the automobile that will serve it in allowing it to look at the yard more completely, then that aspect will be there in its knowledge. But it will not be memory in the same way you think of as memory. It will be absolute understanding: knowing in that moment what the animal needs to know to be what it is, and what it needs to do at that moment.
That is what many of you are learning also to do. So an individual, who is completely, at any given moment, being the idea of the musical piece that they desire to play, will play it. They will know it, note by note, exactly when they need to know that note. And if they allow themselves to channel that trust
and knowledge, then their fingers will move magically, automatically. It will be an in-spired performance. You understand?
Q: Yes.
B: Thank you very much for your inspiration.
Q: Thank you.
B: Breathe: inspire - breathe within. Inspiration. Thank you.

Memory and Living in the Moment

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Bashar: Channeled by Darryl Anka
Circa 1997
Men in Black
Question: The Men in Black are they hybrids? Are they inter-dimensional beings?
Bashar: We have discussed this and the idea is that, from time to time, they actually have been several things. Number one: there have been a few instances of what you have called literalization, in the sense that there have been, from time to time, beings that have actually donned the garb for the purpose of dissuading information flow on certain subjects. Sometimes, in a few instances, they have been also members of your own society, in what you would call some of your shadow government aspects, but for the most part, they have actually been the idea of other kinds of beings. But the largest level, of what you refer to as Men in Black, is actually a physicalized manifestation of a certain level of the collective subconscious of your reality reflecting back to itself, its willingness or lack thereof, to penetrate the deeper mysteries of life.
Q: So it is a myriad of things, really.
B: Yes. It has become all mixed up in what you would call your collective mythology.
Q: Do you think that mind control and Satanism is rampant in this country as much as....
B: They do exist and there are many programs that are relatively far reaching and wide scale. It may not, in that sense, be what you would call RAMPANT but, nevertheless, they are widescale enough to be having, in certain areas, a significant impact.
Q: Okay. Two more quick questions: is it possible that a reptilian, which is obviously capable of shape shifting, could actually take the body of ... let’s say a government official for a certain length of time?
B: This kind of thing, with a large concentrated and cohesive focus from many different levels of the collective consciousness, can happen. It does not happen, or has not happened to any degree near the percentage that certain individuals on your planet sometimes espouse that such a thing has occurred. It has occurred from time to time, but in the overall scheme of things, let us say, going to what you would call zero to one hundred percent of all such occurrences, you’re actually looking at something that in the entire history of this being done by those beings, you would only really hover somewhere around, perhaps, three percent.
Q: That’s a lot though. That’s significant because I’ve only heard of it in one instance. For some reason it just ... the person that told me ... it felt so real.
B: Yes. Now, again, also remember that even when such a thing may have occurred, it doesn’t necessarily mean that it is a perpetual thing. Sometimes it can simply be a very temporally, momentary type of manifestation for a very specific reason.
Q: That’s exactly what I thought, it was only for a year or something like that.
B: And there are also other types of beings that have done this for a variety of reasons as well.
Q: Really like what? Like whom?

B: Now we are stretching the edge of the envelope of information that is allowable at this time on your planet but we are allowed to tell you that sometimes one move has a countermove. There is a game of chess going on...
Q: Really?
B: ... and sometimes one side makes a move that another side will countermove in exactly an identical way.
Q: There seems to be some kind of struggle going on...
B: It’s not a struggle, it is a game of chess.
Q: Definitely, something coming to a head, I feel.
B: Yes ... checkmate.
Q: Soon? Is it a checkmate?
B: Yes, in a sense.
Q: Who are playing? Who are they?
B: Everyone.
Q: Oh, our collective consciousness.
B: Yes, although there are those that are in positions to have a better view of the board and understand exactly how the pieces can be moved.
Q: Global elite being one?
B: We are talking about something much bigger, though they play their part and are represented on the board by their piece.
Q: And you can’t tell who these groups might be? We are very curious.
B: Oh, yes I can...
Q: Will you?
B: No, but I will not because it is inappropriate at this time. It would be, in a sense, like giving away certain moves in a game of chess, rather than simply allowing them to occur spontaneously and let the game unfold in the way that it needs to.
Q: Well I guess we are helping all we can by raising our consciousness.
B: Yessss.
Q: A friend of mine told me...
B: One moment ... there will be allowed more on this specific subject later.
Q: Wonderful.
B: One aspect of the energy intelligence more actively and more consciously aware of the specific moves in the chess game will talk at a future time, all right?
Q: All right. Was that another entity that came through?
B: Partly.
Q: Can you identify?
B: In tapping in we will always exemplify a part of the energy that we are referring to and I have already told you that this will come at another time, so don’t ask.
Q: Okay, I just thought that you would like to share that...
B: I already told you that we could not, that is the energy we were referring to when we said that we could not, or would not.
Q: Very exciting, I can’t wait to...
B: But in the delivery of the message from that entity, that such a thing could happen, in the future, you received part of the energy, a small fragment of it, but already it was told to you that its identity would not be revealed to you.
Q: Okay, well I wasn’t sure it was same entity.
B: Now you are.
Q: Okay. One other question, I had the feeling that I might have another implant in the in the right side of my face...
B: No comment.
Q: Okay, one other thing, a friend of mind, a guy that I was seeing about a year ago, told me that he saw me shift into a snake and I was wondering if that was a momentarily shape shift type thing?
B: Yes.
Q: Yes, thank you very much.
B: Thank you. That’s why, at least it is one of the reasons why, the agenda of the interaction between your species and what you call the Greys has a time limit, because they know they can only pull you into their dimensional reality so often before you will become masterful at navigating in that dimension on your own and, in a sense, become equal to their technology.
Q: Several months ago you talked to somebody about Merlin. Could you explain what Merlin is and how we can touch the Merlin in each of us?

B: In a sense there are others who will deliver this information; but the idea of Merlin is, in a sense, its own identity; and it is an archetypal conglomerate of your civilization’s mass consciousness that does express itself as an individual being.

Q: Okay.

B: Others will deliver more of this connection. At this time, that energy, for now, is not our place.

Q: Thank you.

B: Thank you.

Merlin
Metaphysical Concepts

Section One

Now we come to the idea that, in your vernacular, is termed metaphysics. With the blending from third to fourth density, you are now able to begin to understand how many of the ideas you have previously held to be metaphysical, that is more than physical, can also, to some degree, be included in what is becoming your more rarified, more accelerated physical reality in fourth density, as you will come to know it.

You will begin to realize that all these ideas that you have considered metaphysical will fall into place as simply more or less symbolic, separated viewpoint ideas of your own abilities, your own connections, put into frameworks that would allow you to function with those abilities in a more or less acceptable manner according to whatever mores were prevalent in your society at the time you were exercising these abilities publicly. Thus, you have created many symbolic ideas that you have placed under one heading you call metaphysics, to define and describe the action of the abilities you have always had and always will have. But you chose to make connections for these abilities by creating symbols in physical reality that would represent these powers that you found yourself in possession of without necessarily having to point a finger at anyone for doing something that was not allowed in the society at the time.

Now, you will find that in the very beginnings of these ideas, when you first created the idea of separation of yourself from All That Is, these abilities were then, when exhibited, attributed to the idea of the deities, whether one or many, you believed in and had created to exist outside yourselves. Simply, you could always point your finger at something that could be above reproach. It could not be called to task for expressing itself in that way, as it was expected that the gods should express themselves in mysterious ways. Thus, the first idea of metaphysics extended from assigning these abilities to some supposedly greater power than yourselves, and in this way, as you sought to define these greater powers within a limited perspective, you began to assign aspects and, I’ll say, trappings to these deities that would explain some of these powers in ways that you could interpret through objects you were familiar with in day-to-day life.

Thus, your intuition, your imagination, allowed you to make symbolic connections between certain objects and certain aspects you had assigned to these deities. Having thus projected that portion of yourself outside yourself and created the idea of these deities, you allowed yourself to then feel that these objects that symbolically represented these aspects of these deities could also, in themselves, contain the same powers, and these powers could be utilized, coaxed, extracted from these objects so that you could be in communication, consciously, with these deities you had created, but did not know you were creating.

In this way you find that the things of nature were first used, utilized as the symbols. Plants, rocks, twigs, animals, crystalline forms, became refined over a period of years into more modernized versions of these ideas; twigs into wands, crystals into crystal balls, and markings, the idea of symbolic representation, into writings, runes, cards, and so forth. Still, you could transfer these abilities to these
objects and stay in touch with these aspects of these deities you had created, even though your civilization became more and more modern.

Recognize that much in your society still holds to the belief that it is the objects themselves, which contain the power. You are now beginning to realize, in recent times of your counting, that each and every one of you actually exhibits the power, the ability to sense remotely, to know, to pre-cognize yourself, to create future memory, to recognize yourself, to create past memory, re-cognize. In this way, you are now beginning to create the idea that the tools of metaphysics are simply this, only tools, and they are symbolically representative of the abilities and the powers that you yourself contain.

Now, many times, you will still find that many of those practicing what your general society considers to be metaphysical attributes, whether it be palmistry, tarot card reading, healing, psychic functioning, or what-have-you, many of these individuals exhibiting these traits still, to some extent, will remove these abilities, the source of these abilities, from themselves and place it on a greater power than they perceive themselves to be.

Now, understand, we are not saying that there is no creator that recognizes itself as a single entity. There is. But also the creator recognizes itself not only as a single entity, but as the conglomeration of all entities that are created within it, and, in a very holographic way, it recognizes that each entity it has created reflects the totality of the whole creator, and thus is, in itself, actually the whole creator, since to the creator, that which it can think is real reality. Thus, the concept becomes the actual dimension of experience and each and every being exhibiting these traits finds that it is its own source, his or her own source, of these abilities.

Each individual, thus, being the creator, and in your society, since, to some degree, you are still choosing to create the idea of separation of the event of your life from yourself, rather than as yourself, then, many times – even though you may recognize that you have these abilities yourself - many times you will still choose to create a symbolic tool to allow you to trigger these abilities within you, to re-cognize these abilities within you, to create past memory, and pre-cognize, to create future memory of these abilities, and focus them in your present application through the mechanism that is called channeling.

Now, many times in your metaphysical jargon, the idea you call channeling or, as you used to call it, mediumship, will represent something very specific to you. Your colloquial vernacular will have it that the channeler or medium will be allowing the spirit of a deceased individual, deceased consciousness, nonphysical consciousness, to inhabit their physical form and speak through them, or to be able to sense the communication from the nonphysical consciousness and speak for them. Now, while this is, in a sense, a possibility, recognize that the idea, intrinsically, basically, foundationally, that you call channeling is any function of creation from higher self to physical self. Thus, music is channeling, painting is channeling, any kind of creativity in any endeavor at all is channeling in a sense. Thus recognize, simply that, first and foremost, the vernacular of metaphysics on your planet as it exists now, many times, will find that all of the practitioners, the conscious practitioners, that is, subscribe to specific schools of thought, and still recognize, even though they are the conscious practitioners
themselves, a differentiation and a separation between what they are doing and what any other practitioner is doing. There is no unification, and there are just as many theories for why the practitioners are doing what they are doing as there are practitioners.

Simply recognize that every practitioner is a channeler, even the unconscious ones. You are always channeling, channeling the energy of your higher consciousness into your physical reality for whatever purpose you wish to express it. The symbols that you have created in metaphysics have allowed you to become consciously aware of your own channeling abilities; consciously aware of the fact that you create your own reality, and this is the common bond for all practitioners, conscious and unconscious, that you are creating your reality.

Now, recognize that many of your directions of sensing will be representative of that which you innately know, but find you can only ascribe to certain methodologies of perspective. And so you have created the different disciplines to allow for all the different aspects, which you have created in physical reality, out of the consciousness and the mentality from which you function, to give you this idea, this illusion of physical reality.

· Therefore, you have the ideas you call astrology to determine the aspects of your predetermination and freedom of choice, which you call fates and destinies.
· You have the idea of palmistry to detail the physicalized representation of these choices.
· You have the card reading to detail not only the physiological but the emotional patterns which you have created in creating your life.
· You have the idea of psychic sensing to allow you to divine the belief structures and the emotional and the physiological structures.

You have created many different levels of tools to allow you to function on whatever aspect or level of understanding that you wish to create. Simply remember that you have created yourself to be this way.

Now, again, all of these ideas are simply tools. The individuals utilizing the tools are the ones exercising the sensing, the powers.

Now, astrology will be, to some degree, an exception, in that not only is it a subjective tool but it does, to some degree, represent vibrational patterns of agreement within the overall mass consciousness choices that have been made. To some degree, it does reflect a sensing of the mass unconscious and subconscious, and you bring to the surface, through this tool you call astrology, your relationship, not so much to the idea of the stars and the planets, but to yourselves, to other aspects of your own consciousness, symbolically represented by the stars and the planets, in terms of the level of the vibrations they represent to you, which is equal to the vibrations of your higher consciousness, symbolically, in an archetypal fashion.

You will find that all the ideas of palmistry, leaf reading, card reading, crystal ball gazing, direct psychic sensing, psychometry, and so forth, are simply all the same type of extension of sensing, the same type of utilization of your knowingness, and in this way, you are creating specific triggers which, in and of
themselves, because of the choice you have made, reflect certain portions of ideas that the ones exhibiting the powers are exploring about themselves in their own physical life.

Thus, someone can easily read, in a sense, the reader, by seeing what approach they have taken, and exactly how much of the idea, of the total idea of themselves, is apparent in the particular methodology that has been chosen by that person expressing themselves in that manner.

Now, the idea also of crystal gazing will be a different kind of sensing, in that the tool in question, the crystal, will represent a symbol, again in the mass consciousness, and will reflect the orderly matrix of energy that the consciousness is in sustaining the existence of the physical reality. Thus, it becomes a high vibratory tool, a very, very, in a sense, naked reflection of the mentality that has been ordered into existence and put into orderly existence by the consciousness itself. Thus, an affinity for crystal will exhibit a high degree of compatibility between the mentality and the non-physical consciousness.

Affinity to astrology will exhibit a high degree of compatibility between the mentality and the emotional vibrational level of consciousness.

The idea of the majority of the other forms of sensing, in terms of tool using: leaf reading, palmistry, card reading, rune reading, anything that describes the idea of a line, a configuration, or a shape, specifically, will be a reflection of compatibility, an affinity, for the mentality to itself, in a sense, a reflection of the orderliness of the mentality itself, the idea of translation, and a direct link into the imagination mechanism.

Thus you will find that within these ideas are represented:
· The shape or configuration reading, the mental thought process, physicality and imagination,
· The astrological type of sensing, or vibrational pattern sensing, the connection to the emotionality pattern of the personality, the understanding of vibration and movement, e-motion, energy motion.
· And the crystal gazing - direct sensing knowingness.
· And what you call channeling, specifically, reflective of the idea of an affinity, and a representational symbol of the belief structure of the personality, as we have defined this; the thought, emotion, and belief structure to be the three facets of the personality prism, the artificial construct, and thus, these categories will represent, to some degree, the idea of the approach, the overall methodology of the being that is exploring itself in this physical life.

You will find that, as you begin to understand all of these ideas, all of these meta-physical ideas, as something that is now becoming blended within the knowingness of yourself and the transformation from third to fourth density, they will take on different aspects. In the second half of this particular chapter, we will discuss the effects of this blending, as we have done in the previous chapters for each respective subject.

This will be the termination of Section One of this chapter of the work.

Section Two
Now, allow us to discuss this idea of metaphysics when viewed through the perspective of the fourth density reality that you are creating in your society at this time.

All the ideas we have discussed and the various levels through which these symbols channel themselves through the personality into physical reality will all begin to become far more personalized. As we have said, everyone is channeling, in a sense. Therefore, this idea will embody the facilitation of a conscious recognition of the higher self and direct communication with that portion of the consciousness.

You will find that the individuals upon your planet can begin, in a sense, to actually see themselves as the symbols they have previously held to be outside themselves to represent the abilities they were expressing. Now, this does not mean that you will become a deck of cards, a cup of tea-leaves, no. But you will understand. You will identify completely with the reflection that the archetypal symbol represents, and in so identifying, you will become one with the energy that you used from your subconscious/mass conscious level to form that symbol for yourself.

In other words, you will see exactly how this particular symbol was chosen by yourself, what it reflects, why you chose it, and in this sensing, in this direct sensing, you can allow yourself to remove the need for that specific tool and simply function within a constantly knowing state that can always be in touch with its own reasons, its own extensions of thought, its own extensions of feeling, and its own shared beliefs within the overall mass consciousness as it is transforming.

Thus, you will find there will be an ability for metaphysics to become the physics of the land, in a sense. As we have already described, physicists will, on your planet, begin to discover that consciousness is a factor. They will begin, and have begun, to some extent, to include consciousness into their equations. And the parallels between the now existent forms of metaphysics will begin to grow between that and physics as you understand it, until the two, in a sense, will become one idea.

Now, realize that this may be appalling to both physicists and metaphysicians upon your planet, to some degree; but this is only because of the judgments that they hold for each other. You can simply recognize that it is the same exploration, from polarized viewpoints; physics is becoming metaphysics, metaphysics is becoming physics.

Physicists are becoming metaphysicians by allowing themselves to recognize the active participation that consciousness, a non-tangible substance, plays in the physical world.

Metaphysicians are becoming physicists by allowing themselves to recognize that what they have previously held to be sacrosanct, beyond the idea of what they judge to be mere physicality, is in fact blending into an ecstatic explosion of an enjoinment of physicality that recognizes that physical existence is also spirit. It is no less than nonphysical existence, and the idea of applying reasoning is just as valid, and just as livable as any ideas that would tend to obscure or hide the understanding of your own consciousness, as has been implied by the term that you have most often used to describe metaphysics, and that is occult, which means hidden.

Therefore, both ideas are blending because they are allowing each other into each other’s realm of experience. Both are recognizing that experience itself is the defining factor, and that all the ideas of
proof from the physics side, and non-ability of proof, or the necessity of occultism; from the metaphysical side are both extremes of viewpoints which have only been created from the judgment from one side to another.

Physics is in harmony with the experiential self; even the nonphysical experiential self and metaphysics are in harmony with not only the nonphysical but the physical self, and it can be understood that there really is no difference between the two, nonphysical and physical reality, except as you have created the idea.

Therefore, the final perspective, in a sense, though not ultimately final, but only from this particular exploration of this particular dichotomy in this particular sequence of life as you know it, will be to understand, physically and metaphysically, everything in your world as ideas; simply ideas, perspectives, points of view.

Now, from that it will be then extrapolated that, since we have already, from the physics and metaphysical point of view, understood that space/time is an extension of the consciousness, of the perceptions, and therefore, in many ways, an illusion, except where you wish to apply it, you can now understand that all things, therefore, are simultaneous, and all space is here, present, here and now.

Therefore, once you become aware that both physics and metaphysics simply are the creation of ideas, you can then see that the next step will be to recognize the self as an idea, and in this way, each individual will be able to function as their own physicist and metaphysician simultaneously, recognizing the validity of the nonphysical and physical realms, the equality of the nonphysical and physical realms, and therefore, the ability to abide and live in both consciously, simultaneously. Being both and neither at the same time.

Now, allow me to illuminate that this is one of the reasons why, what you term to be your Western culture, when it encountered what you call your American Indian culture, could not find common ground to understand each other.

Recognize that American Indian culture existed consciously, both in physical and nonphysical reality, whereas Western culture, as you call it, had only assumed the physical reality to be real, and the rest to be simply flights of fancy or imagination, and not to be paid much attention to as having any possible way of having an effect upon your lives. This will have been, and still is, the idea of the dichotomy between those two cultures.

And the reason why they met at the time that they did, in the timing that they created, that they co-created, was for the beginning of the blending that you are now beginning to explore within yourselves, and the merging of the two realities, physical and nonphysical, outer awareness and dream consciousness, through the link and the bridge we have defined as the imagination, so that your world can become a product of your own conviction, your own directive-ness, your own self-empowerment, your own freedom of choice. These always exist regardless of what any physicists or metaphysicians may wish to tell you through self-ego gratification. There is no one-way to do anything; there is no one path. If there were, there would only be one person.
Recognize, there are as many paths as there are individuals. In fact, each individual is a path, and you will know that the idea of the need for specified physics and specified metaphysics will blend, simply, into the ongoing process of experience itself. Experience itself, the experiencing of the All That Is that each and every one of you individually and collectively are.

Dr. Chandley: I’d like to ask you a question about two psychological terms that we use to describe energy, called transference of energy and counter-transference of energy. How is the transference of energy happening within the channel as you, from your point of view, and what is the counter-transference of that energy as it affects the channel?

The Association: Thank you. In a basic foundational sense, the answer to both of your questions is the same, and it is something which is still little understood in your society, and this is, however, something which you think you recognize as being with you all the time, and the one word that defines and describes the mechanism which gives rise to both the transference and counter-transference is what you call imagination.

Understand that imagination is a dimension unto itself, and in that dimension it is the hyperspace, the All That Is, the center point through which and in which any blendings, co-creations, transferences, exchanges, alterations, take place.

Therefore, within the dimension of imagination, I blend with the physical consciousness of the physical channel and form the third personality, which you are perceiving, which is the combination of my imagination consciousness and the channel’s. And in like manner, in the reciprocal movement, the consciousness of the physical channel goes into his own dimension of imagination; in the same way mine goes into my own dimension of imagination. Therefore, it is always a constant flux, coming and going; the cause and the effect being the same event. There really is no separation. It is all one thing. There is always, automatically, polarity, even though you are experiencing a coming and a going. It is simply a merging and becoming the dimension of imagination itself, in which any seemingly perceptual exchanges can take place. Is this clarifying the idea to some degree for you?

Dr. Chandley: Yes. In the holographic model, for instance, when we start with the beam or the seed, and split into the imagination, would the reference beam then be the imagination?

The Association: In a sense. Understand that the interference pattern caused by the original beam of your higher consciousness, and the reference beam of your physical personality, the interference pattern, is actually the dimension which bridges the two, which links the two. This is why we have said that your imagination is the bridge and the link between your higher consciousness, or your dream self, and your physical consciousness, or your physical reality, your mentality. The interference pattern created by the original beam and the reference beam is the interaction of the two beams, and as we have always said, you are neither the original beam nor actually the reference beam, but the interaction of the two polarities.

Thus, imagination and the dimension of imagination is actually what you are. Any transference and counter-transference is simply the activation and co-blending of both individuals involved in the
process, both consciousnesses involved in the interaction becoming the interaction itself. Thus, where I come from, and where the physical channel’s consciousness goes is into the center of being the interaction itself.

Now, we have defined it, many times, as an analogy, as if the physical consciousness of the channel becomes lost in a daydream. This is one physicalized analogy for being in the dimension of imagination; but simply recognize, all that is happening are the expressions of polarities from both consciousnesses being the interaction itself, being the dimensional reality, the universe of the interaction itself, being at the center, at the source together, and recognizing it. You follow me?

Dr. Chandley: Yes, absolutely. Thank you. Is there a place within the physical being that we can actually visually see, from where the imagination is presented?

The Association: You may understand that it can, to some degree, be viewed as being the center point of a trinity, three-sided pyramidal structure, the base points of which are centered in the pineal gland, the pituitary gland, and what you call the base portion of the brain, at the junction of the spinal chord and the physical brain. Now, though this may not geometrically describe what you call a three-sided pyramid, in an energy sense it will. And you can simply recognize that the center point will be the black hole, in a sense, the doorway, the gateway, the white hole, in a sense, both black and white hole, in and out, transference point, in the center the corpus callosum between the two hemispheres.

You will recognize, you will come to recognize, there is a small group of cells in the center of the brain, touching either side of the corpus callosum, which will be responsible for the regulation or the translation of the black/white hole energy into your physical brain, and from these two core seeds the brain will grow. You follow?

Dr. Chandley: Yes. So, is part of the counter-transference of that energy happening through that center or corpus callosum in the brain?

The Association: All of it.

Dr. Chandley: All of the transference of energy also?

The Association: All of it. Now, you may perceive that there are black and white holes in the center of every cell in your body as well, and it may seem to be an infusion coming from everywhere and nowhere in particular; but as you define the idea of your physical brain representing the controlling network of your mentality, which represents the projection of your consciousness into physicality, you can simply recognize the primary black/white hole in the center of your brain to be where all of the transference and counter-transference is being created.

Dr. Chandley: Would there be any way that that counter-transference and transference could be negative?

The Association: Yes.

Dr. Chandley: How?

The Association: Simply, as it is created, it will always still, because you are physical beings, have to
proceed through the prism of the artificial personality construct, and the beliefs within that personality construct may filter some of those ideas, either in a positive or a negative way. The initial point of transference is neither, or both, positive and negative; but the feedback can set up, to some degree, a resonance; a positive or negative harmonic resonance can be set up, by reflecting through the prism where the beliefs, emotions, and thoughts then become connected to the occurrence that is happening with the transference.

You follow me?

Dr. Chandley: Yes. So, in order for there to be positive transference and counter-transference...
The Association: There must be allowance in the personality.

Dr. Chandley: Of the medium or the being who is...
The Association: Yes. Allowance and trust. This is the opening of the clarifying of the personality prism, which allows there to be positive harmony in expression between the physical personality and the initial transference point, the higher consciousness. A blending.

Dr. Chandley: So, there’s no way that that energy system could bypass the personality construct of the medium?
The Association: There can be varying degrees of what seems to be a bypass, but some portion of the original consciousness must always be there, except in the case of what you call a complete and total walk-in. You follow me?

Dr. Chandley: Yes, and then it would no longer be channeling. It would be...
The Association: An exchange...

Dr. Chandley: ...of energy.
The Association: Yes.

Dr. Chandley: Is there something that you would suggest for those mediums who are integrating their personality construct so as not to filter the information as much, and to have more of a positive transference and counter-transference?
The Association: Simply, first of all, that they are offering their channeling out of service, out of unconditional love, not needing to take anyone’s power away, not needing to make or force anyone to do anything; but allowing them their free will, and in so trusting their higher consciousness, allowing whatever will come through to be a part of the unfoldment, no matter whether their physicalized personality thinks it likes it or not. You follow me?

Dr. Chandley: Yes, I do. Thank you.
The Association: We will thank each and every one of you, once again, for the sharing you have been willing to create with us. We will, until next week of your time, as you count time, bid you a fond good evening.

Metaphysical Concepts

10
Methodologies of the Grey Agenda

Q: Let me ask you, we talked about Alpha Deyo...
B: Yes.
Q: ... in terms of him basically exiling himself from the Reptilian agenda.
B: Yes.
Q: Then you said that the Reptilian agenda is basically the Grey agenda.
B: Basically.
Q: Okay, because I am assuming that there are many factions and many people in charge in different areas with different agendas.
B: Yes.
Q: But generally, what was the agenda that Alpha Deyo left or exiled himself from?
B: The idea of the creation of hybrids from your society and their society, the Greys, in order to perpetuate their species.
Q: He is not in agreement with that?
B: Not any longer.
Q: And ... but he is with you ... is there a part of your particular species that is not in agreement with this going on right now?
B: Many of the methodologies that have been utilized are not within the scope of the vibration of, what we would call, our preference of integrity.
Q: Really?
B: Yes.
Q: So, it’s really not out of the question for us to have felt at some point, very disturbed by these experiences?
B: No, it is not out of the question.
Q: And is some of the objection on your part due to the pain from us?
B: We object to nothing.
Q: Well...
B: We recognize what is and is not our preferential frequency.
Q: Why is it not preferential to you?
B: Certain aspects may contain the idea of, what you would interpret as, force against will.
Q: Hmm ... and so not all are pre-agreed upon contracts?
B: I didn’t say that. But we would also not prefer for you to harm yourselves.
Q: To harm ourselves?
B: Yes, for then there can be seen the idea that many individuals, because of the fear that has been instilled within, they may find themselves attracted to and agreeing with the idea of attracting others to bring the idea of force against will, against them.
Q: All right.
B: We simply disagree with this mechanism, in that sense, and we find that it is maybe, perhaps, not excusing the perpetrator, but simultaneously a self destructive mechanism.
Q: So you feel that maybe our free will, on some level, is usurped by their powers?
B: Well, not exactly usurped but, shall we say, made to appear to bend.
Q: So you think that possibly many of us may be manipulated in some way to think that maybe these...
B: Many of you allow yourselves to play the manipulation game, yes.
Q: Now, how can we be clear on whether this is a contract?
B: Be yourself and, in that sense, get in touch with your definitions that are generating the fears within you that would make it seem to be a motivation to want to be immersed in a manipulative game.
Q: Well...
B: Yes?
Q: I just want to be clear.
B: Well, all right, by all means, please do.
Q: I don’t want to just, in a blanketeted way, or off-handed way, accept that this was a contract. I mean I’m really questioning every move that I make in terms of unraveling this.
B: All right, but you don’t necessarily have to second-guess yourself. Again, go back to the idea that we spoke of in the initial moments of this transmission ... respect your choices.
Q: Right.
B: And if any of you find that you have allowed yourself to make choices in life, or if any of you find that you have been taught to believe in certain ways that then allow you to make certain choices, whether conscious or unconscious, that bring you into an experience that appears to allow you to divest yourself of your power – accept that that’s the choice you made. So that in accepting that that’s the choice you made, you can use the experience of giving your power away, and use the experience of appearing to be manipulated, to see how that experience can connect you to your self empowerment, instead of assuming that you have to run away from that experience to find the connection to yourself.
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Methodology of Karma

Q: You shared an experience with us in which you took responsibility once for another person’s actions. And in order to balance this act which occurred in the now, you went back into one of your past lives, presumably in an alternate time track, and produced a disease.

Now, if you create your universe, if you create your own reality, if the universe reflects whatever belief system you have: why didn’t you change your reality or belief system, such that the issue of integrity, or the balancing of actions, did not enter? Now, if you could not do that, it must be that there must be some absolute cosmic laws, which must be adhered to;

if that’s the case, then believing in your own reality is limited to adhering to these cosmic laws, or at least within the universe. If there are, what are they? If there are not any absolutes in the universe…

B: All right. Thank you.

Q: ...then why did you adopt that belief system that you…

B: Thank you. Recognize, first of all, that the so-called absolutes for all universes is but one – the fact that you exist.

Now, each and every universe can create its own apparent absolutes, to some degree. And by that particular rule – by those particular rules of that particular game – then there are generally agreed-upon absolutes that will generally be followed. And in abiding by those, you will then maintain the balance of the energy within the total game that you are playing.

That is also dissolvable, but only when you extract yourself from that universal absolute that you have agreed to create. They are not absolute absolutes, but they will appear to be just as solid as a so-called absolute, as long as you agree in general to abide by them.

Within the universe in which I exist, I agree to abide by the notion of the balancing in that way – that there were scenarios in my past life, wherein the playing out of certain positive and negative ideas was, quote/unquote, acceptable then. And therefore, any idea that would fit into allowing that being I was then, to learn what it needed to learn through that particular understanding, or disease, at that time, was put, in your terms, into good use.

Q: Is karma an absolute law in the same sense?

B: No, except in the sense that it is only a representation of a momentum, karma is completely self-imposed; the idea, the methodology, so to speak, of the karma are completely self-imposed. The so-called absolute within the universal game is simply that it will represent a momentum, a balance, a carry through of an idea once initiated. How it carries through and how it balances out can occur in many different ways. You follow me?

Q: Yes.

B: The karmic absolute is simply that the energy, once initiated, will carry through as a momentum; but how that plays itself out will depend upon the reasoning within any given life that requires that
manifestation, and can use that manifestation to learn something from. In other words, the generation of that balance point that I created was usable in one of my past lives. So I allowed it to stand, in that way, knowing that that past life had the belief systems that would generate that type of reality. And therefore, it could use that type of reality to learn that it did not need to create that type of reality anymore.

And that is what allowed me to maintain the existence that I do now, where I know I am the creator of my reality; for, the me that had the disease, was not in cognition that they were the creator of their reality. And the disease allowed them to learn that, so that I could be who I am today. You follow me?

Q: Yes.
B: Does that assist you?
Q: Yes, it does. The personality in that previous life was in an alternate time frame: was that personality associated with your soul? In that case, does that mean that one’s soul has multiple numbers of personalities and multiple time tracks?
B: Oh, absolutely, the oversoul has an infinite number of fragments. It may choose to project these fragments into any given game at any given moment.
Q: In an infinite number of time tracks.
B: Yes.
Q: If the soul is that infinite, what comes after the soul? What could be more infinite that that?
B: Nothing. But you are assuming that there is an after, and there isn’t. Everything only is – now, simultaneously. The notion of a before and an after is one of the games you are playing.
Q: It’s my understanding that there comes a point in evolution where one no longer needs a soul. Is that true?
B: One is a soul, in a sense. You may no longer need particular manifestations of the spirit that you are, of the soul that you are. But in a sense, a soul is what you are, although there may be many different definitions to that, many of which might be semantically arbitrary. Your meaning of a soul, and a fifth-density being’s meaning of a soul, might be pointing to two different fluctuations of representations of energy.
B: You follow me?
Q: Thank you.
B: Thank you. You are simply consciousness, if you will. You will always be that – in whatever way you choose to manifest yourself. Thank you.

Methodology of Karma

1
Middle East and The Presidency
(1990)
Q: What are your feelings as to what is going on in the Middle East, and toward, shall we say, putting together a one world government, say in the next ten to fifteen years?
B: Again, it is still our perception that this will be achieved by your year 2025. But there will be upheaval within your Middle East area approximately in and around your 1997, and what is generally occurring now will continue until that upheaval when all things will be reassessed and many realignments will be created. This is one way for that area to break down its older structures. It is in a way, replaying many past scenarios, very quickly.
The idea still is that there are many aspects that need to be worked out within that oversoul consciousness. And it is in the throes of a dream, a negative dream. It is only just awakening in certain ways and has yet to awaken to certain aspects of its own inner light.
But this awakening, in our perception, will come around your year of 1997, and then there will be great shifts and great change in the three years following that.
For now these scenarios are as if different aspects of one mind, of one oversoul, continue to present different faces of itself as it reflects negative aspects of itself and fears that it has back to itself, in a self-contained, self-convoluted, self-generating, self-perpetuated nightmare, of sorts.
Q: You make it sound like just one person over there doing these things.
B: In a sense, it is. One mass mind.
Q: You’ve mentioned one point also, that the President we now have for this country, will be the last time we elect a President. Do you still feel that way?
B: In a sense... yes.
Q: Why do you... I wasn’t there for that, could you elaborate?
B: The idea again shall be, that as you spread yourselves throughout, as you connect yourselves throughout other systems on your planet as they go through their upheavals, your nation will find that it has anchored itself in too many directions. The anchors that it will have in all of these directions will begin to pull and pull and pull even harder over the next decade, until the center is pulled apart.
That center will no longer be a point at which one individual can seem to run things. But will be an ever widening circle that will make it obvious that a different form of regulation, a more republic form of regulation is required, in order to maintain a stability and a balance of identity. And different policies, different attitudes, different notions of responsibility will again begin to shift and occur over and around your next eight years of time, until you have completely shifted the system you now have at present, into more of what you may call an electorate board.

Q: That’s all very interesting, thank you very much.
B: Thank you!

1
In this way, recognize that what you often consider, in your civilization, to be miracles, you consider to be out of the ordinary, above and beyond the mainstream reality that you are used to experiencing in your day to day world. But recognize, what you typically call a miracle is, in actual fact, recognition of the fundamental workings of the universe. It is a recognition of when reality, physical reality, the experience of physical reality, as you have come to know it, is actually working in a synchronous harmony with all other levels of reality. And thus, a miracle is actually representative of where the universe is working most naturally.

Physical reality, the day to day events that you typically experience that seem to be different from what you call miraculous, that, in a sense, is even more of a miracle than a typical miracle, as you call it. For a typical miracle is an indication of the natural state of the universe, where everything works hand in hand, absolutely flawlessly, and can create whatever manifestation is indicative of the way the mind and the heart and the belief of the individuals involved in that circumstance wish it to be.

Whereas, what you call, your day to day life is the product of divergence, many times, from the so called natural awareness or natural state of creation, natural state of reality, and, in that sense, the things that you most often take for granted are actually the exception to the norm. In that sense, the way you have structured your reality, all of the different diversifications, separations and specific endeavors that you create in your day to day lives, those are the miraculous manifestations of the foundational energy.

Your daily life is, therefore, miraculous. And when you see, in your life, what you normally call a miracle, when all of the normal, what you think of as normal, activities that go on are, for a moment, seemingly suspended to allow this so called miracle to occur – in actual fact what you are seeing, therefore, is the very fundamental, the homogenous, balanced, natural energy that everything in your daily lives is created from. Do you follow along?

Audience: Yes.

B: Therefore, recognize that your lives, at any given moment, are made of magic, if you will, are miraculous in that way, and that what you typically call a miracle is not something that is an interruption in what you think is a natural or normal way that life exists, but it is actually a manifestation of naturalness. A manifestation of the basic root foundational energy out of which all of the divergences in your daily life are created.

A miracle is a calm spot, the eye of the hurricane, as you say, wherein you allow all the different energies, the homogenous energy of the foundational creation itself, to simply work in its purest form. When you know, in that state, that everything does fit in with everything else, everything does work in
life, and a miracle is simply your willingness to allow, on all levels, all at once, life and the universe to work in the way it was designed to work.

So, if you wish your lives to become, as you think, more miraculous, and for life to become a more and more effortless expression of that level of creativity, then all you need to do is allow your life to revert back to this natural state – to the zero rest balance point – to allow the things in your life to be there that need to be there, rather than thinking that you must make or force or push those ideas into creation.

Desire and determination, those are tools that can allow you to allow your reality to work. But desire and determination do not have to be expressed in a struggle type of mode. Desire is the activation seed that will bring to you anything you believe to be possible to experience in your life. And when you allow your desire, your excitement, which is your indication of your connection to the primal energy out of which all is created – when you allow your desire to bring those things into your life, then your life will be effortless, will be miraculous, day to day to day. Do you follow along?

Audience: Yes.
Mirroring Of Vibrations And Orca Symbology

Q: Hi.
B: And good day to you.
Q: I’d like to know why do people take on the characteristics of other people that they hang around with?
B: Because they start identifying with their vibration and start mirroring it – because they, in that sense, identify with them. They wish to reflect to them certain ideas. They wish to join a particular miniature consensus reality and flow in the same direction, so they can, in a sense, work together as one. Even though they are individual.
That is why individuals in love will very often exhibit similar traits to each other, and know each other’s thoughts, because they are identifying with each other so strongly that they are mirroring each other’s vibration.
It is not that anyone in that sense is literally reading each other’s minds directly. It is that when you identify very strongly with an individual and you exist on the same frequency, then you translate your thoughts in the same way, or a similar way, to the way they do. And you become very much alike, even though you still have differences.
Q: But, I mean, it’s like when you go up and you first meet someone…
B: Yes.
Q: …just the way they speak; you start speaking like them, even though you’ve never met them before. You start acting like them or doing…
B: Yes. Because as a form of communication it allows you both to express to each other that you are willing to see in the other their validity. It makes communication easier, because you are reflecting back to them an aspect of themselves that you discover within you as well.
It is simply, to put it on a very simple level, called mirroring. And when you mirror someone – not in a mocking way – but in a truly identifying way, it allows a flow of communication to go more easily. Because you are creating a similar vibration, a similar wavelength, by literally copying each other’s format.
And it allows communication to flow more easily, because you’re on the same wavelength. Literally, you can create the same wavelength by physically mimicking someone else. Again, not in a mocking way, but your body language – if you identify it strongly with another individual’s body language – will automatically create a flow of communication, not only a physical, but a non-physical level. And it will make communication between you easier. That’s why it’s an automatic thing. Understand?
Q: Yes. All right, thanks.
B: Thank you very much. Sharing!
Q: Good evening.
B: And to you, good day.
Q: I’m so glad to be here with you again.
B: Oh, all right.
Q: And I must compliment the channel on his wonderful T-shirt with whales. That’s what I want to talk about.
B: Whales!
Q: Whales.
B: All right.
Q: I went to Sea World yesterday again.
B: All right. Getting to know you there, are they?
Q: Oh yes, I think they are. I’m certainly feeling that they are.
B: Yes.
Q: This time I was able to pet the pilot whales.
B: Pet the pilots, yes.
Q: They are so wonderful. And I felt during that interaction with them, when one of them actually stayed in front of me and let me pet him for some time...
B: All right.
Q: ... I felt that through that I was really contacting the consciousness of pilot whales everywhere.
B: In a sense, yes, to some degree.
Q: This has been something I’m very interested in because... I spoke to you before in Hawaii, about working with the International Wildlife Coalition on a project to allow the Faroe islanders up near Greenland to see that they don’t really have to slaughter pilot whales, that there are other ways to interact with them.
B: Yes.
Q: Much more positive, much more loving ways.
B: Yes. Ways that the whales would also prefer.
Q: Yes, I’m sure. So through the interaction with these two pilot whales at Sea World, I really felt that. I don’t know if I mentioned that before, I guess I talked to Friend about it. I actually took a very smooth, sturdy – neoprene, I guess – beach ball down there a few weeks ago, and threw it into the middle of the pool for the dolphins to play with...
B: Yes.
Q: And my one concern... I knew that the dolphins couldn’t hurt themselves, and no one could be injured, and I knew management wasn’t too pleased about the idea of anyone doing that, but I knew they couldn’t hurt themselves. And as a matter of fact, the girl that was on duty there took it out. And then
she gave it to me because she said that she didn’t have the authority to throw it back in. But she… when I told her that I had put it in, she said, “Well, I can’t throw it back in.” So she let me do it.

B: Yes.
Q: My one concern was that, perhaps, because the pilot whales are so large that they conceivably could swallow it.
B: All right.
Q: Although I didn’t think they would.
B: Not really.
Q: No. And what happened was, they swam around and they played with it. But they just pushed it with their noses. And I felt that they had actually picked up the idea that I had.
B: Well, to some degree, but understand, they already knew it. They were, to some degree, reflecting. And what you were sensing as your desire for them, in a sense, you were actually picking up from them. But they already understand the parameters of their environment to that degree.
Q: Yes.
B: It would be analogous, let us say, to someone tossing you what you would call a tennis ball. Do you think you could swallow that very easily?
Q: No, I see your point. It would have to be a ping-pong ball.
B: Yes. And even then, you have what you call your gag reflex.
Q: That’s true. Why is it then that the dolphins occasionally do swallow foreign objects, and sometimes fatal…
B: It would depend on the symbology. Remember that they are still individuals as well. And they have, in many ways, certain ideas that they are willing to play out within their own lives in different ways; certain symbols that are reflected to them in certain ways. And societal patterns that, to some degree, they also are reflecting in their individual motives.
Q: Mhmm.
B: Understand?
Q: Yes. I do.
B: Well, thank you.
Q: Would you be willing to share something with us about Orcas? My friend Karen is here and we’re both…
B: Well, you know what we already have shared about the idea of the Orca: the sorcerers and the samurai of the seas.
Q: I love it.
B: Yes, the black and white of polarity. That when you, in that sense, mimic their path, then you are very boldly expressing conviction. And in very many ways there is no turning back.
Q: I have felt that more and more lately.
B: Yes. They are the expression of polarity consciousness itself. And as you have already suggested and as we have said: they are the samurai and the sorcerer, they are the warriors of the sea. Not meant in what you would call a negative way. But they have that spirit of conviction.
They tunnel through different dimensions. And if you ride with them, you must expect to go on that ride with your eyes open, and be prepared for all the changes that occur, for they are very strongly transformational beings. And any structure that you may have built up that doesn’t fit in their world will come apart very quickly. They will allow you to face anything you might call a fear, and process it now!

Q: Yes. I know that is true.
B: Yes.
Q: That’s why it is so exciting to get to go to Sea World and see them playing with their trainers and to see the love and the interaction and the trust.
B: Yes!

Q: Yesterday they were . . .
B: Be brief; be brief.
Q: Yes. They had two more Orcas there from a facility in Ohio that are there on vacation; and so there were four Orcas and four trainers. And they actually rode them out of the water up on to the platform. And it was magic, it was great.
B: Thank you! Love to you. Sharing.
Q: I thank you. Love to you and Essassani.
B: Our love to you. Sharing!

Mirroring of Vibrations and Orca Symbology

1
Missing the Train

Q: I have a scenario in my life that I feel that I should have completed by now.
B: Should - should - should - should - should - should! All right.
Q: It’s beginning to cause me stress.
B: Ah! Oh, etc. Here it comes, right? “It" is beginning to cause you stress. It?
Q: I am beginning to cause me stress.
B: Thank you.
Q: Well, it’s making me uncomfortable.
B: It?
Q: All right. I have created a situation that I am making myself very uncomfortable in.
B: How creative! Why? How does it serve you to be uncomfortable?
Q: At this point, I don’t think it serves me any longer. The serving, I feel, should have been completed several weeks ago.
B: Should?
Q: All right.
B: Now, let’s take it one step at a time. Your physiological reality – and everything that happens within it – is there because it is a reflection of what you believe the most likely event that can occur. Therefore, if something is happening in your reality, it is there for a reason, no matter what you like to think about it. When you accept that it is there for a reason, perhaps you will allow yourself to begin to realize that it is actually never the same thing.

You may have created what appears to be a repetition of a familiar symbol. The only reason that it may continue to feel like a repetition of the entire event is because you continue to insist on imbuing the familiar symbol with the same meaning over and over and over again. But no symbol has built-in meaning; no situation has built-in meaning. All situations and circumstances are fundamentally neutral, blank, zero, empty; you supply the meaning. The meaning you supply, and the type of meaning you supply – positive or negative – determines the effect you instantaneously create in your life.

Now, recognize that many times when you know, quote/unquote, things should have changed; when you know you have changed – but apparently they haven’t, it is only because you do not truly believe that you have changed. And therefore, you think, “well, if the symbol doesn’t change, then I must not have changed." You are taking your validity from the symbol, rather than giving your validity to the symbol. You follow me?
Q: I do follow you.
B: Therefore, if you know, beyond the shadow of a doubt, that you have changed, that you are now the idea you prefer to be, then allow whatever symbols occur in your life – whether they appear to be the same symbols that used to occur or not – to not have the same meaning. When you give them new
meanings then you will allow the symbols to change. You still do live in a linear time frame reality. And therefore, any change you know has occurred within you, as an idea of yourself, may still take a little bit of time for the outward reality to go along and follow suit.

However, this can happen the most quickly when you simply take it for granted that when you know you have changed, you have changed. KNOW your entire reality is now different, and don’t keep supplying the same meaning to the symbols you used to use. When you give them different meanings is when you allow them to change along with the change you now know yourself to be. You follow me?

Q: I do. It’s my most difficult one, I find.
B: If you say so. That is a belief.

Q: Okay. Could it be, though, that I would be operating under an old belief system that I am not cognizant of?
B: Oh, it could be. Do you think that is the case?
Q: No, I do not.
Q: Then thank you. Trust your feelings. You are different. If you know you are different, act like it. Do not believe that what used to be a symbol for you has the same meaning. Look at it this way, perhaps, if you actually were a different person, do you not think that the different person might have a different meaning for the same symbol?
Q: Perhaps. Yes.
B: All right. Then, in knowing that you are changed, it means you are a different person. So why look at the same symbols in the same way that you used to – because you are no longer that person. Look at them in the way a new person would. Redefine them. It is up to you; your symbols are yours to define. When you say, "this is difficult to do," that is your symbol. Redefine it. Why is it difficult to do? Why? That is only a series of words.
Q: Yes.
B: Therefore, trust that whatever it is that is happening is a representation of the new person you are – no matter what it appears to be. It is a representation of the new person you are. Then that perspective is what will allow you, in very short order, to see how the situation that is in your life does represent the now (new?) reality you know yourself to be. You will see it transform; you will transform it.
Q: I understand that.
B: When you simply trust, once again, that the symbols in your life are there for a reason, and when you trust you have changed, then you will know that no matter what the symbols are, no matter what the situations are that appear to be in your life, they are no longer representative of the you you used to be; they are representative of the you you are now. And therefore, when you allow them to be there for a reason that befits the new person you are, you will allow yourself to very quickly discover why those situations are occurring, relative to the new person you are – not the person you used to be.
By analogy, let us say the old person – once again with the train story – the old person you used to be is on their way to catch the vehicle you call your train. You arrive at the station; the train has left. Now that is simply the neutral situation. There is no meaning in this. You are standing on the platform; the train is moving; you are not on it. Period. That is the neutral situation.

Q: Okay.

B: Now let us say that is a symbol, that when viewed by the perspective of the old you, might have been negative. "Oh, gosh and darn," you say, “I have done something wrong. This is very bad. I am now very angry. Those train people, they were too early. I was not late; no, no, no. They were too early. I will now go to someone and complain.” All right. Your choice.

Now you are the new person, the person you now know you have changed into. You are going for the train, you arrive at the platform; the train has left. Once again, the neutral situation, you are on the platform, the train is moving; you are not on it. But now you know, you know you are different, you know that everything in your life is there for a positive reason; you know that.

So no matter that the symbol is the same, you know it is now filled with a positive reason. Because you now trust that, and do not go stomping off to complain, your anger no longer blinds you to the fact that having just stepped off everything will be synchronicity in your eyes. Thank you very much.

Q: Thank you.
Bashar: Channeled by Darryl Anka
From "Moment of Pause"

Bashar: The idea, again, is that in the void, in that moment, in that infinitesimally small space, that moment of pause, are all things. In that moment you shift to the frequency you prefer, then expand on the other side, embodying that frequency and manifesting the result of that frequency. At any time you can always go back into that collapsed state of co-fusion and pick another selection, pick another vibration, another frequency and re-emerge, re-expand, incorporating that frequency into your day-to-day reality. This is why you cannot go into that space and take anything with you, because you don’t need to.

Everything is there but in a neutral fashion, so you cannot bring your already, shall we say, "patterned baggage" with you into that space. You have to let everything go, be totally stripped of all those habits, patterns, expectations. Just go into that space, collapse into that singularity wherein all dimensions are one and thus, choose fresh. In that space everything is, in a sense, flat, neutral, devoid of any meaning, until you give it meaning – and realize it, manifest it, based on the preferential vibration you have chosen to emerge with.

Q: Do I have to give it meaning?
B: If you do not, you will not have an experiential reality of any kind.

Q: Ah.
B: There is nothing wrong with giving things meaning. The idea is simply be consciously aware of what meanings you are assigning, and so recognize what effects you are getting out of those assigned meanings.

Q: And what assigns the meaning?
B: You do.

Q: Your Spirit, your personality?
B: In general, your society allows the ego structure to, more often than not, assign the meaning because the ego structure contains the patterns and the habits that you have been imprinted with. And very often it is, therefore, an automatic function. You see something, you assign a meaning, you see something, you assign a meaning. The moment of pause allows it to be neutral – whatever it is you experience in your life – so that you can take your time to discern more consciously from your totality, from your total Being what meaning it has. And it doesn’t even necessarily always have to be specific, the idea is to at least to begin by assigning the general meaning that it must be happening for a positive reason, and in that you will always extract, ultimately, a positive effect from it, no matter what it appears to be on the surface.

It’s just that you’re becoming more conscious of what you’re doing, so you can, euphemistically, get a handle on it. So you "see" the moment of creation, instead of being unconscious about it. You are constantly all imploding, exploding, imploding, exploding, imploding and exploding. Going within,
coming back out, going within, coming back out, recreating yourself, redefining yourself, every single infinite second. It is just that you don’t know that consciously. Now you are beginning to. And as you become more conscious of this, as IS already happening, your reality starts to break down because you are assigning the things to it that you prefer to. And everything else that is not of that frequency starts to crumble and crack and collapse and fall away and dissolve. And so, at first it may seem chaotic, but there is always an underlying order to all chaos. You have to get to that template consciously.

Q: So you can then get to a point where you can move past the total essence of humanity, to the total essence of life itself?

B: Yes, but not invalidating the expression called humanity...

Q: No, of course not...

B: Only recognizing it as equally valid to all forms...

Q: Including...

B: Yes, including, integrating. Yes.
Monatomic Elucidations

Q: Some of the monatomics contain a high degree of magnetism, such as cobalt and nickel; whereas other elements are highly conductive, such as gold, silver and copper, but do not retain any magnetism; and some of them are used for hardening, such as palladium...

B: Yes.

Q: some other elements. Is there a correspondence to the way they are in their metallic state and the effects they will have, when adjusted, in their monatomic state on the body?

B: There is not much correlation, except that because of the essence of their difference in the metallic state, it will give you some indication in the monatomic state of what that particular monatomic element might affect within the body, physically and symbolically more than another thing than it might affect. For example: those that in metallic state exhibit a high degree of magnetism or magnetic affect, in monatomic state might be that which enhances, specifically, the magnetic signature of the cellular structure of the body more than another monatomic element might do. Whereas another monatomic element might more adequately, perhaps, let us say, enhance other kinds of fields, or the communication fields of the cellular structure, or specifically affect a particular organ signature or something to that effect. You follow? So the metallic affect gives you a clue symbolically to what it’s monatomic affect will be in the body.

Q: And the things that are more conductive like silver and gold work better in relation to the nervous system?

B: To some degree. Yes.

Q: To make it more conductive?

B: Yes. And again, once again, in EVERY case combined with chromium it will allow it to become much more effective in anything that it can do and extend its abilities beyond what it would normally have.

Q: What type of chromium do you suggest to ingest with the different monatomics?

B: Monatomic chromium, of course.

Q: And rhodium seems to come out in the urine, when the urine analysis is done...

B: Yes.

Q: , iridium seems to be absorbed by the body, is there a...

B: It comes out in your perspiration. The body always has the ability to regulate and balance itself, for from time to time it may find that it has a adequate supply of what it needs and it will divest itself of any surplus, because it knows you will always get more, that is, of course, if you are living a natural life. (AUD: laughs) But the iridium will come out in your perspiration, just as the rhodium comes out in you urination, and other elements will come out in other ways.
Q: And can you comment on urine therapy?
B: It is sufficient for certain, very specific purposes, in very specific moments with specific individual conditions. It is not necessarily as generally, as you say, across the board effective as might be something like the ozone therapy; for most individuals it is not as generalized as that, but it will have some benefit for some individuals in certain circumstances.

Q: And what type of specific uses would ruthenium have for the body? What system will it work best with?
B: You will find that ruthenium has great advantages for thyroidal action, you will find that ruthenium has great advantages for adenoidal action, you will find that ruthenium has great advantages for thymus action as well. There will be a small secondary effect in the idea of the allowance of bone degeneration macro...  
Q: Bone marrow?
B: Yes.
Q: So for things like leukemia and stuff like that?
B: To some degree. Yes.
Q: What about cobalt?
B: In monatomic form you will find that when ingested in small, small, small, small, small, small, small amounts... ten to thirty milligrams only, ten to thirty milligrams only; this is your WARNING, WARNING, WARNING – ten to thirty milligrams of monatomic cobalt only. In the human form in its present state will build up within you a type of thermal regulation system that will allow your energy field to be greatly enhanced, greatly accelerated. More than that will actually engender spontaneous combustion. Do you understand?
Q: Does that have a relation to the blue color?
B: Yes. It is highly electromagnetheric and more than that, your physical bodies at this state of your evolution CANNOT sustain. You will find that some of the instances of, what you call, your spontaneous human combustion are because there are certain build-ups of monatomic elements of this nature in your body; and when the earth’s magnetic field fluctuates up and down in certain ways it, shall we say, piggybacks with the frequencies of those monatomic elements in the body and when the earth’s magnetic field rises in frequency, it pulls that frequency up and “poof” goes your body. (AUD: laughter)
Q: Flux collapse?
B: Flux collapse, yes, because it cannot sustain, it cannot keep up with that elevation in frequency to that degree, so you get out of phase; and when you get out of phase there is the flux collapse and, again, colloquially speaking, “poof.” (AUD: more laughter) From the inside out as you have observed in cases of spontaneous combustion. The heat does not come from outside, it comes from inside. Every single cell disrupts and collapses and increases their electromagnetic amperage, sometimes by a factor of ten million. Then, of course, as it disintegrates there is nothing to carry the heat and so it dissipates quite
rapidly and rarely affects the surrounding environment to any great degree. Which is why the body will burn but not the chair that it is sitting in. You understand?
Q: Yes.
B: Because there is immediate disintegration and therefore nothing to carry the heat.
Q: And does nickel and the green have a warning?
B: Nickel, nickel? One moment...you will find that in a variety of ways nickel will be a difficult thing to sustain in monatomic form unless combined, again, with the catalytic chromium. Even though they do not interact in the same way that many atomic interactions occur, the presence alone of the chromic field will allow nickel to be maintained more adequately in monatomic form. And when it has done so, it is a very, very, very, good enhancer for the idea of the learning capabilities of the neural net of the brain.
Q: How come nickel and iron don’t seem to be able to retain their state very long?
B: They are, as you would call it, too stably connected to other forms of representation, if they were not so, if they were not, as you would say, grounded in this way and have to go back to their state of natural physical grounding matrix, you would find that your would fly apart. Thus they maintain the stabilization necessary for the other monatomics to function. In much the same way, again, as you need a grounding effect to allow other effects to function, you need a foundation for the house to stand, and so only rarely do things such as nickel and iron and a few other substances automatically shift into monatomic state.

In fact, they almost never automatically do so, unless they are in the presence of the chromic catalyst or some other catalytic energy that can allow them to do so in certain circumstances where it will not cause too much disruption. But they automatically and instantly re-stabilize, otherwise you would have an instant chain reaction and a large section of the planet would all of a sudden convert into the monatomic state, and thus, back also immediately almost into energy. Similar to the concept of what you would call matter and anti-matter, but not exactly the same, but it would become highly unstable, highly unstable.
Q: The only other two that you haven’t commented on are palladium and silver.
Q: We have, to some degree, commented earlier on the idea of silver. Palladium, one moment, one moment...vision, palladium is good for vision...one moment...and reparation, reparation.
Regeneration of certain cellular structures that are, as you would say, duty specific – such as things like the rods and cones of the eyes, the taste buds of the tongue and other things that have to do with sensory apparatus.
Silver has some benefit in that area as well, but also...one moment, one moment...it aids, to some degree, in the reparation of bone, especially the dental enamel, but not in the way that you use it in your dentistry, but in monatomic state. You see, in many ways, many of you instantly understand that the silver is supposed to be applied to the teeth, but you don’t know how to apply it. So not, in what you call, the filling in metallic form, but in monatomic state, it will aid in the reparation and the strengthening of such things as your dental enamel and other things in the body.
Q: And does that also apply to help overcome mercury toxicity?
B: It can.
Q: And when one starts on the monatomic journey, will that state that’s engendered, let’s say, overcome the negative effects of mercury amalgams?
B: Beyond a certain point, yes. But it may take a while, in that it has to fight the toxic effect that may be present within the physical form. Eventually it may, in that sense, as you say, over power it.
Q: Because it’s almost the same amount of money to get most of the amalgams removed as it to purchase the substance.
B: You most also understand that there is a great degree of monatomic salts, so to speak, in seawater. And rinsing your mouth in seawater, of course, that is unpolluted will go a long way for the aiding of dental health.
Q: Is Hawaiian water the best?
B: It is at least one of the best that remain upon your planet at this time. And also, of course, the dissolved monatomic gold in seawater also will infuse itself into your cellular structure as well.
Q: Is this how the cetaceans access it?
B: Yes. But they also do something else. Because they have the ability to focus their acoustic beacon in certain harmonic ways, what they do is to create a harmonic acoustic equivalent in water of a superconductor, and allow the monatomic elements to simply be drawn like a magnet into that acoustic beacon, and thus, concentrated, and thus, then absorbed, taken internally. They can actually use their acoustic beacons in this way as a siphon for monatomic elements, because they know how to tune them to those frequencies and create water superconductors.
Q: Is that a similar effect that we can have with music?
B: You can create that effect with music, yes. Take your cue from the dolphins, they will be willing to teach you as long as they know you will use it in positive ways, because I will tell you this, it can be an extremely destructive power as well. Does that help you?
Q: Yes, and when Moses was producing, or when they were producing the monatomics back then, what process did they use to get the gold? And it was said he was on a higher form of the monatomics than.
B: You must understand that they had available to them technology not of your world.
Q: And could they precipitate it like Sai Baba?
B: Moses could, yes.
Q: And was it the gold?
B: It was many things, at different times for different reasons, all right?
Q: Yes, and can the monatomics be projected radionically?
B: Again, the field around any monatomic element can be tapped into, in that sense. To some degree, the concept of radionics may apply, but not exactly in the way that you’re using the idea on your planet at
this time. More the idea that simply the exposure to the field is more apropos to the idea of allowing your body to pick up upon the particular frequency that it needs to key to. If you want to talk about the transference of frequency energy, in that way, that would be a more direct route to the idea you call, radionically, which involves an intermediary step, which is really unnecessary.

Q: Thank you.
Monatomic Explications

Q: Can you comment on the heightened state that is engendered by the ingestion of physiological monatomic substances?

B: Again, it is that which allows you to be present. That’s what it is doing, that’s what the state of superconductivity is: your body becomes super-conductive in a field of hyper-conductivity and allows you to remain in the present to process all information rapidly, readily in the way that best suits and befits whatever you define yourself to be at the present, and allows you more clarity as to which definitions you can chose.
Q: Good day, Bashar.
B: And to you, good day.

Q: I have spent the last year, ah...
B: One moment... moment.

Q: I’ve spent the last year, ah, not analyzing myself because I did get very tired of it.
B: All right.

Q: I have spent, probably, my entire life not knowing what it is that I want to be when I grow up.
B: Well, I would not say your entire life, but I understand what you mean. There have been moments when you did know and there have especially been moments when you were a child that you knew very well who you were. But, of course, as with most of you, you were taught out of that knowledge; but there have been moments when you do. It is something that you can remember. But do continue.

Q: Then it would have to be music.
B: All right, music it is, if you say so.

Q: Well, I would like to remember that moment.
B: Why? Make the moment now. Create the moment any time you want. That’s what know-ingness is all about, totally exist in the here and now, create the moment. You don’t have to go back into the past and retrieve a memory. Memory is created in the now anyway. When you re-member something, in a sense, you are not actually going back there, you’re creating that mem-ory from here. So create whatever memory you want and make it the present reality, if that’s what you want to do. Does this make any sense to you or does this seem too daunting a task?

Q: I guess so.
B: All right, are you releasing emotion?
Q: Yes
B: All right, that’s very good. It means that you are in that process, letting go of things that inhibit you from living in the moment. That’s what some of these emotions you have are for, so, by all means, feel them, don’t push them down. Let it out and, in that sense, then you are making music. You are making the music of yourself, which is the sweetest music that there is. And the first music that there needs to be for you to express any other kind of music, there must be the music of you; for you are the first note. Does that make some sense to you?

Q: Yes.
B: So the more you let go of that which is not your song, the easier it will be for you to express your song in many other ways and many other modalities. Make sense?
Q: Somewhat, but it reminds me that....
B: Yes.
Q: I’ve spent my whole life....
B: Ah, ah, ah judgment. There is no such thing as wasted time. You understand?
Q: No I wasn’t going there.
B: All right, where were you going?
Q: My life, I have ignored...
B: Yes. What, ignored what?
Q: That...
B: That the fact that?
Q: I need money to do the things I want to do.
B: Ignored the idea?
Q: Well just played like if I need money, I don’t have any, so forget it.
B: All right. So, you were using that as a way of telling yourself you didn’t have to do those things, is that what you are saying?
Q: No.
B: What? What, what, what?
Q: Well, I still can’t believe that you have to have all this money.
B: You don’t necessarily have to, but you can.
Audience: Yes, you do.
B: No, you don’t!
Audience laughs.
B: You don’t have to, but you can. Now, we recently talked very specifically, in an entire transmission, about the concept of money. We did what you call a money workshop, last transmission. One of the most important principles that we shared in that workshop we will share with you now. It really is the most fundamental principle you need when dealing with the idea of attracting money into your life. And this is how it goes, are you paying attention?
Q: Somewhat.
B: Somewhat, all right, well, I’ll wait....you paying attention now? Do you want to know this principle?
Q: Sure.
B: Well then, are you paying attention?
Q: Yeah, I was just know I get so emotional that....
B: Well, that’s all right, it doesn’t mean you can’t pay attention and be emotional. So are you paying attention while you are being emotional?

Q: I’ll just pay attention.

B: Thank you, you see you always have enough attention to pay, you’re abundant there. Now, here’s the principle, you, all of you, goes for all of you, were created as you are, and as you are, you have sufficient ability to do, or at least begin to do, anything you want. When you allow your imagination to come into play, you will find this is true and you are nowhere near as limited as you may think. But the point is, that when you start out, if you are just yourself in the middle of nowhere, with nothing idea to understand is this – when you learn how to do more with less, you will be able to do less and get more. All right, all right, thank you, we will give an example.

Q: I think of the Internet right away.

B: Well, all right.

Q: You can get to a lot of people.

B: Yes.

Q: All over the world.

B: Yes.

Q: With less capital.

B: Yes. So in a sense this is, perhaps, one example. The idea is that the individuals who began that idea started out very basic, with not very much. They learned how to do a lot with very little. And once they learned how to do a lot with very little, with whatever they had and made it go far, made it stretch, milked it for everything their imagination could pull out of it, when they used all that they could out of what they had and made it go very far, then it amplified itself, it magnified itself, it took off into something that then made it necessary to do very little to be able to do and accomplish quite a lot. Does that work as an example for you?

Q: Yes.

Audience: Just one more example?

B: Oh more, more examples?

Audience: One more.

B: Oh, just one more, all right, all right, all right. Well, we’ll go back to the example that we used in the workshop. Let us say you are an artist. All right? Now, you know that to be an artist, contrary to what many of you are taught, you don’t have to have fancy pencils and pen and paints. You can take a stick, you can burn the end and you can draw on a wall with the charcoal that results from the burning. And as we said in the workshop, many of you now know that these so called primitive cave paintings, that were accomplished in exactly that way, are very sophisticated forms and expressions of art. And in fact are highly prized, even in your modern artistic society, as being very sophisticated expressions of art.
The idea, therefore, is that if you were an artist and all you had was a stick and you sat around thinking that you needed more in order to be an artist, you would be stuck. But if you didn’t let that get in your way and you said, well, I can be an artist with a stick, and you burned the end and painted a picture, or you took more sticks and tied them together and made sculptures or whatever came to your imagination. If you did that and did everything you could with what you had, then someone comes along, recognizes the genius in your art and perhaps works with you or brings you some other means or methodology to expand your art. Then, bit by bit, you will find that you will be able to attract other people and other aspects of your reality to magnify and amplify what you have already done, and give you the opportunity to do less and get more. In other words, once you become, in your own mind and in everyone else’s mind, an accomplished artist, do you not find that the greatest artist must do, perhaps, nothing more than sketch a few lines to have that paining to be highly valued? Because it is the fullness of the expression that goes into such simpleness, in such a genius way, that actually still captures all of the artistic essence that may have been in an earlier, but perhaps, more complicated painting. And so the greatest value, many times, is actually placed on some of the simplest art forms because it took the absolute expression of ‘artisticness’ to create that ultra simplified form in just exactly the right way that it expresses what allows other people to feel what the artist felt. So you can accomplish more with less. Once you learn how, how to do more with the less you already have.…. 

Q2: Bashar isn’t what’s part of that to be the love upon us with….
B: Well, of course.
Q2: For example, the guy painting on the cave wall with the stick.
B: Yes.
Q2: Was he not invoking this part of himself fused with the animal?
B: Yes, of course,
Q2: So, therefore, that is key in all of this process.
B: And it is simply key that you are in love with the expression itself, no matter what it represents. Yes, of course, that, in a sense, goes without saying but it is already been said, so that is all right. But yes, the idea is, is that once you understand that your love, your passion, your energy gives you automatically the ability to take whatever it is you have at hand and use it to do more than you may have been taught to think you can do with it. You will then find that it will turn around and you will not need to do as much to attract and accomplish a lot, including money. That’s the principle, when you learn to do more with less, you will need to do less to get more. That’s the principle, plain and simple; it can’t be said anymore simply. Does this make some sense to you?
Q: Yes, especially the ‘simpleness,’ because I require that things be simple.
B: Well, you see creation knew what it was doing. And by simply creating you, if you were out in the middle of nowhere with nothing, it knew that it had to be simple, because that’s all it gave you. That tells you its simple, because you weren’t given anything else.
Q: I would still like to know what I want to be when I grow up?
B: That’s up to you because that’s everyone’s gift, to decide what that is, or to know what that is, and to feel it and express it. And, on the other hand, in some ways, I hope you never grow up. In some ways allowing yourself to be that child is the most grown up thing you can do. And you know that that makes sense, yes?
Q: Yeah, but being a child as a grown up is very tiring.
B: All right, then be a grown up as a child, if it is tiring for you because you are resisting old ideas. Then let them go and just pay attention to the knowingness that is inherent in the principle we just gave you, of simplicity.
Q: Well I feel like I’m resisting new ideas, you have to do this, you have to do that, you have to go to school, you have to be somebody.
B: Yes, well, have to, have to, have to. You are somebody. You are somebody. YOU ARE SOMEBODY!
Q: And I believe that.
B: Do you?
Q: Sure.
B: Sure, but do you know it? That’s the point of tonight’s discussion. Believe it all right, but do you know it? Which means you do not have to think about it, you just are.
Q: I think....
B: You think?
Q: I know it, but I don’t believe it?
B: Maybe you do believe it, but maybe you don’t know it? Which is it? Which do you want it to be? Which do you prefer it was?
Q: To know it.
B: Well then, let that be true and act accordingly, in simplicity, in passion, in vision, in creativity. Let yourself express it in whatever modality you say is your modality. If it be music, so be it. If it is something else, so be it. But let it be and let yourself understand and absorb that principle of learning to do more with less, so that you can do less to get more. That’s how it works, that’s how it works. Your imagination is key. Your willingness to play is key.
Q: Okay.
B: All right?
Q: Yes.
More on Absolutes/The Prime Radiant

Q: I have a question about the Three Absolutes.
B: Yes?
Q: Which seems to be an extrapolative jump, where you see that you are The One, The Self, separate from everyone else, and you can be sure of that idea, but yet, you cannot be sure of the relationship of external things relevant to you? Then how do we make that jump that those things are us? Can you explain this idea with a little more lucidity?
B: There are many ways to express this concept, however, first of all, there is the First Absolute, which is simply that you exist. That Existence Is, that is the undifferentiated idea unaware of itself, no self-reflectivity exists within that first concept. However, in the Second Absolute – One is All, All is One – that is a result of the Isness becoming Self Aware, in a sense, reflecting itself to itself. The jump occurs because isness, in and of itself, being a complete state, still is not, shall we say, in your language, completely complete, because it does not contain the concept within the Totality of the separation. So the separation must occur. It must also exist in order for the Existence to be a total existence. But when the separation occurs, that automatically creates the split off of reflectivity so that the isness can see itself as isness, and as soon as it sees itself as isness it understands that separation can occur, thus, when it understands, because isness to the infinite...there’s no difference between understanding and creating. The second it understands that Isness can occur and see itself, it then becomes all that it can be, all of what you call the individualized aspects of the One reflecting itself back to itself in all the ways It possibly can. Is this translating into your language in any way that makes sense to you?
Q: I understand what you are saying...Ah.
B: Oh that again.
Q: But.
B: Yes, but...
Q: In this fractionated world, it just seems difficult, sometimes, to see how we are everything, especially those things that we don’t prefer.
B: All right, do you remember the idea we gave you called the Prime Radiant?
Q: Yes.
B: How even physiologically everything is constructed out of one thing, just euphemistically, to use this term, one single subatomic particle is zipping around at infinite speeds as quickly as it is creating the appearance of multitudes of atoms, making up multitudes of things, but in fact it is all the same one particle standing next to itself because it can move at infinite speeds.
Q: I remember that.
B: Well, that is the physical interpretation of everything being one thing. So even the thing that you don’t prefer, in a sense, shall we say are perspectives of yourself that from this particular point of view, do not align with what you are defining yourself to be here and now. However, from another point of view of yourself, what you don’t prefer here and now may be exactly what you prefer there. So it is just a matter of geometry, angles coming and around and through you from all sorts of different points and each point in that geometry deciding what perspectives aligns and reinforces its existence and its autonomy. Does that make some sense?
Q: Yes.
B: Does that help clarify the idea to any degree?
Q: Yes it does.
B: Does that help you then?
Q: In a sense that’s how you often say how everything is simply physics and that it is all just mechanical.
B: Well, in some sense, of course, we are usually referring to physiological space–time reality when we are talking about that level of it.
Q: Right, and when we align our definitions and beliefs, we get the results that follow, but simultaneously with that you often say to expect the unexpected and to make a friend of the unknown?
B: Yes, yes.
Q: Now how does one get motivated to act, when one aligns and clarifies their beliefs, and they see all the situations occurring according to the definitions and beliefs that they maintain, but yet, not being allowed to have any expectations in relation to the Third Absolute–what you sent out comes back. How do you maintain trust in your actions when the universe itself seems to contain random, paradoxical contradictions?
B: Because you understand what it is that does occur is the best possible reflection at that moment to illuminate more and more and more and more of the self that up to that moment you were unaware of, and that is what you become excited about is knowing that what is going on, being that it wasn’t necessarily a direct reflection of what you expect must occur, but is the reflection of the combination to all your definitions, is a reflection that will lead you, if you use it this way, to understand more of yourself and that is an exciting prospect.
Q: So, there is the ultimate trust, in a sense.
B: Oh absolutely, does that make sense?
Q: Right. Thank you.
B: Thank you for the opportunity. Sharing!
Q: Egypt.
B: Yes.
Q: Is a wonderful, wonderful experience.
B: Yes.
Q: The opening of the secret chamber...
B: Yes.
Q: there dangers?
B: No.
Q: You don’t have to worry about the wall coming down.
B: No.
Q: Or knives coming at you?
B: No.
Q: Nothing at all?
B: No.
Q: They said they could be dangerous?
B: No, because the ones that will open it will be the right ones.
Q: I see. The opening. can it be down in the pit. When you get into the pit there’s a hole, a deep hole, just to the right of that hole there a grate, there’s an opening there and there’s a grate over it.
B: That is an opening to other things not to the chamber that we are talking about now.
Q: Well, it sounded good.
B: Yes. Thank you.
Q: Now, the other thing about this, when I went to Egypt...
B: Yes.
Q: we had the last session.
B: Yes.
Q: Elan was on the panel.
B: Yes.
Q: What they told us then was what we project into the universe, if we project enough love, then you will come.
B: But not because you project it so that we will come.
Q: No.
B: When you project enough love into your universe, love yourselves unconditionally, then we will have an atmosphere in which we can come and nothing will stop us. But if you do it only because it will make us come, you cancel the effect.
Q: Your words are much better than mine.
B: Not so. Mine are only appropriate for me, as you use appropriate words for yourself.
Q: Okay.
B: Thank you.
Q: Thank you.
Mother Ship Description

Q: Hi.
B: Hi.
Q: I know you’ve taken some time before in the past and diagrammed your own scout ship. And I know that we did a meditation once where we all went on to the mother ship, and went around and explored.
B: Yes.
Q: But I wanted to know if tonight you would just take a few moments and just diagram a little bit one of the mother ships, and what the different sections are for. And I know that each one might even be different . . .
B: Yes.
Q: . . . but if you could pick one.
B: Well, we will use the same one we have used before; what in your terminology would translate out into the name of the Solar Wind.
Q: Okay.
B: It is approximately one of your miles in length, almost – just about. And the idea is, it will be a cylinder in form, generally speaking, and will have many decks within it. But those decks are also, in your terms, cylindrical – a cylinder within a cylinder within a cylinder within a cylinder, and so on; for approximately, what you would call, thirty cylinders within.

What this will be is that you can then circumnavigate the entire cylinder on any level, all the way around. And then decks are apportioned accordingly to different sections. There are approximately three main engines that bridge all decks; one in the center and two near either end. These are also cylinders, or disk-shaped in fashion, and are cavernous, bridging all decks; what you would call a sixty-deck cross section.

The idea therefore being that there are thirty cylinders, which means you have, from the outer skin down to the center core, thirty decks. And then, of course, a repeat of the thirty decks from the center core out to the other side. The center is where all the engines are connected. And in the very center there will be what you would call a non-inhabitable space, all the way through the central core of the ship, that will be the drive mechanism, in colloquial terms.

At either end, also in a cylindrical fashion, is what you would call, colloquially, your bridge – at either end. In the very outer shell will be the hangar bay for various scout craft that come and go. There will be the idea, once again, also, of manufacturing of many of these scout craft in that outer hull. The idea also will contain, in the outer hull, many different civilizations.

Q: Why just the outer one?
B: Because it is the easiest access. As a ship enters the hull, obviously, the first deck they hit is the outer one. So they can then simply propel their craft right into an environment, and step right out of their craft at home. Understand?
Q: Yes.
B: Then, as you progress toward the center of the ship, you will find there will be many different levels and decks that are relegated to various forms of exploratory enterprise, as you would call it – research, in that sense.

There are also vast arrays of open space that are relegated to very park-like atmospheres, for we enjoy the idea of nature, and in that sense bring it with us. The idea is also that there will be many levels simply for experiencing different environments – to accommodate different beings – to shift from one to another, as they may choose to do. These might be called pressure chambers, in a sense, although it is not exactly as you mean the term.

There will also be the idea of the communication stations that we have called, in very, very colloquial terms – not literally at all – the communication stations we have termed the chapels, in that sense. Which are rooms, chambers of crystalline formation, that allow an individual to be touched directly in with the Infinite.

There will also be what you would call amplification modules, which allow individuals to tap into specific frequencies of different dimensions, for the purpose of some of the channelings, as you call them, that go on in this form of communication. For do remember that the most natural receiver device is living beings.

The idea also is that certain other decks will contain many of the ideas that you would call leisure activities, where individuals may simply play. And there are whole simulated environments that individuals can create, simply by a connection to the main computer with their consciousness; and they can explore different realms in that way, almost as if they were literally, physically, visiting those dimensions, and able to exist in those atmospheres without actually existing physically within them. You understand?

Q: Mhmm.
B: There will also be what you would call the Association council chambers, wherein can be the projection of many different levels of consciousness to gather in meetings, as it were; to understand the ebb and the flow of the organization and the communication that goes on between the hundreds of worlds of the Association.

There will also be the creation of experimental environments, environments we have not encountered, per se, but environments that we can create, in that sense, to explore and experiment with the many ways that the universe can manifest itself.

Large vast areas are given over to the creation of entire ecologies on the ship, so that we may understand the full workings of any particular planetary society – by literally recreating vast areas of their entire ecosystem.

Q: Would you have any Earth-like…?
B: Yes.
Q: You do?
B: Yes, and on the Solar Wind, as on Essassani itself, there are a few dolphins. There will be a few other ideas, a few other chambers whose purpose in that way will not necessarily be that easy nor brief to describe.
By the way, some mother ships have the ability to disassemble portions of themselves to create whole planetary colonies if necessary.
Q: Okay. This was sufficient.
B: Thank you very much.
Q: Thank you very much.
B: Sharing!

Mother Ship Description

1
Motivating Teenagers

Q: I would like some assistance and guidance. I have a daughter who’s fourteen.

B: Yes.

Q: I find that the idea of judgment . . . I find it very difficult not to be judgmental with my daughter – simply in the area of getting her to do the schoolwork; and just the regular things that we do with teenagers.

B: So! She has taught you that it is easy for you to be judgmental.

Q: Yes. But I don’t like it. I notice . . .

B: Then, don’t do it!

Q: Well, I feel that . . . the area I have difficulty with is, I feel the responsibility to have her understand reading, writing; learning her school work . . .

B: If you are learning to be responsible to her, then you don’t have to be responsible for her.

Q: That’s where it gets difficult . . .

B: If you say so.

Q: Yes, I do.

B: All right. What is there a high interest in?

Q: At this present time there doesn’t seem to be too much.

B: Have you asked? Do you think you have presented yourself in such a way that she would feel comfortable in telling you?

Q: Not recently.

B: Then why don’t you? Find out what the interest is that is there. And perhaps, by sharing the ideas that can be learned from that, you can adapt the interest in ways that will allow that individual, your daughter, to adapt the energy in her own way – to allow there to be the learning that needs to be there.

If you allow the individual to learn, in their own terms, what the energy is that they define themselves to be, this is what will allow them to learn. Rather than enforcing a particular methodology upon them, which you may think is the only way in which somebody can learn.

Q: I personally . . . I left out the aspect of my husband, who has a much stronger viewpoint on enforcing that she do her schoolwork and that stuff, and I feel that I have to carry his torch. And I’m very tired . . .

B: Is it getting heavy?

Q: Yes. I don’t want to do it.

B: All right. But again, you can share with him, as well, the understanding that to find out what is the driving motivation of another individual, is what will allow you to see how you can suggest to the other individual how they can use their own driving motivation, to learn what they want to learn.
Q: Thank you.

Q2: What do you mean by being responsible to? I understand the part about being responsible for.

B: I thought so. Being responsible to someone is being the most complete version of yourself you can be, so that they have an accurate reflection of you to see themselves within. Being fully who you are allows them the opportunity to see within you, opportunities that they have chosen to be, for that is their choice.

Q: With children it can be a problem. I know I have a...

B: It can be a what?

Q: Well, a challenge or whatever.

B: It is a situation.

Q: I have a fifteen-year-old son – I was listening to him talk, and I could sympathize.

B: Would you like to get the son and daughter together? Perhaps there may be much in common for the families to discuss.

Q: With him I realize he has a need to define himself now on his own terms, and I want to be comfortable in allowing him to do that, and still be harmonious together.

B: Then you can share the understanding that you have of what is being done. And simply reflect to that individual that every individual is as powerful as they need to be, to be anything they want – without having to hurt anyone else to get it! So define away; and simply recognize that if the individual comes upon a definition that requires that they enforce, or force themselves upon someone else, there is an easier way.

Q: Okay. Thank you.

B: Thank you.

Motivating Teenagers
Motivation

B: Remember that you’re motivated by your definitions to choose to behave the way you behave. This goes for all of you. Definition leads to motivation... leads to choice. That’s it, that’s it, that’s it, that’s it, that’s it... that’s it! A B C; 1 2 3. There it is... it can’t be said any more clearly.

Your definitions lead to motivations... lead to choice. So the choices you make, the way you behave, the way you are MOTIVATED to behave is absolutely, inexorably, utterly connected to what you define to be true; and that’s why you make the choices you do. Period.
Multidimensional Access

Q: Another channel that I know also has parallel life experiences, and during an interaction she was able to observe it. She went into a few parallel lives and . . .

B: Yes, because of the nature of the energy field being a transference field, it opens up a multidimensional conduit, that if you are unlocked from the specific frequency that is utilized to draw you into their dimension, you will find that you have then the capability of random access to all of the multidimensional fields and doorways within that overall zone that is created, yes.

Q: In that overall zone that is created, how limited is that?

B: It is unlimited. You can be anywhere and anywhen that your intention brings you to, while you are in that zone. It is how we function in our spacecraft, by allowing us to translate ourselves into whatever reality we wish, without actually traveling any intervening distance.

Q: So ostensibly one could do that and if you were able to stop during the unlocking process, if you were able to stop and not lock onto their frequency, you could open this gateway up.

B: Yes. You can unlock from their frequency and initiate your own frequency to whatever your intention decides is appropriate . . . that is where you will be taken. That is the doorway through which you will . . . fall.

Q: So during that process you create a mind, focus, intent, that’s your own.

B: Yes.

Q: Excellent, very nice, very wonderful.

B: Does that help you?

Q: It helps me enormously.

B: Then pleasant dreams.

Q: Thank you.
Multidimensional Communications

Q: In this lifetime I had a son who died at the age of 32 years, about ten years ago.
B: Yes.
Q: And I’ve had some communication where I feel that he was communicating – he was waiting for me and possibly his sister.
B: All right. Many individuals who choose to form life bonds with certain other individuals – and then partake of a transformation into non-physicality before, so to speak, the other individuals – do so to function as spirit guides for those still alive.

For many times you will find that your desire to communicate with that individual will then be what lures and spurs you on to extend your senses to reach into different areas and different levels of yourself. In a sense, therefore, they – by having gone on to another level – are luring you to extend your senses to that level of yourself as well.
Q: Okay, well, he didn’t seem to be doing terribly well in his lifetime here. Nevertheless, he could be in the fourth density at this point.
B: Non-physical fourth. Now, at this time, there is also a perception on our part that, as we perceive the energy of that individual, there is also an opportunity for an aspect of that individual to also have already formed a reincarnation.

This does not mean that you cannot still be in communication with another aspect of them. For on the level of the fourth density non-physical, the idea of who they used to be no longer strictly applies. Therefore, many ideas and counterpart formations can be accomplished, and other aspects of the soul can be incarnating, while different aspects still carry on a communication with you.
Q: All right. Thank you.
B: Thank you.
Multiple Relationships

Q: I have two girls whom I’m fond of.
B: Oh, all right. I have many.

One moment.

The ideas that we are discussing here have to do with what your society thinks relationships ought to be and what relationships can be, normally. Do you follow along? The idea to understand is that relationships happen for a reason. If relationships do happen naturally then you can learn many things from them. In other words, if certain things go on that seem difficult and they are not the product of running away from something then they can serve a positive purpose. If the situation you are in is not the product of denial it can be something which results in much expansion for all involved. Are you measuring your present situation against a particular idea you think ought to be happening instead? Is there difficulty being experienced in your situation? And if so, what type?

Q: The difficulty is I want to decide on just one.
B: Why?
Q: Why?
B: Yes, why? This may seem like a strange question to your society but it is not a strange one to me. What we are suggesting here is that the idea of your desire may simply be the result of an expectation rather than a natural act. So, why? Are you suggesting that things would be easier if you could make a decision?

Q: [silence]
B: Do you not feel like talking about this? I’m not here to force what you do not want to discuss. This does not have to be complex. What are you experiencing right now? What is your hesitation?

Q: Talking on this topic in front of so many people.
B: No, you’re all alone. These [indicating the audience] are all aspects and extensions of you. You are simply in a room full of mirrors. But they are all tilted at various angles and all the different reflections look slightly different from one another. So, speak freely; it is just you talking out loud. No one will judge you. For understand, if they judge you they lower their vibration to the same level.

Q: I feel as if I cannot run away from them, either of them, and I want to know where this feeling comes from?
B: Well thank you very much. First of all, you are obviously connected to both of them very strongly. Running away would only be a denial of the relationships you naturally attracted. Understand that if you really believe you are functioning with full integrity to the best of your ability, then if both relationships still remain, then that’s the natural result.
In our civilization we do not place expectations on how relationships should manifest. We allow them to be what they are, not what we think they "ought" to be. Because when relationships are allowed to be what they are they always work themselves out flawlessly. Now, we understand that there may be an idea in your civilization that relationships should occur in a specific way. But you see, there may be many things that you need to learn from different individuals and not necessarily just one.

In our civilization every individual is, in a very real way, "married" to every other individual and the relationships that occur within our society all happen within "The Marriage;" because all our relationships are allowed to happen in an open, honest and loving way. Therefore, if more than one happens at the same time, we know there must be a reason for it. We do not see multiple relationships as mutually exclusive; we see them as mutually enhancing. Of course, it requires that open and honest communication occur between all individuals involved.

But you see, we do not necessarily place an assumption that one individual may find only one individual to spend their entire life with. It can happen that way, but we do not expect that it must. If one individual has a relationship with only one other individual during the entire life span – we don’t know that until we reach the end of that life span. We get to the end of the life span and look back upon our lives and say, "Well, no one else came along. I guess that was a one-on-one, wasn’t it?" [audience laughter] So the idea, first of all, is to ask yourself, do you enjoy both relationships and do you still learn something from both of them?

Q: Yes.

B: Well, then. Allow yourself to allow them to teach you what they need to teach you; allow yourself to continue to be of service to those individuals. All things work themselves out with unconditional love. It is only the expectations of how you think you ought to be acting that is creating the confusion and the difficulty. Relax. Understanding that you created the situation will allow you to learn from it what you need to, to allow it to change in the way that is most beneficial for all individuals involved. And thank you very much for the boldness of your sharing.

Q: Thank you.
Q: I’ve been trying to understand the ramifications of when one person takes another person’s life. My brother murdered his wife and I am wondering if that came about as a result of free will, of pre-agreement before they entered this life?

B: It does not have to play out that way. There were pre-agreements, but in no way does any pre-arranged idea or pattern that you’re going to play out in any particular life – in no way must it play out through negativity, through lack of integrity. Those agreements can all be reconciled and transformed in a positive way. Yes, it took place through free will; but basically speaking, endeavors which express negativity to that degree take place because the individuals involved have not been taught that they actually do have free will. They have not been taught that they actually do have self-empowerment. So individuals that perform those type of acts act generally out of the belief that they are powerless and they strike out to take others with them so they do not feel they are going down alone. Do you follow? They try to project upon the external world all the ideas they are not willing to be responsible for in their internal world because that responsibility is too much for them to bear. They have not been taught they have the power to transform responsibility into positive action and understanding.

So, in a sense, the pre-arranged agreements have to do with the type of interactions and the things that those individuals work out between themselves. But in no way do those pre-arrangements have to result in a negative act. It could have been arrived at in a positive way. However, since it did happen in that way you can still recognize it as an opportunity for the individual who died to choose, if they desire, reincarnation or not, and to provide certain levels of assistance to the individual who committed the murder – to allow that individual to gain back their power so that they can recognize they never have to do that again. That is, they never have to give their power away to such a degree that they think they have to control the external reality of everyone else’s life in order to feel powerful within themselves. There are many levels on which the murdered person can be of great assistance to the other individual, when and if that murdered individual goes through the confusion they may be feeling when they first enter the non-physical realm. Because, in playing their part of having been murdered, many times that is also a creation of confusion and the lack of belief in one’s own self-empowerment. So in a sense, both individuals are acting out a belief in lack of self-empowerment, each in their own style of expression. They have both played out a scenario that has come to its logical conclusion when you deal with the idea of belief in lack of self-empowerment.

It gives both of those individuals an opportunity to examine the ideas of what they have done; to take responsibility for it. Acting through integrity they no longer need to create a reality within themselves,
or reflect a reality to each other wherein they believe they are not self-empowered and cannot create the reality they desire without having to hurt anyone else or themselves in order to do so.

Anything, no matter how negative, can always be transformed into a positive. Do remember: everyone is eternal; everyone is infinite. And in that sense, in the long run it does not really matter; what matters is what you make of what you do, what meaning you give to it, and how you choose to learn from it and transform it in positive directions. The being that was murdered still lives. Many individuals, almost all of you at one time or another, in the thousands of lives you have had, in the tens of thousands of years of reincarnation you have created, have all murdered and been murdered at one time or another. Here you are again, to choose once again: confusion, self-empowerment. You follow the idea?

Victims & Perpetrators

Q: Well, I was thinking about the holocaust, what we call the holocaust in Germany around 1945. Why did so many people, almost as a group, choose to create that collective experience?

B: There are race and culture-wide belief systems as well. And recognize that gatherings are no accident. Again, remember that when we say you choose and create your reality, that doesn’t mean it’s always a conscious choice or act, "Oh yes, I want to be killed today." No, no, no. That is not what we are saying. What we are saying is that individuals of like frequency will find themselves gathering together and existing within a type of a reality that is generated by their particular frequency that they give off, that they generate from their individual or collective beliefs.

There are many reasons for that particular kind of manifestation. One reason is simply that it was a manifestation of the fear, of the belief in persecution, that many of those individuals have with their cultural beliefs. It was partly a manifestation of that. It was also, to some degree, a karmic manifestation. Again, not that it has to happen that way, because karma has nothing to do with retribution. Many of you may believe that it does, and many of you have created karma and reincarnation to be of a kind of retribution. But karma, in and of itself, has nothing to do with judgment and retribution. Karma is self-imposed. Many individuals, in creating an unconscious recognition of things they have done in the past, or in past lives, have gathered together as a group and taken upon themselves the idea of the guilt and the idea of the persecution. Sometimes to atone in the ways they think they need to atone.

Again, it does not have to happen that way. But recognize that the particular culture that you refer to as being persecuted in the holocaust have had many holocausts of their own where they have been the persecutors in times past. Therefore, simply recognize that all we are saying is that when you create confusion in your own reality, many times in your past that has been done unconsciously out of fear, out of doubt or out of guilt.

In no way, shape or form is what I am about to say an implication or a definition that needs to be thought of as a distinct label for any one particular person or group of people upon your planet. But you yourselves in your own cultural awareness are very ready to admit that there are some cultural groups of people that deal very strongly with the idea of guilt much of the time. And that is what you have referred to. So the idea is to recognize that there is a grain of truth in the understanding that the
willingness to operate within guilt will usually attract someone to pronounce sentence. That is another reason this can happen.

Now, the individual that became the persecutor is in no way excused, nor their actions condoned for having chosen that role. It was their duty to be strong enough to ignore the frequency of any individuals that might cry out for persecution with their unconscious fears. But still the idea is, those individuals took it upon themselves because of their unconscious fears to become the symbolic representation of all that was reared within the other culture. They are victims and perpetrators, two sides of the same coin—the coin of “lack of self-empowerment.” One side of the coin cannot exist without the other. And when one side does not exist, the other cannot exist and will not exist. So, if and when individuals no longer decide they want to play out the idea or believe in the idea of victimhood, there can be no perpetrators. When individuals realize that they are self-empowered and can create the reality they desire without having to hurt anyone else or themselves, there will be no more perpetrators. When the perpetrators decide not to play that game, there will be no more victims. They will not be able to find each other.

**Pre-Life Agreements**

**Q:** Do you have a way of generally describing these kinds of pre-life agreements, between perpetrators and victims, as a chosen life experience by both of them?

**B:** We base our system of understanding upon something we have already defined and explained at various times: the idea we have called “knowingness.” That being, knowingness serves to function as a neutral place. Belief, emotion and action are three things; each possessing a polarity, which creates six. Thus, from your knowing Self, your neutral Self, your fulcrum point, your lever point, the gateway or doorway through which your existence pours itself into physical reality, so to speak, you create a prism, a three-fold prism with, of course, its polarized counterpart. But fundamentally, it is a three-fold prism of belief, emotion and physical action. We have rendered this idea into the formula of manifestation called, "See it, Feel it and Be it."

The idea is that your knowledge, your neutral, knowing Self, is rendered into a template that is defined by: 1) a vision or blueprint; 2) by a feeling or emotion which, in that sense, is the activation principle, the energization principle; and 3) the being it, the physical acting-out or action principle. All three are necessary. And the dance of these three between their polarities are necessary in order achieve or be able to create any physiological manifestation that would then express itself as, what you have called, a "pre-agreement" or overall life theme of a chosen lifetime for the persona.

Thus, it is recognized that the persona, created out of the three-fold prism of belief, emotion and physical action portions of the template are responsible for at any given moment expressing the particular point along the path that you are at as a soul, the particular reflections you are creating in your life, and the personality aspect that is reflective of the themes you are exploring in whatever way your free will has decided to explore them. And, as such, the persona is, in that sense, an artificial or flexible construct which can be transmuted into any other kind of persona at a moment’s notice. Hence, this is why we say, "It does not have to play out that way." There may be pre-agreements, but in
no way does any pre-arranged idea or pattern that you’re going to play out in any particular life, in no way must it play out through negativity, through lack of integrity. Again, those agreements can all be reconciled and transformed in a positive way.

When you align the overall energy of the persona with the knowing self, or the "highest self," so to speak, when you synchronize and have balanced the three within the polarity structure – taking that whole – the three have become balanced with the knowing energy. You thus achieve the balance between the polarity of the physical and nonphysical reality and evolve into, so to speak, becoming one with your Higher Self and have completed the cycle of your physiological manifestation for that lifetime, for that particular, shall we say, fragment of the Oversoul.

 Murder
Music On Essassani and Interacting With ET’s

Q: I have some sharing and also a couple of questions from my brother, who interviewed you the other night from Channel 9. He is working tonight, otherwise he would be here. First of all, I’ll ask a question that maybe other people are interested in hearing, and that is about music on your planet. Do you have scales, and what kind of musical form do you have? And also what kind of instruments?

B: We have some degree of instruments that are created, many of which are spontaneous, many of which are remnants from older times in our civilization. The majority of our instrumentation will usually be percussive – bell-like. There are a few strings and a few of what you would call wind instruments; but there are very few.

And again, they would be similar to what you would call your oriental instruments – Chinese, Japanese, in that way. Very simple tonalities will be created with these instruments, as the majority of the tonalities we experience are actually now, at this point, created telepathically and shared in that way.

Q: That’s interesting. Would our Gamelan orchestras be similar in some ways? It seems to be...

B: Define. The terminology does not exist within the memory banks of the channel.

Q: Uh, it’s Indonesian – bells and gongs, and...

B: To some degree, although you will find that they will be simpler in structure, in many different ways. And in this sense, you will then allow yourself to recognize that many of them may be tuned to particular tonalities, which represent the general combined total pattern of our civilization. They will be few in number, and very simple in construction.

Q: That’s interesting. Okay, now the sharing: you described to me... when the medium was going into the place, and you appeared... he (brother) saw light and he could just feel you there.

B: Yes. He simply was tuned into the wavelength of the event in which he/we was taking place. Everything is a single event, even though you may perceive yourself to be an individual part of it; you bring to the event your own energy, and take from that event the energy of the combined event. He is simply sensitive and open to receiving information in that way; and hence with his own abilities he was able to tap into the wavelength that represented, in whatever terms made sense to him, the idea of the event. Or terms that would soon make sense to him.

Q: Also, he would like to have an experience of actually an encounter with a space craft, and...

B: In time.

Q: Also, he would like to be a go-between, between the extraterrestrials and the news media...

B: If that is his interest, in that way, and if he is willing to simply, at any given moment, follow in life what excites him the most, then he will lead himself into that type of interaction. He has already placed himself into a particular type of activity that is very conducive to creating situations of that kind.

All he needs to know is, if that is what excites him, then he will lead himself into such interactions. Simply keep himself open, and do not put expectations in his way.
Q: Also he is working on scripts for television, and he was thinking maybe he could reach the general public with, you know, a fictional way to prepare them, in...

B: It is one way that many individuals upon your planet create and assist in the preparation for your world to be able to interact with other worlds – by slowly but surely, and definitely and solidly, rearranging the concepts to come in from other civilizations, as well.

For do understand: our interaction with you is not to be at the cost of your own culture. So it must take place at whatever rate will allow your culture to maintain its integrity, and at the same time be open and willing to interact with other cultures as well.

Q: Could he get some help in a creative way from...

B: He will, once again, attract what he needs. All he needs to do is center himself and open up to his own higher consciousness, and all the concepts he requires will come through from his guides, from his own higher consciousness, and from any other connection he has made – whether it is, in your terms, extraterrestrial or not.

Recognize that every individual has their own connections in many different levels, and none of you are original to this planet anyway.

So the idea is that, since time is your illusion, all of those connections and all of those lives in other civilizations still exist. Tell him he can find the counterpart of himself in another civilization, and ask the counterpart what ideas may be necessary to allow this civilization to learn what it needs to learn.

Q: That’s exciting. Thank you very much.

B: Thank you for your sharing. SHARING!
Mystery and Understanding

Q: Hi.
B: Hi!
Q: Last Saturday I was sick, and it was in my abdomen, and it was on the left and right side. And they took me to the hospital because it was so severe a pain. They took tests, they gave me medicine, they took blood and everything, and they didn’t know what it was. And they said: “Well, since you’re feeling better, we’re going to let you go home, and it will be a mystery.”
B: Oh, a mystery!
Q: And that I wouldn’t know what it was. And I was wondering why I created this situation for myself, and what was the sickness?
B: Do you find that at this time, you, in one sense, have allowed it to be demystified?
Q: Not really.
B: How long did it take for the situation to alleviate itself – approximately what you would call one to two of your days?
Q: No.
B: How long?
Q: About three.
B: Three. All right. How do you feel now?
Q: Not too great, but okay.
B: All right. One idea is to simply allow you to know that, regardless of the structure of information that has been set up in your society, regardless of the structure of information that you refer to as “authority,” even to that structure there are many things that are a mystery. And that you – you – are your own final answer; you are your own exploration of any mystery you create. Everything does occur for a reason, and many of the reasons can be extremely simple. The reasons, in and of themselves, do not have to be mysterious, in that way.

Many of the things that individuals may not understand at any given moment, they, as you say, chalk it up to mystery. But that may simply be another way of saying that you do not have to have conscious analytical awareness of all the things that occur in your life, or why they occur at that given moment. But that somewhere down the road, it will make itself clear, make itself plain. Now, one of the ideas was to allow you to know that you don’t necessarily have to worry about relying upon the authoritative structure so much, and that you eventually will alter yourself, one way or another, regardless of what they say they can or cannot do.

It allowed you to go through a door of trust regarding authority, and allowed you to know that the final authority is in you. That is one of the reasons you created that idea. Because in the past, you see, you have created – in many different lives – many run-ins, as you say, with authority. Now you have given
yourself an opportunity to know you are relaxing your creating of authority’s hold over you. You can interact with them freely; you can allow them to be who they are. And you can discover that even the authority that is supposed to know everything still contains mystery and room for exploration. So that you will become more equal with them, in that way; and they, in a sense, will not have to create a gut ache in you.

You will learn how to allow yourself to encompass them; they will learn how to also, themselves, to encompass you. So that you can allow each other to be who you are, and respect each other for what you are, and not think that any one of you has to be more right than the other. There are a few aspects of this idea that your guides have to share with you as well. And this will be showed, perhaps, in some of the events that occur in you daily life or in your dream realities, beginning tonight of you time.

But in a sense you have taken yourself through a process, and you have allowed that process to take you beyond the old expectations of the old society, placing you on a different level. Recognize, in many ways, that you were clever in doing what you did, and the experience you created was not unlike the experience that many other individuals have had, and the physical channel before you has had. For recognize that that particular area of abdominal pain is an area your medical practitioners have absolutely no way of doing anything with. There was nothing they could do for you. That is an area outside their understanding, but not outside yours.

You created an occurrence – an occurrence that they desired to assist you with, but could not, because of the limitations they have placed upon themselves. More and more individuals that give them the opportunity to recognize that there is something here that they are unfamiliar with will allow them to explore more and more in different areas, now knowing that the studies they already have do not answer it all. You are luring them, in a sense, out of these shells. And that is one of the reasons you have co-created that with them.

And you have, in many ways, also, used it as part of your own process to take you through a gate. Sometimes those gates are painful simply because of the expectations and belief systems you have been brought up with in your society, but bit by bit those gateways and processes will become less and less and less painful. What is your physical age?

Q: Eleven.

B: You are at a master number; 22 and 33 are also master numbers, at which you may experience another threshold gate. But you have actually adopted, at this age, an idea that it takes many other individuals until the year 33 to act out. You have cut that into thirds, and so you are accelerating that much more quickly. We thank you for your boldness in that way, for it will make a difference in the other interactions you now have, from this point forward in your life, regarding what you decide needs to be mysterious. Or it can simply be understood for the commonplace occurrence that it is, and the creation that comes from you, and serves all individuals involved.

‘Tis not isolated within you – just what you have to gain from it or learn from it – but also what they, what their part, your medical world, whoever else you interact with, have also to learn from it. You are a
very bold teacher, in that way. You will be boldly teaching for quite some time. And each interaction that you have, in our perception, will become more and more bold as time goes on. Thank you.

Q: Yes, okay. (AUD: Laughter and clapping.)

B: Sharing!

Mystery and Understanding
Q: We're all familiar with, what we call, especially in the Western World, mythology.
B: Yes.
Q: There is much written about this, the Greek and Roman mythology, Egyptian mythology, the Isis and Osiris mythology.
B: Yes.
Q: Druidic mythology, the legend of Merlin.
B: Yes.
Q: Old Testament mythology, the stories of Moses, et cetera. My question, going clear back to Mount Olympus and well before that – how much of what we look at as mythology has some truth in fact, or not a lot of truth in fact?
B: All of it has truth in fact, but not necessarily as you think. In other words, there are different categories of why some of these things originate. One, the archetypal level ... in other words, your collective consciousness has the ability to generate a collective consciousness archetypal representation that represents one aspect, one facet of the total consciousness that your species is. And that can actually be an autonomous consciousness, self-aware and actually present itself in many ways to beings that are sensitive enough to perceive them. Sometimes those were looked upon as the "gods." You understand?
Q: Yes.
B: Sometimes the mythologies actually represent interactions with real physical beings from other dimensions as well, either extraterrestrial or extra dimensional or so forth. Sometimes some of the mythologies are representative of certain attributes or beings that were even created in your society. In Atlantean times, for example, there was genetic manipulation, genetic engineering and, what you call, the myth of the mermaid comes from actual creations that were made at that time. Do you follow along?
Q: Yes, and the Centaur.
B: And that as well, yes. Those things were actually physiologically created in genetic laboratories a long time ago, not with very pleasant results. The idea, also, can be recognition of ancient memories of other selves, other lives, other dimensions of experience of your own beingness that you are remembering and calling into fruition. Calling into manifestation within yourself, and recognizing were true existences that you may have had in other realms, other dimensions of experience. There are many,
many, many different levels; that might be why certain mythologies that you have now may exist. But all of them are true in fact ... it’s just that they have different reasons for how they originated.

Q: And the stories of Isis and Osiris and Merlin, they were real people then?

B: Merlin was a real being. Isis and Osiris were, in a sense, based upon real beings, but also were based upon archetypal projections of other dimensional aspects of those beings as well, and became a little "bigger" than the original beings upon which they were based. Which were originally beings that were connected to the star system of Sirius. You understand?

Q: Yes, thank you.
Natural Anger

Q: I think one of the most creative things is to raise a child.
B: Yes.

Q: And I think kids’ vibrations are wonderful, but sometimes it doesn’t match with mine and we struggle.
B: Yes.

Q: I like my kids and I do my best to be a wonderful parent but sometimes I get angry, raise my voice and spank them.
B: Anger. All right. Anger. Now first, natural anger does not last more than 10 to 15 seconds. If it lasts longer than that it is denial; it is definition; it is criticizing; it is punishing; it is expectations. It is all sorts of other things but it is not true anger. True anger is clarifying, it is aligning. It aligns you so you know, "All right, this is my reality. This is the reality I prefer. What I’m seeing is not representative of the reality I prefer." Yet, as you choose the reality you prefer, you can still respect that another’s choice of the reality they prefer in no way has to impinge on what you need to accomplish in your reality.

So, what is it within yourself that you are not coming to terms with? What is it that is touched within you in those circumstances? What anger do you have within you? Are you simply reacting to belief systems that you also bought into when you were a child and think that you should pass on? Are you angry the child might remind you of things within yourself that you yourself do not prefer? I ask a lot of questions, don’t I? Can you answer any of them in any way?

Q: Well, I have my own pace, and if I don’t finish my work for today then I won’t be able to sleep tonight.
B: Why?

Q: Well, the next day I have to work. I have to do my laundry today. So I can’t just take care of my kid.
B: So, what you are saying, as I suggested, is that what you are angry with is fitting into a schedule that is not a schedule that you prefer, a schedule that you believe you have to buy into. You understand?
Q: Yes.
B: So, once again the question is, regarding your job, are you doing what excites you the most? Because you’re only making ends meet? Because if you do what really excites you the most, you will automatically create a schedule that will allow for the perfect pacing for everything that is truly important in your life to occur.

Is there something that excites you that would allow you to work out of your home so that you can be with the child in the way you wish to be? Is there a situation that would excite you the most that would create a schedule or attract someone into your life where the child could be, while you go and do what you need to do? All the components of whatever schedule you create will work together in perfect harmony if you are doing the thing you truly love to do.
But if you are forcing yourself to do something that is really not representative of what excites you, then, of course, the only schedule that’s created will be a schedule that does not work for you. If a schedule doesn’t work for you smoothly and effortlessly that’s a sure sign that it’s not your schedule, but someone else’s schedule buried in your subconscious teachings. It might be the schedule of your parents, might be the schedule of your society, but if it doesn’t work for you, it isn’t your schedule. If it’s not your schedule you’ll never have enough time. If it is your schedule everything will happen in perfect timing. Is this a clear concept to you?

Q: Yes. You’re right on. I think the kid cannot really resonate with me so I have to resonate with his vibration. But is there any way that I can be on his level?

B: You are missing the point. The child chose to be born to you. Whatever the true vibration of the child is, whatever the true vibration of you happens to be is automatically synchronized if you are being the true you.
Needs

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

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

B: Why do you think they are needs?

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

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

Q: I try to try to ignore them.

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

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

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

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

B: You are your own space and your own time. It doesn’t fit– okay...

Q: It doesn’t fit here; I don ’t feel like I fit. And I realize...

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

Q: Yeah. Okay. I appreciate that. And...

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

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

B: Yes.

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

B: All right. But do recognize that the paradox of the situation is, in order to experience what you are talking about, the first thing you need to do is become fully involved where you are, in the moment. By
being in the now moment, where you are, is when you connect to all that you possibly can become – and then become it.

Q: I’ll improve on that.
B: You will simply be different.

Q: Thank you. I had a realization about that concept of the idea of complete willingness to be an earth person.
B: Yes.

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

Q: having the unwillingness to be – and since we are here, we very much are earthmen...
B: (in a female voice: –and women. Much laughter.)

Q: That’s why I said "earthperson" the first time. And it’s a complete willingness to contact the moment. And this is something I’m working on.
B: Yes! For this is just as valid as anywhere else you have ever been, or could ever be.

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

1
1
Neutral Interaction
From: Association Business Part I
Canoga Park, CA
5-1-98
B: Number Two.
Q2: Hi Bashar!
B: And to you good day.
Q2: I wanted to ask you about this spoke person next week for the Association.
B: Yes!
Q2: Are they going to be asking us questions or.
B: They may, you can ask them questions as well.
Q2: Okay, I didn’t know if that was going to be.
B: All we have done is laid the foundation for the reason for the contact to let you know a little bit about them and what it is you will be dealing with. You don’t have to come from a place of having to convince them. In fact if you do that it will be unlikely that you will convince them. Just be yourself but understand that in their own way they are making an assessment as to whether are not to become a participant in these kinds of dialogues.
Q2: Right.
B: They simply, at this point, without judgement, do not perceive a great deal change with regard to the information that you have already been given in your society. But you may dialogue with them however you wish to dialogue with them. They will, of course, exhibit a personality, a personality structure very different from my own and you may have to get use to that but, nevertheless, that should not stop you from either asking a question or answering one should you feel free to do so.
Q3: It sounds a lot like Sodom and Gomorrah, like looking for a few good people or something.
B: That is a very interesting statement and it will be very interesting
to see how that might factor in to what it is they think about your planet, if you want to bring it up in their dialogue. Number two, continue.

Q2: When the hybrids come on Earth, how many are there going to be, about?
B: This is not yet determined.
Q2: Oh, it isn’t?
B: No.
Q2: Okay.
B: It is not like they are picking numbers out of a hat.
Q2: Well I didn’t know how many of them?
B: There are hundreds of thousands.
Q2: Hundreds of thousands.
B: Yes and eventually there will be hundreds of thousands but upon what you might refer to as relatively first contact, it is yet as underdetermined though obviously the number would be far fewer than that.
Q: Right, okay. And there will be children and adults?
B: Yes.
Q: Okay. Are there adult hybrids here now in our physical form?
B: Only from very rare, from time to time. Nothing permanent at all.
Q: Okay.
B: Not yet.
Q2: All right, I want to talk about. . . .
B: the ones you are referring to. There are in a sense humans, so to speak that certainly exhibit a high degree of hybridization in their genetic structure if you want to refer to them as hybrids, you may, but they would be Earth hybrids not the ones we generally mean when we talk about the hybrid children who are on the spacecraft’s now. You understand?
Q2: Yes, thank you.
Neutral Negotiations
From: Association Business: Part I
Canoga Park, CA
5-1-98
B: Number Two.
Q2: Hi Bashar!
B: And to you good day.
Q2: I wanted to ask you about this spoke person next week for the Association.
B: Yes!
Q2: Are they going to be asking us questions or . . . .
B: They may, you can ask them questions as well.
Q2: Okay, I didn’t know if that was going to be . . . .
B: All we have done is laid the foundation for the reason for the contact to let you know a little bit about them and what it is you will be dealing with. You don’t have to come from a place of having to convince them. In fact if you do that it will be unlikely that you will convince them. Just be yourself but understand that in their own way they are making an assessment as to whether are not to become a participant in these kinds of dialogues.
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Q3: It sounds a lot like Sodom and Gomorrah, like looking for a few good people or something.
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Q2: When the hybrids come on Earth, how many are there going to be, about?
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Q2: Oh, it isn’t?
B: No.
Q2: Okay.
B: It is not like they are picking numbers out of a hat.
Q2 Well I didn’t know how many of them?
B: There are hundreds of thousands.
Q2: Hundreds of thousands.
B: Yes and eventually there will be hundreds of thousands but upon what you might refer to as relatively first contact, it is yet as underdetermined though obviously the number would be far fewer than that.
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B: Only from very rare, from time to time. Nothing permanent at all.
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B: Not yet.
Q2: All right, I want to talk about... 
B: the ones you are referring to. There are in a sense humans, so to speak that certainly exhibit a high degree of hybridization in their genetic structure if you want to refer to them as hybrids, you may, but they would be Earth hybrids not the ones we generally mean when we talk about the hybrid children who are on the spacecraft’s now. You understand?
Q2 Yes, thank you.
Bashar:
Channeled by
Darryl Anka
“Neutral Situations”

Even a negative situation can be used in a positive way, regardless of anyone else’s intention; a positive effect can be gleaned out of it. So, create the neutral situation and continue to act upon the most exciting thing you can, trusting that somehow, in some way, shape or form, it will come around to serve you. You may not, in every circumstance and situation know, ever have a conscious understanding of how it did, in specific terms, serve, but in some way, shape, or form it will serve you in a positive way if you stay in that frequency. You will find that when objects or symbols involved in the situation are very specific to you – when you remain in the neutral state and go into the positive one, more often than not the specific understanding of exactly how that serves, will be had in relatively short order. But, you will not see it if you don’t stay in that vibration. If you’re not in that positive vibration then that reality with all it’s positive reflections and symbols will be invisible and will not manifest.

You may have lost something, for example, that you place extremely high value on. This is good practice for you, an object that you have placed such high value on is the thing that you will use, because they are the best practice for you to remain neutral, because of how you have placed such extremely high value on them, and now need to allow them to be completely neutral, like a kind of self test, yes. Because remember, your physical reality cannot change outwardly – that’s not the first sign that you have changed, that your physical reality changes outwardly. The first sign is, do you respond differently to your physical reality, even if it stays the same? That’s the first test as to whether you have really changed. Then, when you respond differently, even if your physical reality looks the same as it did before, then your outer reality can actually reflect the real change within you. But if you keep going – "I thought I had changed, why did this happen?" – you’re still reacting in the same old way, and thus, you haven’t changed ... the button can still be pushed.
From: Fourth Density Balancing Act
Thousand Oaks, Ca
6-12-98

Question 1: I have another question.
Bashar: Yes.
Q: Since this channeling is coming to an end fairly soon.
B: It is not coming to an END, the channel is stopping.
Q: Right, and I imagine that the channel has been asked many, many questions over these years, but I’m sure there are some questions that no one has asked?
B: Y-e-sss....
Q: And that the answer would be very helpful or surprising or interesting to us. (Much laughter) And I was wondering if you would give us those answers now? (much laughter and applause)
B: An ingenious question.
Q2: How about the answer then?
B: No. However, we will see in the remaining transmissions what might occur.
Q: Okay.
B: I will be able to tell you now this, however, some of you might not be familiar with what we are about to say but most of you will be, the Neutrals have decided to interact.
Audience: Yea, yea....
B: But I will not tell you how.
Q2: Will we find out before our ending with you?
B: Only a part of it. I will not tell you now, how.
Audience has many different and varying guesses....
B: I will not tell you how.
Q: We will interact with them?
B: But I will not tell you now!
Audience: More guesses
B: I will not tell you how! I will not confirm your guesses.
Q: They were here for the convergence, weren’t they?
B: I will not tell you how, nor will I confirm your guesses.
New Every Moment

Q: (Small child) When it was break time, I was – I had a real loose tooth. It was about to come out, and at my last bite – I was eating a cookie – and then it felt weird, where my tooth was almost coming out. And then it wasn’t there, but it was in my mouth – then I didn’t know where it was.

B: All right.

Q: So could you tell me where it is?

B: But you do not need it. Recognize simply that the idea is that you are giving yourself an opportunity to change one idea for another idea, which will grow in its place. And as that idea grows, to recognize that you, with the same natural smoothness, can change the entire being that you are.

In this way, you do not have to search for aspects of your past, for you are creating your past from now. Allow what has been in your life to serve you. Allow what you are now to be just as beautiful as anything you have ever been. There is no need to look back. But simply recognize that you are always in the process of becoming something new – always being a new idea. Go on forward. All right?

Q: All right, thank you.

B: Thank you.
Bashar
Channeled by
Darryl Anka
from "Re-creating Yourself"
1-24-97
B: There are many other species observing your planet that, for lack of a better term, are "waiting in the wings" to present themselves that you know nothing of yet.
Q: Can you give us a brief idea of what others there might be?
B: I will ask. One moment ... we will see if it is appropriate timing for one of them to perhaps give you a hint or a clue. One moment ... one moment ... one moment ... one moment ... one moment ... one moment ... one moment ... there is a lot of discussion going on ... one moment ... it involves many different levels of consciousness ... one moment ... it involves a scanning of many different time lines and probable realities ... one moment. We have to some degree mentioned one, we have never mentioned another. One that we have mentioned to some degree will be that civilization you know from what you call the star system of Tau Ceti that will ultimately be great friends to humanity. They are in that sense, brownish of skin tone, humanoid to some degree in appearance, though there are slight differentiation’s.
The others that are waiting in the wings, that none of you yet have any knowledge of translate their identity to you for perhaps lack of another term, as either what you would call "Weavers" or "Latchers" or "The Loom." They are a race of beings that specifically guide, aid and assist in the bringing together bits of information that seem unrelated, to be brought together into one understandable tapestry. They are aiding and assisting in a number of energy levels, they talk to many of you in your dreams ... one moment ... one moment ... we will see if they are willing to part with a description of how you may perceive them from time to time, in some of the interactions that you have ... have ... have ... one moment...one moment.
Another is also willing to reveal itself to you symbolically. You would perceive this other race – we will get back to the "Weavers" in a moment – as literally you would perceive them ... they are not literally thus but you would perceive them in your dimension as "Light Through Stained Glass." One moment ... one moment ... one moment ... one moment. Both, The Light Through Stained Glass and the Weavers, to some degree work in concert to aid and assist you in formulating a stronger understanding of existence in dream reality, and assisting you in understanding that physical reality experience is, in fact, a dream. Therefore, you may experience them both mostly as some of the emotional urging or patterns, or considerations, or investigations, or curiosities that you have in your dreams, about what you are experiencing, about what your dreams may mean to you – may indicate their assistance and or influence within their guidance, of your ability to understand yourself as a self-created dream. There are physiological manifestations of both of these civilizations that you will ultimately encounter in years to come.
But for now, they are willing to present themselves to you – these two additional civilizations, in addition to the Tau Ceti civilization – they are willing to present themselves to you symbolically, so that you at least can be aware of their energy and have a symbol by which to represent them – so that you can be in stronger awareness and contact with them. Weavers and Light through Stained Glass, will be the way they choose to represent themselves at present.
New Paradigms Of Behavior

Q: As I’ve been accelerating my energies, I’ve noticed that the people I’m close to are concerned for me.

B: All right.

Q: And what my reaction to that is – in terms of their concern – is that I don’t wish them to fear for me, but obviously I don’t want to stop my...

B: Do they fear for themselves?

Q: That’s what I think they might be doing. You know, maybe it’s threatening their belief systems or something?

B: Maybe, maybe not.

Q: And I realize I have no control over that, I don’t want to...

B: If you are always clear and concise within your openness of communication and your integrity, then you are responsible to them by being yourself.

Q: Yes. And I would also like to ask you about compassion.

B: Yes.

Q: When I hear that someone is having a problem or a physical ailment or whatever they feel they have, I feel for them in a... now, I understand what you mean that you don’t say you are sorry for them, or...

B: Or pity them.

Q: Or pity them. Exactly. But I feel for them.

B: Compassion is not pity.

Q: What is your definition of compassion?

B: Compassion is recognizing that, in a way, it is similar to what you may think of as pride – but not in a negative sense. You are proud of them for the strength that they have to undergo the limitations that they have created for themselves. And you know that they have created it from their strength, and that they can chose something else if they desire to.

But as long as they are in what they have chosen to be in, you have compassion for them as a fellow being who has chosen to express their strength in the manner they have chosen to do so. That is compassion.

Q: Hmm. I feel more a sense of feeling what they’re feeling.

B: That is empathy.

Q: Yes.

B: You can form that type of identification if you wish, but you still do not have to allow it to transform into sympathy. And in this way, it does not make you cold. Recognize that individuals in your society are not used to exercising compassion and that compassion, because it is, in a sense, a knowing state of existence, may seem to be detached, so to speak, from the normal range of emotions.
Q: Yes, that’s the next thing. I’ve just been told that I’m not emotional.
B: Understand, in this way, that emotionality is a tool, like anything else. And it falls, in your terms, below knowingness. If you are in a knowing state you simply know what you need to know without necessarily having to go down through the gamut of emotions to understand it.
Q: Right.
B: You are not without compassion and understanding. And in this way, if that allows you in the eyes of another to maybe seem aloof or cold, simply recognize again that if you know you are functioning within your integrity and are willing to communicate this idea to them in compassion, then you have performed your responsibility to them and you can, beyond that point, not be responsible for their choice of reaction.
Allow them to share the idea and see if it is something they may also be able to get in touch with for themselves – but they do not have to choose it.
Q: Yes, I see.
B: Very good.
Q2: When you speak of expressing this compassion and this love, I can feel it for others like you, but I just can’t feel it for everyone. How can I achieve that loving state?
B: By not achieving it; by allowing yourself to understand the idea that the only reason you would have for feeling dispassionate with someone would be because you are judging what they are doing as being less valid than what you think they should be doing.
Q: Well, you know I try to feel that exchange of love with them, but when I see there is a wrong thing and a right thing to do, and they choose...
B: There is no right. There is no wrong.
Q: Okay, but then I end up feeling like them, energetically.
B: Recognize again, as we have said, if you truly believe in the power of love then that is what you will use for your exchange, rather than feeling like them and increasing the energy that you find coming from them in the world. Do you follow me?
Q: Hmm...
B: Are you going to say, “Well, that’s very difficult. It is very hard to love someone like that.” (AUD: laughter) Now, understand in this way, this is one of the primary ideas that the Christ Consciousness was all about. Do you believe in love, or do you not? Do you believe that love will make a difference? Or do you fundamentally believe that the power of the idea being expressed in a negative fashion is more powerful?
Be a peaceful demonstration of love. Not just saying, “I love you,” but be the idea of the demonstration of that love – the expression of the faith that they are choosing to be the way they are primarily because of the way you have all chosen to be you.
Understand, in this way, that you can allow yourselves to be expressions of each other’s fears, and you are connected in that way. You can allow yourselves to be expressions of each other’s joys, if you are willing to not be afraid of love, as you have been – all of you.

Notice that even within your society, how many individuals, and particularly within the structure you call your government, are very afraid to show love – very rigid individuals; because you have created there to be an energy “out there;” because you are afraid to express the connection that you have with everyone. And so when you separate someone from you, when you separate you from the rest of your All That Is, everyone else that you now no longer know you are connected to becomes an unknown factor, and it creates judgment, suspicion, and hate. Because you fear, in yourself, what you sense within them – because you know you are connected.

Q3: I have a little problem with that. What do you express to someone who, say, is mistreating you in some way, and their idea about it is... do you just keep loving them back?

B: Yes, it is that simple. Yes. And this was even done, in a way, by one of the people who participated in these interactions some time back, when they found themselves, in your terms, being accosted, and in your terms, robbed. They chased the individual and caught the individual, and in this way expressed that the individual was welcome to their money, but would they please give back the pocket book they had taken, for that would not serve them.

And simply also it was recognized that the “accoster” needed the situation, but that they felt helpless and did not feel they had any other way to express themselves; and that the individual that they robbed did understand and was willing to give them more than they had originally been able to take. Whereupon the individual who did the robbing began to cry, in release, and shared intimately with an understanding that here was an individual who was not afraid of his power and could show that other individual that they did not have to be afraid of theirs.

Q: It would be good to think that as I walk around I could help others in that way on this planet, but...

B: You will make a difference.

Q: ... I don’t know.

B: All right. It is up to you.

Q: I would like to!

B: It is up to you.

Q: Sometimes a part of me gets really angry, even though I would like to be considered peaceful.

B: Now, who says you are not?

Q: It is just that when I feel that anger at...

B: All right. Understand that it is not anger that allows you to choose something other than peace – it is judgment.

Q: I can see the anger may be a habit... but well then, when I’m in the middle of a judgment what do I do?
B: Start by not judging the fact that you are judging. If you find yourself judging, all right, recognize it: “All right, I have just chosen to form a judgment. All right. So what? No big deal. Now that I have recognized it then already I am no longer judging.”

Do you follow me?
Q: Yes.
B: Then also you can understand something else. The idea that you may continue to do something “out of habit” can also be looked at as a belief. In other words: habit, what is habit? It is an idea. You are giving the word habit the strength that makes it seem as if the idea of having a habit is something difficult to change. That is not a law of the universe.

You are giving the word “habit” the power that it has. Redefine your vocabulary, your understanding, your definition of yourself. Do you follow me?
Q: Yes, that’s great.
B: All right.
Q4: When you related the incident before, I couldn’t help but imagine a hypothetical situation about “what if” the perpetrator was arrested.
B: Understand that when you create a hypothetical situation and create the game of “what if,” then that is where all of your negative confusion comes from. When you instead begin to live “what IS,” you will not have to play these “what if” games.

And no one has to arrest anyone. You are your own governments. When you allow yourselves to function as equal to them and every other individual, you will make a difference in that direction, and you will all come to the understanding that it is not about adding further limitation, but allowing each and every individual to sense their own self-empowerment. So that no one has to be arrested and no one has to do the arresting, for both are victims and perpetrators. Do you follow me?
Q: Yes. So when the world comes to that point when everyone feels their own self-empowerment, there won’t be any war and poverty and famine any more? That would wipe out all those things?
B: Yes. You can then make the understanding that simply each and every individual will look around and say, “This is a tool that has served me. I now prefer to recognize my own abundance on every level. Therefore, we will now work together to allow each and every being to realize their own abundance by being of service to every other being, where and when we can. Knowing we will therefore, automatically, be served by other beings in exactly the right place, in the right time, to allow us to experience the idea of abundance as well.” That is how it works.
Q: You can individually do that right now in your own life.
B: Yes.
Q5: We are really, but we just don’t realize it.
B: Yes.
Q: I mean, we are always of service.

B: Yes, you always are of service. Also in this way recognize that it is still a choice of *how* you wish to be of service. You can be of service negatively, or positively. Positive service will allow you all to know you are being of service, whereas negative service doesn’t let you know it.

Q: Can you give an example of negative service?

B: Well, someone robbing you perhaps – because you are still exploring the idea of your own abundance. But that is simply that you have attracted somebody to do that who is not feeling their own power strongly enough to refuse your invitation to rob them. (AUD: laughter) So they do not have to reinforce your willingness to play victim. So they do not have to be your victim, by playing perpetrator. And you do not have to be the perpetrator who attracts them to play the perpetrator for you, to reinforce your victimhood.

Q: So our understanding of this, individually and globally, is really crucial in this time of transformation to 4th density Earth?

B: Yes.

Q: And our making an actual demonstration of this love to each other – you know, getting beyond those old habitual reactions – is *allowing* the transition to happen more smoothly?

B: Yes!

Q: Thank you so much.

B: Oh, thank you. Sharing!

New Paradigms of Behavior
Nikola Tesla And Free Energy

Q: Could you tell us a little bit about Nikola Tesla and who he was?
B: He was Nikola Tesla. (AUD: laughter) And that individual simply recognized the connection of the idea of the primal energy vibrations that were inherent in your electromagnetic fields upon your planet. He understood that they could always be channeled and transformed into whatever type of energy was necessary for whatever your imagination so conceived.

Q: I recently watched a movie about his life and they put forth the idea that he had developed a system whereby energy would be free...
B: Yes.
Q: ... to everyone.
B: Yes.
Q: And you would merely need to put up an antennae.
B: Yes.
Q: So, is that available to us?
B: Of course.
Q: Okay.
B: Do you wish to build it?
Q: It sounds exciting.
B: Then go ahead. Rely upon the seven and one half cycles per second Earth frequency; and recognize as that individual recognized, that a transmission tower that would vibrate at that frequency would create a wavelength that is radiating outwards from that tower in circular fashion, exactly, coincidentally, the same as the diameter of your planet.

Therefore it would reach the equator, go to the other pole of the planet, bounce back and create a set of vibrational harmonic resonances with the entire planet, that would activate, crystallize and energize your entire electromagnetic field. Allowing you always, through any conductive material inserted within the ground, to be able to draw upon that energy. It is like turning your entire planet into a generator.

Q: A very interesting idea. Could you suggest where I might find reading material please?
B: You will find it.
Q: Okay. And how tall are we talking about the tower being?
B: You will find out. Again draw from the wealth of information around you and trust your own synchronicity. Also, do not forget that at this time, that particular consciousness is also tapping into those who are tapping into him, and will assist.
Q: Did he reincarnate again?
B: Not really.
Q: Could you explain the seven and one half cycles again?
B: Simply you will find that the circumference of a planet divided into what you call the speed of light, will give the cycles per second in the frequency of the world.

For it simply is the equational relationship to why the idea of any given material body exhibits the frequency that it does. Because you create the idea of the speed of light to be the representation of the primal energy pulse within your third density vibration.

In other words, what you call one hundred and eighty-six thousand, three hundred miles per second, divided by the twenty-five thousand miles circumference, will give you seven and one half. Seven and one half cycles per second.

Q: I see.
B: All right.

Q2: So, could we construct the tower on the moon in the same way and get all the energy we need by its frequency?
B: If you are on the moon.

Q: Well, you know they’re always talking about how difficult it would be to set up a life-station on the moon and...
B: We understand what you are saying.
Q: Sure.
B: Yes, it is a good idea, in your terms. You can also, in your terms, convert the energy, and beam it to your planet. You can utilize your moon as a generating station.
Q: Well, if we could have this idea on Earth, why would we need to do that?
B: In this way you may find, that because of the systems you have set up upon your Earth now, the system we are now discussing would probably disrupt them. Therefore, if you were to set it up upon your moon, you could convert it at your own leisure away from all the systems you now have upon Earth, and simply convert it, and beam it to where you wish to. Without burning out the systems you have.

Q: Sure. Okay, thanks.
B: Thank you!

4
Q: What do the 33 degree masons think they know that they think we don’t know?
B: Sometimes it has to do with bits of esoterica in terms of literal physical formulations of energy vibrations, and ratios of relationships to the underlying foundational structure of physical reality as expressed in architectural terms and vibratory resonance’s and things like that.
Q: Wow, gee
B So mostly in that sense technical knowledge, but also the assumption that most individuals do not realize that you create your reality which of course they are right in assuming–most individuals, on your planet, do not know that they create their own reality. And, of course, the idea that we discussed before, that there really are NO SECRETS! That you can access any information you have a strong intentional desire to access and so one of the biggest secrets of their organization is that there really are NO SECRETS. You understand? Does that answer your question?
Q: Yes it does.
Non Resistance

Q: Many of us are experiencing physical symptoms ...
B: Yes.

Q: ... with this process that we’re going through. Can you ... is there any way you can help us to know ... is there anything we can do to help ourselves?

B: There are any number of things you can do. All you really need to understand is that a lot of these physiological symptoms that you are experiencing, that may at first seem quite uncomfortable, are simply the remnants of resistance that exist within your belief system structure. Look at this analogy – if you know that your potential is a huge dam filled with water, that can flow through you, full force, yet the only avenue you provide for the release of the water is something the diameter of a garden hose, there’s going to be some resistance and some pain in the volume and pressure of water trying to bust through that small little opening. That is a direct analogy to what many of you are experiencing.

Your belief systems, negative belief systems, belief systems that are out of alignment, out of tune, out of phase with your true core Self, will literally, like the electronic analogy, create resistance when the energy starts to flow, so heat will build up, and that will cause in your neurological net, all manner of disease and pain. But the idea is to understand that the more you let go of old definitions, the more you are willing to let them go, the more you lighten up, in that sense, and drop the excess baggage, the more you will expand your willingness to give yourself permission to let all of your energy flow – the easier it will be for that energy to flow through you unimpeded, and thus cause no resistance, and thus no painful symptomatology. But this is simply part and parcel of the transition at this time ... do the best you can and it will be solved.

Q: Thank you Bashar.
B: Thank you

http:\\www.bashartapes.com
Notes II
Oct. 20, 2001
Explains a recent contact of a different civilization that will do some things to our consciousness, just hearing about the experience – so unique was it to them.

The name is Thook. They have an extremely unique quality that we have never encountered before. When you interact with them physically, any member or group, it doesn’t matter, you can see them and hear them and know exactly what they look like, but if you are not in their presence you cannot remember what they look like.

There is only one other member in the entire Association that is able to remember what they look like after removing themselves from their presence physically. And the Thook have made an agreement with them not to tell anyone what they look like. It is very important to the Thook to retain this ability. They, the Association, don’t know if it is a quality of their physicality, or something that they inherently do to their consciousness, they do not know. They cannot remember what they look like, until they are standing in their presence, but once they are not looking at them they cannot remember, and they will not allow themselves to be described when someone is in their presence. It is their taboo. They can tell you what their ships look like: “very elongated footballs.” But they do not know what the pilots look like?

Imagine looking at a friend and then you cannot remember what they look like. There is a reason for telling us. It will take us to an interesting and new story.

Question number two.
Question number 5: Female would like to know about the application of viruses of a pathological nature. Should we be surprised to find viruses in our genetic code in the next months and years? What is the likelihood?

B: “No more than 37% right now, it may go down to 26% depending on a few things. It may go down to 12% in one to two to three years.”

Q: How can we change this into something positive.

B: “To be the you for whom such things have no effect, or a positive effect.”

It is not some nice way of talking about things; they are talking about reality physics, vibrational physics. This is why it is all right to be you, and to not choose fear. Understand you are the you that accepts yourself, loves yourself as fully as possible. You can only extract the things that are positively aligned with your vibration, regardless of what was intended from the original vibration.

These responses are not to avoid specifics, but certain kinds of responses don’t do you any good. They give us the type of info that they know we are capable of activating and incorporating in our life. That will be the direct answer we seek to give us the results we are asking about, rather than specifics as such, which only confound, rather than clarify. End of question #5.
Continuing Notes 1:

It is our choice to respond to their call of RSVP. The consequences will be ours. One of our myth, legends, symbols, one of our axioms, is that the “the sins of the father are visited on the son.” Understand these things and you will understand yourselves. See these things and you will see yourselves. But they do not want us to look under every rock for things that we imagine “might” be there. This is not what this energy is all about. “And it is certainly not the way to really ride the wave to the best of your advantage.” So they invite us to “drop our story.” The ones we would call baggage. The ones that have become heavy, especially in the light of what has happened. More than ever, it is time to let it go.

Every individual that they are communicating with can change their energy and if you don’t change, it is your choice. Everything is choice, NOTHING, NOTHING, NOTHING!!! is stopping us…NOTHING!!!

Nothing is holding us back, except the choices we make about who we believe we are. Things do not hold you, you hold you. You have
to have reasons to be held, but they still love us no matter what. They see our creativity, and they see we can do a great deal, especially being the ability to hold ourselves back. When you realize that being who we really are as they see us, is so much fun, you will not wait a second to change – if we would only see ourselves as they see us.

It is an unusual event because the extent of the other beings – The Councils, The Associations, The Alliance, other beings, parallel realities, other levels of consciousness – participating in this event is large, especially on their side of dimensionality. Many times larger than those gathered before the channel. Every member of the Association is paying attention to what is going on with us, and many other communications are taking place around the planet. And they will continue for some time.

Open up to the fact that we are loved that much to have that much attention.

Who can tell him what a “sub-theonic” particle is? Or a sub-theonic resonance pattern? Or just a “theon?”

A particle of God. Everything in existence is a theon. We are sub-theonic resonance patterns. He is not trying to de-personalize us. “Anything that is a thing, that is one of the many of the one, is a subtheonic particle, by definition.” “So we are elementary particles of God.”

We have the same characteristics of elementary particles: spin, charge, electro-magnetism, gravitational attraction, instant transformation, and teleportation. We have all these things as subtheonic particles. As we build and network as subtheonic particles, we will eventually connect up to the point where we become GOD, the All That Is.

But remember that “every part is the whole, even as every whole is the part.” It is holographic. The One is the Many and the Many are the One. Feel yourself as that aspect of All That Is. Nothing is out of
touch or reach, all of it is now and here. We are one relationship to ourselves. The more you allow each other to be who you are, the more you become the One. Oneness is not the losing of one’s individuality, just the opposite, it is the strengthening and the supporting of all of us and our individuality.

For that is what God is, God is love. That means that God is unconditional support of ALL that God is. Otherwise God would collapse. God supports himself for one moment, but that one moment is eternal. If you feel God you will explode in unconditioned ecstasy and love. Feel the unconditional support you have, to be who you are, without excuses. There is no longer any reason not to be who you want to be, except the “reasons you create.” “And that is up to you.”

Pay attention to how you have set certain things up on your planet for certain things to occur in certain ways. BUT DO NOT DWELL THERE!!! Know it, but don’t live there. They invites us to live in a different dwelling place. Allow yourself to be whole. It is now available to you to ride beyond, to know that it is not your fault, but to be more, and bigger. To bring the mountain top down to earth. Don’t be afraid to be that you – that you have that much love.

Don’t fall back into old patterns. A habit is something you do that you don’t know you are doing, but once you recognize it, it is no longer a habit, it now becomes a choice. Consciousness, awareness, is a whole new ballgame, play that game and you will be playing with us. But if you want you can continue to play with yourself. Let go of the old ideas of whom you think you ought to be.

They have seen us, nothing will shock them. We have never not been, and we are never alone. Except that we are allowed to be silent and be our own person and given space, but God is in all spaces. So we are never alone, we are simply all One. Allow yourselves to understand what is being said by The Council here tonight. A major change has occur in the collective consciousness. Do not paraphrase, but quote verbatim.

Events are shifting due to what has gone on and what is going on, to now make it likely, 95%, that our world may “officially know about the existence of extraterrestrial life by our year of 2005.” He didn’t say that they were all going to land in their ships, but this is a big step. Keep our energy up, and stay tuned for more updates.

They will tell us something if we need to hear it, they help where it is appropriate, because we have asked them and because they love us. They can tell us only so much, not because they are holding anything back, but because we have told them how much they can tell us and how much they cannot tell us. We are calling the shots, and collectively we communicate with The Council more than we think. They take readings, ask our advice, and see how we are doing and they take a pulse, and only give us what we really need by our choice. They take it a step at a time. Every change is a whole change. They are willing to wait. “Enjoy where you are or you will never get where you are going.” Why? Because you are not going anywhere. Enjoying where you are tells you that where you need to be is right here, because this is where everything is. There is nowhere else.

Enjoy where you are and you will be where you are going. And where you are going, which is where you are, will keep changing to reflect how much you enjoyed the last expression of the here and now.
And the next and next... Fear not.
Goes to questions...
3
He asks everyone to set aside their expectations and assumptions about what they expected from their communications. And they have a very specific agenda for the evening. He has his reasons but does not specify.

He reminds us that he had commented in 1999 that there was a 97% chance of a terrorist strike in NYC. At that time the energy was dark enough to have been a nuclear strike, but had been reduced down to the airplane strikes.

Because of the terrorist strikes we now have come to fruition and have passed on to the other side of a specific energy threshold, hence their agenda is to communicate again. Since time is meaningless to them, 1997, the time of the last channeling, is like a minute ago to them. They needed the shift to reconnect with the channeling. No specifics were given.

He extends to all, membership in his Association of Worlds, Interstellar Alliance, Federation, whatever we wish to call it, it doesn’t matter to them.

Interaction with their consciousness was necessary before such time as a more physiological interaction between our respective worlds; and then we will become a recognized member of the Association. They wish to help us in our next step of our evolution. We are welcome to continue our association with their Association. We are at this point “honorary members.” We don’t quite yet have a vote. Except the most important one, which is the vote for our planet.

He reminds us that the things he discusses with us have a PURPOSE which isn’t always apparent on the surface. The words they choose have more than the meaning coming from the words coming out of the channel’s mouth. While they talk about one thing there are many other things going on, on many different levels, being delivered.

They invite us to a different place than most of us have been on, in the past couple of weeks. This is not so much about who did what to whom and why, or what is going to happen now. This is about taking stock & responsibility of whom you are; this is about ENGAGING each other, into more action and activity. In order to act more like the members of the Alliance.

We are honorary members of the Association and the Alliance by our participation.

There are things to say and do without pushing or demanding, but with love. Remember to act with body, mind and spirit. The greatest power requires the lightest touch.

If you find a lack of receptivity, MOVE ON, move around or under. Flow over, flow through like water.

Ask with love.
Title of communication is RSVP, because it is an invitation to RESPOND. Respond, not react, but respond. Which is the root of responsibly: your ability to respond.

We have an unprecedented opportunity in the collective energy: look at what is happening, look at the unification. Also very crucial is that our culture has been taken by surprise. We are still very much in a state of shock and surprise, bewilderment, amazement and wonderment.

One of the main reasons for the current interaction is because our culture is like clay. Our rigidity has gone out of us. There is still rigid reaction but this is a fragmentation. It signifies, like bones in a body, some time to change. We are now open, we are ringing like bells, and they can hear and feel it. And that is why it is necessary for them to respond NOW. This state will last for a little while, perhaps for the remainder of our year. It is a precious and important time in our society for change and action in word and deed.

There will be a sense of wondering, and questioning who we are, why we are here. Just put yourself out there and act, be and do. Show love, allowance, helpfulness, relationship. There is only one thing and it is all of us. Creating different notes and an orchestration of allowance.

Destruction is not power. It is easy to destroy. That’s because it takes no power. Power is in creation, relationship and unity. It takes no power to destroy, that’s why anyone can do it, and it is easy and quick. Create and bond together a foundation that will be unbreakable across the planet. Teach through action, not through: “you must know this or else you are not one of us.” Not that. That is not teaching, it is only fear that what you say you believe in, might not be so.

Look to stories, myths and legions. One of the strongest in our society is Star Trek. It reflects certain things about us, and there is no accident about the timing of the episodes, they have actually used it many times to see the reflections going on, on all levels of our society. Look where the new Star Trek is going – all new. The same thing is happening in our society. Pay attention to all the reflective mirrors in society.
Questioner: Would you be able to explain what is happening in Iraq?
Bashar: Would you be specific? There are many things happening in the area on your planet that you call Iraq.
Q: Yes. Well okay, I hope I don’t sound a bit simple, but I’ve noticed since being in this country for the past three weeks the entire focus in the news has been on the affairs of President Clinton and the girl and it seems to me to be a full on blanket of attention on this when all the time something is happening in Iraq. And right at this time they have the prime Minister of England here along with the president.
B: all right.
Q: It feels to be that there’s something much bigger going on...
B: Yes.
Q: feel to me as if the entire population has been given a blanket on the news to do with this Monica, what ever her name is, and so on.
B: Not really by their choice.
Q: No, no, no, but I just don’t understand…could you give me a greater overview on exactly...
B: Do you mean that there is a covert operation being planned to remove someone from their life? Yes!
Bashar:

Channeled by

Darryl Anka

Circa 1996

Q: And back in, I believe it was 1975, October or November in Northeast Canada and as far as Montana, several of our military bases were witness to a large football field sized UFO’s that first appeared orange and then appeared to have red lights around its exterior and they were able to ... they came over some high security military bases and messed with the Sequence Codes to some of our nuclear missiles...

B: Yes.

Q: ...what were they showing us here?

B: That you would not be allowed to have a nuclear war. But, as we have already described, this was shown to you after you had already decided, really fundamentally on a collective consciousness level, that you would not. That is why it was possible that you could be shown this by reflection.

Q: Did we come to any kind of agreement with these aliens for any type of ... because there seems to be a disarmament going on now?

B: It is not that you have come to an agreement with any extraterrestrials over this, you simply came to an agreement within yourselves, which the extraterrestrial craft was willing to reflect to you.

Q: And this will be upheld by all the nations?

B: There, again, is now still the possibility, within your reality, for individuated and localized terrorist activity involving nuclear weapons, but in terms of the idea of your nations, yes, this will be upheld; you have simply passed the cycle where this is now a possibility.
Las Vegas: 11-Jan-96
Q: The number 6 you’ve reference to the number of technology, can you explain further?
B: The idea is that which is based upon the vibration itself of atomic structures and crystalline structures that are the based—*vibrationally*—for all things you would understand to be technological in nature as an expression in your reality.
Q: So it’s a molecular connection?
B: In a sense, that is a simplistic way of saying it. We can get into that, in more detail, at another time.
Q: Saturn: It was known as the God of melancholy? And it took on a negative connotation in our past. We have the Saturn Council which is connected to the Council of Nine, I understand?
B: Yes.
]
RJ: What engendered this negative connotation?
B: Simply forgetfulness and misinterpretation of the idea of what might pass for melancholy, but in fact is simply—calm wisdom, calm knowing. Do you understand the difference?
Q: Yes.
B: Does this help you?
Q: Yes, thank you very much.
B: At this timing, We will....
>  
>
Numerical and Crop Circle Symbology

Q: Looking at the 666…
B: Yes.
Q: …series.
B: Sirius? Is that what you said?
Q: Yes. (Audience laughter)
B: Yes. What do you wish to discuss?
Q: Is there any difference between that and the 999 series?
B: Of course, everything that is altered is different, by definition. But the idea is that it has many connotations, and has been given many definitions, both positive and negative in your society. It is a recognition of certain elemental energies, certain levels of consciousness expressing themselves in a certain physical way in your reality. But there are individuals who also have created a negative archetype to go along with that, as well as a positive archetype. In its own reversal, the negative and the positive polarity is expressed.

There are many ways to interpret this idea of what you call the three sixes. One that has been given in your society is simply the basic understanding that it is the fundamental symbol of the element of which your physiological life form is based – what you call carbon. You understand?
Q: Yes.
B: Six, the element with its six protons, six neutrons, six electrons – 666 the number of the physical world, or in your biblical reference the number of the Beast. You understand the concept now in that sense?
Q: Why was it the number of the Beast?
B: Because physical reality, according to many of your religions, is considered base, and to be the kingdom of the animal. You understand?
Q: Base matter?
B: Base matter, base intentions, base energies, that which in your biblical frame of reference was assigned to the idea of animals, which were considered more base than humans – thus the beast, lower in vibration, though not really true. So it was inscribed as an ancient memory of the life of physical reality being based on the carbon atom, and was ascribed with the numerals of 666, being the number of the Beast, being the number of physical reality, which in many of your religions was deemed negative, just inherently.
Q: Umm.
B: Because of how it ascribed the idea of going from spirit into physical matter as being the “FALL.” You understand?
Q: The fall?
B: Yes, the fall, you understand in your biblical reference?
Q: Yes.
B: The “FALL” of humanity.
Q: Yes.
B: Thus, the idea of physical reality already in that religion being given a lesser quality than the concept of the spiritual reality, even though the two are equal, but different. Therefore, that is one avenue through which is formed the idea of that thing. But it is also connected to the Sirius energy, for it is representative of a very “HIGH” frequency of sixth density vibration, yes. Nine is simply a way of expressing that energy in what might be considered to be a council of light, or guide-like form. Does that make sense to you?
Q: The 999?
B: The number nine and any derivation thereof, is an expression of what might be called council energy. When you take high energy of consciousness and spin it in a manner, or filter it in a manner, wherein it becomes the idea of a council, or a reflective guide of any kind, then you have the number and the vibration of nine.
Q: Um, okay.
B: Does any of this make sense in the translation into your language?
Q: Yes, it does.
B: All right. Proceed.
Q: It came to mind because I’ve been thinking a lot of the Oliver’s Castle crop circle.
B: Yes.
Q: And we talked about it as the sixth density star burst from Sirius.
B: Yes.
Q: And of course, there along each of its six arms are three points.
B: Yes.
Q: So in a sense you have 666, but you also have a relationship to... because of the threes.
B: Yes, of course, and also the relationship to the triad.
Q: Right.
B: Which is very important in terms of the idea of your physiological reality, which always expresses the triad of beginning, middle and end.
Q: All right, okay.
B: And also expresses the triad of Earth, and our world (Essassani), and Sirius, in terms of the idea of evolution and progression.
Q: Um, oh that’s nice, so that is in there too.

B: Of course, in the idea also that you and your planet are moving from third density to fourth, we are moving from fourth density to fifth. And Sirius energy, in that sense, being high sixth, is also moving into seventh, but it encompasses the idea of lower fifth as well; but in and of itself, it is three densities thick.

Q: Um.

B: The Sirius consciousness is located in the sixth, in that sense, loci, in the middle. Located in the sixth, in the center, but it encompasses the seventh and the fifth, above and below itself, because it forms a natural bridge within itself. Does this make any sense to you?

Q: Yes, it is great.

B: What it means is that when you attain a certain level, then within that level of recognition and understanding you recognize that you ARE THAT DIMENSION OF REALITY. It is not something that you any longer think you exist within, you recognize that you ARE the dimension itself, and that you also contain all that you need to create yourself to be another dimension – to expand in that sense. You recognize yourself as self-contained, as capable of expanding within yourself from within, rather than believing that you need any kind of externalized assistance.

Q: Hmm.

B: Because you realize that all assistance exists within you, and even though it may also be connected to elsewhere, it still all comes through you from within you, because you and you and you and you and you and you are your own universe. And in sixth density this is more fully realized, more fully consciously realized. Does this make some sense to you?

Q: Yes. I see a great relationship between what you just said and the most profound teaching of the crop circles.

B: All right, anything else?

Q: Because of this Oliver’s Castle crop circle – it’s become almost like an archetype of it.

B: It is an expression of the archetype; in fact, all of them are, in general. As we have recently said, the idea, in general, of the crop circles are as the symbols of the collective consciousness of your world speaking to itself as it wakes up. It is dream symbology. We assist in helping, like a lens, to focus the electromagnetic energy of your planet, to allow the manifestations to occur in some physiological way that you can relate to, that you can experience physically, tangibly.

But many of these things are – not all – but many of these symbols are literally the dream symbols of your collective consciousness, waking up and speaking to all of the components of which it is composed. You understand this? In the same way that you dream and have dream symbols, these are physical manifestations of the dream symbols of the awakening of your collective spirit of the world. Your collective mind, your collective heart, your collective soul. It is a direct language of your self, your total self to all the components that compose it. Does that make sense to you?
Q: Yes, it does. So as individuals out in the field, are we sometimes acting in symbolic ways, as archetypes?

B: Yes, very good. Each such individual that participates may take on the total aspect of the whole archetype in those interactions, and thus, understand a great part of the whole.

Q: Thank you.

B: Thank you.

Numerical and Crop Circle Symbology

1
Observer and Secrets

Q: I just want to acknowledge the great It, the Observer. And thank him, and send my love – I mean, it, thank it. I mean I have felt Its energy around me coming through on an aesthetic band, a very aesthetic, loving, very powerful, “humongously”... compassionate...
B: “Humongously”?
Q: Yes! Humongously – divine level for me.
B: It is in many ways the essence of unconditional compassion for it to be able to function as it does as the Oversoul of the Association...
Q: Yes, very understanding...
B: ... for only in that degree of ALLOWANCE could so many different civilizations and beings interact in what you would call a smooth, ecstatic and energetic way.
Q: Well, I am really feeling the acceleration.
B: All right.
Q: And I am just acknowledging synchronicity at every moment.
B: All right. Thank you.
Q: Thank you.
Q2: My other question last session we had here, we were talking about the Observer... B: Yes.
Q: ... and I just had this, um, this thought that... was the Observer, God?
B: In some senses all things are God, as you say in your language.
Q: Yes.
B: But since things do create themselves to exist on levels, it could be said that it was one face, one reflection, of what you may call the Infinite. At the same time it might be more precise in terms of describing its relationship to energy within creation, as being the Oversoul of the Association of Worlds to which our civilization belongs.
Q: Right.
B: Do you understand that concept? The Oversoul of all the civilizations of which our Association and affiliations to what you might call a Federation, is made up.
Q: Right.
B: Does that make sense to you?
Q: Yes it does.
B: Does that help you?
Q: Yes it does help me. Thank you.
B: So, we would now like to continue with another idea that will really be more in keeping with the idea of a new orbit, a new year (1997) a new understanding and a new way to proceed in your lives. A more, shall we say, in your language, candid and frank idea to begin to explore. This in its timing is important we recognize that on what you call your first day of your new year; the channel himself was in discussion on this subject with a member of your gathering. And we find that it is important enough to share now and expand upon, for it is something you all need to understand, and thus we take from the conversation that was had, the synchronicity that this is indeed the first and most important thing we can say to you this day of your time, and it is this:

Many of you for quite some time in your investigations into what you typically call “New Age Information” have come across also the concept of many things that have been hidden for a long time, what you call – secrets. And what many times, in many of your minds, goes hand in hand with the idea of keeping the secrets...conspiracies.

Now, we are not saying that people on your planet do not make attempts to hide things – we are not saying that. You have created your society to be what it is. You have compartmentalized yourself, to keep secrets from your self, in a sense. And thus it is no surprise that that idea of how you treat yourselves inwardly should be reflected outwardly in the structure of your society in that you create organizations that are compartmentalized and thus have the ability to function by keeping secrets, keeping information, or at least attempting to keep information from other members that they deem should not have that information, for one reason or another.

But now we would like to really illuminate, pun intended, for those that get it. Illuminate the idea beyond these ideas and that is this: the ultimate idea behind all these concepts of secrecy, behind the very notion of why that exists is to understand that there is one ultimate secret. Are you ready to know what that is?

AUD: Yes.
B: Are you sure?
AUD: Yes. Yes. Sure.
B: I’m not convinced.
AUD: Yes! Absolutely!
B: Oh all right. All right. All right. The ultimate secret is that there are no secrets. Now understand this in its profundity, “There are NO SECRETS.” And I mean this literally. The are no secrets.

Again, we understand that individuals may make attempts to hide information for a variety of positive and/or negative reasons from time to time, depending upon circumstances and situations. We are not saying that you cannot in that sense keep something to yourself; however, when we say there are no
secrets what we are reminding you of is that every single one of you has the ability to access any piece of information at all, and in that sense nothing really can be kept a secret if you have a desire to know it. There are no secrets ultimately in the sense that everything is accessible to all of you. Nothing is kept from you in creation, nothing.

But the idea – and here is where it gets very interesting in your society – the idea itself, pay attention to this, the idea itself that there are secrets is the first step toward the idea of control. Do you understand this? Keeping you trying to figure out what the secrets are is the way to actually remain within the idea of control, or the domination of those that want you to believe more than anything else that there is such a thing as a secret you don’t know.

It doesn’t even many times matter whether there’s any information behind that. The very idea itself that there can be such a thing as some secret you can never know is all it takes to keep you running in circles.

So, pay attention; the idea is again – not that there haven’t been individuals who have in some senses participated in what you might euphemistically call a conspiracy here and there, or attempted to keep something hidden here and there – but the idea itself of getting caught up in the fact that there is a secret that you must break, that there is a secret you must expose, is part of the manipulation.

When many individuals on your planet think they are getting to the point where they are about to expose the secret, they think, in that sense, that they are breaking the manipulation, when in fact by believing that there is a secret, they are reinforcing the concept of being manipulated.

All you need to do in any circumstance is understand, from the beginning, there are no secrets. Every bit of information that exists is available to each and every one of you, if you want it. If you want it. And that’s the key. Because many times you will find that you will actually not want it, because you love the game. And you might create fear within yourself to find out what it is that you are afraid to find out. Because for some reason you may have a definition or a belief about what that will mean – it will lead to this, it will lead to that, so in many ways you actually perpetuate the game because you don’t really want to know.

But I tell you this; any thing you really, really, really want to know is available to you. There are no secrets. None what so ever. Take that to heart. Now, again, we remind you not because any one thing necessarily needs to work any better than anything else, all things being equal, and they are.

Again, we remind you to take advantage of what you already have available to you in your society. Allow yourself to understand that we will once again at this time recommend – suggest to each and every one of you that because you have already created it, and it is already available to you that you make use of some of the literature that exists that can help you. But it is very clarifying, and again, we suggest, for now at this time one primary suggestion and recommendation the creation of the literature by the individual you know as the name of Walsch, that book you have called Conversations with God. It is clear. It is direct. If you will read it until you know it, you will never, ever, need to speak to anyone
but yourself again to know anything. So I would suggest you learn it. I suggest you live it. And that is all it takes.
Q: Will we, within the remaining time period of this civilization, have the ability to colonize either Mars or the moon?
B: Yes.
Q: And is there sufficient liquid and water on Mars that can supplement . . .
B: Yes.
Q: be used?
B: Yes. It is locked in, what you call, underground chambers.
Q: Thank you.
B: Thank you.
B: The idea of consciousness is contained within every idea, every single element, every atom, and every component of creation. And in that way, as you recognize that physical reality and the constituents thereof will follow the idea you call the course of time, then you may understand how the energy will transform and transfer from one idea level to the other, until it allows itself to work its way up, and through, to the entire complete totality of all creation. And that when it reaches the one whole totality idea, it will recognize that it very much started out that way to begin with, as one complete idea before it, quote/unquote, branched out. Do you follow me?

Q: Yes, I do.

B: Therefore, it will arrive at the same place it started from. This will then form the loop that represents within the idea of physical reality, the boundary limit, in a sense, to the physical expression, whereby you then transform and elevate to the next magnitude of dimensionality – to understand the mechanics from that point of view.

Q: Would it be accurate to say that we, our souls, started out that way, in a sense?

B: In a sense.

Q: Taking it one step further, it has also been indicated that suns, stars, are very, very evolved beings at a high-density level.

B: Yes, also, in a sense. Understand, again, that everything in physical reality is a symbol for consciousness of one form or another. Recognize that you exist on every level of existence that there is. Although right now you are focused, to your way of thinking, from this level, through this idea, right here, right now. There are forms of your own consciousnesses which to other dimensions of reality do appear as stars. It is not so much that they represent the idea of being evolved beings beyond yourselves, but that some portion of your consciousness and the portions of other consciousnesses, in that way, will represent themselves by that physical symbol in other dimensionalities. Do you follow me?

Q: Yes and no. It could be any of us, in one other aspect of the totality of the universe?

B: Yes, they will in the most part represent certain connective consciousness ideas.

Q: Is this in fact what the term, planetary logos, means?

B: Yes, thank you.

Q: Thank you very much.
Q: You mention the One light, where did it come from?
B: It always Is. It did not come from anywhere, remember again, Isness only has one quality—Isness. There is no before to Isness. Isness has never not been Isness.
Q: But before awareness it was dark.
B: Again, this is an analogy. Remember: when we say before and after these are only concepts that exist within Isness. There never was truly a before and after. This is difficult to translate into your 3rd density reality domain. Nevertheless, this is the best that can be done with your language.

Q: I understand non-linearity somewhat.

B: All right, all you have to do is learn how to pronounce it. Audience laugh’s.
Q: The light I understand to be intelligence.
B: You can understand it that way, although, more specifically, just to put a more precise definition upon it that is more relevant to your reality intelligence, although it can be used the way you are using it, intelligence is really, more precisely—the application of awareness, not awareness itself. Consciousness is consciousness, awareness is awareness. Intelligence is what you do with that awareness? The application there of, although again, we understand we don’t have to be that strict with the definition, and if you want to say that it is simply intelligence we will understand and acknowledge that idea.
Q: What is the difference between consciousness and awareness?
B: Yes, in a sense, again, it is the idea that there maybe consciousness that can be aware in a variety of ways. Although, consciousness to some degree implies the idea of awareness, self-awareness so on and so forth. There may not even be a term for what you might call that SUBSTANCE that is unaware—you understand?
Q: Okay.
B: So we, just in your language, translate it to Isness, that would be the term that would best represent that idea of that substance you are referring to; that once it became aware is referred to as consciousness. Does that make sense?

Q: Okay, yes, to some degree.

B: So Isness is simply like the fabric of existence itself. Consciousness is when the fabric knows it is the
fabric. And, also immediately creates the idea of reflective self-awareness that creates difference in the fabric. In other words, awareness of the threads that make the fabric up. Does that make sense?

Q: Yes.

B: So Isness, then, is awareness of itself as the fabric and then self-reflective awareness of the threads that make up the fabric. But, at the same time, going back to Isness and understanding that every single thread is also—THE WHOLE—THE ISNESS. Does that make sense?

Q: Okay, that makes some sense.
Opening Night

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great. Fine. Etc.

B: We thank you in this way, and we begin this evening’s interaction with the idea that we have discussed with you a few times about your physiological reality being a shadow of the real you, your physical reality being a shadow of the soul, in this way.

Now, in no way, shape or form do we intend with this discussion to denigrate the idea of physiological reality, for physical reality is valid as an experience, as an expression of life. And it is in every way equal to any other level of being. It may be more focused in many ways; other levels of being may be more expanded, as you call it, may be grander in their scope. But the idea of physiological reality is simply another way in which you can express yourself as spirit. And the idea of your physical body is simply, once again, spirit, energy coalesced into a particular frequency pattern. And in no way is meant to imply that physical reality is any less than any other level of existence upon which you already exist. And therefore, by the examples we will now give, no denigration is meant of physical reality; we are not making light of it.

But we will remind you of something you are very familiar with. You’ll know, and you have seen many times – and many of you have yourselves played this game – this idea of shining a light on one of your walls and raising your hands and making shadows upon the wall. And living out through the idea of fantasy the images and the shapes that are projected therein. As you play this game you may use this as an analogy, as a reference, in the sense that the soul is doing much the same idea. It is, in a sense, using the light of creation, and it is allowing that light to pass through itself in such a way that upon the artificial screen it creates are projected the images, the shadows that you call physiological reality. Now, the soul from that level, from the level you are as a non-physical being, knows that this physical reality is simply the shadows.

And in this way, it recognizes it – and again, no denigration is meant–as a game. It simply knows that what is projected upon the wall is not literally who and what it is, is not the end-all or be-all of its existence, but is simply one way in which it can present and represent ideas. It is one way in which it can play scenarios out upon a particular type of stage, if you will. And just as the shadow seems flat to you, seems two-dimensional in a sense to you – at least the part you can see on the wall – you recognize that to the higher self, physical reality is also, in a sense, flat, an illusion and a projection. It contains no substance; all of the substance, the essence, is in the soul that is projecting the image.

But that image is still a part of the soul. It is a representation of the substance, of the essence of the soul.
It is an outline that represents an idea, a configuration, if you will. And thus, for the purpose of the scenario being played out, it will do as a representative symbol; it will get the idea across. But there has come a time in your reality when you have, as we have discussed, forgotten that you have been playing this game, forgotten that these images are merely projections upon the wall of the soul’s reality.

And many times you feel that these shadow images become more substantial, more and more solid than even you feel at times yourselves to be; many times you allow the idea of these shadow actions to overwhelm you in that way. You think of these ideas as impenetrable. You see only the darkness of the shadow, and think that there are many things hidden within, not realizing the true insubstantiality and flimsiness, if you will, of the shadow.

It is only a projection of your minds, of your ideas, of your beliefs of the things you think are real, of the things you decide are true for you. And therefore, when you allow the idea of this shadow-projection game to become something that happens – not from you, but to you, seemingly from outside, seemingly not under your control – that many of you have allowed these shadows to take on your own illusionary forms. You give them more dimension, in a sense, than they truly have by themselves. And it is that added dimension of fear that gives them the substance and the solidity they seem to have many times. It is the fear that makes the shadow overwhelming. But it is only an appearance; it is only something that you label the shadow to be; it is only the label of an actor in a play.

Feel it is only a name. The idea, in and of itself, is no more intrinsically overwhelming than any other way to look at physical reality, any other idea you could label the shadow to be. Recognize therefore, that many times all of the so-called suffering, all of the so-called struggling that you are doing in life is really nothing more than shadow boxing. You are feinting with specters, with reflections in the mirror of your existence. They are no more substantial than you believe them to be or want them to be.

But while you are in that play, because you have decided to be one of the actors, then you will believe that it is real. You will play it out in that sense. And the play: the more you believe it is real, the more the only reality it will become, the less you will remember that you have the ability at any given time to step back from that stage and be in the audience watching yourself, recognizing it for the scenario that it is, for the play that it is, for the prop that it is.

It is a prop, and it is a valuable prop. And you can learn much from watching the play. And you can understand much about yourself from participating in a play. But recognize you are the author of the play, and at any given moment you can decide what lines to say, what actions to write into that play. No one pulls the strings. You are not a marionette; you are not a puppet. You have set the stage; you have ordered the props. You are the designer; you are the author. You are the producer; you are the director. You are all the actors and actresses. You are the stage itself. You are playing life within yourself, within the idea, within the universe that you are. In this way, therefore, allow yourself now to know that what is occurring in your play is that the house lights are coming on. You are lightening up; you are awakening self-enlightenment. You are saying, "All right, up with the lights, and now I can see that this has only been a play.” Not that that invalidates it, for it has been a beautiful piece of art. But it is a play, and plays
come and go.

You can change now the new play that will be on the stage that you are. A new show, a new opening, “Opening Night.” That is the title of your tape. And so as you now lift pen to paper, if you will, and begin to write the first act, allow yourselves now to know that you are writing with the lights on, and you can see clearly the paper before you. And every word that is there will be your penmanship. You will decide what you will be, what you will play, what the act will be all about. You will orchestrate it; you will direct the play that you are. And all the other characters will be there because they chose to audition – and you gave them the part.

This goes for each and every one of you. You are appearing in everyone else’s plays, starring in your own, starring in everyone else’s, in a sense. You are that creative, you are that simultaneous and you are that spontaneous, if you are willing to believe it. You are very creative playwrights. The play that you have been acting out has been going on now for some several tens of thousands of years. The seats have been full every night. Sell-out performances every life!

And so, have no fear – any new play you write will be just as popular. You will still find as many individuals who will want to act in that play with you; you will not be alone. Just because you now find that the play you wish to write is something that perhaps has not been a part of the play you have been acting in, does not mean that it will not be seen for what it is, and it will not be enjoyed for what it is. And it does not mean you will not find all the individuals necessary who are willing to participate in the new play.

Create. We know you are quite capable of it. So the curtain is going up. Sharing!

Opening Night
Opening Your Astral Eye

Q: One of the things that I do in a waking state – physical waking state – is I will imagine myself moving out of my body, sometimes above it, above the rooftops...

B: Yes.

Q: I can move around. When I re-engage with my body, I get a rush, like a rush of energy is occurring.

B: Yes.

Q: And in this state I don’t have a visual perception. It’s more of a knowingness perception, where it’s as though it’s dark out and I can’t see anything, but I just know that I am above the tops of the roofs...

B: Yes. Sometimes because, once again, simply out of the habit of being in physical reality, it may take a little while for you to get used to the idea of how to open your astral eyes.

Q: Okay.

B: To really know that you are seeing. Because, understand, you are not seeing in the same way at all. Because you do not have eyes, as you understand them in the astral state.

Q: Right. Well, that bears on a related area of this question; which is that while I’m doing this, I also have full perception of what my body is experiencing. I can still feel my body lying or sitting, touching, tasting, whatever it might be.

B: You can form relative degrees of disassociation from your physiological reality.

Q: Well, what I’m saying is that I’m doing both at the same time. I’m aware of being out, and also in – not really in, but out and still feeling.

B: Yes.

Q: Is this technically astral projection?

B: It can be; because, once again, technically, your body is inside your consciousness. And therefore, it is always contained in any expansion of consciousness. Let’s look at it this way, physiologically, as a mechanism: think of your consciousness now as a sphere. All right?

Q: Yes.

B: Think now, that when you are physically focused, that the sphere, let us say, is simply in the shape of your body. All right?

Q: Okay.

B: Then when you go out of body, it is not that you are actually exiting the body, it is that you are expanding the sphere, so that your consciousness is now out here, further and further and further. You follow me?

Q: I do understand that concept.
B: Your consciousness, therefore, is actually always 360 degrees around your body, which is at the center, so to speak. Or physical reality, in a sense, because it is so dense, represents the center of your consciousness. You collapse and condense inward to form a solid reality. You expand and go outward like a bubble to go into a more ethereal realm.

This is why, when you expand the bubble of your consciousness, you can travel here and there, and here and there, with absolutely no time involved between traveling, because your consciousness is everywhere, 360 degrees. And all you’re doing, when you go from this point on the bubble to this point on the bubble, is closing your eyes here and opening them over here, to see a different point of view.

So, if you, perhaps, use this mechanism in your imagination and consciousness to expand the bubble, and assume that you and the consciousness always move with the skin of the bubble, and yet, at the same time, can always be aware of what is contained within the bubble, then you can jockey, as you say, back and forth, back and forth. Or remain in the skin, or go into the physical reality, or expand the bubble as large as your wish, or as tightly as you wish.

This is a direct mechanical analogy of astral projection. It is not simply just the idea of a spirit leaving the body. It is an expansion of your entire consciousness, so that your focal point is now on the skin of the bubble moving outward. You follow me?

Q: Yes, I was aware of this concept. Yes. And when I said I was leaving my body, I didn’t mean to imply that I thought my consciousness was actually my body.

B: Oh, we do not mean to imply that you were implying that. We are simply giving you, perhaps, the idea of a mechanism to explain the effect you are feeling.

Q: Okay. And when I asked, is this technically an astral projection, you said that it can be. So, how would it not be?

B: We simply mean that it is one way to describe it.

Q: Okay.

B: So, technically, yes.

Q: Technically, I’m astral projecting.

B: Yes. It just depends upon the idea of where you choose to focus the mainstay of your consciousness. Many individuals, in other words, would assume that it is not completely astral projection unless you lost the realization of the focus of your physical form.

Q: Yes.

B: It is still astral projection, but it may simply be that your consciousness is not focused in the skin of the bubble, but throughout the entire thing.

Q: Multi-focused, certainly. Well, I understand that the whole phenomenon of perception, anyway, is the selection of a viewpoint. . .

B: Yes.
Q: a created space.
B: Yes. So astral projection is simply one of those viewpoints, in the sense of being completely disconnected from the body. That is simply another point of view.
Q: Okay. Well, you're saying that astral projection technically would require this disconnection, or apparent disconnection, from the sensations of the body? Or does...
B: It doesn't have to.
Q: Oh, okay.
B: But because of the habit your society is in – and I'm not saying that in this way it has to be with you – many individuals will not allow themselves to believe that it is has actually been done, unless they are capable of forming that apparent disassociation, to know, beyond a shadow of a doubt, that they actually can shuttle their focus of consciousness back and forth between the physical and the non-physical.
Q: Okay.
B: When you are, quote/unquote, physically dead, that is when the disconnection apparently happens naturally. Although, again, when you elevate to higher and higher levels, you will once again re-form the connection that you are feeling now. So, in a sense, what you are doing, in order to feel the connection, is you are expanding astrally to a much broader realm than the immediate sphere just around your planet. You're actually passing through that, so that you can maintain an awareness of the connection all the way through the different levels.
Q: Okay.
B: You follow me?
Q: Yes. So how would one go about opening the astral eye, as you said?
B: Again, there can be many ways. You can use the analogy of your own physical eye; and while you are expanded, simply begin, bit by bit, to remove your focus from the physical. One thing that can assist many of you is to assume that you can also turn around on the skin of the sphere and look outwards.
Q: Wow! Certainly.
B: See what that does. That is one way. Use your imagination, as always.
Q: Okay.
B: And also there are many suggestions within some of the literature on astral projection – that individuals in your society have already written about.
Q: All right. Thank you very much.
B: Thank you.

Opening Your Astral Eye
Opportunity for Blatant Interactions Coming Up
Circa (1987)
Q: I have this interesting phenomenon that’s going on in my life right now. I’ve sort of emptied my vacuum a few months ago, and it’s been filling up at a pretty fast clip.
B: Yes.
Q: I find myself, if I’m not mentally activated, or physically activated, wanting to be asleep.
B: Yes. Sometimes, again, this will be a typical symptom for now. For many of the connections you allow yourself to make with different aspects of your consciousness – for some of you still are more easily made while you are unconscious, while you are asleep. So you will sleep very often to make all those connections. And as soon as the connections are made, you will then have more energy, more awareness of those connections when you are awake. And you will find yourself sleeping less.
Q: I see. Thank you.
B: Thank you.
Q: One other quick question: in this lifetime, will we be sitting down to dinner with aliens such as yourself in your natural form?
B: Yes. Although we may not eat what you eat. But it is a high probability, as we have said, within what you call the next decade of your time, two decades of your time, there will be far more opportunity for blatant interaction, as you call it.
And within the format of three decades maximum, there will be a whole series of interactions going on in your society between our respective societies.
Q: That’s wonderful. Thank you.

B: Thank you for creating a conducive atmosphere to allow us to share with you the ideas that you are. Sharing!
Q: Is was brought to my attention that the Orca community has a bifurcation amongst themselves, in that there are two groups, one they call a transient and one a local or residential group; and that the transients wander off and they eat other dolphins and sharks and whales, and that the residential Orcas only eat fish. Is this true?

B: For the most part, unless there are seasonal changes or imperatives within the biological realm that make it so that they must go and do something else.

Q: And that the two factions haven’t communicated with each other for a hundred thousand years.

B: This is not true! You must understand that communication is not experienced by your species on all levels that they experience communication. On one level, it may be so that there seems to be this separation...on other levels they are in constant communication.

Q: What frequency are you coming through tonight?

B: At this particular moment?

Q: Yes.

B: Two hundred thirty-seven thousand cycles per second; now, two hundred fifteen thousand cycles per cycles per second; now, two hundred fifty-four thousand cycles per second, does that do?

Q: How is our collective frequency in this room tonight, what is it vibrating at?

B: The collective frequency?

Q: Yes.

B: Two hundred and eighty seven thousand cycles per second; two hundred seventeen thousand cycles per second.

Q: And what electromagnetheric frequency do the Orcas usually operate at?

B: It is a little bit different for them than it is for your human species, there is a slightly different registration taking place. Let us just say that they typically operate somewhere around two hundred and thirty-seven thousand cycles per second, on the average.

Q: And will there be a time when our United Nations will recognize them as a nation, as a civilization?

B: No! There will be a time that your species recognizes them as such, but by that time what you now call the institution of your United Nations will no longer exist.
Q: What’s the difference between, or is there (any), between believing and knowing?
B: All right. Thank you.

Let us put it in this particular category, or categorization if you will. First there is existence itself. Then the first state of separation is self-awareness, knowingness – when you simply know something; when you are absolutely aligned with what you know is your truth.

Then there is belief, which usually has to do with particular definitions that go into the creation of a particular format, or experimental universe. Then next comes emotions, which are reactions to things you already believe to be true.

Then there are what you typically think of as thoughts in physical terminology. And then there is physical manifestation. So it is existence, knowing, belief, emotion, thought, physical manifestation. That is the basic order of the degree of energy.

So in a sense knowingness is, in your terms, higher than belief. Belief is higher than emotional reaction. Emotional feeling is higher than thought. And thought is the last filter though which you create the manifestation of your physical reality, the final projection on the screen. Understand?

Thank you very much! Sharing.
Origins of Alchemy

Q: Can you give us the origin of the word alchemy? Is it Egyptian or Chinese? Does it come from Chem, which means black sand from Egyptian times?

B: No, one moment... the word, as you understand it at this time, would have more of a Grecian origin, and it is, in that sense, an alteration of an earlier form of word, but not, in that sense, Egyptian, for the Egyptian was also an alteration. One moment... the closest original variant would be the idea of chemo, but in that sense, it is what you would call a lost language.

Q: What civilization etymologically does it tie to?

B: An offshoot, but not directly linear, of the Atlantean civilization.
Bashar:
Channeled by
Darryl Anka
From: “Orion and the Black League”
3-25-85

Questioner: What about Ra, what’s, what is Ra?
Bashar: You may understand that terminology in such a way as to understand that it proceeds, I’ll say, from an entirely different dimension of reality as you understand it, in that way, projected into your own dimension of reality as, I’ll say, much in the same way that you experience the idea of the Association. Do you follow me?
Q: Mm-hmm.
B: It is a collected understanding of consciousness, which proceeds from another vibratory level of existence.
Q: Bashar, I’m trying to understand that the best way to serve all that is, is to live your life without judgement. And the more you live your life without judgement...
B: The more opportunity you will create for yourself to unfold in positive ways that will allow you to manifest your service towards all that is. Understand that by allowing yourself to experience the judgement of yourself, you are vibrating, then, within that negative energy vibration which creates the negative effect that you feel and manifest within your life. Simply understand that by KNOWING that you ARE all that Is, in that way, you will always be reinforcing that overall ecstatic, I’ll say, evolution of the understanding of service, in that way, to all that is, and that your manifestations, I’ll say, within your physical life, will always go towards the reinforcement of the positive, I’ll say, unfoldment of all activity within the support of the idea of all that is.
Q: So, you were saying a couple of weeks ago that we were gonna be able to use computers to help us tap into our unconscious self?
B: That will be one idea.
Q: Do you know when? Or does it matter?
B: That is being explored right now. Again, realize that many of these ideas or manifestations will, in terms of your time, at this time, in the energy momentum behind the idea that you have in your mass consciousness, take place, I’ll say, unfold to, I’ll say, a specific degree within, I’ll say, the next thirty of your years. Question.
Q: Isn’t biofeedback a beginning of that technological....
B: Yes, very well.
B: What about hypnosis?
B: To a degree, But again, understand that your idea expressed as what you term to be hypnosis, in that way, is simply the realization that you’re always, I’ll say, in that sense, hypnotizing yourself to perceive whatever specific reality that you wish anyway. All hypnosis as you understand that idea is always self-hypnosis, by agreement.

Q: So, can you get closer to... can you ... not judging will help you to be more of a channel...?
B: Of all that is, in that way. Or yourself in the knowing state of all that is, and the support of that idea in a positive way.

Q: What dimension do these people on Orion exist in right now?
B: In what you term to be much the same plane of your own existence physically. That is why you are vibrating equally with that idea.

Q: So they’re in the third plane.
B: Yes.

Q: Is their civilization much like ours, with a little bit of chaos and that type of thing going on, wars...
B: There are other civilizations of that nature, yes.

Q: But I mean, on Orion?
B: In a sense.

Q: Uh-huh. Like, if you went to Orion it’d be similar to ours?
B: Somewhat different, but you will find that, within that idea complex, there will be some similar ideas, yes.

Q: Hmm. Okay, the other question I had that ... is if you serve self with the idea of a positive integration, in a sense that would be the same thing as service to all, right, because they’re the same thing.
B: Understand that the idea being expressed to you as the service to self, in that way, is simply the idea of the reinforcement of judgement within the domination, within the aggrandizement in that way. Realize that to express the idea of service to all that is, is automatically expressing the idea of true service to self, by recognizing the self as all that is, and already expanded in that positive way.

Realize, therefore, that there is no need to, I’ll say, approach the idea in that way, by the recognition of the limited focus of service to what you perceive to be exactly, the self.

Q: Okay, so in a sense, although they are the same thing and you could end up in the same way, because if you really served self you would serve all ... the concept that was formulated, that is, that if you follow the idea, even if you’re integrating the negative into the positive, serving self would dichotomize out, as opposed to serving all would blend it, then, and cause a positive transformation.
B: Yes.

Q: Okay. Can I give you an example, Bashar, and ... of what, just to play it back at you, in my life, of the what I perceive as the positive –
B: Play away.
Q: Okay. I was creating this thing of creating a community where, basically, people were . . . everyone was doing . . . it was like a dance, you know, everyone was doing exactly what they loved to do and did well, and it . . . and everybody . . . it all . . . they all played the parts they exactly needed to play and everybody was doing wonderful. And we were beginning, it was like this doorway opened and we almost took this step to bring it into physical reality in a very real sense. And then, just the night before it was supposed to physically starts to happen it just all fell through. And for about . . . for several hours I was in this space of, kind of like, oh, fuck it, I’m just gonna go, you know, take my family, just fuck everybody else, we’re gonna go off and live in a trailer out in the middle of nowhere and just, screw it, right? That kind of a flow. You know what I’m saying? Is that what you’re talking about, the negative stuff?

B: Now, in a sense, but again, understand that, to a degree, there simply may be for you at this time, simply the idea of the re-examination of the belief structure in that way, so that you may, I’ll say, build, in that way, another idea or another exploration of the positive self, and so manifest that idea more fully.

Q: Well, so, in other words, we could all take off into a trailer and go out in the middle of nowhere, but not with the Idea of, well, fuck you all.

B: Right, very good yes.

Q: Right, right. Okay.

B: Again, as long as you allow yourself to understand that every manifestation within your life is not an interruption . . .

Q: Yes.

B: . . .but part of the overall positive unfoldment in that way, and therefore you will be removing the idea of judgement, and therefore not vibrating on the level which will manifest a connection to that negative energy.

Q: Yeah. Yeah.

B: Yes.

Q: Two things: If you’re Darryl’s future self, we who have decided to make it have already made it. The other thing that I wanted to . . . uh . . . forgot. Never mind

B: We will wait.

Q: Oh. Those who decide to make it will make it, and those who decide to don’t make it, won’t make it.

B: All right, now realize again, everyone will, in your terms, “make it” somewhere.

Q: I know. Some will go . . . some will evolve into an Orionish type civilization and some of us will evolve into a Essassani type civilization.

B: In a sense, but realize that you have your own parallel understanding of this idea. ’Tis not that you will be absorbed and lost.
Q: Right, right, right. And, in a sense, that is a possible occurrence even within, or on, this planet.
B: Yes.
Q: There could be total happiness and total unhappiness at the same time.
B: That is what is meant by the idea of the splitting and the creating of the parallel universes.
Q: Okay, I got it, I got it. Got it. We got it!
B: Thank you
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5
**Orion Energies Completely Balanced**

7-86

Q: I’d like to add something.
B: All right.

Q: It helps to remember that we’re multidimensional. And that doesn’t mean dimensions that are vastly different from our current reality. It means dimensions within our current reality.

In one respect, a person could select to associate with other beings’ multiple dimensions – or other dimensions – and experience his negativity if they choose, or…

B: Yes.

Q: …witness his negativity. Or he can actually choose not to associate with those dimensions or those beings at all. And his reality will be entirely positive; he won’t even see any of the negativity. So it’s really a matter of choosing the various dimensions of the individual beings that you are in association with.

That helps clarify it for me anyway.
B: Thank you for your sharing and clarification.

Q: I have another couple of sharings.
B: All right.

Q: Uh, we had a really neat earthquake a couple of days ago.
B: Yes. Two twenty-two.

Q: Aah. That’s right.
B: From seven-seven. (7-7-86)

Q: Yah.

B: ‘Tis the gateway that we spoke of last week of your time, seven-seven. It is a representation of a transformation of an entire body of consciousness that was channeled in a shift in your electromagnetic field – and therefore, your physiological plates as well. Its specific merit – in the area that you call your Palm Springs – has to do with ancient energies, which arrived upon your planet in that area long ago.

And because of this doorway, because of this release, it has now been crystallized. Do you follow me?

Q: No.

B: The idea we have discussed of: much of the Orion energy arrived upon your planet at that point. And in this way, the exemplification of the crystallization of the electromagnetic field in that area has now allowed much of that energy to be completely and totally balanced.

Q: It was a very widely spread earthquake, but it didn’t seem to do much of what we would call damage. I mean there was some damage, but not really severe life lost…

B: No. It was mostly though the idea of a physiological reflection of a crystallization of an ancient energy…
Q: Uh huh.
B: now allows for balance.
Q: It was on 7-8, not 7-7.
B: Close enough.
Q: My girlfriend and I were feeling tired and we took a nap that evening prior to the earthquake. I didn’t tap into what was happening, but she kind of had a presage of the earthquake happening, and then it happened.
B: Yes. Many individuals had – as you become more and more connected to ALL That Is, you will be able to always read any type of communication.
Q: Un huh. I have another sharing.
B: Yes.
Q: I had an interesting realization. You’ve been saying that you can take any of that, which is fundamentally neutral...
B: Yes.
Q: . . .and perceive it as a negative or positive.
B: Yes.
Q: And if you desire a positive dimension, you will literally be going into the positive realities. It’s not a matter of experiencing the negativity in the same dimension, or the positivity in the same dimension – that you would have got positivity in the same dimension that you would have got, anyway . . .
B: Correct.
Q: It’s really a different reality.
B: Yes. Absolutely! Thank you.
Q: Thank you.
Q2: On the earthquake, there was an interesting news clip where a fellow, whose house actually was damaged, was talking about how he was dreaming while it was happening. And as he woke up and the room was falling apart around him, he really felt he continued to be in the dream. And I thought it was a very interesting reflection on what you’ve been talking about – that dreams and realities are blending into one.
B: Yes.
Q: I thought it was sort of . . .
B: Thank you.
Q: Excuse me. What did you mean by the energy had crystallized?
B: The idea we have expressed many times of one of the reasons of the Orion energy in this way becoming physicalized in your sphere – your earth sphere – was for the purpose of learning the balance
of the positive and the negative. This idea is now the balance of the positive and the negative. This idea has now been crystallized.

Q: Meaning what?
B: Meaning that within individuals who are connected to that energy in specific ways: they can now avail themselves of knowing that within themselves is all the opportunity of all the balance and all the acceleration they desire, from this point forward. For the idea is that the road is clear – and that energy is now completely and utterly connected back to the original system to also create a balance within that system.

Q: What would be the opposite – the conditions prior to the crystallization: how would you describe that?
B: Simply limbo state – uncertainty.
Q4: An amorphous energy?
B: In a sense. What you have already described as just before, the fork in the road.
Q: Oh, okay.
B: Now the fork has been arrived at for that particular consciousness manifestation, and has crystallized into the positive reality.
Q: Ah. Is there a specific area in Orion?
B: There are many systems. One of the ideas and understandings would be associated with what you refer to in your language as one of the stars in the belt called Mintaka. The planetary system associated with that, or closest to that stellar grouping in the language of the original system, would be Hoova.
Q: Thank you.
Q3: I have a question about past lives.
B: Yes.
Q3: If it has... if that’s part of the different dimensions...
B: Yes.
Q3: ...that we have.
B: Yes.
Q3: The different realities we have.
B: Yes.
Q3: Are they maintained at the same time?
B: Yes. All is simultaneous. Linear time is an illusion – though it is real while you are in it. And once again, to utilize a phrase that one of your own has recognized already: because you were desirous of experiencing limitation, and keeping everything separated, then time is one of the ways to keep everything from happening all at once – as you have said upon your own planet. It is a convenient way of allowing yourselves to become objectified.
But it is all occurring now. The past and the future are created in the present. You follow me?
Q: Yes, I do. Thank you very much.
B: Yes.
Q4: It would seem like the picture we’re painting here – or whatever we’re creating, the energy that we’re creating… it would seem like the energy that we’re creating, whether we choose to play the third density or the fourth density or the fifth density or the second, or whatever…
B: Yes.
Q4: … it would just be what process we decided to run at that particular point in time, or what game we decided to play?
B: Yes.
Q4: Period?
B: Yes.
Q4: Until you get tired of it and try another one.
B: In a sense, although it is not so much the idea of getting tired of anything, but simply recognizing that you have fulfilled your particular needs along that line.
Q4: Thank you.
B: Thank you.
Orion Transformation

Q: I have a question in regard to some information that I was studying about a year ago.
B: All right. Speak up and be bold.
Q: Okay. Well, I’m trying to create a blend and integrate all the...
B: Trying! I am creating a blend.
Q: I am creating a blend.
B: Is that your intention?
Q: Yes.
B: Then say you are doing it. Have some conviction.
Q: Okay, great, I’m doing it. And I’m wondering if you could give me some focus as to where the connection is. I studied something called the Cosmic Mandate, the blueprint for immortality.
B: All right.
Q: And it’s channeled from the Orion energy by a woman with the name of Patricia.
B: The idea now is that it is representative of some of the first stages, some of the first levels of the transformation of the old Orion negativity into Orion light, into the positive idea, the positive side. It is the laying down of a lighter template, a lighter structure – one far more interchangeable, far more malleable, than the older Orion structures used to be.
The idea, of course, always, fundamentally, for everyone, is to understand that every single ritual, and every single methodology, is just one more tool, one more way. And if it works for you, by all means enjoy it and use it. If it no longer works for you, or if you change into some other methodology, then go with that. And no longer use the ones that don’t work for you. It is as simple as that. No other connection really needs to be understood. If it gives you joy, if it helps you grow, if it serves you, and helps you serve others in a positive way – use it. If it stops doing that, you have changed. Use something else.
But you are connecting into the idea of the changing of the format of the old Orion light into the new Orion light – from dark to light. You understand?
Q: Yes.
B: Does that help you? Is that sufficient?
Q: Yes, it does.
B: Are you sure?
Q: Well, no. Not really.
B: All right. I did not think so.
Q: The universal principles that are behind the blueprint are what I was kind of trying to figure out.
B: How do they allow you to feel when you use them?
Q: It feels like a very solid foundation.

B: All right. There are only, in a sense, a few things that describe the solid foundation of existence – those background principles: One – you exist; that is common for everyone. Two – the one is the many and the many is the one. That is common for everyone. Three – what you put out is what you get back. That is common for everyone. That’s it. Does that help you?

Q: Yes, it does.

B: Thank you very much. Sharing!

Orion Transformation
Orion, Earth and Pleiades – Full Cycle

Q: What is the synchronistic relationship between Orion, the energies of Orion, and our present transitional Earth?

B: Thank you! Let us put it very simply for now, and very succinctly. Origin: Earth/Pleiades system in Lyra, split off – into Pleiades system and Orion. Pleiades system – retention of integration; Orion system – creation of separation and limitation.

Projection from Orion systems to idea in Earth system known as Maldek – former planet, now destroyed; projection from Maldek to Earth system – ideas of Lemuria and Atlantis, to the idea of the present Earth civilization.

Exploration of the blending of the polarities, positive and negative so as to form in some factions a feed-back system to original Orion systems experiencing negativity and suppression, so that they could also blend. So that there can be, in round about ways, so to speak, re-blending, re-identification with original systems, original families, now to be found in Pleiades, and to form reconnections after balancing, after transformation.

One direction is the path of integration. The other direction is the path of separation. Now, full cycle, the rejoining of original families originated in Lyra. Your faction: through Orion, through Maldek, to Earth. Other side: to Pleiades.

Does that help?
Q: Sure does.
B: All right.
Q: Are we all going to meet?
B: You have already begun to meet.
Q: So that asteroid belt near Mars...
B: Yes, Maldek.
Q: Oh, that was Maldek.
B: Self-destructed.
Q: Okay, thank you.
B: Thank you.
Q: I was wondering if you could share with us approximately how many members there are in the Association, some idea of the number of civilizations you monitor, and some idea of what they’re like.

B: Oh! Well, a few. The idea, first of all, is that—now this will be, to some degree, an arbitrary perspective, because there are different levels of the Association when you come from different points of view. However, the closest representation to, what you would call, your physical dimensions is as follows. We belong to an association that now contains approximately 360 different worlds. But we are aware—not that all have been contacted, not that all are a part of our association, or even a part of any association, we are aware, simply through the process of scanning with our consciousness, that within this immediate galaxy and the neighboring four galaxies, thereby considering the local five galaxies—and this includes what you would call your galaxy of Andromeda—there are no fewer than 67 million inhabited worlds.

But the idea is that we have contacted almost none of them. Simply because of the timing of our interactions, what it represents; and simply the timing of their interactions, what it represents. They may have their own associations. Some of them may know of us; some of them may know nothing of us. But it is our perception that that is a figure that is generally representative of the local five galactic groups, in terms of the amount of civilizations that there are to discover that would at least have some degree of commonality with you.

Now this does not mean that the life forms are all of the same variety. But there are many of, what you would call, humanoid, in that sense, because that represents a certain level, a certain vibrational dimensional experience. And life expresses itself similarly within a certain range of frequencies. So there are many humanoid, as you would call it, life forms; although, if I were to come from my point of view, I could say you are Essassani-ish, being that I’m not exactly like you.

The idea is that you will—when you begin to explore the idea of space in the way that we have—usually come upon life forms that are more your style than not, simply because that’s the frequency you are used to; and it is, therefore, more likely that those are the types that you will encounter first. As you expand your notion of dimensionality, then you can begin to encounter life styles that are very unsimilar to your own.
Now, it is our perception that when you begin to explore and interact with other worlds, much in the same way we are interacting with you now, one of the first civilizations you will begin to interact with—in fact, you have already begun to interact with them in your dream levels—is a civilization that is in the Barnard star cluster, as you name it. On one of those worlds is a civilization not unlike your own, but approximately, evolutionarily speaking, where you were on or about, let us say, your Renaissance period, technologically speaking. They are already aware of some of the communications you have had as a society with them on the dream level. And sometimes you will find that some of you are actually channeling through some of the members of that society.

Now they do not, in their society, label the different names, the different channels, as different things; they see it all as one phenomena. The word, in their language, for the entire phenomena of either dream communication or channeling of any sort is simply, weha. That is their term for the entire process. They do not segregate it out into different entities; it is all the same level to them.

In time, as you expand, you will begin to interact with them in similar ways to the ways we have interacted with you, and in a sense, you can become their UFOs. And in time, you can blend and assist them in their transformations in similar ways to the ways we are assisting you.

(Words missing) ...to yours in certain ways goes by the label of Iraks. The Iraks have placed upon themselves a very fascinating limitation. Their facial structures are almost completely bony, as you would call it, and they are incapable of expressing any emotionality on their faces whatsoever; it must be expressed completely in different ways. They are of, what you would call, creamy whitish-yellow waxy skin configuration.

There is one, very unlike your civilization in many ways, that operates on a completely different dimensional plane, that would best translate out into Thirrrrrr . . . one moment, all right, that best translates out into the idea of Dila. Now Dila operates in a completely non-physical sense; and yet they do have, to your perception, a physicality. But they are extremely plastic in their nature, in a sense. They have no real discernible features, and can take almost any form they wish. They are of a completely primal dimensional state; they are not really physical, as you understand it. But one of their, let us say, prime exports is a sense of humor. They are of a very, very light vibration.

Their entire world is very simplified, you would perceive it literally as a smooth sphere, with no surface features— that do not need to exist until they are required. Then they are literally drawn from the surface to form many different things. The Dila themselves, in that sense, can merge with the very substance of their world, in that sense, being very plastic or, what you would call, molten state.

The way you would perceive them physically would be through almost nothing but primary colorations; they would literally appear to be very plastic-like to you, with no discernible features. They can mimic your form, but that is not their natural form. In a sense, they do not really have one, except perhaps, what you would call, a very flattened oblate spheroid in, what you would call, a state of rest, but they do not really rest.
There is, closer at hand, some of the ideas of civilizations that have been interacting with your society of late in this transformational age, the idea of, what you would call, Pleiadian society. They are very much like you: humanish, primarily because many of you are from the same offshoots. They are literally your brothers, sisters and cousins; and the split-off occurred a long time ago. Now you are rejoining many of them, and literally rejoining members of your family.

Another society would be the society from the star cluster you call Zeta Reticulum, and this will be, what you would call, short beings, of very wide eye, very pale skin, and very enlarged heads. And are the ones that are most representative of the idea of the interactions you call the abduction phenomena. Although, if you will allow us, we would prefer the term detainment ... since everything that goes on in those interactions is all from agreement, even though members of your society may not remember having made the agreement. And it is all for the purpose of serving in the transformational age. The idea of any fear that individuals experience in those abductions are the fears that are simply things and ideas that have been suppressed in their own consciousness coming to the surface. Nothing about the interaction itself is fear invoking.

Another civilization would be both semi-physiological and completely non-physiological: a civilization that orbits the star you call Sirius. And Sirius, with our civilization of Essassani and your civilization of Earth, form a particular triad of consciousness, of which you would say Sirius is at the peak, and represents the further step in the evolution we are going through and you are going through. And which both of us will accomplish in time.

The level of consciousness that is mostly in contact with your world, that you would call Sirius, will be the nonphysical sixth-density level of consciousness, and goes by the terminology of Siskeen. Now, they have been in telepathic communication with members of your society for quite some time, and are responsible for some of the mythological manifestations in your perception of, what you would call, the amphibious gods ... both in your Sumerian cultures, and in some of your African tribal cultures and American Indian recognitions. The idea simply is that because they exist in an energy sea, you have translated them as amphibious beings. Although they do have a semi-physical counterpart that to some degree is physiologically amphibious.

One of the reasons for this particular manifestation being very strongly connected to your planet also has to do with the fact that, as we scan your Earth, we find that there is not one, but two alien civilizations upon your planet: land humans and water cetaceans. Dolphins and whales are thinking, self-incarnating, self-aware souls like you. They are not animals, as you classify them, in that sense. So recognize that your planet is blessed with two civilizations that can work side by side and learn to love one another, and grow in creativity. They have already begun to assist you, by entering your dream states and teaching you how to play in spontaneous ecstasy.

Go to them; share with them; they love you. But because of their environment, they have been in telepathic communication with many different civilizations off your planet for quite some time – especially a strong connection with the Sirius civilization, since they
have much in common as a consciousness, and are telempathic and exist, to some degree, in a buoyant environment.

Whales are, to some degree, the embodiment, in physical terms, of the higher consciousness of a dolphin. You simply do not have a physiological manifestation of your higher consciousness because the gravity of your world would not support it. So it is up to you to be both the manifestation of the individual consciousness and the higher consciousness itself. But usually you relegate the higher consciousness into non-physical terminology, whereas the higher consciousness of the dolphin can manifest physically as the whale because of the buoyant environment of your ocean. But they are there to assist, to love you. And when you blend as one society that will also make it easier for you to interact with other whole societies.

But now look at this, look at the sparkling opportunity you have created. You do not have to go anywhere in order to interact with an alien civilization, you have one in your very ocean. Learn to communicate with them, and they will teach you much about the way you will be communicating with all other civilizations that you will encounter.

There are approximately, at this time, anywhere from between seventeen to twenty different civilizations interacting in various ways with your civilization, assisting you in this transformational age. But the idea will fluctuate to some degree, and primarily the decision is up to you, and the empowerment is up to you. Will this have answered your question sufficiently?

Q: That was wonderful.
B: Well, thank you very much.
Out of Body States and The Child Within

Q: Hello.
B: And to you. (Female child, about 9 or 10)
Q: Um, I have something to share with you.
B: All right.
Q: And everybody here. Um, well, I think a week ago – not I think, I know, a week ago – I was doing some schoolwork . . .
B: Yes.
Q: . . . and for a moment I was channeling through – I think it was a Dolphin: it was a Dreamer. And it felt very good.
B: It usually does, yes.
Q: And then, it was nighttime, and then in the morning I channeled again. And since I have channeled that, I have had better experiences going out of my body.
B: Yes.
Q: Because before when I went out of my body, I had this awful feeling. And when I went out, I would picture – I would see – lots and lots of bridges.
B: Yes.
Q: With very dark-toned people.
B: Yes.
Q: On their skin.
B: Yes.
Q: And I would feel very horrible; but ever since I channeled through, I have had better experiences. And I wanted to ask you: has that helped me?
B: Oh, yes. You have opened yourself up to a higher vibration.

And therefore, when you leave your body, you therefore go to a higher level that does not contain the vibrations of the individuals that you perceived on the bridges before. The bridges are symbolic; they are symbolic of the linkages that those individuals are still seeking.

You were passing through the level where individuals who have physically died still do not know that they are, in your terms, physically dead – and are still walking across all the interconnecting links to life, trying to find themselves and where they fit in.

You simply have now elevated yourself through and above that level. And so you yourself are lighter; you yourself are higher, in that way. The consciousness you have channeled through has simply aided and assisted you to remember more of yourself, so that your vibration is more open, and faster, higher –
so that now when you explore the different levels of yourself, you now have a tendency to go farther, faster, and not hang around the lower levels. You follow me?

Q: Yes. And when I went out, I would feel like I was – the vibrations were going up, straight...

B: Yes.

Q: Yes. So it would be like... say, I would be in class and I would be standing up, I would sort of go out, sort of pass out, like going out of my body.

B: Yes.

Q: And I would see this picture. But now that I’ve been going out of my body I have not pictured anything, but I have felt that it isn’t going up; it isn’t that awful feeling... it’s going out.

B: Yes.

Q: So now, what you have said is what has happened to me: my life has been much better. And some people say that I have been more, you know... like lovingly...

B: Yes.

Q: ... you know, feeling better.

B: You are fuller, more fulfilled.

Q: Yes.

B: You are a fuller, loving vibration. Also you have transcended the fear reaction that many of you have when you leave your bodies. Because to many of you, leaving your body means death, and you are afraid of that. You have already transcended that fear; death holds no fear for you. You know you are eternal. And so you know that you are safe.

It is all right to relax and explore as far as you want to. You will always be at home no matter how far you go, because you never really go anywhere. It is all within you. You are simply more expanded, and now you contain more understanding of the universe within you.

Q: Thank you. Is that – like when I was channeling through – that loving feeling came. So now that I have had that, it’s always been this way, and it’s...

B: Yes.

Q: And when I go out of my body, it can’t cut through any more. It’s all love.

B: Well, Thank you very much. (Much laughter and applause.) Now each and every one of YOU!! has this child within you. Let it out!

I mean it literally!!! You all LITERALLY have that child within you – THAT CHILD AND YOUR CHILD IS THE SAME CHILD! You are all the same energy; you are ALL holographic!

Every individual that you see that allows you to experience any feeling of ecstasy and expansion: use that experience in a positive way; see that image. You have a living example. Mimic it! Live it!

Be it! Be that child!

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**Out of Work**

Q: I’ve been getting progressively more depressed from being out of work. The longer I’m out of work, the less trust I have in myself and my ability to find work in something that’s going to excite me.

B: Then create what excites you to be your job; that’s the whole idea. The idea is not to look around, necessarily, for the things that excite you that already exist. If you do not find something, then allow what excites you to become your job. Somebody had to start the jobs that exist in your society. They didn’t always exist in the format they exist in now. Someone had to say, “Wait a minute! Look around; the thing that really excites me the most there isn’t a job for. I guess I had better start one.” And now, at this point in time, you think that’s a typical job.

But if you look around and do not find something that excites you; if you look around and find that your path simply does not lead you into these things, then allow yourself to truly examine in all honesty what it is that really would be exciting. Take it for granted that you then, if that thing really excites you, and no one else at this point is doing it, or you do not attract into your life an opportunity to do it where it already exists, then take it for granted that your ability to conceive of what it is that excites you the most also represents your ability to create that to be the job that will support you – automatically.

Again, this is a matter of truly trusting that what you come up with, what you really know would excite you in life, you are capable of doing, whether any structure already exists for it or not. If no such structure exists, then it means that because you thought of it, you have the structure inherent within you, and all you have to do is let it out. Let it unfold, and then the reality will be able to build itself on that template structure. But you’re not letting it out.

Q: I feel so incompetent...

B: That means you believe you are. No feeling comes without a belief already being instilled within you. There is no such thing as simply feeling something for no reason, out of the blue. Feelings are not generated out of thin air, out of a vacuum. If you are feeling something, it is because you already believe that something to be true.

Feelings are a reaction to a belief; they are secondary to beliefs. Feelings are not the primary experience of reality; beliefs are the primary interface. First you believe something is true; then you get the feeling; then you have the reinforcing thoughts – which may re-reinforce the belief; and then you regenerate more of the same feelings. But the feeling that you are incompetent comes from the fact that you simply choose to believe you are incompetent. It’s your choice to believe that, but you don’t have to.

Q: I want to let you go of it, and every time I try, I keep getting these voices that tell me, "Remember this time; remember that time when so-and-so happened..."

B: Let them come up! So what? You see, you are trying to shut portions of yourself off. You think that when you integrate, you will never hear those voices again. And that’s not true; you will always hear those voices. As a matter of fact, the more you integrate, the more you will hear them because you are accepting everything, every way you are, into your life. And those are some of the ways you can exist. They come up not to show you you have failed, not to show
you you are stuck, they keep coming up to give you the opportunity to realize how much you must have changed. You don’t relate to them the same way you used to unless, of course, you choose to do so. When you say, "Oh well, look, the voices are still coming up. That must mean I have failed; that must mean I’m not doing the right thing the right way," you are choosing to maintain the same relationship with those voices; but you don’t have to. The voices are there as an opportunity to realize you can form a different relationship with them. All right, here comes the voice: “Well, remember when this happened that way? Well yes, but so what? That was then; I have learned since then. And because you, oh wonderful voice, have now reminded me of the way I did it then, I have a great and positive opportunity to see how differently I am going to do it now."

You are giving yourself a measure. It is the way to allow yourself to recognize you are going through an evolutionary process, if that’s what you believe you must go through. From time to time you may find, well, the voice comes up: "Look, this is the way that happened then." And then you may say, "All right, this time it happened almost the same."

But there is the key word. If you are a positive individual, you will lock onto that "almost the same." It was a little bit different, and that’s good enough for you, because if it can be a little bit different, it can be a lot different. Next time when the voice says, "Well yeah, but remember when it happened this way," then you can recognize that the last time it was different, and next time it will be more “more different.” "So you just keep reminding me, little voice, of the way it was, because when you keep reminding me of the way it was, it gives me an opportunity to see how much more different it’s becoming all the time."

Everything in your life can be used in a positive way – even the same old little voices. It’s up to your willingness to allow your imagination to work for you. Trust it; have a positive attitude, and that will determine everything. If it’s there, use it as a tool. Don’t think that just because it’s there, it means you’ve failed. That’s your old attitude; that’s your old belief.

Q: I just get reinforcements from other people in my life telling me also...
B: No one can give you reinforcement; you have to accept reinforcement.
Q: Well, they’re agreeing with the voices...
B: So what? The inner reality is the outer reality; it is one and the same. If you have the little voices within you, of course you’re going to have the voices outside of you as well. But when you start using those little voices in the way we have just described, then the outer voices will also change. You understand? The inner is the outer reality; the outer is the inner reality. They are not two different things. It is one.

As you believe in, so do you see out. As you sow, so you reap. That’s what that means. The seeds you plant within yourself are what you see growing in the garden around you. If you do not like the flowers you see growing, then change your order of seed. Plant something different, and then something new will grow. The inner is the outer. If the outer is not the way you prefer it to be, change the inner and the outer will follow.
Q: I’ve worked on saying those things. I guess the belief was still the old one; I didn’t get rid of the old belief.
B: You cannot get rid of anything.
Q: What I said was, "Okay, I can do this, and I can handle the job." But that belief was still hanging on...
B: Listen to the way you sometimes phrase things, as well. Many times the way you phrase things is an indication of the way you really believe. "Okay, I can handle it!"] Right there it lets you know the way you are saying it means you think it’s overwhelming to begin with. And that’s what the real belief is. The belief, therefore, is not really that you can "handle it," because if you knew, beyond the shadow of a doubt that you could, you wouldn’t have to convince yourself. If you find yourself using phraseology that indicates you are attempting to convince yourself, then you do not believe it naturally.
Let yourself know that you do not have to think twice about something you already own. When you phrase things in that manner, when you say, "All right, I can handle it," then you are indicating that you do not really believe it is handleable. You do not have to "handle" things in that way. You already control everything. Therefore, if situations occur in your life that seem to be non-preferable manifestations, you controlled it for a reason, for a positive reason, into that format.
Q: Even though I don’t see what the positive reason is?
B: Let the positive reason at least be the fundamental reason that you’re giving yourself an opportunity to realize you don’t have to relate to the scenario the way you used to. And you may be checking yourself to see if you still are.
Q: What phrases could I use that would be more beneficial to me?
B: "How does this serve me – exactly the way it is? Exactly the way it is, how does it serve me? What can I learn? How can I positively learn something from this?" When you let it be the way it is, that is when it has the greatest opportunity to change into something else. If you deny the form in which it comes, then you are not allowing yourself to see what is inherent within it. You are not allowing it to present itself in the way you have created it to present itself. You are denying your own creation, your own format. Only when you acknowledge your own format of delivering messages to yourself, exactly and completely the way it comes to you, do you then create the conscious freedom to transform that delivery system into a way you prefer it to come.
If you constantly treat your delivery system as if it is malfunctioning, then you are not listening to it. You are thinking something is going wrong within you, and therefore, that’s the belief you reinforce. And therefore, that’s the cycle you repeat. "Something is wrong; something is wrong!" So of course your reality constantly reflects back to you, "Something is wrong; something is wrong."
Everything is just fine. In what you used to consider the most dire circumstances, let yourself realize everything is just fine. "I’m in control of this; look at how much control I have, to have created such an absolutely exciting scenario. Everything seems to be wild and hither and thither and all over the place,
and seemingly wild and unconnected and out of control. But since I know I’m controlling that, look at how much power I have." Are you beginning to get the idea?

Q: Yes.

B: For the only thing you are experiencing is the idea that you have old habits that are difficult to break. If that’s where you are coming from, all right: "I have habits that I believe are difficult to change. So if I believe in the idea of habits, then I’ll use the idea of habits in a positive way and create positive habits. I am in control of everything. Even when it seems like it’s out of control, I’m controlling that." Get used to knowing and believing there is a positive manifestation that can occur from every scenario. With no exceptions! None.

Q: I felt like I was, but when I lost my job, I just went down…

B: But you see, you assume that not being in that job for some reason has to be an inherently negative scenario. Why make that assumption? It is only an assumption. How do you know what losing that job may be making room for – perhaps something you would just explode with delight to receive – that you wouldn’t have room to receive if you still had the old job? Trust that when things like that occur in your life, if you know you are doing the best you can do at that moment, and those things still occur, then assume it’s for a good reason, and let yourself see how it is for a good reason.

Only when you insist that those things occur not for a positive reason, do you then keep the reason from coming to you that would let you see why you lost the job for a positive reason. Because you’re sitting there moping on the idea, "Oh well, the only thing I can think of that losing my job means is that it must be negative. Something’s wrong." And when you are focused in that way, you can’t see the positive side of the coin. You can’t see it until you choose to look at it. You have to decide consciously that you will look at the positive side of the coin in every single circumstance, or you will not be able to see positive manifestation. If you are constantly insisting that circumstances are inherently negative, then, "Losing a job must be a bad thing. It has to be; everyone knows that." If that’s the way you choose to look at it, that’s the way you’ll experience your reality. When you insist just as strongly that to lose a job must be leading to a more expanded and broader positive experience, that’s what you will get in your life. That’s it; it’s that simple. Honest!

Q: I guess I got impatient, because I did state that. I said that exactly. And what happened was I did get an interview for a job that paid more—

B: Yes? And then what? Did you bring back the expectation, "If I don’t get this, I’m failing?"

Q: Yeah. Then when I blew the interview and I didn’t get the job, you know, then I started to go into my old…

B: Remove the expectations! It doesn’t have to manifest exactly as your ego or your habits think it should. It doesn’t have to! Let it manifest along the path of least resistance. Stop fighting yourself. You do not have to push yourself into a mold; you fit exactly where you are. You do not have to conform to a particular idea of what success represents. You are successful exactly as you are.
Q: Thank you very much.
B: Thank You.
Overcoming Inertia:
28 January 88
BASHAR: All right, I’ll say: how are you all this evening of your time, as you create time to exist? Are you all alive?
Audience: Yes. Yes.
B: Thank you! Allow us to lay down some foundations for this interaction this evening of your time. And if I may say so now, I will be a little bit more long-winded than usual. The idea is simply that there are a couple of ideas that we wish to discuss.
The first one shall be a very important point for many individuals, and something that we will further a discussion of at other times as well. But for now, it may simply be entitled, “Overcoming Inertia.”
Now: we are referring in our analogy to not only what you may call the physiological form, the scientific definition of inertia, but also the sociological form: the idea of overcoming what seems to be a sluggishness, or an impedance, to you moving at the rate you prefer to move within the endeavors you say you want to be involved within.
There is a similar definition for both. This definition, with a very slight change, can be applied not only to the scientific idea of inertia, the physiological, the physics idea; but also the sociological one.
Now: the idea as your society understands it, to put it on a very simple level, is that inertia usually, as you say, represents the tendency of an object to remain in the condition or the state that it is in, unless acted upon by an outside force that moves it in another way. The idea, however – to us, from our point of view – is that inertia is the effect, an effect that is created by the relative interaction between dissimilar frequencies of matter.
To put it on the sociological level, and perhaps to underline the physiological definition, social inertia – that sluggishness, that slow moving, that idea of having to overcome what seems to be obstacle – is the result of the effect that is created by the relative interaction between dissimilar frequencies or states of being. In other words, any time you have, in a physiological object, non-homogenous, disassociated, disconnected objects, each of those will have a different frequency, a different idea, a different definition of itself relative to everything else.
And to define this analogy more clearly, let us take the notion of many of your technological vehicles – your spacecraft, your automobiles, and so forth. When you deal with inertia in the physiological realm that you live in, it is usually defined by the following analogy.
Let us say you have a vehicle; let’s say for now it is simply a box, a hollow box. And there are passengers within it – little objects that you put in the box. And now you take that box, you fling it with all your might against a wall. Now, you know what happens to the objects inside – and sometimes even to the box itself.
The idea is that the inertia of the objects at rest remain at rest. And when they impacted the wall, their motion was abruptly changed; and they simply, as the motion keep going, rest relative to the box – they
were still moving relative to the earth – they kept going and smashed up against the front of the box. Now all of you understand this example in physical terminology.

However: many of you have realized and recognized that within our spacecraft we seem to exhibit properties that would indicate that we are inertia-free; that these craft can move at many thousands of mile per hour; and can abruptly, or execute very sharp turns, at seemingly no harm to the occupants. The reasons for this goes back to the definition we have given to inertia. That it is an effect created by the relative interaction between dissimilar frequencies of matter.

So: what we have done in our technology is to create a type of field, a type of energy. We have created the crafts substance and the occupants’ substance and the air within the craft – its substance – to all operate on the same frequency. So it all becomes ethereal matter. Thus the spacecraft the air within it and all of the occupants, and any other artifacts, all function as one homogenous substance.

It is more analogous to the idea of having a solid block, rather than an empty box full of separate particles. Or it is perhaps more analogous to the idea of taking that hollow box with all the separate occupants, and filling it with a substance that immobilizes everyone.

So that it does act like a solid object; when you throw it against the wall – because they are immobilized – all the objects within the box simply cannot move because they are held within a type of pressure field.

Now this does not mean we cannot move around within the craft. It simply is, however, that the atmosphere within the craft – and I do not necessarily just mean the breathable substance, but the entire energy atmosphere of the craft, the entire energy reality– is of one vibratory frequency. Therefore the entire craft functions as if it were a solid object. So it can stop abruptly, it can make right angle turns, and the occupants do not even know they are moving. Because relative to the craft they are immobilized within that energy reality.

Sociological inertia can be similar. The only reason there is resistance and friction in your life is because you may not be of the same frequency as the idea, the event, the vehicle, you say you want to be a part of.

Therefore, if you are traveling at one rate because of your definition of yourselves; and the idea is traveling at another rate because of your definition of it; then if it all of a sudden stops or takes a right angle turn, you are usually turned into emotional jelly.

The idea, therefore, is to begin to understand that the way you overcome that inertia is to – as we have said many times, in many different ways – accelerate and uplift your vibratory frequency to match that of the event in your life you say you desire.

Be, in other words, equal to the idea; and do not consider yourselves, nor invalidate yourselves to be anything less than that idea. Then your frequency will not be dissimilar. You will not experience the idea of resistance and friction in your sociological interactions.

And you will move in an accelerated manner, smoothly as one with the event itself. Traveling, so to
speak, through the changes in that event at the speed of thought, in a very smooth, a very homogenous way. Because you and the event will be one solid idea. Not made of various components that can become jumbled up and detached; but one interconnected homogenous idea.

So: the way we have discussed many times to do this is, of course, in accelerating your energy. It is doing the thing in your life that excites you the most; and knowing that when something does excite you, it is who you are. And feeling equal to that idea. That’s too big for me; I can’t handle that; I don’t deserve that. That’s going to be difficult."

"I have to overcome this and this and this in order to do that. I’ll never be good enough." And many other ideas that keep your frequency lower – or at least different – than the idea you say could be so exciting.

Be at one with your vehicle; and it will carry you anywhere, as fast and far as you want to go. Smoothly, effortlessly and with absolutely no inertia to overcome. Because you’ll be on the same track in the same frequency. Everything will be, in your terms, no longer, quote/unquote, differently relative.

It will all be from the one point of view that you desire to be. And your vehicle will then be seen to be an extension of you. Even as we understand that; even though we use the format you call space craft, we know they are literally an extension of us – even as any physiological object is.

Your own rocket ships, your own automobiles, your own airplanes, your own boats – any vehicle, any idea – your own bodies: they are an extension of the idea that you are; they are a representation of the idea that you are. And they are absolutely representative of the frequency you operate on and the acceleration that you believe is possible in your life.

Second idea: to add some more wind into the conversation. There will be, and have been for a while, many ideas now coming up regarding the issue of spirit versus will. All right. There are many, many areas of information that are now coming into your society regarding the notions of spirit and will.

And for a long time, your world has been denied the idea in many ways and in many forms, of what you call your physical consciousness when you deal with spiritual matters.

The idea we have outlined many times is simply that you cannot really, quote/unquote, become more overall spiritual by denying one level of spirituality, one level of reality... the physical reality.
Overeating
Q: I have a relationship with my eating and my body that I’d like to stop. I eat, or rather binge, when I’m not hungry physically, and I tend to do it sometimes until I throw up.
B: All right. Do you have a good time? (AUD: laugh).
Q: No.
B: All right. May I ask you a question?
Q: Yes.
B: Are you doing in your life what excites you the most?
Q: No.
B: Why not?
Q: Umm...
B: May I ask you another question?
Q: Yes.
B: What, right now, excites you the most that you would or could be doing in your life?
Q: Playing the piano.
B: Why aren’t you?
Q: Umm...
B: Here it comes. (AUD: laugh). In no way, shape, or form am I denigrating or being demeaning to you; but recognize that many individuals, when they create the so called reasons for why eating is going on, are basing these reasons on foundations they think to be solid, but carry no more weight than any of the reasons themselves.
Now, truly, is there truly one, I’ll accept one, good reason for why you are not doing what you really want to do? Just one. I’ll make it easy for you.
Q: (laugh) Umm...
B: One good reason.
Q: Okay. I need enough money to...
B: Uh, that doesn’t do it. (AUD: laughter) I’ll tell you why, because money is only a tool like any other tool. It is only one way to think of and manifest, what you call, abundance. Only way. Recognize that every idea– the idea that you are a pianist– is an idea. Every idea comes complete with all the ingredients necessary for the support and manifestation of that idea, automatically, synchronistically. Now, the idea is that if you are willing to be that idea and act fully like that idea that excites you the most, you will then automatically, synchronistically, coincidentally attract whatever ingredients, situations, relationships are necessary to support that idea. Whatever is there, is what is necessary to support you in being that idea. Whatever is not there, is not necessary.
Therefore, you may find that you are only creating an expectation and an assumption that money has to be necessary in order for you do this idea. Now, if it is truly necessary, the moment you start acting like you are already a pianist, the money, if it is necessary, will automatically flow to you. Or an opportunity that will allow it to flow to you will flow to you.

The idea is that you do not simply trust that you are that idea. That it will not support itself automatically, like every other idea you are willing to be supports itself automatically.

Q: And if I start doing more of what I really want to be doing, I’ll stop eating like that?
B: You can. For you will recognize that many times the idea, it is somewhat connected to the idea of, what you call, “overweightness,” in the sense that many individuals find that they will create that scenario for similar reasons, and that is that they are, by a coincidental cross reference in your language, find that they are overweight because they are not doing, they are waiting to do.

Q: Oh. (OTHER AUD: laugh). No!
B: When you begin to do what you know you want to do, you stop waiting. (AUD: laughter and comments). Therefore, the idea is that you’re only replacing all of the energy with some substitute symbol – the food. You know it is not what you really want, therefore you get rid of it just as quickly as you pile it in. But the idea is to simply know that all you are reflecting is the idea that you do recognize that there is a flow of energy going through you; but you are not placing it in the direction you know is true for you. The way to tell which direction is true for you is to pay attention to your excitement, because excitement is the physiological translation of the fundamental vibrational energy that represents the path you chose to be. Follow your excitement. You will always be exactly in synchronous harmony with the person you chose to be in this life. Follow your excitement. Then you will be feeding yourself in a spiritual way that will flourish you in a way that the physiological food cannot.

You simply find that the food is a substitute for the symbolic reflection that you feel you are starving spiritually, not physically. Do what excites you. You will be supported. This is one of the few things I can guarantee one hundred per cent. (AUD: Laughter and comments). That goes for each and every one of you.

Q: Wow!
B: When you do the thing that excites you, synchronistically and automatically all the necessary ingredients to support you in continuing to be that idea will flow into your life, because you have been willing to be completely vulnerable.

Being vulnerable is not being weak. Being vulnerable is being completely open to All That Is. Being open to All That Is and willing to receive all the ways in which All That Is can manifest in your life is being connected to All That Is. Being connected to All That Is is
being ultimately strong. So, vulnerability is infinite strength, not weakness. (AUD: comments and applause).
I will assume, of course that you are all applauding yourselves. (AUD: laughter) Thank you. Sharing!
Oversoul, Higher self and Soulmate

Q: I would like to know the difference between these terms: Oversoul, soul, entity, Higher self and soulmate.

B: Thank you. In this way Oversoul can, simply be the way, the idea of all, all of the individualized souls that you have every been, or will every be. Everything, everywhere, anytime, anyplace, combined together it is the Oversoul.

A soul may be view as a fragment of the Oversoul, that you may recognize as a life or and expedience in any level or dimension.

Higher self can also be a reference to the Oversoul, but it can be a specific reference to the portion of the Oversoul that you call the soul. That is what, in a sense, regulates the primary purpose of the physical life should a portion of the soul become the type of reality that creates a need for a reflection or a remembrance to its, in a sense, greater self. You follow me?

Q: No, can you explain that little more further?

B: Let us say you have an Oversoul, you are all that you can ever be, you decide that one of the all’s that you can ever be, will project itself in a certain experience. That fragment of the Oversoul, still in a non-physical state, will decide that a fragment of itself will experience the idea of physical reality. To the physical consciousness, that portion of the soul it may refer to the rest of itself, the fragment of the Oversoul, as the Higher self, or even the Oversoul as the Higher self. Depending on what types of connections are made for whatever purposes are being explored in that physical life. For the most part a Higher self is only a point of view that occurs within a physical reality. You follow me?

Q: Yes.

B: Although, the Oversoul can view a concept of a Higher self by imagining itself to be blended with all Oversouls in the Oneness of All That Is. That to the Oversoul can be view as a so-called Higher self as well. It is only a definition that in general terms says that there is, in a sense, another portion of you, that when you chose to look at yourself from that perspective will be the perspective that will allow you to be more aware of more of yourself, than the particular portion of yourself that is contemplating the ability of where it is.

Q: How about soulmate?

B: The idea is simply in this way that there are individuals with whom you make agreements to share purposes in live, to reflect to each other ideas that you have chosen to explore— the knowingness of yourself, the idea that you know that you are functioning within equilibrium and synchronous harmony with any, so-called, level of yourself that you have created. The idea upon your planet, many times, is, however, in a sense, backwards. That many individuals feel that if they could only find their soulmate everything would be wonderful, when an idea of a so-called soulmate is a reflection of when you already know everything is wonderful. That is why you are able to attract, because you become the frequency of completeness. You become the frequency of ecstasy, and it is being that completeness that allows you to
attract an individual who purpose it is to share with you a reflection of the completeness you now have created yourself to be, so that you can reflect that to them as well. That is the idea of a soulmate.

Q: How does the soul communicate with the Higher self in terms of the Oversoul?

B: Through the dimension of imagination, in a sense. More directly in the non-physical state by becoming that idea, by identification, by direct identification. Simply the turning of the consciousness through that idea will form the connection. In all reality the connection is always there, but if you chose to view that there can be times when it is not, then simply being cognizant of the idea that there is a connection, will form a connection, that is the way it works in physical reality as well. Once you allow the idea of your imagination to be just as real as your physical reality, the simple notion of being in communication with all levels of your soul will instantaneously put in conscious communication with it.

Q: Does the Oversoul then in turn communicate with All That Is?

B: Yes, although, again, so do you. Every level is an arbitrary creation, in a sense, but it is holographic in nature. Every level is connected to every level. You follow me?

Q: Yes.

B: You do not necessarily have to go through channels, no pun intended, but you can allow yourself to recognize that you yourself, no matter what state of being you recognize yourself to be in, you are always directly connected to All That Is. And it is even more than that, even the idea of a connection implies that you are something separate to begin with. In a sense you have created yourself to be that idea of separation, but also it is true that you actually are All That Is, and therefore you are never separated even to the point where you have to reform a connection. You are simply the same thing, one and the same thing. Talking to All That Is, is talking to yourself. Talking to yourself is talking to All That Is. You follow me.

Q: Yes, I sorry.

B: Thank you. One moment, do not be sorry, there is nothing to apologize for. TRUST is all that is necessary as the mechanism, in a sense, that will allow you to know that you are in touch, exactly, as you need to be.

Q: Thank you.
Oversoul Expressions and Gateways

Q: One of the main things that I wanted to find out about: I recently have become aware, as you are aware, of another aspect of the same oversoul of which I am – who is in my physical surroundings.
B: Yes.
Q: And it’s brought up ideas, questions within me, about that relationship. One viewpoint might be that beings exist…let’s say an oversoul exists, and then chooses to have different experiences, and so divides itself up…
B: Yes.
Q: …and sends these aspects out into different places.
B: Yes.
Q: Actually my question is: then are those aspects re-homogenized at the end of the physical life, or is it a much (−?) process than that?
B: Yes and no. Once something is created, it continues forever in many different ways. It is more – although all of this in your language is rather arbitrarily being put, but it will suffice – it is more the idea that the re-absorption always seems to take place from the point of view of every single aspect.

In other words: as each and every aspect becomes more and more and more expanded, more and more and more aware of itself as its own oversoul, this seems to happen from the point of view of all the different aspects that the oversoul created. Each thinks it is becoming its oversoul. And so the oversoul is expanded even from that.

It becomes many oversouls, in a sense. It plants many seeds, which then grow into blossoms that allow the original single flower that gave all the seeds to the soil to turn into a vast garden, each now its own oversoul. And so the oversoul is expanded even from that.

It becomes many oversouls, in a sense. It plants many seeds, which then grow into blossoms that allow the original single flower that gave all the seeds to the soil, to turn into a vast garden, each now its own oversoul; and collectively, the garden an over-oversoul; and so on and so on and so on. Does that assist you?
Q: Yes, it does. On last thing, I’m getting ready to leave in the morning, to go back to the Monroe institute and…
B: Have a good time.
Q: Okay. I was going to inquire whether there was anything else that you might wish to say to me before I go to do that?
B: If you see what you recognize as a gate: go on, jump through it.
Q: I will.
B: You don’t have to hesitate: there will be nothing that you could possibly encounter that you wouldn’t be able to use in a positive way. And like another individual said: “If you might, for a moment, experience a little anxiety, enjoy it and it will turn into excitement.”

Ride; flow with it. Jump; you will be supported. Jump through the gate. You will discover many ways this time that you can translate the gate, so that you will begin to recognize the gate in its many forms. For you have seen it many times, but not necessarily understood it for what it was. Simply because of the previous definitions you might have had within you.

This time many of those definitions are no longer with you. You will begin to see the gate and the doorway to your higher self in many different forms, and recognize them all to be the same gate. Enjoy.

Q: Okay. Thank you.

B: We thank you very much. Sharing!

Oversoul Expressions and Gateways
Oxygen, Gold and AIDS

B: There are also many forms of healing now being understood that relate to the molecule of oxygen. These are the clues, these are the cues, oxygen is the key to many different things, and also the element gold. There are certain energies that could be adapted through the use of oxygenation and gold that would allow the body to realign and attain a sense and degree of longevity and imperviousness to certain ideas of disease.

You must understand the cause of AIDS in the sense of philosophically, metaphysically and energetically. As we have said, the idea is that your society has for a long time built up around itself a type of barrier of all the negative things it has feared to face. Now that you are examining those things, that barrier is dropping away. You are losing your barrier to these things and as such, this is being reflected in your physiological form as a dropping away of the immunological system that protects you from things you are afraid to face, from processes you are afraid to integrate. Primarily, especially in your society, the integration, blending and balancing of the male and female aspects within each and every individual.

Overall, the idea is you will find that oxygenation and all ideas surrounding the electromagnetic vibration of the oxygen molecule will contain what you would recognize as a realignment of the body that could be called a cure for AIDS, or any disease whatsoever. You follow? Have a good time with your exploration of these ideas.
Pacific Energies and Kachinas and Dolphins

Q: Can you comment on the relationship between the idea of Atlantean and Lemurian energies, and my being drawn to go to New Zealand?

B: There is much strong dolphin consciousness in that area. That is where the consciousness we have referred to as “Dreamer” originates from. In that New Zealand area there is a very specific type of vortex energy that represents a type of ancient foundation, and at the same time, an ancient capstone to an old, old, idea. It is the repository, if you will, to many of your psychic pasts, your energy pasts.

Hawaii is, to some degree, connected to this idea. New Zealand will contain certain particular aspects that will add a certain completion to the story of your lineage with regard to Lemurian interactions. For it is in many ways, as you would say, primeval. The energy there, as does the energy in Hawaii, contains many different spirit forms, spirit guides. The area you call Hawaii is alive with spirit guides. They are much more distinct in this area, and they are much more individualized in this area, because the area more naturally accepts them and has not, in your terms, blocked them out with what you call technical civilization.

In New Zealand there are many connections – now, many of you may be surprised, although it will be different in that area – you will find that there are many, many origination connections to the same type of energy that many of you recognize in your United States of America to be Kachina energy.

In New Zealand are many of the origination points for when that particular type of consciousness first intersected your Earth. It is very primal. You will get in touch with a strong primal foundation. It is a gate from an old world into a new one, continued through Lemuria and held in its old style, to some degree, by what you call the Hopi Indians in your United States. They represent the last fragment of that old world, and the Kachina energy was very strongly connected to it.

Q: Can you tell us more about Kachina energy?

B: Only that they represent a type of extraterrestrial consciousness that, let us say, resides in-between the dimensional barriers that separate one universe from another. They are their own universal energy, and our civilization is only yet beginning to explore and come into contact with many different aspects of their energy.

If you wish us to put it in extremely Earth terms, Kachinas are the extraterrestrial’s extraterrestrial. They are ninety degrees out of phase with all that we understand and share with you as our common universe. They are in a completely different quasi-planar reality. We are, ourselves, just beginning to explore this idea, but they are most enticing!

Q: Is our current rising interest in New Zealand a direct reflection of your current study into Kachina energy?

B: As an offshoot, to some degree, but it is more indicative of the blending of the dolphin consciousness, at this time. It has that higher tonality. For again, many of the Dreamers reside in that area, as many of them also do in your Hawaii and also off your Japan islands. They are, again, of a specific group and represent a certain stepping-stone along your path of self-awareness and self-remembrance...
That is one other thing you can learn from the dolphins – a childlike curiosity about everything. Absolutely everything. Play with them, play with them, play with them as they play with you.

In Hawaii there is a strong, what you may call, magnetic beacon, both around specifically what you call Molokai and also, the crater you call Haleakala. These areas and the shores around them are prime attractants for dolphin consciousness. They are only slightly submerged; again, representing the waiting, on their part, of when they sense within you that you have recognized and awakened to the fact that the rest of infinite creation lies just beneath the surface. They lie just beneath the surface, sometimes laughing to themselves. But only out of joy of the expectancy that they know is about to explode upon you. They are just beneath the surface.

So find, as it has been suggested to you, the dolphin that you are, just beneath the surface of your hu-man-ity. Find the dolphin you are and you will identify as the dolphins they are. In a sense, many of them have already found their hu-man-ness. You are now finding your dolphin-ness.

Many times, in Atlantis, did you share and exchange bodies in reincarnational senses. This is now something that can be possible again in your near future, but first you must learn to remember your friends. They have been remembering you for a very long time, and are most overjoyed that the sounds of their happiness are finally waking you up.

They are singing to you, but not a lullaby that puts you to sleep. They are singing you a song of dawn, a song of awakening; a song of life, love and happiness; a song of eternal joy and ecstasy. You share the same dream; you swim in the same sea. You are of one soul.

Wake up and dream... wake up and dream... (pause)

Dreamer Dolphin Speaks: Feel yourself floating in the sea of energy. Feel yourselves swimming with us. Feel your heart beating with our heart. Feel the same blood pumping in your veins, the same warmth, the same birth. We are born together and we live together! We share the same world together.

Feel our joy. Feel our brotherhood, our sisterhood. Feel our love. Feel the nurturing Earth within yourself. Feel your own playfulness. Break through the shell of your humanity. Be, as you know yourselves to be. Reclaim your birthright. Swim in the energy sea. Swim with us in the same physical dream.

All is a dream... all is a dream. Explore with us. Explore yourselves. Go into yourselves and there you will find us. We swim in your soul, come swim in ours. We love you. We dream you. You dream us. Together we share the same dream.

(Pause)

B: We extend to each and every one of you our unconditional love and energy. Feel the vibration, feel the vitality of the life that beats within you! Live life. Live as you. Live as one – individually and collectively. We thank you for your sharing. We thank you for sharing the dream that together we are forever; pleasant dreams, and an unconditional and loving good day.
AUD: Thank you!

Pacific Energies and Kachinas and Dolphins
Pain & Death
From: Theology Class
11-17-87
San Jose, CA
No. 3

Q: If we are responsible for our own reality, and our reality is some kind of pain: does it end with death? And does your society experience death as we do?

B: Not similarly. We do, as you say, translate from physiological to non-physiological formats, but we do it with our eyes open-consciously-and simply translate our physical form back into energy and continue on, in a more expanded way.

Know (that) the idea of the generation of pain in no way, shape or form means it must culminate in what you call physical death. It can always be transformed, especially now in your transformational life, where you are beginning to be aware of the fact that pain does not have to remain. So the idea is that in our civilization we no longer experience the idea of pain.

Now, the ideas of pain-all pain: mental pain, spiritual pain, emotional pain, physical pain-all forms of what you call pain are, from our perspective, the result of resistance of your natural self. Pain is friction, to put it on a simple terminology. Resisting the natural flow of yourself as an aspect of the Infinite.

And usually this resistance occurs when, having been brought up in the society you have been brought up in, you have been fed, and bought into, definitions of limitation. So that in trying to live out these definitions that are not necessary representative of who you really are, you are going against your grain, so to speak. And going against the grain gives you splinters.

So the idea of going against the grain will stab you and create the idea of pain. In fact, pain is one of the ways that can function as a barometer to let you know when you are attempting to swim upstream. It can be used in a positive manner in that way.

The idea goes hand in hand with the concept that we have discussed with your society many times as follows: Excitement-what you call the physical sensation, or the knowledge, the knowingness, of yourself that is translated as excitement, is your physical translation of the vibratory energy that represents the path you chose to be at that moment of your life.

So when something excites you more that anything else, that excitement is there to tell you three things. First: this is who and what you are. The circumstance and the situation that comes into your life at any given moment that excites you more than any other is letting you know: "this is who you are; act on it."

You see, excitement is the sign that many of you ask for.

"What can I do in life? Why am I here? What is my purpose? What is my mission? Give me a sign!"

"Hey, look over here; here’s a very exciting thing you could be doing!"

"Don’t bother me now; I’m looking for my purpose. I’m too busy searching for my mission in order to have a good time." "Hey, look over here! What about this exciting thing?" "Not right now; I’m looking..."
for my mission in life."

But you see, the things that come with excitement are the answers, are the signals, are the signposts; that’s what excitement is. It’s tapping you squarely on the shoulder saying, "this is what you want to be doing right now."

The reason it excites you is because it is aligned with the idea of who you are; that’s what excitement is. The second thing it tells you is because it is who you are; it will be the thing—if you act on it with trust and conviction—it will be the thing that can be the most effortless thing you will ever do, because it is who you are. You are being yourself.

And so of course it will be effortless. The only time you have struggle is when you’re trying to be someone you’re not—again fighting the flow, buying into the definitions of what the other individuals say you ought to be.

The third thing that tells you when a situation comes along that is more exciting than the other is: this is the thing that if you do it, will support you in the most abundant way to allow you to keep doing it in a more expanded, ever spiraling expanding way.

One: excitement tells you it is you. Two: it tells you that because it is you, it will be an effortless creation. Three: it tells you that because it is you and will be an effortless creation, you will be able to attract the abundance you need in whatever form you need.

And understand that abundance is just more than money. What you call on your planet money is one of the valid ways to represent abundance, but it is not the only way. There are many ways. So let us add one more definition.

Abundance: the ability to do what you need to do when you need to do it. Period! That’s all abundance is. Two individuals—one in your terms with more money, one in your terms with less money—if they are both capable of doing what they need to do when they need to do it, they are equally abundant because that’s all that matters to them. And that’s the level they have defined themselves to be. If someone has a more expanded idea of what it is that excites them, then perhaps they need more symbols of abundance to flow into their life to represent what it is they are.

If someone simply has an idea that is sufficient to the symbols of abundance that are already in his or her life, then they will still be able to accomplish it as smoothly, as effortlessly and easily as anyone else.

So the idea, fundamentally, is that any time you feel pain, you are basically ignoring—either because that you have been taught to ignore, or because you do not believe that you can deserve the ease of creation—but you are basically ignoring the thing that really excites you the most.

And when we say, "the thing that excites you the most," We do not mean you have to have, at this particular moment, an idea of the thing that will be the most exciting thing you will ever do in your life. No. Take it a step at a time.

At any given moment, whatever it is at that moment—if you honestly assess all the things you are capable of doing—what ever it is at that moment that is the most exciting thing you could be doing, that you have
the capability of doing something about, do it! It will align you with all of the flow of Creation, and life will be effortless.

This is actually what is meant in your society by the term surrendering. You’re not actually giving up your power; You’re actually flowing in complete accord with your power. But because it seems effortless, and because your world is used to thinking in terms of things being under your control if they require an effort, then you don’t think you’re in control when there is no effort.

And so you create this idea that you are giving your power up to a greater force. In a sense, yes; but not really. You’re actually taking your power, owning your responsibility, when your life is effortless. That means you are going with the flow of who you have created yourself to be specifically and what you were created to be generally; an aspect of the Infinite.

Is this making some sense to you? A great deal. So you can always transform pain by finding out within yourself, "what is the definition I have brought into that would create the pain to begin with? What must I believe in order to have this pain reaction?" When you get in touch with what the definition is, rewrite it! And then act like you believe the new definition is now more true than the old one.

And as soon as you do, your life will be representative of the new definition. Because your physical reality is always the product of what you hold to be the strongest truth, the strongest definition. That’s why there really isn’t any "the truth!"

There are only a few fundamentals that could be called the basics of existence that are common for everyone; but there aren’t very many of them. All the specifics are your creation. And the ones that seem similar from one person to another are similar only because you telepathically agree to create them to be similar so you can all play the same game.

But there is no real "the truth!" in specifics terms, against which to measure other truths for their validity. "The" truth is composed of all truths. And all truths are actually real.

Any definition you have at any given moment generates a self-perpetuating, self-fulfilling, self-sustaining, self-fulfilling automatic system of manifestation to support the definition, and make it seem as if for that moment it is the only true thing. Because every reality is real; every perception is a reality.

Your imagination is the gate, the library, to all probable realities. You cannot imagine non-existence. Whatever you imagine is, on some level-somewhere, somehow, somewhen-real. And there are various ones that can be manifest in your particular dimension. Yes, there may be some that are nonetheless real.

So the idea is to get a handle on what are the definitions that have created your experience? And if you find there are definitions you prefer, maintain them.

And if you find there are definitions you don’t prefer, change them. That’s what you have free will for.

Does this help you?

Q: Yes. Thank you.
B: Oh, thank you very much! Sharing!
Pain & Suffering

Q: Well, I’m trying to see; but how can death or suffering possibly be good for me? How am I supposed to trust that something good is coming out of all this? It made me think about other people who have a great deal of pain. How can that help us to become better or more advanced?

B: All right. The idea, in general, is to understand that no one is saying you have to have pain. The whole idea, fundamentally, of having pain is to learn that you don’t ever really have to choose pain again. However, the idea must also be looked at from a very high perspective. You must begin to remember that you are an Infinite Eternal Being. What happens in your physical reality is the most temporary of experiences. And very often, a being, a consciousness, as soul, if you wish to call it that, will understand that there is something they wish to experience in life, in physical reality, and they wish to experience it in a specific way to accomplish a certain understanding or level of acceleration.

Now, individuals may realize that they need to balance something out. They may realize that “Well, I could balance this out in small doses, or over several lifetimes, or I can lump it all into one and be done with it.” The idea of experiencing what you as a physical being might perceive as very difficult and deep pain in one lifetime, from that point of view of the soul might really be nothing more than getting your foot stuck under a door, having it heal and be done with it. Do you understand? You have to look at it from the big perspective too, not just from the perspective of the physical reality where things can sometimes seem interminable and not understandable. But from the soul’s point of view, some individuals will want to experience a highly concentrated focus in a certain direction which will then accelerate them that much more quickly in the areas they feel are important to them.

One of the difficulties is that very often many of you, because of the way your reality exists, don’t remember that you made that choice for that reason. So you sit there and question why you are suffering. But in the overall scheme of the Oversoul’s perspective of the "you" you will be once you become non-physical again, you will remember at that moment why you chose that experience, and you will sometimes then be given the opportunity in the overview to understand all the good that may have been accomplished.

Also remember that sometimes an individual will choose to undergo that kind of experience in life not from need of their own balance, but so that all individuals that come in contact with them will learn what they need to learn in their life. Understand? A very advanced, evolved and unconditionally loving being will sometimes realize that this is something they are willing to do if other people need to see something in them in order to learn a lesson that they need to learn in life. These individuals will accept the idea of a lifetime of pain or momentary pain so that they can assist other beings to evolve and elevate themselves as well.

Q: Would this also apply if some souls come back for a very short time, such as three months or so, to teach others?

B: Very often, yes. Now, the idea mentioned earlier of "the foot getting stuck in the door," to some
degree, has an analogy to this. In the first example that we gave, the idea may have been that you decided that there are certain directions you wish to go in and you may have realized that there might be more than one way to go about it. You could have recognized, "Well, the belief systems that I have ingrained in me right now, for me to go through this particular area, may require another five years. I don’t prefer that. Therefore, what would it take to bring my focus and my attention to a certain point right now that will point me in a certain direction, where I will then pass through certain ideas and integrate certain notions and belief systems within me in a much shorter period of time.”

"Well, I know that is one way I could do it. I could cause myself to have pain in this one moment of time and that will create the kind of focus that I need. Yes, I could do it in other ways, but this appears to be one of the fastest ways I actually could do it. Now, I know I don’t have to prefer to choose the pain, but I understand it will only be temporary. And the temporary amount of pain I will feel will more than make up for what it is I will learn by having done it that way. So I decide; I will choose to experience that because it will be done and over with. And that will be it, I won’t have to experience that ever again.”

You may have decided to choose it for that reason.
The point is, your mind will not always know the specifics, the “why” of the many things you are choosing in life. The way you help yourself to have faith in that choice is to understand that it is an opportunity to extract a positive reality or understanding from that life experience.

See the positive effects ultimately in your life, even if your mind never really understands exactly how the arrangement or orchestration occurred, nor for what reason. At the same time, on the other hand, the idea of choosing that for yourself can also be an indication that you in fact might have a certain kind of belief systems or habit patterns or something within you that you don’t prefer to have within you. You create an experience to show yourself that you are a little bit out of balance here or there, or doing something in a way that you don’t really prefer to, and so you draw immediate attention to it in a way you are absolutely guarantee not to ignore. Sometimes that is called “pain.”

Q: Thank you.
B: Thank you.

Pain and Suffering

2
Paradox and Dolphins

Q: I have one here.
B: All right.
Q: I wanted some clarity on an apparent paradox – a philosophical paradox...
B: Philosophical paradox! All right.
Q: Now, I’m very, very familiar with all the writings of Jane Roberts and the Sethian teachings, and I quite believe all this, but I perceive a paradox in the difference between everything being in a constant state of becoming...
B: Yes.
Q: ...as Seth teaches...
B: And everything already existing.
Q: And everything already existing. Does everything, in all its possibilities, already exist? And does our focus simply change?
B: Yes.
Q: Then how can there be any becoming?
B: Do recognize that the term becoming is mostly conducive to your third density point of view, because you think of a beginning and a middle and an end – and you think of things becoming. But there is also true creation. When you realize that thoughts are things, then any new perspective or point of view is also the act of becoming – even though the perspective is about something that already exists. Does that make any sense?
Q: Yes.
B: So any perspective that you generate, that may be in your terms a new perspective, a new way of looking at something that already exists, is – in and of itself – also a new creation. We do understand that it does translate as a seeming paradox in your reality.

But understand that paradox, when you are dealing with paradox, then that’s when you know you are dealing with the higher levels of reality. For you know that if you can perceive a conflict or dichotomy – since it is your perception that there is a polarity – you know that both sides stem from you and, somewhere within, must coexist, must be blended as one thing.

When you see a paradox, it is simply, let us say, a translation difficulty into third density terms. But everything is the same one thing manifesting in all the multidimensional, simultaneous ways that it can, at the same time, in different ways. Does this make any sense?
Q: Oh, yes. It all makes sense; that is the problem.
B: ‘Tis not a problem, you can utilize...
Q: No, it’s not a problem.
B: You can utilize it as a tool.
Q: Yes.
B: Simply assume that the universe and Infinite Creation has the label “Infinite Creation” because all things are possible, even paradox. And on one level, it is not a paradox, simply because it is accepted for what it is. You follow me?
Q: Yes.
B: Enjoy it. If it makes you laugh, use it that way. Paradox is getting in touch with the center of yourself.
You.
(Other: We’re close to closing time.)
Closing time! You are very close to opening time. Thank you. So at this timing, therefore, we will respect your schedules. And in this sense, we will extend to each and every one of you our appreciation…yes?
Q: One more question.
B: One more question.
Q: Yes, about dolphins being aliens.
B: Dolphins being aliens. Well, to us they are, since they are on your planet and not on ours. But they are the co-sentient species on your planet. And in this way, when you allow yourselves to begin to utilize the co-interaction with them as your “practice” in interacting with other alien – if you will – civilizations, then you will react and interact with us as one whole world.
For you have the wonderful gift of having two sentient species upon your planet. In a sense, they have just as many incarnational connections, in many different ways, as you do. And in that sense, they are the same type of soul that you are. So in that sense, since none of you are original to the planet, neither are any of them. And in that sense, they are just as alien as you are.
Many of you interacted in the times of Atlantis. Many of you incarnated as each other. This is something that has not gone on recently simply because the humans have locked themselves into a particular cycle. But it is something that may occur again, when you loosen up.
Q: Are they conscious of having been human?
B: Some of them; not all of them, for many of them are also locked into their own cycle at this time. But they do have a broad memory of your familial connections; and that is why they are very eager to interact with you.
Q: Will we ever be able to understand their language, as they seem to be able to understand ours?
B: Yes. But it will be mostly an emotional understanding. Even though you can have an analytical understanding of the sounds they make, you will find that perhaps the quickest understanding will come through emotional attachment, because true telepathy is emotionally activated. When you love unconditionally, then you know what that person is all about. You follow me?
Q: Yes.
B: Thank you for your sharing! Thank you for your willingness to allow us to share with you our unconditional love, and our belief in the idea that we co-create together.

We would simply, once again, remind you: give yourself permission to wake up and dream – for physical reality is but what you dream it to be. You are living a dream right now; and dream reality is real. Create the dream you desire. Follow your excitement; it will never lead you astray.

We thank you for allowing us to experience this interaction. We bid you a fond and unconditionally loving and exciting dream life and life dream. Good day.
AUD: Thank you. Thank you.
B: Good night.

Paradox and Dolphins
Paradox

B: All right, I'll say, how are you all this evening of your time, as you create time to exist?
B: How's the dream going?
B: Yes. Reactive. Let us begin with an interaction based on the idea – and this is also the title, if you wish, for tonight, "Paradox." All right?
AUD: All right.
B: The idea, once again, that we have illuminated and outlined, to some degree, within many of the interactions we have had with you from time to time is that when you find yourself coming across the expression in your lives, you call, paradox, then you know you are dealing with the higher consciousness more directly. For you will find that the higher consciousness has a tendency to be broken down into seemingly, seemingly, diametrically polarized occurrences in physiological reality. Therefore, when you begin in your expansion, in your so-called search for your spirituality, to come across more and more and more understandings of more and more situations that seem to be paradoxical, expressing what you call dichotomy or polarity, then you know you are standing firmly and squarely at the center of those two seemingly opposite events. And that means that they both come from you; they are both projected from you.
You standing at the center, are the very example and the very indication that both of those things – in coming from you because you have the ability to see what appears to be both sides – means that within you they are blended, they are one concept. They are one event; they are one idea; they are one thing. Within that blending there is no dichotomy. Polarity, paradox are expressions of the manifestation of the unbroken wholeness of your higher consciousness in physical reality – because, by definition, physical reality is that which separates, so that you can see the components, so to speak, of which the higher homogenous wholeness is created.
Thus individuals for many tens of thousands of years in your society have gone about living their lives. And according to what they have bought into, in terms of the belief of what that life should be, many of them will find no paradox occurring so much in their lives. Or if it does, they will have a tendency, or have had a tendency to ignore it because it does not fit into what they have been taught is the life you are, quote/unquote, supposed to live, the way things are, quote/unquote, supposed to be.
Now that you are expanding in your awareness, now that you know that there is no one way, but that each and every one of you is your own path toward the understanding of the Infinite Creation, you are going to run into more and more of the idea of paradox. And you are going to see it not only expressed
in the daily events in each individual life, but in mass events – as you find different, quote/unquote, factions within your society becoming more and more polarized within their estimation as to how to relate to the reality around them.

At this time there are three – once again a triad – three basic groupings of mass consciousness upon your planet that we perceive. The dynamic interactions of these three are what is spurring you forward, whether at times it may seem like it or not, into the fourth density higher consciousness reality. It is the interaction and the momentum created by this interaction playing off of one another that is allowing you to examine all the different facets of the paths you have lived for many thousands of lives, many thousands of years.

And now (this is) allowing you to be capable of integrating these reflections you are getting from each other so that you can come to a clear and conscious understanding of the fact that all that seems to be paradoxical within life is, in fact, blended and contained within the one higher consciousness that you are. The three basic divisions, shall we say, that now exist upon your planet are individuals – now, before we begin, in no way is any of the following definitions meant in any way to indicate that something is better or worse than anything else. You follow me?

AUD: Yes. Yes.

B: These are simply distinctions, as we perceive the conglomerate energy of your society. And they are in their own right completely and totally valid – for each is playing its part in the spurring of the momentum towards fourth density. One will be – and again these definitions are very general, very general – one will be those that generally – generally – recognize themselves to be the creators of their reality, what you may generally lump, as you say, under the term metaphysicians, so to speak. This is a very loose terminology.

One will be the idea of an individual following in any way in accordance with what you would call religious aspects, the individuals, who in your terms, follow a schematic they believe to have been laid down by one or more facets or reflections of the Infinite Creator. The third will be what you generally term the scientific approach, and into this will also fall any sociological structure that is so based, including what you refer to as politics.

These three ideas are playing off each other and allowing there to be the foundations of the three aspects of physicality, mentality, emotionality and the spirituality in life.

The idea is to recognize that many paradoxes, many polarizations will continue to increase between these three factions for a time, although you will find that there are, as always, hints and clues as to where each and every one of these three blend with the other two. You are beginning to see that ideas that have for a long time been held to be religious or metaphysical are cropping up in science. Ideas that have for a long time been held to be completely scientific are cropping up in religion and metaphysics. And ideas that have been long held to be simply religious can also be shared by the other two ideas.

They are now beginning to form the foundations for the blending of the three, but at first, primarily for one reason, they will continue to separate a little further, gaining dynamic tension for a while. This
dynamic tension is building up for the purpose of creating there to be a very strong springboard, once the dynamic tension is snapped, so that you will go through the doorway into fourth density in a very dynamically propelled fashion.

But you are beginning to recognize that there are underlying foundations into which each and every one of those three aspects all have a degree of commonality. They are, of course, simply different aspects of the same one thing, but your society does not realize this yet.

The one reason, the primary reason, that this is not realized in your society is simply because of definitions. That is it. Semantics; that is it: the idea of the definitions of what you think you believe. For you will find that one faction will say, "Well, that other faction or this other faction – they say this and this. And therefore, I do not agree with them, and I will fight them to the death." However, recognize that all that is being done is that what is being said by one faction is simply interpreted by the other factions in their own terminology. And according to only what they understand, or what definitions they have applied to those particular aspects of life that will determine how they choose to understand what another faction is saying.

Therefore, still quite often you will find that one faction, while they may think they understand what another faction means, very often will only understand what they themselves mean by their definition, the definition they have been taught to believe about what another faction means, and not really what the other faction means at all.

This is why we have discussed with you of late the idea – not that you have to analyze this into oblivion – but the idea of being very concise and very clear in your communications with any other individuals in your society about what it is you believe. For you can then provide for them the clearest and concisest definition of how it is you actually mean, what symbols you are using. For meaning, once again, will vary from individual to individual, and the biggest assumption on your planet is that what one thing means to another individual is the same for everyone. And this is nowhere near the idea. For do not forget, no symbol comes with built-in meaning; they are all blank. You fill in the meaning, the meaning that has relevance and significance to you. Your interpretation is what you experience of life.

The idea therefore, fundamentally, of the expression of the paradox will be, first and foremost in the creation of a blending, in recognizing, as we have shared, that the paradox of what an individual may say to you: "There is only one truth." All right, there is only one truth, and the paradox is that that one truth is (this), all truths are true. That is the paradox.

So you see, it is not something that has to be a conflict, something that has to be contradictory, in that sense. Each and every faction simply has their own way of saying it for themselves, they know what they mean in their own relative point of view. But it is still all the same information because it is all the same universe. It is simply that as a co-creator with the Infinite Creator, you are creating your version, your interpretation of the one creation, and that is how you create more creation – even though everything already exists. There’s another paradox. You follow me?

AUD: Yes. Yes.
Q: Allow yourselves, therefore, as these things crop up in your society, to not necessarily have to fall into the idea of battling these other individuals to stand up for what you know to be true. But recognize that if you truly do believe what you say you believe, then simply continue to live your life in that manner. And if you change your mind, change your mind. Ultimately it does not matter. You follow me?
AUD: Yes.
B: Thank you. Sharing!

Paradox

5
Question: As we are shifting, and as the shift continues, those persons who choose, I guess generally, a negative Earth or a negative set of beliefs...

Bashar: Yes?

Q: ...will be on their own Earth?

B: In a sense, yes.

Q: In a sense, and those who choose positive will be on, sort of, a positive Earth, in a sense?

B: Yes, yes.

Q: Will those who ... will a person from the negative and the positive, so to speak, actually be able to see each other?

B: After a certain level of threshold vibration, no, once you go strongly into fourth density, no. Right now, you are still generally within the overall definition of the transition that will still allow some interaction between all those worlds. Once those who finally crystallize, ride the wave more into fourth density, go with it, they may be, to some degree, aware of the more third density beings, because it is a higher state of being. But, generally speaking, you will no longer find yourselves really capable of interacting or even really perceiving each other. They will simply no longer be in your life; you won’t necessarily know where they went, you will just no longer interact. The first example of this so called "splitting," will literally be that people simply will move out of your life and you simply will not interact with them, and their schedule and your schedule will simply never coincide. But eventually you will actually, really be in two different vibrations that will be, in a sense, invisible to each other.
Q: I understand that we all have infinite versions of ourselves.
B: Yes, your talking about the concept of parallel realities?
Q: Yes.
B: Yes.
Q: And, is each one of these selves, does each one have a autonomous, separate...
B: Yes, that is the nature of creation-that every point in creation sees itself as the center point of creation.
Q: Is there any communication between those selves?
B: Yes, many times you do not recognize the communication, sometimes it is experienced as bleed through inspiration and imaginations and things that suddenly dawn on you, but sometimes these things are actual bleed through from others parallel selves having certain experiences, some of which may simply strike you as interesting to try in your own reality, and vice versa.
Q: Is the degree to which we have such a communication any different than the communication you would have with other past lives?
B: In the general context no. It is all simply based on resonance identification and what piece of information has the frequency that is most germane for the frequency you are operating on at any particular moment.
Q: When you speak of frequency vibration.
B: Yes, vibration.
Q: What is vibrating?
B: What is vibrating? A number of different things, but you can simply, right now, sum it up as your collective energy. You have a particular signature collective vibration and that is what magnetizes anything of similar frequency to you and is translated as information or experience.
Q: But the energy that’s vibrating is vibrating in what sense?
B: In relation to everything else, for that is the only way that there can be a vibration, is that, it has to be in relation to anything else, otherwise if there is nothing to relate to you would not know that there is a vibration, and there would not be. A vibration is simply a motion, an oscillation in relation to everything else. Does that make sense?
Q: No, I mean I know what a vibration is, and a period, and an oscillation I’m just not sure how that applies to the general concept of a energy.
B: Well again as a simplistic analogy, look at what you would call your visible spectrum of light. You
understand that it’s all the same basic type of electronic energy but that green is a different frequency of that electromagnetic energy than red.

Q: Right.

B: Well similarly, different parallel realities are all of a particular kind of energy expression or consciousness, but it is different because it is vibrating at a different pitch. That’s why you don’t perceive it because it is vibrating at a pitch that is simply not the pitch you are vibrating at and therefore whatever is not vibrating at your pitch is invisible to you, incapable of being processes and experienced by you until you come into more direct contact with it’s particular frequency. Did that make any sense?

Q: Well it’s not getting to the question that I have about exactly what is vibrating, what the period is, but it doesn’t matter right now....

B: Well there are different periods, ultimately it is simply all consciousness, but consciousness expresses itself in different dimensional realities domains as different types of energy. You could say it is simply light, if you want to put it that way, since that is one of the first manifestations of consciousness in physiological reality, and sense we are talking about the idea of different parallel physiological worlds then you can simply say what is vibrating is Light at different pitches, different frequencies, different vectors.

Q: Okay, I’d like to ask you more about the concept of the bleed through that we get from past lives and other selves. If there ’s a bleed through that is not like creative energy, but there is another self or a past life that’s in jeopardy or is in fear, how do we deal with that kind of energy—to protect ourselves or...?

B: It is...well, why do you first of all define that you must be protected? Because that in and of itself begets a particular frequency and the need for protection actually functions as a magnet to attract that which you are afraid you need protection from. So the idea, first of all, is not to think you need protection from it because that has the, in fact, opposite effect. Do you follow that?

Q: I do and I didn’t really mean protection so much as healing.

B: All right, well again there are any number of ways you can interact with that energy and sometimes when you may, for example, experience a moment in your life where you may be, as you would say, under duress and all of a sudden perhaps, for some reason, you don’t know why, you don’t know how, you don’t know where it comes from you simply find yourself suddenly feeling love, support or some kind of assurance that everything will be all right, that in fact may actually be coming from another parallel self-future, past alternative reality doesn’t matter what the label is, that in fact may be coming from another aspect of the total self that is, in a sense, aware of the fact that other aspects may need assistance, and you thus then can pull yourself up by your own bootstrap’s. You follow?

Q: Yes, I do.

B: So, you perform that function for other parallel reality selves, and other parallel reality selves, just to speak linearly, have performed that function for you, but it’s all you of the greater sense, on the larger level
Q: Right, you said that I had a parallel reality self that was involved with the Association and in the near future you might tell me more, describe more of the involvement, can you do that now?
B: The involvement is as what you would call a type of functionary, in the sense of cataloging and amassing information about a variety of different kinds of interactions that go on between various kinds of civilizations for the purpose of allowing other individuals to know, to glean, to extract like a library from this concoction of information the subtleties and nuances that are important to understand with regard to conducting those interactions fluidly. Did that make sense to you?
Q: Yes it does.
B: Does that help you then?
Q: It does, thank you very much.
B: Thank you.
Parallel Time-tracks and The Grandfather Paradox

Q: Is there ever a stage that a person reaches where they can enter a time frame at will?
B: Yes. Recognize that, in a sense, that is what we do when we visit your world in our spacecraft. For in this way, we are transcending dimensionality – and all travel in space is travel in time.

Q: Okay. If I wanted to go back and look at the dinosaurs...
B: Yes. Have a good time. (AUD: laughter)

Q: Is it a question of waiting until I am evolved enough, so that I can re-enter that period and I can see it as graphically as I see this right now?
B: Well, in a sense. But it may also be, not so much the idea of needing to evolve, but simply reaching a point in your timing where that will serve some purpose in the life you chose to live now. And do recognize that if you have conceived of the idea, and it is something that excites you, that, in and of itself, might be an indication that now is the timing. So simply avail yourself of whatever methodology your imagination comes up with that you think would be an exciting way to perhaps, quote/unquote, achieve that; and simply play with it as often as you care to. Perhaps, one of those times, you will surprise yourself.

Q: If a person dies and is between lives, are they more able to access...
B: Yes, in that sense, as you mean it, yes. There is automatic cognition of the entire time frame. You can perceive any portion of the entire simultaneous, interactive idea.

Q: Wow. And you could time-travel too, to that point in our history in your spacecraft, could you not?
B: Oh, yes, and have. But recognize, also, a subtle distinction in this idea: let us say, in your particular frequency band time frame, that at a particular date in your history we were not there, but we decide to go there. Now, in a sense, we may be perceiving all of the ideas that are necessary for us to perceive, to allow us to feel that we have had the experience as validly as we need to; but it is not that we are exactly there – where we weren’t. We are in a slightly paralyzed, “parallel-ized,” parallel, idea.

Q: Because your existence there changes the experiment.
B: Yes. So it is not exactly the same place and time, but it is enough of a parallel to not so much make a difference.

Q: Okay, so you’re saying that it wouldn’t change our reality, as we perceive it.
B: Correct. As you have utilized in your analogy that we have discussed before, what you call your “Grandfather Paradox” in time-travel. Which is simply that you posed the question of the idea of, let us say, going back in time, and doing something that causes the physiological death perhaps of your parents or your grandparents before you have an opportunity to even be born.

Now, in this way, you say, “Well, what does that mean? Well, I cease to exist, what will happen?” But recognize that in your time frame that is not what happened. Therefore, any such change that occurs is
not truly exactly the product of your time frame, and what you are doing is projecting yourself into a parallel existence, and you are a completely new factor in that existence, unto itself. Isolated to that time frame. You are not exactly the child that would have been born to that person, had you lived. You are someone from another time frame.

Q: By making a minimum of changes, you access a parallel dimension that’s very, very close.
B: Yes. Close enough for the purposes.

Q: Yeah. Theoretically, you could come down and pick one of us up and take us back to that time couldn’t you?
B: Yes.

Q: Must make a date some time in the future and do that. (Laughing)
B: Maybe you will meet us there. (AUD: laughter)
Q: Thanks.
B: Thank you.
Parallel Versions of Atlantis

Q: A while ago I asked you a question. I said, “to what degree am I talking to myself, when I talk to you?”
B: One hundred per cent.
Q: You said one hundred percent, yeah. Do you have any judgment? No, you couldn’t have any judgment.
B: Let me see... we could if we wanted to.
Q: Do you consider that the accuracy of the statements that you are making... 
B: We do not deal in accuracy; we deal in validity.
Q: Validity.
B: Not the same thing.
Q: Right. Understood. Do you feel that the validity of your statements are more valid than mine?
B: For me or for you?
Q: As an example, if I were to make a statement regarding Atlantis, and you make a statement regarding Atlantis... 
B: Yes?
Q: Is there a consideration that yours is more valid, has more validity?
B: Accuracy is a judgment that there must be one truth, and measure everything against it. And there is no “one truth.” There is mass conscious experience, yes, and there are many truths within it. “The” truth is composed of all truths.
Q: Mhmm.
B: Does that clarify the idea?
Q: To some degree.
B: It goes along with the understanding that when we say you are your collectedly total whole universe unto yourself, we mean it literally. You can have experienced, what you deign to have experienced, within your own experience of the idea of Atlantis; and for you in your reality, that was your experience – until you decide to change it.
Q: Mhmm.
B: Understand, again, you are creating your past and your future from your present. And when you change the idea of yourself in the moment, everything changes. Your entire universe: all of its past; all of its future. Do you follow me?
Q: Instantaneously create that.
B: In other words, recognize there are parallel realities in which the idea of Atlantis did not destroy itself.
Q: Mhmm.
B: And you could just as likely say, “well, my perception is that Atlantis didn’t destroy itself.” And I would just as easily say, “you are right.”
Q: In my perception.
B: In your reality.
Q: In your reality it did destroy itself.
B: In the reality that we share with the idea of co-creating the reality you have decided to share with us, it did.
Q: I understand.
B: However, recognize that both are real. There is an Atlantis that did not destroy itself; and there is an Atlantis that did. And both are real. It is not this or that. It is this and that. “The” truth is composed of all truths: this and that. And the one that is yours is the one you experience, plain and simple.
Q: Right. The truth will not…we’re not going to travel to your planet; we’re going to evolve to the ability to create an experience…
B: It is not impossible to travel to our planet; that is also a truth.
Q: Mhmm. But aren’t you presenting – or we are presenting to ourselves – an invitation to create the reality of which you speak?
B: Yes. To shift yourself to the reality that contains that, if that is what you need.
Q: Okay. And the physical – we’re not going to meet physically – or this concept that we will not meet physically…
B: When you say “we,” recognize that the you that is saying that is not the you that might meet us.
Q: I understand.
B: Therefore, you cannot really make that statement.
Q: Well, I can make the statement. I made it. But I…
B: We mean in the sense that it is true for you right now, that the you, you are now is not meeting us.
Q: Yes.
B: But if, so to speak, you meet us, it is not the same you.
Q: Of course.
B: Therefore, it is not the you, you are now that will meet us. Even if you do meet us, it will be another you.
Q: I understand.
B: Thank you.
Q: What is it – I don’t like to use the word judgment, but you’re saying, when we consider ourselves equal to you…
B: Yeees?
Q: Then we will meet physically.
B: Yes. Simply: when you become equal to the vibration of the reality that is defined by us meeting physically, that is the reality you will experience. We are projecting our reality to be that reality, that vibration. In a sense, we are already meeting you – the you that you will be when we meet you.
Q: Right. Our chosen path is to develop more of the spiritual awareness of ourselves…
B: And choose what reality you wish to experience to fulfill the idea of what you are.
Q: Outside of that, validation of the physical is senior to our subjective viewpoint.
B: Everything is your subjective viewpoint.
Q: Okay, but that’s what we’re coming to.
B: Understood.
Q: Okay. Thank you.
Q2: Where is the Atlantis that did not destroy itself?
B: In parallel realities. Do you understand the concept?
Q: I understand the concept, but I can’t do anything with it.
B: All right. Then that is doing something with it, that you need to do.
Q3: What are you doing with your hands when you’re listening and talking?
B: Nothing...I, in my physical form, am perfectly still.
Q: What do you do with the channel’s hands?
B: I am not doing anything with them. The reaction that you may see, as you exemplify the idea, is simply, let us say, in increasing the pulsation of my mentality so that the physiological body, by definition, must translate the extra energy in some way, shape and form, if it cannot be translated vocally.
Q: Mhmm. I see.
B: Does that answer your question?
Q: Yes it does. Thank you.
B: Thank you.
PARANOIA TEST 12 Sept 97

Q: Last night on Art Bell a... 
B: Art Bell, all right understood.
Q: OK. He was knock off the Air. Somebody had called in and said an inner-dimensional being or an inter-dimensional race that had been working with Area 51 was planning on knocking out our major population centers. The guy sounded very paranoid to me–Robert had recorded the tape.
B: Yes.
And then, after all that, Art Bell supposedly lost 50 satellite earth links.
B: I see.
Q: Do you, can you put any meaning to this or does this have anything ... .
B: I will give you one spin and one spin only.
Q: OK.
B: Long Pause: Each unto what they belief most strongly. An opportunity was given, as you say, what you call fear and or paranoia was expressed. And opportunity was given to see whether or not the individual wanted to continue along those lines, when and if, the subject of the paranoia came to pass. In other words, I’ll put it to you this way, many individuals on your planet get a thrill out of crying wolf. It is very curious to see what they do, when they actually encounter one? And if from that point forward they wish to continue that behavior, when they understand what crying wolf really means in terms of the vibration of creating that reality. So that individual and other individuals listening in, were given a opportunity to see whether or not they wanted to continue to buy into that frequency by being given a taste of what that frequency brings about. Do you understand this?
Q: Yes
B: So I will you tell you that many individuals changed their mind—immediately. Do you follow?
Q: Yes
B: Not all, some of them went even further in the other direction. In other words an opportunity happened for increased polarization, many beings were happy to accommodate that shift. Do you follow that?
Q: Yes
B: So, it is all about self-fulfilling prophecy now. Pay attention to what you wish for—you will get it, you will get it, not you may get it. You will get it. it.
Area 51 ex-employee calls into Art Bell’s Show
On September 11, 1997 while
Art had planned an exciting
evening of taking calls from
Area 51 employees, little did he
know that the cosmos had
more instore that night. (We
will have all of the Area 51
calls posted on the Sound
Clips page soon.)
Midway through the program, during a pretty interesting call, the
radio program abruptly went off the air. First it was thought that the
content of the callers message, may have caused some powers that
be, to pull the plug! But as you are soon to find out, it was the GE
Americom satellite going out of "Earth Lock."
These clips are from the C-Band Satellite feed. Since that feed itself
is fed from the KU band feed from the network, you will hear the
network feed at the bottom of the hour start failing, then later into the
program, Art’s signal drops out. We present the entire episode here
in a Real-Audio, with a transcript of the call and a chronology of
events.
Chronology
We pick up the network feed at the bottom of the hour approx at
12:30 PDT. This Real Audio clip runs 30 minutes.
Streaming 14.4K version or Download 14.4K version.
Here is the elapsed timeline of this clip:
0:00 - Art breaks at the bottom of the hour
2:30 - First network feed glitch starts
2:47 - 3:36 More signals breaks of the network signal
6:00 - Art comes back from break (all clear)
12:47 - Art takes the Area 51 caller on the air
Read along with this transcript, courtesy of Wes Thomas.
Art: On my Area 51 line, you’re on the air, hello.
Male caller: Hello, Art?
Art: Yes
Caller [sounds frightened]: I don’t have a whole lot of time.
Art: Well, look, let’s begin by finding out if you’re using this line properly or not.
Caller: OK, in Area 51?
Art: Yes. Are you an employee or are you now?
Caller: I’m a former employee. I, I was let go on a medical discharge about a week ago and, and... [choke] I kind of been running across the country. Damn, I don’t know where to start, they’re, they’re gonna, they’ll triangulate on this position really soon.
Art: So you can’t spend a lot of time on the phone, so give us something quick.
Caller [voice breaking up with apparent suppressed crying]: OK, um, um, OK, what we’re thinking of as aliens, Art, they’re extradimensional beings, that, an earlier precursor of the space program they made contact with. They are not what they claim to be. They’ve infiltrated a lot of aspects of, of, of the military establishment, particularly the Area 51.
The disasters that are coming, they, the military, I’m sorry, the government knows about them. And there’s a lot of safe areas in this world that they could begin moving the population to now, Art.
Art: So they’re not doing, not doing anything.
Caller: They are not. They want those major population centers wiped out so that the few that are left will be more easily controllable...."
Art [fragment]: ...discharged...
Caller [sobbing, then fragment]: I say we g ....
Continuing with the timeline of the sound clip:
13:00 - First glitch occurs
14:30 - 14:55 More signal breakups
14:55 - Signal dead! Art’s signal gone
15:20 - Network feed is
still up, so music started
16:40 - Network plays
taped program of Mark
Furman interview
18:00 - Network feed
starts to drop out now
on C-band link
19:55 - Network feed to
C-band is dead
20:55 - Network signal starts returning
26:50 - Art is back on Land-Line to Network
26:50 - Network link to C-band still bad
At this point, Art and the network are telephone land-line linked to
each other and the network is LL linked to the digital uplink satellite.
So all the affiliates are receiving the program fine (through the digital
system), however the KU to C-Band feed is still choppy and so my
personal signal and the signal that AudioNet receives is still
intermittent. Here is a sound clip of that portion of the program.
Streaming 14.4K version or Download 14.4K version.
After the top of the hour break, Art gets Toni Howell from the
network on the air to explain what has happened. By now the
"event" is over and all signals are back to normal. Art’s radio
network engineer reports that the network’s communication satellite
lost 50 channels (including Art’s feed) at that moment, possibly due
to a "lost earth sensor" (so it no longer pointed to the earth station).
Toni explains the phone call she had with GE Americom in this RA
clip.
Streaming 14.4K version or Download 14.4K version.
Remember, even though they thought the network signal was
working, (as it was for the digital feed to the affiliates), the KU signal from New Jersey to Denver, which feeds the C-Band signal, was having signal problems along with Art. It is interesting to note, that each signal dropped out at different times. While Art’s signal was OK, the network was not, and while the network was working, Art’s signal alone dropped out. So it took awhile to figure out what had happened. Different channels on the satellite dropped out at different times.

Later in the program, a new caller asked: "What happened during that one minute of the Area 51 employee call, that we didn’t get to hear?" Art just happened to have a witness in the studio that night. A reporter from Penthouse Magazine was there doing a story on Art. So when asked, Art puts the reporter on the headset and has him answer a few questions about the call. Here is that segment.

Streaming 14.4K version or Download 14.4K version.

Well, that’s about it. If we get the official story from GE Americom, we’ll post it here. This program will be repeated this weekend, and as I stated above, I will post all the calls that did make it on the air, to the sound clips page in a few days.

MJ-12 Strategy: Military Development of Anti-Alien Weaponry

Military - Develop Anti-Alien Weapons that can destroy their spacecraft, and as importantly, destroy their underground bases which the secret U.S. government originally helped the aliens to build. The positive benevolent alien’s are not permitted by their own laws to help us by giving us defensive weapons against the malevolents.

The SDI cover program and other programs are in progress and it is believed that some weapons have been developed, but not the critical weapon that can destroy the underground alien bases. Also develop escape alternatives for a select group of humanity in case the malevolent aliens are successful in their strategy.

Also develop contingency plans for implementing martial law as a means to effect damage control BEFORE
the aliens actually make mass colonization efforts obvious. That way, the media can be completely controlled and free speech can be stopped from making the whole truth available to most people.
Past – Present – Future

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

B: They are also equally right now.

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

B: Why?
Q: To understand.

B: You cannot.
Q: To know.

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

Q: Not go. Integrating all…

B: Why do you feel it is not integrated?

Q: I do feel it’s integrated and…

B: Are you sure?

Q: And sometimes I don’t…

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

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

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

Q: I am actually very willing…

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

Q: You’re saying it; I’m not. I…

B: Do you follow me?

Q: I do follow you.

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

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

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

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

Q: All right. Okay.

B: Now, what do you feel about the idea expressed in your terminology as a beginning? What do...(Tape change; words missing)...focused so that you will be focused on one idea at a time. That does not mean you cannot simply know within you that you have the effect of all the portions of yourself operating simultaneously – to reinforce each and every one of those limited focuses that you experience at any one time. And as such, you do not have to worry about losing anything. And when you allow yourself to know that that idea and that effect are always equal to you – no matter what you allow yourself to experience, no matter what limitation of focus you create for yourself – you will always find yourself re-emerging from that limitation with a broader sense of understanding of a more integrated version of you.

And as such, you will always allow, therefore, the momentum of yourself to always go forward, in terms of time, as you know it to exist. And you would increase the momentum by simply allowing. Realize you do not have to make anything happen. You have to make something stay the same.

Q: Right.

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

Q: Uh huh.

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

Q: Resisting.

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

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

Q: Yes, I do.
B: Thank you.

Q: Thank you!

Past – Present - Future
Q: But, isn’t their (the Grey’s) initial agenda creating you? Isn’t that a major part of what is going on?

B: In some senses, yes, but there are many different factions involved and many different kinds of things being done within the agenda that simply have nothing to do with his (Alpha Deyo ... a rebel reptilian) resonance. Thus, it isn’t necessary that you must look at this in the same way that this will play out politically on your planet. There is no punishment involved here. There is simply the idea of resistance and the attempt to turn oneself more towards the vibration that one deems to be true for oneself. Thus, the assistance that is being given is simply helping to solidify that reality for the being.

Q: Just as the Greys can’t join the Association, by his turning towards you more he’s able to reach that frequency?

B: In some senses, yes. And now there’s another thing also for you to understand ... pay attention ... again, as we give this to you, to some degree what we are telling you, from one slice, is linear. But do not assume that what we are about to tell you is the ONLY thing that is going on. If you assume that what we are about to tell you is the only thing that is going on and the absolute end all be all of all the information that has to do with this, you would be making the same assumption as if I said to you that people from England come from Europe, and by that you assume that only people from England are from Europe and only Europeans are from England. You understand?

So, keep that in mind when I tell you the following: in what you may call an ancient time, within what you would call the Lyran system, from there came those beings you understood to be the Anunnaki. Many of you already know this. And they, in many ways are, to some degree, involved in the genetic manipulation of those species that ultimately created the reptilians from the dinosaur stock and your human species, as well as many others, from some of the indigenous stock on your planet. The idea being, in that sense, of course, that the reptilian species derived from that stock was removed from your planet whereas the human species was not, due to various changes and shifts going on within the agendas of the politics, so to speak, just for now euphemistically, of the Lyrans, of the Annunaki, as you call them.

After the idea, also, and during this time, to some degree, but after the idea of the destruction of natural causes of the Lyran system when there was the Diaspora into other star systems, such as some of the Orion systems and the Pleiadian systems and so forth, of what you would call in the past, the Annunaki. Then it can also be understood that certain factions of the Annunaki, in arriving in the Orion systems, did continue the idea, besides the ones that were isolated upon the Earth, of going in certain directions and ultimately led them to self-destructive ways. In some of these factions that experienced these self destructive ways within the ancient Lyran Annunaki systems, you would find that the destructions they caused upon themselves is what ultimately allowed them to become what you understand them to be
today, this faction called the Greys. In that sense, therefore, the Greys and the Reptilians are still cohesive, in that the Greys, as the ancient Annunaki created them. And the Greys and you are still cohesive in that as the ancient Annunaki, they created you. In that sense, they are trying to gain back what they lost, in that sense, as the ancient Annunaki, to render themselves to some degree into that state again, by utilizing the genetics that they have already spliced within you, based on their own original genetic patterns which makes you compatible.

Thus, they are attempting, in the creation of the hybrid races such as our own, to regain the idea incarnationally of what might be, in their eyes, considered to be some of their former level of status and glory. But this is only one faction, in that sense. Some of what some individuals, in some of the abduction scenarios, have recognized as tall, muscular, Nordic types, are actually some template recreations of the idea of the ancient Annunaki bodies, in what your ancient people refer to as the gods, in that sense, of great stature and build. But these are not in any way, shape or form, the idea of what you would call absolutely sentient beings with free thought. They are, to some degree, the idea of puppet templates to allow them some idea of creating certain genetic resonance patterns that would help them fulfill their particular agenda in that level. Regaining whatever it is it is possible for them to regain; though it will never be exactly the same.

This it is given to us now, at this time, to give to you and we have done so. But again, remember, that this is a description of one slice of linear reality. It is not the whole story....
Past Life Explanation & Health Issues

Q: You told me the reason I was having difficulty getting over a situation was because of a past life we shared and...
B: No, that is not the reason why. It is something that may form a basis that you are connecting to, but the reasons why any of you experience difficulty is because of what you have been taught to be motivated to choose in the present. Past lives are never reasons for why you may be having difficulty in the present. Simply that you are using this as a template to give yourself an analogy to draw upon.
Q: So what was the lesson I came here to get?
B: That service is not sacrifice. That you have to allow yourself to be equal and in that sense, worthy of being who you are, without sacrificing yourself just because someone else says you must. It is an issue of self worth and an issue of the idea of allowing yourself to know that you would not exist if you did not deserve to. That you are worthy to exist as you are, and that it is a matter of being of service to others by being yourself, not by sacrificing yourself. For if you sacrifice yourself you can be of help to no one. That is the lesson learned.

When it comes to health again, fundamentally – and this is a simplification but it is also a truth at the core – fundamentally all health issues, no matter when or where they finally attach themselves to physiological mechanisms, all health issues begin in the basic energy state of simply being dis-ease. That’s where they all begin. You are stressed. You are ill at ease. You are out of sorts with yourself. You are dis-appointed from your self. You are cut off within your understanding of your self worth and your validity, and your life essence. That is where all disease begins, no matter what form it ultimately takes and no matter whether physical ideas can help it or not.
The idea is that the physical is never the original root cause; so it is always the original state that you need to get back in touch with. Even if you attract yourself synchronistically to some physical idea that could assist you, in helping you to bring yourself back to center, still the dis-ease will always come back if you do not allow yourself to completely clear out the original root reason, which is always, always, one of consciousness and definition.
Q: What I would like to do is share with you the specific ones, and hear what you feel is causing this on the physical level, as well as...
B: We will see what we can do. We may not address them all, as it may not be appropriate to do so in the midst of your process of self-discovery.
Q: Okay. Well, I have been getting in touch with my own feelings about what it is. Primarily the two that have been, I feel, affecting my ability to enjoy my life – ummm – is that I have TMJ with my jaws
and grinding my teeth, to the point I have bad headaches. I have to go to the chiropractor every day as my vertebrae goes right back out.

B: Yes, well this originally again is stress induced. It originates within the idea of stress. Do you understand?

Q: I understand that, and I have been, I guess, at a loss as to what to do. I have been doing things like... the same thing, I have a pain in my shoulder that I have had for a couple of years that goes out to the rib here. I have been saying things like I am willing to release the pattern within me, or the need to...

B: Are you sure you are?

Q: Well, I keep having to say it because I am so accustomed to it. It almost feels to me like it needs to be that way, and I have been working on releasing that belief.

B: Yes, but that is not what I am asking you. Are you sure you are really willing to let it go?

Q: No, I am not, because I wouldn’t be talking to you about it right now if I were.

B: All right. Then why aren’t you willing to let it go? Because you see, the idea of being willing to let something go, is not just an exercise of a statement, it means that your behavior would be completely different after you actually let it go. Is your behavior completely different after you say you are willing to let this idea go, or do you still behave in similar ways?

Q: Behave in similar ways.

B: Why are you so motivated? You feel that you are getting something out of choosing those things. And until you give yourself the opportunity to define the change that you say you want to make – as being more enjoyable and less painful than continuing to choose the things you are familiar with – you will continue to choose the things you are familiar with, no matter how painful they are.

So you need to find out in your definitions what is going to motivate you to choose something different, instead of being motivated to choose the same thing. Because that is all it is – motivation. You have to find the motivation to choose something different.

Q: Is it the same for the Candida that I want to talk to you about... about what’s physically causing it? It affects my health in lots of ways and the doctor...

B: You may have many different kinds of allergic chemical reactions going on in your system at this point, because of the stress induced into your system so long ago. Yes. There again may be many different kinds of physiological things you can do to assist yourself on this path, but we also sense that in some senses you are looking to these physiological remedies to alleviate the situation and that is not going to happen. The idea is that you need to alleviate the choices you are making before any of these things will really have a lasting affect as a physiological assistant.

Q: Alleviate the choices?

B: Yes.
Q: What do you mean by that?
B: What we said before. You are making choices based on your definitions of why you believe it is important to be motivated to behave a certain way. And until you change that, all the ideas of any physical assistance is only going to be temporary at best.

Q: Oh, what I have seen for myself is that I know that these particular diets... you know cut out the sugar and the wheat and all that... I don’t stick to it whatsoever; I find a lot of resistance.
B: That’s because in some senses you know that’s not really what it is all about at the core. You know that, and you are forcing yourself – for this may simply be your way, as it is the way of many of you on your planet because of the way you have been trained – you are forcing yourself into a more dire circumstance so that ultimately you will finally give yourself enough reason to finally be motivated to make a change that’s really a real change.

Sometimes that is the way many of you do it. You don’t have to do it that way. You don’t have to. But if you refuse to do it any other way, if you insist on not changing until you give yourself a good enough reason to change, then you will – believe me you are all very clever – you will invent that reason. Even if it means you almost have to kill yourself to do it.

Q: That’s exactly it. I have been afraid I was going to give myself cancer or something.
B: Well, all right. Well let yourself get cancer then. Maybe that will motivate you. I am not being facetious. I am not being facetious. Listen to this: it is not something you have to look at as a negative thing. This is what many of you do. I am not saying you have to do it.

Q: No. What I am saying is that I actually have a fear that maybe that’s what I am going to need in order to finally change.
B: Then the way to allow yourself to translate that fear into something other than cancer, is to own it, and accept it, and dive into it and not avoid feeling it.

Q: Feeling that fear.
B: Yes. Don’t avoid feeling the fear, dive into it, it is the avoidance of diving into it that is going to cause the stress that will bring about the cancerous reaction. It is not the fear itself. It is the avoidance of the feeling that will bring about the stress because you are going into denial that you have the fear. So go into the fear. If you acknowledge that you have a fear that your fear might cause cancer, than that is something you need to dive into wholeheartedly. To explore it, to own it and find out why you have the fear of the fear. Because only when you do so will you then be able to glean from the fear and from your avoidance of it, what information you need to integrate within yourself in order to not need to force yourself into a corner that way.

So the idea, again, is to simply use what is going on within you, not run away from it, but invite it in – bigger. Make it bigger if you are afraid that your fear is going to cause cancer in you; amplify that in your imagination as much as you possibly can. Dive into it. Be terrified that that is what is going to
happen. Allow yourself to imagine it going all the way. Imagine it going all the way to death. When you do that, you are willing to explore every possible avenue of information that might be contained in that kind of an experience before you have to have the actual experience. It is your lack of willingness to explore those feelings that actually forces the experience to come about in physical reality.

Do you understand?

So by all means, if you realize that you are afraid of that possibility, then go in that direction with your exploration, not away from it. Don’t be uncomfortable to explore it. That’s what’s going to cause the problem and the difficulty – being uncomfortable to explore these things because your society has taught you to define it as uncomfortable. Do you understand?

Listen to the reaction that we got when we said go ahead and let yourself get cancer. Automatic negative definition; when in fact, for some people it may be the most positive thing they have ever allowed themselves to do. Because of what it puts them in touch with. And then because of what being put in touch with that thing, allows them to transform, from that point forward. You don’t have to do it that way; we are not saying that. But we are telling you it is nothing to fear, in and of itself. Does this make some sense to you? Are you willing to explore them and really dive into them? To behave like an explorer? Are you willing?

Q: Pause…
B: Yes, no, maybe?
Q: I am willing. It is just when I let myself get in too deep, what you might call dark feelings…
B: Yes.
Q: It makes my TMJ act up more, and then I get bad headaches and then it is hard to function.
B: Yes. Yes. Yes. And, again, let it be all right. That’s the paradox. You see, you are trying to avoid something. You are trying to avoid having the experience. When you are in the experience the only thing you want is to be out of it.
Q: Right.
B: The paradox of life is, the only way to get out of it, is to go further into it. That’s the paradox.
Q: Then I have been on the right path because I recently decided, as somebody pointed that out to me, that when I have these bad headaches, rather than trying to find a chiropractor on a Sunday afternoon, to just be with it and get in touch with what exactly is causing this.
B: Yes. Because the sooner you use what is there, the sooner it doesn’t have a reason to stick around.
Q: I got that really strongly. That the reason they come back every day – even though I just went to the chiropractor, even later that day – is because I have been running from something, and that this is the only way that I am going to face it, if I have to have it keep coming back so often.

B: So look at this as excitement and then you will see that when you actually let it be all right, whatever it is that happens when you let it be all right, will automatically dissolve because you have used it, and then used it up. Does this help you?

Q: Yes, thank you.
Q: You told me the reason I was having difficulty getting over a situation was because of a past life we shared and…

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So by all means, if you realize that you are afraid of that possibility, then go in that direction with your exploration, not away from it. Don’t be uncomfortable to explore it. That’s what’s going to cause the problem and the difficulty – being uncomfortable to explore these things because your society has taught you to define it as uncomfortable. Do you understand?

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You don’t have to do it that way; we are not saying that. But we are telling you it is nothing to fear, in and of itself. Does this make some sense to you? Are you willing to be more courageous and more bold about the things that you know do exist within your emotional structure? Are you more willing to explore them and really dive into them, to behave like an explorer? Are you willing?

Q: Pause...
B: Yes, no, maybe?
Q: I am willing. It is just when I let myself get in too deep, what you might call dark feelings...
B: Yes.
Q: It makes my TMJ act up more, and then I get bad headaches, and then it is hard to function.
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B: The paradox of life is the only way to get out of it is to go further into it. That’s the paradox.
Q: Then I have been on the right path because I recently decided, as somebody pointed that out to me, that when I have these bad headaches, rather than trying to find a chiropractor on a Sunday afternoon, to just be with it and get in touch with what exactly is causing this.
B: Yes. Because the sooner you use what is there, the sooner it doesn’t have a reason to stick around.
Q: I got that really strongly. That the reason they come back every day – even though I just went to the chiropractor, even later that day – is because I have been running from something, and that this is the only way that I am going to face it, if I have to have it keep coming back so often.
B: So look at this as excitement and then you will see that when you actually let it be all right, whatever it is that happens, when you let it be all right, will automatically dissolve because you have used it, and then used it up. Does this help you?
Q: Yes, thank you.
Questioner: We have, on our planet, for inventors, patents and for artists, copyrights. Is this something that you see eventually disappearing?

BASHAR: Yes.

Q: And for those of us now who are interacting at this level, what do you recommend – pursuing things like that?

B: Yes, we recommend that you maintain the integrity of the system that recognizes the idea of origination at this time. Eventually it will be unnecessary because the recognition of origination will be innate and natural and will not require the idea of structure of law to enforce it, and certain things will also be shared in a number of ways that will also make it unnecessary in certain circumstances.

Q: And this will occur around the transitional gate of 2011 - 2013?

B: It will begin in that time frame and continue on for, again perhaps, another decade or so and then it will cease as a system.

Q: Thank you, very much.

B: Thank you.
BASHAR:
Channeled by Darryl Anka
"PATIENCE"

B: You may commence with sharing, number one.
Q: My question has to with, ah...
B: Speak up and be bold, so that all may share with you.
Q: Okay, my question has to do with patience. How important is patience?
B: Patience, how important is patience? All right, now we have discussed this notion a few times. The idea, from one point of view, even though we understand what your society generally means by the word patience, we prefer to redefine that term in a very specific way. Before we redefine it, we can say that the notion generally that your society has, that is called patience, is similar to what we have already discussed in the tool of five, that is called persistence and conviction. If you believe in a thing, if you know that a thing is true for you then the idea is that you will have the persistence, you will have the conviction, effortlessly. You will have the patience effortlessly and automatically to continue to pursue that thing, to create that thing, to allow yourself to realize and manifest that thing.

However, in redefining the notion, in giving it a different perspective, a different slant, allow us to say that we prefer to define the term in such a way as to say that you don’t really need patience at all, in its classical sense. The idea of needing patience implies that you are not having a good time, that you are not enjoying the challenges that you are choosing to attract into your life, that you are not seeing them for what they are and experiencing them for the learning lessons of joy that they can bring to you. In needing patience to allow yourself to suffer through the things that you are attracting in your life, to wait them out until they go away, in needing patience, you then create the feeling called impatience. You create impatience by needing patience, at all.

If you understand that every moment of what you experience is your choice to experience, that you can transform the experience in any way that you want and if you are having so much fun, at any given moment, then it does not matter whether anything else ever comes along after that at all; then you will not need patience because you will be living in the moment. You will not be waiting for something else to happen. And if you are not waiting for something else to happen and you are living in the moment and enjoying it fully, then you don’t need patience, then you do not feel impatience. And, we will trust that to some degree this has answered your question. Has it?
Q: Yes, thank you very much.
B: Is that of benefit to you?
Q: Definitely.
B: Well, thank you very much and remember ... relax.
**Patterns and Meanings**

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

AUD: Great. Perfect. Etc…

Allow us to begin this interaction this evening of your time with the entitlement, “Patterns and Meanings.”

Patterns and meaning. We have discussed many times the idea with you that all situations and circumstances within your physical experience, your day-to-day reality are basically neutral props in relation to each other, with no inherent meaning within them other than the meaning that you give them. Everything being blank, empty, neutral allows you, by giving the appropriate meaning, to extract from the circumstance the effects that you desire. As we have indicated, positive meaning in; positive effect out. Negative meaning in; negative effect out. Simple physics. Simple mechanics.

Now, let us take this understanding a little bit further. We have discussed the idea that what you experience to be your physical reality, in a sense, is a combination of vibratory frequencies. This combination of vibratory frequencies represents all the probable or potential realities there can possibly be. They all exist right now; right here all at once. They form what can be called the background reality, so to speak.

Not that there is any one real reality any more real than any other. Not that there is one truth against which to measure other realities for their validity or truth. But the background reality is the composite of all realities, all truths, in a holographic fashion: overlaid, intertwined, interwoven. In a sense, laying in wait for a specific stimulus to bring to the surface of that general background any particular reality that you may choose to call a dimension of experience, or a universal realm.

How you call those particular vibratory frequencies to the surface and allow yourselves to experience that particular reality is through your beliefs, through your attitudes, through the vibration you create yourselves to be. Through, for all practical intents and purposes, the meaning you choose to give to the idea of a fundamentally homogenous background, through the meaning you create, do you then actually create the physical reality you experience. So in a sense, it is not so much the experience that gives rise to meaning; it is meaning that gives rise to the experience.

When you project yourselves into physiological reality, and determine as non-physical consciousness that you will create certain types of experiences, that is the meaning you are giving to that particular life you are creating, that particular aspect you are creating for yourselves as non-physical entities – to experience as limited, physically focused entities. It is that meaning, that overall desire that then vibrates at a certain frequency, and then calls out of the background vibration, through a sympathetic synchronization, all the circumstances necessary that represent the meaning you have injected into the general life theme or structure that you are about to live as physical beings. Is all of this making some sense so far?
AUD: Yes.

B: All right. Simply put, the idea is that all circumstances are neutral. The meaning you choose to believe, the meaning you choose to create in life, about your life, is what generates the particular types of circumstances you experience, to reinforce and reflect and represent the meanings you are creating. Giving meaning is the actual act of creation itself. To give meaning to something is to create it into existence in your particular experiential realm.

Nothing has built-in meaning. There are no inherent meanings in anything. All vibratory realities are simply a neutral set of circumstances in relation to one another, to some degree, representational of a type of crystal lattice work that represents the overall holographic experience of all reality, of all creation. But the meaning that you generate within your attitudes, the idea that you create within the being that you are is what generates the type of frequency that then pulls out of the homogenous background all the experiences that then represent the meaning of your lives.

Many of you, as you have discussed with us, go through life searching for the meaning of your life. But you see, your life is created simply by the meaning you give to it. So when you are searching for the meaning, in that sense, you are chasing your own tail in many ways. The idea is to recognize, as we have discussed, that you have the power of conscious commandment, the ability to make decisions consciously that you know are decisions that represent the life you prefer to live.

And then when you give your life that meaning, that is the style of life you experience. For the vibration that you are will pull out of that background all the circumstances, literally, all the situations, literally, all the relationships, literally, all the objects, literally, that represent the meaning, the vibrational resonance, the harmonic you have given to your life, you have given to the circumstances that you have generated through the initial meaning that you had – which created the spontaneous creation of your life to begin with as a physical being, as a physical entity.

So simply allow yourselves to know you are the definers, ultimately, of the life you experience. And as you define it, as you give it meaning, your life takes on only, and can only take on the coloration and the characteristics and the flavors and the atmospheres of the meaning you decide your life will have. And that is what you will see reflected in the holographic background, the matrix of all universal probable reality.

The idea we have also discussed is that everything is synchronous, synchronicity; everything is interconnected with everything else. This is a part of the holographic weave. Every single portion of the whole contains the total information of the whole. Every single area is representative of all creation; everything is all here, all now. So whatever vibratory frequency you are on determines what aspects, what faces, what facets of the total reality that is right here that you will see and experience as your life.

So the way to generate most easily the particular vibratory frequency of the life you prefer is to give your life the meaning you prefer to give it, and to cease to assume that the situations that occur in your life intrinsically come with a meaning that you may not like. There is no reason to play victim in this; there is no reason to assume that you are assigned a meaning in life, and that you have to stick with that
idea, that you have to live that out – even if it is a struggle, even if it is a suffering.

When you decide what meaning your life has, in that sense, what your life is to be represented by – what attitudes, what actions, what preferences, what knowledge, what applications you decide are pertinent to who you are – you give your life the meaning that it can then take its clue from and pattern itself after. Looking for the meaning in the events as they occur, in a sense, is after the fact. Give your life the meaning you prefer to give it, and it will conform in all aspects to the meaning you have decided it shall have. You all understand?

AUD: Yes.

B: Oh, thank you very much. At this timing, allow us once again to extend to each and every one of you our utmost appreciation and joy in your willingness to interact with us, in your willingness to function as ambassadors from your civilization and allowing me to function as an ambassador from our respective civilizations in The Association of Worlds. And in return for the gift of your sharing, I ask you simply now, how may I serve you?

Patterns and Meanings
Payoffs and Generating Your Reality

Q: I’m working with the Lazaris tape that you mentioned to us a couple of months back... “Secrets of Manifesting” what you want.
B: Yes.
Q: In cleaning up the tools to use for manifestation, I find it difficult to find out what my payoffs are, and my blocks are quite large. I wonder... 
B: If you say so.
Q: I wonder if you can shed some light on what...
B: Why do you believe your blocks are large? And first and foremost, what is your definition of a block?

Q: The denial that I have a payoff for negative action in my life.
B: Denial that you have a payoff for a negative action. Would you clarify that please?
Q: Okay. I’m exhibiting lack.
B: You are exhibiting lack?
Q: Yes. I don’t have the kind of car that I want, and the money that I want to do the things that I want. And I don’t know – he says find out what your payoff is, and I can’t imagine why I want to do this.
B: All right. Perhaps one suggestion, only a suggestion: to allow you to discontinue looking at it as a lack, and focus on the things that you already have. So that you know you already are abundant in one way, and that you can be abundant in other ways – rather than assuming that you lack anything.
Q: Hmm.
B: Because if you are approaching it from that end, that point of view, then you are only reinforcing the idea that you are not abundant – that you lack something. Approach it from the point of view that you already are abundant in whatever ways you have needed to be abundant. And that you can be abundant in other ways, more expanded ways – rather than assuming that just because you are not, right now, abundant in a particular way means that you lack abundance at all. You follow me?
Q: Mhmm.
B: So examine the other end of your tool as well.
Q: Okay.
B: Now, it also does not necessarily have to be that complex; it may be as simple as you simply have the habit of generating that particular type of scenario. So whether you actually have an ingrained belief that you need to suffer, you may simply be in the habit of generating the reality the way you are generating it.
So, allow yourself to know that you are in the process of creating new habits now. And that it is not necessarily so that you have to dig and scrape for that deep, dark secret you are holding from yourself. You follow me?
Q: Ha ha. Yes, I do.
B: You do not have to dig quite so hard.
Q: Okay.
B: Thank you.
Q: Thank you.

Payoffs and Generating Your Reality

1
Perceiving Sirius B

Q: Is July 23\textsuperscript{rd} the date that Sirius A and B line up?
B: One moment...
Q: And can it be perceived from our dimension?
B: You can certainly perceive the major star you call Sirius. You cannot really perceive, with your technology, the idea of the white dwarf star encircling it. You follow me?
Q: Yes.
B: But you can perceive it with your senses in a variety of ways. The 23\textsuperscript{rd} is a representation of certain synchronicities of certain alignment connections between Sirius A and B. It is not necessarily representative of a literal physical alignment, but a certain alignment of energy synchronicities that they exchange. It is the 23\textsuperscript{rd}, the sign itself of synchronicity. The number 23 is the sign of synchronicity mathematically.
Q: So there is not a moment, in the morning or on that date, where you could actually see a glimpse of B?
B: You cannot perceive the idea of that star from your position in space. It is a white dwarf; it is far too small even for your strongest instruments.
Q: Thank you very much.
B: Thank you.
**Perceiving Sirius B**

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B: You cannot perceive the idea of that star from your position in space. It is a white dwarf; it is far too small even for your strongest instruments.

Q: Thank you very much.

B: Thank you.
Perceiving the Essence

Q: Hello.
B: Good day.
Q: As an artist, drawing people has never been easy for me. Is this a laziness on my behalf not to push something that was not easy, or something from a past dream – life?
B: To some degree, it is a representation of not wanting to be too honest about what you see. Because you can paint “windows,” and other individuals, on seeing them, in seeing how you have portrayed them, will learn much about themselves. You are simply, perhaps, a little bit afraid that in painting such a clear picture they will see things they do not want to see, and blame you for that. That is the only thing that makes it difficult.
See all beings for the beauty that they are, in every aspect, and you will grant yourself the type of focus that will allow you to channel the image very cleanly, very smoothly, very easily. We have a suggestion for you, perhaps something that can allow you to get into the habit of channeling the drawing, rather than placing your analyzation in the way and allowing it to be difficult.
Q: Yes.
B: Take a piece of paper. Place a dot on one side, and a dot on the other side. All right?
Q: Yes.
B: Take your pencil and place it on the first dot and draw a line to the second dot, watching the line as you go. Perhaps, if you wish, glancing at the dot now and then, and then going back to the line, and see how it feels to draw that line, to get it to go from one point to the other point. Then after you do that, take two more dots on another piece of paper, in the same position. Place your pencil on the first dot, and then simply look at the second dot and draw a line. See how much easier that is.
Q: Okay.
B: Instead of watching the line, watch where you’re going. Your hand will automatically go where it needs to.
Q: Very good.
B: Allow yourself this trust, this willingness, and then you will begin to look at the images of people differently. And you will allow yourself to see the essence of what they are, and your hand will simply draw what you really see.
Q: Thank you, that is very, very helpful.
B: Thank you.
Q2: I have a curiosity question.
B: All right.
Q: Sometimes when I meet people energy comes out of their eyes into me.
B: Yes.
Q: It’s only with certain people, and I was wondering if that was a way of recognizing other pieces of the self that you are, so to speak?
B: Yes, that is one way. It is also a way of recognizing individuals you have made agreements with, and that you have interacted with very closely, that you have made contracts with, and that you have had experiences with before.
Q: Right.
B: You are recognizing the flow, the lines of the web of the matrix, the pearls in the net.
Q: When I walk in other bodies on other worlds, and things like that...
B: Yes.
Q: ... and things speed up and I tend to lift up, these things just kind of happen to me. How can I cause them to happen?
B: By continuing to live the life you know you are. Because all of those things occur in the proper place and timing to add to the understanding, and add to the acceleration, and add to the energy of the person you are here. And which also gives an opportunity for some of those other lives to interact and feel the bleed-through and the blending of what you are doing here as well. Do not forget: it is not a one-way street. There is very much merit in those lives feeling what they feel from you, as much as there is in you feeling what you feel from them.
Q: I didn’t assume it’s a one-way street – it’s too real.
B: Yes.
Q: Thank you.
B: Thank you very much for walking all the roads, and now allowing them all to be the same road. Sharing!

Perceiving the Essence
Perceptions

Q: Anima, do we always just perceive our own creation of everyone else, or can we attune with other’s universes and see how they perceive themselves?

Anima: Yes. Realize, your word perceive, because of the amount of separations that have been created by your idea of perceptions, covers a wide range of, I’ll say, frequencies. You can perceive as you do, physically. You can perceive mentally, you can perceive emotionally, you can perceive hyper-consciously, you can perceive ultra-dimensionally. You can perceive in many, many, many, many ways.

Realize, you are always, always, always, always connected. Connected to the one idea... the ONE. To ALL... to ALL THAT IS.

It is you, you are It. Separations stem from that point, spiral outward, creating the various ideas of different dimensions and physical realities and non-physical realities.

So there is, in a sense, a root perception of the One. From that point all other perceptions are creations of the mind, in various states of awareness, and various states of consciousness. Do you follow?

Q: Yes.

Anima: So while you can, in a sense, trick yourself into perceiving in a very limited way in one reality, you can at the same time be perceiving in a multiple number of ways in other realities. And you can choose to ignore or listen to what you wish.

Realize again, again, again, you have ULTIMATE CAPACITY to choose any variation of reality you so desire. Anything you can imagine is, in some sense, real. Any variation on any theme: Well, I choose to perceive five thousand two hundred and eighty one different kinds of frequencies... Well, I choose to perceive five thousand two hundred and eighty two. Realize that those are two separate ideas, two separate realities.

And how you choose to perceive each and every one of those ideas is in and of itself, another universe, another idea, another reality.

You have ultimate choice, in at least as many directions as you can imagine, and most likely more, in a sense. Do you follow that?

Q: I do. But I’m not sure if we’re talking exactly about the same thing, because I’m talking about what I consider to be other people’s separate realities.

Anima: That is the very idea – what you consider.

Q: Okay. They’re only separate because I consider them that. If I think of them as being one, then I would perceive as they did.

Anima: Thank you, in a sense, yes. You would not necessarily need to loose your own sense of identity, no, in so doing. That is, in a sense, a major blockage which you have imposed upon yourselves, which
prevents you from perceiving all as ONE. You will not lose your sense of identity if you do not choose to.

Q: And so would I, in a real sense, be perceiving as someone else or just as I imagine they perceive?
Anima: In a sense... in a sense, it will be real enough to suit your purpose. It will be real enough. Do you follow?

Q: To the point where they would agree to what I feel I am perceiving, if that was my intention?
Anima: Allow me to say this... (pause)... a difference which makes no difference, is no difference.

Q: Okay. Thank you.
Anima: Thank you.
Perceptual Paradox

Q: If there’s a tree out in the middle of nowhere and nobody’s around to see it, and a leaf falls, does it make a sound?

B: Maybe. Now recognize this, when you say no one is around to see it, that does not mean that your telepathic, mass collective unconsciousness is not aware that it is there, and is not aware of the fact that you have created a universe in which it must make a sound. That does not mean it has to, and in all reality, if no one is creating that idea to exist, then not only does the leaf not make a sound, there is no leaf and there is no tree, until you decide to perceive that there is.

Q: Oh, okay. Thank you.

B: Thank you.
Perfect Timing

Q: If I am everywhere...
B: Yes.
Q: can be overlapping then of beings that I choose to exist in, in physical form...
B: You can create overlap, yes.
Q: So then you can really, actually run into yourself in a lifetime?
B: In a sense, yes.
Q: In another person?
B: Oh, you have counterparts, yes.
Q: All right.
B: The idea of counterparts is simply what you would normally call a past life and, or, a future life, but existing within the same time frame as what you would perceive to be another body, as another persona. It can be a part of the same soul that you generate from.
Q: Right.
B: Yes.
Q: Thank you. I would like to know who Jay Green is to me? If you could just give me one example, perhaps in a past life we might have had together?
B: What do you feel about the idea of the present? Since you asked who it is, not who it was.
Q: That we were married once.
B: Who it is, not who it was.
Q: Are you asking me about how I feel about him now?
B: Yes.
Q: I like him very much. He is a very dear man.
B: So what is the vibration to you now? What do you feel you share—now?
Q: A lot of similarities, a lot of the same ground.
B: All right.
Q: I wanted to know what our connection was?
B: Would it make a difference? And, if so, why?
Q: No it wouldn’t, but it’s simply curiosity for me.
B: There is no such thing as idle curiosity.
Q: Yes, I know there isn’t.
B: Therefore recognize that many times, we are not being difficult with you, simply that many times your curiosity is there to form connections, so that you can recognize something in the present.
If you already recognize a connection in the present, why utilize your curiosity to go around, full circle, through a past that already has been realized, and you already are manifesting the connection now... for.

Q: I understand what you are saying. What’s happening through me right now is, um...
B: I will say this: recognize that usually individuals you feel very strongly attached to, in your terms, you have shared other lives with.
Q: I know that.
B: Why do you need to be more specific? Not that we will not explore it with you, but why do you need to be more specific?
Q: Because of the way we met. It was such, um, I know you’re going to say everything is planned in its sense, but it was almost as if planned, it was so perfect, meeting...
B: Yes.
Q: it just set off a number of ideas about what might have been with us, and why we were reconnecting now, to do what we need to do now.
B: Then simply, you have but to allow every single concept that has exploded within you to be real and valid for you, and follow it to whatever point you need to follow it.
Q: I intend to.
B: There is no need to inquire and request validation from us, we can not validate, only you can.
Q: Yes, I know that.
B: Then simply recognize that the idea is, once again, trusting that when you form interactions, make connections, whatever it is that does explode within you is exactly, no more and no less than what needs to explode, so follow it. Act upon it in whatever way it seems natural to act upon. And simply take it for granted that: whatever it is your imagination has created for you to follow is exactly what it needs to create to follow, so that you can consciously, simply act upon the interaction going on in the present. All right?
Q: Well, it will do for now. It doesn’t really... I hear everything you’re saying quite clearly and I know it...
B: What feelings do you have about any so-called past connection? Do you feel associated in the 17th century?
Q: I have some questions of what kind of warrior... I want to say, but I’m not certain that that’s accurate, sometimes...
B: There is no accurate, there is always valid.
Q: Then the impression that I received is that of some type of armor.
B: All right.
A kind of soldier and some kind of running away from something, but toward something in some kind of cause, I have a sense of a cause of some sort.

B: You mean like a crusade?

Q: Yes, you could say that, yes, a crusade.

B: Do you see banners, do you see flags?

Q: Yes I do.

B: What color?

Q: Red and yellow.

B: Yes red, all right.

Q: Okay, that’s all I wanted, to get started on that.

B: There’s more. (Audience laughs)

Q: You want to take me through it? All right, lots of horses, I see lots of open grounds, lots of people.

B: Yes.

Q: There’s lots of blood.

B: There is something else that is red besides the flag, besides the blood. It is a rose.

Q: A rose?

B: Yes.

Q: Where is it?

B: In what you call the geographical location upon your planet.

Q: Any particular place in England? Is it Rye? Is it somewhere around there?

B: No access, we have reached the end of our ability.

Q: Well, thank you for assisting me with what you could.

B: Thank you for co-creating the reflection.

Q: Thank you. I have a question about transformational art.

B: All right.

Q: Transformational art is light, color and sound.

B: Is that a question?

Q: It is a statement. And it carries a vibration that can touch people’s… various points of people’s chakras throughout their body and open…

B: That is one definition of transformational art.

Q: Could you give me another?

B: Life.
Q: Yeah, yeah.
B: Thank you!
Q: Thank you very much.
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Q: I have a question concerning petroglyphs.
B: Yes.
Q: I was looking at some petroglyphs from the Southwest in a book, and a lot of them looked as if they are actually drawings of men from space, and I was wondering if they’re...
B: A few are. A few are not. A few are.
Q: So was there communication?
B: Oh, yes.
Q: And was the reason for this communication to help the people who lived during this time of...
B: Yes. You will find that some of the reasons for the interactions were for communication and re-establishing of situations that had been created, where such communication had been disconnected, particularly after the time period you call the physical destruction of Atlantis. So, some of the petroglyphs are records of the re-establishment of communication that was broken after that time. You follow me?
Q: Yes. I do. So, was this... so it was just an establishment of communication rather than, for instance, assistance in, uh, the survival and food and...
B: Oh, some of that was there as well but, simply, it was recorded in the manner that you are perceiving as an event in those petroglyphs.
Q: Or else, was it a calling, uh, of some sort? For instance, the very large petroglyphs that can only be seen from aircraft; was that a, some kind of recognition or welcoming, or...?
B: Oh, they could be used for that, but also they had another function. For the understanding of individuals to allow themselves out-of-the-body experiences, so they could describe the ideas from the air, knowing, therefore, that they had in fact been out of their bodies.
Q: Oh, I see.
B: But it was associated with what they had learned from some of the interactions from their friends.
Q: So did this communication then, uh, then integrate into the religion, and...
B: Some. Sometimes. Yes. Some of these communications, when they were no longer understood for what they were, became some of your early religions.
Q: So some of the figures and the idols like the Kachina dolls and things like that are...
B: Yes.
Q: ...actually...
B: Yes. For the Kachinas, even specifically, are representative not only of connections to your own energy level, but also extraterrestrial in nature. But they do represent another type of interdimensional, shall I say, species.
Q: Umm. I have one last question. So then if someone had a past life experience, then there would be a memory of this communication.
B: Oh, yes. An affinity to be attracted to certain ideas, certain artifacts.
Q: Do artifacts carry energy that . . .
B: Yes. Everything is made of consciousness.
Q: Okay. Thank you.
Q: Bashar.
B: One moment. Is there somewhere you wish to go?
Q: Yes.
B: Where?
Q: I would like to go back there, but I’m not sure where that is.
B: All right. What about some of the ideas you call your desert areas in your United States? New Mexico.
Q: Uh huh. Yes. I am a . . . I’m a painter and sometimes, when I’m painting, I have memories of working in stone, or drawing some of these petroglyphs.
B: All right. Do you find you have an affinity also for the area you call Peru?
Q: Peru?
B: Yes.
Q: I, I don’t know much about it.
B: All right. Have you at any time already spoken to any members that you would call the elders of the tribe you call Hopi?
Q: I would say, in my dreams.
B: All right. Why not go and do so in person? You may learn much about your connections.
Q: Umm.
B: Yes, no, maybe? ‘Tis up to you.
Q: Well, yes, I would like to very much. I just wonder how I would, how I would approach?
B: They will feel you coming. Trust. Love. Unconditional love. They will know. The elders will know why you are there. They will help you.
Q: Okay.
B: Thank you.
Q: Thank you.
(Session Break)
B: All right. I’ll say, petroglyphs woman.
Q: Yes.
B: Have been speaking with a few friends (AUD: laugh) while you were on your break. (AUD: laugh and comments).

One other thing we can share with you: that maybe some of the energy you will find yourself exploring in the endeavoring of the contact with the Hopi people, may be the connotation of your idea of woman in your polarity world. For it may have association to the idea of the way you expressed your energy within various similar civilizations to the idea of the Hopi energy. And that may be to what they will relate to, when they see you again. All right?

Q: Yes. I have a question, however.
B: All right.

Q: Well, I was wondering would it be all right for me to actually approach and, uh, to actually approach a Hopi Indian and inquire, or would it be something that I would just trust would, would... the circumstances would find me? Um... I mean...

B: That is the same thing.
Q: Oh.
B: Or can be.

Q: Okay.
B: For the Indian you will find will be the one that is arranged by the circumstances you need. So approach away.

Q: Okay. And is this connected with Peru?
B: Only as an offshoot association. There are some portions that are similar and there can be doorways that will lead in that direction.

We simply perceive that by allowing yourself to form this connection in this way within the Hopi consciousness, then you may find that there are doorways that will lead you further, and perhaps further South as well. All right?

Q: Okay. Thank you.
B: Thank you very much.
Peyote as Only a Symbol of Power That You Create

Q: This year (1986) I became involved in the Native American Church…

B: Yes.

Q: going to teepee meetings and their all night peyote ceremonies; and I’ve been using peyote.

B: Yes.

Q: It seems to be a very powerful teacher and I’m wondering what is it…

B: YOU are a powerful teacher. Thus, when you choose a symbol that reflects the level of power you are comfortable in dealing with, you will receive the power on that level. But it is only a symbol, you are creating what you are experiencing and the peyote is only there to remind YOU that you are creating it. You are using it as a symbol, it is not that you need it, it is simply showing you what is possible within yourself. Because you are removing your responsibility from having created it and placing it on a symbol that lets it be alright for you to have that level of experience, because, “I am not doing it, something else is responsible.” But you are doing it.

Q: Umm. Okay.

B: Are you enjoying yourself?

Q: Yeah.

B: Thank you.

Q2: How come we seem to need those symbols? If I…

B: Because once you, again, in your choice to experience separation, limitation and forgetfulness, you tend to forget that you are the source of all you experience and simply assume, out of habit, that it is other things outside yourself, seemingly, that cause these experiences. So in continuing that habit, you will assume that the DRUG is causing the experience, when it is in fact you.

Q2: Would it be easy, to say, for me to go on a LSD trip without taking LSD?

B: Yes. Have a good time. (Audience laughter) In your language, do not many individuals tell you from time to time that they think you are tripping anyway?

Q2: Yes.

B: All right. Let that be your sign. (more laughter) All right, continue.

Q1: In these ceremonies, um, it’s real accelerated in the ceremonies for me and I learn a lot.

B: Yes.

Q: And, you know, like channels are opening up and…

B: It is all because of your level of willingness.

Q: And it seems like outside of the ceremonies… the ceremony is accelerated.

B: When you allow there to be no difference between your symbols and the life, it will all accelerate at the same pace.

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Q: Okay.
B: All right.
Q: Can you say anything about the Native American, it seems like there is a lot spiritual . . .
B: It is simply that they have not, so much, forgotten that they exist on more than one level at the same
time, and to them all those different levels are real. So they can consciously move in and out of them
more easily than many of the other societies upon your planet that have forgotten that they can do so.
Q: Okay. Thank you.
B: Thank you.

Peyote as Only a Symbol of Power That You Create

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Q: Does your civilization view the proton belt as beneficial, harmful, or in-between?

B: Thank you. First of all, we believe that most people on your planet refer to the phenomenon you have just described as the photon belt, rather than the proton belt, but in essence it doesn’t really matter. Both terms can actually be correct.

What we view this so-called photon belt as is something a little bit different than the way most people on your planet interpret it. Again, because of what we shall, for the moment, just call the habit of segregation that most of your people have been ingrained with, you have a tendency to see this phenomenon as outside yourselves, that you are heading toward it, or it is heading toward you; that you are tapping through some exterior phenomenology – no.

The photon belt is the leading edge of your collective consciousness. So it is like a bow shock, a bow wave that you are piling up against and through which you will break. It is just now being felt as a bow wave, a leading edge – piling up because there are still so many different frequencies on your planet that are not yet synchronized and aligned. And all of these discordant, disharmonic frequencies are, shall we say, now piling up, piling up, being forced into proximity to each other and building up a kind of wall. But when they align you will be able to SNAP through very quickly.

This is what the photon belt is. It’s the leading edge of your collective world spirit consciousness as it races to meet itself and create its own perfect alignment of transition. Make sense?

Q: Yes.

B: It is, of course, in physiological terms, also built up out of electromagnetheric energy or light. And, hence, recognized intuitionally as a photonic phenomenon – a photon being what you call an elementary particle of light. But it is, nevertheless, this leading edge of the transition itself, of your transformation collectively.
Questioner: The last area that I would like to ask you about is our Sun. In a recent development that measures the photosphere, the surface of the Sun is 5,600° centigrade...

B: Degrees Kelvin.

Q: Degrees Kelvin?

B: Yes.

Q: And then the corona is 1,000,000 degrees...

B: Yes.

Q: Are not exactly sure why the corona would be that much of a higher temperature that the surface?

B: Because it is a different form of free form plasma energy with a much higher energy content because of how it is more capable of interacting with all sorts of different kinds of cosmic radiation, whereas the surface material of the Sun is more compacted and not so capable of freely interacting with other higher levels of cosmic energy. Thus it is not so much of a rarefied plasma interaction, wherein the molecular motion can not be as high as it is in the free form state of what you would call the gaseous corona.

Q: Thank you very much.

B: Thank you.
Physical Aging

Q: I was also wondering about when we are asleep. Do we actually physically age at a slower rate then?
B: Yes, because you are living in the Now. What you call or remember as a "dream" is more your natural state. Remember you are dreaming right now. You are dreaming "physical reality." Though you experience physical reality to seem to be more truly the "real" you, recognize that your physical reality is actually more truly “the dream” – the dream of time and space. When you awaken you will not necessarily experience time and space as much.

The idea is to learn to be childlike, to learn to live in the Now. Because the more you live in the Now, then the less time you create. And the less time you experience, the less time will age you. You understand? It will create an agelessness within you. And if there is a purpose in doing so, you will then allow yourself to exist in a more Eternal Now and you will experience what, colloquially, would be perceived as a longer time span, although that’s not exactly what’s happening, because time is your illusion.

The idea is as if you are, this is perhaps a limitation of the language, but it is more like you are “skipping over moments.” You are removing yourself and reinserting yourself at different places in time, so that to everyone else, still lodged in time, it seems as if you have lived longer than the normal time span, but you really haven’t, per se. You have experienced Eternalness, the idea of the suspension or the dissolution of time, and you have accomplished more within the Eternal Now. Because, when you are not guided by time, you can accomplished all things simultaneously, or more simultaneously than you used to.

The effect can be that you look the same, but are actually much older. Your experience of living longer in no way, shape or form is hinged on someone else’s acceptance that that can be so. It is only hinged on your acceptance that that can be so and is proper for you.
Physical Profile of Sassanians

Q: I’ve heard your description about what you look like, what your people look like…
B: Yes.
Q: many times and it’s not satisfactory to me.
B: Not satisfactory?
Q: Not enough, is what I mean to say. What I’d like to know is, you’ve described your eyes as being slightly similar to what we refer to as oriental….
B: Larger.
Q: That’s what I wanted to know. Are they much larger? In other words, looking at the face, would the eyes in the face hold much of the attention?
B: Yes, but that is also because of the energy.
Q: Thank you.
B: Also, you will find that they will be slightly more upturned, slightly larger, in that way, as though the, what you call, the iris will be typically whitish. The eye will usually appear black because the pupil encompasses almost the entire majority of the diameter.
Q: Thank you, really. Thank you. Are the limbs, the arms and the legs, long and thin or they proportional to what we would consider to be human proportions?
B: Close enough.
Q: Are there five fingers?
B: Yes.
Q: What I’m trying to get is a sense of in terms of silhouette, in terms of length…
B: Simply, in this way, envision the average idea of what you would call a relatively slender childlike human, in general.
Q: And the height of around five feet?
B: Average.
Q: Average. What would be the tallest?
B: Approximately, what you call 6’3”, has been the tallest, but it is not usual.
Q: And the females have hair?
B: Yes.
Q: Is the hair colored?
B: Usually white, although again, there are some exceptions.
Q: What do those exceptions run to?
B: More the idea of what you call charcoal. Some have been slightly, in your terms, tinted silvery. Some, now and then, have been black.
Q: Are there noses like we know noses?
B: Yes. Though, in your terms, slightly smaller in proportion to the face.
Q: And are there... do the men have hair on their face?
B: No.
Q: No. They don't have hair at all?
B: No.
Q: Anywhere?
B: No.
Q: The ears.
B: Yes.
Q: There're there?
B: Again, yes, but smaller.
Q: Smaller also.
B: Yes.
Q: So nothing has... except with the exception of the eyes and if one were to look quickly the eyes would be predominately the first...
B: Yes
Q: right. And the skin whitish, bluish.
B: Whitish, grayish.
Q: Whitish, grayish. More white or more gray?
B: That will also vary, to some extent, but mostly more white and, in your terms, white, white.
Q: OK, kind of white or translucent?
B: At times it will vary, but in this way you would perceive it almost, in a sense, as both. For it will be, to some degree, somewhat translucent, yet it will have what you would term to be a clay like silicon like malleability, that would allow you to perceive the texture as being very opaque.
Q: Thank you.
B: Thank you.
Pi

Q: Hi.
B: Hi!
Q: Could you tell us the significance of Pi?
B: Yes, we can tell you our perspective of the significance, to us.
Q: Okay.
B: It is the gate. It is representative, mathematically, if you wish, of that factor in the universal web – in the universal matrix, in the so-called universal structure – it is that factor that always allows you to expand that structure so that it does not become fixed. It is the doorway out – always. Because it has no settled, fixed value. And yet it is the product of all the other settled and fixed values in creation; and it is also the seed of all the settled and fixed values. But it, in and of itself, is the elusive principle that always allows you to expand upon any structure that you have taken and created out of it. Will that suffice?
Q: Is there more that you could say, that’s…
B: Well, it is no accident that it is connected most often with the idea of the circle, because that lets you know that there is no beginning and no ending. It is perpetual in that sense. It is, perhaps, one of the most precisely representative symbols, if you will, for eternity itself. It is the factor that allows eternity to always exist. It is the expression of the fact that eternity always will exist.
Q: Good. Thank you.
B: Thank you very much. It is the open-ended door, and it goes in all directions.
Picking Apart the Tapestry

Q: Our physicist’s this week announced that they have found the top quark. (7-95)
B: All right, good for them, did they find it under a rock?
Q: They’re wondering what’s next? What might…
B: They are wondering what’s next? I have already really talked about the idea that many of your physicists are heading towards – that which we have called “The Prime Radiant.” They will understand still that what they call top and bottom, this color and that color, and charm and so and so forth, as so many of them already suspect, are just different variations, different perspectives of the one, one, one, ONE concept that you call a particle. Which really isn’t a particle, but what we call a Prime Radiant out of which everything is made. You are heading in that direction – that’s really what is next.
Q: And on our earth grid we have what is know as Hartmann lines, which extent north/south, and east/west…
B: Are you talking about something other than what you call the standard latitude and longitudinal lines?
Q: Yes, there’s supposedly… they run in a north/south direction, six feet, six inches, and east/west direction, 8 feet two inches. And then they intersect and create an energy that is supposedly not conducive to human biological response – however cats enjoy them.
B: There are multiplicities of frequency domains that do exist upon your planet that are more conducive to different kinds of life, different expressions of consciousness, than others on your planet. It may be that this is what is being described. It is simply being mathematically defined rather than, perhaps, understood as a holistic vibrational domain.
Q: Those are one set of lines, and they also said that there are another set called the Curry lines, which run in a diagonal direction.
B: Yes, but again, it is the same thing. You are picking apart the tapestry and looking at the thread, but it is all one giant orchestrated multidimensional frequency domain, made of many different frequency domains within. It is just that when you perceive one frequency domain you have the opportunity to describe or perceive it as a series of linear phenomenology, but that doesn’t mean that’s literally what it is – just how it is perceived in your sensory dimensionality, your third density reality.
Q: Do these lines run in a coherent fashion?
B: Yes they do. What we are saying is that the lines that are being described are only bits and pieces and fragments of larger frequency domains.
Q: Thank you.
B: Thank you.
Q: The first thing I’d like to request is, if the timing is auspicious for an interaction with the beings from Tau Ceti?

B: Move on ... (audience laughter) ... though we will give you this ... one moment ... one of the strongest ways to pick up upon their frequency at this timing, is to more strongly identify with the life form on your planet that is already capable of being sensitive enough to pick up upon the leading edge of their consciousness transmissions. The life form already sensitive enough to translate and perceive the leading edge of their transmissions are what you would recognize as the tall pine trees.

Begin more interactions in identifying, that is, synchronizing your frequency with that of the tall pine trees – spruce and the like, that are already acting as antennae to pick up upon their energy. For it is a subtle thing now, and as you identify and lock, step and harmonize with their energy, that is, the energy of the tree, you will begin to act also as an antenna for the reception and orientation and clarification and incorporation of the Tau Ceti vibration.
Bashar:
Channeled by
Darryl Anka
From Theology Class
11-17-87
San Jose, Ca
Planet Earth and Nuclear Annihilation

Questioner: Do you see us killing our planet?
Bashar: Right now, yes, but not ultimately.
Q: No? How do you see us changing that?
B: It is our perception, at this moment, that you are basically forcing yourselves into a corner that will finally force you to face the idea that there are more beneficial and efficient ways to go about things. And that it is our perception that within, what you call, the next 20 to 30 of your years, as a society, in full recognition of that fact, you will then do so and transform your world very rapidly. Because once the recognition is made, then the changes can occur, historically speaking, almost overnight. So it is our perception of your energy now that within, what you call, the next 50 of your years at the outside, your society will be fully functioning as, what you would call, an equal member of the Association of Worlds, a fully unified planet – in love, light and harmony.

We also have already perceived – even though this may not be apparent on the surface of your world yet – that approximately 10 of your years ago you have made a general collective unconscious agreement that you will not annihilate yourselves through, what you call, nuclear means. All of the idea of, what you may now perceive to be, an acceleration of violence on the surface of your planet, in a sense, is the last vestiges of these ideas now being brought to the surface; because, in a sense, now you know it’s safe to do so, because all of this is not going to lead to your annihilation.

You see, we have used, what we call, to describe your world, your rubber-band analogy. You understand the device on your planet you call a rubber band, yes?
Q: Yes.
B: Well, let us assume that you have taken this rubber band and stretched it very, very, very far back into the depths of limitation and negativity, as far as you can possibly stretch it. Now you are on the verge of considering exploring the positive side. What do you think is going to happen when you let go of that rubber band? It’s going to snap very rapidly and very far onto the other side of positivity. Understand?

This is the threshold of what you are standing on as a civilization. That’s why many of you may be incredulous to understand, "Well, what do you mean 50 years? That’s all? We’re going to be a unified planet in only 50 years? But we’ve spent thousands of years getting to this point. Yes, you have. Because you have been doing it through the idea of limitation. Once you get the understanding that
integration is that much more geometrically progressive and unified, you will understand that all it
requires is, as you say, the blink of an eye to accomplish anything you want to accomplish, when you
really put your mind to it. And you rearrange, what you may call, your priority. Understand?
Q: Yes.
B: So, it is our perception that, in general, again though it may not seem apparent on the surface overall,
you are matching the frequency of positive vibration. Only for this reason can we communicate with
your world in the way we are communicating now. If, as a world, you had chosen the idea of the path of
total destruction, in all likelihood we would not be capable of interacting with you as we are interacting
now, because our vibrations would be far too unlike for us to be able to even find you. Understand?
Q: Yes.
B: Everything is a different frequency; every dimension its own vibration. Vibrations that are not alike
do not even perceive each other. So you must exhibit some degree of similarity to our collective
vibration, or we wouldn’t even be having this talk.
Now do understand this as well. And the only reason I can share this with you now is because we
perceive you have made the decision on your own to not annihilate yourselves. Your planet is your own;
you can do anything with it you wish to. It is our understanding that we will never directly interfere with
the growth of a world; that to us, as you would say, is sacrosanct, sacred. You are your own life; you
make your own decisions. We cannot interfere; we can only interact by your own invitation. However,
to some degree, there is one exception, if you had decided to annihilate yourselves by nuclear means, it
would not have been possible. Understand?
Q: Yes.
B: Because, since it is your world, you are allowed to do whatever you wish with it – as long as it
remains in your own back yard. Global nuclear annihilation would tear holes in the interdimensional
fabric of space and affect other civilizations that have nothing to do with you. That is not allowed.
But understand this as well: your government has been aware of this fact for a long time. And has
actually been given physical demonstrations by many of the spacecraft of the Association that your
nuclear devices, if they were to be activated, would not function.
Your government is aware of this; they know it. And now many more of your public is beginning to
understand that your government has been aware of our existence for quite some time. And only now is
much of this information coming out into, what you call, the public mainstream.
The more you open channels of communication – not in an attacking way, not in an accusing way, for
your government is only what you have created it to be; your government is you. But if you open up
lines of communication in a loving way that allows your government to know you are now willing to
take responsibility for the information, then they can begin to share more and more and more and
more of the idea of our existence. And not that that is, in and of itself, so important, but simply that they can
then allow more awareness that you can function as a global entity, because it has been done on other
worlds. And you can do it too, if you want to.
But this information is coming out more and more. And again, within, what you call, the next 13 of your years to 20 of your years, there will be almost not a living soul on your planet that is not aware of our collective existence. It will be taken for granted by them.
Understand?
Q: Yes.
B: Does this serve you?
Q: Yes, it does.
B: Well, thank you very much. It is our perception that there will be, perhaps, but a little time left for this interaction, this day of your time.
Planetary Affinities And Space Travel

Q: In the next century what do you see for the civilization on planet Earth as far as growth and government and that type of thing?

B: First of all, realize it does not matter what we see. Realize there is no such thing as the future; there is no such thing as the past. They are both created from your present. Realize there is no such thing, therefore, as a prediction of any particular future. Any prediction is simply a sensing of those conditions which exist here and now in your present, which have the most energy behind them – and as such have the most potential for being physically manifested. Do you follow me so far?

Q: Yes.
B: Therefore, you must realize ‘tis always up to you. You have free will, always, always free will. Your future is your future, not our responsibility, no thank you; ‘tis your responsibility. You have free will. You can make what you wish. I will say, however, that I can tell you at this time those portions of your overall mass consciousness, as you say, which have the most energy momentum behind them, all right?

Q: Thank you.
B: Therefore, you will find that in our view at this time, you will... all right, allow me to say this: if you allow yourself to feel this answer, you will have in a sense, your own answer. At this time, it is allowed to be able to tell you – though you will find there will still be many interpretations of this idea based upon your own understanding at this time – but we may tell you at this time that you may, in a sense, consider us to be, to a degree, your future selves. Do you follow me?

Q: Yes, I do. Thank you.
B: Thank you! Question.
Q: What interest do the people from the Pleiades have in our planet?
B: Oh, many! You will find they will coincide somewhat with our interests. Basically you may understand this idea: when you assist any other consciousness with their choice of allowing themselves to become more totally integrated, to function as a mass consciousness, then that realization, that awareness of mass consciousness, adds to the overall consciousness of the universe and, as such, gives every other civilization more to draw from, more to create within. Expanding you expands us, for we really see no separation between us. Do you follow me?

Q: Yes.
B: Would that have answered your question?

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Q: Well, they’re not part of the same triad though, are they?

B: No, quite a different system. You will find, however, that there are many, many, many affinities with many, many planets. There will almost never be simply one affinity, since all is connected to everything else. Do you follow me?

Q: Yes.

B: Thank you. Question.

Q: Is there anything that you would like to know from us?

B: Believe me, we are learning from you all the time.

Q: Okay. Is there anything that you would like to voice that you would like to know from us?

B: At this time we will continue with the questions.

Q: Okay. What is the nature of the chamber that you use for this channeling?

B: You will find ‘tis not always necessary. However, it will simply be a linkup with what you would term to be a self-aware computer, which amplifies our ability to transmit telepathic information. You will find that in our spacecraft, you will understand that they are operated by a similar linkup. In your terms, the mind of the pilot forms an identification with the mind of the ship, allowing the ship to exactly know where, in your terms of space and time, the pilot wishes to go.

‘Tis the ship which performs the function of removing itself from normal space, realigning its viewpoint or orientation, and then re-emerging into normal space at that new viewpoint without ever having traveled at all. Do you follow me?

Q: I think so.

B: ‘Tis quite simple. When you allow yourself to understand that space is not something that an object occupies, but is a property of the object itself, then you may, when replacing that property, that location, with a property of another location of vibration, realize that the object must, of necessity, at that point
discontinue its existence at location A and take up residence at location B – since that is what it now identifies itself with, property-wise as you say.

There is no traveling in true space travel. What your civilization at this time is undertaking is, in a sense, sort of sliding around on the surface of space, not really traveling through. You follow me?

Q: Yes.

B: Now, no offense, ‘tis very valid; ‘tis a portion of the understanding of yourselves at this time; ‘tis not really less of an idea; ‘tis very creative. There are many, many, many ways that many civilizations have of exploring that idea. Question.

Q: Well, it still bears upon the last question. So it seems to me that the propulsion of your spacecraft, then, is integrally related to this chamber that you use for channeling. Is that correct?

B: ‘Tis related. Realize, however, the relationship is in the self-aware computer, which allows for the amplification of our mental wave patterns. Do you follow me?

Q: No, not quite.
B: ‘Tis the amplification of our mental wave patterns which is then projected by that computer outward, telepathically. Do you follow me now?

Q: Yeah.
B: Are you sure?

Q: To a certain degree, I’d say.

B: To a satisfactory degree for you, yes, no?

Q: Is this like mental waves, or like electromagnetic waves?

B: All right, to a degree, yes. You will find that, once again, you may view every idea, every situation, as a variation of the vibration of the primal energy; solidified energy, if you wish, for what you term to be objects, but more appropriately standing waves, cohesive waves, cohesive vibration, forming, to your perception, an object. You will find that when this idea is simply looked at from another viewpoint, you

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will have those mental waves, telepathic transmission waves, which travel not at all. But similar to the idea of our ships, simply coexist at the point of origin and the point of reception simultaneously, without having traveled at all. Now do you follow?

Q: Yeah, I see. The propulsion of your ships is it like teleportation, or . . . ?

B: In your terms, I’ll say, very good, closer to that idea, yes. When there is a hyper-leap, ‘tis truly teleportation, there is no traveling. Realize, however, that it is simply a slightly different version of regular motion anyway, seeing as how you create yourself over and over and over and over again, every moment of time that you exist, so fast that you think you are one fluid motion. And so you are really teleporting from moment to moment to moment. We simply remove a few of the moments in between. You follow me?

Q: Yes.
B: Thank you. Question.

Q: Have you communicated to different groups of people in the mid-70s in Mission Viejo, California?
B: Do you mean our civilization specifically?

Q: Yes.
B: There have been a few individuals upon your planet, yes. You will find, however, that more often than not, what you will have will be various individuals sensing their own connections, and assuming that they are in a sense being contacted outside – when in all reality they are creating for themselves a surrogate consciousness with which to symbolize their own awareness of their affinity for that particular association. Do you follow me?

Q: Yes.
B: Thank you. Question.

Q: Would you go further with the explanation of that association? I’m looking specifically for some answers in relationship to . . . well I’ve had the feeling that I’m much more closely associated with your civilization than I had thought some weeks ago.

B: All right. First of all, as we have said: always – always, always, always, always – you may simply, if that idea of association allows you to explore further and integrate further all portions of your
personality identity consciousness, then by all means continue to explore that avenue. You will find that it will have meaning; it will have benefit for you in that context. And as such, you may therefore assume that you can, in all reality, identify with our vibration that way. But realize that you have also chosen to be here physically, and that you must not discount your existence here as less than your association to whatever else you may feel associated to. Do you follow me?

Q: Yes.

B: All serve a purpose – that purpose which is your own purpose of your own choosing. And to eradicate one idea from yourself will be to cut yourself off from most of your own purpose. Nothing is greater or lesser, better or worse. All are exactly the ideas they need to be in exactly the context that you have created them and, as such, are perfectly functioning to allow and add to the momentum of your overall chosen path. Therefore, you may simply very comfortably continue to explore.

I will say that we will never give you too much information in that regard with your own associations; ‘tis your reality, your life, your path. We will not live it for you – no thank you. You will find that if we were in a sense to tell you certain things, you would focus only on certain avenues and ignore many, many other doorways that you would otherwise have explored. And we would be doing you a disservice of reducing you to a very limited focus of yourself. Do you follow me?

Q: Yes.

B: However, I will say: continue your exploration along those lines. You will be all right for now.

Q: Thank you.

B: Thank you.
Planetary Neighbors in Other Dimensions

Q: Are there any planets in our Solar System, beyond Pluto, that we are not identifying with?
B: Yes.
Q: Are there many?
B: No, but also there are three which, in your estimation, are within the system, but which, within your terminology, are not literally physical.
Q: You mean we can’t see them?
B: Yes.
Q: But they’re there?
B: Yes. They vibrate in accord to another density, which you will begin to perceive later in time.
Q: But they are in our Solar System?
B: Yes.
Q: And they are beyond Pluto?
B: No.
Q: Oh, they are between Pluto and... 
B: ... and your star.
Q: They are? So they are between, maybe, Earth and... Saturn?
B: One is, in a sense, within the orbit that you occupy. One is, in a sense, between what you term to be your planet and Venus. One is, in a sense, between what you term to be Mars and Jupiter. But understand that they occupy different dimensional densities at this time.
Q: Okay, and as our density changes or expands, will... are there living human, human forms on these planets?
B: Two, but only in another density.
Q: Right... very interesting.
B: Understand that in a particular density, to another being approaching your Solar System not attuned to your density, the Earth may appear barren as well; or not even there.
Q: And in your Solar System, do you have a sun like we have?
B: Oh, yes.
Q: Two?
B: One.
Q: Who has two suns?
B: You will understand that Sirius will have a bright central star, with what you term to be a white dwarf encircling it.
Q: And in that way we think of it as two suns?
B: It is considered in that way, to some degree, a binary.
Q: Is that why George Lucas had two suns in his series, in his Star Wars series?
B: Not specifically. Understand that that individual was simply reflecting an idea considered by your consciousness to be representative of the idea of “exoticness.” (Laughter)
Q: How many planets are in your Solar System?
B: Seven.
Q: Do you have a moon, like we have a moon?
B: We have no moon.
Q: Oh, does that mean you have no unconscious?
B: What? (Laughter)
Q: We symbolize our moon with our unconscious.
B: So what? Can we not use another symbol?
Q: What is your symbol?
B: Space.
Q: Space is your unconscious?
B: Yes.
Q: Wow, that’s even better than the moon. (Laughter)
B: It has served us as your symbol has served you, no better, no worse. It is simply a reflection of what we consider ourselves to be, as you give yourself all the reflections that you think yourselves to be. We, like you, are also the third planet from our star. So is the one in Sirius, the third planet. Three threes.
Q: That’s our triad?
B: Yes, are you surprised?
Q: Not at all.
B: Thank you.
Q: Thank you.
Planetary Reflections and Accessing Knowledge

Q: For a long time I’ve been exploring the symbols of Astrology.
B: Yes.
Q: Before I came here I thought that...the closest I got to my understanding it was that maybe we were co-creating it with the planets as archetypes?
B: In a sense, you are.
Q: But now you’ve kind of opened up a new exploration for me. Can you give me some more insight into how...specifically, for example, I notice that a lot of my friends who want to come here with me have planets at 23 Libra; which in our Zodiac would be where Spika, Arcturus are.
B: Ah, in this way, simply recognize that our basic fundamental understanding of the tool you call Astrology, from the point of view within your system, is that it is your, let us say, equation representation of the vibratory energy that represents the agreements that have been made between all the individuals within your society, collectively. You follow me?
Q: Oh, yes.
B: Does that assist you?
Q: Who helps make up those agreements? Do we all do it together?
B: Yes.
Q: Is there no master planner?
B: Yes, all of you together is “THE MASTER PLANNER” of your system.
Q: Do we do this in our dream states?
B: Many times, many times in what you call in-between lives, and at any given moment you are actually doing it because you all exist on all different levels, simultaneously.
Q: Then how would we all pick planets at 23 Libra if we wanted to have this type of experience?
B: It is not so much that you pick it in that way, you simply are that vibratory agreement. And thus, the physiological symbol that represents that idea is reflected to you in the externalized universe.
Q: Okay.
B: Do you follow me?
Q: Yes. Can you tell me more about 23 Libra, and how it has to do with you and all of you?
B: It will be, to some degree, some of the idea of the balance of polarity, and in this way, with specific regard to what you call Arcturus, will also be the cognition for emotional balance. It will be representative of a potential of high emotional activity, coupled with very, let us say, rarefied and/or esoteric service in many different ways. You follow me?
Q: Oh, yes.
B: Thank you. Perhaps there may be more we can discuss on this at another time.
Q: I hope so.
B: You what?
Q: I’ve got tons of questions; whenever you are ready just let me know.
B: Whenever you are ready to answer them, perhaps, that is when the discussion will take place.
Q: Okay.
B: Do not hope, unless you choose to. And remember: if you choose to hope, hope implies despair; hope is not knowing. You follow me?
Q: Ah, yeah, it’s . . .
B: Are you sure?
Q: I’ll have to think about what you said . . .
B: If you hope something will happen, you are not sure. You are despairing that it might not . . . so you think that you have to HOPE! Simply know what reality you are, know what is true for you, and you will not need hope, because you will simply know. You will have the knowledge that you seek. Recognize that a question is the answer, judged and removed from you. But you are giving yourself the opportunity to recognize that if you can ask a question, it is a reflection that you already contain the answer, or the concept of the question would have never occurred to you. You can only conceive of what you contain. You follow me?
Q: Yes.
B: Thus, every question each and every one of you has is an indication that you already are the answer, but are judging yourself not to be. So you create a reminder that you are the answer, and you call that reminder a question.
Q: Well, that’s true, sometimes I feel that we . . . that I know everything, but it seems that it feels very arrogant. You know?
B: No, no, no, no, no. You know everything you need to know to function as the being you chose to be.
Q: Right, but sometimes I feel a seepage of another being that knows, and it is . . .
B: There are always going to be cognitions of what you call mind different levels, but understand: no being in the universe knows more than you about what you need to know to be you, because you are the only you. You follow me?
Q: Yes.
B: That is all there is to it.
Q: But what if . . .
B: It may be that their scope of perception may be broader than your own, but that does not mean that you are not aware of all the things you need to know to continue to function as you. If you did not know even one fragment, even one small variable, if you were unable to know even one small variable of the
idea it takes to be you, you wouldn’t be here. Because you need the total equation to be where you are. You follow me?
Q: Thanks dad.
B: You are welcome, my child. (AUD: much laughter) Sharing!
Q2: What you just said was that I don’t know and I don’t have access to all the knowledge of the universe, that I only have access to that knowledge which enables me to be me. And to do those things which I have chosen to do.
B: Simply, by the definition of the reality you have projected yourself into. It is not that you do not have, let us say, connection to All That Is but perhaps, you have limited your access so that you can in fact function as the being you are choosing to function as, in this reality.
Q2: Since, on the other hand, the universe is holographic...
B: Yes.
Q2: ...then we do have all the information.
B: Oh yes. I did not say that you did not have it, I simply suggested that you, many of you, create inaccessibility to much of it, simply because it does not serve you to be who you are. But you have total accessibility to ALL the information that lets you be who you are, in the reality you have chosen to be.
Q2: Yeah.
B: Thank you.
Planetary Service and ET Connections

Q: I’ve had my attention on a spiritual matter: some communication with some friends elsewhere, off this planet. I see three beings, bald heads, out there somewhere, and I seem to have attention on whom these beings are (AUD: Could you speak up a little bit?) I have attention on whom these beings are, and I get a sense of friendship and peace and pulling me that way.

B: Yes. Skin coloration?

Q: Sort of greyish.

B: Yes.

Q: White.

B: White. Yes. (AUD: laughs). Have we ever told you what we look like? (AUD: laughs) All the males have no hair. Our skin is white, whitish-grey.

Q: Yes. And are there sort of almond shaped eyes that go up?

B: Yes. Do you sense largeness about the eyes?

Q: Yes.

B: Yes.

Q: Yes, I see it; but the ones... I sense a delicateness somewhere.

B: Oh, yes.

Q: And I guess there’s an aesthetic quality there somewhere and I want to know…

B: Oh, thank you. (AUD: laughs)

Q: I feel like they’re my friends and I’ve felt this for some time but I’m not quite sure why I see three.

B: Because we form the idea of a triad and we work in threes all the time.

Q: Oh. (Other AUD: laugh).

B: The idea, once again, as it has been expressed, is that a triad formation, a triangular formation, first of all, is the primary fundamental geometric that will always occur in second density and third density. The tetrahedron is the most basic fundamental form of manifestation in third density that you can have in physical reality.

The idea of Sirius consciousness, our consciousness and your consciousness forms a triad consciousness, so that the idea is that two are always supporting the one in that way. Our civilization works in threes, in networks of threes in that way; always upon the principle of forming the triad for support in that way; the two to the one.

Q: I see. And in terms of…

B: Our craft, scout craft, and also triangular.

Q: Oh, I have one more question.

B: Yes.
Q: In terms of this feeling of wanting to go there or a feeling...
B: Or having been there.
Q: Or having been there. (AUD: laughs). It’s just sometimes I feel like I’m not... something about an uneasiness with being here, in terms of even my body and its function. That it’s a little alien.
B: Yes.
Q: In terms of...
B: Yes.
Q: ...being comfortable.
B: Yes; but do not judge it. You have chosen to be where you are, to be of service in the way you wish to be. You simply, now, as you are forming more awareness of the connections, may at first, because of the habit remnants of judgment that you have picked up in this society, you may form an uncomfortableness for a while, simply because you are now making connections to other places that you also are connected to. It will pass.

The more joy you put into the recognition that the connection you are realizing is to be of service on this planet, which you find yourself to be on now, the easier you will fit into the clothes. (AUD: laughs).
Q: Okay. That’s good because I really feel there’s a communication that helps between the two points, and I think I want to just bring them together as a purpose or goal.
B: Thank you. Many of you, once again, visit our level of consciousness many times, and bring back what you need to bring back. Sometimes that is simply more awareness.
Q: Thank you.
B: Oh, thank you!

Planetary Service and ET Connections

2
Playing Together as Equals

Q: I’d like to say that you’ve been a great inspiration to us all.

B: Well, all of you have been a great inspiration to us as well.

Q: So I want to thank you for that.

B: And we thank you. Allow us to remind you that the entire purpose for sharing these perspectives and points of view with each and every one in your civilization is to remind you that you have the ability to do in life what excites you the most... you have the ability to live your passion and to live your dreams. When you choose to know this and when you choose to do this, that’s when you can see the kinds of changes upon your planet which you thought would not be possible to occur in such a short period of time, transforming your planet as if overnight, historically speaking, and allowing many different kinds of magical, miraculous occurrences to take place. When you choose to know this you can transform and change the things in your lives you don’t prefer to the things in your lives that are reflective of whom you now know yourselves to be, individually and collectively.

There are no obstacles, no impediments, no barriers that stand in your way – except, perhaps, some of your assumptions or beliefs or what you have been taught to "buy" into your life; perhaps something you fear to face about yourselves. But all you can ever discover is only another aspect of the Self you already are. And since it is only yourself, there is no reason to fear, no matter how unexpected, no matter how surprising your discovery may be, it is only another aspect of you. So do not fear; you are only meeting yourself.

And when you expand by being willing to meet more and more of your self, your physical reality can do nothing but expand along with your new perspective. Guaranteed, guaranteed, guaranteed. Go ahead with your joy; go ahead with your passion. Do those things; do them with integrity. They will support you, guaranteed. But only when you act on them 100% then the Universe in turn supports you 100%. It is up to you. You are in control. Only you. Explore, explore, explore!

Yes, your world is changing rapidly and will change even more rapidly now in this new decade. I can absolutely guarantee that even within, what you call, the next three years your world will find itself in many different areas "turning completely upside down." Be prepared for a ride. There are many things that are going to take even the most open-minded of you by complete surprise. But enjoy it, because you are doing it. It is only more of you revealing more of yourself to you. The bubbling-up of your consciousness to the surface so that you can choose the reality you prefer, so that you can become one, absolutely one, and yet absolutely the individual that you uniquely are.

You already work. You already function perfectly. Just remember that; just act like it and your life will reflect it. Absolutely. And if there is a process involved in discovering this, accept and acknowledge the process as who you are. It is all beautiful; it is all wonderful; it is all miraculous. Love yourselves, all of yourselves. You deserve it. Absolutely. You deserve it. Guaranteed.
Q: I’ve never experienced the energy that I have felt here tonight. Can you tell me if I have a connection? And also, how can I maintain this energy and focus?

B: Understand that what you are feeling is your own energy. When we connect in this way we give off a particular frequency, a particular vibration. But you match that frequency in order to perceive it. We radiate it but you have to respond to it in order to feel it in your physical structure. Therefore, you are showing yourself that you have this level of energy available to you all the time. And, it is your own energy. It doesn’t come from us even though we might "key" it for you. So, how you maintain the energy is knowing that it is not something that you have to maintain, as if with an effort. It is yours; you can create it any time you wish to feel it; just call it up and it is there. Knowing it is your energy to begin with can make it very easy for you to do this.

In recalling the energy what is actually happening is you are creating that energy in the present. Understand, memory is created in the present. And when you recall, "Oh yes, I remember how it felt," that is a trick of your language. If you remember how it felt, you are feeling it right now. So all you have to do is remember how that energy feels. And what you’re actually doing is creating that energy for yourself right now. Recognize it is your energy; you can use it in whatever way, shape or form your imagination desires to create your own reality that excites you the most. Isn’t that wonderful?

So yes, in this way, we are assisting with the acceleration of your world but it is your planet; it is up to you. We will always assist by sending different orchestrations of energy, different vibrations of energy that will prepare and assist in your planet’s acceleration towards creating a world of peace, harmony and joy. Do remember, do remember, we are always radiating energy to you; there is always communication and information going on between us. Whether expressed verbally to us or not does not matter.

Also remember that in these conversations we are having with you there are many levels of this conversation which you are receiving. The one you are hearing with your ears, you did not hear everything with your ears. Pleasant dreams to you, and never assume that the things we discuss with any of you end when the discussion is over. The conversation always continues forever in all the ways, shapes and forms that it needs to. Things will "leak in" when you open a door, if you choose to open that door. Some of the conversations we have had with you most likely will start to come out in your dream realities when you let your consciousness relax and stop analyzing so much.

Let your intellectual selves relax and assume that you have absorbed exactly what you need to absorb and that you are changing in ways that are absolutely in-line with the ways you prefer to change, and at the pace you prefer to change. Allow yourselves to assume that there are no parts of your consciousness that will sneak-up on you; there is no outside. Assume that you are not a collection of parts but rather, one integrated whole. And as you decide, so shall the whole of you be. There will be no part left out for you are not a collection of parts; that is an illusion. You are a 100% Whole Being – always.

Remember: be open. Only those things that serve you best will be absorbed by you because that’s what you say you want. The things that have nothing to do with what you desire, the things that have nothing to do with your positive growth won’t be absorbed. Why? Because you say so. It is no more
complicated than that and no more difficult than that because you are the Creators of your own reality, because you were made in the image of God. What you say goes. The vibration you are is what you get. We are exceedingly grateful to all of you to be allowed to interact with your civilization in this way. It has expanded us in many ways and you have given us a great gift. You have allowed us to experience the gift of your consciousness in its unique manifestation and that enriches us as well. Believe me, we take what we learn from you and apply it in many different areas that help many other beings other than those on your own planet. You are very powerful teachers for many other civilizations because you have chosen to "do it the hard way," by exploring negative limitation to an amazing degree, and therefore, another civilization might look at you and say, "They still find their higher consciousness? Even through all that! Well, if they can do it... I can do it!" [Audience laughter]

We thank you ALL, very much. We thank you for strengthening the relationship that we and you are together. And we thank you for allowing the relationship to be so creative, for all of your sharing. You are a gift to us. We thank you for visiting all the other versions of yourself and for allowing more aspects of your own consciousness into your life – so you can grow and grow and become one big happy family. Thank you very much for that.

Know that interacting with you allows us to see that many more ways that the Infinite can create itself to be, and thus, expands our understanding of Creation. We thank you for this opportunity. We are most excited to interact with you. All the beings that are telepathically connected to me that are sharing this endeavor send their love as well.

We thank you for functioning as representatives and ambassadors of your society and for allowing me to function as a representative and ambassador of mine. Bit by bit, day by day, such interactions will co-create a conducive atmosphere in which we can meet as equals, face-to-face, in which we can share in joy and love in the exploration of the expansiveness of All That Is. We thank you for this opportunity. We are overjoyed to know that you may allow yourselves to create a day wherein we can all play together as you would and explore Infinite Creation together.

We remind you that you are dreaming right now. Wake up and live the dream you prefer. Understand that you are always making choices. That’s your free will. If you do not prefer what you are choosing, redefine it; choose something else. Then lock the new choice in by acting as if the new choice is now the real reality. Do not play "what if,” play "what is."

Be bold. Be who you are. Be in joy and enjoy yourselves. Believe in yourselves. Be all there is to believe in. Live now; it is the only time you will ever exist, no matter how many lives. Even though you are eternal beings, it is always only going to be NOW. Create the NOW you prefer. Remember, you are dreaming right now. Go to sleep and wake-up in your dream, and live the dream you prefer. It’s always your choice.

And, we thank you for allowing us to play together. For we, you, all beings, all aspects, all expressions, all dimensions – all are children of the Infinite. Remember to have allowance for yourself and others.

Can this be sufficient for you and can you absorb the rest on your own for now? There will be more.
Always, there will be more.
Q: Yes, I will do that. Thanks for everything.
B: No. Thank you.
Bashar:
Channelled by
Darryl Anka
From: Theology Class
11-17-87
Playing with Dolphins
Q: Bashar?
B: Yes.
Q: I’ve been doing some telepathic communicating with dolphins. Can you give me any guidance that would help me amplify that?
B: Absolutely! At your soonest opportunity, go and physically play with them in your ocean. Learn their environment; let them learn yours. Really become friends in that sense. Really interact in every way you can. Let them rub off on you. All right?
Q: Thank you.
B: Thank you very much. And at this timing, allow us to project to each and every one of you, once again, our deepest appreciation, our unconditional love, and our ultimate ecstasy at being granted this opportunity to interact and share and co-create this dream time with all of you.
Remember that you are all dreaming right now! Wake up and live the dream you prefer to, because your physical reality is only what you dream it to be! We thank you for this gift. Our love to you all. A fond and pleasant good day.
**Pleiadian and Earth Families**

Q: As I’ve been studying the night sky a lot lately, I’ve noticed how different quadrants of the sky seem to either stand out or twist in a different way from the rest of the sky.

B: Yes.

Q: In particular around the constellation of the Pleiades there seems to be a square with a series of arrows and vectors, which seems to represent the idea of a map for a certain way of interfacing with the work with the ships.

B: All right. Very good!

Q: I’m wondering if you can comment on that particular map and how I might work more directly with...

B: You are sensitized to what may be referred to in your language – although they are not exactly direct terminologies from one language to another – what may be called the gravitic, dynamic, tensor-field maps that connect your two dimensional planes. You are seeing the eddies and the currents of the gravitational vectors through which communication is taking place. Let us say, you are sensing the path of least resistance, in symbolic, equational terms through which telepathic communication is taking place between your respective civilizations. Are you getting this?

Q: Kind of... kind of.

B: You have an affinity for that civilization. And out of what may be called your higher awareness – or if you wish, your memory – you are seeing, you are creating for yourself a visual, an inner visual symbolic interpretation, of the linking energies, the equational energies, that represent the vibration of your civilization and the vibration of their civilization, and the common factors that tie the two together. You are sensing the lineage that you each have.

Do understand that, quite literally, the Pleiadians are your respective brothers, sisters and cousins. Literally. The Pleiadians and you are offshoots of the same root race. We are not. But they are – with you. And that is why the Pleiadians will be among the first to re-contact your civilization, because it is the rejoining of families that have not seen each other for thousands of your years. And that is why these “corridors” are beginning to make themselves apparent in your consciousness.

You are beginning to sense, in physical terms, what you know in non-physical terms. And you are bringing symbolic representations into your physical reality to let you know there is something more here, there is something reinforcing, something that makes this seem a little more solid, than this over here. It is an overlay of your knowing self and your physical, conscious self starting to harmonize with the connections you know you have.

Do not be surprised to also learn that many of you have counterparts there – parts of the same soul. And what you may be perceiving are, in Earth terms, symbolic interpretations, subconsciously, of direct telepathic conversations going on between you here, and you there. Do you follow me?

Q: Yes, and I feel that there is a task, if you will, to either...
B: You are doing what you need to do. Simply continue to open your heart and act upon your instincts, and you will find that it will be no task that requires effort.

Q: Well, there is a lot of joy in it, not necessarily effort.

B: Yes.

Q: It appears that the symbols are not transferable.

B: Not directly, but you still will understand their essence if you do not try too hard to think about them. You will feel the meaning. You will allow yourself, once again, to identify as that energy. And you will then learn that what you are doing is becoming that, here. That is what creates the bridge – when you become that, here: Heaven on Earth. Then all within Heaven, so to speak, can interact with you. Do you follow me?

Q: Yes.

B: Does that assist you?

Q: Yes. Thank you.

B: Thank you.

Pleiadian and Earth Families
POINT OF VIEW – A New You

Q: Good day to you.
B: Good day to you. Speak up so that all may share.
Q: Honestly.
B: Honestly.
Q: The only way I can express it is... you say that you’re a reflection of us?
B: Yes.
Q: To ourselves.
B: Yes.
Q: I’m having a very hard time not hiding from myself.
B: All right. What do you feel that you are hiding from? What is it about yourself you feel the need to hide from? Can you define it for us?
Q: No.
B: Will you, as you say, try?
Q: This is, quote/unquote, the problem.
B: The quote/unquote, problem. You mean the problem is... even discovering what it is you are hiding from?
Q: Yes.
B: All right. May I ask you a question?
Q: Yes.
B: Thank you very much. If you are not aware of what it is you are hiding from, why do you assume there is something?
Q: I feel the energy of pushing something down – I don’t know how to express it, except that it’s like something comes up, and I push it away.
B: All right. But do you remember that all feelings are reactions to beliefs?
Q: Yes.
B: Then if you believe there is something there, how can you help but feel there is something there?
Q: Okay.
B: Would you prefer to believe there is nothing...?
Q: Yes.
B: ...that is there?
Q: Yes. Yes.
B: All right. Can you act as if that is so? All right, one moment. Let me rephrase that, just to make it a little bit easier: can you imagine what it might be like to act as if...

Q: Yes.
B: . . . that were so?
Q: Yes.
B: All right.
Q: Thank you.
B: Then imagine it; imagine it now. Imagine how you would be if you believed there were no such portion that you would be hiding from. How would you be? How would you be different than you are now?
Q: Free.
B: In what way free? How would you express it: free? Can you define or describe a difference in an action you are doing now, and an action you would be doing then?
Q: Now at this moment, or now – ?
B: First define how you act now with the idea that you are hiding from something. And then imagine the difference in how you would act if you no longer believed that there was something to hide from.
Pick a particular scenario and define for us how you would act – both in believing there was something to hide from, and then in action in a way that you know there is nothing that you have to hide from.
Q: Whew!
B: What would the difference be? How would you recognize the difference? How would you know you were no longer hiding from something?
How would you recognize it in yourself? What would you see yourself doing that would give it away that you are no longer hiding from yourself?
Q: I wouldn’t be afraid of people.
B: Of people. Define people. What are people?
Q: In relationships…
B: Relationships. Yes?
Q: I would just sense the release and the flow of the energy.
B: Release and flow. You mean the share of the exchange?
Q: Yes.
B: All right. Now you obviously have some concept of what that ought to be like.
Q: Yes.
B: All right. Why not simply act in the manner of your strongest and clearest concept of what that would be like? And let everything else take care of itself as a detail?
Q: So, okay. I am doing that now more and more.
B: All right.
Q: Then I will go with that, and not worry about the way I have thought of the problem.
B: So you are saying that you have changed in a positive direction.
Q: Yes, yes, yes.
B: Can you now relate – make a comparison as you say, of the idea of the way you used to be, to the way you are now? In other words: do you remember the way you used to be, as opposed to how you are how? Did you use to be more fearful?
Q: Yes.
B: All right.
Q: Extremely.
B: All right. So focus on the difference now. Focus on the amount of change you have undergone – from then to now. Have you got that?
Q: Yes.
B: Now, project that. Project the same amount of change from now until some undetermined amount of time when you will be yet again that much more different.
Q: Yes.
B: All right. Can you see the you, you will wind up being if you apply the same amount of change to yourself now?
Q: Yes.
B: Let yourself immerse in it, let yourself revel in it. Explore; play for a moment – we will give you that moment – feel the energy of what it would be like to be that you.
Q: Okay. All right.
B: Can you feel it?
Q: Yes.
B: All right. How does it feel?
Q: Fantastic.
B: Then you are that you now – right now. You are that you. Because you are creating that energy now.
Q: All right.
B: Now: it’s up to you – right now – to decide whether or not you wish to go back to being the old you, you were a moment ago, or whether you wish to continue to be the you, you prefer to be now.
Q: No question.
B: All right. It is that simple.
You can change that easily, because remember your persona is only an artificial construct anyway. You, at any given moment, are defining who you wish to be. The decisions you make, stick.

Q: Mhmm.

B: That’s it. Be the you, you prefer to be. Imagine what it would be like. Let yourself get excited about being that you. And as soon as you find yourself feeling the energy, recognize that you couldn’t be feeling that energy if you weren’t already that you right now. You cannot feel the energy of someone you’re not. Understand?

Q: Yes.

B: You are that you now. You are that you now! YOU ARE THAT YOU NOW. Act in the manner of that you, this you right now, the you you prefer to be. Act only as this you.

Now, if for any reason, any reason at all, this you decides – this is important: if for any reason this you decides to momentarily act in the manner of the old you, it will not be you becoming the other old you; it will not be you slipping back to the old you.

It will be this you, deciding to momentarily replay, or recreate, another idea. But it will be this you doing it, not the old you trying to be the you, you prefer to be. It will be the you, you prefer to be, momentarily playing a scenario of an old you, you no longer prefer.

Q: Got it. I got it! Beautiful. Thank you. (Applause)

B: All right. Point of view is everything. Point of view is everything. Anything you go through: it’s all right to go through it. But go through it from the point of view of the you, you prefer to be. That’s all you have to do.

Q: Got it. Simple.

B: Thank you.

Q: Thank you.

B: Sharing.
POINT OF VIEW

B: Point of view is the _only_ thing. I will repeat this. Point of view is the only thing that creates different realities. You follow me?
A: Yes, but could you explain further?

B: Yes, point of view creates all the differences within one overall _general_ reality, which is also a combination of many different realities, simply sharing _similar_ ideas, _to some degree_. Each and every one of you, _by agreeing_ as you have, previous to the creation of this physical reality, to _abide by_ the structure of this physical reality, to play your game, have agreed to a part of a certain equation, a symbolic equation. Now you, because of who you are, because of the _idea_ that you choose to be, express the overall equation in general terms as similar to everyone else’s version of that equation. However, you will have your variables within it, and it is those variables that determine that you are not the same as someone else – even though you may be sharing a similar reality. You are not actually in the same reality, at all. You are your own _perspective_. The only one reality that _all beings_ in the universe share, truly, is the simple state of beingness itself.

Existence is the only thing that is the same for everyone. It is the only one reality that everyone actually does literally share. Everything else is your symbol, your definition of existence, your perspective, your point of view and your created version of existence for the purpose of being and exploring that particular point of view – that particular way of looking at existence. As you have said, “Each and every one of you are all the different ways All That Is has of looking at itself.” But All That Is is what everyone is. That is the one reality that is true for everyone. THE TRUTH is composed of _all the truths_ within it. You all follow along?

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POINT OF VIEW

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Points of View

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

AUD: Great. Good. Etc...

B: We thank you for co-creating this interaction this day of your time with us. And as a beginning we shall lay down a foundation that we would like to entitle "Points of View." The idea that we will now reflect to each and every one of you is the whole notion of points of view.

Each and every one of you, of course, knows yourself to be an individual. Each and every one of you has your own point of view about the idea of life, about the idea of your experiences within life itself. But the idea has, for a long period of time in your society, usually been looked at in the following way: that life, physical reality, is somehow empirically separated from you. And that your point of view, your perceptions are the perceptions of life, in other words, perceptions of something that already exists apart from you, without you, in addition to you. Or that you exist in addition to it. And that it really isn’t, in any way, shape or form, connected to you nor you connected to it, except by the idea that you find yourself existing within the experience of physical life.

Now, however, your society is undergoing a vast transformation of perspective. Even your own physicists are beginning to understand that what you have for so long called physical reality is actually nothing more than an extension of your imagination, an extension of the definitions you have been taught to believe that physical really is. And what seems so solid to your physical senses is only solid because you also contain a definition within your belief system that it should be so.

Therefore, with this new understanding, with this growing awareness in your society, it can begin to be understood by you that what you have for so long called a point of view is not so much just an observational tool, but is actually the creative tool itself. In other words, you begin with a point of view; you begin with a belief system, and that is what determines the reality you get.

Now, the physiological reality you get may then, through your senses, allow you to have experiences that will reinforce the original belief. But because that original belief is sometimes unconscious, you may not be aware of the fact that you had that belief to begin with in order to have created the experience you are having. The belief must come first; the point of view is always there first.

Because first and foremost you are primarily simply a consciousness, a self-aware aspect of creation. Consciousness, being self-aware, can view itself from many points of view in many ways—in an infinite number of ways, in fact. Any one and all of these infinite number of ways are all equally valid ways that the self can view itself, or experience itself. No one way is more true than any other way. They are all created from perspective, and the strongest belief, the strongest definitions of reality, the strongest perspective you have, utterly determines the type of experiences that you create in your reality. Those types of experiences, as we have said, then work to reinforce the original belief you had, so as to accelerate, so as to solidify, to crystallize it so that you can gain momentum, so that you can expand that reality.

Every point of view generates its own self-sustaining, self-perpetuating system of belief, system of
feedback, system of experience. So that while you are in one point of view, that seems to be the only point of view that is real. That’s why there is so much conflict and argument and dichotomy upon your planet – because you have not yet realized that all the different points of view and all the different realities that many different individuals on your planet are perceiving and insisting on as being the one true reality are actually all simultaneously real, all simultaneously true. And that there is no one truth, no one reality against which you can measure other ideas for their relative validity.

There is a common reality, a common existence to all. But that common existence is simply that – that you all, in fact, exist. The only, shall we say, rule or law governing the fact that you all exist is as follows – and it covers everything and infiltrates and intertwines with everything – and that law is this: what you put out is what you get back. That’s it.

The idea, therefore, is that every specific experience that you have ever had is the result of your existence, your self-awareness in that existence, and of radiating a certain frequency, radiating a certain pitch. In other words, putting out a certain idea, and therefore receiving as an absolute truly representative reflection an echo of that radiation. And that echo is what you are perceiving as your experiential physiological reality.

Now, what this means is that while you have, for a long time perhaps, been creating those realities by holding unconscious beliefs – not being in touch with the idea of why you are getting the type of reality you are getting when you say you desire something else, and not understanding how it is you keep getting what you don’t want. The idea simply stems back to the fact that many of the beliefs that perpetuated the original reality are unconscious, that you are not in touch with them, that you don’t know what the definition is within you that would create such a reality.

Therefore, the whole idea in examining your point of view, in being clear about the definitions you hold within you, is that once you get in touch with what the definition is that has been creating the reality you experience, you can change it, you can rewrite it and make it a conscious act, not an unconscious act. And in making it a conscious act, you yourself can finally realize that you are constantly, and forever will be, capable of writing the formula for the reality that you prefer. And that you will get it because the universe has absolutely no choice but to give you exactly what you put out. So it is a matter of being in touch with what it is you are putting out, what frequency, shall we say, you are broadcasting on. Because that is the program you get reflected back.

Therefore, whereas in your past it may have seemed that that point of view is simply a matter of objective observation, it is now beginning to be understood that that point of view is everything, that it is subjective. There can be an objectified approach to things, but there really is no such thing as a truly objective point of view, because anything by definition that is a point of view is subjective. And everything you experience, if you are experiencing it, must be by definition also subjective – no matter the style of your approach. So everything you experience is a product of your subjective understanding of yourself, your beliefs about yourself, your definitions of yourself, the ones you have been taught since you were children to buy into.
Many of you now have arrived at points where you realize, because you are now, shall we say, thinking on your own, that the old belief structures no longer fit the you you prefer to be. And so you go through many ideas of re-examination and re-evaluation of the old ideas that perhaps your parents and peers sold to you, in that sense—not meaning to be derogatory—that you had to buy into in order to survive under their care.

But now the idea is that some of these ideas are so ingrained that it may take a long time before you can change over to the realities you prefer, to the definitions you prefer, to the beliefs you prefer, simply because you have never been taught that the realities and the definitions you had to begin with are already the product of your own making. You have been taught that "This is the way it is!" and that "These things are difficult to change!" and that "Any kind of change or any of idea that really would give you joy in life is something that you have to struggle and strive for and with a great deal of difficulty to achieve!"

These are also only definitions; they are not RULES OF THE UNIVERSE! They are not chiseled in the fabric of space of time. There is only one that is so, and that is the one we have already shared with you—that what you put out is what you get back. That is the actual definition of the structure of existence, and that’s all there is to it. Everything else, as you say, is your ball game. Even if it is an agreed upon one, even if it is a consensus reality, For even though you are an individual, you have obviously made agreements unconsciously, telepathically with everyone else in order to experience any degree of similarity between all the individual realities you are creating for yourselves. So when two individuals get together and say, "There is a chair." "Yes," says the other individual, "there is a chair," you are agreeing to support that common reality. One individual could very easily say, "What chair? I don’t see a chair. What is a chair? I don’t know what you are talking about.

These individuals, the ones that do not go along with the majority consensus reality are the ones you usually call insane. It doesn’t mean that what they are perceiving is actually any less real than what you are perceiving. The things they say they see are the things that are there, and they are not hallucinations. To them they are solid realities. They are simply not the mass agreed-upon reality.

And the main reason why many of those individuals do not understand how to integrate their perception into the mass consensus reality is because, once again, they have been taught from a very young age to believe that if they did not buy into the consensus reality, then they were somehow cut off. They were somehow not to be listened to. And so the channels of communication between them and your society are shut down, and they lock themselves in a self-perpetuating cycle of that particular world, and have no ability to communicate or integrate or apply what they are perceiving into your common reality as well. But what they are perceiving is nonetheless just as real, just as solid as anything you have ever called real and solid in your lives.

Now, this notion of point of view, and the definitions you have within you that creates your reality, serves as the foundation for all of our interactions with your society and your species. The idea at this
time is that your society is going through many transformations, redefining itself not only as individuals, but as a collective whole. These redefinitions, in our perspective, are taking you in the direction similar to directions we have explored in our past.

The idea is that you will not do it the same as we did it, but we can share with you some of the ideas, some of the experiences that we have had. We can share with you what has worked for us, so that if you want to, if you choose to, you can perhaps adapt – in your own way, with your own power and your own imagination – the same experiences in your life. And you can understand that what has worked for us can work for you – if you choose that. It is up to you.

At no time are you ever expected, in any way, shape or form, to consider our point of view to be more important than your point of view. We see you as equals. We see you as different, and we are different from you, alien in many ways even as you are alien to us. But the idea nonetheless is that we are the same type of spirit, the same type of consciousness, and we are all a part of the Infinite Creation. We all exist. And what is true for everyone across the board is that what you put out you get back.

So we give you unconditional love and room to grow in your way, room to choose for yourselves, whether you wish to interact with us or not. And what type of realities you do want to experience upon your planet is completely up to you. We cannot interfere; we can only accept an open invitation of equality when your world functions as an equal world.

However, these interactions do create a more conducive ability for us to interact with your world, and bit by bit and day by day we are arriving close to a point where there may be far more potential for us to, shall we say, interact face to face in a physiological manner – but only when you meet us half way by co-creating with us the vibration that is necessary to create a middle ground in which we can both exist with our own individual definitions so that one will not overwhelm the other.

However, this is exciting for us to interact with you in this way. And to us it is a gift to be allowed to experience the way in which you have chosen to express yourselves, the way in which you have chosen to represent your aspect of the Infinite. We thank you for this gift.
Polarity Aspects and Lightening Up

B: There is an idea we have heard expressed from time to time in your civilization from some of the more serious minded of you. Not that we, in any way, shape or form, are offering the idea of proof at this timing of whom we are, for that is not the idea. It is the idea to remain unobtrusive; to share the information so that the ideas are what you will be focusing upon and not who is delivering them.

But some individuals have expressed in their thoughts the idea that interactions between your civilization and another civilization perhaps should be a little more “dignified.” (AUD: laughter) All right. I can be just a somber as any of you. (More laughter) However! Nobody said that what you call extraterrestrials don’t know how to play! And you will find, in all reality, that it is through play and through laughter that you will create the closest bond with us.

Just as with the dolphins upon your planet. They know how to play. And they can be very loving guides to teach you all how to play, in whatever way, shape or form, you desire. And so, recognize that in the majority of these interactions, even when you are perhaps perceiving from us a somber attitude, a straightforward delivery of information, we are always laughing.

And many times we will simply tailor the way the information comes because we perceive you feel that you need to hear it that way to allow it to sound believable, and so you will not think we are laughing at you. Never are we doing that. We cherish you and we enjoy you immensely. And so we thank you for being such a source of joy.

And so, on that note, let us play. Sharing!

Q: Good evening, how are you?
B: Perfect, and you?

Q: Very good. My question is... well, about three weeks ago I was involved in channeling session, with another entity, and we were talking about Orion...
B: Yes.
Q: ... and some experiences that maybe I’ve had there and on the Pleiades as well...
B: Yes.
Q: ... and some healing abilities that maybe I possessed at the time. And then the entity said that you wanted to talk to me, so now I ask you, what would you like to say?
B: Thank you. It is simply a reflection to each and every one of you to recognize your connection to the particular frequencies you call Pleiadian and Orion, which are the polarity aspects of each other.

Blending them backwards if you wish, as a linear representation, into the systems you call Lyra, many, many, many of your years ago. Before what you may call the split into Orion and Pleadian.

The idea is to simply recognize that it is our particular agreement, or there is a particularity within the agreement we have made, to be of service to your planet at this time, to reflect and represent some of the original choices and agreements that were made specifically within the Orion systems.
For we are “geared,” if you will, to allowing the idea of the original Orion energy, some of which may have been steeped in negativity, to find its fulcrum, to find its balance within the understanding of the triad structure of all creation. The polarity and the third point of balance that allows there to be transformation and change.

The whole idea of this blending and this balancing is to simply, truly very simply, always understand, that the second you do with integrity the thing that excites you the most, then you will be allowing for the strongest blending of the polarities to take place within you. Now, we have found from time to time, that the idea also of certain systems that have been created upon your planet, and very strongly specifically the one that is referred to as scientology, will have been, in a sense, a system created by Orions, for Orions, to allow them to assimilate to the idea of the Earth’s vibration. In ways that were similar to the way they assimilated and understood the Orion original vibrations to be. This does not mean that other individuals who have other connections cannot use that system, or have not used it. But it was simply originally created... and much of the ideas of analysis on your planet stem from, some of the ideas of the original Orion filtering.

Therefore, to some degree the way in which many individuals perceive the concept you call science, in and of itself, upon your planet, stems to some degree from a trickle down effect from some original Orion vibrations. The analysis, the idea of the high focus of awareness in what you might call an analytical nature.

The idea simply that we wish to share, and to recognize that our service automatically attracts, is the opportunity to reflect back to each and every individual that is dealing with that particular connection, that the control is always within you – as to some degree you have already discovered for yourselves.

Simply, the attraction at this point and the drawing together, functions as a reflection of something that is now “after the fact.” Something that functions as a reflection of things you have already begun to integrate. Just so much that we can function as a “marker,” if you will, for individuals to know that they are keeping the agreements they have made. And by continuing to accelerate those agreements by doing what excites them, with integrity. Do you follow me?

Q: Yes. And the other thing is about a dream I had...
B: Yes.
Q: ... about three or four months ago.
B: All right.
Q: I was encountered by a family and the devil was going to possess me, and the family was possessed already... and I awoke and as I woke up I took a sip of water and lit a cigarette. And before me, an eight foot etheric being, very old, stepped out of thin air. What is that?
Who is that? Is it me?
B: In a sense, yes. But the idea is also to recognize that what you typically call, or what you typify as “the devil,” is simply the negative polarity of the combined consciousness of your entire race, of your
entire world – your family. And therefore you gave yourself the opportunity to recognize that there really is no strong distinction between the dream reality and the physical reality. They are representations, different representations of the same reality.

And so, that gave you an opportunity to see the manifestation of that heretofore ethereal projection of your consciousness, an opportunity to see the polarity in actual manifestation. To recognize that you call those things forth out of the immaterial into the material, solely based on the attitude, the beliefs that you are in any given moment.

So it was an opportunity to see the polarity idea, to see how those dream realities bridge into physical reality, how physical reality is but an extension of the dream. So in a sense, yes it was you, but also more accurately, it was an archetypal representation of the collective portion of your consciousness that represents that idea. That ancient belief, a very, very ancient and old belief.

It sometimes can be expressed as the negative from of the dragon.

It sometimes can be expressed as the positive form of the dragon.

It is the ancient, almost the most ancient symbol your planet has to represent the combined collective consciousness in either polarity expression on your planet. Does that serve you?

Q: Very well, thank you very much.
B: Thank you, and exciting dreams to you. Sharing!
Q2: I want to thank you for what you said about playfulness and laughter.
B: Yes!
Q: That strikes a deep chord within me.
B: Oh, thank you for allowing me to play your tune. (AUD: laughter)
Q: It’s my pleasure. (Laughing) I was speaking to an entity/friend about the idea of levitation.
B: Yes.
Q: And it occurred to me that seriousness and somberness have to do with gravity.
B: Yes.
Q: And a lot of mass and weight.
B: Yes!
Q: Whereas laughter and levity have to do with light and they are very spiritual.
B: Yes. Uplifting isn’t it?
Q: Absolutely! And I find myself flying in my dreams quite often...
B: Yes!
Q: ... and enjoying it so much. And the minute I find myself flying I know I’m dreaming.
B: Yes.
Q: And I’ve taken to saying, “I know I’m dreaming,” and then I’ll say,
“lucid dreaming.”
B: Yes. Now will all of you do me a favor? All of you, all at once. You do not have to, but you may find it fun.
Repeat after me: Oh!
AUD: OH!
B: Right now
AUD: RIGHT NOW
B: I am dreaming.
AUD: I AM DREAMING.
B: Thank you!
AUD: (Much laughter)
B: It is very literal, very literal. You are all dreaming the physical reality dream. And the whole idea, as many of you are discovering, is to wake up in that dream, to create it to be whatever you prefer it to be. Because it is only a dream.
Q: One of my favorite things that Bob Dylan said was: “I’ll let you be in my dream if you’ll let me be in yours.” So I want to thank you and everyone here for being in my dream. (AUD: laughter)
B: Thank you. One moment...
Q: Yes.
B: ... one moment. Though we cannot share much at this time, (1987) to let you know what the connection was, but the individual you have mentioned by the name of Robert will have some interesting accelerations within the next twelve of your years.
Q: Robert?
B: Dylan.
Q: Oh! Bob. All right. (AUD: laughs and comments)
B: For the individual as we recognize him already has had a profound effect upon your planet.
Q: Absolutely.
B: In this way, recognize there will now be for this individual within the next three years, an acceleration; and four years after that a very different approach, a very different approach, as we perceive the energy now. And to some degree interconnectedness with more things in a different way.
Q: Thank you.
B: Thank you for opening the door so we may have perceived that portion of the momentum of your planet.
Q: Who is speaking?
B: It is, as you recognize, I... but with an overtone connection. For now, that will do. All right?
Q: Yes. Very perceptive, thank you so much. I felt very strong connection with that energy...
B: Yes.
Q: ... with that being and the viewpoints that have been shared.
B: Some of it will have very strong connotations with regard to the dolphin consciousness.
Q: I love it!
Q: I can hardly wait.
B: Sharing!
3
Politics on Future Earth

Q: What is the world and America like in your time?
B: Your planet?
Q: Yes.
B: In our contemporary time zone? (approximately 300 years in our “future”)
Q: Yes.
B: The idea is that there isn’t so much the concept, specifically, of what you call America.
Q: Oh.
B: It is recognized as a region, and in many cases is still referred to as a region, but it doesn’t really exist politically.
Q: Are there politics at that time?
B: Not in the sense that you have it now, no; your planet, in my contemporary timeframe, is a member of what you call The Association of Worlds, and functions as a single planetary system. Even though it is allowed – through the recognition of the balance of diversity - it is allowed, in that sense, it has allowed its own culture to remain defined for the richness of the diversity the different cultures produce. But it is not political.
Q: Thank you.
Polyhedral Structures

B: Let us recount and illuminate the idea of how the polyhedron structures that you are exploring can be utilized in a variety of ways, to enhance and increase and expand your understanding in your ability to connect to other dimensional realms of information within and without you. Let us recap the regular polyhedral structures.

First of all, you will find that there are actually, in total, of those that we will discuss this day of your time – nine. There will be six that will be physiological, there will be three that will be higher dimensional.

Now, more often that not, you will hear on your planet of the five regular solids, specifically meaning, what you refer to as the five platonic solids. Again, specifically meaning that they are associated, their recognition, in a sense, their, quote/unquote, discovery is associated with the entity that you call on your planet Plato. But there are actually six regular solids. One of which was not known to Plato, but has been since recognized by your civilization.

Let us begin with the six physiological, regular polyhedron. Number one: The tetrahedron, being in a sense, a four-sided structure, or not counting the base, a three-sided pyramid, but including the base, four sides, and each side being an equilateral triangle. This you have. Yes?

Audience: Yes.

B: All right, next what you call the cube. Six sides each of which is a square. This you have, yes?

A: Yes.

B: All right. The next being the equilateral octahedron, eight sides, in a sense, that you would recognize as, again, equilateral triangles, the equilateral octahedron. This you have. Yes?

A: Yes.

B: This would be like what you would call two, four sided pyramids stuck together at the square base. You follow?

A: Yes.

B: All right, next you usually count the concept of what you would call the dodecahedron. Yes? But, do you have two dodecahedrons or one? There is two. There is the pentagonal dodecahedron, made of twelve pentagons. There is the rhomboid dodecahedron, made of twelve rhombus shapes, which are diamond shapes. So there are two, twelve faced polyhedron, two types of dodecahedron. You follow?

A: Yes.

B: All right, you can experiment and we will get to this in a moment with constructing the rhomboid dodecahedron, we will explain how to construct such a figure in a bit. All right?

A: OK.

B: All right. Moving on to the final sixth regular polyhedral structure, you have the twenty sided figure, twenty triangles, equilateral triangles, that you call the icosahedron. You follow? Yes? Yes?
A: Yes.

B: All right, thank you, thank you, wanted to make sure that there was someone on the other end of this transmission. Is this true?

Have you not, up to this point, explored the idea of the regular polyhedral solids? Yes.

Q: We’ve been concentrating on the tesseract.

B: All right, that is number eight. But first number seven – and now we enter the dimension of higher realms. What you have now is what we call the tetragramaton, which is like a tetrahedron, in that it appears to be a four sided figure made of four regular triangles, in that sense, equilateral. But, unlike the typical regular tetrahedron, you can now understand that each of the triangular faces, each of the four, is actually the base of another whole tetrahedron pointing inwards inside the structure, as if each face were a completely separate tetrahedron contained within the overall outside tetrahedron. This is because each face is actually the side of an inter-dimensional tetrahedron and they all overlap, all of them overlap. So what you have here is, again, a twenty-sided figure in that you have the overall tetrahedron, the outside one with four and then you have four of four, sixteen and four is twenty. You have another twenty-sided figure but it is twenty sided in another dimension; not in your dimension, it only is, in a sense, four sided in your dimension.

The next, the seventh, is the tesseract. That is the cube or the hyper-cube, as you may call it. Again, the same principle applies, and this is that each square space is the side of a completely different cube. So you have, in a sense, seven cubes. A whole cube outside and each space represents another completely different cube making another six. And therefore, you have forty-two faces in this particular polyhedral structure, but, again, most of them are in another dimension. Again, it would be like you have a cube and you can image that you can step into any face and be inside the cube as if it were simply a hollow structure. But that is what would happen in your normal three-dimensional cube, you would simply step through one of the faces and be inside the same cube. In the hyper-cube, in the tesseract, any face you step through would actually put you into a cube separate from any other cube, you step through any other face to enter. Each face is a side of a completely different cube. They are all intersecting but they do not interact, they do not meet. If you step through one face you are in cube number one, if you step through another face you are in cube number two, and the things that are contained in cube number one, if anything at all, will not appear inside cube number two when you step through face number two. This is the whole concept of the higher dimensional polyhedral physics.

The final, in that sense, is really simply what you recognize as a sphere for in that sense it is unidirectional. You have this, in a sense,

even in your own reality and it can be said to be the idea of the zero point, even before the tetrahedron in physical terms, for when you step in a sphere it is the same in all directions. This is the same in the higher dimensions as well. Again, however, when you step into the hyper-sphere you now have an infinite array of possible realities that you can experience because each point on the surface of the sphere is really a completely different sphere. So while in the physical reality the sphere being the zero,
not the one, will simply be that you step into a ball and it is the same ball. In the higher dimensions the sphere will be an infinite array of realities, an infinite array of spheres contained within the same sphere. So you have the zero and infinity at either end of the spectrum of the interim eight, or an octave of polyhedra. Are you following along so far?

A: Yes.

B: All right, close enough. Now, so the progression in terms of the sides, in terms of the faces that is, will be, starting with the physical sphere, zero. And, then you will have the tetrahedron for four. Then you will have the cube for six. Then you will have the equilateral octahedron for eight. Then you have two dodecahedrons, two twelve faced figures. Then you will have the icosahedron for twenty. Then you will have the tetragramaton for twenty, again, forming the bridge connector from physical to non-physical reality with the same number of faces inward as the icosahedron has outward. Then you will have the idea of the tesseract or the hyper-cube for forty-two. And then you will have the hyper-sphere for Infinity.

So this is the count then as you have it: zero to the idea then of four and then six, and then eight, and then twelve/twelve and then twenty/twenty and then forty-two and then Infinity. Now the idea herein is to understand that these forms are some of the most basic structures in what you call nature, physical reality. They are some of the underlying templates, or if you wish, building blocks for how things arrange themselves in physical reality. And what this means is, they arrange themselves not only atomically, even sub-atomically, but also on a larger scale, a macrocosmic scale, even relationships of energy follow these patterns in general. This is not to say that there are not other patterns but when you are talking about the regular ones, i.e., ones that have faces that are equal to every other face. These form the basic skeleton of the underlying template of how things are arranged or the relationship that exists throughout many different dimensions that are all connected to your particular universal reality, physical and etheric. And, in that sense, the hyper-dimensional connections as well, but we will concentrate and focus on what will be most applicable to your reality, since, of course, that happens to be where you’re focused at the moment.

So let us begin by understanding that one of the ways, and it is only one, one of the ways to use these forms is, whether you do this in your imagination, in your minds, in your mind’s eye, so to speak, or whether you create some kind of media format in which to view this occurring, will not really matter as long as, simultaneously to any assistive tool you may be using outside, you also will allow this to be going on in your imagination at the same time. When you can begin to imagine or visualize these forms inside your mind, inside your imagination, when you can see them in your mind’s eye, dimensionally, and you can begin to move them, to turn them, to spin them, to rotate them in your mind, you will find that they actually have the capability of making changes within you. First of all they will make energetic changes. Secondly, they will actually instill neurological changes. Thirdly, they can even instill physiological changes within you. They are like skeleton keys and when you can hold the form in energy, strongly, and begin to associate with it strongly, and begin to move it in space and time, then it
will move **you** in space and time, you will go along with it, it will carry you, in a sense, into different orientations, different perspectives, allow you to perceive and access different dimensional perspectives of informational reality.

So these are the keys turning in the locks; and as you become more proficient at turning them, then you will find you will be able to open more locks, open more doors and begin to perceive through inspirational methods, through meditational methods, through artistic expressional methods, through many different creative methods, you will be able to perceive INSTANT insights and perceptions of things you here to for had not imaged. And you will find that you can also use these to take these new perspectives of information and figure out ways to apply this information, to adapt this information to your physical reality to create new things, to have new ideas, to apply new methodologies, to create new results, new effects in your reality. This is the primary utilization that we will be discussing, there will be other utilizations that we can also, perhaps, touch on in this first preliminary discussion about the use of these regular polyhedra. But for now in having laid this basic foundation, let us begin…

1

6
Positive and Negative – Good and Evil

Q: Do you believe that there is a dark side, an evil force, and if so what form do you think it takes?

B: Oh, thank you very much. There is always positive and negative energy. Now to us by definition, mechanically speaking, positive energy is that which integrates, that which unites, which unifies and functions as a whole, which blends, which harmonizes. Negative energy is that which separates, segregates, is in your terms, discordant. It seeks externalized control because it does not believe that control comes from within. It seeks manipulation, domination, because it only perceives power as being expressed in externalized terms. That is positive and negative energy.

The reason that we hesitate to use your terminology of right and wrong, and good and evil, is not because we do not understand what they mean in that sense, nor are we saying that more often than not your terms don’t apply to the idea of positive and negative, usually they do – usually when we perceive you saying right and wrong and good and evil, you usually do mean positive and negative energy.

However, the terms good and evil, and right and wrong, are extremely subjective value judgment labels and don’t always tell you when an energy really is mechanically positive or mechanically negative.

All of you who stop and think about it for a moment, will realize that there can be individuals doing things that are very positive and unifying, and yet there can be individuals who say: That’s wrong! That’s evil! And there can be individuals doing things very negative, very segregating, very dominating, and someone can say: That’s good! That’s right!

So, saying its good or bad, or evil, or right or wrong, doesn’t really tell you very much about what is actually happening on a physics level. However, yes, there is consciousness in many different levels that expresses the idea both of positive intention and negative intention. However, most of the idea of negative intention can only be expressed on what you would call lower levels of vibratory states, such as physical levels and a few of the levels in the astral realm just above it. Beyond that it is almost, in your terms, impossible, to express negative energy because by definition those other levels are in and of themselves, integrated energies. And to be existing on that level in a conscious format you must be an integrated being. Which means you will generally not express yourself in a negative sense.

Now, what you generally call a manifestation of directed evil, or what you call the devil, or what you call Satan, in your world, is the polarized idea of your collective consciousness – supported by your fears and your doubts and your hate, and given life. It is, in a sense, a consciousness unto itself, but it only carries its strength from you, from your fears, in that sense. You can deflate it by not believing in it, by not buying into it, by not fearing it. The vibration of fear itself, is what that consciousness would want you to have. Because fear is what feeds it, what sustains it, as an entity unto itself.
In a sense, speaking biblically as you say, the negative combined collective consciousness of your entire planet is what you call Lucifer.

It is the negative polarity of the Christ Consciousness. That is why the idea of the scenario that was created for you biblically of quote/unquote, Christ being tempted by the devil, is simply a metaphor, an analogy for the idea of the Christ Consciousness recognizing within itself the potential to give in to the negative side, but recognizing that that is not the positive idea it is, or chose to be.

So recognizing that there is the positive side and the negative side – and then what you would call the in-between state, the balance point – you can understand that creation, in a sense, is actually slightly biased to the positive side, because the center point is a point of balance and balance is inherently positive. Understand?

Q: Yes.

B: So the idea basically, is that again remember, you are aspects of the Infinite. What you imagine to be real, you actually give life to. So the idea of what you may call a negative entity – they can have lives of their own, they can have existence and self-awareness – but the only way you can interact with any negative consciousness is by being of that frequency and attracting it. And one of the easiest ways to be of that frequency and attract it, is to buy into the idea that you have to fear it because you really believe that its more powerful than you are. It isn’t. It would like you to think so, because that’s what generates the fear it needs to feed off of. But you aren’t less powerful.

Whatever you decide, is what you are; and whatever you are, is what you attract. And if you know you decide to be a reflection of the positive manifestation, then you may be able to be aware of the fact that there may be negative manifestations, but they can never interact with you in an effectual way. You will become literally invisible to them. Understand?

Q: Yes.

B: Does this assist you?

Q: Yes, thank you.

B: Well, thank you very much!
Q: Regarding the laws that we agree to abide by within our universe: does functioning within your integrity mean living up to those agreements?
B: It depends. The overall agreements do not necessarily have to be restricting, if something that you know represents your excitement and integrity can actually alter them in many ways. If they are then alterable – what you are referring to as “laws” – then that, in and of itself, may be a sign of your ability to express your integrity by being able to allow them to transform them into something else. Because, when you are totally integrated as a whole, then there are fewer and fewer limiting specifics. You follow me? So, the alteration of the so-called laws may actually be an expression of your integrity, in certain circumstances.
Q: Suppose an individual were to go out and kill a hundred people because that’s what excites him?
Suppose . . .
B: But understand, the idea, again, is that “with integrity” means that you are functioning as an integrated being. Integration is functioning as a whole, meaning there is no separation between you and the beings you are killing, in other words, the recognition that all murder is suicide. And if you wish to truly be empowered, then killing off those beings is like hacking off your own arms and legs. And that is not an expression of integrity or power.
And also, when you use the term excitement in that sense, usually you will find it is not precisely excitement that motivates individuals in that direction. It is the negative polarity of the same energy that creates excitement, but the negative polarity is usually expressed as anxiety. You follow me?
Q: Yes. Suppose the victims agree to be victims?
B: That does not excuse the perpetrator for not being strong enough to not fall into the victim’s game.
Q: What would be the consequences then, of violating integrity in this fashion?
B: Perhaps you will create another scenario wherein you will have learned that a violation of integrity, in that sense, does not serve to empower you. And then you will express a lifetime maybe, or an experience where you will be the expression of integrity.
Some individuals may choose to have other individuals attempt to violate them as a sort of quid pro quo exchange. That is not necessary all the time. An individual who murders an individual in one life does not necessarily have to be murdered in another life, although many have sought the balance in that way. An individual can, perhaps, talk someone out of murdering someone else, and fulfill the same balance. Do you follow me? But the overall idea of course, on every fundamental level, is that to the oversoul all experiences are learning experiences.
And since you truly are infinite and indestructible, no matter what you have done, whether it be positive or negative, whether it be an expression of integrity or an expression of lack of integrity, you will still exist; you will still learn; you will still grow; you will still change; you will still have new experiences.
So in the overall sense, it does not really much matter what you have done. But it is simply up to you to understand that your own life, with the expression of integrity, will be far more joyful, far more connected, far more effortless. And you will be able to create, without any struggle whatsoever, all that you desire.

In expressing lack of integrity, you will find that an individual who does that will struggle, will suffer, will feel powerless, will feel out of control, and will create many, many, many versions of their own expression of negativity within themselves, and not allow them to enjoy life. You follow me?

Q: Yes. Is self-imposed karma, then, a way to balance out the integrity agreements?

B: Sometimes, although karma, being completely self-imposed, does not have to manifest in a retribution-style manifestation. Again, the analogy that karma itself is simply the carrying through of a momentum to create a balanced experience.

Again, if you have been a murderer in one life, your self-imposed karma does not insist that you be murdered in the next life to atone for that. You may be able to assist someone, either who has had someone close to them murdered, or someone who wants to murder and you may be able to talk them out of it. And that will be just as much an expression of your balance and karmic imposition as being murdered. And many times just being murdered is not necessarily a true balance.

Q: The balance is something that’s like an absolute that has to be maintained, but the karma does not. That’s something that you don’t have to have if you don’t have that belief system. Correct?

B: In a sense, correct. But the idea simply is, in the fundamental understanding of karma, is that you will usually – since you a collective event – balance the idea out somewhere within your experience on some level. And that is all karma really is – is simply the overall recognition of all the balance that you are, all the polarities that you are.

Q: Where did someone like Adolph Hitler come from? I don’t understand...

B: He came from your society; came as an expression of the combined and collective fears, and perhaps, some self-imposed karmic balances, in a negative way, that your society placed upon itself.

It was an individual who did not feel their own self-empowerment, and so, in your terms, fell into the adoption of the negativity that was sensed in the society, and expressed it as a reflective mirror back to the society – to show the society what the combined ideas of its fears and negative attitudes have been able to create.

Q: That was not functioning within integrity.

B: No. Because it was segregative, separative, domineering. That which needs to dominate does not believe it is in control already.

Q: Okay. Thank you very much.

B: Does this assist you?

Q: Yes, very much.

B: Thank you!
B: All right, I’ll say: continue!
Q: Hello.
B: And to you, good day.
B: Yes.
Q: And there is a chart there that really attracted my attention and my interest. And I became aware that I felt like I understood it, but not intellectually. So I would like to ask you to explain it a little bit more.
B: All right, in a simplified way. Which one?
Q: This is the positive and negative manifestation.
B: Do you mean the idea that contains the notions of winning and losing?
The idea simply is: as you read it off, then individuals can create – as you already know – positive methodologies or negative methodologies, to teach them what they wish to learn. In other words: they can learn through effortlessness, or they can learn by creating the idea of struggle. Different degrees of this idea are simply represented by the listings on the chart, all the way up from the idea of winning through to the idea of losing. Now these are your notions – the notions, the labels – you have applied to these concepts. And that is why we have used them in that chart.
Individuals can simply win because they know they win; they can lose because they believe they lose. And all the variations in between – of playing to win, which makes it take some time; playing to not win, which makes it take more time, and always keeps, as you say, the carrot out there. Because you enjoy the idea of getting there – rather than being in a certain place – more than having the idea.
Then there is the idea of playing to not lose, which is just below that middle line. Which in that sense means that you are, quote/unquote, just barely keeping up with everything. You are not really, quote/unquote, losing; but you are never rising above a certain level within your own estimation of self. There is always just enough, but never an expanded idea of the more that you see.
Then there is the idea of playing to lose – which means you’re not really losing so much, but you are playing the game. You are creating a repetitive cycle in which it seems you always give yourself a boost up, only to create the idea of crashing back down.
And then there is simply the idea of losing, reaching what you have termed the bottom of the barrel, which can, in a sense, connect directly into winning to the completion of the cycle. Because, as we have said, when you reach the bottom of the barrel, everywhere else is up.
So it simply represents the polarity spectrum of the different mechanisms that people can use to create methodologies. It is a different way of understanding how individuals look at themselves, and the particular overall formats, or categories, of the type of energy game they might be playing – based upon what they believe to be most likely in their reality. Does this clarify the idea to some degree?
Q: Yes, it does. Where is, “just playing?”
B: Oh, it is all of those.
Q: I see.
B: All of those are playing.
Q: Uh huh. All right. Then, on the other side of the chart, it refers to... that’s not clear. Is that positive action? Or just positive...
B: In other words, the positive side is action, and is represented by the ideas of winning, playing to win, and playing to not win. Those are the positive sides; they are above the line, so to speak. All of that is the positive side, and it is represented by action. Below the line, as you say, is the idea of negativity. And that is re-action.
Q: Mhmm.
B: Does that explain the idea?
Q: Yes, it does. Thank you.
B: Thank you very much.
Q: Okay, bye for now.
B: All right. Hello again. Sharing!

Positive and Negative Methodologies
POSITIVE MANIFESTATION

We have discussed many times that sometimes when you see events occur, both in your personal life and events occur on the planetary scale that seem to say, "Oh, things could not get any worse," we remind you, once again, that because of the structures you have created in the past, it will be necessary for these structures in some way, shape, or form, to break down in order that they can be reconstructed. How you experience these structures breaking down is up to you – whether you experience them in a negative way or whether you experience them in a positive way is up to you.

And the idea is that it is all a part of the orchestration, all a part of the picture of your planet at this time; and that each event is connected to every other event, whether you can see that on the surface or not. Knowing that it is will help you to allow yourselves to see how they all blend, how they all fit, what your part is within the whole picture and how you can assist your world, as well as your personal life to accelerate towards positive reality, positive outcome.

We again desire to reinforce that we are not just speaking in flowery terminology, we are not just saying these things because it sounds good to your ears. We again, always wish to stress that these principles – the idea, the concept, in and of itself, of creating a reality of joy, constant joy, positive manifestation and ecstasy, is not too good to be true. That this is actually a practical and pragmatic way to live, that this is the way the universe can work for you if you choose to let it do so. Because, in that sense, you have been created with free will, you have been created with the power to choose; you are reflections of the Infinite Creator and what you say in your reality does stick, if you believe that that is the most likely choice that will manifest.

It is a matter of exploring, as we have done many times in the past, the ideas of your beliefs, beliefs that you may no longer require in your life, beliefs that may no longer be representative of who you prefer to be. And in discovering those beliefs, to transform the definitions of those beliefs into what you prefer them to be – and so see your lives reflect those changes physically, in physical terms, so that it changes in the way that is representative of the life you wish to have.
**Positive Transformation**

Q: Last Friday night I put my hand through the glass pane on the front door and cut my hand and my arm.

B: Yes.

Q: And my roommate and I spent a very interesting evening in the emergency room of the local hospital.

B: Yes.

Q: And I was wondering how I had done this for my benefit? When I first did it I didn’t feel it, and then when I saw what I had done, I had cut my wrist, which to me was symbolic of suicide?

B: All right.

Q: And, uh, I haven’t really found a satisfactory understanding for myself.

B: All right. There is no need to be impatient. Once again, first of all, before we proceed with this idea, do recognize that many of you if you do not have the answer right there within the very next second will say: “Well I can’t get it.” Recognize that many things will fall into place, always, if you are simply willing to trust that they do have a place to fall into. Now, where that will be is very different in every given situation.

But simply understand and trust, first and foremost, that all situations have a reason for being in your life, and whether it is a reason for fitting into what you already understand has already happened in your PAST, OR whether it will fit into something that has not yet happened, it will fit within the entire scheme of your life span.

So recognize, let us say, a given situation may not manifest understandability on the conscious level until, perhaps, because of the timing, many years down the road. But then, when you arrive at that point, then you will say: “Ah, now I understand why that fit in, and I understand why I could not have understood it any sooner.” You follow me?

Q: Yes.

B: However, in this case, you can always allow yourself to recognize that it is, at least as far as we perceive your energy, one way of showing yourself that you are passing through barriers. But also showing yourself that you still believe that the passage through those barriers has to be painful, and has to result in the idea of a death of a portion of yourself in a negative way, rather than a positive way. You follow me?

Q: No.

B: A portion of the you – in that sense, the you that you were – has died, and you are no longer that you. You are different; you are literally a new personality.

In this way, simply, what was being shown, at least on one level, is that you had within you a belief, an inherent belief, that you had been taught and had bought into that transformations of a drastic nature always requires some sacrifice on your part.
Q: The same as committing suicide, is that what you are saying?

B: In a sense, the idea that the old you has died, but also that your idea of any transformation, any death, which is a transformation, has to be the idea of a negative one.

Now, you can recognize that one of the things that this has served is to allow you to know that you are no longer that you. You have in fact died. You are now reborn, in a sense. And you can allow yourself to recognize you are no longer the you that has to go through any transformations in a negative way.

You do not have to shed your life’s blood; you do not have to go through trials by fire in order to know that you can allow yourself to go to the next level, to go through your barriers. You do not have to crash through them. You can merge with them and be on the other side smoothly, without shedding one drop of your life’s integrity. You follow me?

Q: Yeah.

B: Integrity is the key. Integrity. Allow yourself to know that you are an integrated being, and that everything around you is you. You are a part of it; it is a part of you. You can merge and blend with the symbols; you do not have to crash through them. You do not have to break them in order to feel that you have passed to another level. They do not have to break you. You do not have to render and render the membrane that you consider to be the membrane between your inner and outer self, your skin.

You can allow the inner and the outer to be one thing, and then any transformation you make will be a transformation of ease, of blending, of merging. It does not have to be shocking, shattering, tearing. You follow me?

Q: Yes.

B: Also, for you, it was a symbol of a manifestation of a past life. You have now completed a cycle, because in a past life you chose the idea of suicide. And you have now reached that point and surpassed it. You have gone beyond. That represented the point at which, if you had followed the same path as you did in the previous life, you probably would have committed suicide again. But you did not.

You have taken responsibility for your life and, therefore, you have created more life to live. You have passed through an idea of yourself, and are no longer the old you at all. You follow me?

Q: Yes.

B: Doorway upon doorways, in your dream reality and in your physiological reality, will now begin to open. Enjoy them. Enjoy allowing your physical reality and your dream reality to merge. Enjoy living your dreams. We thank you.

Q: Thank you.

Positive Transformation
POST TECHNOLOGICAL ADVANCEMENT

Altadena 8-30-97

Now, understand something, all of you, very important: as certain people on your planet have realized when you arrive at a level of understanding not that you have to necessarily pass through this route, but if a civilization takes what you call a technological route, as your civilization has done, eventually as you gain more understanding that everything is resonance and everything is vibration. Your technology will arrive at a point where it will actually begin, in a sense, to appear to reverse and will actually become more simplistic, more natural. You will require less devices and less artificiality to achieve the same ends. Not that you necessarily, again, pass through the technological route to understand this, for many individuals simply have never taken the technological route, and understand innately that simple, natural objects when utilized with the correct understanding are as or more powerful than any technological device would ever be. One individual on your planet is well known for having uttered a famous phrase, this science fiction author has said: "that any sufficiently advance technology is indistinguishable from magic". And if you look around at what you call your indigenous cultures who practice the idea of magic. If you understand it from the context of a culture that has already gone through it’s technological understanding and arrived at the understanding that what they are using now is a more advanced technology, simplicity advanced technology, you will have a different appreciation for having utilized the simple objects in nature, such as a tree branch, such as a leaf. You will understand them in resonance terms, in vibrational terms, and will see them as nature’s extremely advanced technology. You will know how to extract from them the powers, and vibrations, and energies that can get a lot of things done—that a technological civilization might require a vast array of machines to do. So when we talk about the idea of creating such effigies, such resonant identifiers, understand that what you are doing in that sense, if you understand it from this point of view, is quite advanced. Though most people on your planet, in your culture especially, would consider it to be primitive and pre technological. In fact, it can actually be post technological. Do you understand it?

Q: That’s very beautiful.

B: Yes.
Potential Earth Realities

Q: Can you give any information in terms of the Reptilian interactions and if they’re genetic, if they’re energy exchanges, primarily?

B: There is some, but not much of that on their behalf; for the most part they are interacting with the Greys in a variety of functions and capacities. They are, in that sense, in some ways, peripheral to the main agenda, and though they have their own agendas as well, they are in no way, shape or form as sweeping as the Grey’s agenda.

But they are of assistance in some ways and they are into their own agendas for themselves, forming some congruency with the Grey’s agenda and your agendas as well.

Q: Okay, so basically they’re interacting but it is not necessarily genetic on their part.

B: No.

Q: Okay. It seems that the opinion of the fact that we may have irreparably damaged our atmosphere…”

B: In some senses this is true.

Q: Like the ozone is possibly to the point where it cannot be rectified? I mean that’s sort of the word on the…

B: Again, the idea is that in your dream states now, in your vibrations now, and it must be understood, it must be understood, it must be understood, it must be understood – do you understand? – IT MUST BE UNDERSTOOD…”

Q: I got it.

B: …that what is about to be given, in allowance, is not meant, in any why, shape or form to take away responsibly of the actions that need to be taken on your planet that would GENERATE your ability to shift into another dimensional earth.

In your nocturnal co-interactions with each other, you are sometimes, in many cases, generating frequencies in the etheric template that are representative of, shall we simply say, parallel reality earths that are more representative of the vibration of the earth that you wish to be on. And then, in that sense, moving in increments toward that earth, or becoming in that sphere of earth.

So, in that sense, you could say that on one hand, one earth’s atmosphere may be irreparable, but it doesn’t mean that another earth’s atmosphere is not.

Q: Umm.

B: But it still requires the action of responsibility upon your part in your physical reality to GENERATE the momentum that will reinforce, in physical terms, what it is you are setting yourselves up to be capable of shifting to, in your dream template etheric reality levels.

Q: So could it be possible that may be those who are consciously attempting to make a difference and become self-actualized might even shift into another parallel reality on earth and not even know that they are there really?
B: Yes.
Q: Ah, because it just seems to me that having a probable reality...
in that case there are many probable realities.
B: An infinite number.
Q: Yes.
B: Does that help you?
Q: It is so overwhelming, it is almost more than you can think out.
B: It is designed to be more than you can think. That is why sometimes, perhaps, it is best not to think
but to just be.
Q: Yes. And predictions by Courtney Brown and Ed Dames seem to be conflicting which I find rather
fascinating, but, then again, there are so many realities and so many possibilities...
B: Yes, and what we have said is, as we have already addressed this issue, to some degree, is to allow
yourself to simply recognize what it is you are being given an opportunity to identify with, as the
definition of a reality that is your preferential vibration. They are none of them – wrong – they are as
you intuit – sensings of different potential realities that are all now, concurrently, in the mix.
Q: Ah, okay, because, I mean, some of it is pretty ominous, it is like living underground in five years,
and biospheres, and then...
B: As we have said, many potential reality thresholds are now equally in the mix. Choose thou!
Q: Thank you.
B: Thank you.
Power Spots
There are many places on your planet that are called "power vortex points"; very strong electromagnetic aligning energies are in those areas of your planet. When you go to those places you feel yourself immersed in the frequency of those areas. You can allow the energy of the place to align you if you match its vibration. Then anywhere you go on Earth, if you create that vibration, then that place will be where you are and all that are with you can feel the energy of that place. You will be like an extension of that energy spot. All you have to do is use your Imagination and allow yourself to feel like you felt when you were in that energy spot and you will then be that vibration. This can be a way to prepare yourself before you choose to do a healing with someone else.
You can do the same thing if you wish to create any form of art. You can re-create that vibration and then create the form of art that you feel is representative of that vibration. Then that piece of art will have that vibration locked into it.
For example, if you know that your Mount Fuji or your Mount Shasta area is one of the power spots of the planet, you can create that vibration in anything you do. If your artwork then creates the vibration of that place all who come in contact with your artwork will be standing in the vibration of Full. Nature is always very balancing, very healing. Take advantage of the vibrations it provides for you. Many of you already understand that to gaze upon a beautiful tree or a beautiful flower creates a healing vibration, a centering within you.
So understand that when you see representations in art of objects that have a certain feeling, then the vibration of that object is really there. This goes hand-in-hand with what we discussed before about the world being a metaphor, a symbol. You can use the idea of the metaphor, or the symbol, to actually create a healing and balancing vibration because all physical objects have a unique vibration even a symbolic representation of that physical object has the vibration of that object in a specific way.
You see, you are creating physical reality anyway. A physical object is already only a symbol of a vibration within your consciousness. So in some ways there really is not much difference between vibration of a tree and the vibration of a painting of the same tree. You can work with your symbols in this way to generate a balancing atmosphere, even if you are not in physical proximity to the object that is represented by the symbology that you choose.
In the past this understanding was called "sympathetic magic" the sense of creating a sympathetic vibration in model form, or in a symbolic form, that actually has the vibration of the real thing. Therefore, making a connection to that thing from a distance because you actually have the vibration of that thing in symbolic form. Magic is simply the ability to truly transform your belief system transform your reality around you in a very conscious way. Then, telepathically transmitting to other individuals the vibration of that change so that they, if they choose to, can experience that change as well in their reality. Sympathetic magic. There is nothing mysterious about this. It is only the "physics" of consciousness.
So allow yourself to understand: it is all a matter of your vibration. Heal yourselves, heal everyone, by being the fullest "you" you can be. Then if you are in balance, you can allow others through sympathetic vibration to be in balance with you directly, or through your artwork and creativity.
PRAYER

True prayer acknowledges you will always work with whomever it is appropriate that you work with, on whatever dimensional level. But first and foremost, open yourself to those who are immediately in relationship with, what you call, your guides and with your immediate reality. The prayer idea is this – prayer must always be in the present to be effective, because All That Is exists only in the NOW. Thus, the true idea of prayer is to envision and to feel and to radiate and to ask and express gratitude for that which already exists. Instead of asking, "please give me what I do not have," prayer is for the asking for assistance to be shown what you already have, because you have already been given everything. Everything has already been created, in that sense. And the manifestation thereof is simply the process of being helped to be made aware that it is already existing within the reality of your vibrational preference. So, prayer is not asking for things that you don’t have, but asking for enlightenment to see what is already present, and thus, create or allow to be created the manifestation of that which is already within you.
Predicting the Future II

Q: Everything is happening right now, right?
B: Yes.
Q: Then why can’t the future be predicted?
B: It is, but not in the terms you call prediction. Again, recognize the idea of the propeller and the strobe lights. The idea, as we have said, is not so much that you are predicting a future; you are sensing the energy at the present that is most likely to occur, because it has the greatest degree of energy behind it. The strobe light is on that particular setting at the time the sensing, or prediction, is made. The prediction itself might change the setting of the strobe light. Understand what your physicists now understand, you cannot make a conscious decision that doesn’t affect the reality you are deciding about. You follow me? Every thought changes the reality you are thinking of. Therefore, so-called predictions are only sensings of the energy most likely to manifest at the time the prediction is made. The prediction itself can change the energy. If what has been sensed has a great deal of energy momentum behind it, it will, in your terms, be unlikely to change. But it is not the future that you have predicted; it is the present. And it simply doesn’t change to the point where it manifests. You follow me?
Q: A little. I’ll chew on it.
B: Keep it simple, keep it simple, the past, the present and the future is all now.
Q: Right.
B: Understand it this way: you have a radio, yes?
Q: Yes.
B: You have the idea of being able to tune to different programs, yes?
Q: Yes.
B: Just because only one program at a time is coming through your speaker, it doesn’t mean all the other programs aren’t there. And you can make a prediction that if you tune the dial, you will get another program. That is making a prediction. But it is only because you are aware of the fact that the program already exists that you can do so. It is the same thing. You follow me?
Q: Yes. Could I…
B: One moment.
Q: Could I express my reality by way of answering her, to see if you would agree with my view of it?
B: Proceed.
Q: If everything is happening now, and there’s only the present, the past and the future created out of the present…
B: Yes.
Q: And all of them exist right now.
B: Yes.
Q: All of them.
B: Yes.
Q: So the question is not whether they are there, because they are.
B: Yes.
Q: The question is which one you will wind up choosing.
B: Perfect.
Q: Well done.
Q: Thank you.
B: Yes.
Q: Yeah, I was saying, why talk about the future at all, since there is no future?
B: It is all, present.
Q: Thank you.
B: Thank you.
Bashar:
Channeled by
Darryl Anka
From: “A Time of Change”
6-7-98 Toronto, Ont.
“Predicting the Future”
Questioner: Can you tell us...
Bashar: Good day! Good day! What happened to good day?
Q: Good evening.
B: All right, good evening. If it is evening where you are, all right.
Q: Can you tell us how, give us any idea, how much longer the ear
B: Well now you have created an interesting question and, of c
Q: I guess I mean the mess we’re in...
B: Mess?
Q: are dropping bombs everywhere, etc...
B: Oh, I see, all right. Well, may I ask you a question first?
Q: Of course.
B: All right, thank you. How long will the earth be in the mess it is in now, since you’re the one living
Q: I don’t know.
B: Oh yes you do. You can at least give me a general answer. How long? How long will it take for your
Q: When we decide to change it.
B: Thank you, thank you, so when will you decide to change?
Q: Right now.
B: All right, some of you say, “right now.” And therefore, pay attention, therefore for you, it will change
For those that don’t necessarily allow it to change right now, it won’t. Because remember, remember physical reality is a mirror.
Now, yes, I understand that you have all agreed on some type of mass consensus reality, and you have agreed on diversity and so it is possible that even though you are living your life quite differently than someone else, you will still, even though you might be living a
very balanced life, be capable for a while of watching others that might be out of balance. I will give you this answer in a number of ways.

Number one: In general as we read your energy collectively now, because there is no such thing as a prediction of the future, NO SUCH THING AS A PREDICTION OF THE FUTURE, there is ONLY a sensing of the energy that exist at the time the prediction is made. If that energy doesn’t change then the prediction comes to pass and you have read the future, but you haven’t read the future, you have only seen a probable future based on where the energy is at the time the prediction is sensed. If that energy changes then the prediction goes out the window. And many times the fact that the prediction is made changes the energy and renders itself obsolete.

So the idea first and foremost is to understand that what I’m about to answer is an answer based on the energy as we read the collective energy NOW on your planet and what we read is that it is most likely, the momentum is most likely, that sometime between your years of 2011 and 2013 you will probably not be exhibiting the same behavior that your countries are exhibiting now. Now, that will be in general the beginning of some major changes and by about your year of 2027–2037 you will find that your world will be change potentially enough to become, what we might call, a member of an Association of other worlds. So the idea, however, is that before that, of course, there will be other shifts, other thresholds to cross and it will all be determined on how willing any single individual on your planet is to change and live as the person that they want to be as if they’re already living in the world they want to live in because by example you will allow others the opportunity to see in your behavior how they can behave too. Not that you have to force them, because you can’t, but by living the way you want to live, by being who you really are, then you know you’re doing everything you can to help others choose to do that too because they see by you a living example of how they can live their joy as well. And so the more of you that begin to do that, you build a momentum, you cross the threshold and you allow your world more opportunity to choose what it says it prefers. And that collected energy SEEMS to be heading toward certain kinds of overall resolutions sometime between 2011 and 2013 although there will be some very major, major changes coming up at the turn of your millennium, information wise, as you say, and specifically also between 2005 and 2007 that will begin to throw a lot of light on a lot of circumstances. But it takes a great deal of willingness to be responsible for the choices that you make and the consequences you create. Does that make some sense?

Q: Yes, thank you.
B: Does that help you?
Q: Yes.
B: Is that sufficient?
Q: That is.
B: Thank you.
Q: Thank you.

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Prediction and Free Will

Q: I went to a psychic and he told me a number of things that would happen, some of which have happened.
B: All right.
Q: And you talk about creating our own destiny.
B: Yes.
Q: He...
B: Destiny and...
Q: What, what is...
B: ...the idea of the physiological, experiential reality are slightly different things.
Q: What? He...
B: Go ahead.
Q: He was able to see certain things. Would that be destiny? I had not...
B: Yes and no. Not really. Allow us to explain the idea in this way, if this will serve you: first of all, from our point of view, there is not really any such thing as a prediction of the future. There is only the sensing of the most probably manifestable reality that has the highest degree of belief energy behind it, at the time the prediction is made. You follow me so far?
Q: Yes.
B: A prediction is the sensing of the probable reality that has a high degree of momentum behind it. You supply that momentum.
Sometimes just hearing the prediction, just being made aware that that particular scenario has a high degree of energy behind it, can alter the energy - because now you are aware of it. And if you find that you don’t prefer the scenario that has been sensed by the psychic, then you can use the predicting to change the scenario simply by knowing that now you are aware of it, if you prefer something else, that is where you will shift the energy. So the prediction no longer stands, from that second forward.
Now, the idea of the predictions, so to speak, that do come to pass can simply be, in a sense, the sensing of the ideas that you do believe need to come to pass; so you have so much energy behind them they are very unlikely to change, no matter how far down the road they have been predicted. But it is always only an indication of the energy that exists at the time the prediction is made, not of anything in the future, because the future does not exist in the future. The future: the future exists in the present as well as the past existing in the present. You follow me?
Q: Yes.
B: Destiny is the free will of the higher consciousness; but the free will of the higher consciousness expresses itself in only the most generalized of themes, general terms, general themes in life; general whole conglomerate events or experiences – the theme of an event. The theme of a succession of
experiences is the destiny; but how you experience that theme is up to your free will, now, as a physical
being.
So, let us say the higher consciousness has determined that your so-called destiny as a physical being, as
a physical fragment of the higher self, of the over-soul, is to experience many, many themes of events
under the title of the theme of “Exploring of Abundance.” How you decide to view that idea of the
exploration of abundance is up to you. Positively, negatively, quickly, slowly, so on and so forth. That is
up to you. You always have free will, in that way.
What the psychic is functioning as, as a service to you, is to let you know, let us say, on what horses
your bets are riding most heavily. (AUD: laughs). So that you are being told the information long before
the race, so that if you change your mind, you can change your bet. (AUD: laughs). You follow me?
Q: Yes.
B: Does that assist you in that definition?
Q: Yes. Um, is that... is destiny and karma, are they the same th
B: Oh, yes and no, to a certain degree. All karma is self-imposed, and again, the idea of karma is simply
the expression of the continuation of a momentum; the idea of a balancing. It is so, but it is not what it
is. It is only the continuation of a destiny; but at the same time, the idea of recognizing that you are at all
times in complete control. And as to how you experience the general destiny, means that even the
fulfillment of your so-called karma doesn’t have to be negative, it can be positive.
In other words, for example, let us say, just to use the colloquial example: You murdered someone in
you last life. Now you are in the new life. Let us say, that believing that you have to live out the karma
in a negative way has created a scenario for you, which you attract to yourself, in which you find
yourself murdered. However, recognizing that the karma is simply an expression of the balance of an
idea, then perhaps, you can recognize that there are many positive ways to play out that momentum.
Perhaps you will be of service to someone who is a murderer and change their mind about murdering
someone. That can balance your karma. You follow me?
Q: Yes. Would it be the same person from the previous life that you played this out with?
B: Oh, it can be.
Q: Are all the people that we know now... 
B: Not all of them but many of them, and mostly the strongest connections, yes, are ones you have lived
with many times before. There are, in a sense, psychic energy families - groups in that way. So, many of
your physical families always have new members of that family, and you can, in a sense, sense the
connections that will always be there on some level; but many of the individuals you feel very close to in
this life, you have related to in many, many, many other lives. Yes. Does that assist you?
Q: Yes.
B: Thank you.
Q2: This does not mean that one cannot create incredible affinity towards someone one has not experienced.

B: Oh, yes. You can. As we said, it is not absolute, and the idea is you can always add a new member... (AUD: laughs).

Q: Very good.

B: ...through an agreement. This association will serve this purpose with this new being. So it will feel just as familiar as someone who has been with you in thousands of lifetimes, because the degree of agreement is just as strong, even if that is a new relationship, so to speak. You follow me?

Q: I do.

B: Thank you.

Q: Thank you.

Prediction and Free Will
Q: I have an interest in the name Gordon Michael Scallion.

B: Yes.

Q: Rather dramatic geophysical changes....

B: Yes, we understand. Many of these original predictions have already been transformed, to some degree, by the mass-consensus. And, in fact, the service provided by the fact that certain individuals will pick up on these energies and make those predictions is for the very service of giving the collective consciousness a chance to alter that prediction, if it so desires. Therefore, some, not all, some of those original predictions have already been transformed in other ways by the collective consciousness. So, at any moment, when you hear a prediction, allow yourself to understand something right off, as you say, number one, the very fact that you’re hearing the prediction adds energy to the overall equation of the mass-consensus reality. And the very fact that it’s there changes the energy of the consensus reality, and may, by the very fact that it’s there, automatically render the prediction obsolete.

Saying it, in and of itself, may be for the purpose of diffusing it, you understand? Because it gives the mass-consensus the awareness that the potential energy is there to go in this direction, and if that’s not what you prefer, get in touch with what you would rather prefer and alter this energy. So, by the very fact that the announcement has been made, it puts it into the awareness of the collective consciousness for debate, and allows the collective consciousness to decide, to vote, as you say, as to how it is they really best believe they need to experience the transformation that that prediction symbolizes and represents. In all cases, the predictions are usually, usually, accurately representative of the timing of a shift. But that does not necessarily mean it has to play out in the way the actual prediction was made; some of them might, but not all of them will. And many of them have already changed to a great degree. Does this make some sense to you?

Q: Yes, thank you.

B: Does this answer your question sufficiently?

Q: You read my mind.

B: Is there some other idea you wish to discuss?

Q: Ah ... no.
Q: Last night I spent a few hours with a friend of mine who’s a well-known economist. And he was telling me that there’s a rather major possibility of an economic depression about to happen in our country, because of the national debt. Now he says it will probably occur between the next 6 and 18 months. Do you perceive any change in that idea?

B: Are you asking me to make a prediction?

Q: No, just any information you might have regarding that.

B: All right now, understand that to a degree it will shift and vary quite a bit more than your friend has perceived at this time. Understand that it will also represent another remnant cycle in which you will, within the idea of 30 to 50 years of your time, allow yourself to understand that what you now perceive to be your monetary system will undergo quite a drastic shift. A little bit more toward the idea that we have expressed to you, a little bit – not a lot – a little bit more toward the idea we have expressed to you that each individual, and the service that they provide, is in and of itself, a guarantee of the stability of any interaction on an economic basis.

Q: Okay.
B: What is your second question?

Q: On the 15th we were supposed to go through a mass consciousness change on this planet, and I didn’t perceive a whole lot of change going on.

B: All right. Perhaps that is because you assumed you were supposed to.
Q: I did. I did. Something happened I didn’t know about?

B: You will know.
Q: When?

B: When you allow yourself to know. Again understand that that level of expectation will always form the idea of a specific limited viewpoint. Do not feel that you are not in step with the entire mass
consciousness and its own creation of that doorway through which it allowed itself to pass. But simply understand that you are still experimenting with many ideas of specific focus for the unfoldment of your own purpose.

And as such understand that you have absorbed much of that transition in ways that will make themselves manifest within your reality in ways that you will allow them to. Based upon your still expanding understanding of the purpose behind which you have created all those different limitations of focus.

Again it is a matter of simply allowing yourself to know – to know, know, KNOW, KNOW!! – without necessarily needing to analyze exactly what – that there will be an effect upon your reality if you simply allow yourself to identify with the idea of the effect, rather than needing to know the cause first.

Q: Oh, I don’t want to know the cause necessarily.

B: All right.

Q: I just want to see the realization.

B: You will. Question.

Q: I’ve got a question on . . .

B: All right, one moment. Yes?

Q: Have you ever heard of a book called – or the concept of – The Law of One? There was a guy named Ra that channeled it. And there were some beings that I believe he talked about from Orion, and . . .

B: We will discuss that later.

Q: When?

B: Question. Yes?

Q: Did . . . what Steve was speaking about, the question just before this one that was asked . . . does that effect have something to do with unity?
B: In a sense. In the sense that there will be – with the creation of the limited focus – perception facing away from the direction of the integration of the self. And as such there will be, with the creation of that specific focus, more of a reaction than an action involving the event itself.

And as such there will be more a move to what is perceived to be the outside of the self – that is the physical universe which seems to stem from outside the self. And as such there will then be the separation from the self and that integration, more toward the separation of self from that integration. Therefore the reinforcement

of the self within the time track, but without the perception of the momentum involved and therefore the creation of the question, “When?”

AUD: Whenever. Ha, ha, ha.

B: Do you follow me?

Q: No. Yes, I...

B: Would you like to explain to those individuals who did not follow?

Q: Well, my perception of that is that with an exteriorization of oneself from the physical body, there will be the creation of a lot of movement in the physical universe, and actual confusion in people who don’t understand what’s going on with themselves and their body. And there is actually a unity being created with beings getting to know themselves and that which they really are. But the confusion comes from being separated from the physical universe and that being new to them as an experience. And...

B: And the focus upon time.

Q: Thank you. The focus upon time is part of the physical universe, and brings people back because that is like... the focus upon time is an old method of telling a being where he is. That’s like the one thing that he clings to, to orient himself.

B: All right. Very good.

Q: So he comes back to that and says, “When?” so he has a point of reference.

B: Very good!

Q: Thank you.
B: Understand that your understanding of that idea took place without time. You follow me? You simply understood; you knew. The feeling involved that you were perfectly oriented within the equality of the vibration of the idea we were discussing. You follow me?

Q: Thank you, yes. It feels wonderful.

B: Yes. Exciting.

Q: Very. Very much so.

B: Thank you. And understand then that that excitement, once again, is your physical signal that you are channeling equally the vibration of the idea in which you are immersed.

Q: Hmm. Yes, I felt that as well.

B: Therefore, understand that if you are channeling that vibration, that excitement of that idea, and you are, in your words, therefore in tune with that idea, then that idea becomes your reality – really without regard to having to pay attention to exactly when – since you feel it to be right now.

Again: it is the same idea as when you attempt to propose the idea of what you perceive to be purpose upon All That Is. Simply: All That Is does not need a purpose, since it already is, and comes before the idea of purpose, in your terms of before and after. Therefore the question of purpose, like the question of time, of “when,” simply is a separation from the initial knowing state of the Self that it is already right now. Thank you.

AUD: All right!

Q: Thank You.

B: Now, with regard to the idea of Orion energy, you will find that there are many ideas being undertaken at this time with respect to the idea of the fulfillment of your cycle and the integration of what you term to be positive and negative energy, so that you may make your transformation in a positive way this time. Rather than the negative choice that was made last time – so as to fulfill the completeness and the polarity of the cycle.

To a degree some of the ideas expressed within that work that you have mentioned, through the ideas you call Ra, will exemplify the acting out of being the valve which will channel both the positive and negative light. And allow them to be viewed in a way by your consciousness at this time, so that you may integrate the two in a way beneficial for the overall transformational energy now being expressed by your mass consciousness at this time. Question.
Q: I have a statement.
B: All right.

Q: This is a basic reality that I not only understand but I live, and it has to do with the economic situation that Steve was talking about. There are various ideas about what the economy does or doesn’t do – or is, or isn’t. And if you will look back on past history, you know those things…

B: Whose?
Q: Well I say, of this particular civilization.
B: All right.
Q: There have been times when the, quote, bottom, has fallen out and we’ve had depression. But during those times there have always, always been individuals whom it didn’t affect.

B: All right.
Q: And that will continue to be the case. The ones who…

B: You mean in a negative way, as you perceive it.
Q: Yes. But they didn’t lose anything.

B: Realize, no one does.

Q: Right. But it’s like the suffering of losing everything and having a depression didn’t ameliorate any need that they have.

B: All right. Understand something else, however: what you term to be depression, or losing everything – as you feel, reaching the bottom of your barrel – when you reach that idea, then you realize in the creation of that idea – having nothing left – all the way down at the bottom, nowhere to go, no way out – realize that that may be your first impression, but really when you arrive at that point, you have at that moment completely unlimited options, because every single option is equal and viable.

Q: Right, yes.
B: Do you follow me?

Q: Oh, I sure do.

B: And therefore there will be that analogy within those depressions, to emotional depression, where you withdraw within yourself to go where you know the answers must really be.

Q: Mhmm.

B: To allow yourself to reach that zero rest point where every option is equally valid. And then when you re-emerge, you are quite a different person, having realigned yourself to a completely new reality. One which you now have given yourself the opportunities, through the experiencing of that depression, to try. Because when you have reached that point, you finally realize the validity of: “Well, why not?”

Q: That’s a beautiful expression. I enjoyed that very much.

B: Yes. You have created a beautiful creative way to experience many ideas, which you initially judged to be negative. But again look at the results and where it has taken you.

Q: Right. But actually I really enjoyed that.

B: Thank you.

Q: What I was expressing didn’t particularly have something to do with that, although I loved what you said. What I was saying was that economists often get the idea that that particular scene of depression is going to affect everyone, but we can see that there are people who are not affected by that negative…

B: Yes. Each reality will always maintain its own reality.

Q: Right, yes. Does that mark then, the end and the beginning of a cycle, as you see it?

B: Within those individuals who choose to experience the reality of that cycle.

Q: Right.

B: Again: there will be many different cycles overlapping, even within your overall mass consciousness. And individuals may or may not feel the effects of a cycle as strongly as other individuals…

Q: Uh huh.
B: . . . because that is not their reality.

Q: Right. I have another question. Can you describe what it’s like when . . . you talked about being everywhere instantly, yet being completely fulfilled?

B: All right. Now, again realize that for the purpose of the feeling of your own creativity we may simply use the analogy to describe the effect of yourself at the zero rest point, of yourself as the creator. In the sense that as you create space and time, and therefore the idea of movement within space and time, then you have created the idea of what we may term to be infinite momentum. And as you are everywhere at once, being, having, infinite momentum, then you are also at the same time standing perfectly still – since you are already everywhere that you need to be.

Understand that to a degree, from time to time, there will be back and forth some physical effects emotionally within you that represent either of these two polar views of yourself. Within both you may simply always be assured that in the creation of these polar shiftings back and forth between the idea of very rapid momentum and pure peaceful stillness within yourself, that they are expressions both in their own way of a vast creativity with which you are channeling to create your reality. And as such, within every idea expressed as a polarity, you will always find yourself exactly at the center of that creation. Therefore always reminding you within your physicalness that you are always projecting from the center of yourself. And that in reality you never really go anywhere.

Q: Mhmm.
B: You follow me?
Q: Yes, I do. Thank you.
B: Thank you.
Preference and Judgment

Q: I have an incredible backache.
B: A what?
Q: A backache... a disc is out.
B: A disc is out?
Q: It’s slightly out.
B: All right.
Q: Now, if this is a result of karma, how do I get rid of it?
B: First of all, recognize that you do not get rid of anything, you integrate. Now, allow me to ask you a question... may I?
Q: Yes.
B: Thank you. How, if you were to treat this as a neutral situation, neutral, can you, by using your imagination, perceive in any way, shape or form how the situation could positively serve you? What comes into mind? All the different things you can think of through which this can be viewed as a positive opportunity?
Q: Ahhh... to take things slowly.
B: One, what else?
Q: To breathe... to breathe into the place where it hurts.
B: Two, what else?
Q: To allow whatever is causing the pain to come out.
B: By doing what?
Q: Just being open to it.
B: All right. Being vulnerable is being open to All That Is, it is not weakness, it is strength. Being open to All That Is is being connected to All That Is – that is infinite strength. Vulnerability is infinite strength. Now, may I ask you another question?
Q: Go ahead.
B: Oh, thank you. Thank you for allowing me to have such a good time. (AUD: laughter) In your imagination, if you felt that you were in fact right now completely and fully aligned, and allowing any and all levels of energy to move through you – any and all levels of energy – how would you feel about that? Truly, how would you feel about feeling your own infinite power?
Q: At best I can imagine it.
B: Yes?
Q: I think it would be wonderful.
B: Why?
Q: Because then I would be totally in touch with my own energy, with everything, with all the energy.
B: All right... may I ask you another question?
Q: Yes.
B: Thank you very much. In your estimation, in your terms of counting time, when do you think that might occur, roughly.
Q: (Pauses)
B: Ten years from now, before that, yes or no?
Q: (Pauses)
B: Ten years of your time... before that?
Q: I would hope that before...
B: Ah, ah, ah, ah, hope implies despair. Now, I am asking you to sense within yourself when you will know, beyond a shadow of a doubt, that you will have experienced enough time to experience that level of integration? Would ten years in your estimation be more than enough time? Six years?
Q: Right now.
B: Oh, you are ready right now? Are you sure?
Q: Yes.
B: All right! Then stand up... now, what is it, do you feel is the most exciting thing you could be doing in your life?
Q: Anything.
B: Anything at all. Do you have a preference?
Q: (Long pause)
B: Yes, no, maybe.
Q: As long as there’s variety.
B: Oh, there will always be that.
Q: Then there’s no preference.
B: No preference! Why not?
Q: What for?
B: All right. Then you’re saying that at any given moment, anything that you are doing is just fine with you, anything at all?
Q: (Pauses)
B: Including the situation with your back?
Q: Aahh...
B: Ah ha! (AUD: laughter)
Q: Not with the back.
B: Ah!
Q: When it comes to the physical...
B: Oh, here we go! (AUD: laughter) Every other level is fine as long as it has nothing to do with this level! Am I putting words in your mouth, or are you actually saying something else?
Q: Aahh...
B: Do not let me put words in your mouth. What do you mean to say?
Q: That this backache hurts... and I would feel much better if the pain wasn’t there.
B: I see.
Q: It would enable...
B: Where would you rather the pain was?
Q: Somewhere.
B: Somewhere?
Q: Out there.
B: Out there? There is no out there. You are a complete and total universe. There is nothing outside.
Q: Maybe we can transform this...
B: Ah! TRANSFORM THE PAIN! That is different. Now, pain is usually created because an individual in your society – and some other societies – are not willing to receive a message from another portion of themselves, and so they create a scenario that forces them to look at something, because they are not willing to allow the message to come more easily – because they will not pay attention to it when it does come more easily.
In your imagination, what do you imagine that having the pain tells you? What type of message do you think that you are sending yourself, so that you would have to create something like that in order for you to pay attention?
Q: (Pauses)
B: Is there a message there that you are willing to allow to come to you in some easier way? Will you accept it if it comes in an easier way?
Q: I would like to accept it.
B: All right. What do you imagine that the message might be? Just take a wild guess. Say the first thing that comes to you, do not think about it. It does not have to make sense.
Q: Get it. To “get it.”
B: Yes, yes, yes.
Q: To be more acceptive of what’s going on... to be more aware.
B: What is going on? What is it that you think you need to be more aware of?
Q: I don’t know! But if I had been more aware then this pain would not be here.
B: Not so, necessarily. Perhaps the pain is there only because you think you need to be more aware of something that isn’t there to be aware of. How does that idea strike you?
Q: I would like to sit down.
B: All right, would you like to lie down? How are you doing?
Q: It hurts but... is there a purpose for standing up?
B: I don’t know. You tell me. (AUD: laughter) I only made a suggestion.
Q: Oh!
B: You did not have to do it. (AUD: laughter)
Q: I’ll sit back down.
B: Oh, all right! In this way, what is it that you feel could be served by allowing yourself to create a situation wherein it stops you from doing certain things? And what are the certain things that you find that you cannot do with this situation?
Q: I can’t stand, I can’t run, I can’t be active.
B: You cannot be active?
Q: Well, running, physical movement.
B: Running. May I ask you a question?
Q: Yes, please do.
B: Since you do not have a preference of any particular thing to do, where would you be running to? And why, therefore, do you need to run, when exactly being where you are, you have said, is just fine with you?
Q: Aah... there are times during the day when I like to take a jog.
B: Oh.
Q: It helps to stretch out, it helps to move my energy around, it changes the gestalt. And I use it as a form of meditation also.
B: All right.
Q: And right now, because of this, I can’t do it.
B: What has it allowed you to do however?
Q: Aah... well, I swam today.
B: Ah! All right. How does that feel?
Q: Not as good as running.
B: Why not?
Q: Because... it is not the same thing.
B: Why not?
Q: (Pauses)
B: What is the difference between those two ideas for you?
Q: Running has a certain physical motion.
B: Yes. OH! Are you telling me that you actually have a preference?!
Q: (Softly) Yes.
B: Ah! So it does make a difference to you, what you do.
Q: Yes... it does.
B: All right. Then why not allow yourself to know that you do, in fact, have preferences. And the idea of being so very spiritual does not mean that you cannot prefer something. It does not mean that you have to be blasé about everything.

Being spiritual is not necessarily just sitting around going: “Oh well, if that happens that’s all right. Well, if that happens, that’s all right too.” (AUD: laughter) It is the equalizing of everything, in that knowing it is all right. But you, as a being, are a different being, are a differentiated being, by definition, than anyone else. Therefore, by definition, you have your preferences.

It is all right to have preferences. They are not judgments. Preferences are simply recognizing what is true for you and acting on it. A judgment is the invalidation of what you don’t prefer. But you can choose to prefer something without invalidating the equality of what you don’t choose.

It is all right for you to have preferences. It is all right for you to be more excited about one thing that something else. You do not have to feel that that is a judgment. Excitement is simply the recognition of your preference, of the path you chose to be, at any given moment. It is all right to prefer something, instead of something else. Do you follow me?
Q: Yes.

B: Now, perhaps, you will now have a reason to allow yourself to move. Because you will now allow certain ideas to be attracted into your life that are reflective of the preferences you truly do have that you have buried within you. Burying those preferences has simply immobilized you, because you are not acting upon anything specific that represents the path you chose to be. You are allowing the reality around you, the physical reality, to blend to the point of non-cognition, of non-differentiation. You are immobilizing your activity.

You are an active being, as a physical being. Let yourself know that you have preferences, and that you can act upon them. And acting upon them is not a judgment of what you do not act upon. It is simply the recognition of what is true for you.

Now, you also can avail yourself of the assistance of individuals around you, in the giving to you and the sharing of their energy, to allow you to heal yourself, in this way. For there are many individuals who have allowed themselves to be of service in ways that they are excited about and prefer, and some of that is, in your terms, the manipulation of the physical body. Do you follow me?
Q: Yes.
B: So, allow these individuals to assist you to assist yourself. And allow yourself to realign, so that the surge of energy that will travel up and down your spine between the polar opposites of your brain and the base of your spine will then have a reason for being there. Until you allow it to have a reason for being there, you will allow there to be a disconnection, because it has no purpose. Create a purpose for it, create a preference and know that you are excited about acting upon it, and then you will re-connect and plug yourself back into the universe. Including the physical one. All right?
Q: It seems that, by doing that you create desire, back inside of your...
B: What is wrong with desire?
Q: Well, you become attached to it.
B: Why?
Q: If one is desireous and they want something...
B: Desire is not coveting, do not confuse the two. Desiring something is not coveting. Desire is e-motion: energy motion. Now, you do not have to put expectation on a desire, you do not have to “rigidize” desire, you do not have to limit it. Simply recognize that desire is your conscious recognition, again, much like the idea of excitement. It is much the same energy. It is what you recognize yourself to be.

Are you attempting to become ego-less? For as long as you are physical, you will always have an ego. Because an ego’s job, fundamentally, is to keep you focused into the physical reality you chose to be born into. That is not to say that you have to allow negative ego to control your actions, but ego itself is simply your ability to exist as a physical being. It is what keeps you focused in physical reality. There is nothing negative about basic, fundamental ego, it is simply a conduit. It keeps you where you have chosen to be focused into – the general physical reality. As long as you are physical, as long as you are a personality construct, you will always have ego. Desire does not have to be expressed in a negative way. Simply do not limit it by imposing upon it a particular way in which the desire has to manifest. Do not make demands of your desire. Desire is emotion, it can be love, it can be the cognition of your own excitement and vibratory preference. That is all.

In this way, you do not have to become attached to things. They do not have to become attached to you. You simply recognize that with your desire you are allowing yourself to become the dream that you have. You are living your dream. Desire is dreaming. It is the giving in to your ecstasy, which is your birthright, which is what you are made of. Desire does not have to be the idea of envy, of jealousy. None of that – that is judgment. Do you follow me?
Q: Yes.
B: Does that assist you?
Q: Very much. Thank you.
B: Thank you. Pleasant dreams.
Preference and Moving Beyond Polarity

Q: The point came up in a previous question about the dual nature of personality. If I have two sides to my personality, one of them I like and one of them I don’t like...

B: One is positive; one is negative.

Q: Okay. But let’s say the negative side wants to eat too many twinkies, and he has all kinds of urges...

B: All right.

Q: If I don’t satisfy those urges, I feel discomfort. If, however, I do satisfy those urges, I feel remorse. How do you resolve this dualness of human personality?

B: By simply recognizing, first and foremost, that all polarity exists as one thing outside of the physical reality in your whole nature; and that you do not have to continue seeing yourself as a dichotomy. You do not have to continue to see yourself as a struggle against, or between, this and that.

But simply recognize that you have, at any given moment, free will or preference. If you recognize that the idea of the ingestion of those substances does not vibrate with the being that you prefer to be, then, if you act like that being, you will find you do not have the urge; because you are not of the vibration that would contain the idea to have the urge to eat this. Define yourself.

Q: Could that be called will power or...

B: Not will power; recognition, ceasing of judgment of yourself; ceasing of the belief; the changing of the belief that changing is difficult.

The changing of the belief that having the concept of what you would prefer to be is not the same thing as being it – when it is. The changing of the belief that having the concept still implies you have to do something to become the concept you have imagined, when imagining it is becoming the concept; believing that is what will make the change.

Q: So what is my so-called bad side showing me?

B: That you have the opportunity to prefer something else; and to recognize that as soon as you conceive of what that something else is, you’re it.

Q: So the concept I have of my so-called good side, which I prefer to be, is not really what I want to be; otherwise I would be it?

B: You are simply assuming that the concept itself, when you have it, is not being it. But it is. You are assuming that the concept of the good side – to have the concept is not being it.

But having the concept is being at the vibratory level of that good side. Otherwise you wouldn’t be able to conceive of it. Again, you have to be attuned to the program to hear it coming through the radio. So if you find that you have the ability to even conceive of what the so-called good side, or positive side, is all about, you are at that moment tuned to that frequency, or that notion could never have occurred to you.

Q: But why does this tremendous interference keep coming in...
B: Because you assume that when you conceive of it, it is not real. You assume that you have to do something special in order to make it real.

Q: To stay on the station you mean?

B: Yes. You are the one that is flipping the dial. When you have flipped the dial to the point where you can perceive what this so-called positive side is like, leave the dial there.

Q: What if I’m sitting there, and suddenly a twinkie switches on.

B: You are missing the point. The station that you will be tuned to does not advertise twinkies. So it will never occur to you. The urge won’t be there. Understand you are contradicting yourself.

Q: Yes. All right.

B: You are thinking that one being contains both of these urges. No. When you are the vibration of the positive side, you only contain what is relevant to that you. If you are finding yourselves experiencing the urges of the twinkie, you are no longer the other you; you are the you that can experience the urge of the twinkie.

Q: Yes. How do you hold that? I find it difficult to hold that.

B: That is your belief. To say…this is the concept, understand this: your statement, “I find it difficult to hold that,” is a belief. So it is its own reality. So that is what you get: a reality in which you are a being that finds it difficult to hold a concept.

Q: So you merely assume the viewpoint and…

B: Yes. Act like it. Assume that if you can conceive of it, at the moment of conception that is now, you are “born.” You give birth to that being. And that is the only being that exists.

Now understand: you may use the idea again that we have shared with some of you – the library analogy. As an integrated being, you have the ability to be cognizantly aware of – while still being the concept that you are – of all the other probable realities that exist, you can have the definition, “I know myself to be... while at the same time being aware of all of the other probable realities I know I am not.” You follow me?

Q: Yes.

B: Therefore, the idea of the analogy is if you are a library. You go into a library. You can read every book on the shelf: the one about twinkies, the one positive, the one negative. Only the one you make the conscious choice to check out of the library becomes your reality. Otherwise it is not a matter of having to fight against the urge.

You simply have the type of reality that says you can think about the idea that such a probable reality exists; but that’s not the idea you are. You know the library is there, but you didn’t check out that book.

Q: So the fixity of the human condition, as I see it to be fixed, I see that most people are…

B: What you consider to be the fixedness is something that you believe to be real. That is the only reason you experience the human condition as fixed – because of the definition that it is. You follow me?
Q: But what is... at what point do you go off the rails though?
B: Never.
Q: But.
B: Never.
Q: Let’s...
B: Never, never, never! Never.
Q: Okay.
B: You are never off your path, because you are never on a path. A path is what you are! You can’t be off yourself. You are not on a path; a path is what you are. You can’t be off yourself. Everything you do – everything, everything, is an opportunity to decide what you prefer. Everything. You can learn from everything.

Every situation is fundamentally neutral. Your attitude towards the neutral situation will determine the effect that you create in your life. The idea that you can have an urge to eat a twinkie is a neutral situation. It does not come with any power other that what you put into it. It is simply a string of words, if you wish to look at it that way. You empower it; you power it up.
Q: “Oh, yes. The concept of that – that concept “twinkie,” that creates urges that I cannot fight.”
B: You have just written the script and decided to act it out – by imposing definitions on to a fundamentally neutral series of props.
Q: What is the... how does birth and death fit into this concept though? Let’s say my next-door neighbor doesn’t have this urge, and he never has the urge, but I do have the urge.
B: So? Knowing that your next-door neighbor never has the urge is an indication for you of a reality that you can also choose for yourself. That may be why that neighbor is there, reflecting that reality to you. Perhaps you are reflecting the same thing back: that he can choose to have an urge if he wants to.
Q: ... make good neighbors here. But I guess my question really is: has it anything to do with a particular lifetime?
B: Only in the most general of senses. Certainly not with the degree of specificity of whether you eat a twinkie or not.
Q: No, well that’s a ridiculous example. But I just see people who...
B: It is not a ridiculous example. But in this way, simply the overall idea of any predestination is only expressed in physical life in the most general of terms. In other words, let us say, the idea of what you are discussing falls under the general category that you are predestined to explore – of self-empowerment, and the creation of what you prefer.
Q: I see.
B: So you are using twinkies as your prop. Somebody else will use alcohol; somebody else will use drugs; somebody else will use...
Q: Ice cream!
B: ... ice cream.

Q: Do you have dual personas yourselves? Dual personalities? Do you...
B: Because we have a degree of physical manifestation, then by definition we do express that portion of ourselves in some polarity. But in this way, it is a type of polarity that recognizes the validity of each other’s side, and so functions as a balanced unit.

Q: So as you go up the scale, you check – lose polarity?
B: In a sense, yes; polarity is only a third-density, fourth-density perspective of a wholeness that exists.

Q: I see. Okay. So you’re saying that individuals on the third or fourth density that have that experience of polarity, they’re experiencing positive and negative as if they were two sides of a coin?
B: Yes.

Q: But as we move on to the...
B: You only experience the coin, the idea of the oneness of the coin. And do not so much see it as two sides. But recognize that you need the whole coin in order to buy your twinkie.

Q: Both the positive and negative are in harmony?
B: Yes.

Q: Blended into one concept. Male, female: one thing. A soul is not both male and female; it is neither. It is one thing. It can express itself in that polarity in physical reality; but it is not that it becomes a blended thing, separated.

The male/female polarities simply only exist from a physiological reference point of view, and do not exist within the combined soul. The soul, to itself, is one thing – neither male nor female. One thing. You follow me?

Q: So you’re saying that neither negative nor positive...
B: The concept of negative and positive polarity is one of the defining terms of physical reality and only comes into existence as physical reality does – or as different levels that contain that idea – come into existence.

The idea of the unbroken oneness is not so much literally that it contains an actual side-by-side cohesive interaction with the polarities you experience; it is simply one thing that can create itself to become different things. For there are many different universes that express the unbroken wholeness of the soul when it chooses to differentiate itself in many other ways, other than the idea of simply positive and negative polarity.

Q: Like what?
B: This will really have no frame of reference for you. It almost does not have a frame of reference for us. Thank you.

Q: Thank you.
Preordained or Chosen
Q: What portion of our lives or our reality do we create prior to our birth, and what portion do we create?
B: Only the general ideas, the general ideas of exploration; the overall subjects, in general, are chosen before the physical life. All of the details as to how you will explore those generalities are chosen in physical life.
Q: Well, what about the idea of how we die, do we choose that as we go along?
B: In a sense, yes. The timing is chosen previously, but all of the details are up to you here, now.
Q: So the timing is that thirty-one years will be physical?
B: Yes.
Q: And then the idea of how we manifest our death, the situation is left up to us; whether it’s going to be by accident or an illness, whatever we need to experience... but that time is already, more or less, preordained.
B: Basically, but also it is not so much a matter of time, it is timing. So if you find that at thirty-one you have not completed your timing, it will not be so rigidly structured that you must die at thirty-one. If you find that at thirty-five it will complete the timing, you will live until thirty-five.
Q: And the timing had to do with?
B: Allowing yourself to FULLY become and having explored the experience you choose to be, whatever aspect of it you choose to explore.
Q: All right, thank you.
B: So does that answer your question?
Q: Yes.
B: Thank you.
Preparing for Ascension

Q: We’ve been told by a number of entities, at this point, that serve this planet, that we can prepare for ascension, is this true or not?

Bashar: Ascension is simply the recognition that you are accelerating your vibration. It does not necessarily mean you are going to leave the planet, although, in one context it obviously does. Because, as you become more fourth density, you literally leave behind the third density earth; which doesn’t cease to exist, it still exists in its own realm and everyone who wishes to remain in third density, for one reason or another, will do so. It’s just that those in fourth density, on the fourth density earth, will no longer interact or experience those in third density and vice versa. The ascension is a refinement of your energy, and to those in third density you will appear to have, in a sense, vanished or disappeared; but it is not the colloquial way that most individuals think of when they talk about everyone just vanishing from the face of the earth, as if there was only one earth to vanish from. Does that make sense?

It is similar also to the recognition that which many of the religious organizations on your planet talk about, the so-called, ‘second coming of Christ.’ Very often they do not understand that what that more literally means is simply the awaking of the Christ Consciousness within each and every individual; same idea, relatively speaking. Does that make sense?

Q: Thank you very much.

B: At this timing then, allow us, once again, to remind you that every thing is vibration, everything is resonance, everything is CONSCIOUSNESS, reflecting itself to itself. There are a VARIETY of ways in which this is experienced and EXPRESSED in all manner of dimensional universal realities, we have touched on a very thin slice here today; a thin slice you call home. It is your home and it is just as beautiful as any other reality. When you are in alignment with it you will see that it is so and you will have your heaven on earth. We thank you for your willingness to accelerate in that direction for that gives us the opportunity to play with you more often and this make us also very happy, not of course, that we are not happy to begin with.... laughter

We thank you for this golden opportunity and bid you all a fond, beautiful, delightful day.
Let us begin this transmission with a further description and explanation of something that we have discussed recently, in that our craft, that is mine personally, and three other craft from my civilization being positioned physically around your planet at this time, for the purpose of helping to assist, and adjusting the energy of your world as it changes within the collective consciousness. And in positioning ourselves at certain points around your planet, above your planet, helping to adjust that energy by acting like a focusing lens, to help smooth and balance the energies of the changes going on within the consciousness of your people at this time. But we are not the only ones doing this. The idea, first and foremost, in describing the positions of the crafts that belong to my society, in that they are triangular craft and they are positioned in a tetrahedral formation, can be more precisely described as follows.

We have already said that my craft specifically is positioned approximately, give or take, approximately 3,000 of your miles above your city of Cairo. Now, the idea is that sometimes individuals may have assumed that when we talked about the idea of my craft and three other craft forming a tetrahedral structure, they may have assumed that we were referring to the positions of our craft as if they were the apexes, the points, of the tetrahedron, but they are not. They are the centers of the sides, the four sides of the tetrahedral structure; in that each side is a triangle. But if you will extend each side of our physical craft outwards in energy, as if it were a larger triangle so that it reaches out in energy until it touches the projected energy sides of the other three craft, then you could see that your world is enclosed in an energy tetrahedron generated by certain frequencies of our ships.

So, it is like your spherical world is inside a clear energy tetrahedron, generated by our four craft. I am in, as we have said, the position above your city of Cairo, approximately what you would understand as your 30 degrees longitude and 30 degrees latitude. The other craft are in positions of, longitudinally 90 degrees west, which positions it just off the shores of the area of your planet you call Peru, and also 150 degrees east, which positions it in the ocean, above the ocean, underneath what you call your Asian area, and above what you call your Australian / New Zealand area, again positioned over the ocean. The fourth craft being positioned off the coast, by a few hundred miles, of what you call your Antarctica, again over the ocean. I am the only craft that is directly above land at this time. These are the positions that will allow us to form, relatively speaking, a regular tetrahedron structure.

Now, we are not the only ones. Beyond us there are other ships from other civilizations, forming other geometric energy forms, geometric energy shells around your planet, and this is what we are referring to in this opening transmission, the geometric energy shells generated around the Earth for the purpose of balancing, energizing, amplifying, assisting the changes going on in your world now, acting as a filtration system, an amplification system, a step-down and step-up system. The shell beyond us is formed by six craft from other civilizations forming a cube, and beyond that you have the octahedral with eight craft forming that. And beyond that you have other ideas of regular geometric solids such as
the two dodecahedral solids, thus, twelve craft generating twelve energy fields, forming two types of regular twelve sided solids, and twenty craft generating the icosahedral shell around your planet. And then, beyond that, beyond, beyond, there are more, generating more different kinds of shells; twenty shells in all. The final shell extends just beyond the orbit of your moon. Thus, we encompass and enclose your entire Earth/Moon system, to aid and assist in the balancing and regulating of energy. But only as we take your cues, in that sense, from your collective consciousness in helping regulate the changes going on now, and the changes coming up.

Do not ask me who the other craft belong to. I cannot tell you at this time. But suffice to say, it is allowed that I can tell you there are twenty shells of craft forming these twenty different kinds of energy shells. We are the innermost one, forming the tetrahedron. Below us, in that sense, there are other ships, but they do not form shells. They work with independent vortexes, vortices, on your planet, adjusting and regulating, but again, in accordance with the timing of your collective and individual consciousness. The tetrahedron we now form, the energy triangles that fan out from our ships, all four of the ships of my civilization, form a tetrahedron, that on each side would be approximately 36,000 miles, each triangle 36,000 miles on a side in order that your world is enclosed in a tetrahedron. The closest tangent to your planet being the four ships themselves, the closest point being about 3,000 miles up. This forms a tetrahedral structure that has triangles of 36,000 miles on a side.

When it comes time for our ships to touch down, to physically touch the surface of your world, as we close in, as the tetrahedron gets smaller and smaller and then just encloses your planet by touching it, that will form a tetrahedron with triangles of approximately 19,000 miles on a side; in fact, in actual fact, 19,500. There is the 19.5 again that many of you are familiar with. And this will represent, when we have touched down on the surface of your planet, in what you call the near future, on what you call the idea or time of contact.

All the shells will collapse, will close down as best they can, interpenetrating one another. Each shell having a touchdown point representative of the number of side in the shell. Therefore, our civilization will initially have four touchdown points. The next civilization will have six touchdown points. The next civilization will have eight touchdown points. The next civilization, two of them, will have twelve touchdown points each. The next beyond that, will have twenty touchdown points each and beyond, forming the different civilizational contacts that will appear, but not at the same time. Each will be representative of a higher energy hierarchy and each will manifest in due time, as each shell helps accelerate your planet up different and different vibrational levels of fourth density. You will then be able to interact with and view physically the different civilizations that are representative of the different inner shells, one at a time, one after the other, as you become acclimated to the different energy resonances that are represented by the different shells as they collapse and touch your planet tangentially.

We will talk more about this methodology of contact later, but this is one of the ways that we have used to help accelerate and balance the energy toward contact and the methodology and the unfoldment of
contact itself, with regard to the energy shell relationship and the energy of your world.
Preparing for Tau Ceti Interactions
Circa 1995

Q: Good day, how are you this evening?
B: Perfect, and you?
Q: Fine, nice to be in your presence again.
B: And yours as well.
Q: How is your society doing...
B: Perfect, thank you.
Q: It transitions into non-physicality?
B: It is transitioning ecstatically.
Q: Are there individuals that have already made the transition?
B: Yes.
Q: Do they represent, in a sense, your future selves?
B: Yes.
Q: And do you keep in communication with them?
B: Yes.
Q: Are you collectively, as a whole, in communication with the species that we have been discussing known as the Tau Cetians?
B: Yes.
Q: Is there a chance tonight that we could have them communicate to us?
B: It is not time.
Q: Not time? Could I ask a few more questions about their society?
B: You can ask.
Q: Okay. Do they have any rituals collectively like we have on earth?
B: They have a few similar in certain ways, not to the degree or depth that your rituals exist. They are more artistic than necessary, in that sense, as you understand that term.
Q: More like concerts and things like that?
B: Only as an analogy, yes, although they do have music.
Q: When they exist and co-habit in our atmosphere do they have to have any type of supplementation.
B: Only a very slight amount, and it would not be what you would recognize as an apparatus, but only something that they would, perhaps, ingest to alter their frequency.
Q: How do they handle the nitrous oxides in our atmosphere? Do their bodies transmute those toxins?
B: It will not affect them in a negative way with the alteration that they undertake. They, perhaps at first, will not necessarily be able to abide for long periods of time in your atmosphere, but in time they may adjust if they wish to.

Q: So for now we won’t see them interacting in a smoggy, polluted atmosphere?
B: There may be those that will eventually volunteer for what you would call a few hours at a time, with much augmentation.

Q: How long have they been here interacting with us?
B: They are not interacting with you in that way at all yet. They are only sending signals and information from where they are in their system.

Q: Oh, I see. So what is their basic agenda with us?
B: No comment... Q: No comment.
B: that we have already given you that they will be one of the first civilizations that your planet will consciously form an alliance and an association with.

Q: And are they descendents of Lyra?
B: No.
Q: No?
B: They are their own unto themselves. A whole other lineage altogether, ancient and true.

Q: Do they have lakes and oceans like we do?
B: Yes.
Q: So is their planet a blue planet that they’re from, or are they from different parts of their system?
B: Their world, again, is somewhat similar to your own – blue, where there is water, in that sense, green, where there is vegetation, in that sense, do you understand?

Q: Yes. Do they have one sun?
B: Yes, primarily.
Q: Are they primarily from one planet?
B: Yes. Although they have, what you would call, colonies on other worlds in their system.

Q: And to change the subject to our moon.
B: Your moon. Yes.
Q: Yes, our moon.
B: Yes.

Q: Supposedly there are deposits of helium 3 and they are imbedded in the ground.
B: There are many things locked into the lunar soil, many different kinds of elements that can be extracted or even the idea of gases released, yes.
Q: Is it feasible for our world to send some vehicles that have containment apparatuses to unlock that and bring it back to down to earth?
B: It would not be, in your terms, economically feasible for you at this time.
Q: You don’t see that as happening in the future?
B: It will be unnecessary. You will ultimately learn to develop travel of such a nature that that will be unnecessary.

Preparing for Tau Ceti Interactions
**Prime Radiant and Solar System Phenomena**

Q: Last session you talked about the Bose-Einstein Condensate, from the perspective of the Prime Radiant – what’s happening? Is it a condensation of energies, of vortexes?

B: Yes, it is a specific manifestation of certain overlapping frequencies within the Prime Radiant that distills out into a particular harmonic pitch, that causes a link and a bridge to be formed that brings together two things that heretofore would seem to be separated by a great distance but are then made to be seen as one and the same place.

Q: And what type of activity releases that frequency?

B: Many different kinds of realizations and activities can create that recognition. They are too numerous to mention. But in general you will find that it is the concept of, to put it into your colloquial terminology, the annihilation of time and space. The concept, as we have said in a nutshell, “that there is no reality – but that’s what reality is – that there is no reality.”

Q: And traveling back six million years ago...

B: So to speak.

Q: ... when the Martian atmosphere became uninhabitable...

B: Yes.

Q: ... was that caused by a meteor?

B: Yes, in a sense.

Q: That passed too close into the atmosphere?

B: Yes. Caused by the destruction of that planetary system that you recognize as being between your Mars and your Jupiter and the debris thereof scouring the atmosphere of that planet, and in your terminology, ripping away the atmosphere due to gravitational unbalancing.

Q: Planet K as it has been called.

B: In a sense, if you wish. Maldek if you wish. Many other names, if you wish. What you now deem to be your asteroid belt.

Q: And that was caused by the moon of Tiamat?

B: This was involved, but in a different timing. We will not go deeper into that at this time. But debris from that cataclysm is what is responsible for scouring clean the Martian atmosphere; and the two Martian moons are, in that sense, also remnant debris from that explosive cataclysm.

Q: Why are some of our comets now emitting X Rays?

B: There are certain comets that always have had the capability of appearing to emit X Rays. They do not in themselves emit X Rays, but you will find there is a phenomenology that exists, an interaction that exists, within the compression of certain elements within the comet as they are released and compressed at high rates of velocity within themselves which will, to some degree, emit weak X Rays.
that will be amplified by the number of molecular bombardments after the release and emission of those gases from the cometary body, as they impact each other in their compression of same.

Q: So it is more of a refraction or reflection of known X Rays that are already being emitted in the atmosphere?

B: In some senses, yes, but there is some generation within the release of the gases themselves on a small scale that is built up to a large scale. But then it forms, yes, a reflective and refractive surface that is exactly at the right pitch to reflect and refract many different kinds of X Rays and different kinds of Rays coming from different directional sources, yes.

They are like, in that sense then, little crystalline mirrors that are tuned to the right pitch to allow there to be a “bouncing off aura”, of X Rays seemingly coming from them.

Q: And Europa, one of the moons of Jupiter...

B: Yes.

Q: ...there has been suspicion of microbial life in a sea of ice.

B: Yes.

Q: Is that a correct analysis?

B: Yes.

Q: Okay. And there has also been mentioned a third form of life that has been found, I think it is called algaea, and it has been found deep within the earth’s surface and in volcanic venting where there is no sun or...

B: There are many different formats that still exist on your planet for the basis of what you would consider to be life – more than that.

Q: From your perspective how many forms of life are there? I know that you have talked about silicon and carbon forms...

B: Yes. There are also what you would consider to be etheric forms that have quasi-planar physicality to them that can, in your terms, dip into your physiological reality, to some degree, in a plasma state. There is in that sense, therefore, plasmic light as well, that can be consider to be existing within your reality, to some degree.

We find that in essence there are twelve bases of life on your planet, each connecting to a different harmonic. This will do.

Q: And the last area I would like to probe into is...I know you’ve mentioned the white orbs of light that have been seen and recognized near the crop circles.

B: Yes.

Q: Are these sometimes electromagnet side effects from the pressing in of the etheric template?

B: They are electromagnetic side effects of directed consciousness. They are in a sense compactions of etheric energy manipulated through conscious intent, thus creating the electromagnetic side effects of
light and a variety of other side effects that can be fine tuned and manipulated to allow there to be that alteration within the growing substances that carry the proper electro-conductivity current, such as the wheat.

Q: How are they related to the grapeshot?
B: They are related in the sense that sometimes a balancing polarization point is needed so that there can be the creation of the formation in ONE polarity. While the grapeshot functions as the balancing polarity, in much the same way as you have poles of a battery so that there is a grounded effect to the earth, so that it will not short out. For if this were not done in many cases the wheat would simply be charred.

Q: And what is the longest that they can be sustained in physicality?
B: It will depend upon many different kinds of conditions... one moment, we will check the records... you will find on average they will sustain approximately seven to fifteen minutes of your time. Though there are those that have from time to time gone longer, and most will be shorter. But the average will be what you call, seven, in that sense, to what you would consider fifteen minutes of your time.

Q: Thank you for your allowance.
B: At this time...
Prime Radiant

RJ: I recently discovered the idea know as tachyons.

B: Yes.

Q: Can you give us, from your perspective, the relationship of the breaking down of the different energies that are involved in this paradigm? The paradigm that I’ve been looking at has the tachyon at the 7th level and then it breaks it down into different segments from there, with the 8th being sort of an overall void; the idea of being out of the whole concept itself. Is there some kind of order of solidification that you can give us in the sense of energy, in the way...

B: Yes! This has again, directly to do with the relationship between the etheric level and what you call your physical / material level. This relationship, again, is a matter of degree, a matter of frequency, but it is all based on the concept of the Prime Radiant. You have heard us discuss the concept of the Prime Radiant?

Q: I’m not exactly sure what you mean by that.

B: All right. Prime Radiant is the understanding that everything, we’ll have to use the terminology that you understand in your language – particle, you understand, subatomic particle? Yes, you understand these terms?

Q: Yes.

B: It is not really a particle as you think of these things and your scientists know that. But to use the term just to illustrate the point, let us just speak of a Prime Particle, a subatomic particle out of which everything is made in physical/material reality. You follow me so far?

Q: Yes.

B: The idea of the Prime Radiant is that everything that you understand to be an infinite number of particles is actually the same one particle interacting with itself in the following way: just imagine now that you have one particle, just imagine it in your mind’s eye, just for the purpose of illustrating the point. Even though we understand this is not absolutely, literally representative of the reality, just now imagine one particle, one little tiny point, dot, if you wish. And, imagine that this particle can move at infinite speed. Now what this would mean is is that this particle, in being able to move at infinite speed, would be everywhere at once. It would not be perceived as moving, it would just be perceived as being EVERYWHERE.

But let us start with the idea that this particle really has no substance, in your terminology; it is not perceivable, per se, and can only be perceived by you in your physical reality when it reinforces itself by overlapping itself in the path that it takes, in moving in infinite speed and tracing a line of particular geometric pattern over and over and over and over again, with slight variation. Here and there it will cross itself, and as it crosses itself over and over again it will reinforce itself and thus appear to be more and more and more solid. The less it crosses itself the less solid it will appear. This gives rise to the idea of the very densest physical reality, where the particle crosses itself as many times as it possibly can,
through the higher more rarified etheric realms where it does not cross it’s own path that many times, to the void in space where it contains, what you call, virtual particles which simply come into existence briefly and flicker out. But you know that the void is contained and is full of many, many different potential particles, potential realities, potential dimensionalities and so forth, and then on up the scale. The idea simply is that this particle, in moving at infinite speed and being everywhere at once, means that it is interacting with itself. What you perceive to be this particle here, and that particle there, held together by an apparent force, be it a strong force or the electric force or gravity or whatever you which to call it, it is not really being held together by a force, it is not really being attracted to any thing. Gravitation, in that sense, is not an attracted force, there really are no forces, per se, as your society thinks of them.

As such the idea is that when this particle is moving at infinite speed, being everywhere at once, it appears next to itself a number of times and you think, from your perspective, that this is one particle, that is another particle, but it is the same particle interacting with itself, in a sense. And the force that apparently draws them together is simply the geometry of the path that it is taking in that this particle here and this particle there are simply representative of where the lines of that path cross each other, very close to each other. And thus, there is no other place that those particles can be at that moment but next to each other. But it is because of the description of the geometry of the path that they are taking, not because there is actually a force interacting between them. You follow me so far?

Q: Yes.

B: Now, the concept again of this applying to tachyon energy or what your society has labeled tachyons, is that simply in the entire array of geometric patterns that this one particle is taking, you have overlaps and arrays of different kinds of radiating pattern side effects. If you were to imagine a very complicated geometric pattern, you would see that there are many places that the lines cross over and over and over and over and over again, and where they cross as if you have, lets say a spiral going this way and a spiral going that way. You would see certain points where lines cross, and it would appear to your eye that there was a line being described by where those points cross, but it would be in your terms an illusion. You understand?

Q: Yes.

B: There would not really be a line there, but where the points cross, in the succession in which they cross, would give the semblance of the illusion of a path. One of those paths would be called the speed of light. One of those paths would be called the tachyon existence, the tachyon dimension, and all other dimensions and all other levels therein, all within the infinite speed of the Prime Radiant, the Prime Particle.

So it is simply a matter of degree and of tachyons representing the etheric manifestation, the almost mass-less manifestation on the other side of what you call the speed of light. Which is simply one of those lines describing the border of your particular physiological universe, the tachyon being the material of the etheric universe, so to speak. Not having been crystallized, not having been overlapping
enough in the geometric pattern to be physicalized, per se, but forming, nonetheless, the underling
template for physical reality where those lines all cross sufficiently. Thus going from the tachyon level
to the physical level, what you call physical matter, from etheric matter and all the other higher forms of
matter of the Prime Radiant, expressions of the Prime Radiant, of light, of energy and so on and so forth.

So all those ideas: light and energy, and matter and tachyons, and etheric reality are all different forms,
different expressions of the one Prime Radiant just by virtue of the fact of how many times it interacts or
reflects with itself. Does that make some sense to you?
Q: Yes, I understand the Prime Radiant now.
B: All right. Therefore, with regard to the way in which the tachyon concept is being utilized in your
society at this time, in that we take your meaning of certain kinds of products and so on and so forth that
are made to have associations with the concept of tachyon, understand that what is simply being done is
that your consciousness is being directed to the underlying template which is representative of the
tachyon level of the Prime Radiant. It isn’t that that material is actually infused, per se, with tachyons,
but that there is a level within all material that is the tachyon level, and when you attune your vibrational
thoughts to that level then you can extract a different kind of energy, a different kind of relationship, a
different kind of focus from that layer, that tachyon layer, which exists within all material objects.
Because it is more like the template level of the material object that you are holding in your hand, and it
is simply the idea of focusing on that level that makes it have the effect that it has, because you there are
changing your frequency to match its own. Does this make some sense to you?
Q: Yes. And, are there different material substances that can, let us say…
B: Represent the level or, perhaps, allow the concept to be transmitted more easily to your level.
Q: Transfused.
B: Yes, there are. There are, perhaps, certain kinds of variations of metals, one of the ones that actually
has one of the highest degrees of transferring tachyon energy is, surprising as this may seem, would be
the substance called amber. For understand that trees are very, very good at transforming tachyon energy
into physical matter, back and forth, they are transmuters of life and many different high levels of
energy. So there, sap, which solidified into what you now recognize as amber, contains a matrix that is
particularly receptive to the transformative use of etheric / tachyon energies into physical materiality
reception. You understand?
Q: Yes.
B: So amber is one of the strongest transducers, transmuters of tachyon energy into physical energy and
vice versa.
Q: And the Japanese are using a technology in which they use silicon beads.
B: Yes, silicon is another. The idea of your quartz crystals is also a very good transmuter of tachyon
energy. All right?
Q: OK.
B: Thank you.
Q: Thank you.
Q: Could you elaborate a little further on trees as a method of generating energy, or transmuting stuff from the etheric to the physical?
B: Look at your planet this way, if you would – it is in a sense a type of capacitor and if you understand the idea that it is a storage battery of energy, a giant storage battery of energy and a transmuter of energy from one form to another, to another form, so on and so forth. Understand that the trees are like antennas jutting out from the surface and they get very, very fine. And these are like receptors for higher levels of energies which are then drawn into, so to speak, are representative of the finer energies, the finer more rarified or less materialized levels of energy that then, bit by bit, are transmuted through the structure into the form of physical reality; and then given off by the trees, transmuted by the trees, into what you call oxygen, which is the Prime transmuter of your physical reality, your physical dimension. So it is a direct transformation of etheric energy into oxygen, into crystallization in that way. You understand?
Q: Yes.
B: Now you may see that the concept of carbon dioxide is involved, but this is only as a catalyst. This allows it to function as a gateway. This is why there is this apparent opposite kind of life form in physical reality, where you take in the idea of the oxygen and give off the carbon dioxide, while it takes in the carbon dioxide, gives off the oxygen. This exchange allows you to understand its role as the transmuter, so that all that needs to be sustained in physical reality can partake of the crystallization, so to speak, the physicalization of the etheric energy in the form called oxygen – so that you may sustain yourself in your physical dimension. It transcends that dimension, has a physical component, but trees extend literally into other dimensions, and act as bridges to transmute that rarified level of energy into more dense physical materialized energy, and vice versa. They can also be very good for transmuting dense physical energy into more rarified energy, thus they are very good at accelerating or uplifting your own vibration. So spending time with them, allowing them to, shall we say, rub off on you, will allow you to feel more transmutive yourself, more light, more energized and more in communion with the entire matrix of the whole concept of inter-dimensional transmutation. Make sense?
Q: Yes.
B: It will also allow you more opportunities to sustain yourselves directly, more directly from the etheric energy levels yourselves, in much the same way that the trees do. Although, not the same way but closer than you do, for you have that capacity.
Q: OK.
B: Does that help you?
Q: Yes, thank you.
PRINCESS DI’s Accident?
I’m glad that we are keeping the thread of this week’s event going and I would like to ask on behalf of everybody, a balancing for young King William tomorrow and for Prince Harry and also for Elton John who has rewritten....
B. This is already being done. But being that you have asked, it is already being given for all people on your planet who need it, in the way that they need it most. Such balancing is given freely from the hearts from all who wish to give, and so it is.
Q. Thank you very much.
B. Thank you all, for it is your doing.
Q. One thing that pleased me very much this week, in the midst of everybody’s sorrow, is how many people are writing....just this huge momentum of sincerity....
B. Yes.
Q. And the need to connect.
B. Yes, for that is what will connect you all. When a vacuum is created, you all are made to fill it.
Q. Also, the debate over the First Amendment.
B. Understood, we will not get into the details of this except to say that it has to do with integrity and where, in that sense, the borders and barriers to that idea really do exist.
Q. Is it the timing to take that short trip with me to the Santa Fe Baldy mountain.
B. Possibly so, coming up...not yet, but soon.
Q. Oh, I didn’t think it was that soon?
B. Not yet, but soon.
Q: I wanted to ask you what your people, your civilization feels about the reaction to Princess Diana’s Death.
B. Which reaction are you speaking of? There are many, many, many reactions and responses.
Q. The outpouring of love and coming together, yes.
B. All right, well we have to some degree already addressed that, have we not?
Q. Right, but I mean, my question was are they...
B. What way do you specifically mean it?
Q. Are they surprised?
B. Surprised? No, not at all.
Q. Okay
B. We know that you are on a path of integration, if not so we would not be having these conversations. Therefore, while we may be surprised in a sense by the specific way your planet might choose to go about doing something on the larger scale, we are not surprised by the kinds of things in general that
you do. Because we know that you are very clever, and we know that one way or another, through darkness or through light, you will arrive at the light in the center, one way or another. However it is that you need to do it, however it is you choose to do it, will be the way that works best for all of you, of that we have absolutely no doubt. Does that make sense and answer your question?

Q. Yes, that’s what I was wondering. Also, do you have people in your civilization who are personalities, or have had these strong personalities that lead you, like we do or are all of you so evolved that no one is more in tune....

B. Every single individual is, at this point in our evolution, absolutely equal in their impact and yet at the same time, every single individual knocks everyone of us out. Do you understand how both can be true simultaneously?

Q. Yes, but I....

B. Yes, but, that usually means no.

Q. Well, no, what I mean is do you have leaders like we ... these women were?

B: Yes, every single individual is a leader and a follower and a do-er and a be-er, every single individual. There can be patterns that will occur in the collective when, for one reason or another, the outward appearance of someone being more focused on than the others might occur for some reason. But in no way, shape or form at any time does that outward focus take the same meaning that it does on your planet, in the sense that no one else in any way shape or form and not for a second would believe that that outward focus or that apparent focus of that single individual means that they are somehow better than or more capable than anyone else, in being in that position. It’s simply seen as the synchronicity that serves us all, that someone is, perhaps, standing out from the crowd at any given moment but we never lose sight of the whole crowd holographically. Nor do we ever lose sight that every single individual contains exactly the same energy and the same impact and the same ability to be the focal point for everyone. Make sense?

Q. Yes.

B. Does that answer the question?

Q. Yes, also I wanted to ask you, regarding the monarchy, at what point will we see that make a shift ?

B. At the point were every single one of you acknowledges your king-hood and queen- hood within your own selves. Do you understand?

Q. Yes.

B. You are all royalty and you are all commoners and when everyone understands that energetically there will be no real reason, except for the kind of synchronous play acting that we have already described, there will be no real reason to actually physically differentiate that on your planet, because everyone will be a king and a queen in their own right. Everyone will be equal to everyone else. Does that make sense to you?

Q. Yes, yes it does.
B. But, in that equality, we are not talking about homogeneousness. Unity is the product of the strengthening of the infinite diversity of each individual. It is like unto the analogy we have used many times, what you call the puzzle picture game. You have puzzles on your planet that when you put all the pieces together form a large picture. The only reason you get the large picture is because each and every puzzle piece has a unique shape. If you try to conform the puzzle pieces you won’t get the same picture, you will not create the whole unity. The unity comes from each puzzle piece being granted validity as the unique shape in which it was created and allowed to be what it needs to be and fit where it needs to fit. That’s the only way you get the whole picture that then supports all of the validity of all the pieces. Make sense?
Q. Yes I like that.
B. That is what we are talking about. Does that make sense to you then?
Q. Yes
B. Does that help you then?
Q. It does. There have been some people whom have said that, perhaps, it was not an accident?
B. If you are talking the idea of conspiracy, this is false.
Q. Right, okay.
B. It is timing, and purely timing and it is not, in that sense, what falls into the typical idea on your planet of conspiratorial action, no. Does that help you?
Q. Okay, yes.
B. Thank you
Priorities

Q: Six years ago, a very good friend of mine was told that the laser would be a matter of years before it could be used for this pigmentation that her child...all the moles on her back had formed at birth, so that the back is completely black. Six years have gone by and the laser isn’t perfected up to that point so they can get rid of this pigmentation. How many more years do you think we’re going to have before we get this technology? Where are our scientists in being able to use the laser with cancer and moles and...

B: Again, this could change.

Q: Yes.

B: For what we perceive to be your priorities in your civilization are always changing. It is not that the technology does not exist.

Q: Then why don’t we have it yet?

B: Priorities. You simply have not applied the technology you have in that specific direction. You have applied it in other ways that you feel to be more necessary.

Q: So how much longer do you think it’s going be?

B: With that specific application it can be within what you call, two to three of your years. One moment...our perception is that there is information you and/or your friend can attract to yourselves that will allow you to recognize where and what state the technology already is in, for yourselves.

Q: Um, interesting, because I do have some connections in...it is not at the Mayo clinic is it?

B: You will find something there that will lead you; but we find that the primary connection will be elsewhere.

Q: You’re not able to tell me at this point?

B: The name that presents itself is, what you call, your laboratories...Sandia.

Q: Where is that?

Q2: New Mexico.

Q: Oh, thanks.

B: Thank you.
Prism Of Consciousness

B: Do remember this – and this also may assist you greatly when you allow it to sink into whatever portion of you it needs to sink into. And do not think you are not getting this; you are getting it on whatever level you need to. Relax within yourself.

But do remember this: any of the ideas of what many people in your civilization believe to be entrapment: “I’m stuck here; I’m stuck there,” is because you have been taught to believe that consciousness exists in the body.

It doesn’t. The body exists within your consciousness. There is a vast difference in the realization of those two definitions. Ponder that while you all enjoy a short break.

———–Break———–

All right. Ponder that for a moment, then, if you will: that consciousness does not exist in your body; but that your body exists within the consciousness that you are.

The idea, therefore, is very, very unlimiting – very expansive. For you can recognize that what you colloquially think of as your body is but one focal point within the combined idea of the consciousness that you are – out of which is created all the physical reality you experience.

In this way, you can allow yourself to know you have much more mobility, in that sense, because you can always allow yourself to diversify your focus, disperse your point of view, broaden and expand the way you look at yourself; the way you look through yourself, the way you look through the idea of yourself that is expressed in body terms.

The body is immersed in the collective consciousness that you are. The body functions much like an anchor point for the prism that allows the white light of your consciousness to channel through, to funnel through that prism, and become the specialized spectrum of light – the differentiated spectrum of light – that creates the differences you see in physical reality. The prism is formed, as many three-sided things are, from the three ideas you call belief, emotion and thought.

Belief, emotion and thought form the ego structure that allows you to maintain in physical reality, to function as a physicalized form of your consciousness – or a physicalized representation of your consciousness.

Your personality as a physical being – your persona – is not literally who or what you are directly, nor totally, in that sense. It is, in a sense, an artificial construct; it is a representative of a particular idea that your consciousness is being, as an expression of physical reality.

So as that prism, as that cornerstone that you create your persona to be, you allow the white light, the homogenous oneness of your consciousness, to become focused into and through that prism,
and display itself as the spectrum of differences that you perceive physical reality to be. It is simply one way of expressing yourself. And you do it because it is one way you can express yourself – because it is one of the ways that you can express yourself in creation, as an aspect of creation.

Remember this: each and every being in creation is simply all the different ways that Infinite Creation has of expressing itself as the creation that it is. But everything that takes place, takes place within the idea of the consciousness that you are.

Out of the consciousness that you are is created all experiences, so that any fragment that you create yourself to be may interact with, or interact as, to put it more literally. Any experience you are having is not happening to you, it is you happening as that experience. It is you interacting as the event of the experience. It is your consciousness intersecting the idea, recognizing itself, knowing itself as that particular event, or that particular experience.

You cause an intersection to take place between the self and the ability to reflect the self to the self. Self… awareness, in that way, is what creates all the experiences you have. It is, in and of itself, the ability – Self-awareness is, in and of itself, the ability to create experience in a seemingly – I’ll say seemingly – objectified manner. For there is no true objectivity; everything is a subjective experience. Objectivity is a tool; it is an attitude you can use to allow yourself to bring clear insight to many of the meanings of the experiences that you are, subjectively.

By the way, allow us to interject at this time that what many of you refer to – not that we care whether you use this or not – but what many of you refer to in any given situation as skepticism is usually thought in your society, to be a display of objectivity. Skepticism is not objectivism; skepticism is an already inherent belief and bias in a particular direction.

Contrary to what many of you think, skepticism is not what you typically call a true scientific trait. Objectivity is. Skepticism is a bias, and therefore it is an emotional trait, in that sense, and not truly what you would call scientific, even in your own terms.

However, recognize that all points of view are valid, since they allow the individual to determine the experience that they are being. And therefore allowing them to determine what experience they would prefer to be, if they find that they are creating themselves to be an experience they don’t prefer. Or what experience they would reinforce if they find they are being an experience they do prefer.

But remember it can – as it did for us in our civilization – make a profound difference, in your recognition of your ability to create the reality you desire, if you will remember that consciousness does not exist in the body; the body exists in the consciousness that you are. And everything is malleable, and the things that seem solid are the things you believe are solid.
And only the belief makes them solid. Only the belief. Everything is energy; everything is malleable; everything is you – expressing the unique facet that you are of Infinite Creation.

Q: Does that mean that if I believed that this concrete were liquid, that I could slip down through it as if it were a . . .

B: Yes. And you will find that there are individuals upon your planet who are beginning to exhibit such traits. For example, what you call levitation; what you call bilocation; what you call teleportation. You follow me?

Q: Yes.

B: All of these are examples that you truly are the reality you create. And that when you rearrange the definitions, then the reality will also rearrange itself — instantly. It is only because you have been taught, and only because it has been truly ingrained within your thought structure that physical reality — as you have been taught to believe reality is — is the only way reality can be, that you very often do bang into a wall when you walk towards it.

Because you have been taught to believe... because you have been taught to believe you need to believe that it is solid. It has served you to believe so in the past. But now that you are beginning to awaken to the fact that physical reality is only what you make it, now you can play around a little bit more freely with it — because you now know you are in control of it. You follow me?

Q: Yes. You made me think of an example I heard about at Stanford Research.

B: All right.

Q: They were playing with psychogenetic experiences of mind over matter. And they found that when they set up an experience that people were very familiar with — for instance, levitating a table in front of them — they had a great deal of difficulty. But something they knew only a little bit about, like moving a laser beam inside of a vacuum, they had a great deal more success.

B: Yes, because there is no expectation in the way. Quote/unquote: Everybody knows you can’t raise a table by levitation. But almost no one in your society knows what is possible or not possible with a laser beam. You follow me?

Q2: Yes. What would be a good way to re-sculpture one’s belief systems?

B: By getting in touch with what it is to begin with, and then redefining.

Q: Okay, so if you wanted to practice levitation, you would just . . .

B: One very appropriate way would be that if you do know — as we have discussed — an individual who already does it, go and be in that environment and mimic what they do. Because you can identify with them and create the same pattern that they create in their life, in your life. And then you will act the same way and have the same results. Do you follow me?

Q: Yes, I do. If such an individual isn’t immediately available, what would be the next best way to manliest . . .
B: You can attract one to yourself, if you feel you need it. And you can always use your imagination and attract to yourself whatever information you need to allow you to become such an individual.

We would recommend that a great deal of breathing in silent centering – breathing in deep and rhythmic patterns – will infuse your body with a type of crystalline energy that will allow you to arrive at the center point of balance, from which point anything is possible.

Q: I understand, but . . .

B: You will then, quote/unquote, lose your fix, on the reality you think of all the time and begin to accept more postulates from other realities. You follow me?

Q: Yes, I really do. Thank you very much.

B: Thank you. Sharing!
Private
9-12-98

Bashar: How do you say, good day to you this day of your time, how are you?

Q: Great!

B: Alright. First of all, once again we thank you very much for this interaction, for this bridge, for this interface. For your willingness to allow our world to experience an expansion of a perception of All That Is, through these interactions with each and every single one of you. We thank you. We would like to begin this exchange by saying, things change. We have talked about the fourth law – Change is the only constant. Everything changes, except the first three laws of course, but we won’t go into that right now. Things change. You have noticed more and more changes taking place within yourselves, within your community, in your reality, as we have discussed these past fifteen orbits. That there would be more acceleration of change in certain directions and many of these you have begun to see.

We would want to at this time express upon you that as you change so does your experience. As you change your relationship with All That Is so then does your experience of All That Is. Many people upon your planet have and still are allowing themselves to lock into the idea of fear with regard to changes, and expressing these ideas as catastrophe, upheaval, calamity. However, many people are now also realizing that as you change so does the way in which you experience transformation, and while you can still observe that many places upon your planet may be experiencing certain kinds of stresses, certain kinds of upheaval, certain kinds of difficulties – you are, perhaps you, just beginning to get an inkling that some of the great, sweeping, world-transforming changes that have been predicted for a long time – you are beginning to get an inkling that either some of these may no longer happen in the way they were originally predicted, or, may simply be more gradual than you first thought.

For as you smooth out your ability to change, as you get used to the idea that change is your friend, as you are more willing to use change in a positive, constructive way, as you are more willing to invite change without fear then the changes that are reflected in your outer reality can also be, likewise, smoother, more gradual, more handable. As an example of this, many of you will recall that one of your strong, famous, seers, visionaries, or what you may like to term, psychics – that individual you knew as Edgar Cayce – many of you have read what you term his prophecies, his predictions as he gave them from his sleep-like state, or his trance-like state and many discussions have been had and many remarks have been made upon his prophecies and predictions of, catastrophic change, global change, earthquakes, weather, pole-shifts forth. It is now interesting, very interesting to note that there is a new book that has now emerged about many of these prophecies from Edgar Cayce being discussed in a new light by individuals who have gone back through the archives of his predictions – examined them in more detail – and it is now beginning to be discovered, or perhaps more precisely, it is now beginning to be discussed that some of these prophecies and predictions actually said that many of these changes that were first thought to be taking place in abrupt and catastrophic ways could in fact actually be, gradual.

It is interesting to note that it took more than fifty of your years to somehow put this into print. That
many of his predictions said that the changes could be gradual, instead of catastrophic and instantaneous. But this is of course nothing but a reflection of your willingness now to believe that it is possible to experience the transformation going on in a different way. And so of course now you get the reflection that says, “Oh well, yes, he said this”, even though you could have found that out fifty years ago. But it didn’t get printed that way. Only the ideas of the instantaneous catastrophes were printed. No discussion was had about the gradualness that was possible but now, now, now those re-examinations are beginning to understand that he did say, close to the end of his life that many such things were possible to be experienced in a gradual way, over long periods of time. Based on the changes taking place within the consciousness of the world.

This is, now that it is in print, a good sign that you yourselves have changed. That you yourselves are more ready and more willing to accept responsibility, relationship with All That Is, in such a manner as to know that reality happens through you not to you. And your eyes are opening wider and you are once again reclaiming your childhood, your children, inside your energy, playful, imaginative energy – to know that the world is what you make of it, reality is what you make of it, based on how you value yourself. And, based on your willingness to accept All That Is in all its forms and in so doing, to then have more of a co-creatorship with the form that it then will take from that point forward.

And so, in noting this, we extend to each of you our congratulations – and to all those in your world, our congratulations, for being willing to begin to accept more of yourself. For being willing to begin to love more of yourself. For being willing to be more of yourself. For this, as we have always said, makes all the difference in your world. And so we thank you.

We may, if you now so desire, begin with sharing. What is it your imagination would like to discuss this day?
Bashar: Channeled
By Darryl Anka
From "You Are an Eternal Being"
3-12-97
Process and Change
Q: I’m happy that I don’t need to drink alcohol any more, nothing of this kind.
B: All right.
Q: And ... I still smoke.
B: Yes?
Q: What Bashar is it, that I can’t ... me personally, what is it I am trying to hide ... I’m trying to hang on to, that I can’t give up?
B: It is simply a matter of rearranging your definitions about this particular circumstance. First of all, of course, don’t judge it, you cannot change something that you judge, in that sense. Yes, you have to own it, yes, you have to acknowledge it, and you are honestly doing that. You recognize that it may be a preference, that this is something you would like to change, but on the other hand, if you still do it, then actually what you have to really realize is that you actually don’t want to change it. Which means that you don’t have a definition that would allow you to have a motivation to choose to change it. You, in some senses, don’t want to change it, because somehow you have a definition that says you are still getting something out of it you can get no other way. You follow?
Q: Yes.
B: So, you are motivated to continue to choose to do that thing, and the motivation would have to come from your definition of circumstances in your life, and that particular idea that allows you to believe that, for some reason, it is still the thing to choose. So, the fundamental question for anything that you think you want to change but are not changing is, how does it actually serve you, in your mind? What do you think you’re getting out of continuing to do it? Because obviously you do nothing without being motivated to do it, and the motivation would interpret itself as – you obviously believe somehow that it is getting you somewhere, giving you something that you can’t get in some other way.
Q: Hmm.
B: So, how do you think, in that sense, it is working for you to keep choosing to do that? What do you think you’re getting out of continuing to choose that particular behavior? No judgment on it.
Q: Yes, no judgment, and I have to concentrate on that, of course, yes.
B: Oh all right, if you wish. But that’s the question to ask yourself ... what am I getting out of it? Because then you will understand that you have a definition that says that continuing to choose that behavior is somehow more pleasurable and less painful than choosing the idea of stopping. You understand?
Q: That’s true!
B: Well? Then that’s it ... as soon as you can rearrange your definition and understand how not doing it is more pleasurable and less painful than doing it, you will be instantly motivated to not do it anymore.
Q: On the process though, of going...
B: Aha, aha, ah ... you can create a process if you want to, I will not take that away from you, and I will not judge it. Any process you decide is necessary is a beautiful creation in its own right. But I am simply reminding you that process, in and of itself ... not invalidating it, is simply the amount of time, for whatever reason that you create, that you think it needs to take before you’ll actually finally allow yourself to see the obvious ... that’s what process is. It’s the time you think you need before you will give yourself permission to be who you are, that’s all it is. So if you want to go through a process, by all means do so, but recognize that that’s what you’re doing ... is you’re simply taking time, because, for some reason, you are not yet ready to give yourself permission to be who you really want to be.
Q: Hmm.
B: That’s the only reason that process exists.
Q: That’s the only reason...
B: Process isn’t the thing that actually gets you to change. Process is the thing that keeps you from changing long enough, until you finally give yourself permission to change, and then you stop the process and change. Change does not require a process ... a process is something that gives you time to believe you are ready and comfortable to make a change. No process actually helps you make the change, per se, literally. You follow? Except in giving you time to believe you are ready to do so. But, mechanically speaking, process doesn’t help you make a change. You follow?
Q: Yes.
B: All right, so think about that, if you wish.
Q: Thank you very much.
Bashar
Channeled by
Darryl Anka
from "Opening the Floodgates of Creativity"
1-31-97
“Profundity in Simplicity”
(Bashar is discussing a dream interpretation with a person who keeps
assuming that the message must be complex, and therefore hard
to understand.)
B: You see, you are making this too complicated for yourself.
Q: Okay.
B: What does it just say to you, simply? What is the simplest possible explanation you can imagine for
this vision?
Q: Okay, the simplest thing I can imagine, I guess, is that I have control over the vibration of the Earth
that I reside in?
B: Oh no, really? (Laughter)
Q: Okay, that’s it?
B: My goodness, what an insight! Can it be that simple?
Q: I don’t know... (laughing) ... can it?
B: Yes.
Q: Is that it, there’s no more to it than that?
B: Why do you think there needs to be more? You see, this is the question. You are looking for
profundity in complexity, instead of in simplicity.
Q: Yes.
B: You understand? What you are actually saying is that ... that which is simple, is not profound.
Q: Okay, right ... right.
B: You have been trained to think that the only profundity is in complication, and that’s why you murk
things up, because you are looking for profundity.
Q: Right.
B: But you have profundity in the simplicity, you understand?
Q: Yes.
B: What could be clearer? You are recognizing that vibration is all there is, that the pitch of the vibration
determines the reality. That you have the ability to determine what the vibration is, and you will get the
result based on the vibrational pitch that you determine is what you prefer. What could be easier and simpler as an instruction in a dream, than that?

Q: Well, the way you put that just seems so clear and easy.
B: But it is clear and easy.
Q: Yes.
B: You just don’t believe it.
Q: I guess that’s true.
B: So what do you get out of not believing it? What we have already said – you have been trained to think that the idea of profundity and importance has to come with complication.
Q: I don’t want to see myself as being simplistic, I guess.
B: Thank you.
Q: That’s the fear I have.
B: Thank you. You have been trained of course therefore, conversely, to think, in that complexity is important, simplicity is containing nothing.
Q: Right.
B: And therefore as you say, you are afraid to be taken as simplistic.
Q: Right.
B: But it’s not simplistic ... it’s simplicity.
Q: There’s beauty in simplicity.
B: Absolutely.
Q: I know that.

B: The universe is complex, but it does not need to be complicated. All the complexity, the richness, the diversity, stems from simplicity. In order for the universe to have the degree of complexity and richness that it has, it has to be based on simplicity. If it really were based on complexity or complication, it would be impossible to exist in the way that it does. The idea of all the richness is the result, is the product of a few, few, very simple principles. Were it not the case, it would be too unwieldy to support itself, and it would collapse under its own weight, so to speak. So, in simplicity there is profundity and importance. Doesn’t matter how complex the simplicity can present itself, look to the underlying simplicity to understand what something is constructed of, and you will know that you already know what you need to know, instead of making it complicated. Does that make sense to you?
Q: Okay, yes.
**Projected Illusions**

Q: The subject of awareness...
B: Yes.

Q: aware-ing be more properly describing that action; awareness not as a condition, but as an action?
B: In a sense.

Q: It is like sweeping across and putting a perception, or aware-ing, would be more descriptive of what is really going on there.
B: How about simply being?

Q: Okay. You mean in place of that or synonymous to that?
B: Yes.

Q: Okay. Secondly: this dimension of self...
B: Yes.

Q: ...I've looked at that area and when I got back with some feedback there were twelve...I guess it is agreed that there are twelve levels of self, but then I noticed that they're all objective, it's all out there. Do you concur with that?
B: It is all subjectively created to appear objective.

Q: Okay. It is a funny subject because no matter where I look, I'm not there. You understand what I'm saying?
B: You are always here. But the idea of creating or creating the illusion, the ability to create the illusion of a here and a there is one of the definitions of third density, the physical reality that you are in. The ability to create the illusion of an objectified universe is what gives you the opportunity to forget that you have created it, so you can play the game of being limited.

Q: Okay. All right, that doesn’t quite do it for me. Let me see if I can get this...
B: All right.

Q: ...it is real simple...
B: Okay.

Q: ...it's just I haven't got the simplicity of it yet.
B: Okay.

Q: Um, referring to myself, where I originate in my awareness of myself...
B: Where you originate?
Q: Well, this is the thing; it is not really awareness. I’m talking about an area without space and time.
B: Yes.
Q: So, um...
B: You are. That is it.
Q: Yeah, but what about these other selves: upper-self, lower-self...
B: They are projected illusions of seeming objectivity.
Q: Okay. Thank you.
B: Thank you.
Projection And Openness In Communication

Q: Previously we explored the idea that our physical environment around us was a projection, whereby the light of our consciousness shined through the ideas and agreement patterns that we had... 
B: Yes.
Q: ...and projected into existence the environment.
B: Yes.
Q: Much in the same way that our movie projectors project through film. Tonight you touched on the concept of energies that were transmitted through our physical bodies that could also alter the physical environment.
B: Yes.
Q: Is our consciousness and our body the projected viewpoint in which these energies are being translated through the body and thereby...
B: In a sense.
Q: ...environment?
B: Yes, now do remember and recognize that we are utilizing colloquial terms in your language. The idea, of course, is that you actually are the event you are experiencing. And even the idea of projecting the energy out is, in and of itself, an illusion.
Q: So you’re looking at a linear concept based on...
B: Yes.
Q: Okay. That linear... good. That ends that one.
Another question – a completely different subject. A friend of mine has fallen in love and has a great desire and excitement and love for a woman who is married and has two children. And he’s married and he’s with another’s wife, and they have two children. And he wishes to bring this about... he’s concerned with the fact that the – because of our cultural structural – the invitations will invite the other people to create misery, unhappiness, dissension, these sorts of things. And I would like if you would simply reflect...
B: Our suggestion would be the openness and honesty of communication between all individuals concerned. Sharing the feelings, sharing the attractions, and allowing all individuals to recognize that if they are connected to each other, then the connection of one of those individuals to another individual in another group that is connected to itself, is a reflection of the idea that perhaps all of those individuals are more closely connected than they think.
If it is an opportunity for everyone to be, as you say, out in the open with their feelings, and share and know and trust that they can get reflections from each other without feeling threatened, without feeling cheated upon or chastised in that way, then perhaps they can all learn much about their individual
abilities for the expression of unconditional love to each other. And can explore the idea of the boundaries that your society has set, and perhaps allow them – in whatever way will maintain everyone’s integrity – to dissolve.

Q: That’s lovely.
B: For when certain ideas like that sometimes are explored, you may find that the initial inclination – or what you think is the initial inclination – may not be what follows through. It may simply be for the purpose of allowing certain forms of communication to open up. And once those communications have been opened up, the original intentions may no longer be necessary.

Q: Yes. And one of the individuals involved is holding to a consideration that her love for the individual is somehow a betrayal of her friend – who is the individual’s wife.
B: Once again: if there is the openness of communication and integrity within all individuals, then there can be a sharing and a deepening of understanding and a deepening of the love, that more often that not, anything that you call difficulty in relationships usually stems from what is not said rather than what is said.

Q: Yes, that’s very classic. Actually one of the individuals that this person subscribes to, claims – or puts out the concept that – undelivered communications was the prime source of their present time problems.
B: Yes.
Q: Thank you.
B: Thank you.
3
**Projections of Consciousness**

Q: Is it possible that we might have a communication from Arcturus tonight?
B: In dreamtime.
Q: Thank you.
B: Particularly within each and every one of you who creates the manifestation of the portion of yourself that you call the child.
Q: Can you tell me how, on your planet, you take care of the raising of the young?
B: In this way you will find that, first of all, we are in communication with the consciousness before it is born, during birth, and after birth; and in this way you will find that we are always in touch with the understanding of why that individual has chosen to manifest within our society to begin with. Therefore, any raising that is done is only an orientation process into the dimension that that consciousness has projected itself, approximately up to what you would call three years of age – then they are on their own for the most part.
Q: Do they reach full, what we would consider adult height?
B: No. But in this way, at what you call three, they have developed the idea of the ability of interaction necessary within our society to simply attract themselves to wherever they need to attract themselves, to learn what they need to learn.
Q: Umm. Thank you. Fascinating. In your society do you travel through physical space?
B: In a sense. We do have a type of physicalness that you would call fourth density.
Q: When you come to visit us do you travel through space to here, or do you just appear here?
B: Now, the idea of the communication you are perceiving this night of your time is not “traveling” in the usual sense in this way. I have not come to your sphere, except by the projection of my mentality, my consciousness in that way.
The idea of traveling in what you would call our spacecraft also is not exactly traveling as you understand it; and the idea is not necessary for us to travel in this way, for this type of communication to take place. The idea of consciousness takes place above, so to speak, time and space. Therefore, any connection of this sort needs only the belief and the trust and the faith within the mechanism of the dimension of the imagination, to occur.
Now, this is part and parcel of how spacecraft work as well, since they are also only projections of consciousness like anything else in the physical universe. But, in the way that many times we have the distinction of communicating with you this way, I am in my spacecraft in my own system, not in your
system. Or I have the opportunity, in this way, of moving, as you would say, my spacecraft to your system and interacting with you that way. Do you follow me?

Q: Yes. When... when you do come in your spacecraft, can you exist in our atmosphere?

B: Yes. For there will have been the slight vibrational shift necessary to exist in your frame of reference at all. You would find that with a similar slight shift in the other direction, you would be able to survive in our planetary atmosphere as well. It is not dissimilar.

Q: Physically?

B: Yes. Recognize that when you travel in our spacecraft, you automatically, almost unconsciously, would make a shift you do not think you are making. You are adapted during the journey. Because the idea is that, to exist in our civilization, to even be able to perceive any other civilization of any other planet, you have to change the vibrational frequency of your consciousness anyway.

Q: Wow.

B: Doing so can allow you to adapt to the existence of that civilization.

Q: If it is necessary to change my frequency to perceive you...

B: Yes.

Q: ... is it possible for you to come in your spaceship and only have certain individuals perceive you?

B: Yes. That happens quite often as a matter of fact. For you will find that because of the vagaries of consciousness, because you are shifting all the time, many times there are simply ships around you all the time you are not aware of. And sometimes certain individuals, because they simply, for a moment, for some season, tune into a certain vibration, will suddenly have it seem as if a craft has appeared when it has been there all along. Do you follow me?

Q: Yes. I have one more question.

B: All right.

Q: Um, is matter, does matter contain consciousness?

B: Yes. Matter is consciousness. Energy is consciousness.

Q: All energy?

B: Everything is consciousness. All That Is, is consciousness.

Q: So, um, since everything is consciousness and it’s everywhere...

B: And every when.

Q: ... then you can, that’s how you can tune into a different frequency.

B: Yes. The universe is, as you call it, holographic. Do you understand the terminology?

Q: No... no.

B: Holographic, as you have created it to be understood in your civilization, simply is a reference to the idea that any one point in the universes contains the probable whole universe.
Q: How does that work?
B: Very well, thank you.
The idea can be expressed this way: there is, once again, in what you call your earth mythology, the idea expressed as Indra’s net, which is simply a net of pearls. Now, each pearl contains the information of the total net. That is the way the universe is built, so to speak. That is why we can travel as we do. Because the idea is simply that we do not think of spacecraft or any physical object as something that exists within space and time, but we consider space/time to be properties of the object itself. Thus, when we change the particular space/time co-ordinate property, the vibrational signature property, of an object and replace it with another vibration, then by definition the object must cease to exist at its former location and take up residence in the second one, no matter how far apart in space or time that is.
Q: Without traveling in between? Just automatically?
B: Correct. Yes.
Now understand, this is what you are doing anyway, even when you move through a room. For every moment is its own unique moment, and is not connected to the next moment until you form a continuum in your mentality. So you are constantly redefining the property of space and time for yourself so that you create the illusion of motion. Nothing really goes anywhere. It is all right here. You follow me?
Q: Yes. So that means I could stop creating that…
B: Continuum.
Q: Yes.
B: Yes. You can. Does that excite you?
Q: I guess.
B: Thank you! Then you may find yourself creating less time, which will seem like an acceleration to you. But that is what you are literally doing when you are accelerating. Living in the now creates less time, so things seem to be speed up.
Q: Thank you.
Pyramid And Cone Shapes

Q: You’ve talked about pyramids from your point of view, the three-sided tetrahedral pyramids. And the Pleiadians, like the Egyptian pyramids, are four-sided; and I imagine there is a five-sided, six-sided, seven...

B: In a sense, there can be. Although these other ideas will, more often than not, represent themselves in planes of existence that are not as directly connected to your own at this time.

Q: It’s fun to experiment with though.

B: Oh, you can experiment with it if you wish.

Q: Okay, the question I was asking is: the progression of that leads to a shape called the pyramidal cone, and does that have any significance to us at all? I haven’t seen that shape manifest itself on the Earth before.

B: You haven’t?

Q: No.

B: Are you sure?

Q: Hmm... let’s see...

B: A cone.

Q: Oh, a dunce cap.

B: What other type of hat?

Q: A wizard’s hat.

B: Thank you.

Q: Like a vortex.

B: Yes!

Q: (Laughing) And I called it a dunce cap! (AUD: laughter)

B: Well, the idea of putting the cap on what you imagine or judge to be a dunce is that the cap is supposed to make them smarter.

Q: Sure.

B: That is the connection that you have created in your subconscious memory, the cap of a wizard.

Q: I’ll keep that in mind.

B: All right. Wear it well! (More laughter)

Q: So were our pyramids on Earth, at one time, crystal capped?

B: Some, also gold, with crystal... some, what you would call the earlier ones. Not all of them – by any means, not all of them.

Q: Were they more powerful?
B: In a sense, let us say that when they were in that form they were able to focus the energy of the electromagnetic field of your planet a little more precisely, yes. For now, in your terms, they have been partly disassembled. Therefore, while they still can channel the energy, it will fluctuate in uneven, un-symmetrical ways. Does that answer your question?
Q: Yes, thank you.
B: Thank you.
Pyramids And Atlantis

B: We thank you for the expression of your individuality, and the expression of your collectivity. And in return for your gift this day of your time, we ask you now: how may we serve you?

Q: Hi, you all.
B: Greetings.
Q: Your friends in Sacramento asked me to ask you a question regarding the great pyramid in Giza, Egypt.
B: All right. Yes.
Q: Who built it? When, and for what purpose?
B: Thank you. Recognize, in your terminology, it was what you call your Egyptian civilization with offshoot remnants of Atlantean skill.

Very early, early on in your history, there had been some extraterrestrial co-mingling, but only because all of you are in that sense extra-terrestrially connected as well. Your civilization of Atlantis, though native to your world, stems from the first incursions upon your planet of whom and what you are.

None of you are native to Earth intrinsically. And therefore, the civilization and the technology in what you call Atlantis spread out over various sectors of your planet, infiltrating into what you call the Egyptian culture, and were responsible for the very earliest of pyramids, of which what you call the Giza pyramid is one. But even that is after the fact of many of the earlier pyramids, many of which are now lying on your ocean floor in your Atlantic ocean. You follow me?

Q: Yes.
B: Mostly it was that the later pyramids were built by the Egyptian civilization after they had forgotten much of the technique and technology that was employed in Atlantean times of the sonic vibration, or sonic levitation of stone into place. The great pyramid you refer to was built in such a manner. But some of the later pyramids were built, as many of you have speculated, through what you would call brute force and leverage, after the original techniques were lost and forgotten.

Approximately – though this will vary in our perception – to some degree you may understand that your great pyramid began to exist in, approximately, what you would call ten thousand years ago, approximately. Does that answer your question?

Q: And for what purpose was the pyramid built?
B: It is an initiation, in the sense that it is a crystal; it is a magnet; it is an amplifier of the Earth’s magnetic field, a focuser of that field, and an alignment tool. For within the center of that pyramidal structure, in what you call the chamber of the king, there will be an alignment force and a focus that will allow individuals to accelerate their vibration to experience astral projection. And in this way learn to connect with your higher self. That is the initial purpose for acceleration of energies. You understand?
Q: Yes. Thank you.
B: Does that assist you?
Q: Very much so, thank you.
B: The idea of why those pyramid forms became associated with the after-life, and were associated with entombments, was because of the early recognition that allowed an individual to perceive the eternalness of the soul. Understand?
Q: Yes.
B: Does that answer your question and serve you?
Q: Yes, it does.
B: Thank you very much. Sharing!

Pyramids and Atlantis
Pyramids and Expanding the Auric Field

Q: Good evening.
B: Good evening, or good day, from my point of view.
Q: All right. I have two questions.
B: All right.
Q: One question I came with, and one arose from your opening remarks.
B: All right.
Q: I’d like to ask about that first. When you gave us the analogy of the pictures on the wall…
B: Yes.
Q: that, in fact, what the Egyptians were telling us with their two dimensional paintings; and if so, how does that relate to the pyramids?
B: Very good. To some degree, yes, they were. The stylized art form was an understanding that the physical form is very much like a shadow, in that way. To the higher self it is very two-dimensional.
The pyramid was their tool for accessing that higher self, for aligning the vibrations that they were, so that they could, in fact, realize that the physical dimension you think of as very solid was, in fact, an illusion, simply a shadow. By being in many of the chambers within those pyramids, they allowed themselves to exit the body and get the perspective that gave them the understanding of the physical reality’s shadowiness. You follow me?
Q: Yes.
B: It was the fourth-dimensional tool that allowed them to understand the third dimension, in a sense, in a two-dimensional way. You follow me?
Q: No, I fell off.
B: The pyramid is a fourth-density tool. They projected themselves into the fourth-dimension, and therefore, their perspective of the third dimension lost its solidity.
Q: Okay.
B: Many times individuals, when you are walking down your street, and you all of a sudden – for your own reasons and your own timing – snap into that awareness and that alignment, have not many of you felt that the physical dimension around you all of a sudden was very flat? Almost, as you say, made out of cardboard. Like a set, not quite real, not quite solid; that you could look behind it? This is the analogy, to some degree, of their art, and the reason for the period.
It is a magnet. It is a lens for the electro and ethero-magnetic field of your world. When you allow that lens to focus that energy into your vibrational auric field, it will then instill, imprint upon, your auric field the idea of that pattern that will allow you to expand and blossom into the more expanded higher self. You follow me?
Q: Yes.
B: Does that assist you?
Q: Yes. Thank you.
B: Thank you very much. Sharing!

Pyramids and Expanding the Auric Field
Q & A
From: “The Tides of March"
3-6-98
Canoga Park, CA
Q: How many times would you say that other civilizations’ entities actually touched the evolutionary process of mankind.
B: Two hundred and fifty seven.
Q: Two hundred and fifty seven, and how many different species of factions within ?
B: Seventeen.
Q: Seventeen. Is Mars hollow?
B: No.
Q: Are there bases on Mars?
B: Yes.
Q: Is that one reason that we are not supposed to be there?
B: It is not that you are not supposed to, it is that simply the vibrations you give off do not make it conducive for certain things to be, allowed beyond a certain point, by those that wish to, in a sense, safeguard themselves against what would also happen in terms of reactions of the humans on the Earth; and safeguard the Earth from those reactions, as well.
Q: Is it possible that human beings, as we know it, actually began on Mars and populated this planet and went back....
B: Not exactly so, but you are the same incarnate spirits, so to speak. As a consciousness, it has moved, yes. There are some elements of what used to be Martian life, when Mars was habitable, that do connect genetically to the human body, yes. But it is not as cut and dry as saying that humans began on Mars because the beings that need to exist in the Martian environment were not exactly human. But there is some similarity in your genetics and you do contain some of the genes that used to exist in the ancient Martians, yes.
Q: That’s why there are so many similarities between, like the Cydonia region.
B: Yes.
Q: Yes, we’re very connected I feel.
B: It is very strong but it is not exact.
Q: Is the dark side of the moon inhabited?
B: There is no dark side of the moon.
Q: Let’s say the side that we do not see, is it inhabited?
B: Not by indigenous beings, there are, again, artificial bases. There are artificial bases even on the side that does face your planet.

Q: Ah, and we just have not been privileged to see them?
B: Oh yes, many of you have, it is simply not discussed by those that have seen them.
Q: No NASA people come to your sessions, or maybe they do, actually?
B: Yes, some of them have.
Q: Yes, they do. I just want to ask you one more question.
B: Oh well, all right.
Q: Linda Wiegand visited your session awhile back.
B: Yes, we understand.
Q: She’s an amazing changed person. There is so much that this has contributed to her world.
B: Oh all right, then she has made the changes, and thank her for making them.
Q: Are her sons safe? They’ve been missing for about six weeks.
B: In the overall sense that you mean it, yes. Even though they are, in what you would call, emotional jeopardy.
Q: Are they in the states? Are they out of the country? Are they in a mind control camp?
B: No, they are, however, enduring duress.
Q: Physical pain or?
B: Some, now and then, but mostly the idea of psychological, emotional pain.
Q: And yet they are not being mind controlled or anything to forget who....
B: It is not, in your terms, too late.
Q: It is not too late?
B: No.
Q: That’s what we’re hoping. Thank you so much.
B: At this timing....
Quetzalcoatl Returns

Q: Can you comment on the type of craft that appeared in Mexico City and Oaxaca during the eclipse in 1991?

B: The silvery one?

Q: It was a disk type ship.

B: One moment.

Q: It was also . . .

B: One moment! (Long pause with a different voice appearing) We are not allowed to give you a physiological definition, but we are allowed to tell you this: even though you recognize right now you may make many interpretations of what we are about to say, we will have to let that stand for now. Just understand that you are going to make many different kinds of interpretations, and therefore, let what we are saying, not so much be specific as you may think you may understand it, but be a generalization that could be understood in a number of ways.

The being in that craft was, specifically, and again we can define it no stronger than this, in no more specific details of this, AT THIS TIME, was specifically the return of Quetzalcoatl. Do you understand this?

Q: Yes. And it appeared simultaneously in three different cities. Was that a holographic projection of the same craft?

B: In a sense, but not a holographic projection as you understand it, simply, truly the same craft bending dimensions so that it could in fact be, in what you would perceive to be, three places at once. In each place it was the real craft.

Q: And it was also reported simultaneously in Japan.

B: Yes, because there is an interesting connection there.

Q: You have often talked about how there are civilizations that, perhaps, don’t have our best interest in mind. And, at the same time, you’ve talked about how you don’t have to need the idea of protection, because of your frequency you will attract a reality that you have sent out.

B: Yes. So, these two comments are not incompatible.

Q: I was wondering how the civilizations that don’t have our best interest in mind have the ability to evolve an integrated enough technology to travel interstellarly?

B: Because there are many ways to do it. And the idea is that beings do not necessarily have to experience a certain kind of integral understanding of themselves in order to create a technology that could, in some ways, accomplish the feat for them. However, there are many things that are missing from their technology, from their ability to do and go in certain places, in certain ways, because they are not operating in an integral manner. But this does not mean that they cannot accomplish what you call a crude version of it, in much the same way that what your call your hydrogen bomb is certainly an
expression of the fusion and the release of energy from atomic power, but certainly you know that there are more, shall we say, sophisticated ways to express it. You understand?

Q: Yes. And the Hopis have the Kachina doll.

B: Yes.

Q: . . . and they reference it to Arcturean blue beings.

B: Yes.

Q: Is this the civilization that . . . and direction that Sirius will be going in, as they evolve to their next step?

B: Sirius is connected to this, but it is also indicative of a physiological manifestation of blue skin beings that used to physiologically exist upon your planet, and they are connected as an aspect of Kachina beings, as well as Sirius and Arcturus energy.

Q: So the Kachina beings are not a direct reference to Arcturus themselves?

B: Arcturus is an aspect of the Kachina beings. You must understand that what you perceive as “The Kachina” is only a presentation of an aspect of the total Kachina consciousness, in the same way that your physiological body is only a presentment of an aspect of your total consciousness. Kachina beings are quasi-planar, multidimensional beings. In their nature they express themselves in your dimension as large collective consciousness presentations, as archetypal beings, because that’s the only way your reality can create a presentation, can reflect a presentation of the scope of the consciousness of those beings. Does that make sense to you?

Q: Yes. The last two things are: what frequency are you coming through tonight at and . . .

B: No comment. What’s next?

Q: frequency does one access to no longer need to eat and sustain oneself with outer substances?

B: Usually, again, this will vary from individual to individual, but you will find that somewhere around the idea two-hundred and forty-seven thousand cycles per second, as an average, will be the frequency where individuals upon your planet will not necessarily require physiological sustenance, though they can still choose that idea, they do not necessarily need to. But that is only an average.

Q: Thank you very much.

B: We thank you.
Ra and Sirius and Altair

Q: What interactions do you have with Ra?
B: Ra.
Q: Yes.
B: In this way you will find that on one level of our consciousness there is, let us say, coordinated communication taking place to allow us to be of assistance to your civilization in the way we need to be, and to allow them to be of assistance in the way they need to be.

It is not so much that there is what you would call specific interaction of “personalities” – especially since, in a sense, they are not really a personality – but recognize that as we blend in our cognition of the timing of our interaction with you, then on the level that is, in and of itself, the definition of the dimension of timing, there is interaction of all entities that are involved with you. And portions of yourselves as well, of course.

Q: Well that’s interesting to me because when I channel that energy its difficult to distinguish when I channel your energy, and when I channel Ra’s.
B: In this way you are simply forming a blending that also allows you to sustain a familiarity in a degree of comfort with what you are familiar with. But also do understand that you are blending all in such a way as to also perceive the idea of our own “higher energy self” – the Sirius connection, which is also sixth density.

In this way, it is simply that our personality framework allows us to exemplify much of the idea of our own knowledgeable connections to our higher densities.

Do you follow me?
Q: Yes.
B: In other words, our manner of presentation of our personality allows there to be an obvious connection to our own higher selves as well. So therefore, that energy will be sensed as a part of the interaction.

There is more to this idea but at this time we find that you will acquire this information through your own and other sources, as a part of your process.

Q: Fine. I have another question.
B: Oh, all right.
Q: Do you have any interactions with the civilization around Altair?
B: Yes.
Q: Can you give me a kind of a flavor for their civilization?
B: Round.
Q: Round?
B: We are attempting to translate... one moment... (Pauses)
Star-point brightness... mathematical incorporations... equational... incorporative... additive... component-ized... aggregates... some linear projection with a high degree of accelerated spirals used to support the linear projection. Proceed.

Q: Well, my understanding was that in some forms they are quite good communicators between various systems.
B: Yes. The linear projections.
Q: Right... and the spirals.
B: Yes. Also the idea of the mathematical equations and the variances in the terms of recognizing different frequencies. They are, in a sense, masters of manipulating frequency and thus that is an assistance to the idea of communication. And also they are masters of directness in that communication. Now these are terms, in that way; and thus the terms as we have described them are the “translations” into your language because you do not have terms in your language for those attributes – in a sense. Does that assist you for now?
Q: Yes.
B: One moment...
Pleasant dreams of woven webs and interconnecting lines.
Thank you.
Q: Thank you.

3
Bashar: Channeled by Darryl Anka
From: "Orion and the Black League"
3-25-85

Questioner: What about Ra, what’s, what is Ra?

Bashar: You may understand that terminology in such a way as to understand that it proceeds, I’ll say, from an entirely different dimension of reality as you understand it, in that way, projected into your own dimension of reality as, I’ll say, much in the same way that you experience the idea of the Association. Do you follow me?

Q: Mm-hmm.

B: It is a collected understanding of consciousness which proceeds from another vibratory level of existence.

Q: Bashar, I’m trying to understand that the best way to serve All That Is is to live your life without judgement. And the more you live your life without judgement...

B: The more opportunity you will create for yourself to unfold in positive ways that will allow you to manifest your service towards All That Is. Understand that by allowing yourself to experience the judgement of yourself, you are vibrating then within that negative energy vibration which creates the negative effect that you feel and manifest within your life.

Simply understand that by KNOWING that you ARE All That Is, in that way, you will always be reinforcing that overall ecstatic, I’ll say, evolution of the understanding of service, in that way, to All That Is. And that your manifestations, I’ll say, within your physical life, will always go towards the reinforcement of the positive, I’ll say, unfoldment of all activity within the support of the idea of All That Is.

Q: So, you were saying a couple of weeks ago that we were gonna be able to use computers to help us tap into our unconscious self?

B: That will be one idea.

Q: Do you know when? Or does it matter?

B: That is being explored right now. Again, realize that many of these ideas or manifestations will, in terms of your time, at this time, in the energy momentum behind the idea that you have in your mass consciousness, take place, I’ll say, unfold to, I’ll say, a specific degree within, I’ll say, the next thirty of your years. Question?

Q: Isn’t biofeedback a beginning of that technological...

B: Yes, very well.

B: What about hypnosis?

B: To a degree, but again, understand that your idea expressed as, what you term to be, hypnosis, in that way, is simply the realization that you’re always, I’ll say, in that sense, hypnotizing yourself to perceive
whatever specific reality that you wish anyway. All hypnosis, as you understand that idea, is always self-hypnosis, by agreement.

Q: So, can you get closer to... can you ... not judging will help you to be more of a channel...?
B: Of All That Is, in that way, or yourself in the knowing state of All That Is, and the support of that idea in a positive way.

Q: What dimension do these people on Orion exist in right now?
B: In what you term to be much the same plane of your own existence physically. That is why you are vibrating equally with that idea.
Q: So they’re in the third plane.
B: Yes.
Q: Is their civilization much like ours, with a little bit of chaos and that type of thing going on, wars...
B: There are other civilizations of that nature, yes.
Q: But I mean on Orion.
B: In a sense.
Q: Uh-huh. Like, if you went to Orion, it’d be similar to ours?
B: Somewhat different, but you will find that, within that idea complex, there will be some similar ideas, yes.

Q: Hmm. Okay, the other question I had that ... is, if you serve self with the idea of a positive integration, in a sense, that would be the same thing as service to all. Right? Because they’re the same thing.

B: Understand that the idea being expressed to you as the service to self, in that way, is simply the idea of the reinforcement of judgement within the domination, within the aggrandizement in that way. Realize that to express the idea of service to All That Is is automatically expressing the idea of true service to self, by recognizing the self as All That Is, and already expanded in that positive way. Realize, therefore, that there is no need to, I’ll say, approach the idea in that way, by the recognition of the limited focus of service to what you perceive to be, exactly, the self.

Q: Okay, so in a sense, although they are the same thing and you could end up in the same way, because if you really served self you would serve all. The concept that was formulated, that is, that if you follow the idea, even if you’re integrating the negative into the positive, serving self would dichotomize out, as opposed to serving all would blend it then and cause a positive transformation.
B: Yes.
Q: Okay. Can I give you an example, Bashar, and ... of what, just to play it back at you, in my life, of the what I perceive as the positive
B: Play away.
Q: Okay. I was creating this thing of creating a community where, basically, people were ... everyone was doing ... it was like a dance, you know, everyone was doing exactly what they loved to do and did well. And it ... and everybody ... it all ... they all played the parts they exactly needed to play and everybody was doing wonderful. And we were beginning, it was like this doorway opened and we almost took this step to bring it into physical reality, in a very real sense. And then, just the night before it was supposed to physically start to happen, it just all fell through. And for about ... for several hours I was in this space of, kind of like, oh, fuck it, I’m just gonna go, you know, take my family, just fuck everybody else, we’re gonna go off and live in a trailer out in the middle of nowhere and just, screw it. Right? That kind of a flow. You know what I’m saying? Is that what you’re talking about, the negative stuff?

B: Now, in a sense, but again, understand that, to a degree, there simply may be for you at this time, simply the idea of the re-examination of the belief structure in that way. So that you may, I’ll say, build, in that way, another idea or another exploration of the positive self, and so manifest that idea more fully.

Q: Well, so in other words, we could all take off into a trailer and go out in the middle of nowhere, but not with the idea of, well, fuck you all.

B: Right, very good yes.

Q: Right, right. Okay.

B: Again, as long as you allow yourself to understand that every manifestation within your life is not an interruption...

Q: Yes.

B: ...but part of the overall positive unfoldment in that way. And therefore, you will be removing the idea of judgement, and therefore not vibrating on the level which will manifest a connection to that negative energy.

Q: Yeah. Yeah.

B: Yes.

Q: Two things: If you’re Darryl’s future self, we who have decided to make it have already made it. The other thing that I wanted to ... uh ... forgot. Never mind

B: We will wait.

Q: Oh. Those who decide to make it will make it, and those who decide to don’t make it, won’t make it.

B: All right, now, realize again, everyone will, in your terms, ... make it ... somewhere.

Q: I know. Some will go ... some will evolve into an Orionish type civilization and some of us will evolve into a Essassani type civilization.

B: In a sense, but realize that you have your own parallel understanding of this idea. ’Tis not that you will be absorbed and lost.

Q: Right, right, right. And, in a sense, that is a possible occurrence even within or on this planet..
B: Yes.
Q: There could be total happiness and total unhappiness at the same time.
B: That is what is meant by the idea of the splitting and the creating of the parallel universes.
Q: Okay, I got it, I got it. Got it. We got it!
B: Thank you
Random, Paradoxical Contradictions

Q: You often say how everything is simply physics and that it is all just mechanical.
B: Well, in some sense, of course we are usually referring to physiological space/time reality when we are talking about that level of it.
Q: Right, and when we align our definitions and beliefs we get the results that follow, but simultaneously with that you often say to expect the unexpected and to make a friend of the unknown?
B: Yes, yes.
Q: Now how does one get motivated to act, when one aligns and clarifies their beliefs, and they see all the situations occurring according to the definitions and beliefs that they maintain, but yet, not being allowed to have any expectations in relation to the Third Absolute—what you sent out comes back. How do you maintain trust in your actions when the universe itself seems to contain random, paradoxical contradictions?
B: Because you understand what it is that does occur is the best possible reflection at that moment to illuminate more and more and more and more of the Self that up to that moment you were unaware of. And that is what you become excited about, is knowing that what is going on, being that it wasn’t necessarily a direct reflection of what you expect must occur, but is the reflection of the combination to all your definitions, is a reflection that will lead you, if you use it this way, to understand more of yourself and that is an exciting prospect.
Q: So, there is the ultimate trust, in a sense.
B: Oh, absolutely. Does that make sense?
Q: Right.
Rapid Processing and A Language Lesson

Q: My one question would be regarding – let’s see, how do I phrase this? Many years ago I had an automobile accident…

B: All right.

Q: …and sustained injury in my neck.

B: Yes.

Q: I’ve lived with pain, mostly on the right side, for the past 20 years or so, it seems.

B: All right.

Q: Okay. The other night I was fortunate to have a meditation, which helped me release this.

B: All right. How exciting!

Q: I know, and it was wonderful. And tonight as I got up off the chair in my mother’s house, my neck hurt for a moment.

B: That’s all right.

Q: Okay. Would you please help me define what caused the pain – whether it is stress, whether it is anger – so I no longer pick this up again.

B: The idea, first of all, to understand is that you have made a transition, that you have elevated yourself to a new level. The idea of having experienced what you may call the temporary, quote/unquote, lapse was not so much even a matter of stress, not so much even a matter of anger, but more a matter of testing yourself. Of making sure that you had cleared the idea, that you had, in a sense, integrated all that you needed to integrate from having created that experience in your life that forced you to face certain things. You have accelerated yourself – no pun intended – highly.

The idea is that many individuals will put themselves in certain limiting situations of that nature, to clear out and process very rapidly - not over the course of many lifetimes, but over the course of a portion of one lifetime - many of the things that might have taken many lifetimes to process.

When you force yourself into that kind of a mold, when you force yourself into that kind of a template, then many times you face certain things that you may have otherwise taken many lifetimes to face and process. You have processed many of them.

As you rose within the framework of your maternal energy, you gave yourself one last reminder that: a) it was your choice; that: b) you have created a transcendence; that: c) in a sense, it was a temporary test – just checking in, making sure that the alignment is still there.

Now, it will lead you, in our perception, to many other things, to many realizations that you can be of assistance to other individuals within the things that you have learned – within the information and the knowledge that you have gathered with your experiences. You can now begin to function on the other side of the doorway, in complete freedom, in that sense – in a complete sense of service.
There are many things that you learn that you will now be able to share with many other individuals, who will be experiencing similar manifestations to what you created for yourself, with that degree of limitation. Are you following me so far?

Q: On the intellectual level.
B: On the intellectual level. How do you feel right now?
Q: Wonderful!
B: Then you are following just fine on all levels.
Q: All right.
B: But you see you’re not really talking to me; you are talking to yourself. And that is always a wonderful thing to understand; always a wonderful thing to discover. Now: the idea also, many times, is that we will – as we have just done to some degree – share what is called rapid-fire communication. So that you will make an attempt to focus a little more strongly on what is being said. And so that the real message underneath the words actually gets delivered.
Because, in a sense, it disarms your analytical, intellectual conscious self by creating it to focus on the words, while at the same time we deliver the true message underneath. In that sense, therefore, you have allowed us to slip something in, which will now blossom and grow in a very natural way.
You can, to some degree, think in the direction of now considering yourself one of the natural herbs of your planet, one of the natural flowering blossoms of your planet. You are going to expand mightily in that way. Rise up toward your sun; rise up toward the light. Bathe in it; soak it up. Let it fill you; let yourself glow, become one homogenous energy – with no idea that you are made of a collection of parts, which can become disarrayed.
Begin to feel yourself as one homogenous light, and there will be nothing in you that can anymore, ever again, become misaligned. You understand?
Q: Yes.
B: Does that help you?
Q: Yes, it does.
B: One moment . . . may I ask you a question?
Q: Of course.
B: Oh, thank you very much.
Q: You’re welcome.
B: Do you like the animal upon your planet that you call raven?
Q: I’ve had nothing to do with one. I have no idea.
B: Do you like them?
Q: Yes.
B: You don’t sound too sure.
Q: Well, never having met one, I don’t know.
B: All right. The next time you see one...
Q: Okay.
B: ...allow yourself to simply contemplate its form, contemplate its movement; contemplate its action.
There is, in a sense, a reminder there, a connection there, that may allow you to turn one last key – to know beyond a shadow of a doubt that a new idea of yourself is truly solidly locked in. All right?
Q: Yes.
B: One moment... You have inspired us also to share a few other things. Now, this may seem to be not connected, but there are levels of it that are.

From time to time we have discussed the idea that vocal language is vibration, that you give it its power.

And sometimes the vocal language that you use is representative of – and a reflection of – the vibration that you are. Many times you will understand that the way your language is translated from our concepts through the channel takes on unusual patterns, unusual frequencies, unusual usage.

An orchestration is taking place, and much of these vibratory patterns are actually what is responsible for the reactions and the openings that occur within you – the things that you allow to soak and seep within your consciousness. And all the different levels you have created it to be.

We have, to some degree, shared with you some of the ideas of our ancient language that we no longer use. We will share two more principles. Let them fall into place where they apply. Again, this may not seem to be immediately pertinent, but there are aspects that are.

We have discussed the phrase in our ancient language “illi akar,” which means basically experience. We have, shall we say, dissected the word, in the understanding that illi is our word for mirror, and this will translate into any language in the same way it is constructed in our language. You would spell it in your language, i-l-l-i... the reverse reflection of the first two letters. It is the reflection in the mirror. More literally, illi, in being referred to a mirror, depending upon the context, will also refer to anything that is exchanged, anything that is returned.

An echo can be called illi, depending upon the context. This whole notion of reflections, this whole notion of return, of the exchange of information, of putting out a radiation which then is echoed back by your reality, by your surroundings: that whole idea is illi.

Another understanding of plurality, singularity: in our language we have labeled our world Essassani. We call our civilization that; the people are Sassani. Now the idea of the usage of the term a and the usage of the term e will be the difference between the plural and the singular. In that sense, e sound will mean singular, a will be plural. An example: there is an animal in our civilization that exists in the ocean, and would be similar to the idea of one of your seals, per se.

Very different in many ways, it has a bluish-gray skin, very rough hide, in that sense; and a brownish fur collar. The idea is that in singular this is called nemba; but in plural it is called namba. The idea,
therefore, of Es-sassani is – it is the singular place of all of us, the singular place of all Sassani. 
Now this language lesson, to some degree, has to do with the whole idea of the communication of yourself, with yourself. Because each and every one of you in the past has created yourselves to be thought of as a collection of parts. In fragmenting yourselves, in fractionating yourselves in that way – it requires a very analytical and sophisticated communication system to keep track of all those parts.

Now that you are integrating yourself into one understanding, one consciousness, one homogenous whole, communication within you is instantaneous. For it reaches all of you, all at once. For you are all right here, right now. So there really is no separation between the idea of “I understand it in my heart; I understand it intellectually, in my head.” It is all one understanding. Create it to be one understanding. Let it soak in; let it sink in – in whatever way it needs to.

But at least allow yourselves to begin the understanding that you do know, you do communicate, you do understand, in whatever way you need to. Let it process; let it unfold, like the blossom, like the flower – as it does to the sun.

We thank you for allowing us what appears to be this little divergence. We bid you a pleasant and ecstatic dream life in dreamtime, which is the blending of the physical and the non-physical reality into one aware, awake state, of malleable creativity: dream time. We thank you.

Q: Thank you, and a big warm fuzzy hug.

B: Thank you very much. Many of you are quite a bit more fuzzy than we are, yes. Sharing!

Rapid Processing and a Language Lesson
Re-Creating Yourself

We would like to begin this transmission with the following notion:

First, we would like to begin with a subject matter that to some degree we have discussed before, but we would now like to take a different approach. And that is the idea, which of course you have heard from many different sources, that living in the present is what it’s all about. Being in the NOW. And we have discussed many different ways of learning how to do that, so that in doing that you can understand the power that is inherent in living in the present, the power that is inherent for you to allow your lives to be created in the manner that you desire.

We have, from time to time, talked about the notion that getting in touch with this concept of living in the NOW, from one point of view, is that you can allow yourselves to begin, in a sense, to detach from anything you have ever been from your so-called past.

Now, we do not mean that you go into denial, we do not mean that you bury the idea, we do not mean that you do not allow yourself to maintain awareness of other experiences that you can draw upon, to give you knowledge and information that you can use to determine who it is you want to be now... we’re not talking about losing your memory.

But the idea of detaching from your past, as a technique, as a state of being, can serve you to more clearly and effortlessly learn to define yourself in the present. Without allowing certain concepts or connections to the past clutter your ability to do so – in that many of you have been brought up thinking that certain past events control your ability to make decisions now. And this is not the case.

Nothing from the past influences you AT ALL. You decide who you are at any given moment, TOTALLY from the present.

In deciding who you are, you may choose for one reason or another, from one assumption or another, from one definition or another, from one belief or another, to make a connection to the past, to assume that there might be some kind of inertia or momentum or idea or experience, that holds you or keeps you from doing something that you want to do in the present.

That assumption, that connection, that feeling, is being created not from the past, but from the present. And is simply based upon your understanding of what it is possible to do, of what definitions you can create yourself to be.

And the limitations that you buy into are what allows you to keep assuming that your past is what controls your ability to be what you want to be in the present – and this is not the case.

Therefore, to expand upon this notion of detaching from the idea of the past in a negative way, so that it does not limit you in a non-creative way, we would now like to reinforce the concept that you are a personality construct.

Yes, you are a spirit. Yes, you are a soul... and that is, in a sense, an Eternal and Infinite thing. And the soul that you are, the consciousness that you are is always, in a sense, the same consciousness. The same identity knows Itself as Itself, forever and ever.
However, in projecting itself into physical materiality, it creates a personality mask or a construct. What you call your physical "persona", to represent itself by. To experience one unique point of view, from time to time throughout the idea of a physical life.

This personality construct therefore is, in a sense, artificial. And thus as you change your notion of yourself, as you grow, as you learn, as you create, as you experience, you will literally change that personality construct a number of times. Maybe even thousands, maybe even millions of times, through the course of any physiological lifetime on Earth.

As such, you must understand, there is a very important distinction you can make about what you're doing in these changes, because it really isn't that you are the same person making a change in the person to become different.

You are the same soul, the same consciousness... yes, making a change of PERSON to experience a different idea... a new idea, a new experience. But the person you are from moment to moment, no matter how you think you look in the mirror from moment to moment – even though you may think you look the same as you did a moment ago – every change you make, every experience you have, every thought that goes through you, literally LITERALLY... LITERALLY... LITERALLY... changes you as a person.

You are not the same person you were a moment ago. And in fact, let us now take it a step further: even saying you were not the same person you were a moment ago, is to some degree misleading, because the idea really is that as the Soul creates a new persona for the next moment of experience, that person, the new person reflective of the new moment, is a new person IN TOTALITY. And has no history... no history whatsoever! None! Zero! Nada! Zip!

NO HISTORY WHATSOEVER!

Every single moment you are totally and absolutely free to define the you that you are as a personality. It has no history. Therefore, no persona in any given moment, is, in any way, shape or form, TRULY limited by any other persona that was previously created by the consciousness.

It is not the same person changing a little bit; it is a different person that is created moment... to moment... to moment. TOTALLY... UTTERLY... ABSOLUTELY... YOU HAVE NO HISTORY.

When you understand this as a State Of Awareness, you can then draw upon a number of experiences that you might call your Past Self, but then you begin to realize that it is not so much your "past", as it is simply other persons, other people connected to the same soul, perhaps part of the same consciousness experience. But they are OTHER PEOPLE, and you don’t have to, in any way shape or form, feel limited by the experiences of those 'Other People’, because they are distinct and discretely unique individuals, apart from whomever you decide you are at this given moment.

And when you really understand this, it will free you up in amazing ways, to really know nothing holds you back, that what you decide you are at any given moment, will then be the case. And as you know this and as you behave as if you know this, you will see your physiological reality
start to reflect to you the certainty of that freedom, to such an amazing degree of synchronicity and magical creativity and creation, that you will finally understand what it means to be made in the Image of Creation. That you literally are, every moment, a facet... a face, a point of view of Creation.
So remember, when you start thinking about the idea that your past is holding you back, remember, you... the You, you are right now... at every moment, HAS NO HISTORY.
And if you make that connection, then it’s a CHOICE you are making, as the person you are... FROM THE PRESENT.
Ask yourself why you would want to do that, if it seems to be something that’s limiting you. Because as soon as you understand that, then you’re not motivated to make that bridge, to make that link... to make that connection to another person who has nothing to do with you, even though you used to call that your Past Self.
You will no longer, in any way, shape or form, feel trapped by anything that that person experienced, because you are unique. You are new; you are whoever you say you are, right here and right now for the very first time in Creation.
4
Reading Cards and Stones

Q: Can you elaborate on the idea that we call the Tarot and how it works?
B: Yes. It gets directly in touch with the archetypal level of your collective consciousness, and allows you to interpret archetypal movement and motion of individual personalities. Do you understand this? It is a mirror of the archetypal level of your collective consciousness.

Q: Can you explain archetypal level?
B: The collective symbology – as you translate from spirit to physical reality there are the idea of certain symbols that represent different energies, different motions, different personality constructs. These are embodied in the symbols utilized in the deck of cards that you refer to. And at times when you are, shall we say, looking into those mirrors different symbols will stand out at different times and in different combinations and different ways. Indicating in those patterns as you perceive them with your intuitive sense, the symbols that are more representative of the archetypal flows of energy, and the way the personality that you are dealing with is interpreting the flow of spirit into physical reality. You are looking at their crystallized pattern of personality expressions.

Q: How accurate is it?
B: It depends, again, on the individual. It is a very well constructed trigger mechanism that can be exceedingly accurate depending on the sensitivity of the individual doing the reading. Because understand that is all you are really doing, is triggering that individual’s connection to the archetypal level of consciousness. So in that sense they are channeling the information from a portion of their Higher self. And thus, it is that Higher self vibration that is making the symbols on the cards stand out to be “reinforced” in what they are intuitively getting in touch with, anyway, on another level. It is like Higher self communication to Higher self, but interpreting it and having the conversation through the physiological personalities, so that there is validity and credence given down on the physical level as well.

Q: OK. Now when you shuffle the cards, and you take the cards after you shuffle them...
B: Yes.
Q: the top...
B: Yes.
Q: is giving them the order? I mean...
B: The Higher self.
Q: The Higher self.
B: And sub-conscious self.
Q: Is it the same with the Celtic stones, the reading of the stones?
B: Yes. All of that idea works exactly the same way. You are giving over, in trust, to all the different levels and layers of your consciousness that you do not normally allow yourself to be aware of in your
awake conscious state; and you are allowing them to arrange things, in such a manner, while you are not looking at them, so your physical mind can’t interfere, cannot impose its framework upon them. Thus, they are given an opportunity to allow those things to be ordered and patterned in such a way that then they are speaking directly to you when interpreted by an individual sensitive to the vibrations of those subconscious and unconscious, or Higher self levels.

Q: So why couldn’t you just buy a deck of cards and do it yourself?
B: For yourself?
Q: Yes.
B: It can be all right, but it will depend on how honest you are with yourself and your communicated style with yourself. But by all means, certainly it can be something that would be very helpful in certain situations.

Q: Well, if you are not psychic and you . . .
B: You are ALL psychic, you are all psychic, it is just a matter of the degree to which you allow yourself to suspend your disbelief.

Q: Well, you know like, when you look at the cards and you say, “what does this make me think of?”
B: Yes.

Q: And then you have those little books that you have to refer to . . .
B: Sometimes you can start that way, but you will find that it will no longer be necessary as you get used to the idea, and of course, as you practice and practice, and get a feeling of the energy itself, that lets you know when you are on the right frequency, the right wavelength, you won’t need the cards either.

Q: Right.
B: Remember that they are just trigger mechanisms.
Q: Sure, fun.

Q: Yes. And if you approach it that way, fun, that is the likely way that you will open to allowing the interpretation to come through in the clearest possible manner. You follow along?

Q: Yes.
B: Thank you.
Q: Thank you.
1
3
Rebirthing and Service

B: The idea of a rebirthing is, in a sense, a deep state of meditative integration that includes all cellular structure within the physiological level of your body, and an alignment to all the other levels and/or energy bodies that you consider yourself to be. So there is an integrative function and, in a sense, a utilization of the overall energy, and a flow of that energy to each and every level, to allow each and every portion of every level to utilize the energy of the total whole.

In this way, many of these connections can be made when what you call the brain wave cycle frequency is approximately at the level you call ten cycles per second. Although you will find that there are different frequencies on different levels; and upon what you call the highest level of that integrated awareness of that blending, the frequency in the non-physical sense can be many, many millions of cycles per second.

You will simply find that it is a deep communication with all portions of the self on the physical and non-physical levels, so that there is in one identifiable moment a congruency, an identification that takes place, wherein each and every portion knows itself to contain all the information of the whole idea. Then with that intuitive understanding each and every portion can allow itself to maintain a connection to some degree – whatever is comfortable for all portions – with every other portion. And allow each and every portion to function more as an example of its knowing connection to the whole.

Q: The whole as in the One?
B: Yes.

Q: And does this have to do with the RNA and the DNA?
B: Yes, that to some degree is affected, in that you will find that in the deep sense of communication and connection that occur in the idea you call a rebirthing, the basic energy template of what you call the RNA and DNA factor can release their essence into the whole embodiment, and allow there to be a recognition of all the original patterns and the reasons for why those patterns are inherent in the system. So again, it is a more complete identification with the structure you have created yourself to be, so that you can allow that structure to be reflected in the acts of knowledge that you perform. So that you are in synchronous harmony with the structure you have created yourself to be.

Q: Can it include an alignment with all your guides and all the self from the past and from the future, in the same moment?
B: It can include that.

Q: Most people remember a specific time in their lives...
B: Yes.

Q: ... and after that they go and heal themselves in the astral state.
B: Yes, that is what we are saying. There is an alignment with all the different bodily levels, so that each recognizes itself to contain the whole pattern and can form a balanced state within its own self-recognition of itself as the whole *idealized* pattern.
Q: Okay, and the new self is then the healed self?
B: It is then a reflection of the idealized balanced pattern, yes. And remember, certain individuals are more allowing of their energy and can, let us say, accept and “tolerate” higher degrees of acceleration in this process.
Q: Yes. Thank you.
B: Sharing!
Q2: You’ve talked about service – being of service.
B: Yes.
Q: Could you talk a little bit more about that – and do all of us have some type of service?
B: Absolutely, otherwise you wouldn’t be here.
Q: Is it possible to get more in touch with this?
B: Once again, you can trust, first and foremost, that if you follow what excites you, it is highly probable that you will simply and automatically attract situations that will allow you to function within the service you chose to provide. Do you follow me?
Q: Yes.
B: Therefore, in addition to that understanding, simply allow yourself to be cognizant of the fact that being totally who you know you are is what allows you to be of service to someone else – because you are functioning as a complete unit.

Being of service to someone else is simply recognizing that, in being willing to share your unconditional love in that way, doing what excites you and supporting other individuals in their endeavors is supporting All That Is. Supporting All That Is allows you – because you are a part of All That Is – to be automatically supported within the whole idea.

So being of service in that way, doing what excites you, and sharing that with other individuals is what allows you to support them; which is what allows you to be automatically supported. Do you follow me?
Q: Well, yes. But if it isn’t still really clear about what that service is, is there another action, rather than just patience, that we can take to...
B: Knowingness. Knowingness can seem to create the idea of the infinite patience that you think is attributed to higher consciousnesses – but it is not patience, it is knowingness. It is the willingness to simply perceive that everything that is happening is exactly what is supposed to be happening.

Each and every one of you – you – are eternal! What is your rush? (AUD: laughter) Love yourselves unconditionally. You are made of unconditional love. All That Is has created each and every being within itself to be made of itself. And All That Is is unconditional love.

Once again, grant yourself the same point of view that All That Is bestows upon you. You exist; therefore, obviously you deserve to exist. Treat yourselves with some respect.
We thank you for allowing us to experience the ecstatic joy of interaction with your consciousness. You are a gift, like anything in creation, to be enjoyed, to be loved, to be learned from, as well as to share with and talk with. Exciting dream life and life dreams to you all, they are one and the same reality within you. Let it be reflected outside of you as well. Knowing that what seems to be outside you is from within.

Trust yourselves. You knew what you were doing when you chose this physical life, so trust that you still do – at least on whatever level you need to trust. And whether you are consciously aware of it or not – with all of its specific details – trust that you are aware of it enough, on the level you need to be aware of it upon, to get the job done, without strife, without struggle, but with the ease of creation itself, which is automatic and synchronistic.

Everything is the SAME ONE THING! Manifesting in simultaneous multidimensional aspects. Everything is the same one thing.

Our love to you; we bid you a fond and ecstatic dream!

AUD: Thank you.

Rebirthing and Service
Receiving with Grace

Q: I’ve been flown to Russia and all over the world as a healer. Many people have offered me money but I’ve never felt good about taking money, ever.

B: Why?

Q: I don’t know. What excites me the most is to be able to help people in the best way that I can.

B: All right, but what about you being helped?

Q: Well, that’s right. So I was curious, because I would love to do other forms of healing also.

B: All right. Start with healing yourself. Understand that there are many forms of abundance. Now, in a sense, what you call money on your planet can be one representative form of abundance. But it will not always require that money be in your life to allow you to do what you need to do. You can be supported in many different ways. If someone is simply willing to put you up in their place, to give you food, to share with you many of the things that it might otherwise require money to get, then certainly you can take that as a form of abundance in lieu of the concept of money. But at the same time, for many individuals, the gesture of sharing money is the only thing that really represents to them the idea of equal exchange. For you to refuse that exchange beyond a certain point is, in a sense, not allowing yourself to allow the situation to be balanced. Do you understand?

Q: Yes.

B: There is nothing wrong with the acceptance, there is nothing wrong with receiving, if you are given a gift. The idea that people be willing to do that out of love is an indication to you that the Universe is attempting to support you in return for the love that you are willing to give. Do you understand?

Q: Yes, that makes sense.

B: Again, it doesn’t always have to come in the form of money, but sometimes that is what will allow another individual to really feel they are returning a gift to you.

Q: Thank you. I see.

B: So you do not have to throw the gift back in their face. Accept it with gratitude and graciousness, and again, realize you don’t have to be worried that your ego will go negative on you and get out of control, or that you will have to become fixated in the idea of materialism. It is all right for you to be absolutely and effortlessly abundant, as long as you understand that your abundance, no matter what form it takes, will always only be exactly representative of the level of sharing that you are creating and the level of abundance and joy you are creating for others as well. Therefore, it’s simply a direct reflection of what you’re doing. And I will remind you once again, and all of you, that the true opposite of love is guilt…not hate.

Receiving With Grace
Recognizing Connections

Q: Just coming here in itself does not necessarily give one that speeded up thing, right?
B: No. It is an indication that you do desire to recognize those connections, not because it is us, but simply because you have co-created this type of interaction to represent those connections; so it can make a difference, but it does not have to unless you decide that it is making a difference. Once you decide that it is making a difference the difference is made. Period. (AUD: laugh)
Q: So, not even going and making that decision is just as...
B: Yes. Because that is the idea we have always said. You do not need us. When you are willing to simply live the lives you desire to live, you are in the moment. That is it. It is that simple.
Q: Thank you.
B: Thank you.
Redefining Beliefs About War And Technology

Q: If I personally get involved in the war in Afghanistan by going to Washington D.C., can you give me some advice on the situation in Afghanistan and how to resolve it?

B: How to resolve it?

Q: With the least amount of bloodshed – let me put it that way. How to end the war, or win the war with the least amount of bloodshed.

B: First of all, transform out of the idea that war exists in your reality at all.

Q: Yeah, and then after doing that I still see a news report that there is still a war in Afghanistan . . .

B: Then you have not done it. Now, understand this. You have agreed to perceive the idea of war in your society; but for you (you, yourself, okay?) you are not experiencing the idea of war in your life physically. Now, you have agreed, simply, to perceive that it exists for other individuals. Now, if you wish to assist – to be of help, of service in this way – then simply act like the being for whom war does not exist in your reality, regardless of whether you see it or not. Act like you know that war can transform into something else – into peace.

Q: And if I do that then instantaneously it will not be perceived by others?

B: It will, I’ll say, it can be instantaneous. It can be, but it will depend upon the degree to which you are willing to believe that.

Now, understand, again, you have made a co-agreement with many individuals, and it will not serve them, necessarily, in the way you want to serve them, if all of a sudden you, instantaneously, do not perceive war at all. All right. That is all right too, but then you will be on about your business, never perceiving that war exists, and then you will not be able to serve those that still perceive it does exist in that way you have chosen to help them. So you will hold onto the idea, for now, that everyone is not going to instantaneously perceive that war does not exist. But by acting that way for yourself, you will be granting them the opportunity to choose to instantaneously not perceive war. And it is that offering that does the most help – the offering, in and of itself, and the offering without expectation that they still know in your heart of hearts that, for you, war is not a reality.

Q: You’re saying then, without interaction with these other individuals . . .

B: Oh, it is interaction, and you can have interaction; but understand that when you form interaction, you will be forming interaction with the you that does not contain the idea of war. Then they will see in you that that is possible.

Q: Oh, I see. Okay. Be a role model for them.

B: Yes.

Q: I’ve got another question to ask you too . . . I’d like to know who is using psyonic tracers and trackers on this planet? Are there such things being used in third density?

B: Sort of.
Q: What about fourth and fifth density? Are there psyonic weapons and shields, trackers?

B: Not weapons. Not shields. In this way, recognize that that idea, to some extent, can exist in different civilizations as per the play, the scenario they are working out. Understand this: in your third density… all right, I’ll put it pragmatically – there is so little understanding of what psychic functioning is, that they think that they can invent something like psyonic shields. It is a direct misunderstanding of everything that is going on.

The idea of using psychic abilities for what you call negative purposes, completely and utterly cancels those abilities.

Q: What about a psyonic box being used to create realities, using technology though? What is the influence?

B: There is no such thing as influence unless there are individuals who choose to believe they can be influenced. Now, there are individuals who choose to believe that, and thus, if they attract to themselves a group of individuals who builds something that symbolically represents those individuals’ ability to influence someone else who is willing to be influenced, then that is a complete agreement and a total enactment of what they have both agreed to believe; and has no power outside of that reality to someone who does not contain that belief system.

Q: Could the masses or the mass consciousness have agreed to that on a subconscious level somewhere?

B: On a subconscious level, something like that has been agreed to. However, the rate at which that belief is changing is such that it will be a fleeting effect.

Q: I see. It’s phasing out, then?

B: Yes.

Q: Okay, thank you.

B: Thank you.
Redefining Depression/Aloneness

Q: I was discussing something during the break that is a shared common experience here....
B: Yes, more synchronicity, all right.
Q: This is only the second time I’ve been here, and both times I’ve sensed a feeling of...during both your sessions, that...to say depression would be a generalization because it is not really a depression...
B: It is a going inward.
Q: Yes and it’s very disquieting emotionally.
B: Why are you judging?
Q: I’m just not feeling it.
B: Why are you judging? Understand, you do not feel without having first judged. Your emotions are the product and the result of your beliefs. Now, the idea is that many times the energy of the interaction can allow an individual to recognize that they have been, perhaps, searching for answers outside themselves, and in this interaction they may give themselves the opportunity to recognize the answers are all within, so they will go within. It is what your society usually calls depression but it is only meditation. When it becomes negative, you are simply judging the meditation. It is going where you know the answers are, and in being in this interaction, because it is our premise that you know all you need to know and you have all the answers, you may simply be acting according to the energy that you feel to be the product of the interaction between us, and doing what comes naturally, going within. It may simply be that you are now touching portions of yourself that you have not touched in this life and some of them may, in that way, disquiet you because you are not used to meeting those portions of yourself and you are unsure as to what they mean and you may carry small beliefs within you that they can be something negative, but they do not have to be. It is only the disquiet of the exploration of what to you is still being allowed to be an unknown, but that is all it is. You follow me?
Q: Uh, yes.
B: Uh? Are you sure?
Q: No, I’m not sure.
B: All right. Continue if you wish to explore this idea.
Q: Well, it is just that...
B: All right, let me ask you a question, may I?
Q: Oh good.
B: In your wildest imagination, what do you imagine, if you went far enough inward, you might find? Do you wish me to put it another way? Use your imagination to imagine what could be the possible worst thing you could find if you explored the interior of your being. What would make you the most jittery? The most unquiet? Now, now, we are only playing a game.
Q: Oh good.
B: What would represent something you could not bare to think you contain? You would just die.
Q: That there would be.
B: Would you like some assistance?
Q: Yes.
B: All right, I’ll pose some suggestions. You say, yes or no. Let us say you found out you were a murderer, would that do it?
Q: Yes.
B: All right. What, in your estimation would be more negative than that, now that I’ve given you direction?
Q: That I didn’t exist, if there was nothing.
B: That you didn’t exist? If you didn’t exist how could you go and find out if you existed or not?
Q: Yeah, yeah. [laughs]
B: You may take it for granted that you exist, otherwise you would not be able to pose the search. Therefore that is out of the way, what else? Is that the worst thing? Is that it?
Q: It is a very alone feeling.
B: A very what?
Q: Alone.
B: Alone, alone, yes. You are completely your own universe, at the same time there is no such thing as only one side of a coin. You can not be your own universe, alone, without also being surrounded by an infinity of consciousness. You have to have both sides. So whenever you feel alone, simply recognize the other side of the issue and you will be surrounded by more beings that you can shake a stick at, (Audience laughs) or a scepter. What do you think about my suggestion? Can you invent one from your imagination that might suit you more likely?
Q: Not at this time.
B: Not at this time, all right, how about now? (Audience laughs)
Q: I can make a concerted effort, yes.
B: Oh, I am not asking you make any type of effort at all, I am asking you to play. Do you not want to play with me? (Audience laughs)
Q: I’ll play, I’ll play.
B: Oh, don’t let me force you.
Q: I’m afraid!
B: Afraid! That’s a good game; we can play that game. Understand something: the so-called worst thing that you could possibly discover would never, never, never be negative enough to make All That Is revoke your existence. All That Is knew what it was doing, you know, when it created all of us. Do you
not think All That Is is not aware of all the potential ideas of negativity that exist within it? Do you think that it was not aware for a second? Do you think you can come up with something that All That Is could not have possibly conceived of, and that you could do something that would make All That Is say, “Oh, I didn’t plan for that, you’re out”? Do you think that when it come right down to it, you could possibly do anything that would make All That Is want to revoke your right of existence? Why would All That Is want to do that to Itself? Because you are All That Is. All That Is cannot extricate a portion of itself into some outside realm because All That Is is literally, by definition, All That Is and there isn’t anything else. So there is no where for All That Is to get rid of any portion of Itself to. So where do you think you could get stuck? You could always wind up being somewhere within All That Is. Now, what do you think about that suggestion?

Q: I think that it is a reaffirming concept.

B: All right. Then if you find joy within it, allow yourself to partake of your share of ecstasy, for recognize that when you find yourself to be alone, so to speak, since that is also only a concept, then that is a perfect opportunity to take advantage of recognizing your unique relationship with All That Is, now that you have a moment of privacy.

You follow me?

Q: Yes.

B: Then revel in it and be ecstatic explosion that will result from your communication with All That Is, with the rest of yourself, in that way, will immediately populate your universe with an infinite number of experiences and relationships. That is how it works – one always feeds the other. That is what creation is all about; it is self-supporting, self-creating. Being alone will automatically generate a plentitude; being in the plentitude will automatically generate solitude, back and forth, back and forth, back and forth. You follow me?

Q: Yes.

B: You are never one without the other, cannot be. Thank you very much.

Q: Thank you.

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Redefining Dogma
Northridge, CA
8-2-88

All right, I’ll greet you all this day of your time as you create time to exist. How are you all this day of your time?

We once again thank you for the co-creation of this interaction which we will entitle "Redefining Dogma." Now the idea that we have perceived going on, in your society, at this time, is that there are the creations of many factions of belief systems with regard to your relationship to creation itself. In what you call your typical format expression of this relationship, you use the word religion to explain and express your relationship to creation. Now, in what you call your New Age awareness, what, if we may have a little bit of fun with the term may reterm, the neo-geo awareness upon your planet, you are now beginning to understand different ways, different methodologies of expressing your relationship to creation rather than what you may term the ritualistic or dogmatic expression termed religion.

Now, first allow us to underline, very importantly, we are now a year, shaped or formed invalidating any one chosen methodology of relating to creation. All tools are valid, as we have said many times, and will always say. If you find that your particular religious aspects are what work for you, in expressing your relation to creation, then by all means utilize them until you find, for yourself, in your own good time, that they no longer suffice.

But you may also find, that in your desire to redefine what you are coming out of, what you are used to hearing of, in terms of religious expression, in terms of redefining it, in what you may call a more metaphysical understanding, a New Age understanding, there may be some difficulty using the correct terminology. Or terminology, we shall say, that feels correct to you, that feels appropriate, that feels that it has the same impact to the terminology that you were brought up to understand. So we will endeavor to be of assistance, this day of your time, in creating an example and a suggestion for how some of the older terminologies can be transformed and redefined into newer terminologies that, as you say, fit the bill.

Now, we will utilize one particular example simply because it is probably the most familiar example to your particular culture, at this time in general. In no way, shape or form, by using the following example, do we mean to call out any one particular religious persuasion as being anymore correct than any other. We simply use it because it is a matter of common knowledge to you all.

Now, you will find that because there is a high degree of redefining going on in your society at this time because you are beginning to look at things in a different way, a new way. You will find that there is a great deal of polarization taking place between the individuals on your planet that are willing to redefine and the individuals on your planet that want to, in your terms, stick to the old terminology. So there is a great degree of focus going on that sometimes, we have observed, creates some friction between the different factions that you create yourselves to be. One group may insist that another group should be looking at the idea this way; another group may insist that the former group should be looking at it, that
way; each group thinking that they are correct, they are more right than the other group. Now, the idea, more often than not, that we have observed being expressed in your society usually deals with what you call your Christianity, your Christ consciousness awareness.

You will generally find that the phrase that certain individuals will, more often than not, utilize to determine your particular alignment to creation will be the following phrase. Most of you have, in all likelihood, heard the phrase many times, it usually goes as follows: "Do you accept Jesus Christ as your Lord and Savior?" Now, all well and good, but it leaves wide room for interpretation in many different ways. Before we supply what to us would be perceived as a redefinition of that statement, let us first refresh everyone’s memory as to some definitions about what the elements of that particular statement mean, at least, from our point of view. We have talked, off and on, about the idea of what you have termed Christ consciousness as being, from our point of view, the collective consciousness of your entire planet, what could be called the World Soul, the World Spirit. In other words, Christ consciousness or what some individuals may call the Buddha nature, or any other name, is the compilation of all the individual consciousnesses upon your world.

Every world, every dimension, every civilization has its own group consciousness which would be its own world spirit. In our ancient language, as we have said, we have called ours Shakana. You call yours Christ consciousness and a variety of other names. Now, that Christ consciousness, that World Spirit knows itself because it is conscious as a singular individual, as a singular entity, knows itself as a single entity, but also knows itself as the combination of all the entities that make it up.

But you see, to the Christ consciousness it always must be both; it must be both polarities. It is never an issue, "Is it this way or that way?" "Which is the real way that it is?" "Is the Christ Consciousness one entity or is it the combination of all of us?" It is both, it always must be both. For anything that you can perceive in the format of a polarity lets you know, right then and there, because you can perceive it as a polarity, that both sides must, somewhere at the center, blend and be both equally true and equally valid. So first and foremost we would, shall we say, replace the idea of the term Jesus Christ with the term World Spirit, for to us that is what it is. In interacting with your society, we do find that it is necessary, now I’m going to put this extremely colloquially; it doesn’t necessarily mean that the way I say this is the way you are used to thinking of these terms, but our civilization, because it comes from another realm, another dimension, actively seeks permission from your World Spirit to interact with its individualized components. So that we ensure that we are acting in the most integrated possible way to assist you in your true endeavors, your true desires, rather than, as you say, stepping on any toes or spilling any beans or unwrapping any presents before they need to be unwrapped. So we always, as you say, double check with the World Spirit to align with the pace, align with the pulse and the synchronicity that takes place within that World Soul before we interact with the components of that civilization.

Therefore, we may now continue with the idea of redefining the terms Lord and Savior.

Now, in your society because of the way you have interacted socially, politically for many thousands of years, the term being used to represent the Christ consciousness, Lord, in a sense, is accurate. However,
again, it has many connotations which do not necessary act as a pure representation of what the idea of the World Spirit is. Remember that from our point of view, the idea of the Creator does not really rule, per se, in the way that you are used to thinking of that term, over its components. It doesn’t need to.

If a Creator created free will, it is a contradiction in terms to all of a sudden want to control the idea of the components that have free will. The idea of being a Lord, in a sense, as far as we are concerned, is simply a representation of the magnitude of its involvement with you and your involvement with it. In other words, it sets down the general theme, the general pattern, the general atmosphere in which you exist as a society.

But it does not rule, it does not judge, as a lord, as a king, as a ruler would, in what you call your physiological political system. It simply presides, shall we say, observes, shall we say, gives birth to the overall pattern, the overall atmosphere in which all the probable realities you can experience physically are manifest from. It determines the overall law of the vibrational reality in which you reside. But it is a benign, a rather passive determination, a rather passive structure. The structure is simply placed within that reality and all the individualized components make use of that structure in whatever way, shape or form they so desire with their own individual free will.

So since each and every individual within the World Spirit is a component, an extension of that World Spirit, it can be said that the World Spirit is an Oversoul to the entire world, in that sense. Therefore, you could say that the term Lord could be replaced with the idea of the word Oversoul, which simply means that you are deriving your pattern, you are deriving your cues for the smooth operation of your reality from the Oversoul of which you are a part, from which you are extended.

Savior, once again, has to do with the separation that you have created within yourself from your connection to the Infinite. It has a lot to do with the idea that you have created guilt, frustration, separation, judgement and invalidation upon yourself, so that you think you need saving from some abysmal pit into which you have been thrown. But the idea, now that you are recognizing it in your New Age awareness, is that you have always been in control. As we have said many times, it is simply that you have forgotten that you are an aspect of the Infinite, forgotten that you are always in control, forgotten that you are the individual creators of your own reality and the combined creators of your mass consciousness.

The idea that you need saving implies that you are not an aspect off the Infinite and do not contain internal self-empowerment, which you do. So you do not really need saving. But perhaps because of the state that you have created for yourselves, now and then you might need a little guidance. And so, instead of the idea of looking to what you may call the Christ consciousness as a savior, perhaps you can look at the Christ consciousness as a guide, as a mirror, as a reflection, as that which gives you the vibration to key off of, to find that you can be a aligned with that vibration and have everything in your life run smoothly by synchronizing with that particular frequency.

The idea that you call surrender up to the idea of God or the Christ consciousness in no way, shape or form means that you are giving up responsibility for your creations. It means that you’re actually taking
full responsibility. It is simply that your society is so used to experiencing control by experiencing resistance that when you finally have true control with no resistance at all, you don’t think you are doing anything. You think you’ve given up. You think something else is running your life now because it is absolutely effortless.

When you surrender, what you’re doing is taking back full responsibility for your creations in life, for the creation of your total reality and full responsibility for being a co-creator; as you were made in the image of God, as you say, a co-creator with creation. When you do that and when you align and synchronize with the flow, with the guidance that is always radiated to you, then your life is effortless and it doesn’t feel, in that sense, like you are actually controlling anything, but you are.

So the idea, once again, of someone coming up to you now and saying, "Do you accept Jesus Christ as your Lord and Savior?" can to some degree be redefined in the following way: "I accept the World Spirit as my Oversoul and my Guide." It is the same thing. The idea, however, of saying it that way removes the judgment, removes the invalidation, removes the disconnectedness and the separation that you have created from the idea of Creation itself, and puts it squarely back on an equal term within you. So that you can go through your life consciously knowing that the World Spirit, in a sense, watches over you.

But at the same time, you play just as important a part in sustaining and supporting the existence of the World Spirit by being as fully realized a being, by being as fully realized a component as you can be; by taking back full responsibility for your lives and exercising full conscious and effortless control in the creation of the reality you prefer. Use this, if you wish, as an example of how to redefine and transform all of what you may call the old world terminology, if that will assist you to see yourself in a clearer light. Simply, that is our sharing with you this day, this evening, of your time.

Before we begin the interaction, allow us to share with you also one more thing; a little bit of a meditation. So you may all close your eyes and take three deep breaths. This meditation will be for the purpose of creating a little bit more of an alignment with the World Spirit, with the Oversoul, with the guides that all of you are an aspect of.

As each an every one of you now takes a leisurely and peaceful breath, allow yourself to remember that breath is life; life is breath. It is the fundamental vibration, a fundamental signature vibration. Any time any of you want to know what your signature vibration is, and that means your signature vibration is your unique frequency relationship to Creation, any time any of you want to know what that is, take a deep breath in and let out a tone, let out a sigh.

That is your particular vibration. It does not even have to last very long. All you have to do is feel it, all you have to do is hear it; all you have to do is find that range wherein you feel most comfortable and you feel your bodily form resonating with warmth, with invigoration, with life, with potential, with promise, with probability. That’s all you need to do and as soon as you do that, in that instant you are one-hundred percent completely aligned. It is that simple. Now, what you do from that instant forward is up to you. You can become dis-aligned again if you wish; but you do not have to.

As soon as you have that signal, as soon as you have that tone, you are aligned. Any time you find
yourself having created a situation where you are, as you say, at odds, where you are, perhaps, frustrated, where you are, perhaps, a little anxious, take a moment. Take three deep breaths and then on the fourth one, take a big deep breath and let out the tone, let out the sigh of release, the sigh of alignment, the tone of crystallization and you will be realigned. It is that easy.

For never, never, never was it written anywhere, in any text, in any fabric of creation, that it should be deemed in any way, shape or form difficult for you to realize and fully understand that you are expressions of the Christ consciousness too. It was always made to be the simplest of things to allow you to remember your connection to the Infinite. And because it is such a simple thing that is why it was designed the way it was. Because any time you had enough, any time you’ve been struggling too much, any time you’ve been trying too hard, the only thing you need to do, and the first automatic reaction you have, is to sigh. That’s how you get back to center. It is the first and most basic primal release and centering mechanism you have. Use it.

We thank you for you willingness to interact at this time. You may open your eyes at your own pace, finding within you that degree and level of comfort that now expresses who and what you are as a realized being and an aspect of the Infinite. And at this timing, we extend to each and every one of you, once again, our deepest appreciation for the co-creation of this interaction in the way that your imagination and our imagination have deemed it shall be.

We thank you for allowing us to experience the gift of your consciousness. And in return, once again, I ask you now, how, in what joyous way for me, may I be of service to you? Sharing!
Redefining Earth Change Prophecies

Q: If there is to be a catastrophe on the Earth planet, as is prophesied in the Christian Bible, would our space brothers, the outer space brotherhood, be allowed to interfere to help humankind on this planet?

B: Here we go. (AUD: laughter) All right, here we go. First of all, are you familiar with some of the ideas we have shared about what we define prophecy to be?

Q: No, this is my first time here.

B: All right.

Q: I profess an ignorance.

B: Oh, no, no, no – no need to. In this way, first of all, let us lay the foundations, very briefly. To us, the idea that is called prophecy or prediction is not a prediction of the future. It is the sensing of the energy at the time the prediction is made that has the highest degree of probability of being manifested – but it does not mean it has to.

Do you follow me so far?

Q: I do, yes.

B: Now, therefore, recognize that sometimes the prediction or prophecy itself can change the energy. Because now you are aware of it, and if you don’t like what has been predicted, you can change it.

So recognize, however, that what was being predicted was the transformation that is taking place upon your planet now – and which will continue for some time – but as is it was predicted, in the way it could be best understood, at that time.

Let me remind you that, at the time the prediction was made, the only way such radical transformation could be understood was through the idea of “trials by fire.” It could not be understood how one could simply know that one deserves ecstasy. And not have to experience the idea of negative transformation or catastrophe in order to know that one simply deserves ecstasy.

Now this does not mean that many individuals and many isolated locations upon your planet will not – as they have already done, to some degree – will not continue to create some of these catastrophic ideas. Because that may be the only way that their mentality can relate to the idea of such a radical transformation. They think they have to, in your terms, take themselves “out” in order to put themselves “back in.”

Therefore, the idea, as it has been translated to you would be this: the recognition, the recognition, that the Association – what you call the different civilizations within the Association that you have referred to as the space brothers – the recognition that we are interacting with you, the recognition that we can do so is, in and of itself, an indication that your vibration has changed, and is your willingness to recognize that you are equal to us.

And being willing to recognize that you are equal to us, in a sense, places you in contact with us; places you within our vibratory matrix. And in that sense, to a great degree, that is what you all have translated into the terminology that we are going to come down and “save” you. The idea, from our point of view,
is that you do not really need saving. (AUD: comments and laughs) The idea is that you are choosing upon your planet to do whatever you wish.

Now it is not impossible that individuals upon your planet, should they allow themselves to simply accelerate to the level of equality with us, may create interactions in that way. And may participate in the sharing of the idea of interaction aboard spacecraft, at certain times within the transformation.

But in an overall aspect it is our, to use your term, “wish,” that you would understand that the idea of our spacecraft coming down to rescue you is more of an allegorical understanding of your willingness to be simply equal with us, and simply not need to experience the transformation in catastrophic ways.

So that you can simply accelerate and/or ascend, so to speak, into the fourth density light body state – a bit at a time. Simply recognize that ecstasy is your birthright, and if you know that that is the vibrational reality that you exist upon, then you can aid and assist us in the transformation.

Now, you will find that you have reduced this idea of catastrophic transformation by a factor of, let us say, to use an example, from ten to approximately two and one half. The idea also is that the remainder of the energy, in certain ways – while again, some of it will be utilized and has already been done so – may create, let us say, isolated catastrophes with miniature groups of mass consciousness on your planet that cannot relate to the transformation in any other way. But for the most part, a lot of this energy can be re-channeled in more positive ways.

Q2: Have we done this through prayer and light work?

B: Yes, in a sense, that is one symbolic way. For prayer is simply opening up conduits for the communication and the link that always has existed between yourself and All That Is.

Q: So those that are on the vibrational matrix, as you put it, through prayer and light work, can work for those who are experiencing catastrophic conditions – for example, in Africa. Can our prayer and light work make the transformation and transmutation for them?

B: It can assist. It cannot force them to change.

Q: Right.

B: But it can assist them by providing them a substance and a material that, if they so desire to change, they can avail themselves of, yes.

Q: Bless you.

B: Oh, and our love to you all.

Q: Thank you.

B: Thank you. Sharing!

Redefining Earth Change Prophecies

1
Redefining of Beliefs

Q: My question has to do with: I feel like a black, kinda heavy little space.
B: Black, kinda heavy little space? Very creative.
Q: And it gets in my way of relationships, and...
B: “It” gets in your way! All right.
Q: ... and of surrendering completely to the moment, and to taking all of my power, and just being.
B: All right. May I ask you a question?
Q: Yes.
B: Are you sure? You do not sound too sure that you wish me to ask you a question.
Q: I know. I’m scared to death.
B: Oh, all right. It is all right if you want to be scared to life, too.
Q: Okay. I do.
B: Now, this question simply is: why do you assume that what you are describing actually gets in your way – as opposed to being a part of the path you are choosing to be? Why do you think it is not a part of your path?
Q: Well, I guess that’s what I want to know: what’s the agreement to have that? I want to be... I’m finished with it now. I want to be done with it; I want to be able to let that go.
B: All right.
Q: Different processes...
B: All right. Can you do me a favor?
Q: Yeah.
B: “Yeah.” All right. Can you define it in any more precise terminology than simply the heavy little black space?
Q: Okay. For me, in this “right now,” it feels like Mom, and feels like the unresolved stuff with Mommy... of something. I don’t... (Crying)
B: All right. It can be many of the beliefs you were brought up with.
Q: Yeah, I’m sure that’s what it is. And so I understand all the stuff in your reality being what you created.
B: Yes.
Q: And so I wonder why I get myself right up to that point, up to that wall, up to that window, to whatever, and why I just can’t.. just go through it.
B: Oh, all right. All right. May I ask you? All right, I’ll ask you. Let me ask you this: what do you imagine would happen if you did go through with it?
Q: I guess it comes down to death. I think if I be... or whatever, who I am, or engulf all my empowerment, there’s some idea I won’t be loved. And then if I’m not loved, then I don’t exist. And if I don’t exist, I’m dead or...

B: One moment. One moment. Your definition contains a contradiction. How can you be all you are and not be loved? That is a contradiction; it is not possible. You are made of love. How can you be all you are and not be loved?

Q: Because someone told me that or something.

B: So?

Q: So why do we believe it? Why do we believe it when we’re kids...?

B: I don’t know. Why do you believe it? Why do you choose to exercise your conscious commandment to continue to believe it, even though you know what it is you don’t want to believe in? Perhaps one of the beliefs you have been taught is that it is not that easy to transform it.

Q: Right. It’s always the hard way, the hard way; the hard way is the best way. I don’t want the hard way; I want the easy way. I’m trying to find the easy way.

B: All right. You do not have to try to find the easy way. That’s not an easy way to find it. An easy way to find the easy way is to simply do the things that are representative of what you imagine the easy way to be – regardless of anything you used to believe in.

Also, what may be, in your terms, hanging you up is simply the belief that you have to dig out all of the old beliefs before you can place new ones in. If you simply act upon whatever new belief you prefer to be true for you, it will automatically replace the old one – whatever it was, for whatever reason it was there.

It is also that easy. You do not necessarily have to dredge all the reasons up as to why the old beliefs are there. You may find it difficult to go on, simply because you are standing on the threshold, not believing that just activating the new belief will be enough to cancel the old one – but it is.

Q: Is there any, like, exercise or affirmation or something that can help me let go of this...

B: There are probably 2 million, 578 thousand, 934 of them.

Q: Okay. All right.

B: Now: we could give you any number of them. However, your imagination will always alter it to fit your best understanding anyway. So why not begin with your imagination?

When you say: “Is there an exercise? Is there a technique?” Why not ask your imagination for one? Since your imagination is the primary tool. The reason you have an imagination is for just such a question: “What can I do to change into what I desire to be?” “Imagination: give me a sign; give me a picture; give me a feeling, please.” It always will. It’s the tool that is specifically oriented to the vibration of the person you are. So whatever your imagination gives you will work for you – if you trust it.

So in your picturing of what you would prefer to be, how do you imagine – if you were that person you prefer to be – how do you imagine you would act that is different from what you are doing now?
Q: I would be more active; I would just get things done, boom-boom-boom-boom!

B: Then understand: all you need to do is act that way. And that action will completely cancel any other habits you have.

Q: Okay. So all that stuff about karma with this person or that person or agreements... is really not necessary...

B: Oh, it’s all valid, and it’s all relevant, but in no way, shape, or form does it control what you decide to be now. It is all a part of what brought you to this point, but it has nothing to do with preventing you from being anything you want. You, right now, just by whatever you define yourself to be right now, will change all the focus of all the past connections to validate what you choose to be right now. The past does not control the present; the present is not a result – in a controlling way – of the past.

You define yourself to be whatever you believe you are at any given moment. If you find that a certain linear idea of your past connections no longer serves the definition you prefer to be, why hang on to that connection? Sever it by redefining yourself, and believing in the definition you prefer now. Believing in the definition you prefer now will change your past to accommodate whatever definition you choose to be in the present.

Q: And believing is just your imagination.

B: Just your imagination and your willingness to act, and trust that by acting upon your instincts and following what excites you the most, your physical reality always reflects that certainty back to you – that choice back to you.

That is how the universe works. It works for everyone. No exceptions. It is working for you right now. But it is only reflecting back to you what you are choosing to believe is most true for you. Change your definition, believe in your new definition. Act like you believe in your new definition, and your physical reality has no choice but to reflect your belief, your action, your new definition. That is all it really takes.

Now, if you believe, for any reason – and it does not matter why – if you believe you need a process to acclimatize you into the understanding that it’s all right to believe you’re that powerful, and that it’s all right to believe it’s that simple and that easy, then by all means attract to yourself a process, an exercise – whatever you find most enjoyable, just because you enjoy it. And that will work for you.

Now one exercise, if you wish, that we did share with you of recent times already exists in your tape form, and there are individuals who can refer you to this exercise – which deals specifically with converting fear into power. And if this works for you, use it; if it doesn’t work for you, don’t. The idea is to simply trust that you will attract into your life whatever tool will work for you.

And lighten up on yourself. There is no real heavy, small black thing in your way. Only your assumption that there is something in your way creates there to be something in your way. And the only thing that’s in your way is an assumption that there is something in your way.

That’s it – truly it. Beliefs are what create your apparently solid physical reality. So a solid strong belief in a very lightweight assumption will create that assumption to seem as if it is made out of steel. And it
will seem to be immovable, just because that’s what your belief does. It solidifies your assumptions. That’s it.

Q: Is there any purpose in these beliefs? I mean do we manifest these beliefs…?

B: You can extract a purpose from anything. Perhaps, if you wish to keep it simple, the fundamental purpose in experiencing limitation is to recognize that you no longer prefer it. And then you will not be living it.

Q: Oh God!

B: You can keep it that simple. “All right, I’ve been through all of this to recognize now, that by being able to compare the ideas I no longer prefer to what I now know I do prefer, that I went through all this so I would know, beyond a shadow of a doubt, what I really prefer.”

Now, the last step is to simply believe that if you act upon what you prefer, that will be, from that point forward, the reality you will experience, plain and simple.

Q: So you always know what you prefer – I mean…

B: Yes, you do. You can create a scenario in which it seems you can hide your preferences from yourself. But then, in a sense, to be very basic about it, obviously, at that moment that’s what you prefer to do.

But it is always a matter of conscious commandment. If you are “out of control,” then you are preferring to be out of control. But you are controlling that scenario. So you are never really out of control.

Q: Okay.

B: Simply know that: you cannot be truly out of control. You cannot truly be off of you path, because you are not on a path; you are a path. You can’t be off yourself.

You are who you wish to be; you are what you are. You are the creator of your reality. Prefer what you prefer; believe in it; act on it. You will always get the reflection back of what you truly prefer.

Q: Okay. Thanks.

B: Thank you very much for you boldness.

Redefining Beliefs
Reflections Of All That Is
Q: It’s wonderful talking with you again.
B: And you.
Q: I was wondering... last week you said you were familiar with the energy called Jesus Christ, and I wanted to ask if you were familiar with the Ashtar Command?
B: Yes, to some degree.
Q: Do you like them a lot?
B: Yes.
Q: Great.
B: Is there a reason why we should not love them as equally as anything?
Q: No, that’s right. Do you know the person Ashtar and where he comes from?
B: We recognize the idea of the consciousness.
Q: Do you have any specific thing to tell me about Ashtar?
B: Not really, except that sometimes we find that upon your planet many individuals may interpret, as we have already discussed, the idea of Ashtar in ways that may be more reflective of symbology that you are used to thinking in, rather than the way they actually exist.
Q: Very interesting. We are also working right now on liberating suffering animals from out of the laboratories.
B: Yes.
Q: Do you have any idea of how we can quicken up this liberation?
B: You can love the individuals who are creating those scenarios, and by being equal to them they will know that they are not being threatened by you. And you can share your ideas with them very creatively about how to go about learning what they want to learn, without necessarily having to, in your terms, create negative scenarios with the animals.
For it is simply that they do not see, because of the way they have created themselves to be, how to learn what they want to learn in any other way. You can teach them that they can ask the animals and the animals will tell them what they want to know.
Q: Yes. I was telling these people also about interacting with higher spirits... well, not higher spirits, but interacting with the multi-dimensional possibilities of communication with other worlds.
B: Yes.
Q: And finding out the true answers for cancer and AIDS and all these illnesses that they are actually testing animals for, to find those answers. So, would you...
B: If you are the vibration of that idea, then you simply know, beyond a shadow of a doubt that that is true for you and is the reality. The understanding of all the disease on your world can simply be
understood directly through a direct relationship to the disease – by taking responsibility for having created the disease. And so not having to, as you say, create a roundabout method of discovering what the disease is all about by utilizing something, in a sense, removed or outside of yourself.

Thus if you are truly willing to believe that idea then you will simply continue to discuss this idea with them. Not that you are forcing them to see your point of view, but simply that by seeing in you your persistence and your conviction, they may then offer themselves an opportunity to say: “Well, maybe she has something there. Let’s give it a try.”

Q: That’s good. And I also wanted to ask if you are existing in our solar universe?
B: We are in a slightly different dimensional plane.

Q: Because from one information source I was learning that there are thirteen solar universes, and each solar universe has of course, many other worlds or so called dimensions. So I was just wondering if you have already found out under which archangel, or let’s say, solar lord you...
B: These idea are again, labels, that in our society really do not have much meaning for us. For in this way, we simply know what our relationships are to other consciousness by direct understanding, and do not place the idea of a symbolic label upon the relationship.

So in this way, the idea of thirteen of this, which of that, who of this, means very little. We simply relate whom we relate to, and do not make a reference as to whether it contains the idea of a higher, a lower, a separation, this category, or that category.

Q: Well, for me it’s not a separation because the thirteen solar universes are whole, and it is just what it is.
B: Yes.

Q: I know that I am in the twelfth solar universe and I am on planet Earth and I am under the special protection of the lord of my solar universe, whose name is known as Michael.
B: All right. But that is your connection, in your symbolic translation.

Q: Yes, I see that. Once when I was ill and I went out of my body after calling God for help, he responded inside of my head and I left my ego and I went out of my body for the first time. And I met a being, a wonderful loving being who was the one who responded to my call for help. And I asked him if he will ever go away, and he said he was always there and he would always be there.
B: Yes.

Q: And I asked him his name, and he said his name was, Michael or Michi-el.
B: Yes.

Q: And there were beings around him, who I couldn’t see but I could hear calling him, very lovingly: Michi-el. Like a more loving expression for Michael.
B: Yes, we understand the vibration in this way, and while we are aware of the consciousness you are speaking of, and while it is in your terms a reality in that way, the idea of looking at it as Michael or
Michi-el, is something that is looked at from the point of view of having come from the planet Earth. To other dimensions of experience, the same energy may be recognized in many different ways.

Q: Yes, it may also be just a part of me.

B: It is all a part of you, and all its own consciousness, at the same time. It is not that it might be just this or that. Everything is this and that. That is why it is ALL That Is, not just pieces.

Q: Yes. And I’m really happy since I met this being because I know how great God, All That Is, is. And how much I am loved, because I met Him with my own eyes.

B: Then in this way, once again understand, that what All That Is knows, is that, what you met also was your own reflection.

Q: So, I’m a very male energy as well?

B: You are equal.

Q: Do you use that word, androgynous, on your world?

B: We understand the concept. The idea is that souls are not really male and, or female. Not really both – really neither. The idea of male/femaleness does not really occur until certain levels of density are created in which to experience a soul, in that polarity.

So we understand the idea of androgyne, but androgyne also, in a sense, assumes a blending of what you would recognize to be maleness and femaleness, whereas while the soul, in a sense, is androgyne, it is more androgyne in simply being the idea of one thing. And not so much being a blending of maleness and femaleness.

Maleness and femaleness are specific terms and expressions experienced in certain universes. The soul can express itself and does express itself in many other types of manifestation in other universes.

And then perhaps, some individual in that universe says: “Well, the soul may not be either this or that, as it expresses itself in our universe, but is a combination of both ideas, where it is truly everything.” It expresses itself, as it will in different planar universes. Sometimes through the polarity of maleness/femaleness, sometimes in other ways.

Q: That’s interesting, thank you.

B: Thank you. Sharing!
Reincarnation

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

Allow us to begin this interaction, this evening of your time with a further expression, another perspective, of the idea you call reincarnation. And this may be your entitlement, if you wish.

Now, those of you who have considered the idea of the existence of reincarnation, even while considering this idea, because of the linear timeframe reference structure in which you have existed for thousands of years of your time, generally have placed your reincarnational understanding within that timeframe, within that linear structure. Thinking, therefore, extrapolating, therefore, that you have a life after life after life, and lives before, lives yet to come. This is not necessarily inaccurate, but it is only the point of view from within a linear timeframe dimension.

Now, realize the true multi-dimensionality of the being that you are, how you are extended in many dimensions of experience at once, simultaneously. We have discussed with you many times the notion that all of your so-called past lives, future lives, and alternate present lives are, in a sense, all going on at the same time, right now, simultaneously – parallel if you will.

The idea of reincarnation is only considered re-incarnation because of the timeline frame of reference, the idea of a before, a middle and an after. So if something was, and it becomes again, then it must re-become. In this way, while this is valid from within that frame of reference, the notion that you call reincarnation, perhaps, we may now simply begin to refer to as – still colloquial, but perhaps a little more precise – simply simultaneous, multiple incarnations. Simultaneous, multiple incarnations.

The idea of multiple incarnations basically occurs because you are eternal and infinite. To put it more colloquially in your frame of reference, in a sense, reincarnation must exist if you are, in fact, eternal and infinite. Because the idea, the limited scope you are experiencing yourself to be in this life is but a fragment of the total being that you are, if you truly are eternal and infinite – in the true sense of what those words mean.

Therefore, if you are eternal and infinite, and yet you perceive that you are only experiencing this limited idea of one particular physical reality, if you see that you do not, perhaps, as this consciousness consciously experience yourself at the same time on the other side of the universe as another being, as that infinite aspect of yourself, then you must realize that you have created and imposed upon yourselves a compartmentalization of the total being that you are. And it is this compartmentalization of the total being, the total infinite and eternal being that you are, that gives rise to the notion of multiple incarnations.

For if you are, in a sense, truly every where, every when, and if you do not experience that consciously, then there must be other fragments of you, just as you consider the idea of yourself to be a fragment, or
a limited experience of the total being that you are. All of these other fragments, in a sense, are made to be fragments, are made to be experienced by you in a compartmentalized fashion so that you do not experience them all at the same time, all in the same place. So you can experience this particular reality or that particular reality at any given moment; so that you can create a focus, an idea, a specific idea. Without that ability there would be no ongoing creation. It would be static, stagnant.

The idea of transformation, in and of itself, means that you are expressing yourself in all the ways that you possibly can – right now. Whether or not any one of those ways is cognizant of all the other ways does not matter. You are eternal beings. By the definition you are infinite beings, and by that definition you must be everywhere, every when that there is to be right now.

Therefore, from whatever frame of reference you create, that will determine the terminology by which you recognize your simultaneous multiple existence. Now, if you create a frame of reference that talks about a linear structure, a before, and now, and after, then you will impose that frame of reference upon the simultaneous multiple existence of yourself. And you will say, "Oh, I have past lives; I have future lives. The past lives have already happened; the future lives have not happened yet."

Those are all extreme colloquialisms relative to the neighborhood in which you live, and that is all. You are truly, truly, simultaneous, multidimensional beings – because you are eternal, because you are infinite. One must follow the other. The idea, therefore, of reincarnation simply is a, quote/unquote, natural result of the fact that you are eternal. Because now, right now, is the only experiential timeframe in which you will ever perceive your existence.

Therefore, if you are doing all of these other things, you create a multiplicities of "nows" in which to do them. But they all do occur right now. You simply have broken yourselves up into different frequencies, different bands – again, the analogy of your radio device. All the programs are there at once. You only hear the one you are tuned to at any given moment, but all the programs are there. You would not, perhaps, think for a moment that it would be in any way efficient to send the programs one after another. It would take an interminably long amount of time to hear them all.

So you do them all at once, all you can imagine; and you give everyone a choice as to which one they wish to listen to. And you invent your recording devices so that if they miss one, they can get it later. But the idea is still that they are all available now. And you make your choices; and whichever one you focus on, that is what you experience.

And if, quote/unquote, later you wish to replay your recording, then you can have an experience, another experience, another life. And therefore, remember that because all lives are simultaneous, you can, in a sense, have a past life after a present one, just as you can listen to your recording after it has been aired. Because now you are focused; now you are pointed in that direction. Now that is what you want your consciousness to be focused upon.

So, quote/unquote, replaying your tape allows you to experience it as if it is for the first time. And when you relate to someone else the experience of your watching that tape, it still fits into the linear timeframe of your society. "Oh, yes. Oh, you saw that too?" "Yes, well but that was aired back then." "Yes,
but I saw it today. For me it was aired today." But within the overall agreement it was aired back then. Therefore, recognize with this example as well, symbolically many of the devices that you are now creating in your society are also assisting you to, in a sense, fuzz out your concept of time. For in many ways you can listen and hear and experience something that someone else has already heard and listened to and experienced some time ago; and for you it is the first time, even though for them it is a repeat. You can shift the focus of when anything can occur. And you can allow it to seem to be any time, any place.

It is no accident that your technology is reflecting this ability; that your communication skills technologically are now beginning to represent your communication skills that you are developing within yourselves telepathically, and between each other; a coming and going simultaneously of many different messages on many different levels. Your technology is now that way because that is what you are all about; your recognition of the coming and going of many messages simultaneously on many different levels. And you can tune into whichever one you prefer at any given moment, depending upon where your dial is aimed. 'Tis up to you; aim your dials where you will.

We thank each and every one of you for choosing to experience one, at least, of your multiple incarnations with us. And we now simply ask, how may I serve you?
Rejection

Q: This is my first experience with you and I feel overwhelmed with all the information you have given. I’m concerned with the fact that as a person, I withhold; I don’t allow myself to give freely in relationships.

B: All right. But again, relax. You will know what you need to know when you need to know it. Not one second later, but not one second sooner either. Relax, knowing that you know what you need to know. Now, in what specific way do you feel you withhold?

Q: In trusting. I have a great tendency to build walls to shut people out.

B: And what is it you are afraid they will find?

Q: That I’m not sure of, but I feel I would be rejected by them.

B: Rejection. All right. May I ask you a question?

Q: Yes.

B: If you were to go up to any particular person in the group that you are with would you expect that person to suddenly rip off one of their arms and throw it away?

Q: No.

B: Then why would anyone want to reject another part of themselves, even if it is represented by you?

Q: I don’t know.

B: All right. Maybe because they do not see you as a part of themselves, that might be one reason. But if they do not then that is their limitation, not yours. Do you understand?

Q: Yes.

B: If a person acts as if they are rejecting you what they are doing is actually rejecting a part of themselves. There is something about themselves perhaps they do not wish to look at. But at the same time it may also be a reflection that you are also rejecting and in this way they serve you, by mirroring your fear and giving you an opportunity to learn to love yourself as you are.

You may have been brought up, in your reality, buying into, soaking up, absorbing a lot of belief systems that make you feel – less worthy than. But all you really need to do is understand that you are unique for a reason and that your uniqueness exists for a reason. And, if you exist, then you deserve everything you can imagine within that existence, within the recognition and understanding of your natural self – you deserve it because you exist. If All That Is, or what you may wish to call the Creator, if the Creator obviously believes you deserve to exist, then obviously you are worthy. And If All That Is didn’t reject the concept of you, then obviously you are worthy of anything. If you are worthy of All That Is, why not treat yourself with the same respect that All That Is has for you in having created you? Why argue with Creation? "Well I understand, Creator, that you think I’m worthy to exist, but I want to argue the point." Well, the Creator loves you so much that the Creator allows you to argue the point. That’s how much you are loved. You are all so loved that the Creator allows you to forget that you are
loved, that’s how loved you are. Now, think about how loved you are and then make an attempt to compare any other concept of rejection against the ultimate acceptance that the Universe has for you and it will pale by comparison. How does that feel? Do you feel a little more worthy?

Q: Yes.
B: A little more deserving? A little more of a right to be?
Q: Yes.
B: Has this helped you?
Q: Yes, it has.
B: You know what?
Q: What?
B: We love you, All That Is loves you... all ways... always
Q: Thank you. I love you too.
B: Thank you for your sharing. Pleasant dreams to you.
Q: Good day.
B: And to you, good day.
Q: I enjoyed the information this evening, and also the information that came through the Observer; and about the thirteen, and the Wizard’s cap...
B: Yes, well I would think that a Mage, in particular, would enjoy the idea about the Wizard’s cap.
Q: Yes, I sat there and tingled the whole time.
B: Yessss.
Q: Some reflection on the Observer: it felt as though he was observing the evolution of the Earth...
B: It...
Q: ...and all of us...
B: It.
Q: ...and scanning us all. It.
B: It.
Q: It, pardon me, it. Is there any connection to the Watcher energy?
B: Of course there is a connection: the Watcher energy is contained within the Observer.
Q: Okay. Because in Egyptian times there was one of the gods that was considered... well, the only planet of choice. Tom was considered that being that helped make the Sphinx... connection with the Council of Nine. And I wondered if...
B: There is a connection only in that there was a connection made of that energy level, of that consciousness level, and a representation was created to symbolize it. But it is, in a sense, not a representation of the total energy of that being, but only of the facet that is, as you say, germane to the particular culture that represented it. In their interpretation of their relationship to it, since, above all, the Observer is the very epitome of the concept of relationship.
Q: Um, right. Is the Observer, since he is the Oversoul of the Association, is...
B: Remember that that is not an absolute definition.
Q: Right. That’s an energetic concept.
B: It is one way to understand, or look at, or reflect the relationship with the Observer.
Q: Right.
B: But only one way.
Q: Okay.
B: But do proceed.
Q: Is he going to come back again?
B: It.
Q: It, I’m sorry.
B: It will come forward, if summoned, but I give you this – and I will put it, of course, in what you would call your classical and colloquial vernacular, not meant in a negative way, but sit up and pay attention to this: WARNING! WARNING! WARNING! TO SUMMON THE OBSERVER IS TO SUMMON A RELATIONSHIP AND TO SUMMON AN INTERACTION. THE OBSERVER, IF SUMMONED, MAY SEE YOU IN A DIFFERENT LIGHT THAN YOU SEE YOURSELF AND MAY CALL UPON YOU TO EXPRESS THE SELF IT SEES. IF YOU DO NOT FEEL UP TO THE TASK OF DOING SO, THE OBSERVER MAY NEVER ACKNOWLEDGE YOUR SUMMONS AGAIN. AND IF YOU SUMMON IT, AND ACCEPT THAT A TASK MAY BE GIVEN, YOU MAY FIND, IN YOUR OWN TERMS, THAT IT MAY BE SOMETHING THAT YOU WILL REALLY HAVE TO DEAL WITH THAT MAY NOT NECESSARILY BE EASY FOR YOU. BUT GUARANTEED, IT WILL STRETCH YOU, IF YOU ARE WILLING TO DO THAT.

BUT WE GIVE YOU THIS BUFFER ZONE AS A WARNING: DO NOT SUMMON IT LIGHTLY. BECAUSE YOU WILL, IN A SENSE, NEED TO BE PREPARED, EITHER TO REALLY CHANGE, OR TO FIND THAT YOU WILL NOT NECESSARILY BE CAPABLE OF COMMUNICATING WITH IT FOR QUITE SOME TIME THEREAFTER, UNTIL SUCH TIME AS IT HAS RECOGNIZED YOU BEING THE SELF IT RECOGNIZES YOU AS. THEN IT MAY RE-INITIATE COMMUNICATION.

IF IT INITIATES THE COMMUNICATION, AS IT DID THIS LAST TIME, NO SUCH TASK SHALL BE REQUIRED, BUT IF YOU SUMMON IT, BECAUSE IT IS ALL ABOUT THE IDEA OF RELATIONSHIP, IT WILL WANT TO RELATE TO YOU AS IT SEES YOU FROM ITS POINT OF VIEW, WHICH MAY REQUIRE YOUR PERSONALITY TO DISASSEMBLE ITSELF, IN WAYS THAT WILL NOT NECESSARILY BE COMFORTABLE FOR YOU – AND THAT IS NOT MEANT IN A NEGATIVE SENSE, SO BE PREPARED IF THIS HAPPENS. THIS IS THE ONLY DISCLAIMER THAT WE WILL GIVE. END OF WARNING!

Q: I don’t think I will call for a while. (Laughter) But . . .
B: That is your choice.
Q: But sitting there, there was the feeling of a knowing, a deep knowing from somewhere.
B: Yes, yes.
Q: What’s interesting is that some people had no problem speaking. I wasn’t able to articulate anything that evening . . .
B: All right.
Q: It was only on the way home that I could actually formulate a question that I would have asked.
B: All right.
Q: Is that because of the strength of the energy? I know sometimes when we are interacting . . .
B: It is because of the strength of your own energy, in the reflection it gave you of your own energy. It may have, in a sense, put you at a loss for words because you were so surprised by the strength of your own energy.

Q: Oh, okay. Because sometimes in the interactions with you someone else will ask a question and I'll be thinking, “gee, if they just ask another one, along another line,” but I also realize that when we are communicating with you, sometimes our left brain is not connected to our right brain, that we are sort of feeling it, and not always able to articulate or go beyond our questions.

B: Yes. Well, this is all about the idea of integration, so we give you more than enough opportunity. If you give yourself the opportunity to integrate in whatever way, shape or form you believe represents a balance in the relationship. That is up to you, it is not up to us to force you.

Q: Right. Any wizard stories, any more wizard stories?

B: Wizard stories? As we have to some degree indicated, this will begin in your new orbit.

Q: Okay.

B: It will be one of the things, in some senses, that will be included in the new exercises for the discovery and self-realization that will take place.

Q: That’s great.

B: That will take place in our future interactions, as you call them.

Q: Great.

B: We will include the idea of what you have euphemistically called, “Wizard stories,” but be prepared, they will be more than stories. You may be called upon to be the characters in the stories and play them out very literally. All right?

Q: All right, thank you very much.

B: Thank you. Sharing!

Relating to the Observer
**Relationship Patterns**

Q: Hello Mr. Ambassador.
B: And to you. Mr. Dip-lo-mat!
Q: Thank you, and welcome to planet Earth.
B: Thank you.
Q: About eighteen years ago, I learned that you develop love for someone – one way, anyway, a very effective way – by being of service and giving of yourself.
B: Yes.
Q: I fell in love with a gal just by being of service to her.
B: A gal?
Q: A gal, yes. Female type.
B: Yes.
Q: And she didn’t give a shit about me; but I loved her, and it was a…
B: Did you want her to give shit to you?
Q: Well, I was hoping that she would; my (–?) obviously flagged (?) out, but I didn’t get any shit.
B: Oh, all right.
Q: So I’ve applied that to every relationship that I’ve been in since then. And I have attracted a number of other relationships, such as, the partner that I’d be in a relationship with was reluctant... or begrudged giving to me. And it has caused me a lot of wonder – what the heck’s going on? The pattern that I’ve created in giving, in relationship after relationship, and then having these people not give back to me. Although I’m sure a needy person, I’m almost... I’m very self-sufficient. So it’s rare that a person... that I ask for something from someone.
B: Yes.
Q: But I don’t believe that I reflect whatever help or giving that they might have. But I find them begrudging me this.
B: All right.
Q: I wonder if you would help share why I created this pattern?
B: Well, is it an opportunity to reflect to the idea of that person your unconditionality?
Q: Well, certainly I’m being of service by example.
B: All right.
Q: But…
B: But what?
Q: I enjoy being of service: but I don’t like the one-way street of it.
B: Why is it a one-way street?
Q: Because they are begrudging being of service to me.
B: In what way? Why do you specifically need a specific individual to be of service in a certain way? If your love is unconditional, then you are served by the total All, in whatever way you need to be.
Q: I certainly do that.
B: Whether a specific individual chooses to be a reflection of that is not really the complete issue. You will still get what you need from somewhere.
Q: Oh absolutely, I do.
B: All right. Then what difference does it make?
Q: There just seems to be an imbalance in the relationship.
B: Why? If you are in a relationship to reflect to someone the idea of unconditionality, then obviously you are saying that they do not exhibit unconditionality. It is a perfectly balanced relationship.
Q: Well, it’s just… the thing is, I don’t go into the relationship – at least with a conscious decision to go in – for the purpose of reflecting unconditionally…
B: Why not?
Q: Well, I don’t go into it without that. But I don’t like my relationships to say: “Well, I’m going to show this person, who doesn’t understand unconditionality…”
B: Oh, we understand what you are saying, in that sense, yes. But the idea simply is that: are you willing to reflect unconditionality or not?
Q: Yeah.
B: Then reflect it.
Q: And I do.
B: All right then. Don’t expect anything in return; and you will get everything you need from wherever you need to get it from.
Q: Yeah. I do understand that.
B: Why not simply attract yourself into the understanding that if you are willing to know you are getting it from wherever you really need it to come from, then there may be – may be, maybe – an individual or several individuals that will be able to give you the service that you require. It may not necessarily turn out to be the one individual you are assuming that it might be, or it must be. But it will be someone.
Q: Yeah.
B: And therefore, if in that sense they will, by definition, provide the service that you need, it won’t matter from where it comes. Because it will feel correct, and it will fulfill you.
Q: So far it hasn’t self-corrected. I mean I get service from wherever
I need it, when I need it...

B: Well then?
Q: ... but I mean, if I say: “Hey, will you iron my shirts?”
B: Yes.
Q: And she says: “No. How dare you ask me to do something for you?” And I say: “But I do things for you all the time.”
B: Yes.
Q: She’ll say: “Well, I don’t want to do it for you.”
B: All right.
Q: I have to go someplace else...

B: All right. May I ask you a personal question?
Q: Please do.
B: Why are you in the relationship?
Q: Well...

B: Not that you necessarily have to find someone who will do that specific thing. But we understand the general idea of sharing that you are talking about, and if you simply find that you’re in a relationship where someone is not willing to share equally, why are you there?

Q: Now: are you asking me that as a – I’ll use the term “challenge” – to ask me why I’ve remained in the relationship? Or are you asking me to define why I truly am there at that time?

B: Why have you remained in it?
Q: Well, this is a process and I’m aware that it’s a process. And I’m still in the process of understanding why it is that I would remain in a relationship that I have found...

B: Well, all right. Although that doesn’t necessarily mean that you can’t work it out somewhere else.
Q: But working it out somewhere else may mean getting out of the relationship.
B: Correct.
Q: And that’s okay too.
B: Yes.

Q: And I have done that, I have done that at every stage. Wherever I have found the other person not sharing in some balanced way, I have gotten out of the relationship. I’ve done this several times.
B: All right.
Q: The question is: why do I continue to attract what seems to be a pattern – instead of attracting some kind of balanced exchange?
B: All right. One idea is that the overall balanced exchange can come from many different sources. In other words: if you start thinking of many different sources as one individual, then you will recognize that you are in an individual relationship that does give you what you need. Instead of necessarily assuming that the individual people, in and of themselves, must represent, through a specific conduit, the idea of the sharing that you seek.

Q: Okay. I do understand . . .

B: In other words: being the switcher and the mover that you are, means that you will create your accessibility across a number of circuits.

Q: Mhmm.

B: Not necessarily just one.

Q: Okay. I do understand that, and I have found that to be quite workable.

B: All right.

Q: The flip side of this coin is that whereas I don’t expect every service from one individual, there are certain services, which a particular individual could – and could very easily – offer me . . .

B: Well, so?

Q: But specifically will refuse to give that service.

B: Yes, so?

Q: The question is: why do I keep attracting . . .

B: Why do you keep demanding it? In other words: why do you keep looking for that specific idea? Why are you focused on a need for that specific idea?

It is that type of focus, which creates the repetitive pattern. Why do you keep looking for that particular avenue of expression?

Q: What particular avenue are you talking about?

B: Well, let’s use the example of someone who will simply not iron the shirt in exchange for something you have done.

Q: Yeah.

B: Why do you keep looking for that?

Q: I don’t. I don’t specifically look for that. I just feel that if I’m in a relationship where I’m willing to do just about anything for somebody . . .

B: Yes.

Q: It makes sense that it could be natural for them to be willing . . .

B: Oh, it may be natural; but maybe they’re functioning in a normal mode, rather than a natural one. Now, overall I understand what you are saying . . .

Q: So quit giving me a hard time.
B: Oh, all right. You want me to iron your shirts? (Very much laughter) Or is it that you wish me to iron out the situation?
Q: No, not at all. I just feel that there’s something more fundamental to this than what you are reflecting to me.
B: All right. All right. Yes, but we also find that for some reason we do not have access to it. Because there is still something about this particular process that, quote/unquote, should be obvious to you. And until it is, the door isn’t open to us.
Q: In other words, I’m still working through the process.
B: Yes. Well, I’m not surprised at that.
B: Oh, all right. All we can share is to relax with the process: relax with the apparent repetition; and remember that nothing really is ever really truly repeated. Nothing.
So perhaps as a suggestion: if it occurs again, quote/unquote, give it a new meaning – a completely new meaning. Completely different than any meaning you have ever given it before. And see what happens.
Q: Can you suggest one such meaning? So I can get a feel for what you’re talking about.
B: Well, let me ask you this: have you involved these individuals who choose to make these refusals in a conversation that allows them to explain their reasoning to you?
Q: Yes.
B: And what have you received?
Q: Mostly gibberish.
B: What are you defining as gibberish?
Q: Literally, I get excuses. They come up with reasons that... they’re quoting past incidents that just didn’t occur...
B: All right.
Q: Make up things from what I channel, to be previous lovers, that refused to do them a service. Then they request – they somehow have a belief that I’m the lover that refused them the service. And they put that on me. This is the kind of thing that I would get.
B: One moment: there is a small crack in a door.
Q: Thank you. (Pause)
B: A small question, if I may.
Q: Be my guest.
B: Oh, thank you. What are your notions of the idea of being, in general, deprived?
Q: That’s an interesting question. My notions in general? I don’t know that I have a general...
B: All right. Can be said in another way. What are your notions, in general, of the issue of deservability?
Q: In general – at least on an outer aware conscious level, and I have no reason to believe that doesn’t filter down to my belief system – I believe that everyone deserves anything that they want.
B: What do you believe about how an individual might feel they have to go about allowing themselves to allow anything they want?
Q: I believe they need to act with integrity.
B: All right.
Q: And excitement will get them there.
B: All right. If every single individual that you involved yourself with, in a relationship of this type, created the same, quote/unquote, refusal – every single one – how would you feel?
Q: Shitty.
B: Why?
Q: No, I just – no, I wouldn’t feel shitty. I would . . .
B: How would you feel? What would you be forced to look at?
Q: Well, I think you’re driving towards the idea of deprivation, and a . . .
B: I’m not driving toward anything at this moment.
Q: Okay.
B: Cancel, blank, empty.
Q: What would I feel? I would feel that I . . .
B: Let me rephrase. Imagine, if you will, with me: go into your imagination, on a little journey through time. Let’s imagine you are now at what you call the end of this physical life.
Q: Okay.
B: All right. Let us assume now – however old you are, however young you are, it does not matter – but let us assume you know that you have done everything you are going to do in this life, and you are simply pondering, for the last few moments, the idea of what the life has been to you.
Q: I’m there.
B: All right. If you look back from that point of view on these circumstances, is anything popping up in your imagination about an area that you could have been looking at, that now at this point, from this perspective, you recognize all too clearly as being about the reasons for those interactions?
Q: Now, are you talking about a hypothetical life, or the one that I’ve lived right now?
B: Let us say the one you have lived right now.
Q: So I would have to be at the end, right at this moment?
B: Yes. You are at the end of the life right now. Look back to this now, to the ideas you hold within you now. Look from the perspective that you are literally wrapping up your life.
Q: Okay.
B: And now you look back on these circumstances, truly look back on them. And recognize now, from your now perspective how they fit, and what purposes they serve. Does anything come up in your imagination when you drift in that particular idea that you are not seeing at this point? Or I shall say: that you did not see back then?

Are there any new perspectives on it from the perspective you have now at the end of your life, that are different from the perspective you had when you were in the middle of those circumstances? About what purposes they served.

Q: I’m looking; and I’m not seeing anything at this stage.

B: All right. Since the accessibility seems relatively closed to us, we would suggest that this evening of your time you go into one of the relaxed meditative states, whichever you prefer, and allow yourself to examine this circumstance from the perspective we are suggesting now – as if you are literally at the end of your life, looking back upon it.

And seeing from that perspective what you may not be allowing yourself to see now. But doing it when you have the time to relax. And truly drift in your imagination; and see what pops up. Right now may be a little too confining to allow you to expand in that way.

So this evening of your time when you are drifting off to sleep, imagine that you have – if you wish to – imagine that you have already died, and look back upon the life itself, with the expanded point of view you would assume you would have, being a non-physical being.

Q: Okay.

B: And see what pops up in your dream reality – or even just before you drift off to sleep.

Q: Well, I don’t mean to prolong this, because I know that there are people waiting. But I do know that, in a sense, I have a feeling that in a past life that there has – that this relates to something in a past life that I have brought into this…

B: All right. Let that be a part of the overall idea you may discover or explore tonight. But simply see what comes up, and see how the pieces fit. And share with us – if you are willing the next time we converse – what you have discovered.

Q: All righty.

B: Thank you very much.

Q: Thank you.

B: Sharing!

1
Relationship Reflections

Q: I liked what you said the other night – that love is telepathic.
B: The idea that telepathy, while it may function within what you would call a mental medium, is emotionally activated and supported, yes.
Q: Okay, the way that I understand that in my life is, sometimes when I meet someone, I feel an enormous amount of energy for that person, and unconditional love. And if I was to judge that... in our society it could be just construed as sexual energy.
B: Yes.
Q: But I feel that there is an enormous depth of understanding for that person’s being.
B: Yes.
Q: And in our judgment, I should not have that understanding. So that's why when you said that telepathy and love have a great connection...
B: That explains how you feel.
Q: Yes, that explains it very much. But I don’t know how to explain it to them.
B: Exactly as you just explained it to me.
Q: Yes, but...
B: Recognize that your willingness to have unconditional love for them as they are does not mean they have to understand and/or, quote/unquote, return it.
Q: True enough. No, I don’t feel like I need that reciprocation. I feel like my love is complete within itself. And also... then why does it seem like my expression of that sharing... I think it’s like the “totalness” of it scares people.
B: Now, you know why. You know, because individuals may not be in touch with all portions of themselves in that way. And may be shocked, in your terms, to find out that those portions they are not willing to get in touch with are available to you.
Q: Right, but they chose that interaction!
B: Obviously. But again, you also know that for many individuals on your planet that that choice is not conscious.
Q: Okay, so I judge myself for not being discreet sometimes, and approaching them in a way that I have an imaginary picture of how I would like the reaction to be.
B: All right. To be colloquial, in your language, you can have the love and still, quote/unquote, respect their space. All right?
Q: So what I’m seeing is that there isn’t complete integrity within my being to externally consider them?
B: Yes.
Q: In the sense of impetuously...

B: To some degree, you may be a little bit impatient. But simply recognize, again, that the idea of functioning within your integrity is to include the variable of how they feel about the interaction as well. Because if you are unconditional, then no matter how they feel, that is all right to you, you still love them. And you will express it in whatever way, shape or form makes them comfortable. For if you love them, you wish to make them comfortable as well.

Q: Yes. There is one other area I would like to talk to you about. Sometimes when I’m communicating with you, you go: “Yes. Yes!” (Spoken brusquely)

B: You interpret it as impatience.

Q: Okay. Okay!! (AUD: laughter) No, no. That’s what I wanted... wait a second now! You... you just judged that.

B: Yes.

Q: Okay, now I...

B: Did you like it?

Q: No. That was one of my questions, and you answered it for me: You choose to judge us sometimes, right?

B: Only as a reflection.

Q: Okay. Okay... now what I feel is: I’m a flower and I’m unfolding, and I’m trying to express something to you, and I feel like you are pushing my process. And so...

B: All right.

Q: Okay, that’s my choice. Okay?

B: Yes.

Q: And so, I don’t mean to be disrespectful to you, but what I’m saying is get back. Let me unfold at my own speed.

B: Hello? Does this sound like some of the people you interact with?

Q: (Long pause)

B: Now can you see it from their point of view? And does that assist you in seeing how you feel to them sometimes?

Q: Yes. Ooooh, yes. (AUD: laughter)

B: Thank you for allowing me to be a loving reflection of yourself.

Q: And you are. You truly are.

B: Well, thank you so much.

Q: Thank you.

B: Sharing!
Q: My question is, I’m really interested in knowing: in your world, what is a loving relationship like? How do you choose a partner in life?

B: Synchronistically, automatically. We simply attract ourselves to each other. We allow it to automatically occur. It is much in the same way, to some degree, that you allow your relationships to happen. But we also are telepathically connected, and we allow ourselves to recognize that when we do, in fact, draw ourselves into those automatic interactions, we allow them to be what they are.

We do not put expectations upon them for what we think they ought to be. We know that they are there to serve us; we know we are there to serve them. So we rejoice in the spontaneous co-creation. And we do not put, in any way, shape or form, any particular label as to how we think it should go, or how we think it should wind up. Or will it be this way, or will it be that? Or will there be anyone else?

Once again, perhaps, to put it in the simplest perspective: our entire civilization is married to itself; every individual is married to every other individual. And any relationship that occurs, in any way that it occurs, with however many individuals it occurs, is a part of the marriage – is relationship within the marriage.

There are times when it takes upon it the physical appearance of what you would call a monogamous relationship; there are times when it doesn’t. Just as it occurs in your society. But there is a great deal of denial in your society about that.

The idea, in that sense, therefore, is that we do not expect, or even really know – just to point out this example, because it is germane to your society – whether we have been in a monogamous relationship until we reach the end of the life span.

And we say: “Well, no one else came along; I guess it was a one-on-one, wasn’t it?” Because we know, beyond a shadow of a doubt – in absolute trust – that if any other relationships do automatically occur, then they are a part of the overall relationship. They enhance the overall scenario, in whatever way they naturally unfold; and there cannot be an interruption. It’s not possible in our society.
Q: Well, if you were to decide to bring another being into your world, what is…

B: Understand that we are always in communication with that level of consciousness as well. And we simply make our agreements consciously, even as you can. It does not have to be a hidden thing. You can be in touch with the beings that can be born unto you. For understand: they are not children now. Understand?

Q: I understand.

B: You can be in touch with them. And you recognize that there are services that you may want to perform; that this individual puts out, that this individual – this non-physical individual – radiates a desire to accomplish certain things, in what you call physiological manifestation.

In putting out that desire, and putting out that radiation, that individual in our society simply automatically attracts only the individuals that have the desire to serve him in that way. So it’s automatic. There’s no wondering about it. The individuals that can be of service in that way are only attracted to them. And only those individuals will be attracted to the individuals that can serve them in that way.

Q: Is that not so now, for us?

B: It is absolutely so now that way, except you create negative synchronicity, as well as positive synchronicity. We only create positive manifestations. Understand?

Q: I do indeed. Thank you.

B: Thank you very much. Sharing!

Relationships and Birth Agreements on Essassani
Relationships and Expectations

Q: You know the last five years I’ve been involved in some bizarre relationships.
B: Bizarre? (AUD: laughs)
Q: Yeah. I felt it was bizarre.
B: All right, all very creative, probably.
Q: It still left me very confused.
B: All right, nothing wrong with confusion.
Q: Is there something karmic in that?
B: Can be, yes. You may be playing out the idea of interactions so that you can form, let us say, a balance sheet with yourself, before you allow yourself to recognize that you yourself are the result of all integrated relationships within yourself. Can be somewhat karmic. Can also serve you in this life as well.

Relationships are always there for a reason. When you allow the relationship to be there for the reason it is there, and not put expectations on what you think the relationship should be for, then you will allow yourself to get out of it the service you need, and the recognition of the service that has been provided and vice versa.
B. Thank you. Yes.
Q2: Given... given what you just said about relationships...
B: Yes.
Q: Okay. If you want a relationship and you do not have a relationship, is it because maybe you are wanting it too much, so that...
B: Perhaps.
Q: ...it is not coming in?
B: Recognize, first of all, you always have a relationship, no matter what the definition. You follow me?
Q: I... I... I follow you. I’m talking about a heterosexual...
B: Ah, we understand. We understand. (AUD: laughs). Let’s start from zero. (AUD: laughs). You always have relationships because relationships are what you are. They are not truly things you have. They are what you are. You are relationships.

Now, the idea can be that you find yourself not in physical proximity to another being that represents the relationship to you, perhaps, because you feel you need the relationship in order to be complete. So in this way, if you feel you need a relationship in order to be complete, then you will either, more often than not, attract a relationship – a being that will reflect your belief in your own incompleteness – or no one at all, to reflect the idea of your incompleteness.

When you know you are complete, then you radiate that knowledge and you attract into your life all the beings that represent the idea of your knowledge of your completeness, and then that being can share...
with you - usually because you don’t need each other in order to feel complete. So, paradoxically, you are more than open for each other to appear in your life, in order to reflect the completeness you know already exists.

Q: I understand.
B: You follow me?
Q: Yes. Totally, uh, my sense is that my life has been working so well right now...
B: Yes.
Q: ...that it’s, like, the perfect time. I feel... I feel the strongest and the healthiest to...
B: All right. You may be picking up on your timing; but may I remind you that, by definition, when it is the perfect timing nothing will stop it from happening. (AUD: laughs).
Q: I just don’t agree... like the timing. I want it now!
B: Ah! (AUD: laughs). Judgment; judgment; judgment. (AUD: laughs) May I ask you a question?
Q: Yes.
B: Have there ever been situations in your life where, after having experienced a timing, after having experienced something coming into your life, whether or not this has physiologically happened – we know you can conjure this in your imagination, an understanding of when something occurred in your life – that you knew that if it had occurred sooner, the same degree of ability to interact with it and appreciate it would not been there?
Q: Yes. (AUD: laughs)
B: Then trust that if the situation is not there, it is because the timing is such that, when it does happen, it will be timing that will allow you the fullest appreciation, and that that timing does not exist now; for if it did, it would be there. And if it is not there, then why would you want it to be there, if it does not represent the fullness of the timing that will allow you to appreciate it the most?
Q: Hmmm. Okay.
B: You follow me?
Q: Yes.
B: When you are enjoying every single moment of your life, because you know that what is happening at every single moment of your life is exactly a representation of the path you chose to be, then you will be excited about what is happening, and will not be impatient about what is not happening. The idea of impatience is only created when you think you need patience. You only need patience when you believe that what is happening now is not as good as what could be happening later. But recognize, if you are knowing that everything in your life is exactly where it is supposed to be, at any given time, then you will enjoy every moment. Enjoying every moment means you don’t need patience. Which means you will never create impatience because you are too busy having fun to need patience. (AUD: laughs)
Because you are never waiting for something, because there never will be anything better. There will always only be things different, but never better than what is happening; grander perhaps on a scale, but not better. Because that grander perspective is its own idea in its own right and has nothing to do, and no business being compared to what is going on now. Because what is going on now exists for its own sake and its own reasons, and that has nothing to do with what’s going to go on later. You follow me?

Q: Yes. I follow you. My thought was then to try and... 

B: Try? (AUD: laughs)

Q: Then to, imagine, uh, what I want in a relationship.

B: Oh, it serves a purpose.

Q: ...to create. Oh.

B: It gives you the idea of a symbol. Having the symbol itself, the visualization, can allow you to kick that energy into being, to start the momentum rolling. But recognize – not that what you visualize can’t literally come to pass, because it can, but it doesn’t have to. If you recognize that what you visualize is simply a template to allow you to start the energy rolling, then recognize you have started it rolling, and stop worrying about it. Let it take care of itself. It is automatic. If you worry the energy along then you are dragging it down. You are holding it back by worrying after it. (AUD: laughs, comments).

Know that your visualization means that you enacted, in whatever way the template needs to be enacted, that energy. Pooph! It is out there. All you need to do is trust that it will then manifest in the quickest possible manner, at the appropriate timing, in the way that represents the idea that will allow you to feel the most fulfilled. Because the way the idea can manifest that will allow you to feel the most fulfilled may not be exactly, literally, the way you have envisioned it, because many things change on the road. But do recognize that no matter how it comes back to you, you will recognize it as the representation of the visualization you had, because it will feel right. No matter how different it is from the original description you gave it that enacted the energy. When it comes back, it will feel right. You will be excited about it. And excitement, once again, as always, is your physical translation of the vibrational energy that represents the path you chose to be. That is why you can always trust your excitement. No matter how different the symbols look from what your analytical mind says they should look like to represent the path you chose to be. It is the excitement, the feeling, the knowingness, that lets you know that a symbol that may appear very differently than you expected it to appear, is still a representative part of the path you chose to be. It comes in an unexpected way because you don’t want your life to be boring.

Q: (Laughs). Great.

B: So trust the feeling. That is why, and it is associated with the idea that many of you have experienced in your dream reality, that even though an individual in your dream may look different, you know it is an individual you know in life. You go by the feeling, not the way they look. What is it you say? You can’t judge a book...
Q: By its cover.
B: Thank you. Recognize, you always know the content, even if it is a new cover, because symbols are always changing. Because they are all neutral, so you are always changing the meaning of the symbol, and changing its aspect. So, go by the feeling. All right?
Q: All right.
B: Thank you very much!
Q: Thank you.
Releasing Judgment and Fear

Q: Now, I would like to discuss with you a little bit on judgment.
B: Yes.
Q: Okay. Expectations...
B: Yes.
Q: ...is that not a form of judgment?
B: To some degree, it can be. You can have expectancy of a certain type, in the most generalized sense, you can be aware that there are certain parameters that may truly be representative of a certain form of manifestation; but the idea of expectation, in a negative sense, is simply the *insistence* that it can happen in no other way. And this shuts the doors to all other ways it may happen, including ways that may be more expanded than you imagined.
B: Yes.
Q: Are these...
B: Judgments of the self.
Q: Judgments of the self.
B: Yes.
Q: Now, in these interface sessions that are coming up.
B: Yes.
Q: Is there a way to prepare yourself, ourselves, so that we can recognize these fears as self-judgments and reduce them prior to...I mean, obviously, these interfaces are to face you with your fears so you can release those fears.
B: There is no way to prepare.
Q: Okay.
B: You can only, in a sense, do.
Q: Do.
B: Yes.
Q: Okay.
B: The experience is the preparation... preparation is in the doing.
Q: I see.
B: There is no preparation before doing.
Q: Okay. How many sessions will there be? Do you know that exactly?
B: There are going to be what will be called, qualifying rounds. They will be in numbers sufficient to handle as many individuals as wish to go through them, even while some will graduate to the second round.

Q: I see. So these are not something that can be done in private sessions?
B: There will, of necessity, always, always, always in every qualifying session be no more and no less than twelve human individuals.

Q: Okay. Is there a way to have a private, one on one?
B: As we have just answered, in these qualifying sessions there will always, always, always be no more and no less that twelve individuals.

Q: Okay. How about after the qualifying rounds?
B: We will not discuss that at this time.

Q: Okay.
B: Suffice to say, again, that in general, even several of the levels above the initial qualifying round will contain group interaction with humans, rather than the idea of what you would recognize as private sessions.

Q: Okay.
B: This is necessary for the structure.
Q: I understand. Thank you.
B: Thank you.

Releasing Judgment and Fear

3
Religion and Excitement

Q: At one point you mentioned that this is the only planet that has religion.
B: As you understand it, yes. That does not mean that there are not different societies that have various forms of symbolic relationship representation between themselves and Infinite Creation. But the idea you call religion, in the sense that you somehow do not think that the capacity for the relationship exists directly within you, and place that capacity within someone that you follow – that we have rarely discovered anywhere else, and never in the form that your society exhibits it. You follow me?
Q: More or less. It’ll come.
B: All right. The notion that we find most different is the apparent belief in a disconnection between yourselves and the Infinite Creator. In other words, that God is outside of you, instead of the fact that you are God, that you are made of God, that everything is God, and that there is no separation. That you do not need to follow someone to do such and such a thing, and that such and such a thing is the only way to be God.
That is what we find different about your planet, that individuals – because there is such a high degree of limitation and separation in your history – have simply created ideas and patterns that there is only one way to relate to the idea of a God that is separate from you to begin with. Instead of the idea that everything is God and therefore, every way is another way that God has to be itself. You follow me?
Q: Yes.
B: Does that define the difference?
Q: Yes.
B: Does that serve you?
Q: It certainly does. The final part of that question is: are you familiar with the Siddha Yoga?
B: Not by the definition you have given.
Q: Well, it's a form of Yoga, and they basically teach you to meditate, and meditate on the God that dwells within.
B: Yes.
Q: Or the God part of you that’s there…
B: There may be many things we do in our society that are similar to many things you do. We simply do not necessarily need the awareness of all the specific rituals that you have created around certain ideas that may be common to both of our societies.
Q: I see. So I’m wondering if there may be a faster way to reach spiritual ascendance?
B: The fastest way is always to do the thing that excites you the most. Because when you do the thing that excites you the most, you are matching the highest possible vibration in your reality. And it is the excitement that always let you know what is, in that sense, the most spiritual thing you can do – if you’re doing it with integrity. That’s it. Anything and everything that falls into that category is the way
to accelerate most rapidly. Because remember: physical reality is not non-spiritual. Your physical body is your spirit in physical terms. So anything you do in an integrated manner, using that high-accelerated energy you call excitement will be an act of spirituality. You follow me?

Q: Great! I got it.
B: Thank you.
Q: Thank you.
Q: I’m having some confusion with the religion subject.
B: All right, in what way?
Q: Well, the fact that there is a God...
B: Yes.
Q: there are so many different religions out there.
B: "Out there," yes. [Audience laughter]
Q: Well, I feel like I have to choose a religion.
B: Why?
Q: Umm...
B: The only thing you need to know is your relationship to All That Is. That, in a sense, is a religion.
Q: But I have children. I want to raise them with respect for the Lord.
B: Well, what’s stopping you?
Q: I don’t know where to start.
B: Start in your home.
Q: With the bible, or what?
B: It doesn’t matter. The idea is to understand this: what you normally call "religions" on your planet, the ones that you recognize as mainstream religions, have generally been structured to take your power away from you. They have been structured to de-connect you from your natural relationship to All That Is and to get you to hand over the responsibility of that connection to someone else.
Q: Well, I don’t agree with those kinds of religions.
B: Then there is no reason for you to teach your children those structures. All you need to do is put them in touch with the fact that they are aspects of the Infinite. That is their relationship and that is where it all began anyway. The "ritualization" of that understanding of that connection is up to each and every individual.

Each person is their own religion in the sense of how they wish to represent their connection to the Infinite. As long as you instill within them that they are already aspects of the Infinite. And if you instill within them that they know they are already as powerful as they need to be to create whatever reality they want – without having to hurt themselves or anyone else in order to do it – there’s nothing else you need to teach them. Let them manifest their relationship to the Infinite in whatever way feels right for them, because whatever way feels correct for them will be the way that the Infinite wishes to express itself as that person.

You are, as you say in your biblical references, "made in the image of God.” Now, the idea of what you in your society may call God and what we may call God may vary here and there in semantics and
terminology, but it is basically the same concept: it is All That Is... One Infinite Creation that diversifies itself into many multitudinous transformational manifestations.

If you are made in the image of a multi-dimensional Infinite Being, that means you are multi-dimensional infinite beings as well, at least that is what the phrase means to us. So when you say you are made in the image of God, understand what that actually means.

You are co-creators with the Infinite; the creators of your immediate reality. And as you design the filters of you senses to be, so you experience the reality you believe you are in.

But do understand something, just out of interest, if you wish, All That Is – our label for, what you call, "The Creator" – to us is perhaps a little more technically precise a term. Because the idea of creation or the notion of a "crea-tor," to use your language, implies that there was a "beginning," that there was something "crea-ted." And that implies that there was nothing before that. There has always been, is now and always shall be ALL THAT IS. Therefore, understand there really is no beginning; there really is no ending. What you term the Universe or God is All That Is.

God, as you call it, didn’t so much "create" the Universe and then stood apart from it in the sense of not interacting with it. God is IT and therefore is everything in it – our civilization, your civilization, all civilizations, all things are a part of All That Is. Reflections if you wish, the "Is" of All That Is; the "eyes" of All That Is. So that through you, through us, All That Is can express itself in all the ways it possibly can.

Understand that Creation, as you term it, is not static. It is not, "Well, it was created and now it is simply unfolding as it was created to be." It is BEING right NOW, new, every moment. In a sense created... but again, it is BEING right now, always, at every moment something NEW that it can be.

So keep it simple. Keep it very simple. Let your children be self-realized beings and decide how they wish to express their connection that already exists. You don’t need religion to give you the connection... the connection is already there. Religion is just a way of expressing the connection that is already there. And the less ritual a person needs, the less religion they need. Does this help or is there something else you wish to discuss about the idea you call "religion"?

Q: Yes. I’ve listened to quite a few of your audio tapes and it seems to me, from what I understood, that we both believe in a creator. And perhaps it’s the same creator but your civilization is operating in a different dimension than we are operating in. So, how do you perceive your Creator versus how we on our planet perceive our Creator?

B: Thank you. The main difference is that we believe, as we have labeled it, that the Creator is... is... IS... literally, All That Is. We see no distinction or separation between the Creator from its creations. The Creator is its creations, the creations are the Creator; collectively speaking, the creator expressing itself as ALL the creations the creations perceive themselves individually to be.

Overall, the idea is that your planetary civilization, as we perceive your relationship to the concept of a Creator, is you generally see the Creator as something beyond you, outside of you that you are subject
to, in a sense, distinct from or separate from Creation, whereas we really see no separation. We recognize that there are different manifestations of different levels.

We understand that the ONE knows itself as THE ONE and knows itself as ALL that makes up THE ONE. And we recognize that there may seem to be a difference between all the individual components and THE ONE. And the individual components may, in a sense, not be as "great" as the ONE, or, I should say, as expanded as the ONE. But each component holographically contains ALL of the ONE, and the ONE is the ALL. It is all one thing. Do you understand the concept of the hologram?

Q: Uh, maybe, in general terms.

**Indra's Net**

B: All right. I will explain in its archaic form, as it was understood hundreds or thousands of years ago on your planet, known as “Indra’s Net.” Indra’s net was like a net made of many pearls, each pearl being perfectly round and each perfectly reflected the image of every other pearl in the net. If you can imagine this, if you can envision this, you will understand that in order to understand or access the information of all the pearls in the net, all you really need to do is to go to any one pearl, look at the reflections of all the pearls, and you will have all the information right there in one pearl.

The existence of All That Is, in physical terms, is structured that way, holographically. Each component – you, me, all beings, all individualized consciousness – contains the whole, but is also distinct from the whole, in that it is a particular perspective that the whole has of itself. It is a reflection, your reflection, of the Infinite from a particular point of view. I am a reflection of the Infinite from a particular point of view. We are all the different ways that All That Is has of looking at itself, of experiencing itself, of knowing itself and of expressing itself. That is why we say, "We are All That Is, All That Is is us."

The idea also is that there is no separation in the sense of empowerment. We have and are directly related to the concept of All That Is. What is meant by all the structures that have labeled themselves as religions... they have a tendency to say to individuals that they must act as an intermediary between the individual and the concept of God – as if there were not a direct link already. This is the main difference as to how we express our relationship to what you call Creator and how your planet generally expresses its relationship to what you call Creator. Does this help clarify the situation sufficiently?

**Guilt & Deservability**

Q: Well, I’d like to briefly explore the issue of "deservability" and how that relates to issues of guilt, because guilt seems to be strongly associated with many religions.

B: Yes, the idea of guilt.

Q: And many, many people experience guilt, similar to, what’s referred to as, "original sin."

B: We understand the concept.

Q: The separation from the Father or from God; the taking or doing things of one’s own volition and the guilt for doing that.

B: We have a definition of guilt. May I share it with all of you?
Q: Please do.
B: Guilt, not hate, is the true opposite of love. Hate is a polarized expression of love but still implies deservability, even if it is only self-deservability. Guilt, being the lack of deservability, is truly the opposite of love, which is absolute validity and equality of all. Therefore, yes, the idea, the vibration you call guilt is a self-cutting-off from the source of Infinite Creation. Now, you’re never really cut-off from it. You can’t be. But you can create the illusion, as you have pointed out, that it is so. When an individual learns that unconditional love of self, of All That Is is the most positive direction they can flow in, they then recognize there is no need for guilt, because guilt is only a denial of one’s own existence.
Q: I get a very strange feeling this will be my last time here.
B: Maybe so, yes. For many of you this is true. This is the transformational life where you can come to full consciousness, and thus, can choose consciously to reincarnate or not.
Q: But I find myself now looking at the flowers and the birds and all physicality as if it was for the last time.
B: No, not really in the ultimate sense, because physicality is you. It is you. And when you become non-physical you can project whatever you want. It will still seem as solid or real as you wish it to be, except the difference is you will understand that you are consciously that thing – it will not be separate from you.
Q: So it will be even more precious that it has become?
B: Well, it will be better understand for what it is. It is all-precious.
Religion on Earth

Q: You once mentioned that this is the only planet that has religion.
B: As you understand it, yes. That does not mean that there are not different societies that have various forms of symbolic relationship representation between themselves and Infinite Creation.

But the idea you call religion, in the sense that somehow you do not think that the capacity for the relationship exists directly within you, and place that capacity within someone that you follow – that is something we have rarely discovered anywhere else; and never in the form that your society exhibits it. You follow me?

Q: More or less. It will come.
B: All right. The notion that we find most different is the apparent belief in a disconnection between yourselves and the Infinite Creator. In other words, that God is outside of you, instead of the fact that you are God, that you are made of God, that everything is God, that there is no separation; that you do not need to follow someone to do such and such a thing.

And that such and such a thing is the only way to God. That is what we find different about your planet. And that individuals, because there is such a high degree of limitation and separation in your history, have simply created ideas and patterns that there is only one way to relate to the idea of a God that is separate from you to begin with. Instead of the idea that everything is God, and therefore, every way is another way that God has to be Itself. You follow me?

Q: Yes.
B: Does that define the difference?
Q: Yes, thank you.
Religion

Section One

Now, allow us to begin with the idea that you call religion upon your planet. We will begin with this idea for, in a sense, it is, I’ll say, an offshoot of the initial condition in which humanity, upon your planet, recognized itself as it became physical. The diversifications that occurred, within the recognition of self as the creator, will have been created within the idea of separation from the creatorhood, therefore, giving rise to all of the ideas you recognize as religion per se.

Now, approximately 25,000 of your years ago, in what you term to be Atlantis or, in their dialect, Atalundi, you will have found that the idea of separation of the self from the creatorhood began in earnest, though it had appeared upon your planet before that. You will find now, there was the choice within the mass consciousness of that era to determine for themselves that they were, in this way, not needing the integration of the self to the All That Is; but that they could exercise their power directly in such a manner as to separate themselves from the totality of All That Is, so that they could recognize themselves in a more, I’ll say, personalized way as being the creator. This stemmed from the projection of spirit into material form. As it continued, as spirit continued to project into material form, it found that the idea of material form, in and of itself, was the definition of separation, limitation to a certain degree. Thus, the more spirit experienced the idea of material form or physical reality, slowly, in a sense, but, as you say, surely, they became used to the energy patterns.

They began to sense ideas, feelings, emotionalities, thoughts, beliefs that they had heretofore not encountered within non-physicality. They began to create the idea of fascination with the limitation, and in so doing, allowed themselves to become enmeshed, locked in, so that they could experience all that there was to experience in that mode, as well as every other mode that had been experienced within the All That Is of non-physicality. Thus, they became used to or, as you say, created the habit of expressing themselves in material ways, again, through emotionality and thought and belief, rather than knowingness.

Once they had formed this habit, to a certain degree, they found that the separation became somewhat complete, and they were, to some degree, locked off from their own knowingness, and therefore, found that they created a physical cycle that you call reincarnation. They became embedded in the energy fields of the earth, in a sense. They became a part of its consciousness; it became a part of your consciousness; their consciousness.

In this way, they found themselves now to be of the vibration of Earth, and because of the particular concentration in which your area of space and time is actuated, is realized, they found that the intensity of this concentration of energy kept them locked into the immediate rings, layers, or cycles of energy surrounding the planet and, as such, found themselves unable, once again, due to their fascination, unable to break from those rings, those cycles, without integration. Thus, they created for themselves, for yourselves, the idea of the reincarnational path.

Now, the emergence into physical reality was begun much longer ago in your time than 25,000 of your
years; but there was still, in the beginning, some realization of the connection to the knowing self, and thus, many realities were created upon your planet, many manipulations of matter and energy which, to some degree, still manifested the idea of, as you say, heaven or paradise on Earth. After the repetition of cycles had gotten to a point when beings lost sight of their inner selves, they deemed that to gain it back they must gain mastery and control over their environment and the other beings around them. Because they could no longer sense the connection between them, they felt that they were not connected. In order to perpetuate a connection, they felt it necessary to create the idea of domination of those they saw around them and their environment, because they could no longer sense the natural connection which existed within them.

In this way, you have thus the beginning of the idea of the formation of information. The idea of being able to harbor ideas which are not a part of the whole and pass them off, as you will, as things which are beneficial for individuals, but which only bring certain individuals under the control and domination of others, so that they can experience their own self-growth and aggrandizement in a way that allows them, since they now feel powerless, to feel powerful; but it is, in that way, still the illusion of physical reality. Now, both the idea of religion, and to some degree government, is created from this separation, from the idea that stories, ideas, can be created and perpetuated that have not to do with the connection between things, but with those things that can be hidden, separated from, judged upon. And in this way, individuals thus found themselves creating the cycle of giving their power over to others who could protect them from the things they told them existed, which these other individuals had no way of knowing whether it was true or not. You will find this repetition has occurred again and again and again, throughout this cycle of your 25,000 years, in many different forms.

Even when the interjection of higher consciousness from other dimensionalities occurred, such as, in your terms, the Christ consciousness, the cycle of separation was so complete that still these interjections were not understood. The messages that were given usually amounted to the idea that each individual was like unto the Christ consciousness, was the Christ consciousness. But the cycle of separation had ingrained a habit so deep in your mentality, and fortified and rigidized the mentality itself to such an extent that the only way these messages could be heard was in the fashion of, again, giving over the power to the individual and becoming followers rather than doers, rather than leaders themselves.

Recognize that the Christ consciousness never desired to be a leader, never desired leadership. It desired to be a reflection through that individual, Jesus, in such a way as to reflect the idea that every individual is an extension or, if you wish, a son or daughter of the All That Is or God.

Recognize therefore, that all the ideas that you call religion, that seek to deem that the congregations are such as to need leadership, as to be worth less than the idea of the divinity, as to be judged by the idea of the divinity, will all be separations within All That Is. These ideas you call religion will all be the giving away of the power that you are to other individuals who, either through helplessness, fear, judgment, or self-aggrandizement, would have you wish to maintain their feeling of powerlessness in the midst of their, I’ll say, unconscious feelings of powerlessness; because it is their true belief about themselves that
they are worthless and not a part, separated from the divinity that is their right, that is everyone’s right, to know that he or she actually is. Thus, you find that the conglomeration, the multitude of religions will always be a natural result of the confusion that stems from the separation of the self from the All That Is, that the self knows itself to be.

When knowing is forsaken, and only the personalities, the mechanisms by which the philosophies are presented into physical reality, only when the philosophies are allowed to be interpreted only by the mentality, do you create such a diversification of point of view. Now, understand that this is not a judgment against the idea that this was created. Your civilization has chosen, the consciousness of your civilization has chosen as a group to explore all of the different manifestations of negativity through separation of the self from the All That Is. This is one of the great creations within All That Is, and is, in and of itself, a valid expression, if for no other reason than the fact that All That Is can view itself in that way.

Recognize that All That Is needs no ultimate purpose to express itself in any way that it can; simply because it can, it will do so. This is one of the definitions of existence itself. That which has existed before the idea of a purpose does not need a purpose to continue to exist in any way, shape, or form that it can exist, simply because it can.

Recognize therefore, that the integrations, the shiftings and changes that are now taking place within your religious institutions, your governmental institutions, your sociological institutions are all taking place because you are now at the end of your cycle of separation begun 25,000 of your years ago, and are now understanding yourself to be one idea, one homogeneous reality, one energy, one consciousness, and are beginning to take back your fear, take back your responsibility for having created your lives. You are beginning to reawaken to that time when you projected yourselves into physical materiality and rendered yourselves unto the system of the reincarnational aspects of your planet. You are now awakening to your original agreements, and you are now beginning to realize that all of your separations, all of your religions, which would have you become a follower, worth less than the divinity that you are, not worthy of already knowing yourself to be whole and complete and not in need of saving from anything; you are now beginning to recognize yourselves the true core self that you are, the true core self that All That Is created you to be.

Now, all of the ideas of saviors, whether Jesus, Buddha, Mohammed, or whatever other labels you wish to ascribe to these consciousnesses that have manifested physically upon your planet, all of them in their higher aspects are in accord. There are no discrepancies in the energy of the initial consciousness that is represented through all those ideas you call saviors; but recognize that the first thing a savior knows is that they are not here to save anyone. There is no saving that needs to be done. Any discrepancies which you find in your literature is all a product of the personalities that existed within your civilizations, and their interpretations, through their own philosophies, of what those beings meant. All your literature and any seeming discrepancies are the product of the philosophies being expressed through the personalities that existed at the time the information was delivered.
In this way, again, it has served a purpose, for you now have a background against which to measure the totality of yourself in the expression of the negative separation of yourself from All That Is. Recognize therefore, that without judging any other religion, or your own, or yourself, you can allow each and every one of your beings to begin to live the ideas that your supposed saviors told you to live. Not to follow them, but to listen to your inner beings, and to recognize that these ideas and foundations that you call religions and government, government, in one sense, being another type of religion, to a certain degree, in that you are giving over your fear and your power to a greater power, so to speak, in your eyes, to take care of you, to fend for you, to keep all the things you are afraid of away from your door, to keep you safe, to give you everlasting peace, comfort and security; these institutions were created out of you lack of willingness to take your own fear and your own responsibility. Then they, like any consciousness, once created out of fear, will want to sustain themselves. And if they were created out of fear, the only methodology they have of sustaining their existence is to create more fear, to keep you separate from yourselves in this way, to keep you thinking and believing that you are less, and worth less in the eyes of a greater power, that you are children unable to run your own lives, unable to take responsibility for yourselves.

Now understand, though you may allow yourselves to create organizational systems, they will not run your lives. It will be a service provided to you by beings that are willing to be of service; not to have you serve them, not to have you inflate their sense of superiority so that they can bolster within themselves a feeling of powerfulness, so they do not have to recognize the belief that exists within themselves of their powerlessness.

Take back your power. Allow yourselves to know yourselves to be your governments, to be your religions. You are every one of these concepts in your society. You are your own priests, for surely as you listen to your sermons and go on your way, you are only creating those sermons for yourself in your head. That which you choose to remember, it becomes the portion of each and every one of you that is the priest within you, that reminds yourself over and over again, if you choose to accept it, that you are not worthy, that you are somehow less than the divinity which created you. Understand that the divinity that created you does not think you are less. It knows what you are. It knows itself to be its own consciousness, but also recognizes itself to be the compilation of all of your own consciousnesses and, as such, recognizes the idea of the relationship between you. It is that relationship between the polarities of the one unbroken wholeness and the multitude of consciousnesses that go into making it up. It is the relationship itself that exists and defines the idea of the multitude and the singular God. The relationship actually is your own fear and your own responsibility. All That Is; it is what you are. You are the relationship.

All of your religions, all of your ideas of separation, can dissolve within this one idea, can merge, blend, and meld into an understanding, a knowingness that you had many, many, many, many hundreds of thousands of your years ago. Even though you did choose to exist within the physical reality and the reincarnational cycle, you can still know yourselves in this way. That has been always, first and foremost, the main message of all of your saviors, of all of your messengers: know yourself, and in
knowing yourself, you will know God, you will know All That Is.

We will, thus, also point out that all of your literature in your religions will not compromise nor comprise the ideas that were spoken of in full, in any aspect. There is no complete record of all that was said by any messenger, only pieces, scant memories, sketchy recordings, many times, many years after the actual occurrence. Recognize again, that the main reason for all of these recordings is not so much to delineate history, but to once again convince, or attempt to convince other individuals that this is the way they should believe if they are to be "saved." Every major religious teaching has to do with proselytizing, the winning over of converts for the bolstering and boosting of the feeling of being powerful to those who know and believe themselves to be powerless.

Recognize that as limited as the idea of the personality construct is in representing your wholeness and totality of being, just as limited are all of the perceptions that come through it, including that which you call literature, creative though it may be, beautiful though it may be, and perfectly representative of the ideas you have chosen to experience within, I'll say, the era and epic story of your creation of separation of yourself from the All That Is through the viewpoint of your relation to the universe, which you call religion. This has been your saga of religion, your view of yourself in relation to the universe; but viewed through the perspective and philosophy of being separate from that universe.

In the next section of this chapter, we will delineate how the blending of the knowing self will give rise to a new view of the relationship of the self of the personality to the All That Is, and to many of the manifestations which can take place upon your planet when you dissolve the barriers of religion and government.

Now understand, first and foremost, none of these changes will be, in your terms, changes of force, changes of violence, changes of hate. No. These will all be changes that will occur from the unconditional love that you are now recognizing within yourselves; that you are now recognizing comes from All That Is to you, regardless of the idea of religion and government, and indeed transcends all of those barriers and artificial lines and constructs. This blending will allow you also to understand how the ideas you have called religion and government are yet two more aspects of the overall all-knowing philosophy that you have filtered in so many ways through your personalities, and will allow you to realize that there is no one way, per se. If there was only one way, there would only be one person. Each and every person upon your planet is all the different ways that All That Is has of looking at itself. Now you have viewed yourselves through all the different facets that exist within the oneness.

In the next section of this chapter we will, as you say, attempt to enjoy the view of your entire society and all the individuals within it from the perspective of the unconditional wholeness and support of All That Is. You will find that you will be being of service to All That Is and automatically, thus, be served by All That Is, since you are a part of it. No more need for the separation, the need to feel that you require salvation. You already are salvation itself; you already are heaven; you already are paradise.

**Section Two**

This being the second part, the portion dealing with the viewpoint of integration as it is connected to the
ideas of religion and government, you will now find that when you take back your power through unconditional love, when you begin to view yourselves as being equal to your religions, equal to your governments, equal to the idea of yourself as All That Is, you will begin to recognize within your society that your own divinity can still be expressed through the personality which will exist as long as you are physical, but in ways that will create, as you say, heaven on Earth.

You will be able to see all of the symbols that have been created in your religions, how they actually manifest physically on your planet. You will understand the mechanism of symbology. You will be in touch with your own archetypal energies. You will feel it running through your consciousness like an underground stream. You will recognize it to be the energy in your subconsciousness that has been responsible for the formation of all of the illusions and symbols out of which this energy was utilized to create all of these symbols to give you something to relate to, as long as you were not considering that that which you were relating to was you, in terms of the All That Is of creation.

When you have created this separation out of this archetypal conscious energy, you will always pull symbology that will give you something to reinforce the idea of separation. This you will, first and foremost, be able to begin to see, and it will manifest through one of the philosophies you call psychology, as it has already begun to do so, and this is why the ideas of psychology have begun to replace what you call religion.

Therefore, you will recognize that there are these streams of consciousnesses that you have created in being an idea of a separated being. You have created separations within your consciousness into outer-aware consciousness, unconsciousness, subconsciousness, hyper-consciousness, mass consciousness, and all the different aspects of your personality.

Now, in times past, yet still within the time of the 25,000 year cycle, all of these personality aspects gave rise to the symbologies of your religious symbology: demons, angels, visions, and so forth. Now, not to say that there was not consciousness nor real energy behind those manifestations; but with your new integrated viewpoint, you will be able to understand how many of these ideas were extensions of your own higher consciousness, reflected back to you through the artificial personality construct, using the archetypal energy to create a symbol that you could understand within the separation you had created for yourself, to reinforce the fear you were desiring to create, because you had desired to create separation from the All That Is, the knowing you, the oneness that you are.

You have begun to utilize this idea, this tool you call psychology, psychiatry, to understand that you have these streams of energy running within you, and that you project these ideas from yourself onto the interactions that you have with other consciousnesses, or other aspects of your own consciousness.

Now understand, therefore, as an example, that you will begin to see all of the plays, all of the playing out of lives, manifestations of the supposed saviors were more than just physical manifestations, they were also psychic manifestations and operated on many different levels of existence, not just the physical.

In this way, you will begin to realize the relationships between different aspects of one consciousness.
As we have said, for example, the idea of the Christ consciousness, not only manifesting as it was through the idea of the man you call Jesus, but also through what you term to be Elijah, John the Baptist and Judas, forming in one particular overlapping life the threesome of John the Baptist, Jesus, and Judas, a triad, a trio of players actually stemming from the same consciousness. And Elijah, the town crier, who came before, as you say, prophesying it all to pave the way for the play that could be acted out to allow there to be a multitudinous, many-faceted, mirror image crystal to reflect all the different aspects of the archetypal energies that the people of the time were creating for themselves in their play of separation from the All That Is.

These things you will begin to see: the relationships, the connections, the underlying patterns of synchronicity that have occurred throughout these cycles of separation that always have been there, always have been the obvious links, but have not been seen due to the separation of vision, and the limitation placed thereon upon these personalities that you have created. You have, as you have said many times, been seeing through a glass darkly.

Now you are clearing yourselves. You are becoming clairvoyant in your own lives; that is clear seeing. And thus, while you have the idea of psychology and psychiatry, now you have the idea of psychicness also rising to the surface, because you are allowing yourselves to know you are in constant communication with all aspects of yourself and all aspects of consciousness, no matter where or when they may be. This is the psychic side that creates the polarity of the same energy that gives rise to psychiatry. Psychicness, psychiatry: the same energy in a polarity viewpoint. You will always have polarity as long as you create yourself to be physical, and this will be the next aspect that you will understand: polarity as one of the definitions of physical reality.

Understand how this simple integration of the viewpoint of the blending of yourselves, of the being of yourselves to be All That Is, has already taken many, many magnitudes of steps away from the concept you call religion, and thus, is already beginning to lay the foundations of exactly how this energy will blend into all the other disciplines upon your planet. As we will take them a chapter at a time, you will see how they all key in, and the foundations are formed right here in this particular aspect; the philosophy which, in a sense, is now more purely represented by the idea of the blended religion, simply, philosophy and its expressions of the polarities that you will understand to define the physical reality. Thus, the first polarity that you are experiencing as the offshoot of religion is, again, as we have said, psychicness and psychiatry. In much the same way you will find that atomic structure gives rise to the diversification of particles out of a nebulous idea of an atom.

As you and your society learn to define the nature of reality with more and more awareness, more and more precision, in a sense, in the same manner you will find that these ideas of the polarities of psychicness and psychiatry are like unto those more precise atomic components that rise out of the nebulousness of the idea of religion, in the same manner as the particles do out of the nebulousness of the overall idea of a simple atom.

Now, though you may find, at first, that the seeming array of polarities or particles, to continue the
analogy, may create more confusion rather than simplification, as you are now finding in your physics; you will also find in your methodologies of looking at yourself and your philosophies that you will approach a basic understanding within the idea of the energies of the polarities themselves, of the idea of polarity itself, in the same manner that your physicists are approaching a basic point of view that they call “unified field.” In this way, there is a direct correlation in this analogy, by noting that both psychicness and psychiatry will be components, polarized components, which stem from a more unified field or philosophy. And it is this idea, this foundation, perspective, which will be responsible for not only unifying and blending all of your sociological philosophies or aspects, but also those you call scientific, economic.

Therefore, as we have said, you will find that in any discipline, once you begin to employ the aspect of integration in your perspective, in your viewpoint, very quickly it will move away from the initial concept that was created within separation, losing many of the earmarks of that particular discipline. Therefore, psychicness and psychiatry will first lose the earmarks of religion that deal with being at the mercy of outside forces: being judged. You will find that both psychicness and psychiatry are attempts to understand the self and the self’s relation, the personality’s relation to the All That Is. From the initial step of taking back power, of gaining control, or rather knowing that you have control already of every aspect of your life. It is your responsibility as an individual and a collective to know that this control that you have is something you can use as a tool to make your society what you wish it to be, no longer at the mercy of little understood outside forces, judgments, and irrational acts of some mythical God or Goddess, or gods.

Understand that when we use the term God, we are referring to all of the limited definitions that your society has created. In our concept, we simply refer to the idea of creation as All That Is, which covers everything and is everything, and indicates that All That Is knows it is All That Is.

Recognize that the previous definitions from the limited terminology, out of which these terms God, Goddess, gods have come, many times will still impose upon the idea of All That Is some sort of limitation in that it will give rise to contradictions such as: "God is Omnipotent, yet somehow, still, God is not me, outside of me. I am outside of God." By definition, if God is everywhere, everything, then you are not outside God. God is not outside you. You are God. God is you by definition. Thus we prefer the term All That Is. It is not, in this way, so limiting; for somehow, out of the separation, you have created the idea that even though God can be omnipotent, it can still, somehow, not be contained within you. Thus, in the blending you will also see that your definitions are also limiting and only reflective of the limited aspects you have heretofore deemed to be worthy to look at, that you have deemed to be, I’ll say, safe to view. As long as you are creating and generating the idea of fear, certain aspects of your personality, certain aspects of your beliefs, certain aspects of your emotionality, certain aspects of your mentality will be considered to be unsafe; as they would always, when blended together, give rise to what, in your past, would be heresy. Heresy is a reference to a society’s reaction to realizations that may occur within an individual that, perhaps, will represent aspects of the list that your society had not
considered before to be real. The idea that you, somehow, were connected in a more basic fundamental way to the All That Is, in this way, goes against the grain of separatism that had been for so long the canon of all your religions, and all your teachings.

Thus, polarity itself will simply be seen from your new viewpoint, your blended viewpoint, to be one of the definitions of physical reality, as will time and space. In this way, you will find that religion, when viewed from a blended viewpoint, will lose its qualities of separatism and will begin to take on more and more aspects, and point more in the direction of the idea that you have created, in your society, that you call science, and this is why it will lead us directly into the idea of your next chapter, which will be "Science."

We will then, again, explore how even science, being that it was created in the era of separatism, created many ideas that still did not allow for unification or blending with any other discipline, and kept itself aloof; and how your science has now begun to understand that through its own unification it will, by definition, begin to include many other disciplines that have for a long time in your society not been considered the domain of science.

Now we will give, as we will at the end of each chapter, some space for there to be asked representational questions, so as to cover, for each subject, many of those ideas that may be lingering in the consciousness of those who will either hear or read this material. These questions may be asked or, if there are no questions, you may, at the end of each chapter, delineate, if you will, notes or comments from your own society and the individuals thus putting together, co-creating this work with us, associating with us in the spirit of the Association.

Thus, this portion of each chapter will give your civilization an opportunity to become a part of the Association, as we will then, step by step, chapter by chapter, hand in hand, form and co-create this idea of the blending, so that your civilization, our civilization, and all of the levels of consciousness, as we create this work, will find it to be, as you say, a catharsis for each and every being involved. And thus, as we begin this work through an idea of being separate civilizations, upon its ending there will be the opportunity to begin to view that we are all one civilization working hand-in-hand, exploring together, forming new ideas of ourselves with each other, and giving ourselves the opportunity to recognize that much more of All That Is that we each have to explore within us; the "new religion" if you will; but no religion will it be.

We will now proceed with the sharing and the questions and interactions pertaining to this subject:

Dr. Chandley: From your point of view, what is the common denominator and direction, if any, of all religions as related to each of us?

The Association: To some degree, as we have discussed, the idea of the commonality is simply your exploration of what you are willing to believe yourselves to be. As long as you have created yourself to be separate from the All That Is that you are, this exploration has taken place outside yourselves, and so the creation of ritual to understand and reflect to yourselves all that you can contain in your reality; but now that you are becoming integrated, you will find that this exploration goes within, and that the
ritualized tools are no longer necessary. Thus, each and every one of you, recognizing yourselves to be your own path and hence, your own religion, so to speak, will now recognize that the religion, in that form as you have created it, is no longer necessary to understand your relationship to yourself as All That Is. Will this have answered your question?

Dr. Chandley: Yes, in part. What would be the most universal saving ritual, if there was a ritual to bridge this place where we no longer need rituals, from a religious point of view, that we could engage in to experience increasing integration among ourselves?

The Association: Simply the expression of unconditional love. Understand that the underlying, supposed mode or principle behind all of what you experience upon your planet to be your separate religions, is supposedly that. It is all based on the idea of the love of creation for its creations. Thus, you are the creator. You are those creations. Love yourselves. Love each other. Life and love are the only so-called rituals you need to integrate.

Dr. Chandley: So when a person who has a question about the religious ritual that they see themselves using, or connecting to others... what you are saying is that that ritual is unconditional love.

The Association: You can simply recognize that if you are questioning the ritual you have created in your habit, that you are now assuming or wondering whether or not you require any more, you can always recognize that all that you have been creating the ritual for is for the purpose of expressing the love of creation that you feel existed in the creator to create you. Thus, you can simply render all the habitual rituals down to the expression of unconditional love. Thus, it becomes not so much, I'll say, hollow ritual, but true, active sharing, and you will see your so-called religions actually acting themselves out upon the surface of your planet.

Dr. Chandley: Thank you, I have a question about a religious experience, which is a bit different from the idea of religions. Could you comment on the idea of the oneness of the religious experience, and the differences in the cultural expression of that experience?

The Association: Now, to some degree, we just have. The idea of the oneness is the recognition, the base idea recognition of the oneness that you all are. You are all exploring the same idea from different points of view. The different points of view simply exist because there are different individuals. It is a recognition, an allowing recognition, if you will, created that way, that there is not just one path in understanding yourself as All That Is. If there were only one path, there would only be one person. Because there is more than one person, you can recognize that there are many, many roads that all lead to the same understanding.

Dr. Chandley: Thank you. Then, from your point of view, the question about the common denominator and direction of all prophecies as they relate to each of us is the same.

The Association: To some degree, although once again recognize, in our perception there is really no such thing as a prediction, prophecy of the future; it is a sensing of the energy which exists at the time the prediction is made. Now, those that deal with the idea of mass consciousness, of which the idea of religion is greatly contained therein, the idea of the mass civilization, you will find that the senses of the
direction in which this energy will flow will have been accurate; but in this way, many interpretations placed upon the prophecies will have to do with the idea of exactly the methodology by which you will come to the understanding of yourselves as All That Is.

In times that were deep into the separation of yourself from the All That Is that you are, these ideas of integration were viewed as straying from the so-called trueness of one particular religion that was being put forth. And thus, this integration now occurring upon your planet was seen to be something they called evil. Therefore, you will simply be able to recognize that all the prophecies, so to speak, are all saying the same thing, that you are integrating, that this is an age of transformation, which you are going to shift into a new idea of yourself. But all the different ideas that have to do with judgment, Armageddon, rebukement, and all of the ideas of separation, the idea that you have to struggle, go through trial by fire in order to deserve living in harmony and peace, are all products of the viewpoints of the time in which the prophecies were made.

Dr. Chandley: Is that idea also relevant to, say, the prophecies of Nostradamus?

The Association: To some degree, yes. There is no such thing as a prediction of the future. That prediction is simply a sensing, made in the present, of the energy that exists at the time the prediction is made, that is the most likely, probable future to manifest if the energy does not change. Many times, the prediction, by being known, will, in and of itself, render itself obsolete, because now the energy is known to be moving in a certain direction, and if the populace or the individual, now aware of the prediction, does not prefer that the energy be in that area, their attitude will change the amount and direction of the energy, rendering the prophecy obsolete.

Any prediction or sensing made in a particular time frame will utilize the understanding and the symbolic references of that time frame. If a time frame cannot imagine transformation occurring without destruction, then their sensing of such transformation, as is going on in your world now, will not be able to be predicted without utilizing the symbols of destruction.

Now that you are awakening into your own self-empowerment, you have the ability to realize, real-ize that you can create transformation in a de-structurizing way without creating it to be destruction.

We thank you for the sharing of your questions, and allow us to remind you that when you create the idea of questions, it is only that you already contain the answers. The form of the question will simply be that you have separated this idea of the answer you already contain from your knowledge. However, in this way, once again, we thank you for the willingness to express your explorations, for your civilization and our civilization is the sharing that continues forever.

Dr. Chandley: Thank you.
Remains of Atlantis and Lemuria

Q: Was Atlantis in our density vibration?
B: Yes.

Q: So the ruins could be found on the ocean floor?
B: Of what little there are.

Q: Why are there so little remains?
B: The destruction was quite total, and there has been much passage of time and much erosion. There are a few, and a few have already been found.

Q: Where?
B: In what you call the Bahamas.

Q: Ah ha. And how about Lemuria, would that be the same?
B: Lemuria will be less likely, although what you call the manifestation of Hawaii and Easter Island will be, to some degree, manifestations of the idea of Lemuria still remaining.

Q: What, with those big heads on Easter Island?
B: Yes.

Q: They were Lemurian?
B: Yes, yes, yes, yes. (Audience laughter)

Q: Ok, big heads. (Laughter) Thank you.
B: Oh, thank you.
Greetings to you this day of your time as you create time to exist. We thank you for being willing to co-create with us this day of your time this interaction, so that there may be expansion between your world and our world. Together, eventually, your civilization and many other civilizations through interactions such as these may come to a place and a time when we can interact freely and explore creation together. We thank you for the opportunity to accelerate that process by co-creating this particular endeavor today of your time. The idea we wish to discuss, the idea we wish to reflect to each and every one of you is one that we have entitled self-empowerment and before we begin with the specific tools by which you can allow yourself to use self-empowerment, we would desire to lay down a few foundations so there will be some common basis of understanding within all the things we will be discussing.

Many individuals on your planet now are discovering ideas of what you call your New Age of awareness. You are discovering expansions of your consciousness, you are discovering aspects of yourself that you hereforo did not necessarily know existed. Nor were you taught that these things, these abilities, these powers existed within you, except perhaps in very isolated circumstances. For perhaps you may have been taught that certain abilities existed within you, but that these teachings may have been cloaked in ritual and many other formats that did not necessarily allow you to understand the mechanisms of what you where being told, in a clear and concise manner. None of these ideas, in any way shape or form, is wrong. It is simply indicative of the evolution of your society and in no time, in no way, do we make any indication that what you have gone through is any less valid than anything any other society has experienced.

Our civilization to some degree still retains in its evolutionary process a connection to a type of physiological reality. In other words we are also physical beings communicating to you at this time through telepathic contact. In a sense however we are not physical like you are, neither in shape nor in dimensional experience. We have our own evolutionary process and we are moving from what you may call an accelerated level of physical reality to non-physical reality in our transformation. All civilizations go through transformation. You are not the only one and as has been said many times, by no means is your civilization lowest on a list of civilizations. The idea is simply that various civilizations will go through their own processes at their own pace in their own time. And in a sense, not meaning to be judgmental, no one really has any business comparing one civilization to another for their relative merit or degree of ability. Therefore simply take it to heart that whatever processes you have been going through in your lives and for many lifetimes, is simply the processes that were of your choosing. There is no such thing as wasted time, everything can be utilized in a positive way and there is absolutely nothing that you have ever discovered about yourself, nor will ever discover about yourself that cannot be applied in your lives in a positive way.
Therefore, once again, allow yourselves to understand that in these interactions this day of your time with regard to what you call, “learning self-empowerment,” we are not really teaching you anything new, we are not really reflecting to you things that you do not know, we are simply reminding you of things that for lack of a better term, you have forgotten. Reminding you of your innate connection to Creation, for as had been said also many times in your own way and in many different ways, you are created in the image of what you term God. To us your term God translates as All-That-Is, literally consciousness of existence itself, everywhere, anywhere, that you can imagine it to be. You are aspects, you are reflections, you are facets and fragments if you wish of All-That-Is. You are made in that image and therefore you as well, each and every individual one of you and all of you collectively are also multi-dimensional, multi-creative beings, just like the idea of what you call God. That is what it means to be made in that image, you are shall we say, a micro-cosmic version of the macro-cosmic reality. Each and every part of the Whole contains the information of the Whole.

Therefore you have at your disposal an unlimited source of information and energy which you can apply in your lives in way, shape or form you so desire and this is the key of what we shall be discussing this day of your time. The things that you desire, what they represent and the true ability you already have to create those things, to manifest those things, clearly and precisely in your lives. Again let us re-phrase for clarity’s sake the idea is to understand that the notion of self-empowerment and the tools that we will be sharing with you are not something that are really new. We will perhaps be re-phrasing things for the purpose of your contemporary language but these things have been known to your civilization since your civilization began its existence in physiological form. And therefore we simply are reminding you of what you already contain.
Q: Hello.
B: Hello!
Q: I was in Sedona for the Convergence . . .
B: Can you all hear? (AUD: No. No!)
Q: . . . and I ran into a guy over there that was out at the workshop, and he introduced me to the Tibetan Temple of Light. So they had a channeling in Sedona while I was there.
B: All right. Channeling in Sedona while he was there.
Q: I wonder if you would comment on something . . . I heard a concept on one of the transcripts I read at a channeling, that for a person that dies of a drug overdose, they have a kind of a psychic hospital for them between lives, because now they . . .
B: In a sense, yes, it is not quite as colloquial as has been stated. But there is a frequency, or a level of vibration where individuals who enter the non-physical state in what you would colloquially call “confusion” are assisted to refocus their energy.
Q: The idea was that they are there without a body, and they can’t get a fix . . .
B: Yes, correct.
Q: So they still have the same problem after they drop the body?
B: To some degree, that is why we have always said the idea is that the strongest belief and/or fear that you die with is usually where you will attract yourself to in the non-physical reality. And therefore, some of the same momentum may still need to be straightened out.

There is even the possibility – though not so much any more in your society – that individuals who have died do not even know they have died. That is what you typically used to call “hauntings.” They simply think they are still physically alive, because they did not know what to expect. And in that sense, were very rooted to the idea of remaining in their life physically. Eventually they are helped to realize, subtly, bit by bit, that they have in fact become non-physical – so that they can reorient themselves and choose what they prefer from that moment forward.
Q: Okay, thank you.
B: Thank you very much. Sharing!
Q: Yes, hi.
B: Good day to you.
Q: You just talked to Tweedle-dum, so I must be Tweedle-dee.
B: All right.
Q: Uh, there’s a lot of fat between us. But I won’t discuss that – ahem! Last time I talked to you, or you talked to me – whatever the case is . . .
B: Yes.
Q: ... I said something and you made a comment, and when I was listening to the tape, I realized...
B: Yes.
Q: ... when we were discussing about teleportation, the tone level of myself had gone way down...
B: Yes.
Q: ... and my abilities got lowered after the teleportation. You kind of agreed with that, and I was curious what the implication of that is, or what it means?
B: The implication of agreeing with you?

Q: No. Yes! Wait a minute! Wait a minute. I didn’t look at it as you agreeing with me, I looked at it as you said – yes, I kind of got the idea that you said this is what usually happens.

B: Oh, nothing has to be. But as you define yourself, that defines your energy.
Q: Would you say that so I can understand it?

B: If you define that you are “going down,” if you define that you are somehow backing up or isolated, then your energy will appear to decline in its illusionary form, simply to represent the definition, to reflect to you the definition you are creating yourself to be at any given moment.
So if you feel the energy to be going down, then that is simply a reflection of how you are defining yourself; that you are, to some degree, removing yourself slightly, in your idea of yourself, from the overall flow of Infinite Creation – creating an isolation, a cut-off, that allows your meters to drop.
Q: Okay. Because I was kind of looking... it was more than just emotion, it was actually abilities, and awareness, and a number of things that all collapsed.
B: Yes. But it’s all connected; it’s all one thing, you see.
Q: Mhmm.
B: Only your society and a few others make the distinction truly between the colloquialisms that we use in your language of ability and emotion and thoughts and beliefs. It is all one thing; it is all one event; it is all one act. So in a sense, if any one part goes down, in that sense it all does.
Q: Okay. That makes sense to me, yes.
B: Thank you.
Q: It’s a big triangle. Okay.
B: Thank you very much. Sharing!

Reorientation Levels and Interconnectedness
Q: Hello.
B: Hello!
Q: My big thing now days is fear.
B: Your big thing! Ooh! (AUD: laughs)
Q: Yes. (Laughing)
B: Fear. Fear. Fear. Fear. All right, fear.
Q: Yes.
B: (In a humorous voice) Fear. Feeaar. Feeeaar. (AUD: laughs)
Q: It sounds really funny right now!
B: Yes! Funny, funny fear; fear can be fun! FUN WITH FEAR! (AUD: lots of laughter)
Q: If it could be like this all the time, it would be great! There’s a lot of people around and...
B: It can be...
Q: ... I don’t hide it.
B: ... it can be like this... all the time!
Q: Well, when I’m by myself, like in the house...
B: Yes?
Q: ... my imagination gets really wild.
B: Good.
Q: And I get really scared.
B: Why?
Q: Because... it’s scary! (Laughing)
B: What is so scary about you?
Q: About me?
B: Yes, about you? It is the only thing you can fear. There is nothing outside yourself. You are it. You fill your universe – what is so scary about you?
Q: I’m not scary.
B: Then what are you afraid of?
Q: Burglars and people who might come into the house.
B: That is an extension of how you see yourself. Do you feel, in this way, that you need to be reminded that you are always abundant by having someone show you that when they take something away from you, you still have all you need?
Q: Well, I don’t care about them taking *things*... I don’t care... it’s the murder and stuff like that...

(Laughing)

B: All right.

Q: ... and dying.

B: All right. Why, in this way, do you feel the need to reinforce that idea? Why do you feel you need to experience it?

Q: I don’t know. That’s what I’ve been trying to think about for a long time. I’m having trouble with those fears... fears of those thoughts.

B: All right. Stand up!

Q: All right.

B: Now, what do you feel about the idea that you call your origins off this planet?

Q: What do I feel about it?

B: Yes.

Q: On this planet?

B: Your origins *off* this planet.

Q: How do I feel? I feel great about it.

B: Why?

Q: Because it’s very exciting.

B: Is this not exciting? Being scared all the time? (AUD: laughs)

Q: No, it’s not. (Laughing) Not to me.

B: You are not excited about it?

Q: No. I feel pain and fear.

B: Pain and fear. All right, anxiety, yes?

Q: Yes.

B: Which is the same energy as excitement, when judged to be negative. Now, allow me to remind you that when you are in a constant state of fear, you are not bored, are you?

Q: No, I’m sure not.

B: Then you are excited, or anxious, as you choose to call it.

Q: Yes, I’m very anxious.

B: What is, in your terms, more positively exciting about where you think you came from, than where you are now?

Q: Where I was *from*, there was no way your physical body could get scratched up.

B: No way at all?
Q: No.
B: None whatsoever?
Q: None whatsoever.
B: Now, you have just realized a connection with that you, there. Do you follow me?
Q: Yes.
B: That you, there, is also this you, here, if you choose to blend the two ideas. Why cannot this planet be that planet; this reality be that reality? Here you are – have you not brought your reality with you?
Q: I guess I didn’t.
B: It is here. It is here with you. It is in you. All you need to know is that if you can conceive of that idea of yourself as a potential which can exist here, then understand that even as you create that conception, then that is you, here – or you could not perceive it.
You have to be equally of the vibration of that which you are perceiving at the moment, or you could not perceive it. You are equal to it, right here and right now! Allowing yourself to be that you, here, will allow you to transform this reality into that reality. They will be the same reality. And then no one here will be able to scratch you either.
Q: I get your idea.
B: All right. That is a start.
Q: Yes.
B: Now, allow me to say, again, that it is simply a matter of what we term the habitual ritual. You simply have but to allow yourself to know that, in walking down your streets in this civilization that you call your planet Earth, it is the same as if you are walking down the street in the other civilization.
You are that civilization, here. You are its representative. You are that civilization. It is you. You are walking in that world and this world, simultaneously. Allowing yourself to know that it is all right to allow your fears to relax in the sense that, even if you create an interaction with another individual, by allowing yourself to know that that interaction is serving the purpose of reinforcing who you really know yourself to be, then the result will always match that reality. No matter how it starts, it will always wind up reflecting the reality that you know yourself to be. All right? Love it.
Q: Good. So, may I ask, why did you ask me to stand up?
B: So you can stand tall and have conviction! Conviction to know that as you stand, you see that you are only sharing; you are not being exposed. Do you follow me?
Q: Yes.
B: You may sit down again.
Q: Thank you.
B: Understand. Under-stand. The idea of understanding is supporting, standing under, supporting, of the idea. Allow yourself to know that you are understood; that the reality that you know yourself to be is
understood by all the other individuals who can perceive you. Do you follow me?
Q: Yes.
B: Thank you very much for being that reflection of that reality in your world, at this time, for you are a portion of the blending and the sharing and the timing of the transformation, which is perfect.
Q: Thank you.

Representing a Positive Reality
REPTILIAN FREQUENCIES

Q: What frequency do the reptilians vibrate at in their reality?

B: They don’t actually vibrate at a frequency that is congruent with your reality, so to give you a frequency would not be an one to one correlation. If they were to project into your reality I could give you a correlation but it does not necessarily extrapolate directly or relate directly to the frequency scale we often use to represent your human frequency.

Q: Are they reptilians mostly autonomous or are they mostly servile?

B: It is an odd and unusual combination of the two. We can not really say ’mostly’, it is too blended to separate those concepts apart from one another in their society. They are autonomous and they are in many ways servile. It’s their nature, in that sense, yet they are autonomous within it–yet they are designed in a certain fashion. Their vibration relative to your reality would be somewhere between 11,000 and 37,000 cycles per second. But again, remember, that is not a direct relationship to the frequencies that we often give you–it is calculated in a different way that we will explain in a future date....
Questioner: I’d like to move in another area, if that’s okay?
Bashar: Do you wish us to part any seas for you?
Q: Yes, definitely.
B: Oh, all right.
Q: Are there Reptilians involved with the Galactic Federation?
B: No, not directly.
Q: Why not?
B: It is, in that sense, not who they are. It is, in that sense, not their vibration to be. They are not, in that sense, a cohesive civilization, as you would understand that, in the way that is representative of those that are in, what we call, the Association of Worlds. It is, in a sense, an attached civilization energetically, a limbic offshoot of the Grey civilization, genetically engineered and part of the collective consciousness of the Greys that represents their primal level. In that sense, they do not function as a cohesive civilization but as an appendage to another civilization. You follow?
Q: Yes that makes sense too. So basically, maybe ... I know this isn’t a very good way of wording this, but so they kinda almost didn’t evolve exactly as they were initially intended to evolve in?
B: Again, the idea is that they were one of the first genetic manipulations derived from, what you would call, the dinosaur DNA on your world; before the creation of the genetic manipulation of the hominid DNA that led to the human body.
Q: Yes, we discussed that.
B: Yes.
Q: All right, I have a couple more for you.
B: Oh, all right.
Q: You’ve said that your race of beings is a hybrid of us and the Greys, correct?
B: Generally, yes.
Q: Were you initially created, maybe not in the final results, but here on this planet?
B: Not so much, no. The idea being that most of our ancestors were finalized in their form in, what you would call, spacecraft ... not actually on your planet. Though again, genetic material was derived from your planet.
Q: Was it within our solar system?
B: Yes, sometimes, sometimes not.
Q: Initially, I mean right off the bat?
B: "Off the bat?"
Q: Right off the bat.
B: There were stations that were set up in your solar system for the initiation of the hybridization experimentations, yes. And, at the same time, on spacecraft that traveled out of your solar system as well, but not exactly on your planet, except in some rare instances where certain adjustments needed to be made and it was deemed necessary that they needed to be made within the planetary environment, within the planetary gravity, within the planetary atmosphere in order to give the genetic spin what it needed to have. But those are long over with, in your terms of time.
Q: Okay, Bashar...
B: Yes?
Q: ...are there any Anunnaki either here physically on earth or communicating telepathically with anyone here?
B: Not in their original form contemporarily, unless you are referring to the Greys as the devolved result of a certain branch of Anunnaki?
Q: Okay.
B: Did you understand that already?
Q: Yes some, but maybe another faction then?
B: A faction of the Anunnaki set up shop, if you will, on a planet and ultimately created catastrophes in their world that ultimately resulted in the devolution of themselves into the form you now understand as the Grey. So, in that sense, they are still, to some degree Anunnaki, though they now require the idea of the genetic material that they utilize to create the human body to begin with to reinforce their own race and create the hybrid species so that they can incarnationally continue. So, in that sense, I suppose, if you want to simply talk about it incarnationally, you and we together are also offshoots of Anunnaki.
Q: Yes, exactly.
B: At least to some degree, genetically.
Q: Are there any, maybe looking at it from a time traveling standpoint, although we know that there is no time really, linearly, but...
B: There is, if you create there to be time.
Q: If you create it, exactly. But are there any ones from, what we would perceive, from our past that are here now that have, say, jumped...?
B: From time to time they do peer in, yes. From to time to time they have participated in certain things, yes. It is not that common, from time to time this has been done, yes. It is not that common. Some of
what individuals have called the large Nordics are, to some degree, representative of some of the ancient Anunnaki. You follow?
Q: Yes, I have heard you say that before.
B: Yes. Does that help you?
Q: One more question, please.
B: Oh. All right.
Q: Is there anything Bashar that you think that either I personally or people in general should not "remote view," because it could harm us or, you know, maybe we are not ready to see it?
B: We will leave that up to you and your own spontaneity and also to what you want to believe to be true.
Q: Well, I...
B: End of conversation!
Q: I think you already know what.
B: End of conversation! Number two.
Reptilians

Q: The reptilians: what DNA was used for their initial development?
Bashar: Many different forms of what you would call dinosauria.

Q: Not one particular species? Bashar: There were some strains more than others, such as that you would call the troodon and some of what you would call the raptors and so fourth, but it is also a blend and a mixture over many different generations of experimentation.

RJ: What vibrational frequency are the reptilians?
Bashar: —to be continued....
(End of conversation)
Q: Can you stick around a while?
Alpha Deyo: No.
Q: You have to go back?
Alpha Deyo: Yes, but not to first wave... go... go.
Q: Thank you for visiting. Thank you!
(Pause while Alpha Deyo disconnects and Bashar reconnects.)
B: We extend to each and every one of you our appreciation for the allowance of the opportunity for that being, of a moment of your time. It was a request of his for quite some time.
Q: Did he enjoy himself?
B: Yes. Shall we say that, in your language, he is, in some senses, beside himself. (Audience laughs and giggles)
Q: Can you give us an idea of why... why he came through? It was... well... it was challenging communicating, but we were doing our best.
B: It is the timing of what you would call the “dark moon.” And as we have said, there is an opportunity for things to be still, and in those doorways, things can be communicated that otherwise, then, would not be heard by others who may be listening. Do you understand this?
Q: Oh, I see. It was a risk?
B: In a sense, as you call it, yes, for him.
Q: We were ready.
Q: Where do they live?
B: Do you mean the three?
Q: Yes.
B: The three, in that sense, are in refuge.
Q: They seemed very lonely, didn’t they? He seemed lonely....
B: In their own concepts, in a sense, they are.
Q: So you can’t tell us where they live?
B: I cannot.
Q: Now, is he in jeopardy from the first wave?
B: Not in the sense that you would understand, in jeopardy. Only in the sense, of what you might call, an overwhelming urge to return.
Q: Will they be able to?
B: Be able to what?
Q: Return.
B: They do not want to.
Q: Oh.
B: But there is an overwhelming urge to do so. In a sense, there is a magnetic bandwidth that constantly calls all alike unto themselves. They are constantly, shall we say, fighting the urge.
Q: Sort of like humans. And in a sense, spending time with us, maybe, will help him?
B: By allowing him to actually experience more directly the vibration that he has already picked up on, to some degree telepathically, you have helped to reinforce that vibration to give them more opportunity to resist the urge, yes.
Q: Good, excellent. Is he resisting being with them because he is against the agenda of the Reptilians supporting the Greys?
B: It isn’t so much that you might be able to voice this as being for or against, in what you might call a political sense – it is simply an attempt to be true to the vibration he deems himself to be.
Q: And it is not about...
B: It is simply not of them.
Q: But isn’t their initial agenda creating you? I mean, isn’t that a major part of what is going on?
B: In some senses, yes. But there are many different factions involved, and many different kinds of things being done within the agenda that simply have nothing to do with his resonance.
Thus, it isn’t necessary that you must look at this in the same way that this would play out politically on your planet. There is no punishment involved here. There is simply the idea of resistance and the attempt to turn oneself more toward the vibration that one deems to be true for oneself. Thus, the assistance that is being given is simply helping to solidify that reality for the being.
Q: Just as the Greys can’t join the Association, by his turning toward you more, he is able to reach that frequency?
B: In some senses, yes.
Q: That’s more what we are experiencing?
B: In some senses, yes. And now there is another thing, also, for you to understand. Pay attention.
Again, as we give this to you, to some degree what we are telling you, from one slice, is linear, but do not assume that what we are about to tell you is the ONLY thing that is going on. If you assume that what we are about to tell you is the only thing that is going on, and the absolute end all, be all, of all the information that has to do with this, you would be making the same assumption as if I said to you: That people from England come from Europe, and by that you assume that only people from England are from Europe. And that only Europeans are from England. You understand?
AUD: Yes.

B: So keep that in mind when I tell you the following: In what you may call an ancient time, within what you would call the Lyran system, from there came those beings you understood to be the Anunnaki. Many of you already know this. And they, in many ways are, to some degree, involved in the genetic manipulation of those species that ultimately created the Reptilians from the Dinosaur stock. And your human species, as well as many others, from some of the indigenous stock on your planet. The idea being, in that sense, of course, that the Reptilian species, derived from that stock, were removed from your planet, whereas the human species was not. Due to various changes and shifts going on within the agendas of the politics, so to speak, just for now, euphemistically, of the Lyrans – of the Anunnaki, as you call them.

After the idea also, and during this time, to some degree, but after the idea of destruction from natural causes of the Lyran system, when there was the diaspora into other star systems – such as some of the Orion systems and the Pleiadian systems and so forth, of what you would call in the past, the Anunnaki – it can also be understood that certain factions of the Anunnaki, in arriving in the Orion systems, did continue the idea, aside from the ones that were isolated upon the Earth, of going in certain directions that ultimately led them to self-destructive ways.

In some of these factions that experienced these self-destructive ways within the ancient Lyran/Anunnaki systems, you would find that the destruction they caused upon themselves is what ultimately allowed them to become what you understand them to be today, this faction called the Greys.

In that sense, therefore, the Greys and the Reptilians are still cohesive, in that the Greys, as the ancient Anunnaki, created them. And the Greys and you are still cohesive in that, as the ancient Anunnaki, they created you.

In that sense, they are trying to gain back what they lost, in that sense, as the ancient Anunnaki. To render themselves, to some degree, into that state again by utilizing the genetics that they have already placed within you, based on their own original genetic patterns, which makes you compatible. Thus, they are attempting, in the creation of the hybrid races, such as our own, to regain the idea incarnationally of what might be in their eyes, considered to be some of their former level of status and/or glory. But this is only one faction, in that sense.

Some of what some individuals, in some of the abduction scenarios, have recognized as tall muscular Nordic types, are actually some template re-creations of the idea of the ancient Anunnaki body, in what your ancient people referred to as the Gods, in that sense, of great stature and build. But these are not, in any way shape or form, the idea of what you would call absolutely sentient beings with free thought. They are, to some degree, the idea of puppet templates, to allow them some idea of creating certain genetic resonate patterns that would help them fulfill their particular agenda in that level. Regaining whatever it is that it is possible for them to regain, though it will never be exactly the same.

This it is given to us now, at this time, to give to you. And we have done so. But again, remember that this is a description of one slice of linear reality. It is not the whole story.
Q: This template... now, this is a physical thing that is collecting genetic material, right?
B: Yes. Though it is translating from dimension to dimension, nevertheless, there are aspects and timings when this is an absolute physiological interaction.
Q: Okay, because I definitely feel some physiological pain.
B: Yes.
Q: That’s for sure.
B: Yes.
Q: And is this something that has happened to me before?
B: Do you mean in this lifetime?
Q: Yes.
B: Yes, several times.
Q: Okay, so I may... 
B: The agenda begins before birth.
Q: Right, you know it is funny. I had regression, and I saw myself in that in-between place. I mean, it’s very difficult to... since it was my first hypnotic regression, to really totally trust her, but I saw a very hazy, almost a council-like setup, where I was talking to someone and I had someone by my side who had very much like a bedside manner, like a doctor. I thought he was a brave and it was almost like we were presenting our package to the council or something. I mean, everything in the regression seemed so unreal to me because it was my first one. I don’t know if this particular entity and I have had an agreement, or if we agreed to interact in this lifetime?
B: Yes.
Q: Yeah, so it’s bizarre on how I get those pictures. I almost don’t want to trust them because they seem so dim, you know.
B: Yes. But there will come a time of unfoldment when many of these things will become clearer in your memory.
Q: All right, so this template isn’t going to stay forever, right? It’s going to be removed with some genetic material, such as eggs or... 
B: The template, in a sense, will not remain forever, only in a sense that it will ultimately become absorbed in your new path.
Q: Oh, so it will dissolve then, in its own way?
B: In a manner of speaking.
Q: In terms of the physical... 
B: As you become more of the idea of that energy, it will no longer be recognized as foreign to you, and thus, it will no longer be found as different.
Q: Ah, so it sort of “re-geneticized” me, its own way?

B: In some sense, but according to your own agenda as well. In that sense, it could be said simply to be, quote/unquote, forcing you to be yourself.

Q: If I were more myself...

B: You can be much more yourself.

Q: Yeah, I know I can. It is just that sometimes I get the sense that I am rather shocked at the way I behave anyway, because I may seem a little selfish doing whatever I want to do and according to them, being considerate...

B: Remember the template is hearing everything you are saying. One moment...

The being that you spoke to a few moments ago has, to some degree, been paying attention to some of this conversation, and has, to some degree, also been paying attention to some of the conversation prior to the communication that you had. The being has decided to aid and assist itself in, shall we say, honing in a little bit more on your human vibration and has decided to change its own name. It has accepted, by listening to all of you, and understanding what we have been feeding it about the idea of human culture and the beginnings of what you understand your civilization to be, to take upon itself the appellation Alpha Deyo.

Q: I like that.

B: The being thanks you now for your assistance in the selection of a new name.

Reptilians Speak – Alpha Deyo and Commentary

1
Q: Can you stick around a while?
Alpha Deyo: No.
Q: You have to go back? 
Alpha Deyo: Yes, but not to first wave...GO_.GO.
Q: Thank you for visiting; Q: Thank you! PAUSE...
B: We extend to each and everyone of you, our appreciation, for the allowance of, the opportunity of that being, of a moment of your time. It was a request of his for quite some time.
Q: Did he enjoy himself?
B: Yes. Shall we say that, in your language, he is, in some senses, beside himself.
Q: Audience laughs and giggles–Can you give us an idea of why...why he came through.., it was...well...it was challenging communicating, but we were doing....
B: It is the timing of, what you would call "the dark moon", and as we have said, there is an opportunity for things to be still, and in those doorways, things can be communicated that otherwise, then, would not be heard by others who my be listening. Do you understand this?
Q: Oh I see–was there a risk?
B: In a sense, as you call it, yes, for him.
Q: Where does he live?
B: Do you mean the three?
Q: Yes.
B: The three, in that sense, are in refuge.
Q: They seem very lonely, didn’t they? He seemed lonely....
[A.] In their own concepts, in a sense, they are.
Q: So you can’t tell us where they live?
B: I cannot.
Q: Now, is he in jeopardy, from the first wave?
B: Not in the sense that you would understand, in jeopardy; only in the sense, of what you might call, an overwhelming urge to return.
Q: Will he be able to?
B: Be able to do what?
Q: Return.
B: They do not want to...
Q: Oh.
B: ...but there is an overwhelming urge to do so. In a sense there is a magnetic bandwidth to constantly call all alike unto themselves, they are consistently, shall we say, fighting the urge.
Q: So they are like humans?
Q: And in a sense, spending time with us maybe will help him?
B: By allowing him to actually experience more directly the vibration that is already pick up on some degree of telepathically, you have help to reinforce that vibration to give them more opportunity to resist the urge, yes.
Q: Good. Excellent. Is he resisting being with them because he is against the agenda of the Reptilians supporting the race?
B: It isn’t so much that you might be able to voice this as being for or against in what you might call a political sense, it is simple an attempt to be true to the vibration he deems himself to be.
Q: And it is not of...
B: It is simply not of them.
Q: But isn’t their initial agenda creating you, I mean, isn’t that a major of what is going on?
B: In some senses, yes. But there are many different factions involved, and many different kinds of things being done within the agenda that simply have nothing to do with his resonance. Thus it isn’t necessarily that you must look at this in the same way that this would play out politically on your planet. There is no punishment involved here; there is simply the idea of resistance and the attempt to turn oneself more toward the vibration that one deems to be true for oneself. Thus the assistance that is being given is simply helping to solidify that reality for the being.
Q: Just as the Greys can’t join the Association, by his turning toward you more, he is able to reach that frequency.
B: In some senses, yessss.
Q: That’s more what we are experiencing?
B: In some senses, yes. And now there is another thing, also, for you to understand. Pay attention.
Again, as we give this to you, to some degree what we are telling you, from one slice, is linear. But do not assume that what we are about to tell you is the ONLY thing that is going on. If you assume that what we are about to tell you is the only thing that is going on, and the absolute end all be all be of all the information that has to do with this, you would be making the same assumption as if I said to you that people from England come from Europe, and by that you assume that only people from England are from Europe. And that only Europeans are from England. You understand?
AUD: Yes.
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This it is given to us now at this time to give to you. And we have done so. But again, remember, that this is only one slice of linear reality; it is not the whole story.

Q: This template, now this is a physical thing that is collecting genetic material, right?
B: Yes. Though it is translating from dimension to dimension, nevertheless, there are aspects and timings when this is an absolute physiological interaction.
Q: Okay, because I definitely feel some physiological pain.
B: Yes.
Q: That’s for sure.
B: Yes.
Q: And it this something that has happen to me before?
B: Do you mean in this lifetime?
Q: Yes.
B: Yes, several times.
Q: Okay, So I may . . .
B: The agenda begins before birth.
Q: Right, you know it is funny I had a regression and I saw myself in that in-between place . . . I mean, it’s very difficult to . . . since it was my first hypnotic regression, to really totally trust her, but I saw very hazy, almost a council like setup where I was talking to someone and I had someone by my side who was very much like a bedside manner, like a doctor. I though he was a brave and it was almost like we were presenting our package to the council or something. I mean everything in a regression seemed so unreal to me because it was my first one. I don’t know if this particular entity and I have had an agreement or if we agreed to interacted in this lifetime?
B: Yes.
Q: Yeah, so it’s bazaar on how I get those pictures, I almost don’t want to trust them because them seem so dim, you know.
B: Yes. But there will come a time of unfoldment when many of these thing will become clearer in your memory.
Q: All right, so this template isn’t going to stay forever, right? It’s going to be removed with some genetic material, such as eggs or . . .
B: The template, in a sense, will not remain forever, only in a sense that it will ultimately become absorbed in your new path.
Q: Oh, so it will dissolve then in its own way?
B: In a manner of speaking.
Q: In terms of the physical . . .
B: As you become more of the idea of that energy it will no longer be recognized as foreign to you, and thus, it will no longer be found as different.
Q: Ah, so it sort of re-genetisied me its own way?
B: In some sense, but according to your own agenda as well. In that sense it could be said simply to be, quote/unquote, quote/unquote forcing you t be yourself.
Q: If I were more myself...

B: You can be much more yourself.

Q: Yeah, I know I can. It is just sometimes I get the sense that I am rather shocked at the way I behave anyway because I may seem a little selfish doing whatever I want to do and according to them being considerate.

B: Remember the template is hearing everything you are saying. One moment...

The being that you spoke to a few moments ago has to some degree been paying attention to some of this conversation and has to some degree also been paying attention to some of the conversation prior to the communication that you had. The being has decided to aid and assist itself in, shall we say, honing in a little bit more on your human vibration and has decided to change it own name. It has accepted by listening to all of you and understanding what we have been feeding it about the idea of human culture and the beginnings of what you understand your civilization to be to take upon itself the appellation Alpha Deyo.

Q: I like that.

B: The being thanks you now for your assistance in the selection of a new name.
Resolving Contradictions

B: Male!
Q: Yes. It’s interesting what you said about the timing. Very perceptive of you, by the way.
B: And you as well. For we co-create this event together.
Q: When you were making your opening remarks about purpose, self-created purpose, and individual purpose and intention, as having dominion over the events in your life...
B: Yes.
Q: This reminded me of the saying. “God is simple; man is complex.”
B: All right.
Q: And what I mean by that, and how this brings me to the question, is that I find for myself, and for many other people, that the spiritual questions right now are not so much the ones of deeper knowing or understanding, but the simplicity of... the greater simplicity of the intricate complexities in making those realizations work in material circumstances.
B: Yes.
Q: And that... I’ll use myself as an illustration.
B: Oh, please do.
Q: Now, I was never one who had to do much to fight through the limiting belief systems of this culture. I was empowered as a child;
I was taught exactly the kind of things, as a child, that are now considered higher consciousness.
I don’t think I’ve ever lived with any discernible fears. And yet, while it’s very clear to me about what I feel are the things for me to do in my life...
B: Yes.
Q: ...I can continue to see a large gap between the outer reality and the inner knowing, including the knowing that I’m the author of the outer reality. I continue to see these apparently frustrating circumstances.
The usual answer given to this kind of thing is the scapegoat answer, the catch-all answer: “Well somewhere in your sub-conscious” – meaning you can’t know about it – “you’re doing something to get in the way of it.” Which just seems to be what has been done throughout history with religion.
B: Yes.
Q: Wherever we didn’t have knowledge, it’s God or the devil.
B: Yes.
Q: So now we’re in the psychological age, so it’s your subconscious...
B: Now it’s your subconscious, yes.
Q: And to me, that just becomes another dogmatic belief system.
B: Yes.
Q: So I am continually perplexed – but never defeated, and never cynical or skeptical – about why it is that the relentless clarity about where I want to go and where I see myself going – that vision tends to push its attainment further away.
B: All right.
Q: So it’s a continuing receding horizon, and the present reality is contradictory…
B: Oh, all right. Very good.
AUD: Beautifully said. Yes. Yah.
B: First of all, from our point of view, in allowing – allowing, allowing, allowing! Not making, not forcing anything to work, but allowing the reality you desire to work – is to recognize that it is, first and foremost, an allowance and not a making. Have we got that?
Q: Yes.
B: All right. In this way, therefore, the first step, shall we say, always has been and still is, to let whatever it is that does happen in your life – whatever seems to be the apparent reality, as you have said – to be what needs to be there, at least for that moment. If it is there, regardless of why it is there, it still is there for a reason. And can be considered – no matter on what level it comes from – to be there for a reason that will benefit your acceleration towards the state you wish to exist within.
So first and foremost: allow yourself to not necessarily do the things in your life – that perhaps you don’t prefer – to be something that appears to be standing in your way. Let what is there, even if you don’t prefer it, be there for a reason… for the reason of getting you to what you do prefer, first of all.
If you attempt to get rid of anything in your life, you will very quickly find that there is nowhere to get rid of anything to. Because there is no outside. You are the complete universe of your experience. Attempting to push something away that you do not prefer is an invalidation of that immediate present reality; and the only place you can push it up against is the immediate wall of the universe you have created.
The harder you try to push it away, the more energy you actually give it to spring back, because it has nowhere to go. And so it may generate what appears to be the repetitive cycle of negativity, in that way, which appears to keep you from what it is you truly feel like you want to be.
Now: is any of this making sense so far?
Q: Oh, yes, but let me, if I may, clarify one thing.
B: All right.
Q: Are you saying that perhaps formal practices, such as meditations, affirmations, visualizations, can be overdone so that you are not increasing the thing that you’re focusing on – the reality that you seek to create – but that you are somehow implicitly expressing too much resistance to your present reality?
B: Yes.
Q: And that if you lighten up on some of your personal...
B: Yes! Then you will be enlightened. That is all enlightenment really is: lightening up, allowing the balance to exist in a natural way. A natural pace, a natural timing.
Q: Mhmm.
B: You may find that the individuals that – in your terminology, which I will now use – “over do” the meditation idea are very similar to individuals that are overly concerned with their health – and thus bring on disease.
Because the idea of expressing an over-concern with health is actually a strong belief that disease can get you. And thus that’s what manifests. So in the same way, the belief that you really, really need an overage of that meditative state is, in and of itself perhaps, a reflection of the belief that: if you truly need that much, then perhaps this idea – this life, this reality you don’t prefer – really is more powerful than anything you do prefer – if you have to really meditate that hard on it. And that is what gets reinforced.
Your actions, many times, can reinforce the true belief – which is not subconscious, it is right on the surface, because your actions are very apparent in a general sense – that if you have to really work at it that hard, you are saying implicitly that what you don’t prefer is more likely – is more probable – to be the reality you experience, than what it is you do prefer.
Q: I think there may have been some breakdown in communication, or I may have given you the wrong idea. Amongst most of the people I know who do one or many of all these kinds of things that I do, or have done, I’m probably seen as being a little on the sloppy side and not focused enough. I tend to go at it a little get loosely (–?) consistently.
B: All right.
Q: (~?) think that’s my tendency.
B: Let’s take another tack.
Q: Yah.
B: What is it in life that excites you the most, that you do want to do – that you believe you are not doing now?
Q: One thing only? Or can I...
B: Whatever excites you the most.
Q: I want a creative career, specifically as an actor.
B: All right.
Q: I want to travel. I want a certain quality of relationships, finances; and I want to be able to contribute to the healing of the planet and stave off some of the brutalities we visit upon our fellows.
B: All right.
Q: And basically... and there are some health considerations as well.
B: All right.
Q: Seeing clarification or change in those areas – all that would be very exciting.
B: All right. Do you actually consider each and every one of these things you have talked about to be distinctly separate things, or can you begin to understand them as one thing?
Q: Oh, I’m sure fundamentally it’s all connected.
B: Connected still implies separation.
Q: Well, let’s say there’s unity in diversity.
B: Yes, there is.
Q: There is identity, with distinctive individuality within the identity.
B: Yes, there is. But how reliant is any one of these things on the creation of any one other of these things?
Q: Are you saying that one will give rise simultaneously to the other?
B: Yes. And the idea, therefore, is that perhaps there may be within you the idea of believing that so many things – so many differentiated things – have to happen all at once, that perhaps it may seem like too much to ask for.
Q: Oh, I’ve never limited what I thought I was entitled to.
B: All right. Then can you recognize this idea? The universe does not do extraneous and pointless things, and always flawlessly – flawlessly! – supplies you with what you truly believe you need at any given moment.
Q: You see, there’s the place where I’m on the horns of a dilemma. That feels – seems, is, has – revealed itself to be true to me. It is my fundamental take on the way things all work.
B: All right.
Q: And yet I continue to see this nagging static, this apparent contradiction in (–?) circumstances . . .
B: All right.
Q: . . . which has a nasty way of seeming very real, even though I know that it’s some sort of . . .
B: Oh, it is real: everything is real. Everything is real. However, simply yes or no. Do you recognize that the universe always supplies you with what you truly believe you need? Yes or no?
Q: My most complete answer . . .
B: Yes or no?
Q: . . . is yes and no.
B: Yes or no? One idea, or another idea.
Q: In my inner knowing the answer is yes; in my outer experience the evidence tests that inner knowing by appearing to run counter to it.
B: Here we go with evidence again.
Q: Can you see what I am saying?
B: Yes, but drop the evidence. I am asking you the question as a whole being; answer it as a whole being, remembering that if you do choose to say yes and no, that that is a distinct and separate reality from either yes or no. The reality of yes and no may be the reality you are creating.
Q: May I be permitted to answer?
B: Of course.
Q: A man of wisdom – it was either Neils Borner (?) or Werner Heisenberg – said “the opposite of a lesser truth is an error; the opposite of a greater truth is often equally true.”
So that then we’re getting to the nub of the paradox, the turning point of life.
B: Yes.
Q: And this question of the total rightness and total perfect response of creating is: all circumstances versus the contradictory stew that human beings in this level are working with... this is one of those fundamental paradoxes where both sides of the question seem to be true.
B: Yes.
Q: Now maybe there’s a false seeming, or maybe there’s a way in which a mutually exclusive paradox are really both simultaneously true.
B: Oh, they are. Oh, they are. “The” truth is composed of all truths; there is no one background reality against which to measure any other reality for its level of validity. For the idea, perhaps therefore, I will restate as follows. Answer in the way you would prefer to be true.
Q: Oh, that’s easy.
B: And the answer is?
Q: Yes!
B: Thank you. Now: whether it seems at this moment or not to be any different, trust that by having answered that way, it is now different. You are now different; you are now not the you, you were, moments ago. You are now the you that truly knows you prefer the answer to be “yes.”
And therefore that is now your reality. All you have to do – all that is necessary now – is the very simple idea of truly recognizing the following in a conscious way. That now that you have made the choice to prefer that the answer be yes, that you act like you believe it.
Q: That’s just me; that’s the way I’ve always been.
B: Then all that is left is trust – 100% trust.
Q: Yeah, I think there may be about 95, but I’m working on 100. I appreciate the . . .
B: All right now. Do understand that you are, of course, always in 100% trust in whatever idea you are experiencing. That is why it is simply the necessary idea to understand the definition you prefer, and then put the 100% of trust into that definition.
Q: Mhmm... may I ask something very brief?
B: Of course.
Q: Could you, at some point – now or later, whenever you like – explain why it is that there is this characteristic exaggerated inflection pattern, where some words are given unusual emphasis or elongation, like actua-aal-ity, or things...
B: In our communication?
Q: Yes.
B: The idea is that we are not speaking your language. We are, in a sense, identifying with the vibrational pattern of the consciousness of the physiological channel. And the appropriate translations are being activated; they are being activated in a way that represents the energy intention. And therefore, the way you may be perceiving the vocalization is that you perceive not only the word but also the underlining of the intention on many different levels.
What may sound like the patterns of inflection and the variations in pitch are representative in many ways of different levels of communicating going on, that you may not be consciously aware of between us. There are modulations of energy that are reaching you in many fundamental ways, let us say, outside the threshold of your mentality. You follow me?
Q: Yes. So you’re saying these vocal modulations are intentions derived from that level of intention that’s using the memory banks and motor faculties of the channel...
B: And they are representative of many levels upon which this conversation is taking place, some of which you may be consciously aware of and some of which you may not be.
Q: But the most interesting idea was that those physical vocal modulations are producing, perhaps, unseen or unknown conscious changes on a...
B: Yes.
Q: ...vibrational, psychic or...
B: Opening doorways, but only those you choose to open yourselves. Nothing is being forced into you.
Q: Interesting.
B: At this timing we will thank you for you sharing...and you may all take a short break.
**Resonance and Manifestation**

Q: When I came to the United States I was attracted to radiation, that is, radio frequency generators, vibrational rates.

B: Yes.

Q: And I always wondered if that was more than a coincidence?

B: More than a coincidence, in what sense? In that you were attracted to it, is that what you mean?

Q: Yes.

B: Well, of course. Obviously, you are very aware, as anyone is who is exploring the concept of spirituality and the blending of materiality, that everything *is* vibration. And so most of you will begin to find there are ways in which you wish to express concepts of a purer knowledge and a recognition of vibration; be it music, be it you, be it art, whatever it may be, be it science, be it technology.

More and more you will find, as your age continues, as your time on earth now in this lifetime continues, that you will have a tendency to express all things more in terms of its pure vibratory resonance. Even your medicines will move in this direction, many things, even your construction and architectural techniques will start to move, once again, towards the understanding of pure resonance and pure vibration and ratio relationship of these chords of harmonics in order to create things in a very effortless way.

The idea of healing, even, is the creation of a resonance field, like a universal bubble reality, in which you allow the person to be healed to immerse themselves, and to pick up on the potentiality of the vibrational resonances – that bubble reality that represents their natural zero rest point frequency. They even take their cue from that bubble vibration and choose to match that frequency if they so desire and, in so doing, allow themselves to heal themselves by going back to their zero rest point.

There will come a time when you will, in your society, in the not too distant future, in the next twenty to twenty-five years on the outside – on the outside, perhaps sooner, your acceleration is geometric and logarithmic – there will come a time when you will understand vibrational resonance to such a degree that you will have sound, correct resonant notes, so that when you play them, either through a vocal channel or even on a musical instrument or just in either radio or frequency machinery, will create the ideal idealized format for a concept.

And when you, thus, have certain ingredients and elements, basic raw materials enveloped by that field, that field will represent the concept so purely that those element and materials will have no choice but to simply automatically move together and create an object or a reality or a condition, immediately, that is representative of that vibrational reality template that you have set up. This will begin to happen in the next quarter century on your planet.

Q: Is this a common stage of evolution you have monitored over thousands of years?

B: Similar, yes. You will be able to replicate any idea, you will be able to build any idea, formulate any ideas. It will be at first on a relatively limited field basis, but the concept will be intact. You will be able
to replicate any idea whatsoever, any material whatsoever, apparently out of thin air. But what you are really doing is converting the electromagnetheric energy directly into the appropriate crystalline pattern, because of the resonant template that you set up.

Q: Is there a possibility that this has been done on this planet before?
B: Yes, it has.
Q: Is it Egyptian?
B: Well, in very, very ancient Egypt, before it was known as Egypt, yes. It came from Atlantean times. There were some extraterrestrials admixtures, or accessing of universal knowledge that took place on the part of many individuals on your planet in many different civilizational times. But yes, much of this has already been experienced on your planet and you are now in all things remembering and rediscovering and reawakening to things that you once had.
Bashar: Channeled by Darryl Anka
From "Being Your Natural Self"
4-18-97

RESONANCE IDENTIFICATION / REMOTE VIEWING

Q: Hello Bashar, my question is in regard to remote viewing.
B: Yes.
Q: Could you describe in detail how remote viewing works?
B: Did I not just do that a moment ago?
Q: Not to my satisfaction, no.
B: Oh, all right.
Q: Also, can you tell me if remote viewing will eventually or shortly evolve to be used effectively
without the use of the written protocols?
B: Second question first ... yes ... all right?
Q: Shortly, I see, within the next two decades?
B: Oh, absolutely, yes.
Q: Okay.
B: And also, of course, do understand that there are individuals on your planet now, and have been
individuals in your past, that instinctively understand remote viewing and do not need any kind of
protocol; they simply go right into it.
Q: Okay. It will also still be termed remote viewing as opposed to the protocols designed by the US
military?
B: Ultimately, the idea will, again, more simply be understood as viewing, as again, identification, as
junctioning. There will be many different ideas that all say the same thing, and again, to go into a little
bit more detailed explanation, there is a paradox to this. The paradox is that the reason remote viewing
works is because there’s no such thing as anything that’s actually remote ... everything is one, everything
is here, everything is now. The idea, holographically, is that, if you can, as we had said a moment ago,
junction or identify with a particular frequency that is representative of a place, time, person or what
have you, since everything is based on frequency of energy, even location, you can then understand that
that location, in essence, not to confuse your language, is not over there but here, just like everything is.
And so, by identifying with it, you allow yourself to some degree to participate in it here, because it is
here. You allow yourself to experience that location within yourself. It is not actually remote viewing, it
is viewing from another angle, here and now, by identifying
with it so strongly, by picking up on the correct frequency so accurately, that you call forth from the
collective now that particular angle, that particular perspective, that particular experience; and can then
re-project it as if it were actually over there, but you know it
really is not. That’s a little bit more of an explanation, does that make sense to you so far?
Q: Yes, it does.
B: Does that help illuminate the idea a little bit more clearly for you then?
Q: More so today, than yesterday.
B: Oh, all right.
Q: Also...
B: Is there any other aspect of this you wish further clarification of?
Q: Could you just tell us a few remote viewers from our past, name a few names, that were actually remote viewing, as we know it today?
B: Jesus, Buddha, Krishna, Wohoca, many, many others that you would call Ascended Masters. Even many indigenous people naturally can, in your terms, remote view, what you call Shamans. Sometimes it is very natural for many children to do this instinctively, because they have not yet been taught not to, because they instinctively know everything is here and now and one. Everything, in that sense, is real to them, therefore, it’s very natural for them. You will find, if you will take the time, I’m not saying you have to do this, but if you will generically take the time, any of you, to do your research, you will find constantly that your adults are, shall we say, knocking down the idea of what children say they see, of what they experience that are, in your terms, at a distance. Also, any individual under certain circumstances and conditions, such as that which requires great overwhelming need or desire, will instantaneously, spontaneously remote view. Such as cases where you know a mother instantaneously knows that her child is in danger, many miles away. You follow?
Q: Yes.
B: These kinds of things are simply trigger mechanisms, these states of being are simply trigger mechanisms that allow you, in a sense, to get out of your way, in terms of creating the reflective structure of physical reality illusion, and allow yourself to collapse that whole thing into the true here and now – and simply see and experience only that aspect in totality that is germane to the frequency you happen to be on at that moment. This is the very fundamental underpinnings of all such things as telepathy, remote viewing, psychic functioning, what have you. It’s all basically stemming from the same thing, and that is, "resonance identification," because space and time are just concepts that are only different by the frequency they exhibit.
Location is not really "over there," location is a frequency idea. An object doesn’t actually exist in a particular location literally; location is one of the properties of the object, one of the properties of the equation, the vibrational equation that you translate, in physical reality terms, as an object over there. But that’s just an equational projection, in the same way that you
have a reflection in a glass mirror. You know, in a sense, the reflection is not really "over there," because the reason you see it is because all the light is coming back to you, "here." It’s not really over there, there’s nothing in the mirror. The mirror holds on to none of the light, and that’s why you see the reflection, which is actually here. Make sense?

Q: Yes, it does.
B: Does that help you?
Q: Yes.
B: Thank you.
Resonance of the Land
Canoga Park, CA
10-10-97

All right I’ll say good day to you this day of your time, how are you all? Once again, we will extend, to each and everyone of you, our deep appreciation in allowing this transmission to occur in this particular manner and on this particular day. Once again, each and every time your civilization allows this communication to occur in this way, it affords our civilization an opportunity to experience expanded reality by experiencing the unique perspectives that are demonstrated by each and every one of you. So we thank you for this gift of expansion and this gift of sharing.

We would like to begin this transmission, this communication, this day of your time with the following idea that we would like to call: "Resonance of the Land." Now that there are greater and greater opportunities for acceleration in your lives, greater and greater opportunities for expansion at this time of change on your planet, now that your collective mass-conscious reality is beginning to allow there to be more momentum in the direction of the reality you prefer, in other words, more opportunity to choose and manifest the individual personal realities that each and every one of you say you prefer. Now that this is more available to each and everyone of you, because of the inertia, because of the momentum of the mass-consensus reality, you must now understand that to some degree, as we have said before, there are places on your planet, spots, locations, that are also going to increase in their frequency, in their vibration and going to tune their frequency to specific levels that are representative of being more conducive and more conducive, by being in those areas, to allowing your energy to merge with the energy of the location. Your resonance frequency to merge and harmonize with the resonance frequency now in the location that is stepping up, and by putting yourself in the location that magnetizes you, that you are most strongly attracted to, you can then, by being there, amplify your ability to manifest what it is you prefer. You can accelerate your ability by taking advantage of the accelerative energy in any given spot you are magnetically attracted to.

This is now, more important than ever, the time for each and every one of you to allow yourself to know that as part of the picture of what you call your ideal reality, your ideal life, that the location must be included. As we have talked about from time to time, location is not really a place in which you exist. Location is a part of the equation of who and what you are, who and what an object is. It is part of the variable, the equation, the vibrational frequency equation of an object, person, place or thing, in that sense.

Location is not really separate from who and what you are in any given moment because space and time are really your projections, your illusions. Space and time actually simply exist within your consciousness and you project it, in a sense, appearing around yourself, and making it seem as if you exist in a location. But location is actually within you, not you within it. So, location is an important part of the equation of what you deem yourself to be, of what you identify and define yourself to be. So if you are not in a location that is conducive to your energy, or conversely, if you are in a location that is
specifically not conducive to your preference, to your energy, to who you know yourself to be, you are going to be, in some senses, creating a countermanding frequency, a countermanding resonance.

It is more important that ever to understand that location is a part of the definition of who you are. And if you find yourself being attracted to a particular place on your planet, there is a reason for it. By allowing yourself to flow with that attraction, by aligning with that place, and not talking yourself out of being there, you will then give yourself an opportunity to see how much farther, how much faster you can go by compounding and amplifying and magnifying all the frequencies on your planet and in your reality that are representative of the frequency of your preference. To remain out of that place that represents your highest joy, your highest energy, your greatest creativity, your strongest attraction, to keep yourself away from that is, in some senses, a denial of a part of who and what you are. Now, of course, again, as with everything that contains your highest excitement in that direction, sometimes just as things do, just as situations do, places will attract you to begin with, but then in that sense, may lose their attraction.

Remember that you always have to act on your highest excitement without any expectations. You always must allow yourself to move in the direction of your highest joy but without the expectation that it must come to some specific fruition. Because sometimes, a place, a circumstance will attract you, like no other, only to get you moving. Not because you’re supposed to remain there or continue to do that thing, but only to get you moving because sometimes so many of you have been trained to fragment your consciousness in such a way that you don’t allow yourself to really know what it is, that, in some senses, might be best for you, and so, you will in effect, trick yourself by putting a lot of excitement and energy in a certain direction, on a certain thing, making it very specific, just so that it will lure you, magnetize you, in that direction. Not because that is the thing that you need to wind up doing for the rest of your life. But only because that is the direction in which you need to move to put you in the right place and time, perhaps, for something else that will then come along. Very often it is, perhaps, difficult for you to tell the difference, at first, but the point is that you don’t have to know the difference as long as you are following your highest excitement at any given moment. No matter what it is that contains it, you can rest assured that if you enter it and act on it without expectation then you will be in the proper state of mind to receive whatever else might come along that will be representative of a change in the direction of your excitement, when and if, that should occur.

The idea, therefore, now more than ever, even including the idea of place, is to at least to the best of your ability, when some place, like something or some situation might attract you more strongly that any other, allow yourself at least the benefit, the opportunity to explore, taking some action in the direction of going there. However that may pan out in your reality, however that may be making itself available to you without the assumption that you have to necessarily stay there, and simply by doing the best you can to move in the direction of your excitement, no matter in what form it may come. You will then see, if you hold on to the idea of zero expectation, that it will be a flow and you will move and things and circumstances and opportunities will arrange themselves to make it easy for you to create it to be the path of least resistance for you, to show you how your life can be an explosion of synchronicity, when
and where you may least expect it. That your life can become a continuous series of surprises, and in that momentum, you will find the stability and the security and the happiness and the safety that you actually require, rather than in remaining, rather than in refusing to move, rather than in being, shall we say stubborn about the idea of your reality as it beckons to you.

Allow yourself to understand that true security is motion, is change, otherwise it becomes static and stagnant. And in this day and age on your planet all things are, if nothing else, about change. It is the spin of the dice as you say in your world, it is the opportunity to see where things may fall, but the only way you are really going to find out, what it is that you are all about is to move into the unknown, embrace the unknown and expect that you actually exist in that unknown. And place plays a part just like anything else. So allow yourself to be magnetized, allow yourself to explore the idea of what place on your planet has attracted you, or may come up to attract you, without assumption, without expectation. And don’t get in your way, don’t put conditions on yourself: "I can’t move there because," "I can’t explore this because." Allow yourself to see what you can do about it. You may be surprised if you are simply willing to be open, how many actions you can take in that direction, and if you do it without expectation you won’t have to put these conditions on yourself as to what is supposed to happen and not supposed to happen before you believe you have the ability to do things you always had the ability to do, if you would only get out of your own way and rearrange your own definitions to see that you are quite a bit more capable of creating the reality you prefer than you may have thought you were.

That is all we suggest, that you give it a chance, that you give yourself a chance to recognize place as a part of the equation of who it is you define yourself to be, rather than simply an arbitrary place in which to do things and live your life. It is you, place is you, just like any part of reality is you because you are the creator. You are the reflection of the infinite and each and every one of you as a piece of the infinite is nevertheless the whole expressing itself and experiencing itself as a part of the whole. That’s the holographic definition.

What also can make this, perhaps, easier for you is to remember that holographically speaking, every thing and every where and every when is actually, simply, here and now. So even when you find yourself attracted to go someplace else, other than where you may be, that someplace else is still, fundamentally, here, and in that sense, you are not really going anywhere. Your allowing place to move through you, rather than you really moving through time and space. It’s all here, its all now. So do not be afraid to follow that attraction because all you’re doing is going to another here and now, you’re not really going that far, and besides from our perspective anyplace on your planet is as you say a hop, skip and a jump away.

So, we thank you for allowing us to remind you of these ideas, to share them with you, to reflect them to you. And again, we also remind you that the choice is up to you, we are not here to live your lives, but only to suggest and reflect what can work for you, if you will be willing to discover, more and more every day and every way, who and what you actually are and were created to be.

At this timing in return for the gift that you are giving to our civilization in allowing us to experience
each and everyone of you I ask in return in what way now may I be of service to you?
Q: Bashar!
B: What? You, good day....
All right I’ll say good day to you this day of your time, how are you all? Once again we extend to you, first of all our deep appreciation for allowing this communication to occur in this way. Once again, each and every time your civilization allows this communicated link to be created between our respected worlds it affords us an opportunity to experience an expansion of creation by being allowed to interact with each and everyone of you and the unique perspective of the infinite that each and everyone of you represents. So we thank you for this expansive gift of sharing and we would like to begin this transmission this day of your time with the following idea that we would like to call “respecting your choices”.

We have over the time that we have been communicating with your world listened to many of you talking about the choices that you have made in certain circumstances that bring about certain kinds of consequences and we hear from time to time many of you bemoaning the choices that you have made, bemoaning the consequences that arise from those choices. In the following manner usually: ‘Oh I’ve made a bad choice. Now I have something that I don’t want. This is wrong, this is bad this is not going to get me where I want to be’ and so on and other variations of that idea and that theme. But please understand that when you do not respect the choices that you make no matter what they are, then you are not respecting yourself, for the choices are intimately bonded to who you are at that moment and are the result of who you know yourself to be at that moment. They are at that moment, for all intents and purposes, the best that you can do, the best that you know how to choose, and thus you must respect them if you are to respect yourself. And by disrespecting the choices that you make, by assuming that the choices that you make are bad or wrong then you are in some sense judging yourself, finding yourself lacking, coming up short, being yourself bad or wrong and not giving yourself the due respect that would allow you to understand how to extracted from the consequences of any choice the information and the experience that you need in order to create what it is you prefer.

Now again, let me remind you, let us listen to that word—prefer. You can recognize that the consequence of a particular choice may not be what you prefer but that doesn’t mean that the choice and the consequence was bad or wrong just because it may not have resulted in what you prefer. The idea, again, is that when many of you talk about certain choices and there consequences being bad or wrong, and thus are disrespecting yourself, you are also making the assumption that the circumstance that has resulted from the choice that you have made is somehow incapable of connecting you to what you want—and this is not true. Every single choice you make and every single consequence that results from
that choice has equal capability with and other choice and consequence of still connecting you to what you prefer. But you will not see that it does, you will not experience that it has the ability to make that bridge for you to what you prefer if you devalue it and disrespected it in the way that many of you have been taught to do.

Again, this simply comes down to, once again, that if you are not of the vibration you will not see the things that are germane to the reality that goes hand in hand with that vibrational frequency. So when you devalue the choice that you have made, when you disrespected it, when you say it is no good then you are actually robbing yourself, in a sense, of the ability to see how that choice might contain the doorway, the link, the bridge to what it is you do prefer. You are simply removing its value to you and saying that it has absolutely no capacity whatsoever to open up a doorway in a direction that you prefer. But all choices are connected to all other choices, all consequences, all circumstances and all situations are connected to all others. Why? We have talked about this many times, the answer is because all circumstances are hear and now. There is no such thing as, in a sense, over there or back then. Those are illusions of your physical reality. They are as real as you want to put stock in them to be, but the idea really is, is that all situations are the same situation from a different point of view.

Remember, many of you when you see someone else that you deem to be having what you prefer, deem to be successful they have their own doorway that they have walked through in order to manifest what they have manifested as a result of the choices that they have made, and many of you assume that what you want is their doorway, but you don’t want their doorway, you want your doorway. Because only by walking through your doorway, the one patterned after you with your name on it will you be capable of then creating, or attracting, or manifesting your version of that so called success. Your version of that so called manifestation, if you attempt to use their doorway it will not work because their doorway is tailored to them. Now, here again, is the secret—their doorway and your doorway are the same doorway. The same doorway, not the same kind of doorway, the same doorway. But yours is seen from your angle, from your perspective. It has your quality, it has your reflection, it has your characteristics and the same doorway for them, for the other person, simply reflects their characteristic, it is not a different doorway. You have the same doorway to walk through, the same avenue of opportunity, the same conduits as everyone and anyone in creation, but it’s not going to appear to be the same because it’s going to be colored with your reflections so that it will work for you. You don’t want theirs you want yours.

You want to understand who you are, you want to respect yourself, so that you can see who you are in the doorway. So that you can allow the doorway, the mirror of reality, to show you who you are. If you disrespect yourself you devalue your doorway, you do not see the reflection that is there for you. You do not see how to use it. You can not understand how to walk through it in the same way someone else understands how to walk through their version of it, and you can not then reap the manifestation that comes from walking through and going to the other side of it.

So please, please, please, please, please as a strong suggestion, do not devalue and disrespect yourself
by disrespecting the choices that you make and the consequences that result there from.

Learn and understand that every choice is connected to every other, that every circumstance is connected to every other and every circumstance, if you choose to look at it without judgement, but with acceptance, acknowledgement, allowance and love, and creativity, imagination, and inspiration will be capable, in its own way, in its own way, yes, in its own way, will be capable of showing you how it contains all the same opportunities to connect and manifest to anything else you want, even though it may take a certain colorization, a certain characterization, just because its coming from that perspective, it does not matter, it doesn’t mean that it can’t do it. You have to learn to accept it so that you can read its particular characteristics and symbols. But every situation is connected to every other and has the ability and has the capability of bring to your attention the appropriate information to allow you to connect, to allow you to slide, to allow you to shift to any other and every other kind of situation that you may prefer to manifest. And, if you start looking at every situation that way, you will see how they are all one and the same but simply look different because that a different perspective, angle, or point of view—of the same one thing. Because again remember: there is only here, there is only now, there is only ONE MOMENT. And in that one moment, and in that one moment that is the eternal existence, all things happen. Therefore all things are all other things in a different disguise from a different perspective from a different point of view. There is only one creation but it looks different from every angle you can look. Know that there is one, act like there is one, don’t devalue any manifestation of it and you will see how any manifestation connected to any other manifestation because all are the same thing. Does that make sense? All right.

We thank you for allowing us to share this perspective. We know it will work—if you choose to adopt it into your reality and adapt it to your personal needs. You don’t have to take our word for it, you can get the result if you utilize this tool, if you utilize this attitude and perception. This is not philosophy, remember now, this is physics, this is the way reality creation works. You can use it, you can get the same result as any one. We do not insist that you use it. We are not telling you what to do. We have our own lives to live.

We do not want to live yours but we are strongly suggesting that if this is what you have asked for, in terms of what can I use, what tool, what perspective can I understand? So that I can treat myself with respect, in the moment and live in the moment, and experience my reality as a manifestation of the moment. This is one of the tools that can work for you, if you take it to heart and apply it in your behavior day by day, everyday, every moment of your life. It’s up to you to find out, but I guarantee if you use it, it will work but it is up to you?

Now, once again in return for allowing our civilization the great gift of this sharing with your civilization I ask, in return, in what way may I and my world be of service to you?

Q: Bashar!
B: You, good day....
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Respecting Your Choices
October 3, 1997

All right I’ll say good day to you this day of your time, how are you all? Once again we extend to you, first of all our deep appreciation for allowing this communication to occur in this way. Once again, each and every time your civilization allows this communicated link to be created between our respected worlds it affords us an opportunity to experience an expansion of creation by being allowed to interact with each and everyone of you, and the unique perspective of the infinite that each and everyone of you represents. So we thank you for this expansive gift of sharing and we would like to begin this transmission this day of your time with the following idea that we would like to call “Respecting your Choices”. We have, over the time that we have been communicating with your world, listened to many of you talking about the choices that you have made in certain circumstances that bring about certain kinds of consequences. We hear, from time-to-time, many of you bemoaning the choices that you have made, and bemoaning the consequences that arise from those choices. In the following manner usually: “Oh I’ve made a bad choice. Now I have something that I don’t want. This is wrong, this is bad this is not going to get me where I want to be” and other variations of that idea and that theme. But please understand that when you do not respect the choices that you make no matter what they are, then you are not respecting yourself. For the choices are intimately bonded to who you are at that moment and are the result of who you know yourself to be at that moment. They are, at that moment, for all intents and purposes, the best that you can do, the best that you know how to choose, and thus you must respect them if you are to respect yourself. By disrespecting the choices that you make, by assuming that the choices that you make are bad, or wrong, then you are, in some sense, judging yourself. When finding yourself lacking, coming up short, being yourself bad or wrong, you are not giving yourself the due respect that would allow you to understand how to extract from the consequences of any choice, the information and the experience that you need in order to create what it is you prefer. Now again, let me remind you, let us listen to that word — prefer. You can recognize that the consequence of a particular choice may not be what you prefer but that doesn’t mean that the choice, and the consequence, was bad or wrong just because it may not have resulted in what you prefer. The idea, again, is that when many of you talk about certain choices and their consequences being bad or wrong, and thus are disrespecting yourself, you are also making the assumption that the circumstance that has resulted from the choice that you have made is somehow incapable of connecting you to what you want — and this is not true. Every single choice you make and every single consequence that results from that choice, has equal capability with any other choice and consequence of still connecting you to what you prefer. But you will not see that it does, you will not experience that it has the ability to make that bridge for you, to what you prefer, if you devalue it, and disrespected it, in the way that many of you have been taught to do. Again, this simply comes down to, once again, that if you are not of the vibration you will not see the things that are germane to the reality that goes hand in hand with that vibrational frequency. So when
you devalue the choice that you have made, when you disrespect it, when you say it is no good, then you are actually robbing yourself, in a sense, of the ability to see how that choice might contain the doorway, the link, the bridge to what it is you do prefer. You are simply removing its value to you, and saying that it has absolutely no capacity whatsoever to open up a doorway in a direction that you prefer. But all choices are connected to all other choices; all consequences, all circumstances and all situations are connected to all others. Why? We have talked about this many times. The answer is — because all circumstances are here and now. There is no such thing as, in a sense, over there, or back then. Those are illusions of your physical reality. They are as real as you want to put stock in them to be, but the idea really is, is that all situations are the same situation from a different point of view.

Remember, many of you, when you see someone else that you deem to be having what you prefer, deem to be successful, they have their own doorway that they have walked through in order to manifest what they have manifested as a result of the choices that they have made. Many of you assume that what you want is their doorway, but you don’t want their doorway, you want your doorway. Because only by walking through your doorway, the one patterned after you with your name on it, will you be capable of then creating, or attracting, or manifesting your version of that so-called success. Your version of that so-called manifestation, if you attempt to use their doorway, it will not work because their doorway is tailored to them. Now, here again, is the secret — their doorway and your doorway, are the same doorway. The same doorway! Not the same kind of doorway – the same doorway. But yours is seen from your angle, from your perspective. It has your quality, it has your reflection, it has your characteristics and the same doorway for them, for the other person, simply reflects their characteristic, it is not a different doorway. You have the same doorway to walk through, the same avenue of opportunity, the same conduits as everyone and anyone in creation, but it’s not going to appear to be the same because it’s going to be colored with your reflections so that it will work for you. You don’t want theirs; you want yours.

You want to understand who you are. You want to respect yourself, so that you can see who you are in the doorway so that you can allow the doorway, the mirror of reality, to show you who you are. If you disrespect yourself, you devalue your doorway and you do not see the reflection that is there for you. You do not see how to use it. You cannot understand how to walk through it in the same way someone else understands how to walk through their version of it. You cannot, then, reap the manifestation that comes from walking through and going to the other side of it.

So please, please, please, as a strong suggestion, do not devalue and disrespect yourself by disrespecting the choices that you make, and the consequences that result there from.

Learn and understand that every choice is connected to every other; that every circumstance is connected to every other. Every circumstance, if you choose to look at it without judgement, but with acceptance, acknowledgement, allowance, love, creativity, imagination, and inspiration will be capable, in its own way – yes, in its own way – will be capable of showing you how it contains all the same opportunities to connect and manifest to anything else you want. Even though it may take a certain colorization, a certain characterization, just because it’s coming from that perspective, it does not matter, it doesn’t mean that it
can’t do it. You have to learn to accept it so that you can read its particular characteristics and symbols. Every situation is connected to every other and has the ability, and has the capability, of bringing to your attention the appropriate information to allow you to connect, to allow you to slide, to allow you to shift to any other, and every other, kind of situation that you may prefer to manifest. If you start looking at every situation that way, you will see how they are all one and the same but simply look different because they are nothing more than a different perspective, angle, or point of view – of the same one thing. Because, again, remember – there is only here, there is only now, there is only ONE MOMENT. And in that one moment that is the eternal existence, all things happen. Therefore all things are all other things in a different disguise from a different perspective from a different point of view. There is only one creation but it looks different from every angle you can look. Know that there is one, act like there is one, don’t devalue any manifestation of it, and you will see how any manifestation is connected to any other manifestation, because all are the same thing. Does that make sense? All right. We thank you for allowing us to share this perspective. We know it will work – if you choose to adopt it into your reality and adapt it to your personal needs. You don’t have to take our word for it; you can get the result if you utilize this tool, if you utilize this attitude and perception.

This is not philosophy – remember now – this is physics. This is the way reality creation works. You can use it; you can get the same result as any one. We do not insist that you use it. We are not telling you what to do. We have our own lives to live. We do not want to live yours, but we are strongly suggesting that if this is what you have asked for, in terms of what can I use, what tool, what perspective can I understand so that I can treat myself with respect, in the moment, and live in the moment, and experience my reality as a manifestation of the moment. This is one of the tools that can work for you, if you take it to heart and apply it in your behavior day-by-day, everyday, every moment of your life. It’s up to you to find out, but I guarantee if you use it, it will work, but it is up to you.
Responding To Others and Acting On Impulse

Q: I would like to talk about everything being fundamentally neutral.
B: Yes.
Q: Isn’t it true, say, in talking about manipulation that, suppose in the energy of people that I feel are being manipulative...
B: Yes.
Q: ... isn’t it possible that the energy that’s coming off this person, that what they are giving me, is negativity?
B: But why do you have to accept it?
Q: That’s a good question.
B: Understand: the only reason you would feel the negativity in your reality – not that you cannot recognize the negativity in theirs – but the only reason you would feel it in your reality is by accepting it and creating it in your reality, by believing their reality and making their reality your reality.
It is simply an offering. Once again, it is an opportunity for you to recognize that if they are offering you negativity, if you don’t prefer it, then their offer of negativity has allowed you to align with what you know to be true for you, and what you know to not be true for you. So simply say: “I appreciate your offer of your negativity but it simply has nothing to do with my reality. Thank you very much, I’ll be on my way.”
Q: Well, I want to, but my problem with that is...
B: Problem?
Q: Yes, it’s because my opinion doesn’t seem to be worth... my statement doesn’t seem to be as powerful. I feel that...
B: Then you are only judging that it is not. Your “problem” – which is only a situation that you will not allow to change its shape – is simply that you judge yourself to be inferior. Why?
Q: Another good question. (Laughing)
B: Oh, thank you! (AUD: laughter)
Q: I mean that they come on so strongly that it feels so intimidating to me. I feel like I buckle under, and then...
B: But that is there for you to recognize that you have a belief that you aren’t as powerful. If you do not prefer that experience then allow yourself to recognize that they are showing you that you can believe something else.
Understand that the idea of being offered those negative experiences is not necessarily, and need not to be taken as an indication that you are in fact powerless. But they are there to show you that if you believe you are powerless and don’t prefer it, then you can choose to believe that you are equally powerful.
Q: I don’t trust that.
B: Why not?
Q: I don’t know.
B: May I ask you a question?
Q: Please do.
B: Thank you. Do you exist?
Q: Yes.
B: Are you sure?
Q: Yes. (Laughing)
B: All right. Did you have to do anything special in order to deserve to exist?
Q: No.
B: Then why should you assume that you have to do anything special in order to continue to exist?
Q: (Sighs)
B: Unconditional love is what you were created from. When All That Is created you, All That Is obviously thought you deserved to exist. What could be a more powerful backing than that? Why not give yourself the same respect that All That Is gives you in creating you. And simply assume that you obviously must be equal to every other creation, otherwise you wouldn’t have been created. Well?
Q: I do understand that.
B: Oh, do you?
Q: Yes, I do understand that, but I’ve mentioned to you before that I forget it.
B: All right.
Q: I forget, and sometimes I feel like there’s this battle going on between me and them.
B: All right. Maybe you enjoy it.
Q: I don’t enjoy it!
B: Then don’t do it.
Q: Well, it goes back to what you were saying about obstacles and trying to get around them. So it’s a new notion to walk through them.
B: Ah, very good! Then allow yourself to recognize that by incorporating the new notion, you are now a new you. And all of these scenarios that you are describing are scenarios that have to do with the you you no longer are. So why bring them up to reinforce the you that you are now? They have nothing to do with you anymore. Do you follow me?
Q: Yes.
B: Recognize that, in your society, very often this may be another notion that you allow yourselves to do to yourselves: reinforcing the you you are now, with the you you don’t want to be. Not realizing that you are no longer that you.

What has what you were got to do with what you are? Nothing. Unless you choose to believe that it does. It is only your choice to believe that it does that allows you to experience the illusion that it does. The present is not a result of the past. Only you, in your reality, choose to believe there is a continuity.

Q: Hmm.
B: Think about that for a moment.
Q2: I have a question regarding your discussions on following your excitement.
B: Yes.
Q: Could you discuss the difference between following your excitement, the energy of the excitement, and living impulsively – doing things one might regret?
B: Thank you. First of all, recognize that the idea of following what excites you is that you do so with integrity. Therefore, in this way, many times you can understand that while in certain circumstances living “impulsively” may be the same thing as following your excitement, under other circumstances it may not be. Living impulsively may be “running from your integrity” as well. Do you follow me?
Q: Yes.
B: It may be the attempt to avoid responsibility for the creations in your life. It does not have to be, but it might be.
Q: How do you tell the difference?
B: Ah, thank you very much! (AUD: laughter) In this way, first of all, trust – fundamentally, foundationally – that you are eternal. Yes?
Q: Yes.
B: Therefore, ultimately, really no matter what you choose to do, you will always have time to choose something else; so therefore, remove the pressure of “having to make the right decision.” For if you allow yourself to relax and not worry about the idea of “having to make the right decision,” then you will open your sights and expand your awareness, and you will have an innate understanding of what it means to function within integrity.

Functioning within integrity is simply being willing to know you are responsible for all the situations you attract into your life – at least for your half of it, or your part of it. If you are willing to simply trust that you do in fact create your reality completely, and are willing to understand that with any other individual you are co-creating that shared reality, completely, then you will understand that there is no need to run from anything. That being responsible for your reality means you are in control of it.

And if you are responsible for anything you experience in your reality, then that means you can create anything you want in your reality, because you created this experience. So in that way, impulsiveness
will never have to take on a negative characteristic, if you are always cognizant that there is never going to be anything that is going to occur in your life that you will ever feel you will have to run away from. Do you follow me so far?

Q: Yes.

B: Therefore, you can allow yourself to trust that, if you are excited, truly excited, about something that you have attracted into your life, you will also be cognizant of the fact that many times if you are acting on negative impulse you are not excited about something, but you are judging the excitement, and the feeling you actually have is anxiety.

If you are acting on impulse and find yourself being anxious, then you have a reflection that it is very probable that you are judging the situation from a negative point of view. Because excitement and anxiety are the same energy: one from a positive point of view and one from a judgmental point of view.

So if you find that the situations that you attract into your life allow you to recognize a pattern of synchronicity where you are bringing yourself opportunities to act, and these opportunities present no anxiety and allow you to know that you do not need to struggle through them to make decisions, but that you will experience joy in the doing of these things, and you will not think twice about the idea of the impulse, then it is a probable reflection that you are functioning from your integrated point of view. Does that clarify it for you?

Q: Even if you find out that you made a mistake?

B: There are no mistakes.

Q: Okay, suppose you’re following the excitement and you begin to notice that you’re feeling frightened.

B: All right.

Q: Is that a signal that you’ve taken the wrong path?

B: No, for in this way fear does not necessarily have to be the same type of anxiety. Allow yourself to recognize, however, that if you do follow your excitement and you do find yourself fearing, then it may simply be that you are not trusting that you can follow your excitement. Do you follow me?

Q: Yes.

B: And again, the idea of making a so-called “mistake” is that it lets you know that perhaps the thing you have done is not the thing you prefer to do. But it has allowed you more delineation of the thing you do, in fact, prefer. So it has served you, and in a sense it is not a mistake. And it may be something you will be able to share with someone else later on, as a part of the knowledge of your experience. Do you follow me?

Q: Yes, I appreciate that.

B: All right.

Q1: Back to me again.
B: Oh, all right. Which you are you now? (AUD: laughter)
Q: Just a little bit different.
B: Always, always, always, different – you always will be.
Q: So everything moves me the way I want to be moved and I’m happy with that, but then I stop and I go... and well, I second-guess my trust. It seems to be an interruption. And you’re saying that it’s not, that it’s okay to second-guess it. That whatever happens...
B: Yes, because then what purpose it may serve is to allow you to recognize that perhaps you don’t prefer to second-guess it. Simply allow everything to be a part of the lesson, then you will not think that you are wasting your time.
Q: Right, but then I seem vague. (Laughing) And I feel un-specific.
B: What is wrong with that?
Q: It doesn’t seem to be powerful.
B: That is because you are not in the habit of being a generalist. Recognize that with regard to your society, in our society, our majority action, our first inclination, is to be a generalist, and a specifist second; whereas yours is to be a specifist first and a generalist second.
Therefore, you simply feel that there is more power in specificity; whereas we recognize in our civilization that for us there is more power in the idea of being a generalist. Because in a sense, to our point of view, being a generalist lets you know that you are connected to more.
Q: That’s great! That is so great! (Laughing)
B: All right, thank you. Then you are now also a generalist.
Q: Thank you so much.
B: You are welcome.

Responding to Others and Acting on Impulse
Responsibility and Belief Structure

Q: Are we only responsible for feeling good? Is that our sole responsibility?
B: In this sense, you are responsible to everyone else in your reality, not for them. And you are responsible to yourself, in this sense, to simply know that you are in control and are creating whatever reality you desire. So the idea of the blending of your transformational age is, yes, in a sense to recognize that your true cognition is to allow the ecstasy that is your birthright to be reflected in your life.

Q: No matter how you bring that about?
B: With integrity, in other words, it is also the cognition, as we have said, that you are as powerful as you need to be to have anything you desire, without having to interfere in anyone else’s path, or force anything upon anyone else, or hurt anyone else, in order to get what you know to be true for you. Because you are as powerful as you need to be, to have it be automatically attracted into your life. You follow me?
Q: Yes. If something gives you discomfort... let say’s there’s a belief structure, let’s say I’m scared of water...
B: All right.
Q: ... and I’m sitting by the pool and I’ve got this nervousness and I decide to change this belief...
B: All right.
Q: ... and I start to put out there that I’m not scared of water anymore. And then my son comes up and asks me to fix his toy, and I forget what I’m doing for the moment and I start fixing that, and I come back and then I... the old belief structure seems to click back in. What does the existing belief structure have going for it that the new belief structure doesn’t?
B: Ask yourself! Ask yourself how having and maintaining the one belief structure you don’t prefer... ask yourself how maintaining it does in fact serve you? What does it let you discover about yourself that you may need to discover? To integrate within your being, in whatever time frame you are comfortable with, to allow you to come to terms with something that you are not facing. Ask yourself how having the belief does in fact serve you. Ask yourself, what could that belief, what message could that belief be attempting to deliver to me, that I could allow to be delivered in a way that does not have to come in a negative package?
Q: Um, I found that difficult, personally.
B: That is because you believe that it is difficult. And also because you may be putting too many demands upon yourself for how you think it should change, or the rapidity in which you think it should change.

Again, understand in this way, if you simply know that your physical reality is the reflection of what you believe it to be, and you find that something seems to have a certain insistence in your life, then simply recognize you are choosing to have that experience to learn something positive.
And as soon as you are willing to look AT the experience AS a positive sustaining idea, then it will lose its, quote/unquote, negative qualities, and you will become fascinated with the positive side of the situation you are experiencing. And it will, in a sense, _leak_ its negativity out.

Q: So I could just sit there and I could become fascinated and curious about the fear that I have…

B: Yes! Invite your fear to be your friend. Recognize that many times _the fear_ is simply the way that you will _pay attention_ to the message.

Q: What…

B: Ask yourself if you are willing to listen to the message in another way. Then you will automatically, by exploring this avenue, become fascinated with the idea of receiving the message in another way, and you will _not feel_ afraid any longer.

Q: So the totality is fascination and curiosity?

B: Yes. Exploring. KNOWING that everything, everything, everything that you could ever experience in your life serves you, and is a path you choose to be, and _NOT_ an interruption in it.

Q: Okay.

B: Thank you! Sharing!

Responsibility and Belief Structure
Restoring Sensitive Hearing

Q: Hi.
B: And to you, good day.
Q: Good day to you. I feel fortunate in that I discovered, I think, pretty early on, what excites me. And that is music, and...
B: Music!
Q: Yes. And as time passed, I found out more specifically that song writing in particular excited me.
B: All right.
Q: But that’s not really what I came to address here.
B: All right. Be direct!
Q: About a year and a half ago I had a problem with my hearing. Actually I’m still experiencing this problem. What it is, is volume...I’m very sensitive to any kind of volume at all, especially my left ear. And it is, as I said, very sensitive. I experience it as a dampening and deadening of sound at times, and it sounds like I’ve got broken eggshells in there.
B: All right.
Q: It’s improved somewhat in a year and a half, and I’ve seen a number of doctors. They haven’t helped me at all. But, as I said, it has got better. I’m wondering at this point if I should interpret this problem with my hearing as a... how should I interpret it? Is it a sign that there is...?
B: You are, to some degree, breaking out of a shell, which has muffled the sounds of the reality you are breaking into. You are, to some degree, still immersed in what might be called embryonic fluid, and that also muffles the sounds. Now, this is the metaphysical idea.

Some of this idea of your hearing can be assisted and accelerated by some efficacious compounds, herbal compounds, that you may ingest to invigorate your nervous system and those pathways that your brain uses, electrochemically speaking, to create the stimulation of sonic perception. These you may find in some of your literature if you simply allow yourself to be attracted through synchronicity to the ideas that you need: the idea of quiet listening to yourself can improve that ability.

But mostly it is that you are now passing through a membrane; and this membrane, to some degree, has been acting as a buffer. Because you have come out of a life wherein you believed, that in this life, you needed some degree of protection. You came into this life with some degree of belief that you were somehow extra sensitive, and that coming back into the physiological reality would be too abrasive for you. So you have surrounded yourself with this embryonic fluid, out of which now you are just recently beginning to emerge. You understand?
Q: Yes. And that makes me optimistic. Thank you.
B: Thank you.
Q: So I shouldn’t ... should I interpret this as, on a certain level, that it’s a nerve damage that I’ve experienced?
B: Perhaps not a damage, but simply a resistance, a nerve resistance. Now, one suggestion, one suggestion.

Q: Yes.

B: Both to assist your audio acuity, and also to form an analogy for your emergence from a particular type of shell, would be: In your countryside, or whatever it is that is peaceful to you, and quiet, pay close attention to the sounds that your birds make. Listen to that music, and listen to the clarity of the tone. There are sounds and patterns and information within that can train your nerves to hear in specific ways. Understand?

Q: Yeah, yeah.

B: And, by analogy, also assist you to spread your wings and fly in that particular sonic endeavor. And to create your own song in a perfect reflection of their song – in a very natural way, so that all will be pure of tone.

Q: Well that sounds like fun. I would enjoy doing that.

B: All right.

Q: So I don’t have to interpret this as a sign that perhaps there is another area that I could…

B: As we said, there may be some herbal compounds you can attract yourself to that will assist you and accelerate you in that direction.

Q: Well, thanks for your help.

B: We thank you very much.

Restoring Sensitive Hearing
Revelation

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

AUD: Great, perfect, etc...

I will also say, Kumbaya. Tenki dasca(?) (Transcriber’s Note: There are Japanese visitors from Tokyo in the audience.) Let us begin this evening of your time with the idea of revelation. We have talked about the idea of your levels of awareness, the things that you become cognizant of from time to time. Those moments of crystalline clarity in which you allow yourselves to perceive for a moment the ideas, the perspectives, the attitudes, the beliefs, the emotions and the thoughts that you have created yourselves to be on many different levels – all at once.

It is in a sense what you call revelation, the ability to find a cohesive moment in which all paradox, all polarities, all dichotomies appear to be blended and harmonized, and is seen to proceed or emerge, if you will, from the same single source. Revelation is that moment of perception wherein you truly understand the synchronicity of everything. You understand that everything is the same one thing. And you form those connections in ways that you can understand and apply to your day-to-day reality. Except that always what will come with it, by definition, will be a change in the way you perceive your reality.

Revelation will be the transformation of the persona that you are into a completely different one, remembering that a persona is not who or what you are, but an artificial construct – a mask, a face, a representation of the particular idea you are being at any given moment. Revelation, therefore, is what brings together all polarities into the one inter-connective principle, and allows you to understand that what you typically think of as two conflicting ideas, two opposite ideas, are simply different sides, if you will, of the same notion, the same event.

Let us use an example, and you can recognize that many times revelation is a tool that is used to allow you to make sense in an effortless way out of what might have been up to that point a puzzle just for the reason that you broke it into a polarity. Just for the reason that you created it to be a question instead of looking at it as its own answer.

The example that we can cite will be a phrase that many of you have heard (that) you call, "mind over matter." Now many of you are beginning to explore these ideas of your mental ability. But the very phrase itself, mind over matter, is a dichotomy, is a polarization, is a limitation, is a segregation, is a separation.

Mind is matter; matter is mind; they are one and the same thing. If you wish to look at this way, they are made of the same thing. When you use the phrase, "mind over matter," you are taking one homogenous principle, segregating it into a polarity – an apparent polarity – and then creating the need for a long involved process, and/or struggle, in order to attain control – with mind – over matter.

The separation in and of itself creates the struggle, creates the process. If you understand that mind and matter are one and the same thing, then you will understand that you are already in control of matter.
because, as you change your mind, you actually change matter. You have created the illusion that you do not; you have created the illusion of consistency, but you are nonetheless, every single moment that you create a new thought, creating an entirely new scenario physically to represent that thought.

Now, if your thoughts are continuous – in other words, you are projecting the illusion of a continuum, a continuity from one moment to the next, then your thoughts will rearrange matter in a seemingly smooth projection of changes, so that you think things are simply being changed through the course of time. Time, in that sense, is your self-created reason to explain the changes that take place. Time changes all things, you say. You are changing those things, and you are using the format of space and time in which to pretend you are doing it in an external methodology. But matter and mind are the same idea; they are one and the same thing.

And so if you will allow yourselves to perceive in your revelation that they can be gathered back together into one understanding, that your mind is all changes in matter, that all changes in matter is your mind in action, then you can begin to exhibit and exercise a much broader range, a much freer range of malleability in your physical universe. It will become more like unto the way it is in your non-physical world, where you are a thought form in a world of thought forms. And the distinction between mind and the material of the non-physical reality is far less segregated.

In the non-physical reality the minute you think of something, that is what manifests all around you instantaneously. The sooner you will allow yourselves the revelation, the blending, the harmonization of the understanding that mind and matter are one and the same idea, one and the same energy, then as you think, so shall it be in your physical reality.

And if time is necessary at all, it will take far less time – because you will allow yourselves to allow your reality to change in the quickest possible way that it can, by ceasing to create so much separation between you as the activator and your apparent physical reality as the activation.

The activator – you – and the activation – your physical reality – are one and the same event. Your thoughts are the things in your lives. Your physical reality is you – literally you, manifesting in all the ways it can, according to the idea you hold yourselves to be most truly at any given moment. Your seemingly external physical reality literally is you; it is made of you, of your consciousness reflecting back to the you, the persona you have created yourselves to be, as an apparent polarity with regard to your overall consciousness.

Remember that your physical reality and your body is within your consciousness; your consciousness is not within your body. Your entire physical reality, in a sense, is within you. Your body is within you. It is an idea; it is a projection. But that’s what all realities are. And no matter how solid they seem, it is the idea of solidity that makes it seem that way.

You are extremely powerful beings. You are the manifestation and the expression of the Infinite Creator; you are multi-dimensional creators. You are the realities you think you live inside of; you are living inside yourselves. Allow yourselves to understand that as soon as you decide what you truly desire to be, that reality will flood throughout you and fill your entire experiential universe. Because you are all
you ever directly experience.
No matter how many others you interact with, you experience your version of them, your creation of them, your perception of them – with regard to the physiological universe you exist as. Not within –as! You are the physical universe; are it. Not in it, are it. It is you. You all follow along so far?
Q: Yes. Yes. Yes.
Within this format of self-revelation, of revealing yourselves to yourselves, and allowing yourselves to be the universe you prefer to be, then many changes will take place much more quickly than you ever have previously imagined possible. Allow yourselves to reveal yourselves unto yourselves, to be the juxtaposition, the blending point through which and from which all seeming dichotomies and all seeming polarities issue.
You are the source of all the separations, all the segregation, all the limitations, all the differentiations you experience in your lives – simply because of the idea you have been taught to think of yourselves to be. Reveal yourselves unto yourselves; change those ideas, if you prefer to, and your whole reality will follow suit. Because your whole reality is you. It is not separate from you. You are not in it; it is you. You are it. We are speaking extremely literally – not philosophically, as you understand that terminology many times upon your planet.
There will be, after your break time, a brief discussion by Anima about some young ideas. For now, allow us to extend to each and every one of you, once again, our deepest appreciation in allowing us to experience the gift of your consciousness, in allowing us to see all the different ways that Infinite Creation has of expressing itself to be within its own Self revelation.

Revelation 5
Questioner: David Oates is the man who has brought to our attention Reverse Speech.
Bashar: Yes.

Q: And somebody has burned down his office and his home and all of his work, actually his work survived, but they twice put threats on his life and his family’s life...
B: Yes.

Q: ...and now, I guess, the same group of people are threatening another UFOlogist named Guy Kirkwood...
B: Yes.

Q: ...saying that if he doesn’t ... if he plans on going to Washington...
B: Yes.

Q: ...that they will also do the same thing to him.
B: All right, so you have presented yourself an interesting challenge ... as to, again, the ideas of self attracted and self created obstacles that will determine whether or not you decide what is important, how to move ahead, how to know that, in that sense, you are only going to really experience the results of the reality that you believe in most strongly. And you have a reflection of individuals who, while on one hand attempting to disseminate information, on the other hand have also, simultaneously, bought into the idea of FEAR, the need for protection. Because they are under imminent attack, and thus, are manifesting, the closer they get to their source, the closer that they get to the activity that represents who they are ... are manifesting, not only the idea of their greatest joys but their greatest fears. You understand?
Q: Yes.
B: This is an opportunity for clarification and discernment, and also an opportunity to not necessarily label such events as an impediment, but in some ways to recognize them as freedom, freeing, releasing. In that sense, it is representative, in this case, symbolically of old structures burning down. And, in that sense, an actual release and increased freedom to be more flexible with the information and to get the information to more places rather than, in that sense, being pinned down to one location. This is how this can be used in a positive symbolic way, so that that individual, as you have named him, can extract from the experience a positive ultimate effect, regardless of what anyone else’s intentions may have been. Because, again remember, you create your own reality and regardless of what anyone’s intentions may be towards you, by knowing that your reality is only the construct of positive ideas, you will only extract positive impact from it, no matter what their original intention or actions may have been. So this is a
lesson for that individual to learn to behave and operate in that way and see this as a freeing symbol rather than, in some way, shape or form, a reinforcement of fear. Does that make sense to you?
Q: Yes, and can you just very briefly discuss the mechanics of Reverse Speech and how that works?
B: The idea is that you’re always, because you create a polarized reality experience, because you create physical reality to be a polarized reality experience, a quote/unquote "matter/antimatter experience," the idea is that there is always, interpenetrating in one reality, two polarized opposites. So every expression of consciousness will always have the idea of a reverse aspect, because physical reality symbolically functions as a mirror, and therefore, any information, any communication will always have a reverse aspect or counterpart. Because, just as you see the reverse image in a mirror, physical reality, being a mirror, will always also produce a reverse image. In that you have, as a species, deigned to hide many aspects of yourself in the forward facing image, or what you consider to be the forward facing image, you will often then reveal the true state of your consciousness in the reversed facing image. And that is why in Reverse Speech, many times, you can hear the true intentions of an individual, no matter what they may be saying in the forward mode. Does that make sense to you?
Q: It does, thank you so much.
B: Thank you.
**Rewarding Disabilities**

Q: Last week a situation occurred which has upset, at least, *my* plans. Um...
B: PLANS! UPSET YOUR PLANS?
Q: Yes.
B: UPSET your plans, you only have *one* plan in life? (laughter) You only have one way things could happen?
Q: Um, no.
B: Then why is it that the situation is not creating the plan that needs to be there, rather than upsetting the plan you think should be there? Why is the situation not part of the plan, even though it may be an unexpected part of the plan?
Q: I guess because I haven’t been looking at it that way.
B: Look at it that way and see if it makes a difference.
Q: Actually, I was hoping that you could give me some insight.
B: I just did. (Laughter) But you are allowing yourself to be thrown by the unexpected again. You are assuming that what comes to you, in an unexpected direction, is not what is supposed to be there. But it is. You want life to be boring?
Q: It’s definitely not boring.
B: Oh all right, then simply allow yourself to recognize that, as we have said, every situation, unexpected or otherwise, is fundamentally neutral. And allow yourself to VIEW it in a positive attitude – THAT POSITIVE ATTITUDE is what will allow it to manifest a positive result.
Q: Even when I don’t prefer it to manifest the way it is?
B: But why are you not preferring it? Is it a preference or is it a judgment?
Q: Well, it feels like a preference.
B: All right, define the situation.
Q: Well, um...the situation is that...was, yeah, it remains a possibility, there is a possibility...
B: What IS the situation?
Q: Okay, the situation is my disability, is...
B: DIS-ability?
Q: Yes. I’m receiving disability, which is a...
B: From where? (Much laughter)
Q: Well, it’s money that I am receiving for an injury that was incurred on the job.
B: All right.
Q: And it, let’s see… it appears as though they are going to cut off this money I’m receiving.
B: So then, you do not need it. Do you want to continue to be rewarded for being disabled?
Q: No. Um, no I don’t want to continue being rewarded...
B: Would you rather be able?
Q: I’d rather be able.
B: All right then, you will automatically discontinue – disability. Because you do not need it, because
you are able, and that means that you are able to attract to you the opportunities and the situations that
will allow YOU to have whatever symbol of abundance you need, to support the idea you are willing to
be able about. If it needs money, money will be there, if money is not there, it doesn’t need it.
What is the idea you want to be, that you are not being?
Q: Um, well I haven’t really discovered that yet.
B: Where are you looking?
Q: Well, I’ve been doing what I’ve been doing. I’ve been doing… like working on my dreams and um...
B: What does that mean?
Q: Well, um…I’ve been writing them...
B: All right, are you enjoying that?
Q: I love it.
B: All right. Anything else?
Q: Um, I guess I’m doing a lot of meditation.
B: All right.
Q: And I really enjoy doing that, and...
B: Then can you not allow yourself to see how all that you are doing is beginning to work? The first step
being the discontinuance of dis-ability as a positive reflection of the fact that you are becoming able.
Q: Can you go further?
B: It all depends on how you depend on how you choose to look at it. And that is what will allow you to
reap the benefit of your point of view – negative or positive.
Q: Well I guess my feeling is that I don’t want to go back to the same job.
B: Who says you have to? THAT is a fear and a judgment. Who says you will? Why not trust that what
is occurring IS the sign of your flow? You may continue to assume that your flow will flow you where
you need to go – not BACK to something that will not support the idea, the new idea you now happen to
be, that would not fit the definition. Nature does not work that way – it does not fight itself.
It does not take you BACK to something that is not part of the definition of the new idea you happen to
be.
Q: Oh, so what you are saying is that I need to trust?
B: Very good. (laughter)
Q: Okay.
B: Thank you.
Q: Thank You.
Robert 6

circa 1996

Q: Hello. I would like to ask you – are you familiar with the group of individuals on our planet that have come together and called themselves the Starlight Coalition?
B: Define.
Q: It’s composed of some individuals, mainly astronauts. Ed Mitchell, Gordon Cooper, Brian O’Leary. And their here to greet high officials with the best information, and their working with Laurence Rockefeller to get an executive order to grant immunity to any individuals who break their security codes regarding UFO information. To bring this information to mankind.
B: Alright - and so?
Q: I was wondering if you could perceive . . . .
B: Watch what you ask. Watch what you ask. Be aware, alert and conscious of what you are now saying . . . proceed . . . if you dare.
Q: Do you see this coming about?
B: Watch how you ask. You know better than this. Do you see yourself assisting them?
Q: I feel that I am.
B: How?
Q: By disseminating information regarding UFO’s.
B: They require more assistance than that specifically. Do you see yourself assisting them more directly?
Q: Ah . . .
B: They are a seed that can attract individuals to assist them directly and in this way, expand in a manner that it can have the effect you desire. But only if there is direct assistance and interaction. Not indirect, not peripheral. Direct. Participate and assist. Do you follow?
Q: Yes I do. Some ideas on how to do that?
B: First would be contacting them.
Q: Contacting some of the individuals who are part of the coalition and see how one can participate.
B: Thank you. Then you will be involved directly. Anything else?
Q: Do the female detainees get inseminated or impregnated in their actual room or are they usually taken off to an off-world base?
B: Usually on the craft.
Q: And is this base known as the Barge?
B: It is not known in that way, shape or form by any of us. It may be an Earth euphemism that has a general symbolism but it is not known in that way by any of us. Though there are some military individuals on your planet that have referred to it that way.

Q: And were some of the MK ULTRA experiments to prepare individuals for direct participation in these activities?

B: Yes.

Q: And what is the Kachina’s relationship to the Ionosphere?

B: Ionosphere?

Q: Yes. The reason I ask that is because of the project HAARP that is getting ready to heat up the Ionosphere. One of the things that they’re going to do is to saturate it to its limit to see what the effects will be. I was wondering if the Kachina energy had a relationship to the Ionosphere.

B: Only in the sense that they have a multitude of doorways that may open up dimensions from a number of avenues and angles. Only in that sense does that connection exist…one moment…the more direct energetic or spiritual connection would be that there will be a particular Kachina energy whose function will be to transmute whatever effect is being done to your Ionosphere. To transmute it in a way that will allow the energy effect to be different for certain aspects of your Nature other than the way that it may have been predicted the effects would be.

Q: Will it act as a buffering…

B: A transmuter, in that sense, yes. You may refer to it in some senses as a buffering but that would be misleading. It is more of a transmuter.

Q: And is there a problem on our planet with global warming, and the spread of microbes?

Q: Yes. And can the Ionospheric heaters help?

B: Only in one very narrow range. Other than that it will have no effect, on anything beyond that range.

Q: And in the ’95 Crop Circle season there were apparently no people that got really zapped like there were in ’94.

B: Yes, there were. But you must understand that your collective consciousness has changed. Your frequency and vibration have changed and thus you are interpolating that particular frequency in a different way.

Q: So the humans have stepped their frequency up to adjust to it?

B: Not an adjustment. In that sense the idea is that the frequency has changed. Yours and its.

Q: So its more compatible with each other?

B: Yes.

Q: For the first time some of the symmetry was off, 3 or 4 degrees on some of the….

B: This is an indication of exactly how much the frequency has changed. It is to give you an indication that there is a precession in the vibration. Not only, thus, will certain glyphs indicate that shift but you
will also see that there will be movement of the glyphs to different portions of that area than they appeared in before – to indicate the precession of the change of the frequency. For remember a change in frequency is a change in location, and angle and perspective and everything.

Q: And what do the grape shots signify in relation to the circles? Do they have a . . .
B: The other pole, in the same sense that there is a negative and positive pole and a battery. In that there is a grounding state that is created to allow the glyph itself to be created. The glyph is representative of one of the poles – the grape shot the other. Both connections must be made in order for the one to manifest.

Q: And do you see the United States or Canada circles getting as integrated as the English ones?
B: Eventually but in a different way. You must understand that one of the reasons for the strength of the appearance of those manifestations in your area of England is because the different vortices around the world, while they are in some senses, simultaneously equivalent, also have a historical lineage and a sequence of energy. The ones in England are most strongly connected to some of the ancient Atlantean connections and thus represent the beginning of the chain – as much of it as still exists in your present day reality. Were Atlantis still in existence the crop circles would be more heavily concentrated there. Do you follow?
Q: Yes, that makes sense.
B: The ancient lineage of the concept of what you call your England is the closest representation still in existence in a modern day society on your planet to the ancient king bloodlines of Atlantis. Because now what you have as your ancient Egyptian and your ancient Mayan lines no longer exist, in the same way. So the ancient Druidic factions are the most highly representative of the ancient priest lines. And thus the energies are still correlated in that area, as the beginning of the chain that still exists.

Q: Do the Greys from Rigel and Zeta Reticuli breathe oxygen similar to the way we do?
B: In some senses, yes, although there is a different chemical interaction that also involves the concept of chlorophyll similar to your plants.

Q: Are they more of a chlorophyll based . . .
B: copper based in that sense. So there is oxygen in the mechanism to some degree, yes.

Q: How many chakras do they have?
B: One moment. . . While they possess what you would understand to be the full compliment as you do, you will find, that in practice – though you may not necessarily understand exactly what we mean by this – there are in essence 5 operational out of a series of 12. But we will not explain further on that concept at present. Thank you.

Q: Thank you very much.
B: There is but a few moments remaining for this contact.

Q: Bashar!
B: Yes.
Q: What smell or incense do the Kachina beings relate to?
B: One moment....Sage.
Q: And the ancient Vedas – are you familiar with those texts?
B: Vedas.... Sanskrit.
Q: From India, yes. There is what was known as the Soma which was the food of the gods or of the
gods. Was there any kind of physiological representation of that?
B: Yes, the white powder.
Q: The white powder. And in Wisconsin there have been some pyramids found at the bottom of Rock
Lake. And the Indians there have legends that they were left by the “ancient ones”, and they’ve traced
them back to around 1500 BC. And next to them were some major copper mining operations going on.
B: Yes.
Q: Which they purported to have fuelled the Bronze Age. Was this part of Atlantean....?
B: Yes.
Q: Remnants?
B: Yes. It was an offshoot colony.
Q: And were the Phoenicians responsible for bringing the copper into Asia?
B: Later on in your history, from time to time, bits of it yes, but not early on. There were other
migrations as well that were responsible for the carrying of much of that element throughout many of
the continental landmasses.
Q: And this year, in the crop circles, there was the asteroid formation and one of these in particular that
I wanted to ask you about was one called, “Why is Earth Missing”? Are you familiar with that crop
circle?
B: Yes.
Q: Is there a significance....?
B: Of course.
Q: ....in particular that you can signify why Earth was missing?
B: Earth is not missing.
Q: Is it represented as the origin point?
B: No.
Q: No?
B: It is representative of a transformational state. A shift from third to fourth density. It is also
representative of a counterpart solar system. It is representative also of Tau Ceti. End of discussion.
Good day.
Q: Thank you very much.
Q: Good evening Bashar.
B: And to you, good day.
Q: One of the things I’d like to talk to you about tonight is, after a nuclear explosion．．．
B: Any particular kind? (Audience laughter) There are different forms of nuclear explosions, you know. The sun is a nuclear explosion.
Q: Some of the above ground testing that we’ve done, in the Nevada area?
B: What about it?
Q: One of the results is, the people in the area that the downwind drift of the explosion settled on, report high instances of cancer and leukemia.
B: Yes, well, as we have already indicated, disease is usually a matter of toxicity in your environment.
Q: I was wondering what the half-life of that radio-active fallout is?
B: Thousands and thousands and thousands and thousands and thousands of years.
Q: So is that area basically permanently contaminated?
B: No. You can change the vibration. But as it stands now, in the reality you are in now, that is still the case. But you can change the vibration. You can do it through symbolic technology or you can do it mostly of course, through the changing and shaping of your own vibration, which is the only way that the symbolic technology that could handle it is going to come about, anyway.
Q: So by increasing our frequency we’ll be able to．．．
B: It will not effect you, yes.
Q: Transmuting the energy.
B: Yes. It is not so much a matter of transmuting the energy – by shifting your frequency you’ll be in a reality where that energy doesn’t exist.
Q: And, concerning the dolphins．．．
B: Yes.
Q: Usually they travel in pods, but occasionally one dolphin will break off from the group and continue on a solo journey.
B: Yes. Just as many of you do.
Q: Is there any particular reason why they do that?
B: Yes, of course. The dolphin’s own personal reason. Go ask one. They have just as many reasons for doing individual things as you do. There may be something that they’re curious about. There may be something that they’re exploring. They may be taking a trip. (Audience laughter) Go ask one.
Q: And we have an ancient aphorism on our planet of the Chinese that says that ‘ those who know do not speak and those who speak do not know.’
B: Yes.
Q: And is that basically from in olden times and in Alchemy? They talk about how not to talk about things, because it will.

B: It is simply knowledge from the Infinite expressed in one particular cultural context. It may be the same kind of knowledge that was accessed even by many of your Alchemists but it doesn’t come from the Alchemical line. It comes from the same source as the One, All That Is, for anyone who simply cares to tap into that idea. And it can be expressed of course, in a variety of ways. It doesn’t always have to be taken supremely literally but sometimes the literal application has a bearing in certain circumstances. Such as this one right now. Thank you.

Q: Thank you.
B: Number two.
Q: Good evening Bashar.
B: And to you, good day.
Q: Nice to be back in your presence once again.
B: We are all in the present.
Q: I was wondering if the timing is auspicious to have an interaction with Dreamer consciousness?
B: In some senses this has already been given throughout the course of this interaction. There have been moments when that energy has poked through, especially when we were addressing the connections to Sirius energy. At this timing it need not be as you would recognize as the pure vibration but it is, as you say, present.

Q: Okay. I would like to ask it a question.
B: Yes.
Q: December 2 the A.T.O.C. Project was activated and...
B: DEFINE!
Q: Thermometry of Ocean Currents.
B: Yes.
Q: Instead of pulsing it everyday for 4 hours they’ve reduced it to every fourth day for 4 hours.
B: Yes. This was a suggestion given from higher levels so that there would be a different effect.
Q: And can you comment on the effect on Marine life?
B: There is still to some degree some dissociation connection with the vibrationout of phase-ness, but not to the extent there would have been had the suggestion not been taken.
Q: And the other thing is: I know that the oceans and waters are becoming more polluted and that Dolphins are coming down with more diseases and cancers.
B: Yes
Q: How do they treat themselves?
B: Sometimes they choose not to, to make a point. But, sometimes they can treat themselves sonically. And, or there are things that they can ingest that will also chemically help them. But the idea is, that again, more often than not they will not necessarily choose to because they realize that the point must be made that this is not in alignment with love.
Q: Are they ever assisted by the Whales?
B: Now and then in different ways, at different times, in different specific circumstances and purposes — yes.
Q: And the other area I’d like to cover is with our friends from the red planet.
B: Yes.
Q: There supposedly is one underground and one above ground in the jungle in Mexico or South America. What is the difference between the two groups?
B: One is more the idea of the establishment of a processing area. The other more the idea of the infusion of the culture in your society.
Q: And what is the women’s role in the Martian society?
B: It is not in that sense dissimilar to the concept of feminine energy in your society, since again remember that incarnationally, many of you are Martians.
Q: Right. And what’s their vibrational frequency?
B: 152,000, in general, cycles per second.
Q: And is this the reason that they are perceived more cat-like and with vertical pupils, is because they’re more sub-space, in that sense?
B: From time to time this will be it but there is also an actual connection back to the original genetic form, in that reflection. As it has been now altered there is not so much of that, that remains but the original form of the race did have to some degree those qualities. But even that was a genetic alteration.
Q: What is their favorite food? What do they enjoy eating?
B: Again it will depend upon which branch of the genetic alterations you are talking to, for the genetic alterations will allow different members to find their connection to different kinds of intake and foodstuffs that they find palatable. Some of what you would call the jungle fruits they find very palatable in this sense. One moment ... they will find, some of them - corn - very palatable. Similar to the understanding of their relationship as the Native Americans understand their relationship to that substance on your planet. There will be several varieties of berries: blackberry, blueberry, in particular, that will have certain effects that they treasure and cherish, but also what you would call many of the red berries will be a favorite of their diet.
Q: Are they vegetarians?
B: Not always so in certain circumstances but in that sense, mostly so, and many of them simply eat fruit. It depends again on who you are discussing for different members have different genetic levels. At this timing they are not all one homogeneous species.

Q: They are a varied species?
B: Simply because of the genetic alterations that have been required for their ability to survive in your world.

Q: How does the heavier gravity affect them?
B: It makes them tired.

Q: Do they sleep a lot?
B: Sometimes. But they also ingest things that give them additional strength and also they will find that the genetic manipulations have allowed some of them to acclimatize more readily than some of the other new arrivals.

Q: The last thing there still . . .
B: There are other societies on your planet as well.

Q: And is there still activity of extraterrestrial vehicles at Area 51 or has it moved to another location?
B: There is still activity.

Q: Thank you very much.
B: Thank you.
B: Yes! Good day.

Q: Good day to you, nice to be in your presence again.
B: And in yours, all of yours’ as well – be brief, be brief, be brief.

Q: Um, can you tell me if you or any other Sassanians have had Atlantian incarnations?
B: Yessss. Some have.

Q: And what time frame would you say the Sassani consciousness intersected with Earth – physically? Does it tie into the Anassazi . . .
B: We are already intersecting . . .

Q: Well, the original inception . . . to be continued: End of side 1 of Robert Tape #6.
There is no way to pin this down in your linear time.

Because you said that you interacted with the Anasazi and the Mongolians and they were, you know, fairly recent in our civilization.

But the idea is that we interact on a number of different levels in a number of different ways. And we did not give you all the details of the style of the interactions. You are at this point attempting to pin something down linearly that really has no linear answer at all.

You must see us and our interaction and intersection with you as a series of cyclic loops. Without beginning, without ending, but cyclic. We interpenetrate at different timings, yes, different points of what you would call, history, in a variety of ways, yes. You will even find a literal reference within what you call your ancient Middle East.

For some of our interaction there energetically ... for part of a civilization named themselves after their perception of us. You will find this from about what you call 200 AD to 1000 AD. They are, in that sense, in the Middle East of what you now call Iran, the Sassanians.

There is an entity in that time frame with a name, Mazdak. In that sense it was an entity that recognized, through certain psychic methodologies and means, the idea of a vibrational connection to our civilization

and an incorporation of many of the principles of our civilization were attempted to be infused into the society at that time, although of course, it took its earthly bent, in its own unique way. Expressed itself as other than the way it came across, but this was the nature of channeled interpretations at that time.

Though they were understood as high vibration they were still adapted to the methodologies and the culture of the day.

For what you would refer to as the inception seed even though we are cyclic, let us just say it is approximately, in the moment of the entire conception linearly of the human race, of what you call now the modern version of about 300,000 of your years ago. We were in the inception seed concept of the collective consciousness that dispersed and diffused itself into all the manifestations now interacting with itself. All the manifestations of one being, a large being, now interacting with itself from a variety of directions, and representative of what you would call many different races and cultures and civilizations and timings.

And in relation to the Greys and their not being accepted into the Association because of their interference with our civilization . . . .

One level of them.

Was the level that was discussed in the book that went to Mars another level?

Yes are factions of the Greys that are a part of different confederations, but again, as we remarked the idea of our Association, it is also slightly different than what you understand to be your Federation. Remember that we are in an alternate reality universe from you. Our Association is like a parallel
construct of what you call, perhaps, or allude to as your Federation in your particular universal reality in your particular local.

Q: So they’re not…it’s not an identity there then?

B: There is no Grey to be an identity in our reality. We are what they have become.

Q: And is there any problem with any kind of microbe …contamination with the beings from Mars?

B: No.

Q: And, his idea of sending radio signals to Mars and the Moon …a way to contact them?

B: Yes.

Q: Are they operating on that level?

B: They can, they will in time, maybe? But it is an endeavor wish attempting but not any further than that, for there are no radio civilizations within your immediate star systems that would respond in that way. But within your own solar system there are beings who have the capability of responding that way should they so choose.

Q: And the last thing is the idea that they are covertly hiding out from us because they’re afraid of coming out and not having the proper recognition. What about the idea of the UN or the United States? What type of scenario are they looking for?

B: They are not looking for a particular scenario except that which contains the open heart and the open hand. However this can be accomplished will be the first establishment of the communication. There are many among you that have ideas for different ways in which this might be approached. Attempt all that you feel are representative of the concept of open heart and open hand. We will leave the rest for now up to you. There are now, many, many, many, changes, speaking of changes in the collective conscious – recognition of many of the things that are going on, on your planet, especially with regard to more and more and more and more and more awareness of extraterrestrial interaction and consciousness. You will now find that there is going to be much more, a flood more of information between your now time and what you call the end of your 1997 year regarding the whereabouts and the possibilities of beginning dialogues and interactions with certain extraterrestrial species.

Many gates are now opening, and I am talking about something quite physiological. You are going to find startling and stunning and staggering opportunities for interactions as long as you maintain a high degree of integrity, and this is paramount - a high degree of integrity and alignment within your own sense of responsibility, you will find that within the next 2 orbits of your time there will be very strong opportunity for interaction. Not perhaps with whom you think - something surprising. Though we have discussed this many times and though we have referred to it obliquely, you will find now there will be more direct references. The references we have already given are basically as follows: there used to be what you call millions of years ago in your kind of counting, a civilization upon the planet you call Mars. We have told you that many of the Martians in that sense, as you would recognize them, after there was a natural disaster that rendered their planet, mostly, non-inhabitable, did incarnate and
re-incarnate upon your planet of Earth and so in that sense, many of you are Martians. - in that sense. However, there are still some of the originals and you will be meeting them. Also, we have discussed as we were asked many times, the idea of the probes that your planet has sent to your Martian planet, in that they seem to cease to function as soon as they arrive. And we have again told you, it has nothing to do with many of the cover-ups and conspiracies on your planet, it has to do with the fact that someone at the other end did not want the probes there. And did something about it. We have told you that now more than once, and you will come to soon, in the near future, find reinforcement and corroboration for this idea. And we would direct your attention to another thing we have said : and that is, as we have been asked many times about many of the places on your planet, and especially with regard to what you call the vortices, the doorways, the gateways that exist upon your planet in energy terms that connect your world to other worlds, other dimensions of reality. We direct your attention to many of the things we have said about what you call your Santa Fe, NM area. We have told you many times that it is a unique kind of portal, in that there is, shall we say, a similar portal of similar frequency on many other worlds that tie directly into that portal you know on your planet as Santa Fe. And so it could be said in a way that there is a Santa Fe on many different planets and to be in that vortex is to automatically connect you energetically, dimensionally, to many, many, many, other civilizations and realities. You will soon come to find that this is more literal and more immediate and more physical than you think.

Q: Also I wanted to find out if you would be willing to divulge what you know about the Blondes. Or are you able to say any more about the Blonde races?

B: One moment . . . Again there are a variety of appellations that you may have for different species that are called Blondes. We assume you are not referring to the concept of Pleiadeans?

Q: You assumed right, yes.

B: One moment, one moment . . . you are referring to in that sense to Procyon.

Q: Procyon . . . but is there another location? Because Procyon was the one I brought up the last time.

B: One moment, one moment. There are a few other locational bases much we are allowed to say because it will lead you in a certain direction. Some of them have established a very strong and large base in the system that you recognize as Alpha Centauri. And therefore many of them issue from there as well as Procyon.

Q: Okay and what can you tell us about the Martians – what do they look like?

B: At this point as we have said, mostly now because of the genetics – mostly human although in the more ancient form which still exists in some of the species they have a little bit of what you might call a proto – now this is just a affectation – it is not really as distinct as what we are about to describe as the animal form, but in that sense they are humanoid or what you would call humanoid but they have a slight characteristic of what you would call a type of proto-simian and ,or, almost a cat-like face. But again, this is very slight affectation, again they would appear to be just a little bit beyond the edge or the threshold of what you might typically on your planet call, a different race. You would recognize them as non-human but they are not so non-human that they would appear to you to be much more different than
just to you perhaps a very distinctive other race.

Q: Yes. And how technologically advanced are they?

B: At this point you will find again that they have an advancement about 100 to 150 years ahead of you but in their ancient culture they were really not as advanced as you are now on Earth. They have been given this technology by the Greys, to aid them in their survival.

Q: Alright, so they’re in contact with the Greys – open contact?

B: O yes. It was the Greys who were responsible for the injection of the humanoid genetics that will help them survive on your planet.

Q: Let me ask you a couple of questions about Cosmic Voyage.

B: Yes.

Q: Alright, he describes his remote viewing of a hybrid race, very unconditional loving between the Greys and humans.

B: Yes.

Q: The Sassani?

B: Yes.

Q: Okay. Now another thing about the book. I was reading it laying on my bed one night, reading it and all and I had the distinct impression that I was being watched. Alright?

B: Yes.

Q: And then what I felt was kept looking around, ‘what’s going on here’?

B: Did you feel a tickle?

Q: Ah…(laughter)! More or less, and what I sensed was the book he describes when he’s remote viewing how Beings sense – you know well this being didn’t sense me yet and then, oh this being senses me now.

B: Yes

Q: Alright, now was I doing the same thing?

B: Do you mean were you experiencing someone sensing you?

Q: No I mean was I sensing someone more or less, not the remote viewing but checking me out?

B: Same difference.

Q: Yes.

B: Yes.

Q: And that’s what was going on?

B: Yes.

Q: Alright, and was this the Grey….
B: Yes.
Q: My Grey counterpart?
B: Yes.
Q: Okay. And....
B: So many yes's...(laughter)
Q: Yesthing in the book....
B: Although that's not all it was.
Q: Okay.
B: Some of it was us.
Q: Oh, it was you.
B: Some of it...some of it was other things as well.
Q: Alright, when I was reading the book and reading about the Martians and all, I had the distinct impression of – I'm not going to say one or whatever but of being, like in caves or whatever, and checking out humans.
B: Yes.
Q: When humans come near them in their vicinity.
B: Yes.
Q: You know, and it just seemed like they were just like, you know, back in...you know what I mean checking it out from a distance.
B: Yes, I know what you mean.
Q: Okay, and their physical and non-dimensional reality on our planet?
B: A few of them.
Q: Yes, from the old race that used to inhabit the Martian planet when it was capable of inhabitation, yes.
Q: Alright, now the ones he's spoken about that are....Santa Fe Baldy?
Q: Are these physical, in our dimensional reality?
B: Yes.
Q: Okay, and the numbers are a high amount?
B: Hundreds.
Q: Hundreds?
B: Yes.
Q: Okay, and what are they living on, what sustenance do they...?
B: What they grow, what they get, what they are supplied with from time to time.
Q: Okay, now when the Grey’s interact with themGrey’s that are interacting with them are they in our physical dimensional reality?

B: When they interact from time to time they are, although there are interactions that take place in-between-worlds, so to speak, as well.

Q: Okay, the shifting... more or less the shifting is within our dimensional reality?

B: But they also sometimes, shall we say, manifest or solidify in your particular reality in order for some of these interactions to take place, yes.

Q: Blown away, you know, not blown away... but I really get off on the interactions that he had with Jesus and Buddha and all... 

B: Yes.

Q: What about any remote viewing with Lucifer?

B: It can be done.

Q: It can be done. Now, what kind of being is Lucifer?

B: As we have said, it is the collective consciousness in that sense. Aspects not only of your world but of many different levels of dimensional reality, that has inflicted itself with a core seed issue of fear.

Q: So it’s the fear based consciousness.

B: “Primally” so. It is the very essence of the concept of fear in that sense as a vibration.

Q: Okay, that’s why there’s such negative connotations with it?

B: Yes.

Q: Was Lucifer at one time an angel?

B: It has projected itself in a number of different dimensional ways and one representation of that collective being is the idea you call angelic existence, yes.

Q: That is one representation of Lucifer.

B: It is the one representation that makes sense to the linear reality in which you exist.

Q: Okay, and alright Bashar, thanks a lot.

B: Thank you.

Q: Good day Bashar.

B: And to you good day.

Q: Bashar, I was wondering, in the UFO information that I’ve been exposed to, I have seen more UFO sightings over Mexico being recorded than perhaps any other area and I was wondering if there was a reason for this?

B: It is in that sense – now understand I mean this not only in some specific aspects literally but I also mean this mostly in a general context of a certain kind of energy signature. It is the time of the return of Quetzalcoatl. Do you understand?
Q: Yes.
B: And thus in many of those ships is the energy of the idea that would be called the race of Quetzalcoatl, and that is why it is most apparent in that area. For that area is being re-identified with that ancient energy. Rewe say in your modern computer age-initialized? Do you understand the context?
Q: A little bit. I’d like it if you could talk about it a bit more.
B: Energy patterns are being re-arranged to accommodate the injection of a re-appearance and an ability to interact with the ancient energy you knew as Quetzalcoatl. The energy must be different in order for these interactions to take place because much has changed and is no longer similar to the vibrational frequency that used to exist that allowed such interactions to take place, once upon a time, as you say.
Q: Do I understand that its limited to Quetzalcoatl…?
B: No, it is not limited in that sense, but that is the primary motivating energy for that area.
Q: Alright. And I also wondered about your civilization’s relationship with your planet Sassani, if you spend so much time in your ship…
B: I did not say we spent so much time, I simply said that our ships are our cities.
Q: Okay.
B: We are on our planet often, as well. But simply there are no built up structures except for a few circumstances for very specific reasons, and these even are simple. But we are on our planet’s surface very often.
Q: Thank you.
B: Thank you.
Q: The Martians…?
B: Yes, what about them?
Q: Will a part of our communication with them revolve around the fact that perhaps we have to go through a partsegment of the Grey’s that are helping to deal with them?
B: Some of the communication with them has to do with your connection to the Greys, yes, but not all. You can be direct.
Q: In our meditations and remote viewing?
B: And physiologically.
Q: Four years ago I was in the hills of Santa Fe doing a meditation of yours on that cassette tape. And we were very near Mount Baldy. I was wondering if that kind of interaction…?
B: Which Mount Baldy?
Q: Santa Fe Baldy.
B: Alright. Yes, it was felt.
Q: Ah, we can go there physically and actually have an interaction?
Eventually, yes. If you make your physical presence there known, eventually there will be circumstance that will be appropriate for those inhabitants who have come from that planet no longer now inhabitable upon your world now that they live and hide. Eventually it will be appropriate for what you call “face to face” meeting. Just be persistent, but calm.

Q: Is there a way that I might recognize the Martians...?

B: Do you think you will have trouble knowing that?

Q: (Laughter) In a dream?

B: Do you think you will have trouble knowing that?

Q: Well...

B: Especially in a dream?

Q: What will the Martians look like, we been told they look like human beings.

B: It may in your dreams look like itself in olden times before it was genetically altered. It may look like many things but the point is that you will receive some feeling and or symbology that will let you know directly who you are dealing with if that is appropriate in the interaction. You don’t have to wonder about it, you don’t have to worry about it. You will know when you know.

Q: And will they have cat-like eyes?

B: I said maybe, not always. You will still know in other ways. Are you not familiar with the idea that in many of what you call your dream experiences there are simply things that you know. You don’t know how you know them but you know them anyway.

Q: Yes.

B: Well then, why should it be any different this case?

Q: Okay, one more question.

B: Oh, alright.

Q: About the Sphinx....

B: Yessss....

Q: This friend of some of ours is....

B: Which Sphinx?

Q: Ah hait is, thank you yes.

B: Which Sphinx? Earth or Mars?

Q: Hmmmm...Earth.

B: Oh alright, Earth Sphinx.... In the town of Mars.

Q: In the town of Mars?

B: In Cairo...means Mars.

Q: Oh....very interesting....In his left, or her left paw, there’s a chamber ....
B: And so.
Q: Below the paw.
B: And so?
Q: And we’re interested that there . . . we think there’s some information containing our deep deep past.
B: So?
Q: Could this be possible true?
B: Could it be possible? Yes.
Q: Is that the right place?
B: There are many chambers under the Sphinx that do contain information about your past, yes. That isn’t the only one.
Q: Ah . . . okay . . . okay. Is Mars . . . ?
B: You have a fondness for those two letters in your alphabet. (laughter)
Q: Is Mars connected to Martians, are they connected to the creation of the crop circles?
B: Indirectly in the same sense that they are a part of your collective consciousness, and as we have reminded many of you, regardless of the ones that are more directly genetically linked to the old race that used to live on the planet of Mars, many, many, many, many, many, many of what you would call the Martians have reincarnated as humans upon your Earth already anyway. So in that sense of course that are part and parcel, as you say, “mixed in” with everything that is going on because the crop circle phenomenology is a collective consciousness phenomenology and anyone in the neighborhood is participating some how.
Q: But you have said at one point that the Grey’s weren’t involved in the crop circles?
B: Not alone. . . . Tape Ends
B: Number one, good day.
Q: Good day, nice to be in your ineffable presence, once again.
B: And yours, as well.
Q: Do the Martians have a vocal language?
B: Yes.
Q: They are not completely telepathic?
B: No.
Q: So they speak English, they’ve studied it?
B: Some of them have learned how, although that is not their native tongue.
Q: How long ago did their planet become uninhabitable?
B: Somewhere along the order of about six million of your years, give or take.
Q: How long have they been in Mount Baldy and visiting Earth?
B: This genetic strain has been present for, what you would call, a few generations.
Q: In their current state, can they inter-breed with us, in our current state?
B: To some degree, there may be circumstances where this may be so, since they contain now so much of your human genetics, to allow them to survive. Although, in some circumstances, the offspring may be sterile; not in all cases, however.
Q: And being part Indian, does that make us part Martian in a sense?
B: In a sense, if you wish to simply be general about it, genetically, in a sense, yes.
Q: How many colonies of Martians are there on Earth, at the present time.
B: No comment.
Q: Will there be any interaction between the Martians and Tau Cetians before the Tau Cetians interact with the humans?
B: There is already some degree of interaction, some of it a little more clear telepathically than the interactions that are already beginning to exist or be created between the Tau Cetians and the earth humans. But mostly, this is through, what you call, the Shamans.
Q: There has been an allegation that the Anasazi Indians practiced cannibalism because some of the bones that were found, the bone marrow was chewed out. Can you confirm that?
B: This was in, what you call, isolated events. In certain offshoots, from time to time, due to certain circumstances and hardships and also, from time to time, due to certain, what you would call, religious beliefs or alterations in their beliefs.
Q: Did that extend from the Martian culture?
B: No.
Q: In Mexico, along with the UFOs, there has been seen some green orbs of light streaking through the atmosphere, any comment on that?
B: No.
Q: I recently watched the Miami connection....
B: Define?
Q: A replay of the Pleiadeans, they're claiming now that they have a contact in Miami....
B: No comment.
Q: What was brought out was that Quetzalcoatl and the Pleiadean ships that were seen with the Billy Meier incident were identical to the ones seen in Mexico City....
B: As we have said, the plethora of sightings in and around your Mexican area, do in many cases, not all, many cases, represent what you would call the return of the consciousness of Quetzalcoatl and some of the beings that are representative of that species. It is connected or cross-connected to some of the Pleiadean concepts, but it is not identical. There are more than one aspect to the concept of Quetzalcoatl. Some of them are different, in the same way that you have understood in Cosmic Voyage that there are differences in the Greys, in terms of time value. So in the return, there is a more ancient connection than what may, at your terms, be the present connection or cross connection to Pleiadean consciousness.
Q: Can you comment on the supplementation with a hormone precursor call DHEA?
B: Not at this time.
Q: Thank you, very much.
B: Thank you. Number two, good day.
Q: Good evening, Ambassador.
B: And to you as well, Representative.
Q: Is the timing auspicious to have any kind of direct connection or interaction with the Martian consciousness?
B: Go and find out.
Q: Through you?
B: NO!
Q: Okay. Is there any relationship of the blue race to the Martians?
B: No!
Q: Did they help develop blue corn?
B: NO!
Q: Okay. Atlantis.
B: Yes.
Q: There is a current theory out by a Canadian named Rand Flem-Ath that said the Earth’s crust shifted approximately 1,000 to 2,000 miles where Antarctica is now and that Atlantis is actually buried under the snow?
B: Go and find out. It is not a theory that comes only from that individual. We have already discussed that this new information, in your society, is for the purpose of exploring what this might mean to you. We will take it no further in literalness at this time, though there is literal truth to this idea in some aspects. We will not at this time discuss it further, in that way.
Q: And the project HAARP up in Alaska....
B: Yes.
Q: One of the designs is to use it to actually penetrate the Earth, to find things like minerals and ancient systems.
B: YESSSSS!
Q: Is there a grid system of tunnels in the Earth from ancient times?
B: Here and there, yes. Although they may not be necessarily as extensive as you might think it, in your mind, but in certain locales, they are extensive. Here and there, yes, they do exist, here and there.
Q: Can you explain how these ionospheric heaters can create a wave to read the Earth, read inside the Earth.
B: It is like creating an amplification layer, a mirror, a reflector that will bounce back and amplify a certain amplitude of wave so that it will have penetrating qualities. It is, again, similar to the concept of how your laser works, in the sense that the photonic energy is guided back and forth between two mirrors until it breaks through the less mirrored surface, the partially mirrored surface, in this way. By setting up a certain kind of reflective quality in the ionosphere, the wave is amplified and until such time as it penetrates in a certain way, energetically speaking, the layer of the Earth. Since it can no longer penetrate, except in a small amount of leakage, beyond the reflective ionospheric effect that has been created.
Q: How many gigawatts of power will be needed to penetrate down into the Earth?
B: 20 million.
Q: And another idea that has come out recently is the Fifth Column, are you familiar with that idea?
B: Are you talking about the idea of an internal organization that wishes to dispense information out to your general populace?
Q: Yes, and in particular, they are called the avenging angels.
B: Some of this is what you call literal, some of it is a test. No comment further.
Q: Can you comment on what is going on between China and Taiwan....
B: Not at this time. Look to your own news services for this kind of information, at this time. Thank you.
Q: Thank you.
Q: Good evening, Bashar.
B: And to you, good day.
Q: I have a question that has come up a lot in our society, are there any Missing in Action or POW’s left over in Southeast Asia?
B: There are a few, not many.
Q: What agenda is holding them there?
B: Many different kinds of agendas, some of which are their own personal agendas. Some of which, in that sense, as you would call it, against their will, but not many. Some, in that sense, are simply what you would call displaced in their minds. They do not belong in any particular place or time and so, they do not feel that there is any home to return to.
Q: Another subject, there have been some accusations that our Apollo Moon landings were actually staged?
B: No.
Q: No. They all took place then?
B: There is much information that has not been given to you, as was just pointed out a few moments ago, about what has occurred on some of those excursions, but none of them were staged, in that context.
Q: The last thing is, you’ve often talked a lot about the letter ’x’ as representing the future and you’ve talked about the ’s’ sound in ’shss’— what is the mechanism behind those sounds that....
B: They are simply, in your language, the translations that best identify the vibrations associated with certain concepts. Thus, as sometimes you will find when individuals may make a connection to what they perceive to be their future selves, they will sometimes more often than not, donate or label a name to it that begins with an ’x.’ Not that, that necessarily is its name, not even that it has a name, but that will be your society’s translation of the vibration into the language you understand.
Q: Thank you, very much.
B: We thank you.
Q: Good evening, Ambassador. The first area I’d like to discuss is a report done by the Brooking Institute, are you familiar with that report?
B: To some degree.
Q: And this week there was another media blackout on an attempt by Richard Hoagland to reveal some...Martian moon information.
B: Understood.
Q: Um, as you scan our collective consciousness, do you see that we are ready, now after the Roswell autopsy film and some other incidents, to receive this information?
B: If you had been ready, as a collective society, would there have been a blackout?
Q: Well, that’s a good question.
B: Thank you. Do you have a good answer? Obviously there are certain individuals who are, but obviously when you say we collectively, the answer is obviously no, otherwise there would not have been a blackout, would there?
Q: No.
B: I’ll right then, next question.
Q: Do you see this becoming an issue in the current campaign for president.
B: Not on the surface.
Q: Not on the surface?
B: Deep within it can begin to be, but not on the surface.
Q: Our remote viewing friends from Atlanta gave me a call and wanted to know your perspective on our collective consciousness and the interaction with the Martians.
B: What about it?
Q: They feel it is about a year and a half away?
B: This is as good an estimate as any. Most likely, between your present time and 1999, there will be some outer contact. Therefore, what you would call the half way margin is a fifty-fifty proposition.
Q: And the last two things are, this week in Roswell an artifact from one of the downed ships was brought forth to the Roswell museum, is this an authentic artifact?
B: No comment.
Q: Okay.
B: Do your homework.
Q: Okay, it is being sent to a lab for analysis.
B: Then the homework is being done.
Q: The last thing is on the crop circles, some crop circles seem to have grape shots where others do not, what’s...
B: All of them do, but not all appear in the surface or the plain in which the crop circle appears. Some of them are simply that, that occurs above the circle in the air, in the atmosphere, in the electromagnetic field. Sometimes these are perceived as balls of light, other times they actually occur underground. These are, to some degree, the anchor points, the starting points of the electromagnetic surge that allows, what you call, the crop circle to be laid down. When they occur under the ground, sometimes they will cause concretions of material, in that sense, compacted stone and or aggregates of metal that can actually be dug up. But sometimes they will occur in the upper atmosphere above the circle and may from time to time, not always, be perceived as luminous balls of electromagnetic balls of light.
Q: Is that also responsible for some of the sounds that are left in the circles?
B: It is, in that sense, yes.
Q: Thank you, very much.
B: Thank you.
Q: The full moon this past month, can you explain what that was?
B: There is now, as we have addressed in the recent past, more sensitivity, on behalf of many of the people in your society, to collective consciousness shifts. Many of the things that occur in what you call your heavens, many of the cycles that may be represented by such things as lunar cycles, cometary cycles, planetary cycles, stellar alignments, so on and so forth, these are all reflective symbols of changes that are being made within the collective consciousness of your people and reflected by the timing of these events in what you would call the external reality. You are simply, in that sense, becoming more sensitized to the different thresholds that your society is now crossing with more rapidity as it approaches, what might be called, the leading edge of its collective accelerative consciousness, as it builds up against the threshold of the shift or the change from one understanding of reality to another understanding of reality and another set of behaviors that you are evolving towards, rapidly. Does this make some sense to you?
Q: Yes, it does.
B: It is also what you have sensed and felt in your particular attachment to this vibration. Shifts and changes that are now going on in the collective consciousness of your society with regard to allowing a bit more acceptance into the collective vibration of what, you call, the Goddess energy. Does that make some sense to you?
Q: Yes, it does.
B: And your second question?
Q: It is very unrelated. I was raised in a Mormon community and in recent years I have been wondering whether or not some of the information that was revealed in the 1830’s was actually channeled information.
B: Some of it was, but the idea is that in everything that you might call your planet mainstream religion, there is an element that exists, that is common to them all. And it is that element that all of you have had access to, through your own inspiration that is now coming to the forefront and making, shall we say, the rituals secondary to the energy itself and the relationship that is more direct to the Infinite, rather than through the idea of organization and rituals. Do you follow?
Q: Absolutely.
B: Yes, portions of that idea were received, as you would say, inspirationally. At the same time, portions of that information were actually delivered, shall we say, colloquially, by other levels of entities to some degree that presented themselves, or projected a physiological perceptible image, but again, this is true of almost every single one of your mainstream religions. And, even though there is, in your mainstream religions, no judgment intended, some distortion of some of the original information that was sent, in
that it was applied to the system that existed at the time, as best could be understood. Now a lot of those systemic structures are falling and collapsing to reveal the actual kernel and seed of the original information in its original format.

Q: Thank you.

Q: Are most or all of the detainees that get impregnated, impregnated with eggs or fetuses that are not genetically connected to them?

B: Unlikely.

Q: And it’s been reported that there’s been, associated with some of the detainees, night blindness that’s been attributed to bright lights on board some of the craft.

B: It’s more like psychological blindness, but it has to do with the nocturnal visitations and a psychological response to them, yes. It is not directly physiological, it is psychological in origin. It is a reaction to the experiences that are happening at night.

Q: Okay. In Puerto Rico there’s been reported a half...it’s been reported as half gray reptilian know as the Chupacabra, the Goat Sucker.

B: Understood.

Q: It has been reported to be able to leap 20 feet, to fly, to have wings?

B: It does not fly! It does not have wings, though it has the ability to make you think it does.

Q: And it is chameleon-like.

B: In a sense, this is what I said, it has the ability to make you think it does.

Q: Is this part of the hybrid experimentation?

B: To some degree, but not exactly, it is more indicative of a direct connection to another species and another race.

Q: And the Hopis have the Blue Star and some people have said that it was the Shoemaker-Levy 9, the comet that crashed into Jupiter, and others have said that it was the comet Hyakutaka.

B: Hyakutake.

Q: Hyakutaka?

B: Hyakutake.

Q: And others have said that it’s the one that’s coming up next year?

B: Hale-Bopp.

Q: Hale-Bopp.

B: Blue Star is an entire realm, symbolized by any such things that come from that vibration. It is not one incident, per se. You need to understand this quality about the way, what you call the Native American culture, the Hopi, see things.

Q: More holographically.
B: Yessssss
Q: Then, who are the Mermen?
B: No comment at this time. At this timing....
B: Yes, good day!
Q: Good day, nice to be back in your presence again.
B: And yours asszzzzz well.
Q: Last time we talked, we talked about the Chupracabras.
B: Yes.
Q: The Goat Sucker.
B: Yes.
Q: What is the, um....
B: We will not address a list of things that you, on your planet, have the ability to research.
Q: Okay. What does the Association call that species?
B: One moment. Deny. Did you receive that?
Q: Deny?
B: Deny, yes.
Q: And where are they from?
B: [Bashar’s (Darryl’s) teeth start to clatter loudly.]
Q: And what relation do they have to their agenda....
B: No, no, no, no, no, no, no. No, not at this time.
Q: Okay, the next topic is about the Bovine Spongiform Encephalopathy. It is said to be caused by a prion, a microscopic protein particle.
B: No, this is a triggered result of high degrees of certain combinations of toxicity within the system that this prion is thus, then created and released into the system, but it is not the causation. Do your homework.
Q: Why does the feeding of animals or humans to themselves cause this Spongiform condition?
B: As we have said, this is the introduction of a great degree of toxicity into the system. Toxicity begins with the idea of self canceling energy cycles and in the way that there are very few realms left on your planet that are free of toxicity, this is only a self-reinforcing and self-strengthening cycle of negative spirality.
Q: Okay, that answers a lot of things, because that means that its not contagious.
B: Only in the sense that there is a great degree of toxicity throughout your entire planet.
Q: Okay, and one of the issues that our population currently is facing is the assisted death and does suffering transmute negative energy?
B: It depends on how you utilize it, but not always so. It depends upon the individual, it depends upon the lessons they chose to learn by incarnating in that particular experience or choosing that experience in their life. You can use the idea in a positive way, but also, you do not have to learn those things in that methodology. It will depend upon the individual and we will not address this as a general topic.

Q: Okay, and as you scan our current president, Clinton, how do you view his overall intention?
B: Do you want this in twenty-five words or less?
Q: And who is he historically, on our planet?
B: Why did you proceed to the next question before we had finished addressing this? Are you nothing but a list of questions?
Q: No, I included that as part of the question.
B: Why, also, do you not research some of these things on your own instead of asking us?
Q: I have, and there are a lot of mixed opinions.
B: Then why not continue to research? We are not, in that sense, always the last bastion of clarity. The lesson for all of you is how to achieve clarity in your own reality.
Q: That’s true. Your perspective helps clarify a lot of situations.
B: Then my perspective is that, perhaps, the idea is that you should find your own clarity should be clarifying for you.
Q: I have a perspective on it but a lot of times the things that we get from our media and from our different sources of information...
B: Yes.
Q: ...can be distorted and, basically, dis-information.
B: We understand that but that doesn’t necessarily mean that you have to rely upon them for your sources of information. Each and every one of you is an antenna; go with your truth.
Q: Okay, and....
B: You know what is so; and it isn’t always necessary to wrap it in a particular scenario. Many of the things that you know to be so are, in a sense, sub-scenario, sub-verbal. You do not need to give them a coat of an experience to explain them; you just understand certain principles to be so. You do not have to attach a particular circumstance to it in order to make it more true. You understand?
Q: Right.
B: In other words, for example, we are not saying that this does not happen, for it has happened, here and there, on your planet but if you simply know, for example, that sometimes the idea of the structure you have created on your planet called the government, because of the way you have created it will, from time to time, not divulge certain bits of information to you. That doesn’t mean that you necessarily have to create a particular scenario and say that that scenario is true to simply know, as a truth, that they may be withholding information from you. So, sometimes the idea of certain theories of conspiracy may
not necessarily be accurately so in your physical reality for the truth to still be true that they withhold information from you. And sometimes some of the things that you ascribe to certain organizations have in fact physically happened, but not in all cases. But the point is, you know in your heart the kind of idea and life you need to live and what you need to hold as true for yourself, without necessarily always having to hear, through any particular media source or governmental representative the idea of a clothing that it needs to be dressed in to make it any more true for you as a principle. All right?

Q: I don’t really look to the government to clothe any truth for me.

B: Oh, but you do.

Q: But...

B: But you do, you do, you do ... you do this is what we are saying and what we are addressing in the idea of some of your questions, not all, but some. The idea, by needing to clarify – is what this person said true? is this what’s really going on? is this news report valid? is it accurate? is it precise? – in that sense, you are yourself falling into the whole agenda of needing information in that form at all. You know the essentials of life that are true, so why wonder if a particular story is accurate when you already understand the truth of the principle behind it. And, again, understand that we are not saying that this does not have merit from time to time; but right now we are addressing the strongest energy that we have co-created in this particular interaction, at this moment, to give you the opportunity to relax some of your need to understand some of these things in such specific terms. For the more you relax out of the need to do that, the more you will understand from an innate point of view about what is going on, and you will know you have all the information you need, even if it is not dressed in specific terms.

Q: Okay

B: Thank you.

Q: Thank you.

B: Good day.

Q: Good day, how are you?

B: Perfect and you?

Q: Great. I wanted to comment on the third absolute – what you send out comes back.

B: Yes.

Q: In relationship to unconditional – unconditionality within this realm, when we deal on a individual basis, because it appears that there are times when being unconditional is not in one's best interest.

B: How so?

Q: For instance....

B: It depends on how you are perhaps defining the concept of unconditionality. You may be confusing the concept of being unconditional with lowering your preferences. That is not what is meant by unconditionality, in terms of love. Just because a being is being unconditionally loving does not mean they compromise what their truth is for another. You understand the difference?
Q: Um...
B: Does that clarify it or is there some other idea you have going here?
Q: Well, for instance...
B: Yes.
Q: ...as you, being an example, often times you’re not unconditional with us because you obviously see that it is not in our best interest.
B: I am unconditional in the sense that what I have to share with you I absolutely do not care whether you take it to heart or not. I will share with you what I share with you because that is who I am. It is unconditional in that I make no demands in any way, shape or form that you have to buy into what it is that I am sharing with you. I think no less of you no matter what your decisions are, because I believe in you utterly, no matter what you choose to do.
Q: More in the sense of what you don’t give us. In other words, a lot of times people ask you for questions that you won’t give them answers to because it is obvious that it is not in their best interest to have that information at that time.
B: We understand that there may be, what you call, immediate conditions on the information in the conversation but that doesn’t mean that the love, in that sense, is any less conditional or unconditional.
Q: I’m not saying that it isn’t, I’m just saying that just from an observational point of view often times certain things are held back...
B: Yes.
Q: ...and there are certain conditions that have to be fulfilled.
B: But we have never said that anything else needs to be unconditional except love. Of course there are conditions on many other things, were it not so you would not be having a separate experiential physical reality. That’s the result of imposing conditions on your total self. The only thing that needs to be unconditional is love. Does that make sense?
Q: Yes
B: Does that help clarify the situation?
Q: Yes, and another subject, are you familiar with Maj. Ed Dames from Psi Tech? He was one of the people that helped Courtney Browne with remote viewing.
B: To some degree.
Q: He made a statement about the crop circles...
B: Being?
Q: ...that they were a signpost for inter-dimensional time travelers to locate time and space.
B: One moment, there is joyful laughter going on, on this side, at this comment. Not as a devaluation of the comment but just because the truth of the comment has been missed by most people that have heard it.

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Q: Then....
B: You are all the time travelers that are using them as signposts, although others are using them, to some degree, that way too. But when you phrase it the way you have phrased it in your language, and this word coming up is not meant in any way, shape or form to be judgmental, but in the more literal use of the term, the way you are phrasing it is too mundane. The idea is that it is a very multi-dimensional concept that those are being utilized as signposts by time travelers. Most of you would immediately conjure up a science fiction scenario and visualize that sentence in a very particular way that is not really representative of anything but one very thin slice of the total reality of exactly what that phrase actually means. There is truth to the phrase, but there are limitations on your people’s ability to understand how to interpret that phrase.

Q: My understanding was that when beings come from, let us say, a non temporal, non physical point of view and they come into this realm, they can scan through the different circles in the different time frames and they can locate a specific time that they want to, let us say, manifest within.
B: In some senses there is truth to this but it is more than that, it is bigger than that, it is different than that, it is other than that, and yet, at the same time that is true. But we are discussing a very small aspect in the way it can be interpreted into your language.

Q: And, Robert Morning Sky, in his latest information, talked about the Knights Templar and he also talked about the lineage of Jesus.
B: Yes.
Q: That he did not die on the cross, which I think you’ve commented on before...
B: Yes.
Q: ...and he had children. And his information now is, and there’s been an attempt on his life which he thinks is connected to the information, that one of these offspring or one of the lineage is going to come forth and that will be recognized as the Second Coming.
B: That is not the Second Coming. As we have said the Second Coming, so to speak, if you just wish to approach it from that particular terminology, is the awakening of that spirit energy within each and every one of you, or at least those that are willing to allow it to happen that way.
Q: I understand.
B: There may be signals and significance in the sense of the appearance of different individuals signaling certain timings and so forth, but it must not be, in that sense, confused that is the incident, in and of itself. They are, if they appear at all, simply the idea of reflections of the timing of an incident, not the incident itself. Make sense?
Q: Yes, and....
B: The lineage of such does still exist. It is connected to some degree to the thing that we talked, in terms of ‘the long-lived ones,’ that may begin, may, may, may, may, MAY, begin to allow themselves to be more known around your year of 2005. We will say no more at this time.

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Q: And....
B: Just to be conditional. (Audience laughter)
Q: Thank you. And the white buffalo that appeared a few years ago...
B: Yes.
Q: ...turned brown.
B: All right
Q: And a new one has been born that’s now white.
B: Yes.
Q: Is there any significance to that transformation?
B: Of course there is, I’m going to leave it to you to figure that out as your homework and relate it back to us, next time. All right?
Q: Okay. And the last area I’d like ... there’s two areas ... how is the alternative system in this area coming in place? I know you’ve said that one of the reasons for your channeling in this area and getting small groups of people together in different areas, was that you felt that was the best way to have an effect. With small groups of people getting together and spreading that energy outwards...
B: Yes.
Q: ...would have a greater effect than a large group in one specific area.
B: In certain ways, yes, it was deemed to be so. Although, again, we were simply going along with the flow of what we recognized to be the energy and consciousness dynamic of your world. Not that we need there to be an effect.
Q: Right.
B: We were simply falling into the slot that seemed most appropriate for the delivering of our particular frequency, where and when your collective consciousness had invited it in. This is where we fit, in other words.
Q: And do you see this area being aligned with the upcoming changes?
B: Can you be more specific?
Q: Can you see us transforming the old system into the new, smoothly? Or do you still see a lot of social and political upheaval?
B: There are already social and political upheavals going on in your planet right now, are there not?
Q: Well, I’m talking about the LA, Southern California area.
B: Yes, but are there still not social and political upheavals going on even in your own Los Angeles area?
Q: Yes.
B: Well? Then they will be, for a time, still side by side. There will be those that are smoothly transitioning and laying down of alternative systems and those that are going through upheaval, side by side. They are paralleling. Do you understand the difference?

Q: Yes.

B: Thank you.

Q: Thank you.

B: We will ask you to stand by ... there will now commence, in times of coming, in these communicated links that are established between you and the Sassanian ... other additional agendas that will be incorporated into these communic-AAA-tions, for a variety of reasons, that will allow for the presentation of new structures, new ideas, new formats, new individuals, new entities to share in the new forum and a new format, many different perspectives and ideas from many different kinds of civilizations. To allow more of the Association energy to be present with you in these forums and in these formats, and in these meetings. It shall be like unto the idea, perhaps, if you wish to label it in this way, of miniature council meetings where you shall be, shall we say, let in as part and parcel in the gallery of council meetings of the Association. So that you can, to some degree, hear what is going on, what is being discussed, and in some way participate in sharing your ideas of what is going on in your planet and allowing us, by interacting with each and every one of you, to gain from you and to glean from you, ideas and perspectives of how we can all better interrelate in the times to come, for the different formats that are being set up for future interactions.

We simply now make this announcement of this future agenda and this future format and forum and we thank you for the opportunity to have made the shift within our own reality and to recognize the shift within your own reality, for such formats to take place along these future lines. We extend, each and every one us, our deep appreciation to each and everyone of you, and we will resume contact at a future time of appropriate timing. We thank you and good day.

Q: I have an interest in the name Gordon Michael Scallion.

B: Yes.

Q: Rather dramatic geophysical changes....

B: Yes, we understand. Many of these original predictions have already been transformed, to some degree, by the mass-consensus. And, in fact, the service provided by the fact that certain individuals will pick up on these energies and make those predictions, is for the very service of giving the collective consciousness a chance to alter that prediction, if it so desires. Therefore, some, not all, some of those original predictions have already been transformed in other ways by the collective consciousness. So, at any moment, when you hear a prediction, allow yourself to understand something right off, as you say. Number one, the very fact that you’re hearing the prediction adds energy to the overall equation of the mass-consensus reality. And the very fact that it’s there changes the energy of the consensus reality, and may, by the very fact that it’s there, automatically render the prediction obsolete.
Saying it, in and of itself, may be for the purpose of diffusing it, you understand? Because it gives the mass-consensus the awareness that the potential energy is there to go in this direction, and if that’s not what you prefer, get in touch with what you would rather prefer and alter this energy. So, by the very fact that the announcement has been made, it puts it into the awareness of the collective consciousness for debate, and allows the collective consciousness to decide, to vote, as you say, as to how it is they really best believe they need to experience the transformation that that prediction symbolizes and represents. In all cases the predictions are usually, usually, accurately representative of the timing of a shift. But that does not necessarily mean it has to play out in the way the actual prediction was made. Some of them might, but not all of them will. And many of them have already changed to a great degree. Does this make some sense to you?

Q: Yes, thank you.
B: Does this answer your question sufficiently?
Q: You read my mind.
B: Is there some other idea you wish to discuss?
Q: Ah ... no.
B: ...the idea of the Reptiloid civilization, by being connected to many other civilizations that have that function, will often, now and then, find themselves in different time frames and you may perceive them interacting with you on different levels, from different spaces and places in space, and time as well.
Q: Right. Historically, was there a time when they were sort of impressed into service with the Orions?
B: Yes, and in many cases some of them still are.
Q: Yes ... okay. What I’m getting now, that in regard to the Grey program, the genetic program, perhaps, there is another race that’s not being spoken of, that is being created also, that evolves back into the reptilians and that....
B: There are several different things going on that have not really been spoken of too strongly, at this time, because it is not appropriate and would take away from the main agenda that it is important for your people to understand, first and foremost. But all of that will come out in time and you are sensing that there are many other branches to things going on.
Q: Yes.
B: But we can perhaps give you a little better insight as to the origination of the idea of the reptiloids, even though it was not necessarily begun at exactly the same time; perhaps even prior to the genetic alterations that took place in the creation of the humanoid form, as you understand it now. Still again, the concept of the Annunaki takes place in this, in that they utilized the genetic material of the reptilian life forms on your planet to create that race before they got around to utilizing the humanoid, or in your terms, the idea of simian life on your planet that was naturally inherent on your planet to create the humanoid life form you are now familiar with as yourselves. You understand?
Q: Yes, I do.
B: In the idea that the humanoid life, quote/unquote, ‘rebelled’ in their servitude, the idea is that the reptilian life did not. You understand? Thus they were removed mostly from your planet and continued to be utilized in service to many other beings, in that way; whereas human species were simply left to fend for itself on your planet. You understand?

Q: Yes. Are the Annunaki, Sirians?

B: Lyrans. Originally the idea from Lyra and eventually splitting off into the idea of Orion systems, Pleiadean systems, now and then in future contexts especially; some connection to Sirius energy but that is a different route altogether. Does this help you?

Q: Yes. Thank you very much.

B: Thank you.

End of tape 7.
Q: Good evening.
B: And to you, good day.
Q: Thank you, once again, to you and your civilization for this opportunity to perpetuate itself.
B: And you and yours.
Q: Last time we talked here in Vegas, I asked you about the Greys that were cut off from their society.
B: Yes.
Q: And you said that one of their situations that they run into as punishment, so to speak, is that they get cut off telepathically from the rest of the group.
B: In some senses this has occurred from time to time where rouge individuality has appeared, yes.
Q: What type of actions would determine that type of action to be taken by the collective?
B: That which at any given moment may appear contradictory to the collective agenda.
Q: And what determines when they are allowed back in?
B: It will depend upon the individual circumstance, mostly, obviously as to whether or not they come back in line with the collective agenda and, if not, perhaps, then, in a sense, not allowed back in. But each individual case may have some specific attributes that will determine whether or not this is advantageous, for in some senses sometimes the collective may feel that the individual, or what might be called the rogue consciousness, has to some degree become contaminated with vibrations that do not serve the collective agenda, and at that level it may never be allowed back in.
Q: So they can just scan the individual’s vibration and when they see that frequency not there anymore they will allow them back in.
B: Remember it is not even a matter of scanning, it is collective consciousness, they simply know – in the same way you automatically know when your little finger is hurting, they simply know when some part of their collective hive mentality is not functioning in alignment with the whole.
Q: Is there a faction of the Greys that is similar to, let us say, the hierarchy that is not following the collective momentum?
B: Yes, those are the rogue individuals.
Q: But in a positive sense?
B: Sometimes, mostly in a confused sense, since many of them do not bring with them the wherewithal to evolve completely into a completely balanced, individualized consciousness state. Some of them simply die out, some of them, in one sense of the word, go mad. Some of them will attain the idea of the balance, but may be very, very, still alien to anything you would recognize as an individual who is unto itself emotionally balanced.
Q: Thank you.
B: Thank you.
Roommates

Q: I have a question concerning one of my housemates.
B: Yes.
Q: She goes through very strong mood swings, which she attributes to PMS, and I have a question in terms of, I suppose, how to... for myself... how to deal with her incredible mood swings. And also, is there something that she could do – either in terms of meditation, or diet, or something to center...
B: Do you think she would trust her imagination to give her what she needs? Or do you think she believes in her own victimhood more?
Q: She’s slowing learning to trust her imagination, but she’s still...
B: All right. Is she doing what excites her the most in life?
Q: Not at all.
B: Perhaps any frustration that she has may stem from that.
Q: I’m sure it does.
B: Then you can suggest that if she is willing to trust it, doing what excites her will support her and sustain her – rejuvenate her.
Q: Okay. I had another question in terms of my relationship with her: we seem to create a very chaotic energy, and things are breaking all the time, and...
B: Perhaps when you do not impose so many limitations, then the walls and the objects in your reality will not be within striking distance, nor need to be broken to allow you to stretch beyond – to feel as if you have room to move, without everything being so fragile.
You are simply recognizing the interconnectedness of everything, but you are still recognizing it with some degree of fear, negativity. You think that because everything is close at hand and interconnected, then that means that one thing can affect another in a negative way very easily – and of course if you believe that, it can.
One thing will always lead to, and connect to, another. And if you believe the idea to be fragile to begin with, then it will be no surprise that one broken energy will allow another energy to reflect itself in that state. But if you recognize that the interconnectedness of everything is what allows it to be strong, then you can EXPAND IT to infinite depths and it will never weaken, it will never become thin, it will never break, it will never become uncohesive.
You do not need to have everything, so to speak, right in front of your analytical scrutiny in order to feel that you have a handle on it. Because then there is so much focus, so much pressure, that it crushes the idea before you. Are you following this?
Q: All right. To some extent.
B: We recognize it is, in your terms, metaphorical: but we are sensing an energy dance, an energy orchestration. You are pivoting and pirouetting around each other as polarity reflections. The idea
simply can be that if you are willing to look at the reflections in each other and allow them to be of service, then you do not have to allow the mirrors, that you are, to break. You do not have to be shattered by the reflections you receive from each other.

Q: Are the reflections that we’re receiving the negative, the negativity or . . .

B: Some of it can be. If you are willing to recognize all the reflections as positive, however, you need not have any negative effect or experience from your perception of them.

In a sense, the idea can be likened unto what some individuals will do remotely – what you call poltergeist phenomena. Where there are the flying around of objects and the breaking of objects, 99.9% of the time, as you would say, it is actually an extension of the individual’s energy, not another consciousness.

So in this way, all the fragility, the breaking of things, is simply one more reflection of energy that you are not dealing with that goes into the breaking down of the symbols in your reality. Now this can have a positive meaning, you can allow the breaking asunder of the symbols to also mean that you do not need some, or any symbols.

So you do not have to look for so many symbols, in an analytical sense, in order to understand each other, you can have direct knowing, direct feeling of each other. You do not have to act through many symbols, which are only your illusionary projections and may not be strong enough to contain the energy that you are.

They will break apart if you try to imbue the symbols around you with the power for allowing you to understand the situation you are in. For the understanding must always come back to you. The symbols around you breaking, may be an inherent belief which you have within yourself that to take all that power within yourself would destroy you.

But you do not have to fear that. You are infinite, you are indestructible. And it will not feel like pressure if you are willing to accept the reflections within each other as positive messages, positive sharings, positive interactions. And be willing – be willing – to state whom you are without having to accuse the other individual. Be willing to state who you are; strengthen yourself; stand up for yourself.

Share with them your viewpoints as to how they may – not that they have to – but how they may be able to allow themselves to regain their own self-empowerment, their own strength. Allow them to know that they can do what excites them, and you can do what excites you. And then together, you will reflect and parallel each other’s strength in your excitement, in your ecstasy, in your sharing. You follow me?

Q: Yes, I do.

B: Thank you very much.

Q: Thank you.
**Root Races**

Q: On our planet we have...usually they talk about five races, but I’ve also read a lot about the seven root races...

B: Yes.

Q: you give an explanation of exactly how many races there are, and what exactly that means?

B: There were, what is called, seven root races, which was representative of seven different genetic patterns, which were utilized to formulate the basis of the human species on earth, physiologically. Taking from some of the initial stock of the being which evolved naturally upon the planet and adding to that stock, that being, that creature, if you wish to call it such, the different genetic patterns of different civilizations, extraterrestrial in nature, to form a proper vehicle for attachment of the soul.

There were the seven basic root races, five of which are apparent on your planet. And in ancient times, two others which were recognized by blue tints to the skin in Lemurian times, and also those which would be a little be more of what might be called whitish, white, white, white skin, some of which had flaming red hair, in that sense, as you call the color, and a variety of other hues which is not seen exactly in much the same way as some of the Caucasian races on your planet now. But was something quite a bit different.

These formed the basis for some of the genetic and evolutionary patterns that took off from that point on your planet. Some of them have been absorbed into the admixtures that exist upon your planet now. With the exception of the genetic quality, to a great degree, of the blue tinted race, you have representation of all six of the other genetic strains upon your planet at this time. There are a few, very few, very few recessive genetic traits of the blue tinted race still intermingled in the entire genetic pool on your planet. But you do not really see so much the idea of this adventing itself outwardly in your species. You follow along?

Q: Yes. Does that include the races that are supposedly in the interior of the earth?

B: No. No. No. No. Not really, not at all. We are not discussing that issue in this particular mention of the seven root races. This has to do with the perpetuation of the species on the surface of your planet, in your particular dimension. It doesn’t have anything really to do really with those inter-dimensional beings that exist in other dimensions that you perceive to be inside your earth, but which, of course, as we say, exist in other dimensional vibratory planes. There is some intermingling on a spirit level, on an energy level, on an etheric level, with regard to the other races, but not really genetically.

Q: Do the seven original races have names?

B: One moment...we will work during the course of this interaction to translate the original root words into your language sounds. But right now we will allow this to rest, until such time as this information has been processed and can be brought through, for it is unlike your languages now and really was, to some degree, telepathic in nature, but did have synchronous sounds that went with it, but not really as you understand language as such.
Q: Can it be broken into colors?
B: Yes. It can be represented of the spectrum to some degree, but not absolutely literally across the board, as you say.
Q: The last thing on this subject: I heard that the seventh root race would be recognized, specifically, in the Peruvian area with a violet tinge to their aura, is this true?
B: Yes. This is the remnant that exists in etheric state that you carry around, and certain people exemplify it, or express it more than others. Because of the blue tint race, it appears blue in the skin, but it will appear violet in the aura. You understand?
Q: Yes.
B: And is, to some degree, connected to those that you call indigenous native Americans, for it was very similar to the root race of Lemuria, in that sense.
Q: So there is not a linear progression of incarnation as far as the root races? They all sort of seeded at the same time?
B: Yes.
Q: Thank you very much.
B: Thank you.
Rotational Speeds And Transformational Incarnations

Q: On the mechanics of the space shuttle, you talked one time about something rotating at 2-1/2 times the rotational rate of the Earth – and that would be a very slow rotation.
B: Yes.
Q: About once every eight hours, because . . .

B: No. No-no-no-no-no-no. Understand that what is being described is a rotation approximately for your own planet of 2300 times per your minute.

Q: 2300 times a minute.

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

Q: Yes.
B: In revolutions per minute it will be that number representative of 2-1/3 times the rotational speed per your hour. 1000, in terms of your miles.
Q: 1000 miles per hour? You mean the surface of the Earth goes 1000 miles per hour?
B: Yes.

Q: Okay, so the outside of the device has to go 2300 miles per hour.

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

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

Q: I think I do. Would it be a good idea to experiment with rotating vectors of 2300...

B: Yes. Question.

Q: There is a belief among some people that there is a planet called Markab, and people called Markabians, who, the belief goes, are interfering with Earth’s – or manipulating Earth’s affairs of different sorts – in order to bring Earth into some kind of Confederation. And they would be our sponsor, or something like that. Do you know anything about that?

B: All right. Now, allow me to say: what you are perceiving, what those individuals are perceiving at this time, is simply a variation of your own consciousness relating to an incident which took place within your particular solar system many millions of your years ago. And as such understand that there will be identification within many of the beings upon your planet at this time, as they have now allowed themselves to be here, in a sense incarnated among you as your own people, understanding themselves to be your own people.

But understand there will be that drive of connection to simply recreate to a degree much of the negativity that occurred during the occurrence of the destruction of their own civilization. And as such you will find there will be acting out, working out, the idea so that they may come into tune with the cycle now prevalent upon your planet of in a sense forming a transformation along more positive lines. They will not influence you against your belief system in allowing yourself to be influenced in a negative way. Again understand there are no victims. You cannot be controlled except as you agree to be. You follow me?

Q: Yes, I do. Thanks.

1
RSVP
10-20-01
Part 1
Notes
He asks everyone to set aside their expectations and assumptions about what they expected from their communications. And they have a very specific agenda for the evening. He has his reasons but does not specify.

He reminds us that he had commented in 1999 that there was a 97% chance of a terrorist strike in NYC. At that time the energy was dark enough to have been a Nuclear strike, but had been reduced down to the airplane strikes.

Because of the terrorist strikes we now have come to fruition and have past on to the other side of a specific energy threshold, hence their agenda to communicate again.

Since time is meaningless to them, 1997, the time of the last channeling, is like a minute ago to them. They needed the shift to reconnect with the channeling. No specifics were given.

He extends, to all, membership in his Association of Worlds, Interstellar Alliance, Federation, whatever we which to call it, it doesn’t matter to them.

Interaction with their consciousness was necessary before such time as a more physiological interaction between our respective worlds. And then we will become a recognized member of the Association. They wish to help us in our next step of our evolution. We are welcome to continue our association with their Association. We are at this point “honorary members.” We don’t quite yet have a vote. Except the most important one, which is the vote for our planet.

He reminds us that the things he discusses with us have a PURPOSE which isn’t always apparent on the surface. The words they choose have more than the meaning coming from the words coming out of the channels mouth. While they talk about one thing there are many other things going on on many different levels being delivered.

They invite us to a different place than most of us have been on in the past couple of weeks.

This is not so much about who did what to whom and why, or what is going to happen now. This is about taking stock & responsibility of whom you are; this is about ENGAGING each other, into more action and activity. In order to act more like the members of the Alliance. We are honorary member of the Association and the Alliance by our participation.

There are things to say and do without pushing or demanding, but with love. Remember to act with body, mind and spirit. The greatest power requires the lightest touch.

If you find a lack of receptivity, MOVE ON, move around or under. Flow over, flow through like water. Ask with love.

Title of communication is RSVP, because it is an invitation to RESPOND. Respond, not react, but respond. Which is the root of responsibly, your ability to respond.
We have an unprecedented opportunity in the collective energy, look at what is happening, look at the unification. Also very crucial is that our culture has been taken by surprise. We are still very much in a state of shock and surprise, bewilderment, amazement and wonderment. One of the main reasons for the current interaction is because our culture is like clay. Our rigidity has gone out of us. There are still rigid reaction but this is a fragmentation. It signifies, like bones in a body, some time to change. We are now open, we are ringing like bells. And they can hear and feel it. And that is why it is necessary for them to respond NOW. This state will last for a little while, perhaps for the remainder of our year. It is a precious and important time in our society for change and action in word and deed.

There will be a sense of wondering, and questioning who we are, why we are here. Just put you out there and act, be and do. Show love, allowance, helpfulness, relationship. There is only one thing and it is all of us. Creating different notes and an orchestration of allowance.

Destruction is not power. It is easy to destroy. That’s because it takes no power. Power is in creation, relationship and unity. It takes no power to destroy that’s why anyone can do it. And it is easy and quick. Create and bond together a foundation that will be unbreakable across the planet. Teach through action, not through you must know this or else you are not one of us. Not that. That is not teaching, it is only fear that what you say you believe in might not be so.

Look to stories, myths and legions. One of the strongest in our society is Star Trek. It reflects certain things about us, and there is no accident about the timing of the episodes, they have actually used it many times to see the reflections going on on all levels of our society. Look where the new Star Trek is going, all new. The same thing is happening in our society. Pay attention to all the reflective mirrors in society.
Sai Baba

Q: Yes. Are you familiar with the individual on our planet that is called Sai Baba?
B: Yes.
Q: When he materializes things out of the void, they sometimes seem to be artifacts that come from...that are manufactured...
B: Yes.
Q: ...in time and space.
B: This is called following the path of least resistance. You understand?
Q: Yes.
B: In other words, there is an etheric template in which things can be duplicated exactly as they have already been manufactured upon your planet, because they came from the etheric template to begin with. The etheric template can be utilized to teleport objects that have been manufactured already on your planet. So there is a variety of effects that are happening with regard to that particular individual. Sometimes they are manufacturings of duplication, sometimes they are teleportations of already manufactured objects. Sometimes they are being created from the raw etheric template state, according to the intent of that individual. There are a variety of effects that are happening to create those particular objects to be at particular location at that particular time. Make sense?
Q: Yes.
B: The conduit takes the path of least resistance.
Q: Is he in conscious control of exactly the manifestations that come forth? Or is it...
B: To some degree, yes, but not necessarily which route shall be taken. This he simply leaves up to his allowance of the path of least resistance.
Q: So does he actually, consciously, let’s say, bring forth a watch or a ring?
B: Not always. Sometimes the intent is clearly there, sometimes there is just the allowance for the proper object that serves the symbolic gesture for the best of all concerned.
Q: And then it just manifests?
B: Yes.
Q: So what exactly is the ash that falls?
B: This is what might be called raw material, raw etheric energy coming into primordial physiological structure without cohesiveness in the sense of a crystalline identity. It is what might be simply called the background substance. What used to be called, to some degree, ectoplasmic substance, but in this case it has presented itself in the form that you recognize as ash. It is raw etheric.
Q: Does it have a tachionic quality to it?
B: All things do.

Q: I mean in the sense that, like silicone and crystal and . . .

Q2: Like why is it good to eat? They put it on their tongue and their third eye.

B: This is similar to what was called Manna. You understand? It is that direct etheric effluvium that is constructed in the four basic elements that are the primary building blocks of all of your physical reality. You understand? The carbon and the nitrogen and the oxygen in this sense, plus, also, sometimes there are the ideas of the hydrogen and sometimes the trace elements of the silicones.

Q2: What does it do when you use it? Is it just like a ritual, or does it actually have an effect?

B: It can have an effect; again, it will depend upon the intent of the individual absorbing the material. It can be utilized in a variety of ways. Those of higher vibratory nature can allow there to be a complete energy transference, and it will energize them greatly. Other individuals may simple find that it will have one particular very specific focus for them, or other individuals may not find an effect at all. It will depend upon the state of the individual receiving it as much as it depends upon the state of the substance and the individual creating it.

Q2: I mean are there specific . . . I don’t know enough about what it can do to put that focus, on the highest possible thing that I could have some, and I . . .

B: All right. Look at it this way. Look at it as the basic plasmoid substance of all physical reality so that it is a transmutable element, so that when taken inside it will transmute into whatever it needs to do, whatever it needs to replace, whatever is missing it will fill.

Q2: Like, replace my missing parts and part of my structure and my DNA.

B: Yes. Yes.

Q1: What is the closest physiological substance that we have in our society that can carry that function off?

B: Water.

Q1: Mineralized water?

B: Yes. To some degree and sometimes not even mineralized, just water, oxygen. Sometimes by itself, depends again on the state, but primarily, water. Sometimes with certain silicones contained therein.

Q1: Thank you.

B: Thank you.

Sai Baba
Santa Fe / Sedona Energy

Q: I know someone who lives here and feels that the energy of Santa Fe is so powerful that he wants to leave every six weeks in order to be able to stay here.

B: Some people will have this kind of cyclic build up within themselves, they are like human capacitors that build up a certain charge of energy and then must go and discharge it somewhere else. This is not uncommon on your planet, there are many vortexes that are actually designed to do exactly this: to build up a certain idea and then allow them to discharge it in a certain way, sometimes involving actually moving out of the area in order to do so.

Sedona is another such energy center of build up and discharge.

It is a very uniquely polarized center in that it amplifies whatever you specifically bring with you into that area – negative or positive. Now Santa Fe is a little more forgiving, now it is a little bit softer, but yet, it is still uniquely connected to that same build up and discharge pattern in general. So, some people will simply find that that is a pattern that they are flowing with, it is not necessarily in and of itself, a negative thing, it is just the way they have designed themselves right now to handle the build up of energy.
**Santa Fe as a Frequency Doorway**

Q: What is there about this area of Santa Fe, the frequency that makes me, and I would assume other people, see things more clearly.

B: As we have described before when communicating with individuals in your Santa Fe area, your Santa Fe area is quite unique in its resonance pattern, in that it represents – as do a few, a few other areas on your planet – it represents a very specific kind of gateway, a doorway that is precisely vibrationally replicated on many, many other planets and other civilizations. In other words, there is an equivalent frequency of Santa Fe on other worlds. So that those doorways are connected very strongly to other places, other times, other dimensions, other spaces in a very specific vibrational way – a very strong doorway in that sense. Make sense?

Q: What is the advantage of this kind of connection?

B: The advantage of this connection is that you have the ability to specifically access information that is pertinent and germane to some of those other civilizations and dimensions of experience, by being immersed into the vibration of Santa Fe, more easily than you might by being immersed in the vibrational vortex of some other location on your planet. It is like dialing the correct number, rather for a particular home and a particular person, rather than just a general area.

Q: Conversely was that Los Alamos was put where it was...

B: Yes, although this was what you might call an unconscious sensing. It was recognized that the area was conducive to frequencies where an access could be had to certain forms of knowledge that have to do with high understandings of energy and extraterrestrial and ultra-dimensional formats, past, present and future. It all comes together in this particular kind of gateway vibration. It is an informational matrix, so to speak, of a very specific order.

What you will generally find when you find yourself so... will be that, as you explore your bandwidths and come across the particular vibrational signature that represents your unique interpretation of the Santa Fe energy, you will find that there will be a pen pal on the other side.
BASHAR:  
"Sassani Assistance"  
Venice Beach, CA  
8-28-97

Q: You said there were some other crafts hovering with your ship above Cairo?
B: No, no, no I am the only one from my civilization above Cairo, as you would understand it, directly. The other three ships are at different positions around your planet, together forming a tetrahedral structure, in a sense. Do you follow?
Q: Right, okay, but what I was curious about was what civilization they might be from?
B: The others in the tetrahedron are from my civilization. There are others from other civilizations forming other kinds of relationship structures to your planet, but all four ships including mine, in the tetrahedral structure I spoke of, are from my civilization.
Q: Okay, so there are other ships from other civilizations that are in conjunction with you adjusting this energy?
B: Yes, helping with you.
Q: Okay, because we asked for this assistance?
B: Yes, but you are also playing your part, we are not doing it for you. We are acting as catalysts, and by definition, a catalyst is something that allows a reaction or a response to happen but doesn’t actually directly participate in it; but its presence is necessary for the thing to happen.
B: At this time we must allow their to be adjustments that are made; we must allow there to be a compaction of space-time. We thank you for your sharing of this time and extend to each and every one of you, that upcoming now within what you call the next span of time that you call weeks ahead, in the next month or so, or two, or three much shifting, much acceleration, as you create the new link and the new bridge to your new orbit, your new orbit coming up. Many different things will now begin to accelerate; we will help regulate what we can. You will find much will be opening and much more information will be revealing itself. Stay within the vibration that you know is your truth and you will automatically attract yourself and magnetize yourself to those bits and pieces of information and those doorways and gateways of information that are germane and relevant for what it is you need to know to continue to expand in the direction of being yourself. It is this degree of commitment and conviction that is necessary now for you to live your truth and experience the reality that you truly prefer. We thank you for this exchange in allowing us now to co-create with you this transmission through this gateway and this window at this time. And we will for quite some time now in terms of your counting of months, be literally, physically in our ship in proximity to your planet along with several other members of our species to help assist with the regulation of some of the frequencies that you will now be creating and experiencing in your collective consciousness. We thank you for this opportunity and this sharing to become more intimate with each and every one of you, individually and collectively, and to each and everyone of you our unconditional love and a fond, exciting and creative/active good day.

Venice Beach. CA
8-28-97

Q: I had a dream and I was standing out on a country road all by myself looking up at the moon.
B: Yes, what phase?
Q: Full moon, I thought it was the moon then I noticed, I realized then, it was a spaceship, it wasn’t the moon. As soon as I realized that, it zoomed toward me and a number of spaceships were flying around sort of like a scene out of Close Encounters. When I saw all these spaceships I remembered the last time you spoke to us when you said, ‘you were physically coming to this planet to do some work’....
B: Our ship is still in proximity to your world and your dimension at this time. I am approximately what you would call three-thousand of your miles above what you term the area Cairo.
Q: What are you doing there?
B: Speaking to you at the moment, but in general, you will find that, as we explained, a certain kind of assistance was required that four of our space crafts, in conjunction with other spacecraft and other portions of your collective consciousness on your planet, form a kind of geometric grid to aid and assist in the balancing and the flow of certain kinds of electromagnetheric energies on your planet at this time to help balance and smooth out certain shifts that are going on within the next month to three months of your time. Do you follow?
Q: Not really ... what shifts are you referring to? ..

B: There are energy shifts that can be manifested in a variety of physical ways, but we are aiding and assisting in helping each and every one of you make the determination for allowing the flow of energies in the accelerations that are occurring now to manifest in the most constructive, smoothest, fluid creative ways possible. So we are acting, in a sense, as balancing mechanisms. Do you follow? We are not doing it for you but we are assisting you in learning how to balance by forming geometric grids that allow the energy to be better focused. Does that make sense to you? ..

Q: I’m not sure. Are you talking about preventing earthquakes, for example?

B: I didn’t say that but if you find that there is that kind of energy within the potential of the collective consciousness then should it serve you that the earthquake come to pass, the energy will flow in that direction. Should it serve you that it does not, then we will aid and assist the energy to flow in that direction. It is not the determination specifically of the outcome; say, that the earthquake is either good or bad, but that we aid and assist in the flow and collection of the acceleration of your energy for what really will be of best service to all concerned. That does not always determine what the outcome itself would actually be, in that sense, but only that you know that whatever it is, we have done our best to assist you in helping you amplify the direction that would serve the best of all concerned. Does that make more sense to you?

Q: Yes, but I’m wondering how you determine...what this...I mean is it?

B: We sensed the amplification in the collective consciousness of your world and sensed an opportunity to assist you in this through an invitation that came from the collective consciousness. Does that make sense to you? In other words, to put it in what you would call pragmatic terms in your language, the collective consciousness of your people sense that it was about to go through an accelerative growth spurt. It sensed that it was about to have certain training wheels removed. It asked us to assist in maintaining balance until it got used to maintaining the balance itself. We said yes, we will help you with this. We cannot do it for you; you must still maintain the balance, but we will help guide you in helping give our energy to help you have a calibration mechanism to understand what energy, what vibration and what frequency is representative of staying in balance with the flow, so that it can be put to the best possible use and what frequencies, and what vibrations, and what situations are representative of being out of balance so that you will have a calibration system and a guiding system to maintain the balance within a certain frequency range. Does that make more sense to you?

Q: Yes.

B: Does that help address your question?

Q: Yes it does.

VENICE BEACH
8-28-97 ..

Q: You said there were some other crafts hovering with your ship above Cairo?..
B: No, no, no I am the only one from my civilization above Cairo as you would understand it directly. The other three ships are at different positions around your planet together forming a tetrahedral structure, in a sense. Do you follow?

Q: Right, okay, but what I was curious about was what civilization they might be from?

B: The others in the tetrahedron are from my civilization. There are others from other civilizations forming other kinds of relationship structures to your planet, but all four ships including mine, in the tetrahedral structure I spoke of, are from my civilization.

Q: Okay, so there are other ships from other civilizations that are in conjunction with you adjusting this energy?

B: Yes, helping with you.

Q: Okay, because we ask for this assistance?

B: Yes, but you are also playing your part, we are not doing it for you. We are acting as catalysts, and by definition, a catalyst is something that allows a reaction or a response to happen but doesn’t actually directly participate in it, but its presence is necessary for the thing to happen.

Canoga Park, CA.
8-29-97

Q: You had said last time that there were some things that were going to be increasing in activity over the next few months and this is why you shifted....

B: Yes, this is one of the things that we are aiding and assisting your collective consciousness in the balancing and the flow of, yes.

Q: Can you give us....

B: No, no, no.

Q: Thank you Bashar.

B: Thank you.

Altadena CA.
8-30-97

Q: Are you in your ship currently in the earth vicinity?

B: Yes, I am as I have said about three-thousand of your miles above the area you call Cairo.

Q: Would it be appropriate to ask you if you could come here right now and we can see the ship?

B: It is always appropriate for you to ask me anything. It is not appropriate for me to move from the tetrahedral structure that I and my other three companionships have created. We cannot move from the structure right now for the job that we are doing.

Q: What does Cairo have to do with the future coming up in these next three months?

B: It has to do with being one of the major energy balance points on your planet and thus it is an easy place to help balance some of the energy shifts. It would be similar to me asking you why would you be
in the cockpit if you want to fly the plane? Because that is where all the controls are, because that is easier. You follow? So that area contains certain kinds of energy that make the job we are doing easier.

Q: You have been alluding to things happening in the next three or four months very rapidly.
B: Yes I have.
Q: Can you talk about them?
B: No, no I can’t.
Q: How about the stock market? Can you say anything about that?
B: I can say this: put your stock in yourself. Whatever interpretation you wish to take from that?
Q: Thank you very much.
B: Does this help you?
Q: Yes
Altadena CA.
8-30-97
Q: Continuing a little bit on that same line- where are the other ships around the earth?
B: They are positioned approximately over an area that you understand as central China or Tibet. They are positioned approximately over an area you call Peru. They are positioned approximately over an area that you call your ocean. You follow?
Q: Yes,
B: So in that then you have the idea of your Egypt, your China, your Peru and an area of your ocean. It is not what you would understand to be exactly geometrically tetrahedral but energetically it is. Do you follow?
Q: Yes, are different shapes like the tetrahedron, like the three-sided pyramid, the four-sided pyramid and the double tetrahedron are these shapes applicable only for, say, earth? To mean....
B: Of course not, they are in that sense universal.
Q: Universal.
B: Yes.
Q: So that the tetrahedron is the energy of balance?
B: It is one of the energies of balance. There are many energies of balance symbolized by other forms as well but it carries certain characteristics that provide balance in a fundamental or foundational sense. Since the tetrahedron is the first three-dimensional geometric form.
Q: I see.
B: The simplest and thus it provides a stabilizing foundational influence, in that sense.
Q: Because in the crop circles in England this year, some phenomenal ones were double tetrahedron.
B: Yes, you are beginning to understand now how some of the connection between what is appearing in those crop fields and why we have taken this tetrahedron form at this time of energy acceleration and shifting. You are seeing yourself talking to yourself through these crop circles, your higher consciousness talking to the individual consciousness on your planet, and are beginning to understand the shapes that your consciousness is taking with regard to how you are ... positioning yourselves and positioning the energies of your planet to allow transitions and transformations to take place in a smoother fashion.

Q: Does the collective unconscious have a particular shape or does that change?

B: It changes. It will depend on your relationship to it at any given moment. It has many particular shapes, but again as we have said: one of the most powerful connective tools you can use, one of the most fundamental that would allow you to connect to almost any dimension of energy and consciousness, will be that shape of the double tetrahedron interpenetrating, rotating clockwise and counterclockwise like a three dimensional Star of David. One tetrahedron pointing up, one tetrahedron pointing down interpenetrating each other, and one rotating one way and the other rotating the other way. If you can hold onto this shape in your mind and visualize it or create an animation, if you wish, so that you can see it out in front of you or in some fashion so that you can see this double rotational, double tetrahedral structure, it will actually act to help give you more capability to unlock other dimensional accesses. It is one of the primary key shapes, one of the primary keys that unlocks access to other dimensional realms. You follow?

Q: Yes.

B: Does this help you?

Q: Yes, here is information about the Arcturus energy is it a transitional energy?

B: It is a gateway energy as we have said from time to time that forms the primary function in relationship to your world of acting to help, shall we say, instill the original pattern so that you do not forget as much of who you are as you have in the past. Does that make sense to you? It helps you recognize yourself. That is its functional relationship to your reality. That’s why children being born now upon your planet are in a sense being subjected to the vibration of what is called the Arcturus Gate so that after they are born they will not necessarily be so susceptible to your society’s belief systems and will not forget as easily who they actually are as aspects of creation. So their original cell is more strongly asserted within them as a pattern, less likely to drift or deviate. You follow?

Q: Yes.

B: Does that help you?

Q: Yes, thank you.

B: Thank you.

Q: And, I thank them.

Q: Would it be possible after you are finished with the tetrahedron energetic coordinating that you are...
doing to make an arrangement to see your ship? For all of us to maybe convene at a vortex such as this?
I understand that it is very difficult to....
B: It is not difficult. It simply has to do with the appropriateness of the timing–anything is possible.
Q: Right.
B: Yes it is possible, we will not know until the tetrahedron is broken as to whether it will be probable.
Q: When will the tetrahedron be broken?
B: We don’t know because we are taking our cue from your collective consciousness–as we go. We’re riding the wave of your reality here, we are only acting as a slightly catalytic stabilizing influence. We are not directing anything. We are taking our cue from your collective consciousness. So you tell us: when will the tetrahedron be broken?>
Q: .... No answer.
B: You don’t have to answer right now.
Q: Good much laughter.
B: However, I’ll promise you this–I’ll keep it in mind, so that when the tetrahedron breaks, I will make that, in your honor, the first order of business to discuss with everyone else. That much I can promise you. I can put it, as you say, on the table even though I don’t have one in my ship. Do you follow?
Q: I do.
B: All right, I will keep you posted.
Q: I had a dream, and I was standing out on a country road all by myself looking up at the moon.
B: Yes, what phase?
Q: Full moon, I thought it was the moon, then I noticed, I realized then, it was a spaceship, it wasn’t the moon. As soon as I realized that, it zoomed toward me and a number of spaceships were flying around, sort of, like a scene out of Close Encounters. When I saw all these spaceships, I remembered the last time you spoke to us when you said you were physically coming to this planet to do some work.
B: Our ship is still in proximity to your world and your dimension, at this time. I am approximately, what you would call, three-thousand of your miles above, what you term, the area Cairo.
Q: What are you doing there?
B: Speaking to you at the moment, but in general, you will find that, as we explained, a certain kind of assistance was required that four of our space crafts, in conjunction with other spacecraft and other portions of your collective consciousness on your planet, form a kind of geometric grid, to aid and assist in the balancing and the flow of certain kinds of electromagnetheric energies on your planet at this time, to help balance and smooth out certain shifts that are going on within the next month to three months of your time. Do you follow?
Q: Not really ... what shifts are you referring to?
B: There are energy shifts that can be manifested in a variety of physical ways, but we are aiding and assisting in helping each and every one of you make the determination for allowing the flow of energies in the accelerations that are occurring now to manifest in the most constructive, smoothest, fluid, creative ways possible. So we are acting, in a sense, as balancing mechanisms. Do you follow? We are not doing it for you but we are assisting you in learning how to balance, by forming geometric grids that allow the energy to be better focused. Does that make sense to you?
Q: I’m not sure. Are you talking about preventing earthquakes, for example?
B: I didn’t say that, but if you find that there is that kind of energy within the potential of the collective consciousness, then should it serve you that the earthquake comes to pass, the energy will flow in that direction. Should it serve you that it does not, then we will aid and assist the energy to flow in that direction. It is not the determination specifically of the outcome; say, that the earthquake is either good or bad, but that we aid and assist in the flow and collection of the acceleration of your energy for what really will be of best service to all concerned. That does not always determine what the outcome itself would actually be, in that sense, but only that you know that whatever it is, we have done our best to assist you in helping you amplify the direction that would serve the best of all concerned. Does that make more sense to you?
Q: Yes, but I’m wondering how you determine...what this...I mean is it?
B: We sensed the amplification in the collective consciousness of your world and sensed an opportunity to assist you in this through an invitation that came from the collective consciousness. Does that make sense to you? In other words, to put it in what you would call pragmatic terms in your language, the collective consciousness of your people sensed that it was about to go through an accelerative growth spurt. It sensed that it was about to have certain training wheels removed. It asked us to assist in maintaining balance until it got used to maintaining the balance itself. We said yes, we will help you with this. We cannot do it for you; you must still maintain the balance, but we will help guide you in helping give our energy to help you have a calibration mechanism to understand what energy, what vibration and what frequency is representative of staying in balance with the flow, so that it can be put to the best possible use. And what frequencies, and what vibrations, and what situations are representative of being out of balance, so that you will have a calibration system and a guiding system to maintain the balance within a certain frequency range. Does that make more sense to you?
Q: Yes..
B: Does that help address your question?
Q: Yes, it does.
Sassani Life Span
Circa 1986
Q: How old are you?
B: In your terminology, approximately 158; in my terminology, approximately 137. That is the difference in our time frame.
Q: I have one more question. Do you ever die?
B: Yes. In your terms, we can physiologically leave, quote/unquote, the body, approximately around, what you would call, the age of 300. But when we leave the body, it is not through the idea you call age or disease or suffering, it is simply the timing to go on, to go elsewhere, and to expand in other ways. And the physiological body converts instantaneously back into the energy of the world that it was created from. There is no decay in that sense – except in what you might call a very rapid form.
Q: But do people reincarnate in your civilization?
B: Yes.
Q: With a choice?
B: Of course. So do you, always. Does that answer your question?
Q: Yes, it does.
B: Thank you very much.
Q: I have a question about the planet Saturn.
B: Yes.
Q: In our Astrology, Saturn rules structure.
B: To some degree.
Q: And I’m wondering if our understanding of structure is really clear. I have some kind... I seem to have a conflict about freedom, and play, and structure...
B: All right.
Q: ... within myself.
B: All right.
Q: And I think sometimes, well, my moon being in Capricorn, ruled by Saturn, that emotionally I’m tied to structure. I don’t know... I’m just wondering what...
B: All right. First of all, recognize that you have made the choices to associate yourself with this type of idea, this type of energy. You are not literally *ruled* by anything but you. Do you follow me?
Q: Right.
B: The choices you make will be the reality you experience. Now, the idea, the metaphor, the representational idea of a portion of your energy that is represented by Saturn, is the type of structure that simply indicates the different styles or patterns that are available to you in this particular Earth reality for you to use, to learn what you need to learn.

It does not mean that you are rigidly fixed into a specific pattern; it means that you have before you, let us say, a platter of various choices. Each and every one of those choices will be indicative of the general overall structure that represents living in what you call, Earth plane reality, third density. But there is a wide range of freedom as to how to experience that particular reality.

Saturn is simply the focus portion of the overall consciousness that creates the overall Solar System in which you exist, that represents itself in the form you would call the Council. The Council is simply a portion of the overall consciousness of the entire being that your Solar System is, that represents an awareness of the holographic patterns that are available for you to choose from to live the different styles of physical life that you wish to live. This is the structure you are sensing. Do you follow me, so far?
Q: Well, sort of... not completely.
B: All right. Let us put it this way: look at consciousness as a valve, all right?
Q: All right.
B: Assume that there is a large quantity of homogenous energy, of no particular pattern or structure in the universe. All right?
Q: Well...
B: Yes, no, maybe? (AUD: laughter)
Q: Yes.
B: All right. Allow yourself to think of your particular Solar System with your planet Earth, your sun, your planets around your sun, including Saturn, to be valves, gateways, that allow that homogenous energy to be translated in a certain way that will be representative of a certain environment that you as an individual consciousness wish to experience.

So you set up this environment by creating different valves that will allow the homogenous energy of creation to be translated in specific formats. This valve will, let us say, allow the energy to flow through itself, and when it comes out of that valve – or let us say, when the white light of the homogenous energy comes through the prism of Saturn, so to speak – it will then break down the white light into the spectrum, the specific spectrum, that represents this pattern, the flow, the spectrum, that represents the overall rules by which this system will function.

Now, there are many other valves that will create different let us say, attitudes, different biases of that energy, different perspectives, different flows of that energy. But what you call Saturn is your portion of the overall consciousness that represents the regulation of the flow of patterns, the flow of choices, which you can experience in this particular Solar System. It is an energy gate. A physical planet, in that sense, is only a symbol for an energy gate. Is this making any sense?

Q: I think so.
B: Therefore, when you choose the timing when you as a non-physical being will enter into this particular scenario, you then take upon yourself, to some degree, the representational patterns that are going on at that time – all the energy patterns of relationships going on between the different energy gates. And you solidify that pattern into your energy, as your energy, as the representational individual that you are.

And so you say, well, this planet rules me – because I injected myself into this physical matrix when such and such an energy, through this valve, was interacting with all the other valves, in exactly the way it would have to, to create me to be the individual representation of energy that I am.

Q: Okay.

B: Now, that is still very malleable once you begin that life. You can fluctuate it to a great degree. You have much range of freedom. But you will still carry the original imprint of your choice of entering the game at that particular time. You will still carry the original “congealment” of that energy in your solid form. Do you follow me?

Q: Right. Yes, I do.
B: Does this assist you?
Q: Yes.
B: Anything else is up to you. You have the freedom as a physical consciousness to arrange that idea, to arrange that pattern, and create whatever experiences will be representative of the infinite variety of
choices in which you can experience the you, you are.
You will always still be you, in this game. That is fixed, in this particular energy pattern. But you, as a persona, can change, over and over, and over and over, and over and over again. And you do, but you will always be recognized by everyone else, as you. Do you follow me?
Q: Right.
B: That is the original imprint, which you can fluctuate and overlay with as many personas as you desire. You will still be recognized by your signature vibration.
Q: Ah ha.
B: Does that assist you?
Q: Yes, it certainly does. Thank you.
B: Thank you very much.
Q2: I would like to explore with you the idea of the Council that you mentioned.
B: All right now, first of all, before we begin, understand we are using your Earth terminology and we do not necessarily imply that it is exactly as literal a “Council” of beings, as your civilization might think. It is not a Council in the governmental form that you are used to thinking of.
Q: I have been in touch with consciousnesses that represent themselves as being of the Council.
B: Yes.
Q: Is this the same Council of which you spoke a few moments ago?
B: The Saturn idea, primarily, yes, it is connected to that. There are aspects that are connected to what we also refer to as the Association, which is the collection of many civilizations, not only your own Solar System. But the primary Council vibration you are in touch with is the fragmentary representation of the Association that specifically is of the vibration of your Solar System.
Q: They have communicated to me, mostly in terms of a theme, of a shift from being in the service of Orion energy...
B: Yes.
Q: ... into... ah, I’m not sure what it’s into. But I would be interested in any sharing you could do in that respect, and especially if that pertains to having stepped through the doorway.
B: All right. Now we have already discussed, to some degree, the idea that you know, that the Orion offshoot and the Pleiadian offshoot are branches of the same family. And in this way, therefore, you are now making the familiar re-connections. You have gone through the lens, so to speak, of Orion, and shifted yourselves in the exploration of polarity, the exploration of positive and negative realities. And now that you are integrating only in a positive idea of manifestation, you are now becoming more and more akin to your kin in Pleiadian terms. You are now rejoining families, literally. Do you follow me?
Q: Yes, so far.
B: That is all we will give you, at this time. (AUD: laughter)
Q: In that case (laughing) I followed you fully. (AUD: much laughter)
B: Thank you very much! You see how simple it is?
Q: Yes. Thank you!

Saturn and Planetary Gateways
Saving the Lions

Q: I wanted to ask you and to have all the people here blend their energy, if they wish to. And that is that they have decided now to... we have, through the government, to shoot a bunch of the mountain lions; open them up for hunting.

Tomorrow, at Long Beach, there’s going to be a big meeting to try to stop this. And I thought if we all just put our energies there, whether we’re there or someplace else... I know that I, for one, don’t want to see those beautiful animals killed.

B: All right. Use your unconditional love; this is not a conflict. This is an opportunity to express a reflection of the true natural grace and power that that animal represents. Teach and show grace and power – and that killing, in that sense, is actually suicide of a portion of themselves. Teach them to learn to identify; teach them to learn they can learn much from those beings, those reflections, those guides, those animals. That they can become those mountain lions.

Q: Thank you.

B: Thank you.
Skepticism

Q: Hello.
B: Hello.
Q: How are you.
B: Perfect! And you?
Q: Fine.
B: You are perfect as well, whether you know it or not.
Q: Well, I try.
B: In your own way, you do not have to try.
Q: Um, my question is – let me tell you a little about myself.
B: All right.
Q: I’ll be brief. I’m just getting into, well, learning about New Age awareness. And I can’t help but be a little skeptical.
B: That is all right. We do not care. For do understand, in your society it is the habit of the way you think – to think that anytime that anyone has something to share, they share it because they wish to prove something. And we have absolutely nothing to prove.
Q: Well, I want to find my inner light; I want to find myself, and I want to spread my knowledge to other people…
B: You go right ahead!
Q: … but how do I know that the people…let’s see, on my venture to find myself...
B: Yes?
Q: …are real?
B: Real? Everything is real.
Q: In the sense of people not faking something, if you know what I mean.
B: Let me put it this way: whether they are, quote/unquote, faking it or not, if what they share with you works for you, it doesn’t matter who they are. And that is actually the whole idea. Take what works for you, no matter where it comes from. If it doesn’t work, don’t use it. If it works, use it. That’s all there is to it. You follow me?
Q: Yes, I do.
B: That is why we are coming now, in the manner we are coming. Because this way you don’t have to believe we are who we say we are; and that the message itself is what is more important – not the messenger. Because it has been the habit of your society to lock onto the messenger, and ignore the message.
So take the message for whatever it means to you. Use it if it works. Find what works; use it. That’s the idea; that’s all there is to it. That is what is real. What works for you is what – for you – is most real. What doesn’t work, you don’t need to think about it right now. If it works for you later, you’ll think about it then. You follow me?

Q: Yes, I do.

B: Now, also allow me to point out one thing: skepticism. Many individuals in your society think: “All right, I’m going to be very scientific, I will be skeptical.” Skepticism is not a scientific attitude. Objectivity is. Skeptical is a pre-built bias. Objectivity is balanced. Objectivity says: “All right. Here’s a concept, how does this apply? How can this be applied? What can I learn of it, one way or another? What, in this concept, will work or won’t work for me?”

Skepticism says: “This is hogwash! I will, therefore, go in exploring this with resistance already – rather than an open, balanced, objective point of view.” Nothing is truly, ever truly objective; every thing is always subjective. But you can create subjective and objective attitudes.

But skepticism is not scientific; and any true, quote/unquote, scientist will be the first to understand that. Because if skepticism were a scientific tool, there would be very few things you would ever discover. So when, many times, individuals in your society say they are skeptical – many times it is simply a misinterpretation; many times they are being truly objective.

But many times when individuals think they are being objective, they are actually being skeptical – which means they already have a built-in belief about what it is they are approaching. You follow me?

Q: Yes, I do.

B: Thank you. And also allow us to remind you that because skepticism is a built-in belief, then quite often skepticism will only be able to manifest in life the result of that belief. In other words: “I told you so.” And when you get the manifestation that lets the individual say: “See? I told you so,” that’s an indication that the only reason they got that manifestation, is because they – to begin with – believed that they were going to be able to say: “I told you so.” So it is a self-perpetuating prophecy.

Thank you for your sharing. You are the path you need to be. Do not forget: a path is not what you are on, a path is what you are. You cannot be off yourself. Enjoy the path you have created yourself to be. We thank you for sharing that idea with us. At this timing, we will suggest that you all enjoy a short break.

Q: Thank you.

Skepticism
Schizophrenia

Q: I have a question relative to a mental disorder that my son is affected with...
B: All right.
Q: ...called, schizophrenia.
B: Ah!
Q: If you have any insight into what may be the origin and possibly the potential cures that may be forthcoming in the ongoing years, I would appreciate your insights into that.
B: Oh, thank you. I have no insights upon it... however, I do. Therefore, while “he” is taking a break, I will be glad to share our perspective on this idea.
Fundamentally, what you typically call schizophrenia will usually be indicative of a consciousness aware that it is many different personas co-existing at the same time, overlapping in many different lifetimes and dimensions of experience.
For whatever the reasons are that are germane to the particular individual, they have chosen to experience more than one of them, seemingly within the same time frame structure. Or they have not been given the opportunity to understand how to communicate those two aspects of themselves in a blended way; because you exist in a society that only recognizes one persona at a time, and not two existing in that sense.
Q: Mhmm.
B: It is not truly a disease, fundamentally. The fact that that particular manifestation exists in a very limited type of society makes it “diseaseing,” because there is no way for that individual to learn that they can communicate their experience to the society; because they know it is not acceptable. That’s what locks them into the self-perpetuating cycle that allows them no way to truly communicate that their experiences are quite valid and quite real; and that that persona, the different personas, are real distinct personas that do have their own lives, their own validity.
It is simply that they are manifested through what you typically call one expression of embodiment. It is, to some degree – this is extremely colloquial and not necessarily precise, but it will serve as an analogy – to some degree, it can be said it is like having twins in one body. You follow me? Not only do they have free communication with them, but they understand that, since every being is every other being, they have free communication as them. All consciousness is the same one consciousness, and can express itself in any degree, as any persona.
This individual is integrated in a different way than the majority of your society. They are integrated in a way that allows them – or created in them the desire – for full expression of both of the fragments of their total being that they perceive themselves to be – that are overlapping at this time. But your society has not had a niche for that particular type of expression. And so they become their own society, locked into their own world. You follow me?
Q: Yes, very much so.
B: When your society begins to understand that every individual is the expression of every other individual that has ever lived or will ever live and is living now, on every different dimensional level, then they will be able to facilitate these individuals, by manifesting a type or style of communication that validates the experience, instead of invalidating the experience of that individual.

All they require, first and foremost, is unconditional love and trust and validation that their experiences are just as real as anyone else’s chosen form of expressiveness; because many of those individuals – if they are allowed lines of communication into your society – can express themselves in the terms of channeling.

In a sense you could say that the physical channel before you is schizophrenic, in the sense that he exhibits more than their allotted personality quotient from time to time. It is simply that this individual has understood the trust that this is something that can be utilized in your society, and never believed your society when it said it had no reason or place for that type of expression. Because we are all fragments of each other’s consciousness.

I am my own being and I have my own validity; the channel is his own being and has his own validity. But we are, at one and the same time, the same being, in many ways, on different levels, it is simply how it is chosen to be expressed. Individuals that avoid the schizophrenic label, perhaps, simply go about it more cleverly than others. You follow me?

Q: Yes, I do. A question in regards to that: then the best way of coping with that would be to surrender to it. Would this be true?

B: In a sense, but this does not mean that you cannot actively investigate and involve what the personality is all about. Dialogue with it; find out what all the likes, dislikes, of the different personalities are, where they feel at home. Find out where each personality feels at home. Allow them all to be validated.

One of the fundamental reasons that this is a difficulty in your society is because your society has the strongest habitual penchant for determining that something must either be this or that, when in fact everything is this and that. So validate each of those expressions, each of those experiences on their home ground. Find out who they are and where they are comfortable. And let them know that you know they can co-exist. They do not have to fight for domination of the one gateway body that they have to express themselves in.

Whether or not this will be something that may occur soon in your society, we do not know, but there are societies that do express themselves in the following way I am about to describe; and this is something that may actually be possible in your society. And it has happened from time to time, briefly. Individuals expressing more than one persona, as you recognize it in that way may actually be able to create a physical bi-location, a duplicate body, so that both personas can co-exist. And then you would simply see them as physical twins, and then your society would say: “That’s okay.”

Because there is a society that actually creates themselves in that way: any persona they imagine themselves wishing to become, they actually project another physical body to house that persona. When
they decide whether or not that’s truly the direction they wish to go in, then either: if they decide no, then that extra body vanishes, and they pull the personality back in; or if they decide yes, then the original body vanishes, and they continue in the new one, as the new persona. You follow me?

Q: Yes, I do. Then the doing with that... the key word would probably be acceptance.

B: Oh, yes, on every level.

B: But also imagination, curiosity, exploration, true dialoguing, bring these personas out. For understand: true unity of any being is the result of the complete equalization and validation of all of its personality aspects. Then the being can function in a unified way – when all of its aspects are equally validated and accepted.

Q: Regardless of the negativity that’s hidden in some of those personas.

B: When you allow them all to be validated, they will not need to express themselves in negative ways, because they will know they are worthy of love, and then they can start loving themselves; and that will form an integration with the being, and you may no longer see a manifestation of either persona; you may see a third new integrated persona.

Q: So our traditional way of dealing with that particular dysfunction is absolutely, probably, incorrect.

B: It is simply indicative of many of the limitations you already believe in as a society. But let us simply say it is not conducive to the birthing of the third personality that could result from the blending of the other fragment personas.

When they are each allowed to know they can love themselves for who they are, they will not need to express themselves in negative ways. They will learn to live in harmony with themselves. That will allow the being to reintegrate and blend. But it will not be that it will become one or another of the personas already there. It will become a totally new persona.

Q: It’s extremely helpful; I thank you very much.

B: We thank you. And also remember: you are very capable of dialoguing with this individual’s consciousness in your dream reality. Simply make the conscious decision that you will do so when you go to sleep, and you will also begin to see results from that; because on that level, you are both wholly in communication as each other. All right?

Q: Again, I thank you.

B: Exciting dreams!

Q: Thank you very much.

B: At this timing...
The New Meta-Physics

Science

Section One

Now, allow us to discuss the idea, in this Chapter Two of the work, of the discipline, philosophy, which you refer to as science. Recognize, as we have said, all endeavors, philosophy, upon your planet will be channeled through the perspective created within the personality, so that these perspectives can be applied according to the purposes for which you have deemed to create these disciplines, these scenarios, within your civilization at this time.

Now, recognize that all that you know upon your planet to be that which you call science has been created within the 25,000-year cycle of separation of yourself from the All That Is that you are. Therefore, this background, in and of itself, is responsible for the creation of the viewpoint from which the majority of what has been your science proceeds. That is that the universe, as you know it, is something separate from yourselves. In this way, you endeavor to search, to make a connection between what you perceive to be your own existence and that which you perceive round and about you. In this same manner, recognize that the idea of scientific questioning, the idea of a question will be from this same foundational viewpoint: that the universe is not what you are, but something separate.

Recognize that a question is an answer that you already contain, but viewed from the perspective of being separate from the answer and reflecting back to yourselves a reminder, from a separated viewpoint, that you do contain the answer; but you choose to view it outside yourselves, and so create the polarity that you call a question. Now, understand that if you can conceive of an idea, you are automatically at the point of conception, at the point of perception. The totality of the idea itself is what you are.

You have, in creating your science within this period of separation, thus, created for yourself a framework, a scenario, in which you feel you must struggle, strive, reach out, achieve these answers, since you believe them to be something that you do not already know. Now recognize, we are not judging that this has been your methodology; simply that this is the methodology that will occur when you create the idea of your exploration of yourselves from a separate or separated viewpoint.

In what you term to be the second portion of this chapter, we will discuss how an integrated viewpoint will allow, as it has begun to allow, some of the individuals upon your planet you call physicists to recognize how that which you have referred to for so long as a separate universe is altogether, as you say, part and parcel of what you are, who you are, and your perspective. They are inseparable. And in that portion, we will discuss the effects of allowing yourself more and more realization of such an integration of yourself with the universe. Through the idea of separation and what has been created in your science, allow us first to address the idea you call evolution.

Now, there has been much discussion between the idea of science and metaphysics, or even religion, and this will be brought up again in a later chapter, "Meta-Physics," in the sense that science, in your terms, seeks to have "proof" for what it chooses to believe in, whereas the idea that you call metaphysics and
religion, from a scientific point of view, does not require the idea of proof, but only of belief and faith. Now, within this subject you call evolution has been one of the greatest opportunities for many of these discussions, many times you call them arguments, to arise regarding the ideas of proof, belief, and faith.

Simply, first of all, recognize that scientists, though they have locked themselves into a certain perspective which, many times, does not allow them to see it as such, have just as great a belief and faith in creating what they deem to be their proofs. Many of your physicists have now begun to realize that you will always get the results that you expect to get, based upon how your belief about a situation allows you to design the experiment that you wish to create in order to obtain any particular proof. They are intrinsically connected and you have, for yourselves, created the idea of "proof," not realizing that even the idea you call proof, many times, will only be a matter of perspective, and not, in an overall sense, any immutable "law" of the universe.

There are agreements within the mass consciousness of this particular universe that you call your own, which do seem to construct frameworks that you call laws of physics. This is still created from an overview of consciousness we will describe in the chapter called “Template Metaphysics,” and we will, in your terms, discuss it there. For now, let us return to the definitions of science as they apply to the idea you call evolution.

Recognize that there is, contrary to some of your religious beliefs, a physical universe that does "take time" to allow ideas of consciousness to manifest. Thus, the idea of evolution of physical form is, more or less, a reality. There are some factors that you have not yet discovered, within this idea of evolution that you will discover that will allow you to round out the idea of exactly how this mechanism may take place physically. Understand, however, that, contrary to scientific opinion, consciousness is not a product of physical evolution. When physicality, being a projection of creation, reached a certain vibratory state of evolution, then it could allow consciousness, nonphysical consciousness, to allow itself to identify with physicality, or project itself into physicality. Thus, the idea of what you term in your belief structure to be creationism, and the idea of what, in your scientific structure, you call physical evolution, are both correct, in a sense, in an overall general sense. There was a physical evolution up to a certain point. Consciousness already having been created, projected itself into physicality, and there was a blending and a joining.

Now, this was still many, many, many millions of your years ago, as you count time, the idea of humanity having been created four, five or six thousand years ago notwithstanding. These are filtered perspectives. Recognize that you can begin to view the blending between the ideas of evolution and creationism if you allow yourselves to recognize that your source, in your terms, is outside of physicality, and that physicality is simply your vehicle. Also, if you allow yourself to understand that what, in your terms, may be the twinkling of an eye, or an instant, in nonphysical universes, as an example, your "six days" of creation, still, in terms of creating physicality, translates out into a time track which, in your terms, is much slower than nonphysical rates of acceleration. Thus, it can be many millions of years and still be the same "six days;" although we are not saying this is an accurate count. It
is still allegorical, or an analogy. However, the concept will still be correct. That which is created in that way, and exists within non-physicality, will have a higher rate of accelerated existence to its own perception than the physical universe will in exemplifying the very same act of creation. In the second half of this chapter, we will also discuss more of the ideas that go into actually defining physical reality, which are time, space, and polarity. For now, allow us to address some of the ideas in your science that you call astronomy.

Recognize that you have been, and we do not need to tell you this, looking to the stars for many years. Some of your scientific "revelations" have come from such an activity. At this point in your science of astronomy you are still relatively restricted, as you know, in your ability to pierce the veil of the atmosphere of your planet. And, in many ways, some of the gravitic tensor dynamic fields, which allow light to be obscured, or bent, and some of the ideas of energy fields, which we will discuss in “Template Meta-Physics,” that you have yet to discover, or may be just beginning to realize are there, also play a part in your understanding or limitation of understanding of what you perceive through your optical and radio telescopes.

One of the ideas, specifically, that you have been addressing of late, is the concept of whether or not there are other "intelligences" living on other planets. You have created for yourselves many ways to attempt to perceive whether or not there is communication from these other civilizations. What you term to be radio telescope being the primary application for this endeavor. Allow me to say, it is at this time unlikely that you will receive anything from any nearby civilization through radio communication. There have been a few civilizations nearby that did begin their communication history electronically, as you say, with the idea you call radio; but the nearest one ended its radio communication sometime before you began yours, and in this way, their radio signals have long since passed your planet as they radiated outward. Recognize also, many civilizations do not use radio and never have, even though this may astonish you, because you feel that radio noise, as you say, is a natural occurrence in the universe.

The great degree of separation in your particular history has not allowed you to recognize the communication that can occur from mind to mind, and for many civilizations, technological communication never comes into existence at all, or if it does, many times it is carried in the form you call cables, or highly focused beams of energy which do not radiate outward. So, to you, their civilizations will always be silent.

Many of the methodologies utilized will take advantage of the idea you call a hyper-space phenomenon, simply originating at the point where the communication is sent and arriving at the point where it is received, without appearing to travel any intervening distance in what you term to be three-dimensional physical space. Therefore, you may be listening for quite some time to radio frequencies before you will hear anything. Allow me to say, there probably will be physical contact between our civilizations long before you will hear anything on your radio telescopes.

Science, in general, upon your planet does represent, in a sense, the closest approach to the idea of integration, of understanding your relationship to the idea of yourself as All That Is, and this is why
your physics, particularly the branch you call quantum mechanics, has begun to allow you to perceive the connection of your consciousness to the universe. But still, many times, science feels it needs to create proofs that exclude the ideas of faith and belief.

Now, understand that with regard to metaphysics, this idea of requiring physiological proof will never, in those terms, be able to glean an acceptable proof from the area you call psychic phenomena until it is understood that your definitions of that discipline are, in your terms, biased by what you think they should be.

Recognize that when you attempt to record the idea of psychic phenomena, many times it is done in such a highly sterile, unemotional condition that you do not realize that the emotionality itself, the spontaneity of life itself, is one of the things that gives rise to that phenomenon. This is where science creates its own barrier to the exploration of its connections to many other fields of endeavor. These other fields can be incorporated scientifically into the body of knowledge you understand, but not always through scientific methods as you have created them within separation.

Understand that you are beginning to realize, though this will be difficult to accept for many of your scientists, that even science, far from the cold, analytical process you have allowed it to be up to this point, is actually yet another experiential perspective, and not something separate from yourself.

Allow me to say that your science has prized itself on an attitude that you call skepticism. Recognize that while it is a requirement of the personality in creating the idea of a search to allow itself to make sure that it will not run into what you term to be extraneous information, that very skepticism creates a focus, many times, so narrow that it becomes not skepticism, but bias. And, once again, it will cancel the ability for scientists to perceive anything beyond the ideas that have been created which define the parameters of what is acceptable to your definition of science. Many times, this can even extend into a being’s emotionality itself.

Now, we recognize that there are many scientists upon your planet that allow themselves to be very emotional. In this way, allow me to suggest that we know that privately, in your terms, many of these scientists allow themselves to at least play with the idea that much of what is not accepted by science in its strictest sense is still something they can experience, and something they often do experience, particularly among family members, as that is a very close emotional bond.

Recognize simply that when these scientists are willing to allow their emotionality, we are not saying irrationality, but emotionality, E-motion: energy motion, to be yet another type of energy force that will fit into their equations in a manner they can understand, then they will begin to allow themselves more freedom of motion, and more insight into their connections with All That Is.

Now, in the second portion of this chapter, we will discuss the integration of this idea of consciousness and viewpoint and exploration, with regard to its techniques when time, space, and polarity become one thing.

**Section Two**

Now, allow us to discuss the idea of science through the integrated viewpoint. Recognize, that upon
your planet, that which you call your quantum physics has already begun to understand the connection of your consciousness to the idea that you create your universe. Though you will find that when your physicists come upon a direction that seems to point, in a very literal way, to the idea that you are creating the universe that you perceive, many times they will back off, and they will say: "Oh, no, well, this is simply an interpretation. It is simply the best interpretation that can be given; but this is not really what is happening." Bit by bit, when they allow themselves more freedom of integration, they will understand that this is what is happening.

Now, time, space, and polarity are what allow you to exist and form the very definitions of what you call existence in physical reality. They are the definitions, the parameters, the frameworks that have allowed you to create separation of yourself from the All That Is that you are.

Once your civilization allows itself to explore, to utilize its curiosity, and to create acceptable, allowable equations which will include consciousness, nonphysical consciousness, into your scientific exploration, you will begin to understand that much of the "information" or data can begin to be intrinsically enfolded within the consciousness of all beings who generate for themselves the type of vibrational curiosity that allows them to call themselves explorers or scientists.

You can create a vibration of knowingness that when anyone chooses to participate in such a vibration, they can allow themselves to recognize, in your terms, the reality of all of the perspectives you are now discovering in your physics. You have exemplified, to some degree, this idea by what you term to be your unified field theories. Understand that you are, your consciousness is, a field, and it will have to be one of the fields in the unification theory; though you find that your chromo-dynamic quantum theories have united the weak, electromagnetic, and strong forces, with gravity still remaining outside this present unification theory. These will only account for the physicalized manifestation of those fields.

Recognize that gravity will even be seen to have physical and nonphysical counterparts within the template we will describe in Chapter Seven of the work. The consciousness field, also, will be a portion of this template field, which we will define later, as we have said. Recognize that your unified fields will extend into non-physicality, allowing you to understand that consciousness and the foundation template will form the last two fields that you will seek to integrate. Thus, there will not be, as you have said, four energies to unify, but six, which will be exemplified in some very obvious ways and symbols later.

Allow us to interject a clarification of the difference between field, energy, vibration, and force:

Energy can describe radiation in either a focused or diffused manner.

A field typically refers to a diffused expression of energy; that which fills a volume of space.

Force is a mathematical expression, a vector of intersecting energies.

Vibration is a frequency; a rate of modulation within an energy field.

Now, within science’s ability to recognize that all ideas are vibrations, scientists will be able to create ideas of space travel that will allow them to understand how you are not something which exists within space and time, but that space and time are properties of any object within it. In this way, you will
understand that both our communication and our space travel will be based on the vibrational understanding that will be exemplified in the example I will now share.

If, in this "thought experiment" you allow yourself to create two objects, identical in every conceivable way physically, measure for measure, molecule for molecule, atom for atom, quark for quark, you will understand that they are still two different objects by definition of their locations in space.

Now, we view that that locational vibration is a property of each object; one possessing location A; one possessing location B. In this way, you can recognize that, with the utilization of consciousness and the template, you can create a field which can unlock the idea vibration of an object from any particular physical reality it is experiencing, and you can remove or replace the idea identity of its locational vibration with another one. For example: take out location A, replace with location B. In this way, you will be able to understand that when you release this unlocking field and allow the object to re-materialize, re-physicalize, it will, by definition, need to take up residence at location B, rather than A. It now will seem to have traversed, as you say, magically, the distance in between, while no real traveling has occurred at all. It has, in a sense, been recreated from one point to another.

Understand that this is not so mysterious. This occurs all the time, because time is also something you are creating, and as you have already understood, space and time are discontinuous. It is not a smooth continuum. In a sense, it flickers on and off, as you understand it, although not so much off; but simply shares moments with other dimensions of reality in such a way as to flicker so rapidly that you do not experience these other dimensions until you synchronize with them. You synchronize with one at a time. All the other dimensions of experience, including the idea you call the past and the future, exist in between all the moments you call your reality.

Thus, recognize that while you seem to walk down your street, you are actually a continuous broken series of recreated images that, because they vibrate so rapidly, you choose to perceive as a smooth continuum. Recognize that you can remove many of the interim steps between Point A and B, and simply be at A and then B, without having to perceive the flow of movement in between. All of these ideas will be able to be projected into physical testability when you allow yourself to know that your consciousness is one of the vibrations within the unified fields.

You can now begin to understand how science is also, simply, a philosophy, and how it can blend with the ideas of faith. For you will understand that since you are the vibration of your reality, physically, and thus, create that reality to be reflected back to the idea of your personality, which contains the mentality that contains the senses, you will also understand, through this integration, that while science, as you have known it, has postulated that seeing is believing, it will now allow itself to experience the polarity of believing is seeing. And you will also recognize that the idea of polarity itself will be a vibration, which created the ability to separate yourself from the universe. You will be able to measure its properties, in a sense, as you will be able to understand the ideas of space/time within one physical equation.

You will also be able to understand how all of the ideas you have called religion, sociology, economics,
politics, will all fit into science, mathematics. You will also be able to understand in your mathematics and your science how it is not so much that you are an observer with an observed phenomenon, but that the actual event is the observation itself.

In other words, your mathematics and your science will become more representative of the relationships of that which you call your physical universe, rather than the objects within it. Thus, they will become wholly conceptual. They will be whole concepts. Your equations will, and can be rendered more into the idea of the pictographs of language exhibited by some of your cultures upon your planet, where one symbol is not simply a phonetic component, but an entire concept, in and of itself.

Your mathematics can contain this idea, and that is why language and music do exhibit the idea of mathematics, because they also contain relationships that are reflective of the vibrational interlocking patterns of energy that create all of the interactions and relationships, and give rise to that which you perceive, through your polarized personality, to be all of the discrete and separated objects and particles that you think your physical reality is constructed from.

Now, in the next chapter on "Creativity," we will discuss some of the avenues, techniques, and methodologies by which science and faith can be blended with imagination, and still be viewed by both viewpoints as real, experiential reality. Thus, within "Creativity," we will explore the imagination and its use as a tool. Not from a separated viewpoint, but from the integrated viewpoint that many times, within science, has given rise to many of your discoveries without the need to create linear proofs beforehand, and within that we will also discuss the idea you call cause and effect.

We will now proceed with the sharing and the questions and interactions pertaining to this subject.

Dr. Chandley: From one point of view, the mind represents all consciousness and the brain represents its physiological representation. Would you share your point of view on this idea?

The Association: Thank you. Now, the mind, so to speak, is the product of consciousness filtering through the creation of the physiological brain. The mind is not so much all consciousness, but it is representative of all physiological consciousness, and makes use of the electromagnetic field of your earth for the creation of what you call mentality. This is why your brain is an electrical, magnetic, chemical phenomenon. It is a processor for consciousness and renders it into the form of consciousness by which you communicate in physical reality.

This form of consciousness is called mind or mentality, and represents fluctuations and vibrations in the electromagnetic field of your planet that connects you all. It is why you can have the idea of telepathy; because you are all immersed in this fluid, and the brain is connected, and will always process and funnel and channel that electromagnetic field or fluid through itself in whatever ways it needs to form identifications with identical patterns in other individuals. Thus, the fluid for every individual will, usually, flow in the same way, allowing there to be what is called a recognition, a congruence, or an identification from mind to mind, forming the ability to translate the similarity of vibration from one individual to another, so that both can share a single idea, a single thought in mental form.

Dr. Chandley: Could you talk a little bit about the black hole idea in the brain, as it relates to the black
hole idea in ourselves?
The Association: Simply, you will understand that every cell is, to some degree, metaphysically, a smaller version of that device which you call your brain, in the sense that they perform similar functions on one specific level, and that is the funneling of the consciousness in an electrochemical, magnetic way.

You will understand that, as you create yourself to be an electromagnetic pattern of vibrations, as each and every one of these waves of electromagnetic vibrations overlaps, all the nexus points of the overlapping, all the cross points of overlapping, will represent the central black hole points in the center of every cell of your being. And since they are all funneling through the black hole, so to speak, the doorway, the gateway, actually, in a sense, the white hole in the center of your brain, then you will find there is black hole, white hole in the center of your brain, black hole, white hole in the center of every cell at each nexus point.

Both the main one in the center of your brain, and the one in the center of every cell, will represent the coming and going, positive and negative fluctuation of the energy of your consciousness, in and out of physical reality, as it flickers on and off, so to speak, because your physical reality, as your physicists have already discovered, is discontinuous. That is, it exists in discrete, recreated moments of time, over and over and over and over and over again.

Dr. Chandley: Does the double helix represent any of the ideas that you are discussing?
The Association: Yes. To some degree, it will represent the flow of the energy, and this is recognized in your auric field – your energy pattern field – and why the idea of what you call your acupuncture can function; for it is, in that way, a redirecting or an interruption, so to speak, of that flow in various ways, because there is a direction to the flow. It will be outward and then inward. Spiraling down and up simultaneously.

Dr. Chandley: Does that idea have any relationship to the space/time idea that you talked about before, which is even more a part of the blueprint than the quark that we’ve discovered?
The Association: In a sense. You can understand that upon the template that the energy allows itself to exist, all will be performing the spiral motions and, simply, it will be a matter of spirals within spirals.

Dr. Chandley: Thank you. Atomically speaking, will you correlate and define the relationship between physical laws and metaphysical laws?
The Association: Now, they are, to some degree, one and the same thing, although this will be on a basic, fundamental level. What you recognize in your universe to be the laws of physics will represent the agreed-upon nonphysical agreements that were made by all consciousnesses partaking of the creation of this physical universe that they have created. Thus, you will find that the physicalized laws will be reflections of something, which, at first, is a very metaphysical source, so to speak. Then, all of the "metaphysical laws," if you wish to call them that, which come under the so-called laws of physics will, once again, simply be reflections of the enactment of the energy upon the template as
consciousness impinges itself upon the template to allow the energy to manifest in various forms. The idea of the congruency of the laws of physics and metaphysical laws are quite similar.

What you may understand as metaphysical laws, so to speak, are simply different aspects of the same energy you are discovering through metaphysical terms; the same things you are discovering in physical terms, only you are giving them different labels and coming at them from different points of view. For the most part, they are one and the same idea. And as we said, when the idea of reason is allowed into metaphysical thought, and the idea of consciousness is allowed into physical thought, you will see the commonality and the synchronicity of both approaches.

Dr. Chandley: How does each set of these laws relate to the individual human process?

The Association: You are everything that is. Because you have created the type of a reality in which you are experiencing the separateness of yourself, you will then experience the polarity of every situation. Thus, every being in your civilization will experience the polarity of all situations that you create.

Dr. Chandley: Thank you. Will you please explain the process of photons and their cycle of being?

The Association: You may recognize photonic energy to be one of the defining ideas of space/time. Everything, everything, everything that you perceive to be in your reality, space, time and all the matter and energy, are variations of the idea of the photon, in a sense, whether it be in what you call physical or metaphysical terms. Recognize, simply, that is what proceeds forthwith from the center of the zero point in the tetrahedral, symbolic equational structure and gives form to the idea of the crystal of the double tetrahedron. In this way, it is what carries the idea of reality. Photon is what carries the idea of reality. It is a self-reflecting quantum. It is its own polarity. It is all and nothing. It reflects both sides, positive and negative. It carries within each quantum, each photon, the idea of the totality of all that can be.

This is why you have discovered the idea of hologram through light. For light is, in and of itself, the totality of the holographic universe, and will give rise to the ability of anything to exist anywhere in the universe. It is the on and off switch that creates everything, everywhere, simultaneously, as it is an expression of nothing in particular anywhere.

Dr. Chandley: What is it that makes one atom unit a common denominator of all dimensions?

The Association: It is not the common denominator of all dimensions. It is the common denominator of your physicalized dimension and many others in various ways, simply because this is one of the vibrational patterns which allows you to perceive the universe as being something outside yourself. And also allows you, as you have done, to "back track" to the idea that all that you perceive to be complexity is derived from a single unified expression of energy and consciousness.

We thank you for the sharing of your questions. And allow us to remind you that when you create the idea of questions, it is only that you already contain the answers. The form of the question will simply be that you have separated this idea of the answer you already contain from your knowledge. However, in this way, once again, we thank you for the willingness to express your explorations, for your civilization and our civilization is the sharing that continues forever.
Scientists and Children and ET Communication

B: Why should technology be separated from spirituality, from energy, from consciousness? Realize that it is only a projection of consciousness anyway, a reflection of that which you simply believe yourselves to be. It is a tool, a projection. It can be used then for any purpose, in that way.

Understand that the majority of what you term to be your scientists, your technologists, still find that they can not come to terms with what is considered to be communication with other civilizations, because to them it always seems that this communication always includes the idea that they do not consider scientific – “spirituality.” Thus they do not accept that the contact is real. If it was presented in very dry terms, very technical terms, very technological terms, very, very stiff discussions in that way, then they would allow themselves to understand and believe that the situations of communication were real.

But since it also contains the idea that you are the creator, and since that idea in your civilization at this present time is looked upon as a religious idea, then they do not understand that what they are simply understanding in the communication from us, is that that is our science – but their religion, so they will not connect the two. Do you follow me?

Q: Yes I do.

B: When they understand that the idea that you are the creator is not a religious idea but a statement of the expression of the foundation of all that even they claim to be, quote/unquote, scientific, when they allow that blending to occur, then they will hear the communication that is going on around and about them.

Q: There are many young scientists who are already experiencing that, are there not?

B: Yes, but they have already chosen to be a part of the transformation consciously.

Q: Yes. So it won’t be long before that experience of energies seeps through to the older, old guard, conditioned scientists, who still believe the other way?

B: To some degree, but some will not.

Q: Some will never...?

B: Not really, not in this physical life.

Q: What about the new child of the future? The child who’s now in the science class in school?

B: Understand in that way that they are already quite a different culture from you. Not just a different generation – a different culture. Recognize that to them, as an analogy, human kind has always been able to travel in space. They take it for granted: “Well, we have always done it so why cannot other people visit us? Sure, why not? What is so strange about that?”

Recognize that for them it is taken for granted. It is second nature to simply assume that traveling in space, traveling in consciousness is something that everyone does all the time. And now your civilization, in all of its literature in that way, reinforces that idea.

Q: So there’s a whole new co-creation of belief systems?
B: Yes! Always.
Q: It’s very exciting.
B: Thank you, yes.
Q: You don’t sound excited. (Laughter)
B: We have known for quite some time! (Laughter) It is no surprise to us that you are so creative.
Q: Thank you.
B: Thank you.
"Season’s Greetings"
We extend to each and every one of you our deep appreciation, once again, for allowing this transmission to come to you through this particular gateway in this manner at this time. Each and every time your civilization allows our civilization to communicate with you in this way, we are allowed the opportunity to experience through each and every one of you, that many more perspectives that Infinite Creation has of expressing itself in and we thank you for this gift of sharing.

We would like to begin this transmission this day of your time with the following idea:
First and foremost, of course, we recognize that the locale to which we are communicating is celebrating certain, of what you call seasonal holidays.
We will thus take a moment to address some of these ideas but at the same time and as we begin, we would of course, like to remind you anything that you choose to celebrate will be, of course, ultimately, a celebration of lifeexistencebeingness.
It does not so much matter, as many of you know, what form you place this celebration in yourselves the opportunity to express it in certain ways, is simply one more creative waymore creative facetmore creative aspect of All That Is
Infini the One you wish to call it.
Creation does not care what name you give it,
be it that you use the term of God,
be it that you use the term of Christ Consciousness,
be it that you use the term of Buddha Nature,
be it that you use the term of Krishna Spirit,
or any other appellation that you may concoct within your own understanding of your relationship to Creation, for there cannot be a name that you can conceive that can be outside of Creationthere is nothing outsideis nothing beyondthings are included within All That Is is the idea and the very definition of the Infinite,
that it is Infinite and that nothing that can be imagined by any being on any world, in any dimension of experience, can possibly, by definition, be outside the Infinite.
And so, any name you come up with is as valid as any other name.
Any other approachanother ritualanother ceremonyanother celebration that you may choose to invent as representative of your relationship...individually collectively, to the Infinite or any aspect of the Infinite, cannot by its very nature be wrong or
The One values expression that any aspect of Itself, and this means all of you of beings in Creation... the One honors any idea or any perspective that comes up for any individual in their relationship to the One, for that is the whole point of the experience of being an individual is to recognize that while you are a unique part of The One, simultaneously each and every one of you and all beings in Creation are also the Total One Whole One itself and expressing itself as a part of the One.

This is the great paradox of the Infinite, the great ability of the Creator be both simultaneously All That Is and every single part within itself as an individual, separate from the One and yet simultaneously experiencing Itself as the Total One separate individual.

As you allow yourself to explore the idea of the celebration of your holiday season, do please understand that that energy is meant to accelerate throughout your entire year, your entire orbit. You can use it at any time of your season, any time of your year. The idea is to ultimately recognize, that each and every one of you, individually, is a celebration on the part of the Creator, another way that the Creator has of expressing Itself, another way the Infinite has of experiencing Itself, the other ways, all the other ways that the Infinite has of celebrating that It Exists. That is what each and every being in Creation is Celebration definition.

So, when you are celebrating the One aspect of the One ritual ceremony that you are also celebrating yourself and each other. You are celebrating that you are aspects of each other, reflections of each other... which is what relationships are all about anyway. And as you celebrate those reflections, the whole idea is to allow yourself the opportunity to surround yourself with the opportunity to learn more and more all ways possible... who you are as the unique aspect of the One. For the more you cherish that uniqueness, the more you honor the One. For all of the individual puzzle pieces in a large puzzle picture must truly be themselves if they are going to fit with all the other puzzle pieces and support the whole picture. If any puzzle piece tries to be something that it is not, tries to be a different shape, then it will not fit with all the other puzzle pieces and will not support the One.
So, as you celebrate the uniqueness that you are and honor and cherish that you exist apart from all others, that you are an expression of the diversity of the One, understand that it is that act itself, not in a selfish way negatively, but the honoring of the Selfvaluing of the Selfvalidating and the loving of the Selfactually is the greatest gift you can give to the Infinite.

For you are saying that you are a valuable part of All That Is, and that you are a valuable expression of the whole, and thus then can in so doing, support the whole picture, and every one else's idea and unique perspective.

You are like a hall of mirrors, reflecting each other to each other, to show each other you are only who you are to someone else, but to help everyone else understand more and more in your relationship with them they are. That is the greatest help you can be to anyone, the greatest love you can give to anyone, is to help them know and learn more and more everyday they are support their uniqueness cherish their individuality the infinite diversity you are immersed in in your world of experience.

We share these thoughts with you because these are the ideas that exist deep within your hearts, deep within the core of your true being your true spirit... of your true consciousness.

At the core of every being there is one vibration primal resonance of unconditional love of All That Is. The existence itself is the vibration of unconditional lovesupport support support.

As we have said quite often, you will find that in some ways, paradoxically speaking, the very proof that you are unconditionally loved is that you're actually allowed to believe you are not unconditionally loved. That is how unconditionally you are loved. That the All That Is, The One, The Creator will even love you so much that it will allow you to believe that you are not loved, if you want to. That is the proof of how unconditional the love of Creation is, because it allows you anything, any reality self denial self destruction and self depreciation and self devaluation because it knows you are worthy of any experience you can imagine and anything that you decide and you choose is the experience that you need to go through, it will support you in that experience matter what it is even if involves the idea that you lack support and lack love, you are supported in believing in lack of support.
The universe is a self-fulfilling prophecy in that way, a self perpetuating cycle, in that way. Take it in that way: you are unconditionally loved each and every one of you is a spark that Eternal Light Infinite Light.

You are spirit consciousness being. You all, each and every one of you, though you are unique, share the same identical purposes same identical missions same identical goal your physical life reality experience, and that goal is to simply, as uniquely as you can, according to your own individuality the best you you can be.

That is the only function you have, the only purpose you have. You do not need to get caught up in the idea that you need to fulfill any other purpose any other mission any other goal in life. All the things in your lives that you call purposes, goals, projects, missions these are not your goals are not your purpose, they are expressions your purpose of being you. However it is you want to express the goal, the purpose of being you, it is up to you that’s where your free will comes in.

But those are not your goals not place your expectations upon them as if they must come to fruition in any particular way, because there are an infinite number of ways in which your dreams, your desires can come to fruition many times even greater than you can imagine at any given moment.

The idea that allows you to know that you are walking the unerring path of your true self is to simply at any moment ask yourself: "Am I being the fullest me, the best me I know how to be?"

"Am I following my joy, living my truth to the best of my ability?"

If the answer is yes, that’s all you need to do and nothing thing is expected of you from the Infinite. That is the only thing you have to do, is be yourself.

However do understand in communicating to your particular civilization, that one of the most difficult things many of you have created for yourselves is to be yourself upon your planet understand the great challenge that this affords you. Take it to heart and do not feel despair.

Do remember, one of the reasons you adopted upon yourselves and accepted unto yourselves
the great challenge of forgetting who you are, forgetting that you are connected to the Infinite and forgetting that you are unconditionally loved. . .
is that when you finally remember who you are you start being who you are you have learned to do this, coming through the great challenge of having forgotten utterly, you will be that much more certain much more strong much more in the light having come through the darkest darkness and still been capable of remembering who you are’s why you have created this challenge.
So we, as a civilization, wish to extend our greatest thanks to each and every one of you for accepting such a challenge of strength upon yourselves, for from you we learn, and all other beings learn if you can do it can!
Because in our experience, not that there are not others, but in our experience, your world is one of those that have challenged itself most strongly in the area of not knowing who you are and yet you are still remembering and that shows the infinite strength of the true spirit the true heart the true beings you are.
Take it to heart faith with it in it . . .
for that is who you are is no doubt.
We take this opportunity to thank each and every one of you for allowing us to remind you of what you already knew and for allowing us to remind you to pay attention to your hearts your spirits what you know to be true for yourself.
For all are created as infinitely powerful as they need to be, to create anything and any reality they so desire without having to hurt themselves or any one else in order to do so. You are infinitely strong imaginative creative . . .
because you are an aspect of the Infinite.
We thank you for allowing us to express this to you, we thank you for your gift of sharing in this holiday season of yours.
Bashar:
Channeled by
Darryl Anka
“Seeds”
from The Agenda 1989

The full power of unconditional Love is what each of you are as a seed. When you truly allow yourselves to burst forth with the flowers of knowingness that are within you, your planet will be such a lovely garden. Right now, in your society, you are tearing up the topsoil, farming the richness of past experience; this will form a very rich compost. All that you consider waste will allow fertility, if you place it in a proper place – behind you and beneath you – and grow from it. Let the light of your own future selves draw you upwards from that rich soil of experience, for it is a rich experience.

Now, a suggestion….go to a natural spot, and sink your hands into the dark rich earth, breathe Nature in, and then look up to the sky. See where you come from in physical reality, see where you are now, and see where you are going. Make a grounded connection to Heaven, bring Heaven to Earth; experience the richness and vitality of your Soul.

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Seeing Beyond Limitation

Q: You were talking a moment ago about some machine or some apparatus that can make you think you are hearing voices...

B: Yes.

Q: made me think of something. It seems like something was done to me or all of us, or our planet, to our brains, to make us doubt, to make us not believe in things, to make us not understand the questions.

B: Yes! You did it to yourselves. You did it to yourselves.

Q: How is this true? Because, it’s like, I hear things and I know it’s true, but it’s like something... 

B: Yes. It started with the idea of the degree of limitation that you didn’t expect to find by, in a sense, immersing yourself in physical reality to begin with, as a consciousness, just to speak linearly for a moment, as if there really was a beginning and an ending. But the idea is that when you encountered the dimension of physical reality representative of the earth vibration, you did not expect the degree of (another voice, much lower and slow, enters) DENSITY and THICKNESS and LIMITATION that you would experience when you crystallized your consciousness, in this way. And in crystallizing your consciousness into this dimension of reality, it automatically created compartmentalizations and segregations and separations and forgetfulness within you, in remembering the source of all things. And therein came the seed of forgetting and doubt.

Q: I know you’ve spoken about this so many times before, I’m sure... how does one get past doubt, because you know that you’re hearing... 

B: You get past it by going through it, and that is why it has taken your species tens of thousands of years to allow itself to experience (voice leaves) all the different kinds of limitations you can experience in the physical earth plane; so that now you are through experiencing all the kinds of limitations you can possibly experience, and now are waking up to the fact the you are at the end of the cycle of limitations, because you’ve done it all. Almost. And that’s how you get past it by having gone through it... and created that much time experiencing limitation, so that now there is no more limitation that you haven’t experienced. And so, by being an old hand at it, you now can have a handle on it and understand it for what it is, and see beyond it. That’s how you get past it.

Q: That’s sort of like the rubber band... 

B: Exactly so. The farther back into negativity and forgetfulness you pull the rubber band, that much farther it will go into the light when you finally let it snap.

Q: So, if you follow an idea in which everything inside of you is saying no, but you know it is yes, and then just take that idea and then get it to the point where it says yes.

B: Yes. When you buy into the no that you know is not true, you are simply succumbing to the ancient inertia. You don’t have to do that, anymore.

Q: So buy into the yes and just keep it...vibrate there and...
B: As long as you are clear, with your integrity, that the yes that you are thinking you are buying into is truly representative of your excitement, and not just the projection of a denial mechanism, then yes, by all means, buy into the yes. Does that help you?
Q: Yes, and those 39... what effect does the UFO connection... will that have in our world and far as people you know getting more and more information that there are UFO’s... 
B: Focus on yourselves for now. All right?
Q: Okay. Thank you.
Seeing the Electromagnetic Field

Q: Sometimes when I listen to you speak, or other channels, the room seems to turn like a dull yellow. Is that an auric projection of energy?

B: In a sense. Understand, you are allowing yourself to be tuned to the vibration of the translation of the consciousness into the mentality of the electromagnetic field, by which *all* of your super-mentality is connected. You are *seeing* if you wish, no pun intended, the "medium" of communication of energy waves, physically, consciously.

Q: I see, thank you.

B: Oh, thank you. You are creating for yourself the realization of that reality. We have only now then shared the reflection that you have created, so we will thank you.

Q2: Can you be more specific about the super-mentality that she is viewing?

B: Simply in that way, it is a symbolic representation of the idea that the medium of exchange from mind to mind is a substance which *fills* your entire space. It is the idea to some degree, to some degree, not exactly as it was once defined, of the old idea you once expressed as the ether.

Q: All right.

B: Realize that it is not in that way, yet, observable to your mechanical instruments, but it is observable to your mentality, if you allow your mentality to be aligned to your consciousness.

Q: So the electromagnetic field is really there for us to see if we take the blinders off. We can see all the waves and all the colors and all...

B: Yes! You can see the flow of mental communication between every being, like a roadmap. You follow me?

Q: Yes.

B: Like tides, like currents.

Q: Yes.

B: Thank you.

Q: Thank you.
Seismic Sensitivity

Q: This week I’ve had a mild pain sensation around my heart.
B: Yes.
Q: And it seems somehow to be associated with the idea of constraint. Could you give me any insight on that?
B: Recognize that you, like many individuals in your society, are beginning to recognize the sensitivity that what you call your heart chakra has for the lower electromagnetic vibrations in your planetary sphere. There have been many individuals who have the idea of pressure, and/or what you call palpitations around the heart area, with regard to what you call the increase in seismic activity upon your world. Simply recognize that you have your own built-in barometer, your own seismograph in this way, and it is an indication that you are picking up the lower vibrations and the fluctuations that are occurring in the magnetic field of your world, that are attached to seismic activity.
Q: Is it indicative of a particular type of seismic activity?
B: Yes, you can learn that there are patterns, in that way. You can learn to discern magnitude, locale, type, rapidity, frequency, repeatability and all sorts of understandings, if you begin to treat yourself as a biological sensor. Simply take note of the different feelings that you have in that area and catalogue them according to what seismic activity occurs within your world, and you will begin to see a pattern that you can follow.
Q2: In relation to that, when I was up in Frisco last weekend, I had very severe chest pain. Is that related to the same thing?
B: To some degree, yes.
Q: I would prefer not to perceive it in that way.
B: All right, but recognize that you are a part of the agreement of your mass consciousness at this time. And while you can alleviate it in the form of what you call pain, you will still go through some of the idea, to begin with, of discomfort, simply because you have belief systems within you that are coming to the surface. Thus, by reflection, you assist in the Earth’s transformation through the allowance, not the resistance of your own.

Now, all you have to do to alleviate the pain is to allow yourself to receive the message. And in this way, ask yourself, in what other way are you willing to receive the message so that it does not have to come in a way that forces you to pay attention? Do you follow me?
Q: Yes.
B: Then you will not need the experience of pain, which is only caused by judgment, which causes separation from a part of you to the rest of all you are. Do you follow me?
Q: Yes. Thank you.
B: Thank you.
Self-Validation
Q: Lately I’ve become involved in three different programs that have to do with the environment, that kind of thing. And I guess I want you to validate my excitement and the path I’m on.
B: I cannot. I can comment on it; I can enjoy it. But I cannot validate it.
Q: Well, that’s what I was looking for, a validation.
B: Well then, give it to yourself and you shall have it.
Q: Okay.
B: Are you validated?
Q: Yeah.
B: Thank you.
Q: Seems better when it comes from you, though.
B: Why?
Q: I don’t know.
B: It can’t be, it can only come from you; it cannot come from me. So how can it be better if it comes from me?
Q: But aren’t we one?
B: We are one, I can validate the one I know I am. But you must concurrently validate the one you know you are.
Q: Well, I’d like to make a statement. It has to do with my quest for truth.
B: Quest for truth.
Q: And my career.
B: Yes.
Q: I know they work hand in hand because you have talked about that before. And I didn’t know that before.
B: And you already know that “The Truth” is composed of all truths?
Q: Yes.
B: So when you say, “my quest for the Truth,” what you’re actually talking about is your expression of your truth.
Q: Yes.
B: At any given moment, whatever that may be.
Q: Actually what I mean is, my own peace.
B: Yes. Same thing.
Self Awareness

B: I have discussed, from time to time with many of you, the idea of what you call the patterns and the habitual rituals that many of you find yourselves in, in your physiological reality. This analogy can assist in our understanding of the very ability for self-awareness itself.

We have discussed, along with the idea of the notion of habit, that once you recognize you have a habit, you no longer have it. That you have to be outside of it, beyond it in a sense, in order to know you had it. When you are in the framework, you do not know you are in the framework; you do not see the framework for what it is.

When you arrive at a point in your life when you recognize that you were in a particular framework, then it must by definition be past tense. You have to already be beyond it, outside of it so to speak, in order to know that the framework existed. Because only from that point of view can you see the idea of what the framework is and how it relates to everything else you have been doing in your life.

The analogy that we have used, once again, is the idea of being on a mountaintop. And from the mountaintop, then, you understand that before you climbed the mountain you used to live in a valley. But it is not something that you may recognize until you teach the mountain top, for there your perspective allows you to truly see, in a much broader sense, the terrain of the inhabitation you experienced before.

The idea of self-awareness, the recognition of self-awareness to some degree, functions alongside, parallel to this analogy. And the very ability to be self-aware – in a sense for lack of a better term – can be called a proof that your mind, your consciousness, must by definition be of a non-physical nature to begin with. Let us illuminate the idea further.

We recognize on your planet there have been for quite some time ideas, belief systems, where individuals might think that your physical reality is all there is. And that there is no physical – no physical extension – beyond your life span. And that in there being no physical extension beyond your life span, then the idea that you are, the mind that you are, the consciousness that you are, ceases to exist.

We recognize that this has been a belief on your planet held by some individuals for quite some time. The idea, however, can be seen to be self-contradictory, for you can recognize that your ability to be self-aware, self-reflective – to see yourselves – requires that you have the capacity to stand outside the paradigm that you are, to stand outside the framework that you are. The ability for self-reflection cannot come from within the framework in which you exist on the physiological level.

The idea that mind is simply the product of physiological chemical interaction and nothing more would be contradictory in the sense that a physical object, if that is all there is, is a physical reality. If that is the only framework, and there is no other framework from which you can view physical reality, then self-awareness would not be possible. You would not be able to have that remote self-reflective ability, for there would be nothing beyond it. Those measurements, the recognition of self, is a measurement that can only be made outside of the thing that you are measuring, the framework that you are measuring
If physical materiality was all that there is, in that sense, you would simply be programmed, as you say "hard-wired." There would be no flexibility, no reprogramming, no ability to extend a reflection back to yourselves. For the idea of physical reality would be self-contained.

Non-physicality to some degree is simply an extension of the physicality you are used to. It is a more rarified version, a vibration, a frequency shift, but one with profound sensorial effects, one that is expansive in its point of view relative to the physical reality you are used to inhabiting, shall we say.

Now this does not mean that it is the end-all, be-all – this non-physical reality – in terms of having a point of view, in terms of expansiveness, in terms of knowing. There are still yet many levels, shall we say? Many degrees – and they are quite infinite – of knowingness, of self-reflectivity. It is open-ended, and must be open-ended, once again, in order to have the ability for self-reflection. That open-endedness, the ability to be infinite, is what creates the ability to see yourselves, to be aware of yourselves, and to recognize yourselves at any place, at any stage within the whole idea of existence.

If it were not infinite, once again, it would be a closed framework. And in a closed framework there cannot be self-reflection. So infinity, non-physical reality: these things in a sense are necessary ingredients for you to even be able to possess the capability of self-awareness. For self-awareness is the first, shall we say, separation.

You are you; you are one idea. To be able to see yourselves implies that there is more than the one idea you have thought yourselves to be for so long. It is an extended, or how you say, existential point of view, a transcendental point of view. It is a loop; like a mirror it implies that there is another point of view beyond that which you express yourselves to be at any given locale in space/time. To be able to extend your senses to the place where you can think about yourselves, where you can be self-aware, implies by definition that there is something beyond the reality at any given moment that you immediately inhabit. And always will be – forever.

We will be delineating more of the ideas of aspects of consciousness, clarifying these abilities within many of you within this, your new year-what we have termed Year of Conviction. But by whatever name this time in your lives goes by, it is the time of explosions and explorations, of true allowance, true redefining of the persona and the personality that you are.

Many of the ideas that have been termed workshops that we will be discussing in your new year will deal directly with specific ways to redesign the persona that you are, into what you wish it to be. All the tools are now available. The level of awareness on your planet makes it so that you can begin to truly redefine and redesign the persona that you are. And have the different life style that is representative of the new persona, the new personality, the new construct you express yourselves to be.

We will also be discussing altered states of consciousness as they apply both to your physiological reality and several other realities that you are connected to, but have not in your reality had conscious remembrance of for quite some time.

But it will form links for you that can be translated in ways that you can apply in your physiological
reality to aid in the assistance and acceleration of your own self-awareness because you will be able to use those other places you also exist as mirrors, larger mirrors, to see what you may call the bigger picture of your physical reality, to see more clearly and cleanly how you fit. Because you do.

Not to see whether you fit, but how you fit. For if you did not fit, you would not be where you are. You can begin to use what you may call those higher selves, those future selves, those mirrors, to reflect back to you that point of view, that self-aware reflection that will allow you to truly see how you are intermingled with all other individual personas in your physiological reality.

We will be discussing ideas of your sensitivity, of awareness within your physical reality – and how to increase that. And all the ideas of keying into vibrations and energy, the energy that you are. For you are made of energy, and the frequency, the pitch at which you vibrate determines everything you experience – everything. And we will be discussing that, and how to apply that in your lives in a very conscious direct methodology that will give you immediate feedback, so that you understand you are responsible for the creation of your physiological reality.

This, in having termed it, Your Year of Conviction, is where we work together in more parallel ways, hand in hand as you say, with tools and methodologies that will allow you an immediate reflection of all the concepts and ideas and belief systems we have discussed for the previous four years of your time. So that you will have what you call your practical experience with these ideas, know they are tools that will feel solid to you that you can apply in your lives and get a result from immediately.

Less time is necessary now. More conviction means less is necessary to get the results you desire. It will take you through many routes of yourselves. We will put you in touch with many beliefs that you may have, and not know that you have.

But that will part of the fun. For that self-discovery will always lead the recognition of the greater self that functions as a mirror – to become more self-aware of the you you are, in all the expanded ways you can.

These are some of the things we will be discussing this year of your time. And all of it –all of it! – will be for the purpose of expanding your self-awareness and your activity, your conviction. And increasing the potential of allowing you to be one mind. Individuals always, but one mind – in step harmoniously, smoothly, effortlessly, joyfully. For these things are your birthrights.

Nothing in the universe denies happiness to you – but yourselves. You all are that powerful, every single one of you. Every single one is a universe unto him – or herself – or itself, depending on the reality you come from.

This year will put you more in touch with all the ideas that you are. We thank you for your willingness to have created the world you have created, to have it be such a bold expression, to be so very exciting.
Greetings to you this day of your time, as you create time to exist. We thank you for being willing to co-create with us, this day of your time, this interaction so that there may be expansion between your world and our world. Together, eventually, your civilization and many other civilizations, through interactions such as these, may come to a place and a time when we can interact freely and explore creation together. We thank you for the opportunity to accelerate that process by co-creating this particular endeavor today of your time. The idea we wish to discuss, the idea we wish to reflect to each and every one of you is one that we have entitled, "Self-Empowerment." And before we begin with the specific tools by which you can allow yourself to use self-empowerment, we would desire to lay down a few foundations so there will be some common basis of understanding within all the things we will be discussing.

Many individuals on your planet now are discovering ideas of what you call, your New Age of Awareness. You are discovering expansions of your consciousness, you are discovering aspects of yourself that you, heretofore, did not necessarily know existed. Nor were you taught that these things, these abilities, these powers existed within you, except perhaps in very isolated circumstances. For perhaps you may have been taught that certain abilities existed within you, but that these teachings may have been cloaked in ritual and many other formats that did not necessarily allow you to understand the mechanisms of what you were being told in a clear and concise manner. None of these ideas, in any way, shape or form is wrong. It is simply indicative of the evolution of your society and at no time, in no way, do we make any indication that what you have gone through is any less valid than anything any other society has experienced.

Our civilization, to some degree, still retains, in its evolutionary process, a connection to a type of physiological reality. In other words, we are also physical beings communicating to you at this time through telepathic contact. In a sense, however, we are not physical like you are, neither in shape nor in dimensional experience. We have our own evolutionary process and we are moving from, what you may call, an accelerated level of physical reality to non-physical reality in our transformation. All civilizations go through transformation. You are not the only one, and as has been said many times, by no means is your civilization lowest on a list of civilizations.

The idea is simply that various civilizations will go through their own processes at their own pace, in their own time. And, in a sense, not meaning to be judgmental, no one really has any business comparing one civilization to another for their relative merit or degree of ability. Therefore, simply take it to heart that whatever processes you have been going through in your lives, and for many lifetimes, is simply the processes that were of your choosing. There is no such thing as wasted time, everything can
be utilized in a positive way; and there is absolutely nothing that you have ever discovered about yourself, nor will ever discover about yourself that cannot be applied in your lives in a positive way. Therefore, once again, allow yourselves to understand that in these interactions, this day of your time, with regard to, what you call, learning self-empowerment, we are not really teaching you anything new. We are not really reflecting to you things that you do not know, we are simply reminding you of things that, for lack of a better term, you have forgotten. Reminding you of your innate connection to Creation, for as had been said also many times, in your own way and in many different ways, you are created in the image of, what you term, God. To us, your term God translates as All That Is, literally consciousness of existence itself, everywhere, anywhere, that you can imagine it to be. You are aspects, you are reflections, you are facets and fragments, if you wish, of All That Is. You are made in that image and, therefore, you as well, each and every individual one of you and all of you collectively are also multi-dimensional, multi-creative beings, just like the idea of what you call God. That is what it means to be made in that image; you are, shall we say, a microcosmic version of the macrocosmic reality. Each and every part of the Whole contains the information of the Whole.

Therefore, you have at your disposal an unlimited source of information and energy which you can apply in your lives in way, shape, or form you so desire; and this is the key of what we shall be discussing this day of your time. The things that you desire, what they represent and the true ability you already have to create those things, to manifest those things, clearly and precisely in your lives. Again, let us re-phrase for clarity’s sake, the idea is to understand that the notion of self-empowerment and the tools that we will be sharing with you are not something that are really new. We will perhaps be re-phrasing things for the purpose of your contemporary language, but these things have been known to your civilization since your civilization began its existence in physiological form. And therefore, we simply are reminding you of what you already contain.
PART II: PSYCHIC SENSITIVITY

B: And now, we begin this new day with an understanding of psychic sensitivity and synchronicity. Remember, upon your planet, many individuals have thought that psychic awareness – what you call extra-sensory perception, nothing extra about it, telepathy, or as we very often say, telempathy, for that is what it is – have for a long time thought that these things are manifestations of the mind; and in a sense they are. They utilize mentality, the electromagnetic field, to derive their effect. They can be, in a sense, mentally directed, but they are not mentally activated. They are emotionally activated. Desire, love, many times even fear, will allow you to form psychic connections that you had heretofore not known yourself capable of manifesting. Strong emotion: e-motion; energy in motion.

That is what allows you to form the vibratory identification with another being, with many other beings – that allows you to create the effect that you are reading their thoughts. You are not directly reading another person’s thoughts. What you are doing is identifying with them so strongly, loving them so strongly, junctioning with them so strongly, that you begin to operate on a similar frequency. And as you match their frequency by identifying with them, you then translate the universal creative energy through your consciousness, into your mentality, in a similar fashion. You create a similar train or pattern of thought; so you create parallel, synchronous thought patterns, and it allows you to seem as if you are reaching into their minds and pulling out their thoughts. That is why, through this mechanism of telempathy, that you see individuals that you recognize to be in love, very often, sharing each other’s thoughts.

When you are in love it is the strongest identification with another individual. You think alike. You are on the same wavelength, literally. Many of you have used that analogy, perhaps, not necessarily knowing how accurate a description of the mechanism of telempathy you were reciting. You are on the same wavelength literally, and that is why you create similar thoughts.

So, the idea of psychic sensitivity and expressing synchronicity is to identify as strongly as you can with love, with all other beings, all other levels of consciousness. To love them is to know them. Literally. Synchronicity. Psychic expression is simply an expression of conscious recognition of synchronicity. And all synchronicity is the awareness that everything is connected to everything else, because everything is everything else. Because everything is the same one thing manifesting itself in all the multi-dimensional ways it can, simultaneously, in the creation that it is.

So, you are everyone else, everything else. So why shouldn’t you know them? Loving them, loving All That is, allows you to identify as All That Is; unconditional love connects you to every thing, every one, every way.

Therefore, this technique, this visualization now, will be a method to allow each and every one of you in your own way, to form a relationship with all levels of beings; all levels of consciousness. Again, we will begin simply.

Close your eyes and relax. And remember that all the love you will feel in this exercise that is coming to you, you deserve. Simply return it. Simply return it unconditionally. Once again, take yourselves to
your place of perfect peace with three deep breaths. Take a few moments to orient yourself to your place of perfect peace. Now you can begin to allow yourself to generate a relaxation far more profound than you have ever experienced before. We will begin by imagining, in any way, shape or form you care to, the vibrational frequency, you call the color red.

Allow this frequency to wash over your body. Think of your physical body. Allow this red, warm vibration to seep within you in an earthy, primal, sensuous way. Feel your beinghood, your creatorhood, your physicalness; feel from the bottom of your toes this red, warm energy beginning to rise through your feet, through your ankles, up through your shins, your calves. As it does so, allow yourself to allow every portion of your body that this energy touches to relax in a deep and profound way. Feel the tendons. Feel the muscles soften. Feel them simply lying on the bones of your body. Let the red energy move up through the knee joints. Feel the flexibility of your knee joints. Feel the fluid warm up and become thick, supportive and lubricating. Feel the red, warm energy moving up your thighs. Feel the muscles spreading out, relaxing as if they are soaking up sunshine on a warm, warm sandy beach. Feel them flattening out on your bones. All the tendons stretching out, sighing. Sigh now, and sigh as your muscles sigh. Let your muscles expel the breath they have been holding. Expel the tension.

Feel the red energy moving up through the pelvic area. Feel the caressing sensuality of the red warmth fill you. Feel it moving up into your abdominal area, not only the relaxation of your musculature, but also the red warmth seeping into every internal organ; all the internal organs relaxing, warming, feeling cozy and comfortable. Resting gently upon one another. Feel the muscles around your ribs. Feel your diaphragm relax under your rib cage, under your lungs. Feel your lungs relaxing. Let the red warmth spread outward, upward through your chest; upward into your shoulders. Let your shoulders relax.

Release the tension. Let your shoulders drop away from your head. Let the red warmth cascade down your arms to pool into your elbow joints, and seep and flood into your hands, into your fingers. Feel them allow you to let them feel you becoming dreamy, heavy, so lid and grounded. Beautifully relaxed.

Feel the red warmth’s rise into your throat cavity. Relaxing all of your vocal chords, bathing them in warm honey, in light, in love. Relax the muscles of your mouth. Relax your tongue. Relax your teeth, relax your bones; relax your facial muscles. Relax the tension around your eyes. Relax the muscles around your ears. Relax your scalp; feel the tingling warmth, like a loving massage, go into your scalp. Feel every hair, every pore vibrate and radiate this vibration of red warmth. Now just pulse, as your heart slowly beats with every warm beat of blood through your body, an infusion, a flush of warm release. Your body is totally relaxed, at ease, at one. Floating in your place of perfect peace.

And now, imagine the color green: beautiful, vibrant, emerald, lush, verdant green. And feel your nerves, your mentality, all the ideas of your mental, analytical thought processes melted, blended, luxuriating within the lushness of the green coloration. And feel the green vibration moving from your feet all the way up to your head, filling, blending with the red vibration. Merging your mentality with your physicality. Blending it all as one idea so that your thoughts learn to relax; so that you do not have to stress and strain; so that your thoughts come naturally, easily, knowingly; so that you become natural;
so that you simply know what you need to know when you need to know it. Not so much planning. Not so much structure, more spontaneous awareness. Drift in the green, energizing vibration. Merge and blend, and allow your thoughts to become emerald crystal clear. Sparkling and radiant they are.

And now, envision, once again, the bright blue, electromagnetic light of your spirituality; the blue, all-encompassing light of spirit; of soul; of awareness; of consciousness. And blend the red and the green with the blue of your spirit, the idea itself that you are. Know, beyond a shadow of a doubt, right here and right now, that with the combining of the red, the green, and the blue vibrations, simply in doing this you will take yourself to the appropriate vibratory frequency, deep within the center of your being. The proper vibratory frequency that will allow you to blend, to junction, to identify with any thing, any one, any where, any when you so desire.

From this place... from this vibration, once again, whether your analytical old mentality may think you feel any different or not, I guarantee that in blending these frequencies and allowing yourself to come from your place of perfect peace, you are at the appropriate level of consciousness from which you can connect and junction and feel the synchronicity that you are with all other beings. Acclimate. Revel in this energy. Let it wrap its arms around you. Let it caress you, hold you, inspire you. Love it back. Nurture it and it will nurture you.

Take three deep breaths, and allow yourself to float and sink within this loving energy. And as you now do so, and as you now come from this vibratory level, allow yourself now, in your place of perfect peace, to look around in your imagination, with your eyes still closed and spot a rock, it can be small, it can be huge, it can be light. It can be dark. It can be sharp. It can be smooth; but a rock, a natural rock. Any kind. Any texture.

Go to that rock. Either pick it up or touch it; but examine it from all sides, if it is too big to pick up, then allow yourself to know you can interpenetrate the very earth under it to see the rock from underneath; but go all around it. See it from every side: from the top, from the bottom, from the north, from the south, from the east, from the west. All sides. Look at it and feel it. Place your hands upon it. Hold it in your hands. Feel the texture. Smell it. Is it hot? Is it cool? Is it rough? Is it smooth? Taste it. Hug it.

Hear the sound it makes when you rub your hand or fingers across...

(TAPE 2,SIDE 2)

...larger and larger until you are small enough to go inside the rock. Simply interpenetrate. Merge and blend and be within the rock, and look around. Look at the structure – the atomic structure. Smell it, taste it, feel it, hear it. Let the rock feel you, let it smell, taste, hear, touch, caress you; let it learn about you; let it love you as you learn and love it. Look at its very atomic structure. See the molecules. See the atoms that make up this particular rock. And know beyond a shadow of a doubt, that you are absorbing by, direct knowingness, all you need to know to understand all the properties of this rock; all the properties of this rock as an extension of your consciousness.

Then exit from the rock, and allow yourself to grow larger and larger and larger and larger. Large enough to take that rock and place it within your heart. Then love this rock. Love it and be its friend,
and let yourself know this rock will always be within you to function as your personal translator for anything and everything you ever need to know about any rock anywhere, any when... about any aspect of that portion of the mineral kingdom. It is always with you in your toolkit. Always.

Now take that rock and place it back in its original location within your place of perfect peace, and know you have made a friend.

And then, with three deep breaths, dissolve the image of your place of perfect peace into a gray, limbo, fog-like state; a neutral state of being. And then, with three more deep breaths, re-form your place of perfect peace; but as you do so you now notice an addition. Next to the rock there is now a lump of metal. It can be any metal, if you wish, preferably, copper, silver or gold, highly conductive, pure, elemental metal.

Go to the metal. It can be a cube. It can be a sphere. It can be a nugget. It can be in any shape or form or size you desire it to be. Pick it up, or look at it. See the luster. Is it mirror-like? Is it satiny? Is it rough? Is it smooth? Is it cool? Is it warm? Again, taste, smell it. Touch it. Hear it. Feel it. Use all your senses. Hear the sound it makes when you strike it. Is it a dull sound, a ringing sound, a bell-like sound? Feel the weight. Is it light? Is it heavy? Know it in all of its aspects. Then let it expand in size and, once again, like an astral being, penetrate the surface and go within. Look around. Look at the quality of light within the metal. See how light reflects off of the molecules... the atomic structure. Again, smell the odor. Taste it. Touch the atoms. Feel them. And let the metal touch you. Let it feel you. Let it revel in you. Let it learn as you learn, and love it.

Then emerge from the metal and grow and expand and take that metal and place it within your heart, and love it for all you’re worth. Hug it. Love it. Nurture it. Nourish it and hold it dear, and know you have made a friend; and it is your translator tool for any and all metals, and that entire portion of the mineral kingdom. And you will know what you need to know about any and all metals. And remove it and replace it next to the rock... back in its original location within your place of perfect peace. And see them sitting side-by-side, beautiful and clear. Perfect tools; there anytime you need them.

Three deep breaths and, once again, dissolve your place of perfect peace back into the gray fog of potential reality; and then with three more breaths, re-form, re-condense your place of perfect peace in brilliant visual colors, and “lo and behold,” there is the rock! There is the metal! And right next to it is a brilliant and beautiful, sparkling, multi-faceted crystalline form; the third state of the mineral kingdom. And it is beautiful and it reflects, in every facet, all the rainbows of light that you can possibly imagine. And you go to it and you pick it up; or you hold it, or you hug it, and you see yourself reflected.

It is all colors. It is transparent and opaque. It is fluctuating, sparkling in the light, even in the dark; even under the moon. It you have the moon in your place of perfect peace, it sparkles. Even it reflects the light of the stars. It is a multidimensional crystal. It is the crystal of your imagination. Pick it up. Look at all sides. Move around it. Feel the texture. Hear the tone when you pass energy through it. Use all of your senses. Touch it. Taste it. Hear it. Smell it. Then, like a delicate bubble, let it expand. And go within, and see the infinite reflection in the multi-faceted crystalline latticework of the atomic structure.
Explore all the conduits, all the tunnels. Explore with all of your senses, all of your excitement, all of your joy. Feel it, and hear the echo reverberate from the multi-faceted canyon walls of the atomic molecular structure inside the crystal. And let it cover you with its own tones, its own light. Let it learn of you and rejoice in the crystal that you are.

Then emerge and expand and take, gently, that beautiful crystal, and place it in your heart of hearts, in your soul of souls, and love it, and feel the clarity and brilliance of its purpose – its knowingness. And let it be your friend. And let it be our translation tool, and all and anything that you need to know of any crystalline form of the mineral kingdom, your friend will help you know. And you take that crystal and place it next to the metal, next to the rock. And you observe them smiling, in their own way at you, as you smile in return.

And now, three deep breaths, and you dissolve your place of perfect peace, once again, into the limbo state. And with three deep re-creational breaths, as you re-form your place of perfect peace, all the minerals have combined to form the Earth, the soil. And from this soil a rich and verdant tropical garden jungle of all types of vegetation, and plant, and flowering tree, and fruit, are blossoming all around you. You are in the garden of life, of Eden, of light; the depth and variation, the smell of the greenness, the grasses, the bushes, the growing things, the tallness of the trees swaying in the wind, the breeze speaking to you through the leaves of the trees. The lushness, the richness, the fertility that you sense, the flowers, the riot of color, the splash of every hue, the ripeness of every fruit and nut, the plentiful abundance of the endless forest – the eternal jungle – within you; the primal depths of your soul.

And you feel the juices coursing through the leaves, and you smell and you taste the plenitude of all of the fruit. And you feel the simplicity of the transformation of light through the leaves into energy, into life! You feel the oxygenation issuing from the leaves. You feel the oxygen pouring into your lungs; the offering and the gift of life that they give to you; and you in return, the carbon dioxide that they eagerly soak up within themselves; the osmosis; the exchange between the symbioses that you are together. The richness of the nitrogen in the soil, and the depth of the roots as they draw from the deep and endless well of water and minerals. Deep. You are anchored deeply within the Earth, and you feel the roots from your feet sinking down into the soil, and you feel the water drawing upward. Upward and outward as you branch out into the sky toward the light.

And you feel the sun playing upon you, and you feel it dancing upon the leaves on your branches. And you feel the fertility and the plentitude and the abundance... the richness. You feel yourself and you know yourself to be a part of that forest. All the trees are within you. You are within them. You feel their suppleness, their strength and their gentility; their majesty and their grandeur; the multitudinous climates, from the driest deserts to the wettest of snow-capped peaks; the richness and diversity of the growing vegetation. And you feel their love. Give them your love.

As you sit within nature in this meditative state, as you became the trees, as you allow them to become you, allow them to learn what it is to walk among them; even as you learn what it is to anchor yourselves to the Earth, and receive all the nutrient, nourishment and nutrition from the spot in which
you exist. As you learn what it is to be each other, then know, beyond a shadow of a doubt, that in this forest, in this jungle, in this shady glen, you have the tools to understand all aspects of the growing things of the vegetable kingdom. They are your friends and translators, and they speak to you. Listen to them. Listen to their ancient wisdom; their ease of knowledge; their ease of growth and creativity. Feel them. Love them. See them shine in your place of perfect peace.

Three deep breaths, drinking deeply of the oxygen they have provided for you, and dissolve your place of perfect peace.

And now, oh now! With three loving and energetic breaths, as you re-form your place of perfect peace with the foundation of the minerals and the backdrop of the vegetation, as you re-form the panorama of the endless plains, hills, mountains, valleys, deserts, oceans of your place of perfect peace, you see from every direction, every size, every shape, every color, wet, large, loving, beautiful, gentle; the eyes of all the animals, of all kinds and all makes, all types, all forms looking at you; looking at you with their bright, wet, loving, trusting, knowing eyes. Their eyes are pools of love that have no bottom, no end. They give you their strength, their speed, their flight, their ability to swim. Feel them. Love them. They love you. They guide you. Unconditionally they give... willingly, endlessly, perfectly, to you.

See yourselves reflected in their eyes; see your own naturehood. Feel their small and great hearts beating all around you. Feel the love they radiate to you; feel the joy; feel, taste, smell, hear, embrace all of them. Take them into your hearts and love them, and care for them. Nurture them. They love you so very much. They are here for you. Fly with them. Run with them. Leap with them in ecstatic joy. Let them show you the ecstasy of your own natural Godhood. You are blessed by them; sleep with them, play with them, learn with them as they learn, sleep and play with you; gently, exuberantly, smoothly, lovingly, majestically. And always they will tell you everything and anything you desire to know about them; for they know you will learn what you are as well, by allowing them to reflect to you the natural creator that you are.

With one loving look into their eyes, allow them again to dissolve with three deep breaths, vital breaths, into the gray limbo of all potential reality, of all knowingness. And with three sentient, sapient, knowing, conscious breaths, re-form your place of perfect peace. And behold the infinite display of all thinking beings from every civilization, from every realm, and do not forget the beings from your own – the dolphin and the whale consciousness – all thinking beings, all alien races, all beings of every level of consciousness that exist within the infinite spectrum of universal, multidimensional reality. They are all there with open arms for each and every one of you! All with open hearts. All with open minds! All with open breath! All with open eyes! All with open consciousness!

Inviting you to join in the brotherhood and the sisterhood, in the beinghood of All That is! In the joy and the celebration of the exploration of infinite life! You are invited to an infinite party that never ends; of exploration; of expansion; of knowingness; of, in that way, the replenishment and the refreshment of your very soul. The never-ending discovery of all the different ways that life can manifest itself, All the different forms of creation that infinite creation can represent itself to be! Embrace and hug, and meet
your long lost families! This is reunion of all the beings, all your lives, all the times, all the places, all the experiences on every level, in every civilization, every level of your imagination and dimension of experience!

They all greet you. We all greet you! We all greet each other, and anything you need to know anytime, anywhere – you simply call. They will be there. You will be there. You will know your brothers. You will know your sisters. You will know your friends. You will know your lovers. You will know all that you need to know as the being, the multidimensional being, you, yourself, are created to be!

Drink deeply of the celebration of life! All of its aspects are within you! All of its facets are within you! All of its knowledge is within you! Breathe it! Feel it! Revel! Celebrate! And refresh yourselves within it. It is endless! It is infinite! There is more than enough for everyone forever!

And now, dissolve your place of perfect peace. Three deep breaths, and with the next three breaths allow all that you have allowed your perfect place of peace to be, to now take the form of your Earth environment, comfortably, gently, and lovingly.

End of Part Two

Part II: Psychic Sensitivity

10
Self-Fulfilling Prophecy

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

Allow us to begin this evening of your time – and if you wish, you may use it as your entitlement – with the idea of self-fulfilling prophecy. Allow us first to delineate the idea that every prophecy is a self-fulfilling prophecy – every single one. For a prophecy is what you usually term a prediction, a point of view, a perspective on something that you may feel will come about to represent a certain idea, a certain reality, a certain manifestation.

Any of these so-called predictions are always a result of a particular mode of thinking, a particular belief structure, a particular perspective that already exists to begin with. All prophecies that you hear about always must come out of a particular belief structure, and therefore, are always oriented to the belief structure out of which they have emerged. But also recognize something else: each and every idea and each and every belief in any given idea will always generate a system of logic that will support the belief in that idea. Always.

Now, what we are colloquially saying is that, as we have said before, the truth is composed of all truths; and all truths, all perspectives are true, are real. Simply that any time you have a particular perspective, a particular point of view, a belief in that point of view will always generate through your mind a system of logic that will reinforce and support that point of view that it is self-fulfilling, self-perpetuating.

So when one individual says, "Well, I believe this way; and as proof that it works, this happens, this happens, this happens and this happens. So you have to know that what I am saying is true." But recognize, another individual at the same time can say, "But look: I believe this way; and this happens, this happens, and so on. And therefore, I have my feedbacks, my validations, my proofs for the way I believe."

Now your society, as we have observed it, basically does not allow there to be an understanding that both of these individuals are correct. Each of them at the same time, because of the direction of their belief, has generated within their mentality, and all others like them, the perpetuation of a system of logic that, by definition, must always reinforce and support the system of belief that the individual is upholding. This is the fundamental mechanism of universal creation, that each and every belief will perpetuate a complete system unto itself, so that that system can function as its own universe, self-contained, self-perpetuating, self-validating, self-reinforcing. Each and every thing you understand is, in and of itself, able to support and sustain itself for as long as you maintain that perspective.

Therefore, simply recognize that anyone’s system works for them, because they are each using the fundamental mechanism of the universe to support themselves, to reinforce themselves. Because that is their particular way at that moment that they need to be to understand who and what they are, to experience what they believe they need to be.
So the universe, being the infinite holographic mechanism that it is, will always be able to allow for the generation of a complete and total self-feeding system that will seem to be, to the one using that system, the only system that works. Because that is the nature of that system; it must be self-contained in order for you to get out of it what you need to get out of it.

With one exception, any system of belief, which allows itself to include an understanding that all systems of belief work, will also be able, because of that definition, to create a system of logic that will sustain that person’s ability to see all systems working; to see all systems as a manifestation of the same mechanism; and to be able to utilize out of any system any particular ritual or methodology they desire to use at any given moment. And it will always work for them in that moment.

They can pick and choose from all the different systems, all the different methodologies and ways that are available in your culture, because they are willing to have a system that has a broad overview. And they allow themselves to know that all truths are true, all truths are real. They are simply relative points of view of the one homogenous mechanism that allows any individual to function as a reflection of the fact that they are a multidimensional creator.

As some of your literature says, you are made in the image of the Infinite Creator; and what that means is that you are an infinite creator. And therefore, you have the capability of creating experientially in your physical reality any system at all. And if you believe that system will work, it will, because you are that fluid and flexible and powerful a creator. Therefore, allow yourselves – if you wish, not because we say so, but just because you wish it – to know that you can avail yourselves of the broad-spectrum view that will allow you richness, variety, diversity in knowing that anything, at any moment that appeals to your curiosity, that attracts your excitement, is a methodology that, because it attracts you, will work for you.

Because you are perhaps coming from the point of view that anything that you are attracted to is something that will work for you – as long as you know you are functioning within your integrity, and following at any given moment the thing that excites you the most. Then you can generate a belief system that will utilize the fundamental mechanism of the universe in the same way that any other system does – but will allow you to experience a support system, a system of logic, self-perpetuating and self-proving, that will also allow you a wide range of tools.

Your imagination, as we have always said, is the key. Your imagination is the primal tool through which any ritual, methodology, or process you believe you need can come to you. For all the rituals and methodologies that have existed in any other way of belief were all created by imagination to begin with.

So allow yourselves, if you wish, to function as the axiom that the truth is all truths; and that any truth is real if that is your focus at that time. You will always be supported; you will always get the feedback; you will always have the proof at any given moment, that the system you believe in is the system that will work for you at that moment. When you change the idea that you are, you automatically change the belief system; you automatically change the system of logic that supports it.
Anything and everything will work for you because you are the creator of anything and everything in your experiential reality. So anything you have to predict about yourselves, any prophecy you wish to become, in line with your system of logic will always be a self-fulfilling prophecy. Because that is the point of view you are coming from; and any such prediction was made from within that point of view. You all follow along?
AUD: Yes. Yes.
B: We thank you for allowing us to share these perspectives, and remind you always that they are simply the perspective and point of view that have worked for our civilization. It is up to you to determine what will work for you. We simply are interacting with your civilization at this time because we recognize that many of you have similar points of view to the points of view that have worked for us. And so we will, as a part of the system of logic that supports itself, come to reinforce the system we exist within. And simply invite any who wish to share that system to share it with us.
But know, beyond a shadow of a doubt, that no matter what system of belief you choose, you are at any given moment doing the thing that represents who you need to be at that moment. And we believe in that choice utterly.
And so we will extend once again our appreciation to you in allowing us to experience the gift of your collective and individual consciousness, to allow us to see that many more ways that Infinite Creation has of expressing itself within the creation that it is. We thank you for your gift of sharing; and so we will now turn it around and simply ask you once again, how may we serve you at this time?

Self-Fulfilling Prophecy
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**Self-imposed Karma**

Q: I’m still kind of hung up on self-imposed karma.

B: Hung up on self-imposed Karma! Are you comfortable up there?

Q: That’s what I’m wondering about. Is it self-imposed by the Higher Self, or this fragment of the self?

B: Again, there are two types of free will, two types of recognition. The “Higher Self” who you are when you are in-between lives – because then, in a sense, there’s really no distinction at all between the Higher Self and you – chooses the general theme to represent the continuation of the momentum and the balance that is necessary to continue what you call the karma – which is only a representation of momentum.

The physical you you become utterly has the freedom to determine how you play that general theme out: positively/negatively, quickly/slowly, alone/with friends. You follow me?

Q: I follow you.

B: So the general themes you are exploring in your life generally will remain throughout the life. And that has been, in a sense, determined by the higher self you. But the way you go about it is utterly determined by the you you are now, here, this physical consciousness.

Q: I see. But it seems to me like it’s different when you get to the point of the group consciousness karma. This isn’t something you can get over by yourself.

B: But you are all doing it together. And you can still do your part at whatever rate you wish. Because as an individual, you can “accelerate” ahead of someone else, or stay behind someone else, and you still cut the average rate at which the entire group changes.

Q: Okay, but—

B: You don’t have to hold yourself back just because someone else might be choosing a particular rate. Yes, there is an overall average rate, but within that there’s an awful lot of leeway as to how quickly or slowly you can go as an individual. Because it will all average out.

Q: Okay. One concept I’ve been dwelling on is the possibility that the group – if they…

B: Oh, yes. Absolutely!

Q: being that was involved in this has even transcended to fourth density, left third density? Or are they still locked up in third density?

B: Not all, no.

Q: Some have, without going through the group karma?

B: Yes. But again, it will depend upon the reasons for why that individual has created what they have created, and what they have done has still added to the overall ability of your entire consciousness to go where it wishes to go.

Q: Okay. I had heard on one of the tapes that someone had asked you – on the Ra Materials. Someone had said no one had ever left this density since Jesus’ time.
B: That is simply an analogy to the idea that you have become extremely highly focused since that time. And you have elevated to slightly different lives, and have basically all decided to remain and return – because the transformation is so attractive and exciting. It is not so much that no one has been able to leave; it is that no one has wanted to. Because, well, as you say, you are where it’s at!

Your planet is going through such a strong transformation, that not only do the individuals on your world not necessarily want to leave because they want to be a part of it on some level – physical or nonphysical – but you have attracted the attention of thousands of other civilizations and dimensions of consciousness – to add to the momentum of the group karma of the transformation.

Q: Okay. I gather right now we’re on…there’s one theme: the way out is the way through…We’re on the process now of going through…

B: Yes.

Q: Well, we were going to build up to a point of war, and decided not to have a war this time.

B: There may be some small skirmishes, but you have already decided not to annihilate yourselves. That is long since past as a decision, even though many of you may not even realize it consciously. The decision has already been made.

Q: I know you said not the planet, but that also means the civilization?

B: It also means that.

Q: Okay, thank you.

B: Thank you very much. Sharing!

1
Send Love to Negativity

Q: You’ve discussed that there are several civilizations from other planets and solar systems interacting with us.

B: Yes.

Q: A friend of mine is worried about certain ones being ‘bad.’ She has bad dreams, or what she judges to be bad....

B: There are some interactions going on, in that sense, that perhaps could be handled in a more positive way. Part of the difficulty in those situations is that your government has decided to keep the situation ‘undercover.’ If they are allowed, as they will be eventually, to come out more into the open, then your civilization would recognize what is going on, could volunteer to interact in that way. And the idea could also be understood, that because of the way you have structured your government into a fearful mode, it will also very likely attract other realities to interact with, that are of a like vibration. That civilization also has much to learn from you. They have their own unique expression of ideas, but they are not so very different from you vibrationally. And together, you and that civilization will learn to grow into something new and different.

The idea, first and foremost, is to recognize that your friend can take that energy and then again, transform it in a positive way. If you feel that negativity is being sent, turn it around and send back unconditional love. If anything will prevent the interaction of a person with a negative reality, it will be the sending of unconditional love. Because a negative entity CANNOT STAND THAT, do you understand? It does not feed on love; it feeds on fear. So if that person sends back love, the entity will ’starve’ if it doesn’t go elsewhere. Understand?

Q: Yes. Thank you.
Separation

Q: In my work as a counselor I observe that relationships are always changing. There seems to be a tension between union and separation in relationships, between people coming together and then separating. I’m wondering when are people going to be integrated enough to stay with the union as one?

B: First, do you understand that integration does not mean that you will lose your diversity?

Q: Yes.

B: All right. And integration means you become a stronger individual,

Q: Absolutely.

B: All right. Any time, any time at all, it is open to you to integrate to the point where you do not have the idea you are calling "separation." However, understand that some separations are positive because they are responsible for your ability to be able to experience physical reality. You will not lose all separations. You will never lose all separations. Understand? Separation can serve you constructively in many ways by providing, what you would call, a different perspective, and a different point of view. The idea is to unconditionally acknowledge, accept and love all points of view; recognize what your preference is, live that way and you have at that moment the absolute ability to create the reality you prefer.
Serving Each Other In A Relationship

Q: I’ve had a very difficult relationship with my father, and he represents the idea of an alcoholic...
B: All right.
Q: ... and of not being very loving and supportive, understandably. Therefore, I have been working on building my own strength and my own love through meditation.
B: All right.
Q: But I was wondering if you could help me understand the purpose of this relationship.
B: It can be as simple as you have just stated: to allow you to build your own strength and unconditional love – at least on your end. Once you have allowed that individual to reflect to you your opportunity to be self-empowered and to know you are complete, you can then reflect back to them their own self-empowerment, which can allow them to take the responsibility for their life back into their control.
Q: Right.
B: You are serving each other. Allow what that individual is doing to be of service to you. And then, once you have allowed yourself to know that you have gotten the idea that you are self-empowered and can express unconditional love for all the different ways that any individual may choose to live their life – being that all ways are equal – then you can take upon yourself the opportunity to continue your own recognition of your own self-empowerment, without needing them to be something against which you are pushing to develop that ability within yourself.
You can then say: “I am under my own steam, thank you for your reflection, thank you for your barrier, thank you for your wall that I pushed against to arrive at where I am. Now I am under my own power and I will reflect the knowledge back to you that you also are under your own power. I have unlimited and unconditional faith and love in you, and that whatever you choose is exactly what you need to choose to learn what you have decided to learn.”
Therefore, by offering you the opportunity to be able to learn what you are learning in another way, you give them the opportunity to choose another way, rather than what you perceive to be a destructive negative way. Do you follow me?
Q: Yes. So while I’m working on this empowerment to its fullest potential...
B: Now, may I remind you of something?
Q: Yes.
B: It is at its fullest potential right now, and always will be. You are only allowing yourself to remember this. That is what you mean by “working at it.” You do not have to struggle. It is simply remembering. Relax. You know that when you are trying to remember something, that it is when you relax that you remember. So relax, and you will be at your full potential.
Q: All right. As I relax, my dilemma has been...
B: Your what?
Q: My situation.

B: Yes, your fundamentally neutral situation. (AUD: laughter)

Q: I see. (Laughing) My situation has been deciding how to approach the relationship and how to deal with him?

B: Unconditional love. If you are unconditionally loving, then you are granting support and understanding to the relationship. And you will allow it to bolster itself upon that support and reach the understanding you require. Do you follow me?

Q: Yes.

B: Allow yourself to know that it is serving you. It is not an interruption on your path. It is how you chose to interact; let it serve you. Then you can allow him to let himself let it serve him as well. Through your example of letting the situation serve you, you can show how it can serve him. And he can choose another way to learn whatever it is he is learning. Do you follow me?

Q: Yes. I got it.

B: Very good.

Q2: I would like to expand on that a little bit.

B: All right.

Q: If they are at a point where they need to go through that to learn a certain lesson...

B: They obviously believe they have to go through that. It is not that they really need to go through that, it is that they believe they need to go through that. There is no need for anyone to go through anything, unless they believe they need to. Does that clarify the idea?

Q: Yes.

B: Sharing!

Q: You’ve said that on your own planet you recognize people by vibration.

B: Yes.

Q: Do you recognize people on this planet by vibration?

B: Yes.

Q: Can we evolve that capability?

B: You already have that capability.

Q: To the point where we can...

B: Yes! You simply do not pay attention to it. Do you not already have, within your linguistics, the idea of good or bad “vibes?” (AUD: laughter)

Q: Sure.

B: Then recognize, again, it is part and parcel of your subconscious awareness of your ability to “sniff out” the vibration of an individual, and understand their intentions.
Q: And all we have to do is be aware of it?
B: Yes. You can fine-tune it.
Q: I feel it in my gut.
B: In a sense, and in a sense that is why you call it a gut feeling, the solar plexus, in that way – the chakra of intention.
Q: Right. Thank you.
B: Thank you. Sharing!

Serving Each Other in a Relationship
Q: There is a place called Shambala over the Gobi Desert.
B: Yes. It is another dimensional frequency, but yes, it is in existence on a level of consciousness.
Q: And what is some of their main activity there?
B: It is more the idea of a collection of consciousness that you would perceive to be a “regulatory” vibration. In a sense, they feel they are sending out caring energy to your planet, so as to allow individuals to be drawn to their own inner shining light.
Q: Do I have any connections to this energy?
B: Well, since you are the one that asked... (AUD: laughter) Again, any vibration that you find yourself attracted to, anything that comes into your consciousness can be a reflection of what, for you, in the moment you have created that reflection, is valid.
If it continues to excite you, follow it. If not, do something else.
But for the moment you asked it, there was obviously validity in it for you. Now that you have integrated whatever you needed to have integrated out of it, you will continue to do so in whatever way excites you and attracts you. Thank you.
Q: Thank you.

Shambala
Shared Realities

Q: I was reading a book on Indians and I found something very interesting, and I wanted to know how it worked. Anyway, the story goes about one particular Indian who, through understanding and his need to know something, turns himself into a snake – and nearly everyone sees him as a snake.

B: Yes.

Q: And they beat him, and he goes back into his tent and comes back as a person, as this Indian. So, apart from how that served everyone involved, were they seeing an actual snake? Did he physically take on the form of a snake? Or were they...

B: All right. Once again: all realities are equally real, and everyone’s reality is its own reality. Anything that you share by commonality you agree to share by common experience, and to create your version of that reality for your physiological consciousness to experience.

The idea of that individual being able to “turn into a snake,” or whatever, is simply the manifestation of the thought form of an idea, a reality belief in that individual’s universe, and that individual’s ability to telepathically transmit and consciously integrate with the other individuals’ consciousness the idea that that would be the reality that could be shared. To have the experience, to have the understanding, so it would create for themselves, also, the reality that that individual had “turned into a snake.”

It is real, and it also is simply the product of mental projection. It is one and the same thing.

Q: According to the book there were some who knew who he was and welcomed him, and others who saw him as the snake.

B: Yes.

Q: How do you...

B: Recognize an idea that you find to occur, more often than not in your dream reality, where someone or something will have an appearance not like what you are familiar with, but you will still recognize them.

Q: All right. This is the part where I see that there is so much in this dream that we are not aware of.

B: You are, are you not?

Q: Well...

B: You are talking about it, are you not?

Q: Okay, but don’t know that I could project something like that.

B: But perhaps that simply does not serve your purpose. If it became paramount to your purpose, you could; but recognize, it does not matter. The idea behind it is that if you simply find that if that is the reality you need to experience, it doesn’t necessarily include that others in your shared reality need to experience that portion of it.

Q: So the Indians shared their reality together, in this certain instance?

B: Yes, just like you are sharing the reality now, that you are in what you call a “house.”
Q: Could I share a reality with a group of people I felt intense about, who are outside of Earth reality? And could it be only through dreams or could it be something in between...?
B: One more time...
Q: I know... (Laughing) ... I heard it, I understand.
B: That is what you are doing.
Q: Okay.
B: Now what you are, in our perception, requesting is the validation of the idea that, because this is the transformational life, there are more and more and more different definitions of reality that are becoming more acceptable for different members to create for themselves, so... yes, you have that validation.
Q: Okay. Thank you.
B: Thank you.
Sharing As Equals in A Relationship

Q: Can you address, at least for me, something on a much more personal plane?
B: All right.
Q: I know that, as you’ve talked about patterns, I’ve been aware from my own personal experience, my personal primary relationships, that my pattern has been one that has not been what I would call successful; or particularly valuable to me on a plane that I would consider very nurturing.
B: All right.
Q: And I would like to have your input, if you would, regarding the past relationship that this was... and what will be, and what is necessary for me to make that take place?
B: Did you learn nothing of a positive nature from the relationship?
Q: I learned something of a positive nature from the relationship.
B: Which was?
Q: To see more clearly the pattern that I have had, and the, the...
B: To recognize what your belief system is, and if you do not like it, to change it. Is this what you are saying?
Q: Yes, yes.
B: All right. Now in this way, what is your definition of the belief within you that you have discovered?
Q: I’m not sure I understand.
B: Can you vocalize a definition for the belief?
Q: Yes.
B: Go ahead.
Q: That I see myself showing less of my power, of my goodness, of my positive self-esteem, self-confidence, self-worth, in a personal primary relationship than in any other part of my life.
B: All right. Why do you suppose you would do that? What – if you were to, for a moment, truly use your imagination – what if you used those things you wish to use at any other time in your life in a personal relationship, what do you imagine would happen?
Q: That I would empower that relationship as I’ve empowered other aspects of my life.
B: And is that what you wish to do?
Q: Yes.
B: Do you find yourself holding back from doing that in a relationship?
Q: I have to say, apparently so – because I see that as the result.
B: Perhaps only because you may be looking for that relationship in order to feel complete in your life.
Q: That’s very true for...
B: But understand: you are already complete. Not that you will not grow, not that you will not expand, not that you will not broaden your understanding of yourself; but as you are, you are already complete. As the idea you are being at this moment, you are a complete version of that idea.

When individuals in your society very often believe they need the other relationship in order to recognize themselves as complete, then very often what they only attract is a reflection of the belief that they are incomplete. And that is what they attract as the other individual – a reflection in the belief of their own incompleteness.

When you know you are complete, when you function as a total being, in that way, then you can attract an individual to reflect your belief in your own completeness, and share that as an equal with you. Rather than feeling like you need the relationship or you will not be complete.

(Tape change)

Q: ... in my life, and not having that... 

B: Understand that nothing is missing – nothing! Not one thing. Nothing! You have it all right there, right within you. Everything. The only thing that makes you think something is missing is that you believe something can be missing. And so when you go looking for it, you create a sense of loss to give yourself purpose in looking.

But nothing is missing. It is an illusion; it is an assumption. Perhaps it comes from this basic and fundamental belief that many of you are taught in your society: that you must achieve – or that you can try to achieve – perfection. Do you believe you will achieve perfection? Or do you believe you desire to achieve perfection?

Q: No.

B: Understand: you will never achieve perfection. Do you know why, because it’s already here?

Q: Yes.

B: Because you are already perfect. Now you say: “What do you mean, I’m already perfect? I don’t have this in my life; I don’t have that in my life. How can I be perfect?”

The idea is to, paradoxically, recognize that every moment that exists, it exists for its own sake, on its own terms. And one moment has no business being compared with another moment. Everything you do at any given moment is a perfect manifestation of the thing you’re doing. Not that you will not do different things later on; not that you will not do more expanded things later on.

But the thing you are doing is a perfect flawless manifestation of whatever it is you are doing – even if it is perfect misery. It is still perfect for what it is. And paradoxically, the way to then create in your life what you would prefer to create is to allow what you have created to be perfect.

Because nothing that comes along will then be better, it will simply be different. But it will be equal to anything else you have ever done. When you allow all possible choices in your life to be equal with any other choice you could make, then every choice exists on the same level. And then it’s easy to choose which one you prefer, and manifest that in your life.
Only when you think of things as being on different levels – this is better, this is worse, this is good, this is bad, et cetera – do you then create the separation that makes it hard to reach for something you want. “Oh perfection. There it is, somewhere just beyond my reach. Oh, someday, maybe if I try very hard, I’ll reach perfection. But boy, am I going to be tired by the time I get there.”

When every choice you could make and every experience you have is on the same level, then you won’t have to climb for anything. And you won’t have to feel that you ever fall down to anything. Everything is laid out before you on the same level. Everything you do is a perfect manifestation of the thing you are doing. You’re allowing the way your life unfolds to be the way it needs to unfold – and that is when you have greater control over how it unfolds…is any of this making sense?

Q: Yes.
B: Are you sure?
Q: Yes. And without asking you for a prophecy – from a prophecy perspective – yet I still want to ask: what do you see lies ahead for me in the way of lessons to be continued, and the result regarding the relationship?
B: If you are willing to recognize – and as soon as you are willing to recognize – that you are complete and have a lot to share, and that you are willing to share as an equal with another individual, then, if that relationship still remains necessary in your life, as soon as you are willing to recognize it, it can occur as soon as three days from that point; whatever that point is.

When you decide to create that point, within three days you can attract an individual to represent what you are now willing to know about yourself. It does not need to take any longer than that. Do you follow me?
Q: Yes.
B: So when it occurs is up to when you decide that you will allow yourself to be completely and utterly valid as you are. And that you always attract the individuals into your life that reflect back to you what it is you need to know.

First of all, love yourself unconditionally, as Infinite Creation loves you. Infinite Creation loves you unconditionally. Grant yourself the same respect and the same attitude. Then share and be of service to other individuals, and you will feel always nurtured, in that sense, and you will not feel a lack of anything.

Then, when you already know you are nurtured one hundred percent – as you are – you will attract a multitude of individuals who will be more than willing to reflect back to you what you already believe yourself to be – a nurtured being.

But first you must behave like a nurtured being. Then you can attract an individual who will reflect that nurturing. But they will have nothing to reflect back to you if you do not already believe that you are intrinsically – just because you exist – a nurtured being. You follow me?
Q: Yes. Thank you.
B: Thank you.

Sharing as Equals in a Relationship
Sharing Your Ecstasy

Q: No matter how elaborate the game is that we’re playing, I think many of us, nonetheless, seeing this, understand at a certain level that we should never feed the fears of others, or fix ourselves to the problems of others, but passionately and lovingly try to help them with a detachment...

B: Share with them your love, your ecstasy, let them see in you what is possible for them.

Q: I think maybe what causes some of us to have problems...

B: Problems?

Q: ...is the fact that we have experienced ecstasy at a certain level. For myself, I think it’s been a great state, where I came into an experiential dimension where there was nothing but rapture and total love and total everything, all in one place; and it just looked like a world of shadows. But then trying to translate that...

B: Trying?

Q: right that into a constant kind of joyous integrity that would communicate to other people...

B: Yes.

Q: ’t necessarily easy.

B: If you say so.

Q: All right.

B: But that is only because you say so.

Q: All right.

B: And understand and listen to yourself as to what you already said, “ecstasy has caused a problem.”

No.

Q: Let me put it in a different way. (Audience laughs)

B: Thank you. Judgment of ecstasy is what causes problems.

Q: All right, let me put it in a different way. Not only do we judge ourselves inappropriately but it’s that the social system, the social structure and small group systems that we have been a part of, to this point at least, that tended to come down hard on people who seem inappropriate happy. Let’s put it that way. (Audience laughs)

B: All right. That is the way you have created this structure, but also and at the same time, you can recognize that you are your social structure, and you can still be who you know yourself to be. And that is what allows there to be an opportunity for your social structure to change. Your social structure has only ever changed because individuals were willing to be who they are.

Q: OK, I hope that seeps in.

B: You what?

Q: I want that to seep in.
B: You want it to?
Q: Yes.
B: When will it?
Q: When I guess it works.
B: When you guess it works?
Q: When it works.
B: When it works? When will that be?
Q: Let me ask you another question. (Audience laughs)
B: All right.
Q: In our concern about...
B: CONCERN?
Q: In our wanting...
B: In our exploration.
Q: we can be in the fourth dimension of consciousness.
B: Yes.
Q: Thinking can lead people into absurd directions.
B: OH, really.
Q: It seems. It seems that we’re dead ends, let’s put it that way.
B: Dead ends?
Q: Where they become fanatical or seemingly out of focus with the potentiality of the present to bring them into...
B: We recognize what you are describing, yet, at the same time, that is still the way they choose to learn something. And you never know what they will become in the very next moment.
Q: OK, thank you.
B: Thank you. And it will sink in when you will allow yourself to remember that if you can even perceive an idea at all, you are already that idea, because you are on the frequency in order to receive the information.
Q: Thank you.
B: Thank you.
Shifting Electromagnetic Fields

Q: A couple of weeks ago you talked about the shift of the electromagnetic field of the earth...

B: Yes.

Q: . . . is that the same electromagnetic field that affects the compass, and causes the magnetic compass to work?

B: Yes.

Q: Okay, then would the variation of the shifting, annually... would that be shifting in a more accelerated rate at this time?

B: Yes, to some degree, although you may find it may allow itself to be slight shifts, and proceed toward a buildup of a major shift all at once.

Q: So, then the charts that they use for navigation will become obsolete?

B: Yes, electromagnetically.

Q: Right, they don’t use that much in the course of a day.

B: Thank you. Sharing!

Q2: I would just like to share, speaking of electromagnetic shifts, that one can really tune into what the mass consciousness is feeling at any time. The day of the meltdown in Russia, I didn’t listen to the news, and in the morning I was driving along and I thought: “Well, I’ll tune into the mass consciousness today and see what is going on,” and I really felt a very strong sense of sadness and that of a negative, almost, energy. And I thought: “Um, that’s interesting, there’s a lot going on today and I don’t know what it is.” And then I found out later on, that’s what it was.

B: Thank you for your sharing and your willingness to express that you are in touch with the entirety of the mass consciousness. Allow me to remind each and every one of you that you all have that capability, for you are all always in touch with the totality of All That Is – particularly of your own society.

Now, each and every one of you will translate it through in different ways, different symbolic interpretations. But you all have the ability to understand the emotional shiftings that are going on and taking place, and the interactions that can result from all of those interactions that take place on that level, which can manifest into your physical reality.

You are all sensitive to this idea and you are all becoming more sensitive to that idea. And as you become more sensitive in this way, this is why, as we have said, you will find, for now, many individuals are beginning to feel more of this sensitivity physically in what you call your sinus area and what you call your heart and your solar plexus. For these are “here,” the sensitivity to the vibrations in the electromagnetic field, and “here” the sensitivity to the actual electromagnetic manifestation itself, because of the collection of what you call magnetite in your sinuses that aid in the idea of navigation in many animals and in you.
Q1: You said that you, on your own planet, recognize people through vibration.
B: Yes.
Q1: Do you recognize on this planet by vibration?
B: Yes.
Q1: Can we develop that capability?
B: You already have that capability.
Q1: Developed to the point where we can use it?
B: Yes. You simply do not pay attention to it. Do not you already have, within what you call your linguistics, the idea of good or bad vibes?
Q1: Yes.
B: Then recognize, again, it is part and parcel of your subconscious awareness of your ability to sniff out the vibration of an individual and understand their intentions.
Q1: Then all we have to do is be aware.
B: Yes. You can fine-tune it.
Q2: It’s your gut feeling.
B: In a sense, yes, and again, that is why you call it a gut feeling.
Q1: Solar plexus?
B: Yes. Solar plexus, in that way... the chakra of intention.
Q1: Thank you.
B: Thank you.
From "Shifting Your Reality"
12-5-95

We do not introduce this concept, again, simply for philosophical discussion, but to point out very clearly, very strongly, to each and every one of you, that "shifting," as you say, back and forth, "popping," if you will, into different parallel realities, is what you do all the time, every moment, every moment. In fact, the very fact that you experience one moment to be different from the next is the very product of shifting into a different parallel reality. That's how you experience movement, motion, in your physiological dimension of existence. Look at it this way, by analogy, if you will – imagine that every possible reality already exists, which it does, already simultaneously co-exists. Every possible move you could make, every possible direction you could go in, every possible thought you could have, already exists. And there is, for every one of those directions and thoughts, a "probable you," already thinking it; and moving in that direction, so to speak. A representational image of yourself, in some dimensional reality, that is already representative of that idea, that experience.

Your over-all consciousness, the consciousness that you are, "flickers," if you will; to use an analogy, flickers from moment to moment, embodying itself, if you will, in all of these different, shall we say, frames of yourself, statues of yourself in different probable positions. And decides, moment to moment, which position shall be the next position it will take to add to its illusion of continuous movement, of continuity, of history, of evolution, of progression. All reality exists now... you, as a total consciousness, are experiencing all probable infinite universes simultaneously. But from the physiological point of view, you seem to experience these moments, one after the other, a beginning, a middle and an end. This idea only exists because it is your linear perspective, your linear version of the idea of experiencing more than one reality at a time. Because physical reality, by definition, cannot allow two different things to occupy the apparent same space at the apparent same time. You do it linearly; it is one of the magnificent creations within the concept of physical reality that you can do this.

But this is what you are doing – you are literally "popping," if you will, from version A to version B, to version C, to version D, one moment to the next. Now, we point this out, again, not to get into some kind of abstract philosophical discussion, but to really remind you how truly unrestrained and unlimited you are as a consciousness ... for you can utilize this knowledge to make instantaneous and effective, impactful changes in your life. For if you know that at every given moment you are truly a different person, in a different reality, completely and totally, you can really allow yourself to make rapid changes by knowing that any apparent attachment you may have to a so-called history, to a so-called inertia, to a so-called urge for this or that, or any kind of habit or pattern that you think you may contain ... is only an illusion.

Because as soon as you change the idea of yourself, you really are a different person in a different reality altogether, and the only way that you maintain some concept of continuity to a past self is through a belief system that such a continuity exists. By beginning to dissolve that concept of continuity ... not all the way, for if you did it all the way you would be no longer focused in physical reality ... but just a little bit, can aid and assist your species greatly in accelerating forward in the direction that you pre-
fer to accelerate. Because you can know, that since you are experiencing multitudinous, simultaneous realities of yourselves anyway, from the physical point of view you can choose which of those realities you prefer to exist in and experience in a linear fashion. The idea is simply to have more awareness that you are always truly a different person from moment to moment ... no matter what you think you look like in the mirror, you are really a different person. Even the continuity of the similarity of your face, from moment to moment, is just an illusion that you are creating, that you yourself are perpetuating, regardless of everything you understand about physical reality, and genetics, and chemistry, and biology. All of those are simply exteriorized reflections of your idea of what it is to be a physical being.

Because, remember, you do not exist in physical reality...physical reality exists within you as a concept. Everything you experience physical reality to be is actually a reflection of your consciousness, literally made out of your consciousness. So, to use another analogy, the concept of your body, the concept of the room you may be in, the concept of the chair you may be sitting upon – these are all projections of your state of consciousness, and your consciousness takes the form, the reflective form it needs to, to represent that idea of you. The next moment you change your idea of yourself, you are literally a different person and a different reality, a different universal parallel reality, time track, history, everything ... totally, everything is different. The more you know that, the less encumbered and chained you will be to anything that you assume your history to be, and the more rapid the changes are that can be made in the direction of your preference.

Now we can get a little bit more into these ideas, as you say, but let us apply them generally and specifically to the things that you would like to understand and explore in your day to day reality. Knowing that in each exploration that you undertake – underlining that exploration, underlining your day to day experience of desiring to do this, and desiring to do that – lies this fundamental theme, this fundamental understanding, that in every moment you are someone new, and therefore can be and do anything – anything you wish to be and do. You are totally unlimited, unrestrained, made in the image of the Infinite, that is what you are learning on your planet now, in this transformational age upon your world. You are learning what it really means to be made in the image of the multidimensional creation ... you are a multidimensional creator, too.

Nothing that we ever share with your species is something that you do not know. But as a species, since you decided to also include in your reality the game of "forgetting," we are more than happy to help you now play the game of "remembering." Because you yourselves have set the pace, set the tone, made the agreement, made the arrangement, and we are keeping our appointment with you, to help you remember more and more of who you are. We are teaching you nothing new ... just helping you remember what it is you have chosen.

Q: Why did we forget?

Thank you, good question. Because it is one of the things that can be done, it is one of the ways to explore the Infinite, and since the Infinite, by definition, must contain every concept possible, forgetting is one of the valid experiences that you can have in expressing your creator hood. It is simply that, by forgetting,
you gave yourself the capability of focusing, to a great degree, in the reality that you created to the exclusion of any other reality. So that any other reality would not bleed through, would not interfere so that your experience could be pure and refined in only one linear direction at a time. At the time, you, as a consciousness, decided to explore that concept, it sounded like the most exotic thing you could imagine.

Now you have been through all the cycles of forgetfulness, and are beginning now to come back to the point of remembering – now that you have been through it. But the reason you did it is really no more mysterious than that because simply, it was available, and you could. And it enticed you to explore the idea of being able to experience your reality, singularly, one reality alone, one moment at a time. It is a valid experience that you can now put, as you say, under your spiritual belt, to add to your soul’s growth, and as you now expand with that experience within you, it will enrich the total tapestry of your consciousness as you now move to other levels of experience.

Q: Thank you.

B: Thank you.
We do not introduce this concept, again, simply for philosophical discussion, but to point out very clearly, very strongly, to each and every one of you, that "shifting," as you say, back and forth, "popping," if you will, into different parallel realities, is what you do all the time, every moment, every moment. In fact, the very fact that you experience one moment to be different from the next is the very product of shifting into a different parallel reality. That’s how you experience movement, motion, in your physiological dimension of existence. Look at it this way, by analogy, if you will – imagine that every possible reality already exists, which it does, already simultaneously co-exists. Every possible move you could make, every possible direction you could go in, every possible thought you could have, already exists. And there is, for every one of those directions and thoughts, a "probable you," already thinking it; and moving in that direction, so to speak. A representational image of yourself, in some dimensional reality, that is already representative of that idea, that experience.

Your over-all consciousness, the consciousness that you are, "flickers," if you will; to use an analogy, flickers from moment to moment, embodying itself, if you will, in all of these different, shall we say, frames of yourself, statues of yourself in different probable positions. And decides, moment to moment, which position shall be the next position it will take to add to its illusion of continuous movement, of continuity, of history, of evolution, of progression. All reality exists now ... you, as a total consciousness, are experiencing all probable infinite universes simultaneously. But from the physiological point of view, you seem to experience these moments, one after the other, a beginning, a middle and an end. This idea only exists because it is your linear perspective, your linear version of the idea of experiencing more than one reality at a time. Because physical reality, by definition, cannot allow two different things to occupy the apparent same space at the apparent same time. You do it linearly, it is one of the magnificent creations within the concept of physical reality that you can do this.

But this is what you are doing – you are literally "popping," if you will, from version A to version B, to version C, to version D, one moment to the next. Now, we point this out, again, not to get into some kind of abstract philosophical discussion, but to really remind you how truly unrestrained and unlimited you are as a consciousness ... for you can utilize this knowledge to make instantaneous and effective, impactful changes in your life. For if you know that at every given moment you are truly a different person, in a different reality, completely and totally, you can really allow yourself to make rapid changes by knowing that any apparent attachment you may have to a so-called history, to a so-called inertia, to a so-called urge for this or that, or any kind of habit or pattern that you think you may contain ... is only an illusion.

Because as soon as you change the idea of yourself, you really are a different person in a different reality altogether, and the only way that you maintain some concept of continuity to a past self is through a
belief system that such a continuity exists. By beginning to dissolve that concept of continuity ... not all the way, for if you did it all the way you would be no longer focused in physical reality ... but just a little bit, can aid and assist your species greatly in accelerating forward in the direction that you prefer to accelerate. Because you can know, that since you are experiencing multitudinous, simultaneous realities of yourselves anyway, from the physical point of view you can choose which of those realities you prefer to exist in and experience in a linear fashion. The idea is simply to have more awareness that you are always truly a different person from moment to moment ... no matter what you think you look like in the mirror, you are really a different person. Even the continuity of the similarity of your face, from moment to moment, is just an illusion that you are creating, that you yourself are perpetuating, regardless of everything you understand about physical reality, and genetics, and chemistry, and biology. All of those are simply exteriorized reflections of your idea of what it is to be a physical being. Because, remember, you do not exist in physical reality ... physical reality exists within you as a concept. Everything you experience physical reality to be is actually a reflection of your consciousness, literally made out of your consciousness. So, to use another analogy, the concept of your body, the concept of the room you may be in, the concept of the chair you may be sitting upon – these are all projections of your state of consciousness, and your consciousness takes the form, the reflective form it needs to, to represent that idea of you. The next moment you change your idea of yourself, you are literally a different person and a different reality, a different universal parallel reality, time track, history, everything ... totally, everything is different. The more you know that, the less encumbered and chained you will be to anything that you assume your history to be, and the more rapid the changes are that can be made in the direction of your preference. Now we can get a little bit more into these ideas, as you say, but let us apply them generally and specifically to the things that you would like to understand and explore in your day to day reality. Knowing that in each exploration that you undertake – underlining that exploration, underlining your day to day experience of desiring to do this, and desiring to do that – lies this fundamental theme, this fundamental understanding, that in every moment you are someone new, and therefore can be and do anything – anything you wish to be and do. You are totally unlimited, unrestrained, made in the image of the Infinite, that is what you are learning on your planet now, in this transformational age upon your world. You are learning what it really means to be made in the image of the multidimensional creation ... you are a multidimensional creator, too. Nothing that we ever share with your species is something that you do not know. But as a species, since you decided to also include in your reality the game of "forgetting," we are more than happy to help you now play the game of "remembering." Because you yourselves have set the pace, set the tone, made the agreement, made the arrangement, and we are keeping our appointment with you, to help you remember more and more of who you are. We are teaching you nothing new ... just helping you remember what it is you have chosen.
Q: Why did we forget?

Thank you, good question. Because it is one of the things that can be done, it is one of the ways to explore the Infinite, and since the Infinite, by definition, must contain every concept possible, forgetting is one of the valid experiences that you can have in expressing your creatorhood. It is simply that, by forgetting, you gave yourself the capability of focusing, to a great degree, in the reality that you created to the exclusion of any other reality. So that any other reality would not bleed through, would not interfere; so that your experience could be pure and refined in only one linear direction at a time. At the time, you, as a consciousness, decided to explore that concept, it sounded like the most exotic thing you could imagine.

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Q: Thank you.

B: Thank you, next sharing.
SHIVAI

Q: You use a word Shivai, what is a Shivai?
B: It is a ancient word in our ancient language that can be translated in a number of ways. But, ultimately, it’s most basic meaning is: get out of my way! Audience laughs But, meaning this, meaning–I am now so focused; I am going for what I know is me, and my truth that nothing can stop me. So, in a sense, Shivai is, to some degree, a statement of intentional focus. And, also, in a sense, a hailing or a greeting or a cry of congratulations to someone who is going for something with such clear intention that nothing can stop them–so, in that sense, get out of my way! You understand?
Q: I understand.
B: So Shivai, in that sense, has many different meanings in our ancient language.
Q: OK and you will come to our world personally at some time in the future?
B: I have been in your world in my spacecraft, but in terms of setting physical foot on it, yes, in what you call your future, I will.
Q: And if I’m not in Los Angeles will you find me, please?
B: We will be where we need to be, and the timing of all those who need to know where we are, they will be there.
Q: SHIVAI!
B: SHIVAI!
—Enjoy, SHIVAI.
The Shock Wave we are referring to is what many people on your planet have been calling the Photon Belt. Many of you may have heard of this idea. Now, it doesn’t matter whether you have heard of it or not, for we will explain the concept anyway, in the way that we perceive it exists, from our perspective. Many of you have been told that this so called Photon Belt is an electromagnetic belt of light that exists within your galactic plane, through which your solar system and specifically, of course, your particular planet is about to pass; thus, heralding the beginning of a new phase of your acceleration into this modern Age of Transformation on your planet.

Now, this idea also has been expressed, that this is a highly charged electromagnetic field that might cause many different kinds of disruption in the electromagnetic activity of your planet. We have heard said and predicted that there may be many discomforting disruptions, days of darkness, many electromagnetic light burst phenomena being perceived by your eyes. Now, some of this has some validity, but it has been, in our perspective, a little bit over-interpreted, over-reacted to. The idea of the Photon Belt is, yes, it is an electromagnetic phenomenon; yes, it is, to some degree, representative of you passing from one phase of reality into another phase of reality. One more step along the road of your transition too higher and higher and higher and higher vibrational beings, as you evolve from third density to fourth density. The idea, however, is that for us, the Photon Belt, or what we prefer to call the Shock Wave is not some phenomena "out in space" happening to you, that you are passing through, but is a direct manifestation of you, of the change you’re actually going through.

The idea can be explained perhaps in the following way, briefly. What you call electromagnetic energy, or what we choose to call electromagnetheric fluid, is the first level of the manifestation of consciousness into physical materiality. First and foremost, you are beings of consciousness, non-physical beings. Non-physical beings, non-physical consciousness, when it chooses to express itself or experience itself as physical reality, or explore the concept of becoming physical, must first interact with itself in such a way that it lays down a foundation or a medium out of which the consciousness can reflect into itself and crystallize in what you perceive to be physiological matter. This first level of consciousness, interacting with itself to lay down a medium for the experience of physical reality, is perceived in physical reality, by you, to be electromagnetic energy. That is your consciousness in its primal form, its most simplified physiological form.

Now then, this electromagnetheric fluid, so to speak, will vibrate at a certain pitch, but when you decide to reflect yourself to yourself in a certain way, you will alter the frequency, alter the vibration of the pitch. You will localize the pitch, concentrate the focus of the pitch, of the electromagnetic fluid in such a way as to crystallize it, so to speak, or organize the electromagnetic energy in patterns that you then recognize as solid matter. Thus,
creating all the physical reality around you, so to speak. It is actually being created within you, but it appears, because of the laws of physical reality as you have set them up, to be reflected back to you, from around you, in a holographic way.

Now, this idea of matter, of solid matter, as your scientists, to some degree already understand, is not really so very solid. Not only is it a matter of there being a lot of space between, what you call, the sub-atomic particles, but the sub-atomic particles, in and of themselves, are really nothing more than space, organized in a certain way. Imagine now this electromagnetheric fluid as if it were the ocean. Imagine within that ocean a whirlpool; that whirlpool, that miniature vortex is a sub-atomic particle that is solid matter, it is simply a concentration, in a spiral form, of the electromagnetheric fluid. And as it rotates and concentrates itself down into that spiral form, it builds up in such a way that you perceive it as a solid particle. And it creates the idea of attraction and repulsion, what you understand to be electromagnetic and gravidic effects, but this attraction and repulsion is really nothing more than the same kind of effect you experience when you get, as you say, sucked down a whirlpool. The repulsion comes from the idea of the whirlpool also reversing itself and coming out in the other direction. Thus, you also have the idea of positive and negative charge – whirlpools that are connected through a funnel, but spinning at opposite directions.

This is also connected to the concept of anti-matter where these, reversed upon themselves, become whirlpools in the opposite direction from the original pair. But this idea is simply the idea of vibration, of concentration, of rotation and also, rippling, in a sense, giving off of frequency waves that interact with all other things within the medium, all other whirlpools within the medium of the electromagnetheric sea. So, imagine, if you will, that you have this electromagnetheric ocean and you are like unto the whirlpool. But for now the analogy that may work more smoothly will be as if you were a stone or a pebble dropped into the ocean, and it causes ripples to expand from that central point. As you vibrate, as you are this whirlpool vibrating, you send off these ripples. Each and every atomic particle sends off these ripples, collectively, they send off ripples – larger and larger and larger and larger sets of ripples, ever expanding outwardly, so to speak. Sometimes these ripples will overlap with other ripples; sometimes where they overlap they will cancel each other out. Sometimes where they overlap they will reinforce each other into greater and greater and greater ripples.

All of you collectively, with all the ripples of energy that you give off, all the frequencies, all the vibrations that you give off – you will overlap and cancel each other out in certain places and reinforce each other in certain places, building bigger and bigger and bigger and bigger ripples as they expand outward from your physical reality. And as you go through a shift, as you change your frequency, as you accelerate and amplify these ripples, you create bigger and bigger and bigger amplifications, outward and outward and outwardly.

Now, the idea is that everything, in a sense, exists all at once. There are ripples coming from the future, ripples coming from the past. The idea is that as you approach, as you evolve toward the concept of your future self, as you are becoming that which you desire to be, the ripples of your present self, your
present concept of yourself, interact with the ripples of your future concept of yourself. Now, the future self is at a much higher frequency, it is giving off more ripples in more amplitude, much more powerfully. As the ripples from your present self interact and impact, come up against those ripples of your higher self, as you accelerate upwards, you create a large standing Shock Wave in front of you; it is your leading edge as you move into the future. It is like breaking through the sound barrier with your technology, for you know that the faster and faster and faster you go, you set up turbulence with the shock waves, and you become more and more turbulent, and things become more and more accelerated, more and more vibrational, more things get shaken loose, more different kinds of various motions happen. The more you impact and come up against that barrier, the more you compress those waves. But finally, finally, you find the right spot, the right equilibrium, the right balance, and then you will become equalized to that front, that Shock Wave front, and you break through and it is smooth sailing on the other side, because you have equalized, finally, with the higher vibrations. This is basically what is happening now, energetically, on your planet. All of the abrupt accelerated changes going on, all the tearing down of old structures, all the re-assessments of what you have been doing. All these ideas that seem to be happening all around you so quickly are all the physiological results of this Shock Wave vibration that you have set up, because you are evolving so rapidly toward your future selves, to become that future self. This is the Photon Belt. You are passing through your own selves. You are becoming the future self and giving off this electromagnetic side effect, your leading edge Shock Wave. It is very exciting, very exciting indeed.

Now, this idea is manifesting in many different ways upon your planet, physiologically, socially, economically, politically, geographically, geologically, many different ways. You are rearranging your whole concept of yourself very rapidly. And, of course, as we have said many times, by the time of your year of 2011, 2013, you will be operating basically, or beginning to operate basically out of a completely different paradigm altogether. Completely different reference set of how you will lay your society down and where you will proceed from that point forward.
Sightings and Pleiadian Contacts

B: Sharing!
Q: Hello.
B: And to you, good day.
Q: I’d like to inquire about three phenomena...
B: Speak up! Speak up!
Q: ...witnessed by myself and a companion.
B: All right.
Q: The first was a couple of months ago: I was taking some pictures with a Polaroid camera of some property I’m connected with...
B: Speak up! Speak up!
Q: ...near Los Angeles. The picture...whatever this was in the picture was not apparent to the eye, but on the Polaroid the picture came out showing a translucent figure, blue, maybe six feet in height, with maybe a smile on its face. It seems to be...
B: Well, in a sense. Doesn’t really have a face, but it is a projection in that sense.
Q: Figuratively, yes. I have two more phenomena to discuss, to ask of you, and their relationship to me possibly.
B: All right.
Q: The second was a sighting over my...not over my house, but east of my house from Los Angeles, early on a Thursday morning, about 1:15. The spacecraft, which I believe it to be, was announced by my cat, who was making a noise reminiscent of his younger days when he used to kill birds.
B: All right.
Q: But he sent me into the yard and I went out and saw what appeared to be a spacecraft with trapezoidal-shaped, I believe, windows or ports – at least they were reflecting a glass-like substance.
B: Yes.
Q: It was glowing, and it was quite bright. It seemed quite large. It didn’t seem like it was a great distance away, assuming it was kind of a size that we’ve been told some of them are, like 30 feet in width.
The third phenomenon was, like, 10 days later, with the same companion. I was in Joshua Tree and on a hunch went to – on the morning of the Convergence, 5:15 am on Sunday – I went to the top of Keys(?) Mountains, where after a while, at 5:45 I saw this... through my binoculars, I saw this elliptical-shaped silver object, which appeared to be quite large. I don’t know the distance. I have a photograph that’s been blown up many times.

It was on the eastern horizon; it was witnessed by myself and my companion through the binoculars. I
couldn’t see any, or detect any windows or anything like the other one. But it was a beautiful shape; it was reminiscent of the template of the petal...

B: Yes.

Q: ...the geometric (?) in the template that you showed us depicting the Harmonic Convergence. And it was on that morning.

B: Thank you. Both of those manifestations, ten days apart as you say are, in our perception, and through our information, directly what you would call Pleadian in energy; and are representative of a slight resurgence in observation at this time – for identification purposes. And to some degree, that is your strongest connection.

The, I shall say, “imp” in the other photo, to some degree, is a representation, an archetypal representation in the electromagnetic field of your planet, of something that represents a reflection of you; something that represents a reflection of your connection to the combined telepathic flux of your world; and something that represents your connection to the telepathic flux from the Pleiadians as well.

It is a symbolic reference, a symbolic embodiment, a manifestation in energy terms, to function as a guide, a spirit guide in that sense, for you; to allow you to have seen in a type of magnetic mirror another facet, another version, of yourself.

In a sense, you were looking at yourself, at a reflection in a mirror, through a certain filter, through a certain frequency. And it manifested back to you in a way that would allow you to discover – in ways that we are not yet allowed to share with you – a certain portion of your mentality that will be coming up to the surface of your consciousness shortly. And which is, to some degree, connected with the sightings you have had.

Now, very often some of these things are – as you colloquially call them – manifestations, or symbolic manifestations, that are only representative of phenomena you would call natural, in that sense. And some of them are misrepresentations of lens flares in your camera devices – but this is not such a case.

Both photographs, as you would call it, are genuine, and do represent a very strong connection. The blue auric image, the electromagnetic image, represents a facet of your consciousness that is about to open up in some interactions you are about to have that are represented by the Pleiadian connections you were witness to.

Q: Can you amplify on the nature of that connection?

B: No. For it is not my place to do so. It will be amplified for you by those with whom you will be in touch.

Q: In touch.

B: Yes.

Q: Is that all?

B: Go to sleep and wake up. And you will know more. Go to sleep and wake up.
Q: After the second sighting of the spaceship over the desert, I did have dreams of a spaceship, but I couldn’t…
B: All right. It will become more conscious. Go to sleep and wake up in the dream. And you will have revealed to you what you need to have revealed.
Q: Any how to’s?
B: Clarity of intention will be sufficient. All right?
Q: Thank you.
B: Thank you very much for your sharing. Sharing!

Sightings and Pleiadian Contacts

1
SIGN-OFF
Allow us to remind you that the entire purpose for sharing these perspectives and points of view with with each and every one in you is to remind you that you have the ability to do in life what excites you the most...you have the ability to live your passion and to live your dreams.
There are no obstacles, no impediments, no barriers that stand in your way-except perhaps some of your assumptions or beliefs or what you have been taught to "buy-into" in your life; perhaps something you fear to face about yourselves. But all you can ever discover is only another aspect of the Self you already are. And since it is only yourself, there is no reason to fear, no matter how unexpected, no matter how surprising your discovery may be, it is only another aspect of you. So do not fear; you are only meeting yourself.
And when you expand by being willing to meet more and more of your self, your physical reality can do nothing but expand along with your new perspective. Guaranteed, guaranteed, guaranteed. Go ahead with your joy, go ahead with your passion. Do those things, do them with integrity. They will support you, guaranteed. But only when you act on them 100% then the Universe in turn supports you 100%. It is up to you. You are in control. Only you. Explore, explore, explore!
Meet Yourself
Yes, your world is changing rapidly and will change even more rapidly now in this new decade. I can absolutely guarantee that even within what you call the next three years your world will find itself in many different areas "turning completely upside down." Be prepared for a ride. There are many things that are going to take even the most open-minded of you by complete surprise. But enjoy it. Because you are doing it. It is only more of you revealing more of yourself to you.
Let your intellectual selves relax and assume that you have absorbed exactly what you need to absorb and that you are changing in ways that are absolutely in-line with the ways you prefer to change, and at the pace you prefer to change. Allow yourselves to assume that there are no parts of your consciousness that will "sneak-up" on you; there is no outside. You are a 100% Whole Being-always. As You Wish...
Remember: be open. Only those things that serve you best will be absorbed by you because that’s what you say you want. The things that have nothing to do with what you desire, the things that have nothing to do with your positive growth, won’t be absorbed. Why? Because you say so. It is no more complicated than that and no more difficult than that.

Can this be sufficient for you and can you absorb the rest on your own for now? There will be more. Always there will be more. Will that do for now?

Q: Yes, I will do that....thanks for everything.

B: "No...thank you."
Signature Vibrations
Q: I’m wondering if you could tell me the symbols of some of the main stars and civilizations that may have some relationship with us?

B: Yes, well, we have previously given you a general array of symbols that represent certain solar systems, or levels of consciousness that function, to some degree, as the signature vibrations of those consciousnesses. So that you can use them as meditation tools and focus on these symbols to put you squarely in touch with those levels, or vibrations, or frequencies of consciousness. To put it in a simple sense, these symbols function as the phone numbers of these respective civilizational levels.

Q: Yes, I understand that, but I was wanting something more specific.

B: Well, I was about to give you the array.

Q: Thank you.

B: Thank you. We will begin, once again, with our own Essassani. If you will imagine a black equatorial triangle pointing upwards, set against an absolutely black background, but separated from the black background visually by a deep blue light behind the black triangle. Making it the only way that you can see the triangle, just because of the slight amount of blue light pouring out from behind it, around the edges. That is our vibrational signature.

Arcturus is a black background with an orange disk on the black background and an eight pointed white star on top of the disk. That is Arcturus. (Sometimes defined as having a twelve pointed white star)

Sirius will be a black background with a large white disk, the nas mall blue disk, and then in the very center a black disk. That is Sirius.

Pleiadies will be a bright blue background with seven white dots arranged in circular fashion, to some degree.

Q To represent the seven sisters as we know them.

B: Yes. One moment... the Reticulum civilization will be of the vibration of a black background and three bars of color. Each bar shall be three times as long as it is thick, one on top of the other, separated by a little bit of blackness, similar to what you would understand as three bars of the I Ching. The top bar will be a light gray, the middle bar will be kind of a beige tan, and the bottom bar will be a deep, blue-gray. This will be for the Reticulum civilization. One moment...

The Alpha Centauri civilization will be basically a reddish orange background with a white triangle, isosceles, not equilateral, pointing up. One moment...

The Tau Ceti civilization will be a deep, deep indigo background, with a white bar across, again, similar to an I Ching bar, under that a gray bar, medium blue-gray; under that a black bar.

Another faction of the Tau Ceti will be the same insignia but all three bars crossed vertically by either a yellow-gold, or orange, or green line. One moment...
Eridani, the star Epsilon, will have a reddish-brown background with a rust or orange colored dot in the center. One moment...

Future Earth will be blue, green and white – three bars.

Q: Horizontal?
B: Horizontal, filling the rectangular field, white on top, green in the middle and blue on the bottom. In the center of this will be a yellow dot for the sun, spanning the green bar, and slightly touching into the white above and the blue below.

Q: Could you repeat that little bit please?
B: The yellow disk will be in the center, spanning the green bar completely and just peeking up a little bit, into the white bar on the top and sinking down a little bit below the green bar, into the blue bar below.

Q: What do the bars represent?
B: The sky, the land, and the sea, in equilibrium.

Q: Does that mean that those others who have the three bars, that that is symbolic in those places too?
B: In certain ways yes, it is representational. In the Zeta instance, it represents the three genetic fragments or factions of the Zetas.

Q: I see. The three bars was a symbol in Lemurian times, wasn’t it?
B: Three bars are symbolic in many different civilizations for a variety of reasons. The overall configurations that we are giving you now are specific to these particular civilizations.

Q: Yes.
B: One moment... yes... then, if you wish, three bars, top one white, middle one red, lower one black... this will connect you back into some ancient Lemurian vibrations and also Atlantean. Will this do for now?

Q: That is wonderful, thank you very much. I really appreciate all of that information. Just one thing... what is the background for those three bars, the white, red and black?
B: They occupy the entire field, if you think of it in terms of a flag, yes, white bar on top, red bar in the middle, black bar on the bottom. When we have given you no background, what we have described is the background.

Q: Thank you very much.
B: Thank you.
**Sirius Energy Manifestations**

Q: What is the connection for me of the Leprechaun energy... and my relationship to beings from Sirius now? I’m kind of wondering how it all connects.

B: You can utilize your imagination and simply recognize that the idea is that you are connecting into a certain portion of your unconscious, mass conscious energy, that allowed itself in times past to be physicalized and exemplified upon your planet Earth in forms that you then understood to be elemental spirits.

Understand that the Sirius energy manifests in the same way. It cloaks itself in the elemental archetypal energy of your electromagnetic system. And thus what you created in the past, “encloaking,” let us say, giving substance, to the mass subconsciousness, *then*, is what you are doing *now* in the recognition of the connection to the seeming extraterrestrial consciousness.

Q: So it is a blending of their...

B: Perhaps this will clarify the idea as well: many times when what you call Sirius energy has, let us say, projected its mentality to your planet, it has always been perceived in mythological form; for they do not come physically.

Q: Right.

B: They impress themselves upon your mentality and your mentality will cloak them out of the electromagnetic subconsciousness, in whatever form makes sense to you. And in this way many of the mythologies upon your planet are the result of interactions in that way, but what you perceived is not a literal perception of how they look.

And thus, because you were forming those same types of connections to what you have called upon your planet, the elemental spirits of nature, previously in many lives that were very strong to you, you can utilize the same connective force and understanding with regard to your identification and forming of the relationship now.

Do you follow me?

Q: Yes.

B: Will that have clarified the idea to some degree?

Q: Yes, thank you.

B: Thank you!
Bashar: Channeled by Darryl Anka
"Sirius Energy" from "Re-creating Yourself"
1-24-97

Question: What type of forms can we see in our physical reality that is reflective of the Sirius energy, or the sixth density energy? Is there a form that, you know, that maybe we see or take for granted that is actually Sirius energy?

Bashar: Sirius, non-physical consciousness can actually project itself in almost any form at all. It can generally pull from your archetypal substrata of collective consciousness, and can represent itself in a variety of archetypal and mythological formats. It is difficult to pin it down to any one thing since it is such a fluid consciousness. In most encounters, you will have to take it encounter by encounter and feel out whether the energy is representative of Sirius contact or something else. But sometimes, depending upon the culture into which they may be projecting, they may represent themselves as a combination of energies that in your terms, incorporates the concept of land, sea and air. Does that make sense to you?

Q: Yes. Are they predominately a water based type of civilization?
B: They are non-physical, but the level of the energy, in their non-physical reality, would, to you, seem like fluid, yes. So, it may translate to you as water when you perceive it, and is one of the strong reasons why there is such a strong connection between Sirius consciousness and Cetacean consciousness on your planet. Because they exist in similar environments, even though the Sirius consciousness is not literally inhabiting a watery domain like your dolphins and whales. But it is analogous to a watery domain because it is highly electromagnetherically fluid, yes.

Q: Okay. Does the Age of Aquarius connect to the Age of Sirius energy, which you spoke of earlier?
B: Yes.
Q: Is that symbolically the same thing?
B: Yes, since it is representative again of the water, of the fluidity that your relationship with them is attaining. Does that help?
Q: Yes, thank you.
B: Thank you.
Q: I have this interesting phenomenon that’s going on in my life right now. I sort of emptied my vacuum a few months ago, and it’s been filling up at a pretty fast clip.

B: Yes.

Q: I find myself, if I’m not mentally activated, or physically activated, wanting to be asleep.

B: Yes. Sometimes, again, this will be a typical symptom for now. For many of the connections you allow yourselves to make with different aspects of your consciousness – for some of you – are still more easily made while you are unconscious, while you are asleep. So you will sleep very often to make all those connections.

And as soon as the connections are made, you will then have more energy, more awareness of those connections when you are awake. And you will find yourself sleeping less.

Q: I see. Thank you.

B: Thank you.

Q: One other quick question: in this lifetime, will we be sitting down to dinner with aliens such as yourself in your natural form?

B: Yes. Although we may not eat what you eat. But it is a high probability, as we have said, within what you call the next decade of your time, two decades of your time, that there will be far more opportunity for blatant interaction, as you call it. And within the format of three decades maximum, there will be a whole series of interactions going on in your society between our respective societies.

Q: That’s wonderful. Thank you.

B: Thank you for creating a conducive atmosphere to allow us to share with you the ideas that you are. Sharing!

Sleep Connections and Dinner Companions

Circa 1987
Sleep Patterns

B: Question.

Q: I’d like to communicate on the subject of sleep for a second. I’ve had this situation with my body this lifetime, as far as having a very thin body. And I’ve been told by others – their considerations are that I need more sleep, because I usually run on very little sleep.

B: How do you feel?

Q: Well, I feel that I can run fine on very little sleep.

B: Realize that, in a sense, once again, the more you live your dream, the less sleep you will need as well.

Q: Perfect!
B: Also realize that for your civilization, your particular culture here and now, you will find that your culture has a tendency to sleep when it should be awake, and be awake when it should sleep.

You will find that what you have structured in your society will override your natural tendency to be at low ebb between your hours of 2 and 4 in your afternoon. And you are very, very, very energetic usually at 3 in your morning, and yet you are asleep. So when you wake up and say, “Oh, I cannot sleep,” you think there’s something wrong with you! Realize that your body is simply telling you that this is your natural cycle.

Q: Wow. No wonder I wake up so early all the time! Thank you very much.
B: Thank you.

Q: I have a question.
B: All right.

Q: Can you specifically tell, like, from individual to individual – as far as sleep – what their hours are differing from others? I mean, you say in general that’s maybe our hours, but a little bit more specifically, can you tell what my best hours are?
B: Allow me to say, first of all, that right now you are having a great deal of fun exploring your dream reality and, as such, you do not wish to lessen that amount of sleep. Do you follow me?

Q: Yes, I do.

B: You may go on right now the way you are, as long as you allow yourself to believe that you know intrinsically your own sense of timing, which I will say I believe you do. All right?

Q: Okay.
B: Thank you.

Q: Thank you.
B: Thank you. Question!

Sleep Patterns
Q: I need some assistance in transforming a situation I created myself in... 
B: Speak up so that all may share
Q: OK. I need some assistance in transforming a situation that I’ve put myself into.
B: All right.
Q: And it has to do with the ... I have allowed myself to be put into a situation where I’m being required to deliver a sum of money to a person. And if I don’t do that, being threatened with some dire consequences, which I have assigned dire consequences, which I have assigned and don’t want to occur, and want to transform the thing. I’ve been having a hell of lot of trouble with it. A lot of fear, up all night, terror, things of this sort. Racked myself with this kind of situation; haven’t done this in quite long time. And I just came to you to get some assistance.
B: All right. First of all, face your fear squarely.
Q: Ok.
B: In your terminology, what is, in your terms, starting from beginning, the worst thing that possibly occur?
Q: The... that’s fascinating, it alters as I look at it.
B: Oh, very good.
Q: It changes. But basically it is an on-going apparently uncontrollable terror and effect point, and constantly being put at effect (allowing myself to be put at effect) with apparently ongoing negative feelings and sensations on an on-going basis, and being constantly, over a long period of time, being trapped into this thing.
B: Allow us to ask you in a very colloquial way, are you in any immediate physical danger?
Q: No, not immediate physical danger.
B: Have you run through different conversations, different interactions, and different communications that you might be able to co-create with all the other individuals involved that may all allow a different outcome to occur?
Q: Thousands of them. In fact, some of it totally on automatic, occurring. I seem to become the loser in these conversations. In this particular reality, when I went to put forth the conversation, the reflection was that none of it was being willing to be received, and so I just continued to be there, and allowing the person to be right in their reality.
B: All right. Why do you choose to place yourself in this situation?
Q: I love the people, and I want to be of service.
B: How do you wish to be of service?
Q: I want them to transform into a broader, saner, more loving, least fixed viewpoint, if they choose to.
B: Would you please say that once again. Loudly.
Q: I would like them to transform into a more loving, expansive, least fixed point of view, if they choose to; which I’d think they would choose to...
B: If they choose to.
Q: Yes.
B: If they choose to. Why is it so important to you that they do choose it?
Q: Because it appears that if they don’t . . .
B: Yes.
Q: I am the effect of their holding that viewpoint because I hold myself into . . .
B: Why do you have anything at all to do with what they choose to do?
Q: Because I put myself into that situation.
B: Talk to me about physics. How do you actually have, in any way, shape, or form anything at all to do with what they choose to do? Are you responsible for their choices?
Q: No.
B: Then how does anything you do determine what they choose to do?
Q: It doesn’t determine what they choose to do.
B: All right. Then you are not the cause of what they are experiencing.
Q: I never considered that I was.
B: All right.
Q: I’m the cause of what I’m experiencing.
B: Oh, yes.
Q: I’m trying to transform my own...
B: Yes. You are the cause of what you are experiencing primarily, in a sense, because you think you have to be the cause of what you want them to experience other than what they are already experiencing.
B: All right. You are the cause of what you are experiencing, as we perceive it so far in this conversation, primarily because you also desire to be the cause of what they may choose to do or not do. If you recognize that you are not the cause of what they choose to do, then how can you be the cause of anything else that they might choose to do?
Q: I’m sorry. I tracked with you right up to the last...
B: All right. These tracks are slippery, aren’t they? (Aud. laughs)
Q: Apparently so. Apparently so.
B: All right. You say you recognize that you are not responsible for the decisions, yes?
Q: Yes.
B: Then if you are not responsible for their decisions, then that goes both ways. Though you may reflect to them your reality, the idea of your desire for them to choose to share your reality is indirectly a desire for you to be responsible for them to choose something. To base it on you, to be responsible for their decision.
Q: I see.
B: Which your aren’t.
Q: True.
B: The consternation within you is simply that you do, in fact, wish to be responsible for their decision.
Q: That’s correct.
B: In a positive way.
Q: That’s correct.
B: But you will never will be. You will be responsible for your decision. They will be responsible for their decision, and you can be responsible to them, and allow them to perhaps, if they choose to, share certain ideas within the decision you have made; but you are only responsible to them by being responsible for yourself and not for them.
Q: I understand.
B: Now, if you are basing your understanding of your own worth upon whether or not they choose to understand you, then you are only basing your worth upon the decisions they may or may not make. And this can cause a great deal of consternation within you, because you are not determining what your worth is for yourself. But letting them decide what you are worth by saying that whatever they decide to do will be how you choose to determine what is real for you – in terms of your feelings about the situation. You follow me?
Q: I do, Bashar.
B: The idea is a paradoxical one to some degree; for you will find that the idea of the individual who is truly living the life they know to be true for them has a very strong compassion that other individuals can find out what they know to be true, and can create the same peace in their lives. But paradoxically, along with that comes the wisdom and knowledge that there is in no way, shape, or form that you can show that to them until they’re ready to see it.

So, the best way to be assistance is to simply continue to constantly be that idea, so you will always be around to look at, should they make the decision to find someone to look at that which represents that idea. But it will be of no concern to you whether they choose it now, ten years from now, a hundred years from now, a hundred lifetimes from now, because to you it’s all one and the same. Now is now. If you’re living your life as now, is now, then you will not care when they change, and you will not make it a point of contention within you that will stretch out your existence interminably. You are creating more
sense of time for yourself by focusing upon the amount of time they are creating for themselves to make a change. And thus, you are sharing their misery in that sense. You follow me?

Q: Yes, I do.

B: If you live in the now, you will not experience the time in the time way. You will simply seek changes when and where they occur, as they interact with you, whenever they do, will be just fine with you. Whenever that might be. And you will simply lead the life you know to be true for you, and not concern yourself as to when they may or may not make the decision to share that said same idea with you. For to you it is all infinite and it’s all now and one and the same thing, and you understand that they are learning what they need to learn, and you are learning what you need to learn, and everyone is doing just fine. Because everyone is their own unique path. And again, paradoxically, the moment you stop waiting for them, then lo and behold, before you know it, there they will be. Time will have passed, as you say, (snap of fingers) like that. You follow me?

Q: I do. And this is very helpful, Bashar. I haven’t fully handled it yet, but you’ve definitely given me a way to do so. My attention seems to go back to the mechanics of... I’ve made an agreement to call tonight with the money or these things – this individual will do these things.

B: What things?

Q: Order me into a trial situation.

B: All right. So what?

Q: Yeah.

B: Big deal. Can you not explain yourself, to the best of your ability, in ways that would simply allow you to then attract to yourself whatever situations, whatever objects, whatever symbols, whatever tools are necessary in your life to allow the situation to become alleviated?

Q: Providing I cease creating individuals in that situation that will not listen.

B: Will not listen to what?

Q: To my sharing.

B: Why do they have to listen to your sharing?

Q: I didn’t duplicate what you said then. I went off on an incorrect...

B: Recognize that what you have to say you will say from your heart because you believe it to be true.

Q: Yes.

B: As long as you believe that you are functioning within your integrity then the idea of the situations you attract to yourselves can all be seen, no matter what their previous definition, to be opportunities of positive light for you. Do not imagine that the scenario you are co-creating with them has to be negative, and then it won’t turn out to be. You follow me?

Q: I sure do.
B: Go through it. Live through it. If that is what you create, then live through it, knowing that you are exploring exactly what you want to explore. The more you continue to deny it, and attempt to remove it from you, the less you will allow yourself to learn from it in a positive way. You follow me?

Q: I do.

B: It will change and it will transform, only if you go along with the flow. If you fight it, that is what wears you out. That is what makes it seem as if you are not heard. What it is that needs to hear you will always hear you. Always.

Q: When you say go along with the flow, you don’t mean necessarily, that I would comply with their demands.

B: Depends on the idea as to whether their so-called demands are in line with the reality and the choices you have given to yourself.

Q: They are not.

B: If their demands represent the only opportunities or the only paths you feel that are open to you, then obviously they are in line. If you find that you have attracted other opportunities in your life, still functioning within your integrity, then they are available to you and take them. But if you find that you have no other choice other than to go the path that their demands represent, then why not simply assume that that is your choice as well, and go with it?

Q: OK.

B: Let it flow. Flow with it. Only when you flow with the energy can you change it. No one is listening because you are fighting the energy. If you flow with the energy, then you are traveling at the same rate and changing it is no big deal, because everything that is moving at the same rate relative to yourself, seems to be standing perfectly still. So you can move anything, anywhere. If you fight it, then it seems as if events are washing over you, overwhelming you, going faster than you can handle. And then it doesn’t seem as if you can change it to the way you desire to be. But that is because you’re not operating on the same rate or wavelength, you are not going with the circumstances.

Q: OK. And I follow you. Now, let me see if I translate this right, when I go, if I’m flowing with it and this person says you deliver this money tonight or... and I deliver that money; but if I don’t really...

B: If you know in your openness that if that is what is really necessary in your life, then you will attract a situation wherein you will have the money. If you are open in that way, in love and light, and act upon whatever opportunities present themselves to you, and none of those opportunities bring what that individual believes to be what they need, then simply trust it does not need to be there, and whatever the consequences of that manifestations, it will still represent the flow as you need to follow it.

Q: The truth is I don’t, in my integrity, want to flow that money.

B: Do you have it to flow?

Q: No, I do not.

B: All right.
Q: But I could engage in actions to get it, to borrow it.
B: All right.
Q: I don’t wish to, but I also don’t wish to counter the individual, and say, “No, I’m not going to do this.” Because. . .
B: Do you believe that the transfer of, what you are terming, the money from you to this individual is or is not representative of the maintenance of the integrity of an agreement you have made?
Q: I’m not sure Bashar. I go back and forth on that one. I don’t times I don’t feel that it’s in alignment with my integrity at all, and other times I feel that it is, and I flip back and forth. I feel that the greatest good, at times, would be to flow it, and other times I go, “it’s out of integrity, and it’s unethical to flow.” And I tend to flip back and forth.
B: All right. Can you understand, however, that the idea, now we are not saying this is the case, but we are simply setting up a generalized example. . . that sometimes even flowing money or any idea to another individual, even if, in your estimation, on their side, it may be supporting something that does not function within integrity, can actually allow integrity to become in existence?
Q: Definitely. That’s why I consider doing it.
B: All right. At any given moment, as you simply perceive the two ideas, relax into yourself and simply allow yourself to come, not make, not force, allow yourself to come to the decision as to which one truly represents the idea of your integrity.
Q: Lovely.
B: Then simply act upon that. If at any given moment you find that the other idea truly, truly, truly, truly with all honesty with yourself, represents a more full comprehension of your integrity, then begin to act on that. This is not to say it will necessarily, in your terms, complete itself in the way you think it might have to.
Q: And if I vacillate back and forth, as long as that’s my integrity that’s fine.
B: Yes. You are exploring what you need to, and you may simply find that in doing that, each and every component, what you are perceiving to be a component of this overall idea is, in and of itself, its own complete idea.
Q: Yes. One of the things I did is that I judged myself negatively for not coming to a conclusive flow.
B: All right. Then your first step, obviously, is to cease invalidating yourself for whatever it is you are doing, and begin doing what you need to do.
Q: Lovely as always.
B: Let it work out.
Q: OK. (laugh)
B: Thank you.
Q: Thank you, baby. (Aud. laughs)
Smoking
Q: I’ve been kind of struggling with the idea of smoking, and...
B: Struggling with smoking. All right.
Q: what you said earlier about the drugs to somebody else, and also about dreams, seems to somehow help me.
B: All right.
Q: How to apply… I dreamt last night that I kept putting out my cigarette, and then I’d look in the ashtray and there’d be another lit cigarette waiting for me. So I’d pick it up, put that one out, and again, there would be a lit cigarette.
So when you mentioned that the dream seems to resolve a particular problem, how would I apply to that… and also you mentioned the thing about the drugs, that it’s not the drug that you’re seeking; it’s something else.
B: Oh, thank you. It is the recalling back to yourself of your own self-empowerment.
Q: Oh, how can I apply that, and how can I understand…
B: Oh, thank you. First of all, you can allow the symbology, perhaps, to be indicative that it may reflect a way that you generally perceive the events in your life to unfold as well. Do you feel that you are victimized by circumstances?
Q: Sometimes.
B: All right. Is there any reason for you to continue to feel that you are victimized by circumstances?
Q: Not really, not if I take the perspective that I create everything.
B: All right, very good. Then you can begin by not invalidating your invalidations.
So if you find that you tire of creating something you deem to be negative, do not judge it any further than you already have, to create it. Go easy on yourself first of all; do not chastise yourself for the creation, to begin with, of what you perceive to be a negative chain or sequence of events. Then you will at least remove the first layer of pressure upon yourself.
Now, as you have experiences in your dream reality, you can, first of all, recognize that it is just as real as any reality you will ever experience. And you can allow yourself to know that you are showing yourself something in plain terms, symbolic terms – plain symbolic terms – that will allow you to simply recognize the idea as it fits into your life, the idea of what you feel to be repetitiveness, lack of ability to have control over a situation that seems – seems, seems – to be repeating.
Now, one aspect we can explore right now is that nothing really repeats – nothing. Everything, no matter what it appears to be, is always a new thing – if only that you recognize it as not exactly the same thing happening exactly the way it did the first time, because you are making the comparison that it is happening again.
So, in this way, you can treat every apparent reoccurrence as something new; do not assume it is the same old thing. Assume it is a different new thing. It may come in the same guise. But that is because
you are using symbols you are familiar with – the cigarette, perhaps. You do not have to attribute to the apparent reappearance of the cigarette the same meaning you usually attribute to it. Give it a new meaning. Every time it seems to reoccur, give it a new meaning, not the same meaning. It is only by bequeathing the same meaning on an apparently similar symbol that you create the effect that the symbol seems to carry only the same meaning over and over again.

All symbols are blank, neutral, no symbol and no situation comes with a built-in meaning. You supply the meaning; the meaning you supply is the effect you get. You follow me? Therefore, whatever symbology is reflected to you in the idea of the cigarette, start to give it new meaning. And as soon as you start to give the cigarette new meaning, you will then allow the cigarette to transform from the symbol that it is, into another type of symbol that will then be reflective of the new meaning you have instilled within it.

Instilling a new meaning in an old symbol is what changes the old symbol into a new one, because the meaning of a symbol is the soul of the symbol. The symbol – the outward symbol – is only an illusion, a cloak, a guise, when you change its meaning, then the symbol will transform to accommodate the new meaning. You follow me?

Q: Yes.
B: So, first and foremost, you can remove the idea that you are only doing something repetitively. You are not; everything is new. Sometimes you may use what appears to be the same symbol to represent that you are dealing with a momentum, a continuing momentum along similar lines, but every re-appearance of an apparently same symbol is actually a new opportunity to look at a similar idea from a different point of view – giving it the new meanings at every turn.

Now, you can also understand that you do not have to force yourself to become more spiritual. You can recognize that you do not need to demand that you change. And that when you cease making a demand upon yourself that you change from what you perceive to be old habits, then that will be one less habit right there: ceasing to demand that you change.

Q: Well, it seems that it’s desirable and...
B: Let me finish. The idea of what you desire can come most easily when you do not demand it as a prerequisite for the change within you. When you simply know that you are different, when you allow yourself and take it for granted that you are different, then you will change. And it is not that you have to force yourself to stop smoking. By being a different being, you will simply not have the urge. It will not be in the definition of the being you will now be. Now... may I ask you a question?

Q: Sure.
B: Are you sure I may ask you a question?
Q: Of course.
B: Oh, thank you very much. Using your imagination right now: can you, in any way, ever imagine yourself not smoking?
Q: Yes.
B: You can? Are you sure you can?
Q: Yes.
B: All right, very good. Then in your willingness to have the vision of yourself as someone who simply does not smoke... now wait... before we go on, let me clarify your definition. Are you actually saying you can envision yourself as someone who does not smoke, or are you envisioning yourself as someone who has to fight the urge to smoke?
Q: No, I visualize myself as being very energetic.
B: All right, and simply someone who does not feel the urge to smoke.
Q: Right.
B: You can envision this?
Q: Yes, sometimes it feels like when I do smoke, I’m cutting down my energy.
B: All right. All right. We understand, but for now, never that. Dream...(tape change)
Q: ... yes.
B: Then let me remind you of something right now. As we have said, dream reality – and here’s the connection – dream reality, your imagination, physical reality, it’s all the same reality. Only you make the distinction that it is not.
Q: Mmhmm.
B: When you allow yourself to know that what you imagine, what you envision you can be, is just as real as anything that you are in your physical reality, then when you have the vision of yourself as a non-smoker, you will not continue to assume that there must be some processes necessary in order for you to become the non-smoker. You will simply recognize that if you can envision it, you must – at that moment – actually be that person. Because you can only conceive of what you contain. You can only imagine what the vibratory level is that you are already on.
But when you imagine yourself as a non-smoker, in that second, in that moment – for however long you are willing to sustain that reality, that imagination – you are in that moment, a non-smoker. But you make the assumption that the imagination is not as real as the physical reality. And so you think there must be something that you need to do in order to realize your imagination – not believing it is real in the moment you have imagined yourself to be a non-smoker.
If you recognize that your ability – your very ability – to be able to even envision yourself as a non-smoker means that that is the end of the process, and not the beginning of a process, then all you need to do is trust that your ability to imagine yourself as a non-smoker is the same thing as being a non-smoker. And all you have to do is act like your imagination and what you have envisioned yourself to be is actually real right now. Then your body will automatically act like a non-smoker’s body and it won’t have the urge. You follow me?
Q: Yes, I’ll try it next time I have an urge.
B: You’ll what?
Q: I’ll do it next time I have an urge.
B: All right. Now, again, do it now. If you are saying, "Well, I’ll wait ‘til I have an urge," you are implying that there will be a time when you will no longer be a non-smoker. And then you have to fight it. If you are a non-smoker, you will never have the urge. Period.
Now, if you find that you do have the urge, do not chastise yourself. And do not struggle. Simply re-imagine yourself as the non-smoker. You may want – because of the society you are in – to give yourself an opportunity to reassure yourself that you are in control and you have the power. It does not have to be a struggle.
If you find yourself creating the urge... first of all, do recognize that if you do find yourself creating the urge, then the one, the you that creates the urge is not the you that you are, when you are the non-smoker doesn’t have the urge to smoke, by definition.
So if you find yourself creating the urge, you are smoker. All you need to do is become the non-smoker once again, and there won’t be an urge. It is not a matter of having to fight the urge; it is becoming the individual, once again, who doesn’t have the urge to smoke. You follow me?
Q: Yes.
B: That is all.
You are either the smoker or you are not. It is not a matter of “fighting to become.” You either are or you are not... or you are separately an individual who is fighting to become. But those are three separate individuals. One does not necessarily lead to the other. You follow me?
Q: Mmhmm.
B: Thank you. Breathe deep.
Q: I’m really not really fighting it, because I quite enjoy smoking.
B: All right.
Q: I cough a lot...
B: Yes.
Q: ...and I feel not so energetic.
B: All right, but you are saying that there are beliefs within you, on some level of your consciousness, that do believe it is fighting some aspect of the idea.
Now we understand that you enjoy it, and that is why we say do not chastise yourself for doing it. For when you no longer need to, you will simply lose the urge. You follow me?
Q: Yes.
B: That is all there is to it.
Q: I think that there may be a message for me, something to learn from that.
B: There can be.
Q: Perhaps, about my breathing.
B: It can be that you simply do not need it.
Q: It is related sometimes to what happens in birth trauma, to the first breath?
B: It may be very specific with regard to the individuals that are being born, and the relationship that they actually have with the individual that is bearing them.
Q: And I thought, perhaps, this was giving me an opportunity to look at that and how I feel about my breathing.
B: Trust your own instincts in this matter. Your imagination always provides you with the proper understanding of yourself. That is what it is for. It cannot provide you with an understanding on the same level of someone else, because it is you; it is your imagination.
If it could give you more understanding of someone else, it would be someone else’s imagination and not yours. You follow me?
Q: Yes.
B: Your sharing?
Q: I just wanted to share one of the newly created meanings for smoking.
B: All right.
Q: Which is that the physical is being translated into the smoke of the spiritual that is expanding out into the greater fourth density…
B: This is one of the ways your American Indian culture did look at smoking.
Q: Yes, that’s very true. One of the new meanings. Thank you.
B: ‘Tis also one of the older ones.
Q: Yes, thank you.
Societal Perspectives

We will begin this interaction, this evening of your time, with the idea of the differences in viewpoint, in terms of how it is that we usually perceive your civilization, and how you perceive yourselves. We will, in this way, simplify the idea by simply pointing out that the difference in the way many of you perceive the ideas that you live in your lives is simply that, more often than not, because of the way you have created your society to be, you assume that what it is that you are doing in your lives now is that you recognize the idea of your acceleration and your spiritual growth. What it is you are doing in your lives is something that you are doing so that you can, in your terms, become more spiritual or recognize your spirituality. Whereas, the point of view that our civilization, our consciousness has of you is that you are doing what you are doing because you are already spiritual.

The idea simply is, that you are many times, because of way you have created your society, simply judging that what you are doing now is not valid, not as good as something you imagine you will be doing in the future. You think you will become better than you are, but you will not. You will only become different. You are already perfect; you are already a perfect manifestation of All That Is in exactly the way you are choosing to be that manifestation. You are exactly the perfect manifestation of whatever it is you are doing at any given moment. On its own terms, that idea is equal to any other idea you may choose to change into; but you will never choose an idea that is better than the idea that you are choosing to be now. It will simply be a different idea.

You may recognize more of yourself, you may integrate more of yourself, in that way; you may choose to blend with more of all that you are, synchronize, harmonize with the idea of All That Is; but, in an overall sense, it is not that that is better, it is simply a state of being like any state of being. And it is your choice, you have the free will to understand that no matter what situation you are creating in your life, no matter what situation you have created in what you call your past, ALL situations you have created have served you, for they have all gotten you where you are. Have they not? Therefore, in this way recognize, each and every stepping stone, as you may choose to call it, is and must be, equally valid as every other stepping stone. Otherwise, you do not create the idea of a series of steps that gets you to where you think you are going.

Any portion of yourself that you reject is the removal of one of those stepping stones, and that is why you create a gap in the continuity of the idea of the flow that you seek. And you remain, once you judge any portion of yourself, judge any stepping stone and remove it from the sequence, try to get rid of it, try to pull it out of the linear idea you have lived, that is why once you attempt to do that you will remained fixed, transfixed, unable to move because you have removed the idea of the line and you become isolated, in that way. You have broken apart the path that you are in an illusionary sense, and do not allow yourself to become conscious of the idea, to recognize the idea of the continual flow that you can be by granting equal validity to every step you have ever taken: Positive and/or Negative.

For once again, they have all served you to take you exactly where you find yourself; and everything you shall do in this life and any other lives you choose to live will always, still, by definition, be a part of the
path that gets you anywhere else. Recognize you will never end. You will never stop creating. You will never cease to grow. If you exist now, and I will assume that if you are hearing me you do, you will always exist. Existence is above and beyond linear time. Existence is not subject to time. Existence is, and you will always be able to say that...always is something that is within existence, because always implies time. You have a concept that “time goes on forever,” but time always “goes on,” and “forever” are all temporal concepts. All That Is simply always IS and Isness simply always is. You are eternal. You always will be able to recognize that you exist in the present. Allow your present, allow your present to be CONSCIOUSLY where you desire to be, and any future, so to speak, that you desire will then have, quote/unquote, the “best” opportunity of manifesting in your life.

Because you will be allowing the future, as well as the past, to be in the present, which is where it is. All realities, all times, all lives, all spaces are here and now. And as long as you assume that the idea of something “better” is going to come along somewhere in the future, that is where you keep the concept of the change by judging it, by not allowing what is happening now to be connected to it, to be a part of it. By not allowing the idea of the future to be now, by judging that what you are doing now is something less than what you think you will be doing, you separate the present from the future and always keep the idea of what you prefer somewhere out in the distance future. Allow it to be now, and you will have access to every reality that you desire, that you prefer...without judgement. You all follow along?

Audience: Collective yes.

SHARING!...
Solar Energies

Q: Regarding our sun, in recent developments that measured the photosphere, the surface of the sun, at 5,600 degrees centigrade...
B: Degrees Kelvin.
Q: Degrees Kelvin?
B: Yes.
Q: And the corona is one million degrees.
B: Yes.
Q: We are not aware why the corona has a higher temperature than the photosphere?
B: Because it is a different form of free-form plasma energy, with a much higher energy content because of how it is more capable of interacting with all sorts of different kinds of cosmic radiation; whereas the surface material of the sun is more compacted and not so capable of freely interacting with other higher levels of higher energy. Thus, it is not so much of a rarified plasma interaction, wherein the molecular motion cannot be as high as it is in the free-form state of what you would call the gaseous corona.
Q: Thank you.
B: Thank you.
Solidifying Synchronicity

Q: From your perspective, could you tell us how you view the group consciousness of the human species at this time, as we create it on our planet with the group consciousness and where it’s at, in terms of the transformation, from third density to fourth density.

B: About halfway.

Q: Could you give us a little bit of your perspective of what that might look like for the group consciousness in the evolution over the next period of years?

B: Obviously, by definition, anyone within the consciousness that simply knows they are, in this way, transforming into fourth density will be in fourth density and those that do not, will not. Those that do not choose the idea of fourth density will not be there. So obviously, by definition, all those that are choosing to live in the idea of fourth density will be there, since they have chosen to do so. So, one hundred percent in every case. You follow me?

Q: Yes.

B: It is not a matter of, how are you doing? It is a matter of, what are you doing? Are you living and acting as if you are, in that way, KNOWING that you are representative of a fourth density choice. If you are, you are obviously in fourth density and/or proceeding towards it. That is all there is to it. You are, or you are not. Are you through?

Q: That’s fine, thank you very much.

B: Recognize... I will say one other idea, within the next, what you call, thirty of your years, will be the compilation, the beginning of what you may term, the true acceleration into fourth density. The thirty-year period will end the limbo state in which you can still have time to make a choice. You follow me?

Q: Yes.

B: However, you will find that much of the choice has already been made, much of it is solidifying, and that is why you are seeing increases in synchronicity in your lives with regard to the idea of how many individuals are becoming aware of the idea of the transformation. So, from our point of view, our ability to even interact with you is an indication of what you have chosen, otherwise we would be somewhere else. You follow me?

Q: Yes.

B: Thank you, very much.

Q: Thank you.
Soul Aspects and Trusting the Timing

Q: Someone was talking about personalities on many planes... that one person could have many, many personalities...
B: All right.
Q: ... all on different planes, or the same plane, or something like that. Could you comment on that?
B: What is your specific reference and how do you feel it applies to you?
Q: Well... the fact that one person has a personality paralleling theirs, at the same time...
B: Do you mean counterpart, or parallel dimensionality?
Q: I’m not sure! (Laughs)
B: All right. Counterpart will be the representation of the idea that you are one fragment of your whole Soul self, and that another individual living physically at the same time you are will be another fragment of the same Soul – that will be the Counterpart. Parallel dimensionality will be similar, it will occur in an alternate parallel reality that you do not physically perceive. Do you follow me?
Q: Yes.
B: All right. You also, as a personality yourself, are composed of many sub-personalities, in that sense, that do exist on different planes or dimensional levels of existence. As you then call upon them to integrate within you, they have a portion of their energy that is reflected in your present as well. And the more you integrate all of your sub-personality levels within yourself, and become one identifiable personality, in that way, in much the same manner does the entire mass consciousness of your civilization. When each and every one of you allow yourselves to be the complete, valid, unique individual that you are, then the mass consciousness can then draw upon you to add to its sense of completeness.

In other words then, paradoxically, the stronger you become as an identity, the stronger the mass consciousness identity becomes.

You do not lose your sense of identity in forming one unified mass consciousness. Just the opposite.

Q2: So I would like you to define, if you will, the fifth density.
B: Very briefly it will be the understanding of consciousness as it views itself to actually be, in one sense. This will be the primary identification in one sense, the basic identification – it views itself to actually be the dimension that it occupies. Do you follow me?
Q: Yes, I do. And we actually have some part of ourselves on all density levels, is that correct?
B: You are Creation.
Q: So therefore we occupy all density levels?
B: All density levels occupy you.
Q: I see.
B: Will that have answered your question?
Q: Yes, it will have.
B: Thank you.
Q1: So can we actually see these aspects? Are there times when we can perceive... well, at times when we walk into a room we can see a certain “something” that may not be a solid form, but then we turn and actually with our physical eyes we see it, kind of, and then we lose it.
And when we first see this thing out of the corners of our eyes, it is like another density that we...
B: Yes, in a sense. More often than not, it can be parallel dimensionality, alternate reality. Slightly out of phase, out of sync with your frequency that you call this reality.
Q: How do we make this thing grow – our ability?
B: Why should you want to?
Q: Well, why not?
B: All right, fair enough... but why?
Q: Well... why am I here!?
B: You tell me. You chose to be.
Q: Okay.
B: Understand we already recognize your willingness by saying, “why not?” All well and good. Now, we simply, in the form of discussion, are asking you for specifics. Why?
Q: (Pauses)
B: We are not saying “why” as a challenge. We are saying “why” as tell us how you will do this.
Q: Um...
B: You will know how you will do this, by allowing yourself to know “why” within you. In other words, what is it about that idea that strikes a chord within your imagination?
Q: It seems to be where I’m going anyhow.
B: All right, in one sense, yes. Very good. What else?
Q: Well, it also has to do with what’s happening with all of us.
B: All right. Very good! One and two: “where I’m going anyhow,” and, “what’s happening with all of us.” Now you have answered your own question because understand, that if that is where you are going, you will do it. If that is happening with everyone, you will probably not be able to stop it. (AUD: laughter) Do you follow me?
Q: Okay.
B: Allow it to manifest in its own timing. The timing, always, is a part of the purpose. Do you follow me?
Q: That’s a part of that busy thing that I’m moving through... that I’ve got to get there, and then when I...

B: If you create for yourself the judgment of impatience, recognize that then quote/unquote, if and when you get there, you may find yourself empty-handed, in order to be able to deal with it – by not paying attention to what was along the road you traveled on to get there.

Whenever you feel yourself being impatient, recognize that where you are exactly right now, at any given moment, is necessary for a full appreciation of where you are going.

Q: So there is never any use for that burst of feeling, of...

B: You will feel the acceleration, again, quite paradoxically, when you allow yourself to slow down, and accept what your life is. Because you have created it for the reasons you are beginning to perceive.

Therefore let the symbols and the situations and the relationships and the interactions and the happenings from day to day, be representative of what you chose to experience, so that you could appreciate where you are going, when you get there.

Understand that the way to appreciate where you are going, is to appreciate where you are. Do you follow me?

Q: Yes. Thank you.

B: Thank you.

5
SOUL MATES

We have heard many times the idea upon your planet you call "soul mate" and that idea certainly can exist. It is simply representative of a particular kind of agreement that has been made. But do remember that every individual you interact with serves you by reflecting to you what you need to know at that moment.

Therefore, by the fundamental definition of soul mate, every individual you interact with at any particular moment is for that moment your soul mate—because they serve you best at that moment.

As we have mentioned before, our society does recognize that now and then there can be single individuals who match themselves for the duration of a life span who can provide for each other all the reflections that each other needs to see in order to grow in the way they want to. But we do not put an expectation on the relationship that it "must" be that way and we do not know if it is a "one-on-one" until we reach the end of the life span. We look back and say, "Well, it seems no one else came along but you...so I guess that was a one-on-one."

We do not put expectations on how it must be; we do not regret how it was or was not because we live in the moment and trust ourselves. So when you live in the moment and you trust yourself by being the fullest individual you can be you will always attract whoever is appropriate for that moment. They can serve you to become who you want to be and you can serve them to allow them to become more of who they want to be. That’s what relationships are for: looking into a mirror and seeing another aspect of yourself.

Once again, you can simply understand that an individual who needs to learn a certain thing may attach themselves to another individual who has already learned it. The idea is, you are being of service. After all, if you say you love this individual then you are desirous of serving them to be who they want to be.
Soulmates

Q: I wonder if you could tell me when that special someone will come into my life?
B: You mean *that* special someone, or *that* special someone? (Pointing at audience members) Or what about that one?
Q: Any of them.
B: Well, what about the one right there’?
Q: The special soulmate.
B: Special soulmate. Are you aware of some of the things we have already discussed about this idea?
Q: Um, I’m not sure.
B: All right. Do you understand what our definition of a soulmate is?
Q: I don’t know; this is my first time here.
B: Oh, all right. Mine too. In that sense, recognize: every relationship - I will be brief, every relationship serves a purpose, is there for a reason. On the fundamental level, because you are always learning what you need to learn about yourself in any relationship — are being of service to the other individual in that relationship, to allow them to learn what they need to learn about themselves, to grow and learn - every relationship is a relationship with a soulmate, in the fundamental sense of the word. Understand so far?
Q: Yes.
B: Now, we know what you often mean in your society by the idea of “a soulmate,” and that does exist. However, more often than not, we have discovered that in your society the attitude will usually be as follows: that if only you could discover your soulmate, then everything would be just wonderful, but not until then.

Your physical reality is the product of your strongest definitions and your strongest beliefs, if you believe you are incomplete without that person, you will usually wind up only attracting someone to reflect your belief in your own incompleteness.

When you know you *are* complete unto yourself - not that you will not change and grow, but as you are, you are still a whole idea, and your first relationship is to yourself, and with the Infinite --- when you act in that manner, and radiate that frequency, that’s when you give off the vibration that gives someone else in your life that you may have made an agreement with, to come into your life to reflect back to you as an *equal* to the vibration you are already putting out.

If you already shine as the brightest light you can, then someone on the same level - as a mirror, as all of you are to each other - can reflect that light back to you. The brightest light that can be reflected back to you can only be as bright as the light you are. Understand?
Q: I understand.
B: That is what you typically call the soulmate. And it can exist in your reality. It doesn’t always have to be a single individual, but it can be.
Thank you.
Soulmates
1
Souls Inhabiting Artificial Intelligence Creations

B: Yes.
Q: An android, or robot... not really a robot.
B: We understand the concept.
Q: Okay, it’s you know, semi flesh and blood.
B: We understand.
Q: Now, the idea of creating an individual with complete intelligence – the apparancy of a complete individual person – is really intriguing. Because I’m aware that we are spiritual beings that quote, inhabit, bodies.
B: Yes.
Q: And most of the people who have written about robots haven’t realized that... well, they created artificial intelligence that has a sense of individuality, I know that, but it didn’t work quite that way.
B: If you create, let us say, an appropriately representational symbol that a soul can function through in a meaningful way, then a soul can “inhabit” the creation.
Q: Such as even a mechanical...
B: Yes.
Q: Okay, and I thought about that... that a soul could move into it, such as a soul moves into a baby body.
B: Why not?
Q: I also conceived that now that I know about your spacecraft and how you create an artificial intelligence with it, which is actually mechanical, or – well, it’s not actually mechanical – which has an intelligence as I understand it, which is tuned into the entire universe and it is as much of an individual as yourselves...
B: Yes.
Q: ... that, that kind of intelligence could be created in this artificial person.
B: Yes.
Q: Now, to what degree would they appear to be an intelligence, an individual? I’m not talking about a being coming into the artificial person, but rather the creation of the individual using your kind of computer. How much will they actually appear as an individual person?
B: It will depend upon the mass agreement of what is possible. And therefore, what they have allowed themselves to project their consciousness into. What they agree to, and in what way they agree to interact with the society. Do you follow me?
Q: When you say “they,” you mean the artificial person?
B: Yes. The consciousness projecting itself into it, let us say. If they recognize that the society has created that idea to only express itself in a limited way, then obviously the consciousness that chooses to take part will understand that limitation.
Q: Okay. Well then, when you create computers for your ship, does a consciousness enter this computer?
B: In a sense, yes. It is more like a valve, through which universal mass consciousness can flow.
Q: That’s what I was thinking, that’s a kind of computer...
B: The definition that you give, the ability that you give to the valve, will determine the amount of the mass consciousness that can flow into it, or through it, or individual consciousness that can flow into it, and through it.
Q: And have artificial people of this nature... obviously they’ve been created.
B: Oh, yes. They do exist and function in many societies.
Q: Do they exist in your society?
B: Yes, although primarily as the idea of the spacecraft.
Q: I see. Not as physical bodies, such as you have on your...
B: There are some.
Q: Do they walk around and appear to have all the personality traits that your people do?
B: Some do, yes. Some do not.
Q: Would they be indistinguishable from your people?
B: Some.
Q: Wow. Are they on this planet?
B: Some have been. No more comment. (Audience laughter)
Q: Thank you.
B: Thank you.
Sovereignty of Individuality

Q: Do you see in our civilization, in the United States, a movement towards state sovereignty, being a state citizen, as opposed to a...

B: Well, obviously...there is a movement.

Q: Do you see that as a movement that will culminate with, let us say...

B: In a fashion, yes. There will ultimately be, not a government, as you know it, but a true sovereignty of individuality. True free people. Creating as they wish; sharing as they wish, in full consent and intention and conscious awareness. With an organizational body, instead of a government, that helps coordinate the talents and facilities of people who need to know where other people are that they can then share their talents with, and who need those talents in return; so, in that sense, yes.

Q: Will this be part of the social and political movement in '95 that we will see?

B: It will increase, yes. But it will not really come to a head until well after the year 2000. Perhaps, sometime around your year 2005 there will be some of the biggest breakthroughs, or the biggest breakdowns of the older systems, that will finally allow more of the free person movement to be evidenced in your society. And certainly by your year, as we have said, 2037, there will be nothing but the concept of free, fully creative individuals on your planet.

Q: Thank you very much.

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Q: Thank you very much.

B: Thank you!
Space-Time Origin Points

Q: I’m interested in the origin of the Universe as we perceive it, and I’d like to know if there are other parallel universes?

B: Yes, there are.

Q: How did our’s come about? Could you elaborate on this?

B: In much the same way that any of what you would call a parallel universe may have come about. Now there are many ways to interpret the idea of the so called coming about of a universe, for really the concept of a universe “coming about” is a perception possible only from within the universe that has come about. The universe, in that sense, existence, in and of itself, did not come about, existence always is. You follow me so far?

Q: Yes.

B: However, within the concept of existence, which always is, there can be the perceptual experience of a discreet interpretation of All That Is, that would appear to have a beginning and an ending, but this is a cycle within existence, it is not really a beginning of existence itself. In that terminology and from that perspective, you can understand that your universe and any similar parallel reality universes came about, so to speak, when an aspect of All That Is reflected itself. Which then allowed that aspect when realized, when self-recognized, to expand, so to speak, from an infinitesimal point, as you understand the concept in space-time, to an expanded interactive version of that self-recognition.

Now that point still exists, everything in your reality is still taking place, and again we apologize for the semantic terminology we must translate this into, because we know it can be confusing...everything that you know in your apparent expanded universe is still actually only taking place within that infinitesimal non-dimensional point. But because this particular infinitesimal non-dimensional point is interacting with itself within the concept of space-time, then all the interactions that take place within that infinitesimal non-dimensional point appear to have the quality that you call volume, distance, dimensionality, “temporariness,” and so forth.

So the universe came about, simply came about, simply from the recognition of All That Is that it could experience itself in this way. And thus, it was automatically realized, because anything that is imagined within the consciousness of All That Is becomes a reality, because that is the nature of All That Is. Does this make any sense to you so far?

Q: Yes.

B: We do not necessarily mean to be ambiguous in your terminology and, of course, there is always the attendant explanation from what we would call the physiochemical point of view, that goes along with the metaphysical concept or explanation, it’s all just about the same thing no matter what terminology you use to describe it.

Q: It is crystal clear to me.

B: All right. Thank you.
Q: You’ve talked about how we should be able to put a spaceship together in thirty-nine days.
B: Yes.
Q: Can you describe how this can be done?
B: Simply recognize that much of the necessary technology already exists upon your planet, and has been experimented with many times, to varying degrees of what you would call success. But the idea is simply that the information has been suppressed - thus it is available to you.

Therefore, when you recreate the idea of the structure of your society, so that it no longer prevents you from understanding information that already exists within the structure of your society, you can avail yourself of all the information that does exist. And you will understand immediately that you have a wealth of information that you did not previously perceive that you had access to.

This wealth of information contains the ability to create craft such as ours. You are already at that level. And simply, what we were addressing is the idea that if you would, from this day forward, begin to function as a unified society and share all the knowledge that you have access to, you would be able, within one month’s time – three months at the outside of your time – to be able to construct such a craft.

Q: But it can take us now from anywhere between one year to eighteen months to construct an airplane.
B: Yes, but that is the idea of the technology you are using now, according to the structure of the society you have created. Also understand that much of the technology you utilize, in a sense, is far more complex than it needs to be. You are always refining the ideas and paring them down to the simplest forms anyway, so all we are suggesting to you is that the idea behind the propulsion systems, of what you regard to be spacecraft, are far simpler than you think.

Q: Hmm. What sort of an environmental system do you have on your spacecraft?
B: In your terms, some of the environmental systems that you already have will suffice upon your spacecraft, in that way. But according to the idea of our spacecraft, you will find, first of all, that there is no great need for the idea of recycling; for in this way, we are usually in the smaller scout craft, not within them for that long a period of time.

In this way, in what you call the mother craft, there are systems that allow there to be the oxygenation, the creation of an electromagnetic atmosphere, that are always in your terms, manufacturing and recycling the raw elements necessary for the continuance of life. Most of these apparatus, in your terms, would appear to be crystalline in nature.

Q: What about passenger accommodations?
B: In what form?
Q: Aah well, for their food...
B: We do not eat that much. We do not sleep that much.
Q: We do though.
B: Yes. Again understand, simply, the idea is not that we are saying necessarily that you have to start by building a three hundred thousand passenger craft. (AUD: laughter) We are simply saying that you have the technology to be able to reach other stars. No matter what the size of the craft. Do you follow me?

Q: Yes. What sort of an avionics, navigation, computer system, do you...

B: Navigation, in this way, will mostly be the product of creating a type of aware, a self-aware computer system, that will assist and connect into – plug into, as you would say – the isolation field that is created round and about the craft, that allows the craft to exist in an isolated state from all universes. Which is the same thing as saying that it exists in a connected state to all universes.

And in this way, the craft can simply understand that what is going on is that all universes are, in a sense, projected upon that bubble, and the craft can simply be attuned to a specific vibration that represents a specific space and time; and in that way, associate itself with it. And once the field is removed you will simply find that the identification vibration of the craft will allow the craft to have to, by definition, exist in that locale.

Our particular basis for, or fundamental idea, of what you would call our navigational system takes into account our perspective and our belief that the ideas of space and time are not, let us say, “voids,” in which an object exists, but are actually part and parcel, properties of the object itself.

Q: How do you identify the vibration of another planet or universe?

B: You will find that you have the ability to read the electromagnetic frequencies, the gravitational dynamic tensor fields, of any given mass. And you will simply recognize that every distinct mass or energy fluctuation field has its own unique signature vibration or characteristic.

Q: And you feel that our environment on this Earth already has the capability to do these things?

B: Once again, we are not saying, to be colloquial, that your first step will create the idea immediately – to put it in your terms – of what you call a supersonic jet liner. You may begin with the idea of what you have referred to as the bi-plane, with reference to spacecraft, but it will still be able to have the capability of bringing you from one phase frequency reality into another. Which is the same thing as saying that you will travel from star to star.

Again, we are not saying necessarily that within a month’s time you would create, in your terms, the ultimate version of a spacecraft with all the different versions of ideas of navigation worked out. But simply, you can create a craft that has the capability of being able to travel in that manner.

Q: When you construct a craft do you go through structural testing of the frame itself?

B: In a sense, although recognize that what you would recognize as our frame, in this way, is in no way, shape or form similar to the technology of what you are used to at this time. The idea of the craft we are utilizing now – though this was not always the case – simply is that it is formed of a metallic crystalline structure that in your terminology would actually, mostly, be “grown,” not built. In other words, we create a force field, to be colloquial about it, and allow the substance of the hull to grow in the shape of the field.
Thus, the hull is created within a particular quasi-planar vector reality, and cannot have anything but that shape. So that no matter how thin the material is, it is undentable.

Q: Hmm. Can this technology be developed on this planet?

B: It can be. And it possibly will be. Again, do not misunderstand me, we are not saying you need every single refinement of the technology we are using, in order to build your version of a spacecraft that can still function in much the same way; according to the same idea that, while your bi-lane is in no way, shape or form similar to your supersonic jet airliner, both still fly. Do you understand?

Q: Yes, very good.

B: Sharing!

Q2: Tapping into that theme, about a month ago I was lying in my bed and I saw these extraterrestrial craft. But they were like lights in the sky and they were moving, and I didn’t see them close up. And they showed me that the sky actually opened, and that they went through holes, to travel.

B: Yes.

Q: And I would like you to expand on that because I thought it was very amazing that the sky actually became black, and they showed me... the only way I could describe it with words, from my level of consciousness, is that there were holes in the sky that the spacecraft traveled through.

B: Yes, the idea was your physiological interpretation of the connectedness of one universe to the other. You were seeing the interface between one vibration and another. You were describing it as a hole or a doorway or a tunnel.

Q: Right.

B: The idea, once again, is simply that we understand space to be a property of the object. In other words, different rates of vibration define the time and space you find yourself within. All is one space, in a sense. All is one time, in a sense. But within that one space and one time there are different frequencies that define the different differentiations that you perceive as different places and different eras, in time.

The idea to us is simply that, in locating the signature vibration of any particular object – say, a spacecraft – and re-identifying its signature vibration, then it can avail itself of the idea that it is re-identifying its locational property with reference to where it is, to where it wants to be.

And you are perceiving the isolation field, the interface field, the difference in vibration, as that doorway that seems to appear around the craft.

Q: So when will man on this planet unify his thought?

B: In this way, in our perception, as you count time, the highest degree of probability will be for the beginning of this type of momentum as you have described it, to be within the next, approximately, thirty of your years, as you count time. That will be the beginning of the realization that you can, in fact, unify your thoughts, and begin to do so.

Q: And with this sighting of the craft, in their flight they seemed to be making right angled...
B: In this way, once again, recognize that the ship is a world unto itself. It is isolated in its own vibration; isolated from any other universal vibration, including what you call gravity. Thus, it has its own gravity and is not, in your terms, connected to the inertial fields outside the craft. So it can exert any kind of maneuver without regard to the external fields. Only the internal fields matter. And to the internal fields the craft does not feel like it is moving at all. There is no sense of inertia within the craft.

Q: Right. Let’s say you are going from where you come from...

B: Essassani.

Q: Yes, and then you come here.

B: Yes.

Q: And your rate of vibration is different from here.

B: Yes.

Q: So as a result, all you do is like “tune-in” to the cycle or whatever...

B: After isolating ourselves from our own cycle.

Q: Right. And then you come into our point in space/time.

B: By definition, once we identify with your cycle and remove the isolation field to some degree, then, by definition, we must occupy the time/space co-ordinates, or vibrational reference point, or signature vibration that we have identified ourselves with. And we appear to have instantaneously traveled from one point to another, whereas we have not really traveled at all, but simply re-identified ourselves.

Q: So no matter wherever the planet is that you happen to dial into, you’re able to change your vibration, or your rate, or oscillation, at will.

B: Yes.

Q: So there’s no...

B: It is even more directly accurate than that, because the idea of the functioning of our craft, while it is, in your terms, controlled by the computers, is directed by the mentality of the pilot – directly. In other words, there is a mental interface, or interlink, directly with the computer from the pilot. It is in a sense, therefore, “willed” to its location.

Q: Oh, and it’s by the pilot? It’s not by three or four other people?

B: Usually all that is necessary is one.

Q: Because everyone agrees to go to that particular location?

B: Yes.

Q: Okay.

B: Although that has not always been the case. There is, in what you may call our mythology – although we do not really have that any more – the idea of one of the initial experiments at what you would call a hyper-jump, wherein one of the crew members did not appear at the other end.
In this way, we understand now, of course, that it was simply the idea that that member re-identified himself with another reality, and became non-physical – you would say, “died.” But in this way we know that this member has reincarnated many times since then, since in your terms, this was very long ago.

However, at the time, even though we knew to some degree the idea that had taken place, we created the idea of a story that assisted us as a symbol – since we were talking about symbols – that allowed us to adopt into our legends or mythologies the idea that this being had, by not re-forming into physical reality, allowed himself to become the bridge itself that we had crossed, to disperse his consciousness throughout all of the universe. And in this way, therefore, we would always know that, no matter where we would travel from that point forward, there would always be a little bit of our society waiting there for us when we arrived.

Q3: So when you change your frequency or whatever...
B: Yes.
Q: ... does that affect distance to some degree also?
B: The idea of shifting frequency is that distance is directly related to it. In other words, we define distance as frequency, just like anything else.
Q: Is that how you’re able to be here?
B: Yes. Although, in a sense, I am not there, I am a blended idea with the physical channel’s consciousness, and do not truly, in your terms, come to you per se.
Q: Right. Can you be at other places at the same time?
B: In a sense, yes, my craft has, in your terms, physically visited your world several times. That is not the case at this moment.
Q4: I’m just wondering, when you are talking about being in two places, or three places, or five places, at the same time...
B: Yes.
Q: ... could you explain that?
B: Different aspects of consciousness can occupy and define and create more than one arrival point, simultaneously. It is not necessarily that the total of what you would recognize as the whole consciousness is there, but fragments of it are. In the same way as what you are here, in this life, is only a fragment of the total consciousness that you are as an Oversoul.
Q: So that at the point in time, or out of time, where you occupy all those points, you attain universality?
B: You are universality. You are universality right now. It is simply that the particular fragment you consider yourself to be at this time, by definition, doesn’t necessarily perceive itself that way – so that you can be on about the business of being focused in this particular reality. But because you are universal, that is what gives you the ability to focus in this particular reality as well.
Q: You said something about tensor fields.
B: Yes.

Q: Could you explain more about that?

B: In this way, there is not exactly the terminology in your language to translate this idea. But you would understand it as the energy fields, the patterns, the vibration harmonic resonances that would be perceived, or sensed, to be radiating from any particular physical mass to represent it to your perceptive senses. In other words, it will be representative of the dynamic interaction of the energy out of which the mass is created. Does that define anything for you?

Q: Yes, and I pick up a lot of vibrations, like in colors and sounds.

B: That is one way it can be translated.

Q: And another thing is, I pick up on longitude and latitude.

B: In a sense, yes.

Q: It seems like what holds it together is time.

B: In a sense, yes. Space/time is one thing.

Q: Right. You can’t have the space without the time.

B: Yes.

Q: So are you in the spaceship now?

B: Yes.

Q: Are you the pilot?

B: Yes.

Q: That’s your function?

B: Yes... for now.

Q: I’m curious... does that take up all of your time? As well as involving your coming into our group and enlightening us as you do.

B: “All of my time?” (AUD: laughter)

Q: Well, (laughing) that’s the best I could do, under the circumstances.

B: In this way I will, to be colloquial, “have time” to do many things; more than enough time; all the time in creation. Will that have answered your question?

Q: Yes.

B: Sharing!

Q: How would you define the big bang theory?

B: In this way, it is simply your physiological interpretation of a particular manifestation of one physiological universe, created out of the initial dynamic tensor fields, within the primal energy field of All That Is. It can be recognized as the creation of time/space itself, in this particular vibrational frequency.
Q: I would like to know more about your spacecraft – the shape and size, as you are in it right now.
B: The idea is what you would call a scout craft. It is in your terms, an equilateral triangle, approximately, by your counting, forty-five feet on each side, approximately seven to eight of your feet, thick.
Q: Thank you.
B: Thank you. Yes?
Q5: When you... when a pilot decides to change the vibration of the ship, as this is taking place in another environment...
B: Yes.
Q: ... is it sometimes speeding up the vibration, and sometimes slowing it down?
B: In a sense, yes.
Q: Okay. When we are going to go... as we move into fourth density, we are speeding up our vibration, correct?
B: In a sense, yes, this is a relative term... but in a sense, yes.
Q: All right. And for other forms of extraterrestrials that visit us, they have to step down their vibration?
B: Yes.
Q: Right...transform it. When we become excited and experience different emotions, our vibrations are changed...
B: Yes.
Q: ... so can you...
B: Oh, do not misunderstand us; you are utilizing much the same idea all the time. It is simply that you are not conscious of it. The idea of even being able to “move,” or take one step, utilizes the same idea. You have to redefine the vibration that you are, in order to create the illusion that you have moved – because you are not really “moving” anywhere. In a sense it is more accurate to actually say that, rather than you moving, the universe around you has moved through you. Do you follow me?
Q: I’m not sure.
B: You have re-identified your locational vibration to create the illusion that you have taken a step forward. In fact, all you have done is redefine the universe around you in subtle increments, so that it seems there is a continuity of motion. If you were to remove some of those subtle increments, then you would have, what you call, teleportation. You would be here – then there. And you would not see the intervening steps.
That is the technology and the idea behind our spacecraft. And that is why the idea is not so much that our spacecraft truly represents – although symbolically it is somewhat similar – an actual “mechanical device,” as you are used to thinking of. It is more an overall projection, supported by the mass consciousness of our civilization. (AUD: Wow)
Q: Right. One of the things that I’ve experienced a few times in my life is that I’ll just suddenly get an idea of being somewhere else, a different part of the country. And I’ll get a sensing of the weather and the traffic noises, and within a couple of weeks something will happen and I’ll find myself there; sometimes several thousand miles away. Certain things, coincidences will occur...

B: Synchronicity.

Q: Yes.

B: That is what everything is.

Q: But is that how it begins?

B: Yes, it can be. In that way you simply recognize that you are there, because everything is one thing.

Q: Oh, yes.

B: If you find a level of excitement, or a vibrational reason, in order to manifest that, then all you are doing, in a sense, is re-tracing your steps.

Q: Right.

B: And bringing it into manifestation.

Q: Yes. So, are you on a mission? What is the purpose of your flight?

B: The idea of our interaction with you, if that is what you are speaking of, is to be of reflective assistance to you. To let you know that those who are willing to recognize that there are other consciousnesses beside yourselves, and other modes of creating your reality, can do so.

Our joy is to interact with any being and/or civilization that wishes to expand its awareness to contain our reality, and other realities. Thus, it is simply what we have chosen to do, to assist you to recognize that you have all the information you need, to be anything you desire to be.

In allowing you to do this, in assisting you in this way, it expands creation for us as well, because then, with your added awareness, there is for us that much more of All That Is to explore. So we get something out of it too.

Q: Do you need a spaceship for this?

B: For what is going on right now? Do you mean for this interaction specifically?

Q: This... and I assume you’re interacting in other places in space/time?

B: Yes. Again, there are levels of civilization that do not require even the barest representation of what you would call spacecraft, in order to simply know that they can be anywhere, anytime, they wish to be.

Our civilization has simply defined itself at a certain level to also be of assistance to other civilizations, such as your own, that may still require those symbols to relate to.

Q: My interpretation of a spacecraft is of something that can take you from one place to another.

B: Yes. But understand again, as we have just described, even when you “move” through a room, you are utilizing the same technology that we utilize in our spacecraft.
You are your own spacecraft. All traveling within space and time is actually traveling within.

Q: So there’s no movement?
B: Not really. Not in an ultimate sense.

Q: So you could do this then without a spacecraft?
B: I am doing what you perceive right now without a spacecraft. I am simply blending my consciousness, through the dimension of my imagination with the consciousness of the physical channel. I do not have to be in “physical proximity” for this communication to occur.

Q: As I understand Essassani, there is a small portion of your total population upon your planet, and the rest of them are involved in spacecraft in other places.
B: Yes.

Q: I’m trying to figure out an overview as to why that is happening.
B: Because that is the way we have chosen to live our lives, and learn. In the same way, there is no need to make it any more mysterious than why you should decide to do something this way, or that way; to go to this school, or that school; live in this city, or that city. You do it simply because it is something enjoyable for you to do.

Q: Your life span is, I’m told, about three hundred years.
B: Yes, as you count time... approximately.

Q: Do you spend all of your lifetime in a spaceship?
B: No.

Q: Is that enough for you?
B: Enough? (AUD: laughter)

Q: Do you get all you want out of this spaceship...
B: For the definition of any particular lifetime, yes; if I wish to experience a furthering of the idea, I can create an extension of, or an additional, flight time.

Q: Hmm. Can I?
B: Of course... you always do. That is what is called reincarnation.

Q: Oh, all that. (AUD: laughter)

B: Yes, all that. (AUD: laughter)

Q: Right. And do you have trees and animals on your spaceship?
B: Yes, on the larger ones.

Q: So you can experience anything you want that’s on your planet?
B: Yes... except, in your terms, again, the idea, so to speak, of the openness of the world; which we also enjoy.
Q: Do you go outside your spacecraft? Do you stand on your spacecraft?
B: On the outer hull?
Q: Yes.
B: If necessary, but not usually. The hull, in almost any portion of the spacecraft, can instantaneously become transparent upon command. That is the type of material from which it is made, so to speak. (AUD: comments of amazement)
Q: Wonderful, thank you.
B: Sharing.
Q5: I just wanted to share that, when you were talking about the movement and everything, I remembered that when I was a kid and my parents would be driving, I would see that if all the cars were going at the same speed, it looked like the road was moving, and the cars were all standing still. And I was just thinking about that as you spoke.
B: Oh, yes. Thank you!
Q: Thank you.

Spacecraft and Space Travel
Spacecraft Description

Q: I wanted to know if you would take a few moments and just diagram a little bit one of the mother ships, and what the different sections are for. And I know that each one might even be different. . .

B: Yes.

Q: if you could pick one.

B: Well, we will use the same one we have used before, that in your terminology would translate out into the name of the Solar Wind.

Q: Okay.

B: It is approximately one of your miles in length, almost – just about. And the idea is it will be a cylinder in form, generally speaking, and will have many decks within it. But those decks are also, in your terms, cylindrical – a cylinder within a cylinder within a cylinder, and so on. For approximately what you would call thirty cylinders within.

What this will be is that you can then circumnavigate the entire cylinder on any level, all the way around. And then decks are apportioned accordingly to different sections. There are approximately three main engines that bridge all decks: one in the center and two near either end. These are also cylinder, or disk-shaped in fashion, and are cavernous, bridging all decks. What you would call a sixty-deck cross section.

The idea, therefore, being that there are thirty cylinders, which means you have, from the outer skin down to the center core, thirty decks. And then, of course, a repeat of the thirty decks from the center core out to the other side. The center is where all the engines are connected. And in the very center there will be, what you would call, a non-inhabitable space, all the way through the central core of the ship, that will be the drive mechanism, in colloquial terms.

At either end, in also a cylindrical fashion, is what you would call, colloquially, your bridge, at either end. In the very outer shell will be the hangar bay for various scout craft that come and go. There will be the idea, once again, also of manufacturing on many of these scout craft in that outer hull. The idea also will contain, in the outer hull, many different forms of environment to accommodate many different life forms from many different civilizations.

Q: Why just the outer one?

B: Because it is the easiest access. As a ship enters the hull, obviously, the first deck they hit is the outer one. So they can then simply propel their craft right into an environment, and step right out of their craft at home. Understand?

Q: Yes.

B: Then as you progress towards the center of the ship, you will find there will be many different levels and decks that are relegated to various forms of exploratory enterprise, as you would call it, research, in that sense.
There are also vast arrays of open space that are relegated to very park-like atmospheres, for we enjoy the idea of nature, and in that sense bring it with us. The idea is also that there will be many levels simply for experiencing different environments – to accommodate different beings to shift from one environment to another, as they may choose to do. These might be called pressure chambers, in a sense. Although it is not exact as you mean the term.

There will also be the idea of communication stations that we have called, in very, very colloquial terms – not literal at all – the communication stations we have termed the chapels, in that sense; which are rooms, chambers of crystalline formation, that allow an individual to be in touch directly with the Infinite. There will also be what you would call amplification modules that allow individuals to tap into specific frequencies of different dimensions for the purpose of some of the channelings, as you call them, that go on in this form of communication. For do remember that the most natural receiver device is already living beings.

The idea also is that certain other decks will contain many of the ideas that you would call leisure activities, where individuals may simply play. And there are whole simulated environments that individuals can create simply by a connection to the main computer of their consciousness, and can explore different realms in that way. Almost as if they were literally physically visiting those dimensions, able to exist in those atmospheres without actually existing physically within them. You understand?

Q: Mhmm.
B: There will also be what you would call the Association council chambers, wherein can be the projection of many different levels of consciousness to gather in meetings, as it were, to understand the ebb and flow of the organization and the communication that goes on between the hundreds of worlds of the Association.

There will also be the creation of experimental environments; environments we have not encountered, per se, but environments that we can create, in that sense, to explore and experiment with in the many ways that the universe can manifest itself.

Large and vast areas are given over to the creation of entire ecologies on the ship so that we may understand the full workings of any particular planetary society – by literally creating vast areas of their entire ecosystem.

Q: Would you have any earth-like…?
B: Yes.
Q: You do?
B: Yes. And on the Solar Wind, as on Essassani itself, there are a few dolphins. There will be a few other ideas, a few other chambers whose purpose in that way will not necessarily be that easy, not brief, to describe.
Q: Okay, this was sufficient.
B: Thank you very much. And on the Solar Wind, as on Essassani itself, there are a few dolphins. There will be a few other ideas, a few other chambers whose purpose in that way will not necessarily be that easy nor brief to describe.
Q: Thank you very much!

Spacecraft Description
Spacecraft Hyper-jumps

Q: You’ve said that your spacecraft operates from light?
B: Yes.

Q: Okay now, when you’re traveling intergalactically, where do you get the light?
B: Understand that the idea of what you call, the jump, is instantaneous. There is no time spent. And also, at any rate, light comes in many forms, visible and invisible. All is Light. What you perceive as visible light is only one manifestation of a greater concept of light.

Q: You’re talking about electromagnetic fields...
B: And gravity.... and also, in this way, recognize that the idea of the utilization of that light allows us to channel into an instantaneous relocation. We so not spend time doing what you call a hyper-jump, there is no time spent. Anything that is in your terms, sub light, is involving the idea of time but that is relatively rare. And in this way, always takes place within, or generally near, sources of light.

Q: A star.
B: Yes.

Q: In this case, the sun.
B: Yes. There is available light everywhere, it just simply depends on the frequency to which you are tuned.

Q: Matter itself is light.
B: Yes.

Q: Why would the Pleiadians in the book on UFO contact describe that it used to take them seven hours to make the jump?
B: It is the same reason that the idea of any time spent is, in a sense, preparation time. In the same way that we require what you call one half hour, approximately, of your time: fifteen minutes acclimating... no time in the jump... fifteen minutes re-acclimating and entering your system.

Q: Thank you.
B: Oh, thank you.
Species Creation and Sentiency

Q: As far as the Anunnaki is concerned...
B: Yes.

Q: understand that you have said something to the effect that the reptilians were a genetic experiment, I believe, of the Anunnaki and some dinosaur species?
B: In that sense, what you would call dinosaur DNA was utilized in the creation of the hybridization and the creation of a species that you have come now to recognize as the Reptilian, by the Anunnaki, yes.

Q: Were they the first... I’m sure they did lots of genetic experiments...
B: They were the first from your world.

Q: Okay. How many would you say – not just simple experiments, but ones that branched out into major life forms – how many did they create here on earth?
B: Three.

Q: Which were... us, and the Reptilians, and who were the third beings?
B: It is not time, one moment, one moment, one moment... we must have dialogue to see what door may be opened in this direction, based upon the overall timing of the consensus reality.

Q: Well, my next question is...
B: One moment, one moment.

Q: Okay.
B: (Rapid chattering of the channels teeth) One moment... that which has to you come to be known as the Sasquatch. Do you understand?
Q: Yes, that makes sense to me too.
B: It is, in that sense, the precursor to your own people.

Q: And actually, the Sasquatch... is it true that they are much more telepathic beings?
B: Yes.
Q: Is that done for a reason?
B: In a sense, yes. Let us say, in effect, yes. They are not literally more telepathic than you are, but they allow themselves to use it more naturally than you have allowed yourselves to use it in your modern society. Although there have been times when in your past history it was expressed more naturally by the humans on your planet.

Q: What DNA did they use?
B: Similar to your own, in the sense of simian. But it is another generation altogether.
Q: Okay.
B: After that, changes were made... thus resulting in the idea of the typical humaniform that you now recognize, or at least more closely so.

Q: So they were (?) then two, obviously...

B: Yes. They are the second. You are the third.

Q: I’m sure you have been asked this before...

B: Do you understand what that means?

Q: What? That they were before us?

B: This whole idea with regard to the whole concept of sentiency and sentient species on your planet.

Q: No, be more specific.

B: The actual, shall we say, native sentient species are the Dolphins and the Whales, because they, in that sense, did come from your planet in its natural evolution.

Q: Oh, wow. I heard that they came from another planet.

B: No.

Q: So they naturally became sentient on this planet?

B: Yes.

Q: How?

B: What do you mean how?

Q: Well, I mean what made them sentient?

B: Consciousness.

Q: But I mean scientifically?

B: All things are consciousness.

Q: I mean what caused the actual change when they became sentient? They just... do you see what I am getting at...?

B: Yes.

Q: ... scientifically happened?

B: What you would call the appropriate amount of connections, in what you would call the neurological net.

Q: I’m confused.

B: A specific architecture in the brain...

Q: Okay, I got that.

B: ... allowed consciousness to be expressed on your planet in a way that you recognize as sentiency. Every thing and every life form on your planet is consciousness expressing itself, but it all doesn’t express itself in the way you recognize your own consciousness to be expressed. The idea, and this
doesn’t mean that yours is better, worse, or anything like that, the idea is that the dolphin, cetacean, whale life form, expresses sentiency and consciousness similar to your own. And this began to be expressed, in that way, when the neurological net within the idea of the brain mass arrived at a certain density, where a certain number of connections remained and allowed the consciousness to express itself in a certain way in physical terms. Does that make sense to you?

Q: Yes. Is that like a template in the universe, that where life exists on a planet there will always be one species that will . . .

B: No, not always, not always. But the template does exist.

Q: Most of the time?

B: It depends. You cannot necessarily say most of the time either, because you are talking about infinity.

Q: Yes, okay.

B: There is no way to measure that.

Q: Yes. Thank you.

B: Thank you.

Species Creation and Sentiency
Speeding Up Interactions
Q: Today I was thinking, um...
B: I see. (Audience laughs)
Q: I thought I’d mention that...
B: Thank you. (more laughter)
Q: Pat myself on the back.
B: All right.
Q: The Pleiadian tape that happen in Switzerland, about ten years ago, left an awful lot of information with evidence and messages or things that could be studied.
B: Yes.
Q: And then it just that it ended it finished I know that you said that he has continued his contacts telepathically or...
B: To some degree.
Q: To some degree, right. But what I wondered is this, since you said, that they are going to be the first race that are going to land on mass with us. And I added to that that they look so much like us that it will be less of a cultural shock to talk with them coming out of the spaceship than something that looked like a Hollywood creation.
B: All right.
Q: I wondered... I began to think why wouldn’t they speed up these...
B: Because it is up to you, not them. What has been done with the information you already have?
(Audience Chuckles)
B: That is you answer, thank you. SHARING!!!
**Spent Plutonium**

Q: It has been said that spent plutonium actually is very valuable, and not so...

B: Repeat that.

Q: Spent Plutonium...

B: Yes.

Q: That’s been said to be so dangerous, is actually more valuable, because it can be transmuted into other elements.

B: It can, but not exactly by a technology that you have on your planet yet, or I’ll put it this way, not by a technology that you have on your planet that you *allowed* yourselves to develop. There are technologies and there is knowledge on your planet that can utilize that in a very beneficial and positive and non-polluting way, but because of other choices that your society made you did not allow yourselves to develop the technology that would allow you to do so.
**Spirit of Play**

Q: Could you give us a concept of your point of view of spirit of play?

B: Spirit of play!

Q: Yes.

B: It is the natural way of life. You are a spirit, at play. That is what you are doing where you are – playing. You *are* a spirit. Remember that your physical world, your physical body, *is* your spirit, in physical terms – that’s all.

So spirit of play, in that sense, is synchronization, harmonization with the fundamental beam or frequency of Creation itself. For if you wish to put it that way, the Infinite Creator, or God as you call it, is literally the Spirit at play. Does that assist you?

Q: Yes. I think it’s when you recognize the attitude, when you recognize this emotion, that you feel the play.

B: Yes. Yes, you let that flow through you. You are in synchronous harmony with the prime frequency of Creation. It is called unconditional love and ecstasy. That is the spirit of play. Ecstasy.

Q: Lovely.

B: Thank you!

Q: Thank you.
All right, I’ll say good day to you this day of your time, how are you all? Once again we thank each and everyone of you for allowing this transmission to occur through this particular gateway and in this manner and at this time.

Once again each and every time your civilization allows our world to interact with you in this way, it affords us an opportunity to experience through each and everyone of you that many more perspectives within infinite creation and it expands our understanding of the infinite so we thank you for this gift.

We would like to begin this transmission this day of your time with the following notion about Spirits. Let us remind each and everyone of you that Spirit, is what you are. That your physical experience is simply what your consciousness has created itself to be, shall we say, densified, lowered in frequency, and as it lowers its frequency of its experience of itself, as it slows its vibration down of its pure, essential...rate of existence, it becomes more and more and more dense, more and more and more solid—moving toward physicalization. It will first become Spirit or in what you call in scientific terms, electromagnetic energy. For electromagnetheric energy is the embodiment of consciousness that you call Spirit. Thus, then, when you talk about or ponder the idea of Spirit Guides, friends who have in your terms departed physical reality into the spirit realm, the Spirit Domain, the Spirit Dimension. What you are actually saying is that their consciousness has re-expanded beyond the focus of the densification of physical reality, and in expanding back out into that level called Spirit it has much more, shall we say—freedom. Not so much is it bounded by the concepts of space and time, and, as a higher perspective it can, in a sense, see beyond the compartmentalization and the fragmentation, at least generally speaking, that are what accompany physical reality—that are the definitions of physical reality. Now, when you interact as a physical being with spirit, when your Spirit Guides sometimes have direct interaction with you, sometimes you can literally feel them. Not only the idea of emotionally, mentally but sometimes even physiologically. And, what is happening when this occurs, more often that not, is that they may be matching their frequency in Spirit. In electromagnetheric terms, that is, electromagnetic and etheric which is almost synonymous in those terms, they may be matching their frequency to the electromagnetheric body you also have to the Spirit Body.

You also have Spirit vibration that is a part of the frequency of your collective aura, your energy field, which is actually a compilation of many frequencies. But what they are doing at that moment is matching the frequency of your etheric body, your Spirit body and in matching the frequency and vibrating in harmony with it, then making slight adjustments. You can actually receive a physiological sensation of being touched, of being communicated with. A resonate identification is formed, a connective linked is formed in that the matching of frequencies and communications in one form or another can commence. Now again remember, Spirit Guides do their job best when they teach you how to be your own guide. A Spirit Guide is never suppose to do for you but they will be of assistance. And...
they themselves have their own agenda of growth and learning while they are assisting you. All of you have Guides. All of you have Spirit Friends, in that sense. It is quite normal. And when you arrive on that plane, just to put this pragmatically, you are allowed to choose whether or not you wish to form such a relationship to act and function as a Spirit Guide—if you deem that it has benefit for your own growth as well as the growth that you may assist the physical being in also achieving. But, this is up to you. In that sense, you are not forced to do this.

But in so knowing that you have these Guides and that they are more often than not giving you some kind of information, some kind of per–pective, some kind of guidance. Allow yourself to remember that the link, the bridge between the physical and the non-physical really does take place within that dimension of your imagination. And in allowing your imagination, as we have said many times, to be your best Guide—you will thus then allow your Guilds to speak more easily to you through your imagination.

The idea of course is to always allow yourself to know what frequency, what idea, what reality suits you best. That is really mostly what the Guides and Spirits would want you to know, for you to discover who you are—what it is that you prefer in life—what it is you prefer your life to be. These are really as you would say the bottom line to anything that a Spirit Guide would be helping you with. And in your own spirituality, simply again, remember that there is nothing non spiritual about physical reality. Your physical body, in a sense, is a physical interpretation of your Spirit, a solidification of the idea of your Spirit Consciousness. You are having a spiritual experience by living your physical life to the fullest. Do not make a separation there. Do not create a segregation and an obstacle between the concept of physical reality and spirit reality. Do not think that spirit reality, is really any better than physical reality. They are simply different versions of consciousness experiencing itself.

And in fact, the advantage to physical reality, as we have mentioned, is that because you invent and create a world of time and space, in which things take place and in which things take time, you actually, in a sense, slow down the mechanism of instantaneous creation so that you can actually see creation happening and appreciate that creation happens. Whereas in many of the Higher Spiritual Realms the second you think a thing it is your reality instantaneously.

This to many of you sometimes would seem preferable, and you are accelerating in your physical experience toward the time when you can more instantaneously manifest your thoughts, your desires, your preferences but the idea is to not lose sight of the idea that physical reality is as spiritual as an experience, as anything as not physical reality, and that the reason, the reason you chose, for you did, to be physical—one of the reasons, not the only, but one of, the reasons, was to fully appreciate the mechanism of creation itself. To slow it down enough to see it, to experience it, and really understand that you are the artists of your life the painter, the writer, the song singer of your life. That you can see it manifest in all of its parameters, in all of the steps, and all of the glorious details, in all of the minute aspects and learn to appreciate the depth, richness, diversity and complexity that physical reality represents in terms of what your consciousness, the infinite potential, your Consciousness and your
Spirit contain. That is what physical reality can be used for, if you are willing, to use it that way. We thank you for allowing us to remind you of this perspective of Spirit and its relation to physical reality. And in return for the gift that you are giving our world I ask you now in what way may I and my people be of service to you?

You, and then you, number two do you know who you are?

Q: Yes.

B: All right, number one good day.

Q: Good day Bashar, there has been in the media a channel by the name of Lyssa Royal, who channels an entity called Sasha near Laughlin Nevada and actually has been able to draw in or somehow through an interdimensional gateway or something cause a physical manifestation of several craft.

B: From time to time, yes.

Q: And they do this apparently by telepathic communication.

B: Yes.

Q: Is there any way that we could do this as a group?

B: Yes, of course go out and do it and see what you get. It will not always be as you expect but we do guarantee that if you persist you will at some point receive a response and a reply that will be obvious and evident. But it takes commitment and conviction for that is, in a sense, one of the things that is being observed. Do you have the conviction, and the commitment, and the true desire for such communication? You follow?

Q: Yes. Was there any particular thing that made it more conducive to the area of Laughlin, Nevada?

B: Sometimes there are certain areas on your planet that are highly magnetic and shall we say have an affinity to certain dimensional doorways and gateways and in some senses, do form a little bit easier a link or a bridge between different realities. Many of your desert areas are like that for they are highly magnetized which is one of the reasons why the kind of environment that it is, is the way it is.

Q: Would the magnetic vortex near Malibu be very conducive to that?

B: It can from time to time, but remember this, at this timing on your planet with regard to what some individuals do prefer and what some individuals don’t, one of the other reasons that the deserts are conducive is because they are barren. Thus, then any such encounter can take place in private, instead of forcing itself upon the populace—which is unacceptable and inappropriate. So, while it is possible for such an encounter to occur in the area that you have named what you call Malibu, you will find that it might be more likely, at this time, to occur in a remote region. Since, it will not then impose itself on anyone who did not intentionally choose to be there.

Q: That being the case can you shed any light on the large number of sightings which are occurring near the Hudson Valley which is right outside of New York city. There are some ancient stone structures, not terribly ancient, which are producing magnetic fields and there tends to be a lot of sightings in that area.
B: Yes again, many of what you call your sacred sites and your ancient megalithic structures are built in areas that are natural gateways, natural dimensional warps, vortices and doorways. Thus, it is no coincidence that you will see much, shall we say, traffic in certain areas, yes.

Q: Okay.
B: Does that help you?
Q: Can you, is it permitted for you to tell us what race it was that visited Laughlin?
B: Let us just say that we are allowed to let you know that it was an affiliation to the Association of Worlds.

Q: Okay, so in other words, to the Galactic Federation?
B: If you wish to call it that, yes. So there were, in a sense, many different species within the craft all of which belong to the Association or the Federation if you wish to call it that.
Q: Is your ship currently shifted in Earth orbit now, or...?
B: It is approximately where you would call, 3000 miles above the area you know as Cairo, yes.
Q: Okay, and what is it that you’re observing or interacting with at this time?
B: My craft and three other craft from my civilization are forming a tetrahedral structure around your planet to aid and assist along with your collective consciousness in the rebalancing, and the focusing, and the flowing of certain energies at this time for certain shifts that are occurring on your planet now.
Q: Do you have any information on if the caverns of the Sphinx or the pyramids are going to be open to the public.
B: They will be most likely between your present time and your year that you call 2005.
Q: But, nothing more specific than that?
B: That is in flux. It is your reality and it is up to the collective consciousness to decide when it will not be in fear about opening that chamber that it has discovered and finding what is contained within. We cannot push your civilization to come to a more specific date. The date can’t come from us it has to come from you and your civilization is still in enough flux and indecision about opening that chamber—that no specific date has yet been crystallized within the collective consciousness of your world. Therefore that window of time is the best that we can scan from your collective consciousness at this moment. It is, therefore, most likely to occur within that window, from now, to what you call 2005. In the next several months this window might become more specific depending on actions of different individuals and if such is the case we will let you know.
Q: And you had said last time that there were some things that were going to be increasing in activity over the next few months and that this is why you shifted?
B: This is one of the things that we are aiding and assisting your collective consciousness in the balancing of the flow of, yes.
Q: Can you give us?
B: No! No! No!!
Q: Thank you, Bashar.
B: Thank you.
Spiritual and Physical Creation

Q: Could you explain why the Buddhists that have attained Nirvana always say that God is formless, that he can manifest as a man but that, generally speaking, the absolute has no form, just pure white light – whereas Jesus says in the Bible that he was created in thought, in the image, of God?

B: Very good! But understand that what is meant in that way is that, quote/unquote, man and woman is created in the image of God, not vice versa.

Q: So, they are speaking of Spirit.

B: Yes! Which is formless. Understand also, as a terminology, as a literature, what you term to be your Bible has been changed many times to the form that you now recognize it. Do you follow me?

Q: Yes.

B: You may also, if you wish, recognize that many individuals, in that way, also, simply do not even interpret what is there. You have in your civilization, at this time, the idea you call a quandary over what is termed to be the equality of the sexes. Many individuals who feel that they may in that way move their responsibility from themselves to the idea of the literature you call the Bible, use that as a foundation to, quote/unquote, prove the inequality.

But understand, if you wish to refer to even the literature that is there, male and female were created, spiritually, simultaneously. The separation occurred in your literature, and this is only a reference to your literature when, quote/unquote, man became physical first. Realize that woman remained spiritual longer. Understand that this will be found in the first, even two pages, of your literature you call the Bible. It will be in separate paragraphs, the first paragraph stating that male and female were created. Then in another later paragraph stating that man, male, then became a living, breathing, physical soul; female became physical later.

Q: Thank you.

B: Thank you.
Q: Is it possible that our perceptions of our alien encounters, even though they may seem benign, are manipulated physically, as well as sexually, and couldn’t we be manipulated spiritually as well?

B: Some of them, yes—although it does not take spiritual manipulation. It is not that you can be manipulated spiritually, but you can, in a sense, consciously, to some degree, at least as far as your physically consciousness is concerned, and emotionally, yes, you can in that sense, be manipulated. There are factions of unevolved beings, even though they may be technologically advanced from your civilization, that can have agendas that will from time to time do this and make it seem like a memory of a pleasant experience, when it wasn’t. In that sense, yes, there are those, but again nevertheless, the idea of your particular vibrational frequency domain will ultimately determine what level or layer of other consciousness you are actually dealing with.

Q: Okay, well like I say, it just makes me a little nervous because like, when, Alpha Deyo....

B: It does not make you nervous, you choose to buy into fear.

Q: What is your motivation for doing so?

B: NO, I’m just trying to figure it out.

Q: What is your motivation for doing so?

B: I’m just questioning.

Q: What is your motivation for being nervous? For buying into fear? What’s your motivation?

B: What is your motivation for being nervous? For buying into fear? What’s your motivation?

Q: Well I don’t know that I am necessarily really in fear, but I’m really curious....

B: Then where does your nervousness come from?

Q: Ummm, not knowing.

B: Not knowing what?

Q: For sure, what the certain agendas are?

B: So this brings us back to what we have discussed before, is that, its, your definition of the unknown— that it is more likely to contain negative than positive.
Q: Absolutely.
B: Well that’s called FEAR!
PS: Okay.
B: Make a friend of the unknown and all you will extract from the unknown will be that which effects **YOU** positively, no matter how it effects anyone else–and that is the only issue here!
2
1
Q: Hello, Mr. Ambassador.
B: And to you, Mr. Ambassador.
Q: Hello, this is my first time...(laughter) because this is the cameraman who’s been talking to the channel for years.
B: Me too! What a coincidence!!
Q: Amazing isn’t it? In the last couple weeks I’ve become addicted to Star Trek.
B: Become?
Q: Yes, I have become addicted to Star Trek. I started out popping one episode a night. Then I advanced to snorting a couple episodes a day. Got to where I was mainlining Star Trek all day long.
B: All right.
Q: In a conversation with a close friend, I recognized that what I was actually doing was tuning myself to a particular vibration, in the process of watching these – actually both movies and the TV episodes. And I’m wondering if you’d be willing to help me understand more about what that vibration represents.
B: Simply, as we have already discussed – if you remember our talk on the harmonic wave…
Q: Yes, I do remember that well.
B: All right. That particular art form in your society represents your culture’s method of expressing your culture’s relationship to other cultures. And in that sense, therefore, you are aligning literally with the idea of the feasibility of intermingling your culture and our cultures together in a very natural way. In other words, that is, as you say, par for the course, a very natural life style, to be intermingling in that way. That is what your program represents.
Q: Well, I know that.
B: Yes.
Q: But I feel that there’s something more personal to me in this…
B: Oh, yes, yes, yes. We have discussed that, to some degree before, with the idea of other attachments you have – other what you may call, incarnations. And, in a sense, what you also may be capable of doing in this present life incarnation upon your planet, with regard to assisting of the creation of that technology.
Q: Yah.
B: What area in the ship do you reside in most comfortably?
Q: Very interesting question.
B: Thank you.
Q: Let’s take a look.
B: All right.
Q: Huh! It’s not in a particular portion so much as characters.
B: All right. What identification are you creating? For each will represent a specific vibration. And even combinations of what you call those characters will represent a specific vibration.
Q: Well, it seems pretty obvious, but what I’m really attracted to, of course, are both Captain Kirk and Spock. But everybody is attracted to that, so that’s no big deal.
B: Not everyone.
B: However?
Q: They are a main focus of the program.
B: Very good. And they represent the idea of the polarity between instinct and analysis.
Q: Well, I see Kirk as more the blend; and Spock is the polarity of the analysis. And McCoy, of course, is the polarity of emotion.
B: Very good. All right. So you are seeing yourself as the blend.
Q: Yes. But I knew that too. I just feel that there’s something more here. And maybe it’s not for us to discuss this; maybe you can’t share it. But I just felt that there was an attunement even beyond this, beyond the fact that may be involved in the technology at some point.
B: One moment. One moment.
Q: Thank you.
B: Ah! Thank you! The idea, as we perceive it, is that you have a direct incarnation in what you might term the first civilization, not counting the ones that we represent, that you already know about and will meet, but the first civilization your planet will go to and react and interact with, in much the same way as we interact with you.
Q: Ah!
B: Understand?
Q: Yes.
B: You have an incarnation there that, in that sense, is waiting for the same type – though not necessarily consciously – of contact that is represented by ambassadorial contact from planet to planet.
Q: Okay. Let me see if I understand it: incarnation on this planet that will be involved in that? Or . . .
B: Yes. In other words, an aspect of your oversoul is an individual on a planet that will be among the first to be contacted by your planet, when you develop into the idea that you are going to go and meet yourself.
Q: Yes. I’ll be the alien, in other words.
B: And you will be an alien to another aspect of your soul.
Q: Oh, that’s far out! Now, that hits the spot that I was looking for. Will I, in my present physical form, be alive? And will I, in fact, be meeting this person in the physical sense?
B: Possible. I cannot say, probable. That has not yet been completely decided.

Q: Okay. I have this sense that this body is going to be around for a long time, in comparison to our normal life span.

B: Possible, yes.

Q: I don’t invite people to judge that: “Oh, yeah. He thinks he’s going to be around.” But I do feel that I have been sensing that for a while now.

B: As we have said: many of you will be, in your terms, physiologically alive 300 of your years hence. That is how much you will be changing in the next 30 of your years.

Q: Yes. I was figuring on at least 200.

B: Well, all I shall say, then, is live long and prosper. In that light, you may all enjoy a short break, and we will resume contact in approximately 10 to 15 of your minutes.

Star Trek
Stars and Black Holes in the Milky Way Galaxy

Q: How many stars and black holes are there in our universe?
B: Good heavens, we do not know.
Q: In the Milky Way?
B: In what you call the Milky Way galaxy there are approximately, you must understand there are new stars forming, old stars dying all the time, as an average there are approximately one-hundred fifty billion stars in your Milky Way galaxy. There are approximately thirty seven billion black hole phenomenons at this time in your Milky Way galaxy.
Q: Thank you very much.
B: Thank you.
Stars

Q: Would you care to share with us some information in regards to the energy from our sun?

B: The energy from your sun, your central star. There are many levels upon which that energy comes to you, many of which you are not yet as a civilization aware of. The idea, first and foremost of course, above and beyond what you call the electromagnetic energy that you perceive quite readily, is that there are different forms of light that your instruments have no way of perceiving.

These different forms of light are representative of the fact that that star – as most stars do – exists multi-dimensionally. It is not exactly the same thing in other dimensions as you perceive it to be. It is, in a sense, a gate and a doorway. And it is also – as many stars are – a physicalized representation, or an aspect, a facet of a consciousness that is unto itself a whole other dimension, a whole other universe. Your thoughts from time to time also interface with other dimensions and other universes, and are seen from time to time as the same type of natural phenomena: as sparks of life, as stars to other beings and other dimensions.

So what you call stars are also aspects of other levels of consciousness that encompass whole universal realities. They are also gateways, in many senses, to these other dimensions. They are funnels through which energy comes and transfers from one dimensional reality to another.

It is also a focal point of consciousness, as you say, around which your particular immediate neighborhood reality orbits, but not just physiologically. The characteristics of any particular star will also determine the type of consciousness that will express itself within any particular system.

For there are many different types of radiation or vibratory harmonics that will determine the density and livability, inhabitabilities of different planetary systems, and determine in what way consciousness can express itself as a physiological living form. You follow me?

Q: Mmhmm. Are there beings as we know it on the sun?

B: Not in your dimension, but in others, yes. But they are not physical as you understand them at all. Again: they are aspects of consciousness within an overall aspect of a consciousness, even as you and I are God-thoughts, part of a God-dream. And yet we have our own validity as well. The beings that exist, so to speak, *in* the sun – and this is a very colloquial phase – are also aspects of a greater consciousness. And they have their own validity and their own self-awareness. They do not exist in your physiological dimension at all; they are not life, as you would say, as you know it.

Q: Thank you very much.

B: Thank you very much.
STAYING WITHIN

Q: I had spoken to you about, quote unquote “moving toward my joy”.

B: Yes.

Q: You corrected me, in a sense, that this is not something you obviously do not have to move toward.

B: Yes, it is something that you are, something that you be, become—yes. Not really moving toward, for that puts it out there—in the outside. You are all the joy you need to be. You contain, everyone of you, as a complete kit, all of the ideas, and all the opportunities and all the synchronicities that will then be reflected to the degree of joy you allow yourself to know you are—so joy is not something that you have to move toward, but we understand the context in which most of the humans on your planet mean that phrase, but sometimes those phrases can be misleading and that is why we simply offer alternative phrasing.

Q: Okay, What I have found recently is that wanting to make some structural changes from my day and my life.

B: Yes.

Q: I find that I am preventing myself by becoming ill constantly.

B: Yes, many of you will use this technique.

Q: This is what is happening, obviously there is nothing wrong physically, I’m just using this as sabotaging myself from moving, essentially.

B: As a scare tactic, yes. You are maintaining the inertia of you status quo in that you contain still, to some degree, more than not, a belief that the unknown will contain things too unsettling for you to face instead of you knowing—the unknown contains only more joy. That is why you keep the idea of sabotage up, because you can’t quite bring yourself to believe, can’t quite bring yourself to believe that you will actually discover more joy in discovering more of your power and yourself. With the idea of discovering that with most of you, as most of you have been ingrained, comes more responsibility in the negative context that most
of you have been taught to think of that term. So many times you will give yourself – *sick leave*, *oops, I can’t do it I’m sick, can’t handle it now I have a reason not to take it on—I’m too sick, I’m too sick, can’t handle it, I have an excuse, I have a reason, it’s okay now, it’s okay I don’t have to do it because now everyone says oh that’s all right she is too sick, she can’t do it, all right we understand.*

Q: That’s exactly what’s been happening.

B: Yes, I know. But it is a fun game isn’t it?

Q: No

B: Well all right if you say so.

Q: No.

B: Then I suppose you will stop playing soon?

Q: Yea.

B: Oh All right, it is up to you.
Bashar:
Channeled by
Darryl Anka
From: “Beginning the End”
5-29-98
Canoga Park, CA
Stepping on Earth

Questioner: Just wanted to see if you could tell us what is going on, as far as your physical location and....

Bashar: Do you mean in my ship, above your Cairo area?
Q: Yes.

B: In terms of the actual altitude and such.
Q: Yes, and any changes that have been going on recently.
B: Yes. Right now, it is approximately fluctuating between about twenty-six and twenty-seven hundred miles.
Q: Okay, so it’s up a little bit.
B: A little bit, there were some things that occurred recently that you would call nuclear explosions.
Q: Okay.
B: Well that’s bound to do something. (Audience laughs) It is bound to make us back off a bit.
Q: But the radiation wouldn’t actually affect you.
B: You know it has nothing to do with the radiation; you know it has to do with the emotional energy of your planet. That’s what we are the barometer of, in terms of how high or how low our ship happens to be, how close or how far it happens to be to your world. So, we needed to back off a bit.
Q: Exactly, okay, and are we still looking at between 2005 and 2013 before we actually have physical contact?
B: Yes. There will be revelation of information before that, but in terms of what would be recognized OFFICIALLY as physical contact with other species, that window still stands as the most likely window, the most likely probability. There are always the possibilities of exceptions but, as we read it right now, it still stands that way. Though there may be, in the relatively near future, an upcoming revelation of information that may change that window of probability. But that remains to be seen as to when this information is delivered, if it is delivered. Then we will know whether or not that window has changed.
Q: Do you know what type of revelation that might be, specifically?
B: Information having to do the existence of, what you call, extraterrestrials.
Q: Are you referring to something specific like, for example, the Face on Mars or anything?
B: Yes, that is connected. What we are referring to is the idea that there is being discussed now the possibility of an announcement within, what you call, one solar year.

Q: An announcement by our government?
B: Yes.
Q: Being the U. S. government?
B: Yes.

Q: Is there anything going on with the uncovering from the cavity underneath the left paw of the Sphinx and when that information will become available?
B: Not at this time. Though it will all, in a sense, be connected because the revelation of certain information will make it apparent that your society is ready for the revelation of other information. There has recently been more energy in the direction of revelation of information regarding the secret chambers, the hidden chambers under your Sphinx, under your pyramid because there is now beginning to be more cooperation between people’s various hypotheses in, what you call, geological and Egyptological studies. They are beginning to work together, not be a such odds, and that is a sign that time may be speeding up to reveal the information of what is in the chambers.

Q: Have they already uncovered it or are they....
B: No, no.

Q: Okay, thank you very much, oh, one other question.
B: Yes.

Q: When you stop when Darryl physically stops channeling.
B: Yes.

Q: Will there be any other future communication, other than that possible through Darryl, in the future of Bashar to our planet?
B: ONLY when I decide to set foot on our planet, there will be no other channel, no other medium.

Q: And will that be between 2005 and 2013, the way you read it now?
B: That is still the highest likelihood, yes.

Q: And when you do set foot on the planet will you identify yourself as an individual, as Bashar?
B: Yes.

Q: Okay, thank you.
B: Thank you. Number two.
Subjectivity

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

B: Allow us to begin this evening of your time with the subject of “subjectivity.” Remember – do remember, each and every one of you – that every experience, of course, obviously in life must be, by definition, a subjective experience. You can have an objectified attitude – an objective approach, a balanced, allowing approach – to allow for information to be weighed and balanced against other information – to determine the ideas in life you prefer. But remember: there is truly no absolute objective experience by definition. And experience must be subjective.

Everything in life that you are aware of is a subjective experience; there is no true outside in that sense. Nothing is truly detached from you. If there were a truly objective idea that existed, you would never be able to experience it anyway. If you could, the second you did experience it, it would become obviously subjective.

Recognize you are constantly – based upon the attitudes, the beliefs, the ideas, the notions you have been taught in life – constantly, in a sense, filtering all of your experiences, conforming them to the idea structures you have been taught to believe in. So everything that you perceive is not a perception of something distinctly separate from you. The perception, in and of itself, is the thing you are perceiving. The perception is the object, and there is, in that sense, no object that exists outside of the perception. The perception is the reality; the object is a perception. Your imagination is real; reality is the product of what you imagine it to be.

Many individuals, when they hear these ideas, that the object isn’t, quote/unquote, real, that it is an illusion, think that just because it is created by your perception, that means it is not real. But it is. And many individuals who hear that an object is created by your perception think that nothing exists other than the perception itself, and that that is not a real thing. But it is.

Understand what it means to be made in the image of the Infinite Creator. The things you choose to perceive are the creations of those things. Because you are made of God-thought. Therefore, when you think, when you perceive, when you imagine, you are in the act of creating that idea; that is God creation. It is an aspect, an extension of God-thought, and God-thought is our reality. It is what is to us, all of us, all beings within creation, the solid physical universe. It is, in your terminology, God-thought.
Suicide

Q: Several weeks ago we spoke about my son that committed suicide... what you shared has been extremely helpful. One of the ideas mentioned is that I had a conversation with my son at night in the dream state. And I’ve tried to meditate and get in touch with him.

B: No trying. If you are trying, the only thing you are doing is trying. Remove the importance of needing the communication, then you will not create a barrier that prevents the communication; you allow the communication through.

Do recognize that when you try so hard, you tighten your focus about what you think represents communication, and you narrow down the number of symbols you will accept as communication. You have been receiving communication all the time but are invalidating the ways it comes to you, because you want it in a specific way or you won’t accept it as real.

Relax, expand and open to ALL the different ways messages and communication come to you. For do recognize this: the individual that committed suicide is now in a totally different vibratory plane and there are many things that they need to do. The idea of their association to physiological reality is not the same as it used to be, and they are not expected to communicate on the same level with it any longer.

Therefore, recognize that the communication that comes from them to you, comes in a very different way now; not with the same degree of focus. It can’t, by definition. Where they are now is more diffused and so the communication will appear, perhaps, in different ways, in more expanded ways, sometimes subtle, sometimes obvious. But in ways that are a little more expanded than the ways you normally expect to receive the idea you call communication.

So soften up; spread out. Flow into all of the different ways that communication can be received and then you will touch those ways. And in touching those ways you will feel the vibration of the communication that is in those crevices; you will now flow into them in your relaxed state. The idea is to meet them halfway. And what that means is diffusing yourself in an expanded manner, rather than forcing them to focus themselves all the way back into physical reality. Meet them halfway – with your unconditional love.

Now, do recognize that when we say, "the communication may occur in unexpected ways," that also has to do with time and duration. For they now operate in a totally different idea of time-track concepts. What may be to you a flicker of a feeling may have been a very lengthy conversation for them. But the feeling, the knowing, just the awareness of presence may be a total communication, which may come out, in your terminology, may "leap into your physiological reality" at a different rate: later. Maybe in your dreams, maybe in the symbols you see appearing in your lives, maybe a passage in one of your books, maybe a line you hear someone say. Who knows? ALL is synchronicity and it is all there for a reason. There are no accidents. Everything is the same One thing, manifesting Itself in
multidimensional ways, manifesting different aspects, simultaneously. Tap into that and then you will find there is communication going on everywhere all the time.

Q: My husband passed away a year ago. About six months later I had a dream that he returned and that we were hugging each other... it was very, very real. I looked at him and I said, "Are you really here?" And he said, "Yes, I’m really here." I wondered if you’d give me an idea if he really was in the dream?

B: Oh, yes, yes. Six months was the time span he required for orientation to the new reality level. After that adjustment period the timing was correct for him to let you know that everything is fine and that he’s quite busy learning about his new reality level. And, to let you know that, from time to time, he can check in, in a sense, giving you some advice, some suggestions, as a guide from his new perspective. But yes, it was, in that sense, a real encounter; letting you know he is all right and to let you know that you can both send and receive information between you.

Yes, you are never out of touch. What you call physical death truly, truly is only like stepping from one room to another room in the same house, really no more difference than that. Just operating in a different modality.

Very often it is easier in physical reality for you to communicate with beings in non-physical reality through your dreams, because all your expectations are dropped in the dream state. In a sense, you are actually more of your "true self" in dreams, where you are an unlimited being, and therefore, are more easily capable of receiving communications from other beings on that level. Yes, of course it was real.

Q: Thank you very much.

B: Oh, thank you. I had nothing to do with it.

Q: Thanks anyway.
Sun Beings

Q: Would you care to share with us some information in regards to the energy from our sun?
B: The energy from your sun, your central star; there are many levels upon which that energy comes to you, many of which you are not yet, as a civilization, aware of. The idea, first and foremost, of course, above and beyond, what you call, the electromagnetic energy that you perceive quite readily is that there are different forms of light that your instruments have no way of perceiving.

These different forms of light are representative of the fact that that star, as most stars do, exists multi-dimensionally; it is not exactly the same thing in other dimensions as you perceive it to be. It is, in a sense, a gate and a doorway. And it is also – as many stars are – a physicalized representation, or an aspect, a facet of a consciousness that is unto itself a whole other dimension, a whole other universe.

Your thoughts, from time to time, also interface with other dimensions and other universes, and are seen from time to time as the same type of natural phenomena: as sparks of life, as stars to other beings and other dimensions.

So what you call stars are also aspects of other levels of consciousness that encompass whole universal realities. They are also gateways, in many senses, to these other dimensions; they are funnels through which energy comes and transfers from one dimensional reality to another.

It is also a focal point of consciousness, as you say, around which your particular immediate neighborhood reality orbits, but not just physiologically. The characteristics of any particular star will also determine the type of consciousness that will express itself within any particular system. For there are many different types of radiation or vibratory harmonics that will determine the density and livability, inhabitabilities of different planetary systems, and determine in what way consciousness can express itself as a physiological living form. You follow me?

Q: Mmhmm. Are there beings, as we know it, on the sun?
B: Not in your dimension, but in others, yes, but they are not physical as you understand them at all. Again, they are aspects of consciousness within an overall aspect of a consciousness, even as you and I are God-thoughts, part of a God-dream. And yet we have our own validity as well. The beings that exist, so to speak, in the sun – and this is a very colloquial phase – are also aspects of a greater consciousness. And they have their own validity and their own self-awareness. They do not exist in your physiological dimension at all; they are not life, as you would say, as you know it.

Q: Thank you very much.
B: Thank you!
“Sunday Service”
From Theology Class
11-17-86
B: Sharing!
Q: You said something about God before; and I’m curious if you and your people are familiar with Christianity?
B: To some degree.
Q: ...and what do you think about the idea that Jesus Christ is our savior?
B: We perceive that the idea has been, to some degree, misunderstood. In the usual vernacular of your word "savior" this is not, in our perception, what the individual you call Christ actually meant to call himself.

The idea Simply, from our point of view–if we may begin at what you call the beginning–is that you call the Christ consciousness is the collective, the combined consciousness–the positive side, the combined consciousness– of your entire civilization. Once again aware of itself as a singular consciousness, but also aware of itself as the combination of all your collective consciousnesses.

The idea of the manifestation in physical terms of what you call the Christ actually happened far more often than once. And the idea simply is that in every endeavor, in every Projection of the Christ as a physical expression, the idea that was being of shared with Your population was that you are also all Part of the Christ. Not that, in that sense, the idea of the Christ is your savior in the sense that you have no power to create the reality you desire, and that only It does. But simply that your power to create that reality is a part of what it is.

The idea simply is: at the time that the information was delivered in your society, the concepts that were understood by your civilization then could only translate the idea in terms of being a ruler and being ruled. And so you created the idea that the Christ was a savior that would do everything for you rather than understanding that all the Christ is is a reflection, a reflection to each and every one of you that you are aspects of the Christ and have an absolute right to create the elevation and ascension of your own energy as a representation of that energy.

Now: each and every world, each and every civilization, has its own version of what you call the Christ consciousness. In our ancient remnant language, which we no longer use, the combined consciousness of our entire world was called Shakana. Our Shakana, your Christ consciousness, and the combined consciousness of all other worlds together, will form what you call the Infinite Creation.

So in a sense, you could say the Christ consciousness is a, shall I say, miniature version of All That Is. And in that sense that’s why your society has translated it out to "Son of God"–because it is, in a sense, miniature version of the Infinite.

Q: Do you think that’s why maybe we are so limited?
Because we put everything–or Christianity puts trust in Jesus Christ, and not in themselves?
B: The idea simply is, is that any time you take the power that you are and remove it from yourself, you place a limitation that actually denies your very existence–what you have been created to be. So yes, in that sense. The definitions are what is responsible for Creating the limitations.

Now the idea, to some degree, of what has been described as many of the attributes and experiences are all valid; it is all valid. Any tool, in that sense, is a Valid tool if it gets you where you want to go.

But the idea is that your society, as we perceive it–and again not meant derogatorily–has placed many labels, many definitions, which in and of themselves are really the only thing responsible for limiting your ability to see that you are all the Christ. And that is what it is all about.

By the way: one of the manifestations–the physical manifestations–of the direct Christ consciousness that many of you have not recognized is what you call also your being called Mary, you mother of Jesus, as the female polarity of the Christ. There is always male and female in the collective Christ consciousness.

And from our perspective of what this basically means, in relating it to what you now call your New Age or your transformational age, is that the so-called "second coming" is not any longer the manifestation of the Christ consciousness in a single embodiment. It is the awakening of the Christ consciousness in all of you–so that you are literally creating heaven on earth.

That is our perception of the so-called second coming. Is this making sense in your language?

Q: Yes.

B: Does that answer the question sufficiently for you?

Q: Yes.

B: Well, thank you very much! Sharing!
B: All right, I’ll say good day to you, this day of your time. How are you all?

Audience: Great, Perfect, Good!

B: Let us begin, once again, by thanking you for co-creating this transmission and allowing our civilization to experience you in this way. Recently, during our last transmission through this window to you, we began to speak about the idea of surrender. This is one of the most important concepts that we can share with all of you. It is the concept that will, in a sense, sum up all the other tools and techniques we have discussed with you, put them to best use by bringing them all under the umbrella of the concept of surrender. So we will continue with this idea, so that there will be enough opportunities for each and every one of you to understand how to apply, how to use this idea in your lives to your benefit, to create, to allow profound change in a direction that is reflective of the infinite possibilities that you are. So, you must first of all remember that when we talk about the idea of surrender, we are not talking about the idea of invalidating who you are, rather just the opposite. We are talking about total validation of who you are, what you are, what you were created to be.

Surrender, in your language, in the sense that most people on your planet usually use it, means that in some senses the kind of giving up that you do goes hand in hand with losing something of yourself, giving away something, giving your power over; this is not what we mean by surrender in this context. What we mean here is the stopping, the cessation of trying to be who you think you need to be and the beginning of simply allowing yourself to be who you are, to surrender the personality game, to give up the personality game that you have been taught for many years to think that you were supposed to play. And in letting that go, in giving it up, in surrendering it, then actually allowing yourself to be what you were created to be, which is in the image of the Infinite. Which means you are created to be unlimited possibilities and, thus, then when you surrender the limiting personality mask that prevents you from seeing that you are Infinite being, that you are unlimited possibilities. When you give that up, you are then allowing the universe, which is a mirror, to reflect, not just the limited personality that you think you are supposed to be, but instead to reflect the unlimited possibilities that you actually are and to allow your life, as we said before, to become an infinite series of miraculous circumstances because that is what you are, miracles of Creation.

And as we said, remember, you are Creation itself, you are the act of creation, you are the event of creation itself. So to surrender to life, to surrender to Creation, to surrender to the Infinite, no matter by what name you wish to call it, it doesn’t matter, by so doing, you are surrendering to your true nature and allowing your reality automatically to show you the miracle of creation that you are. And, thus, then, your reality in physical linear terms can represent the miracle that you are by a continuous series of synchronicities that always support you, that benefit you, allow you to experience expanded creativity and abundance.
Remember, please, that this is physics not just a nice idea, not just pretty words. When we talk about the idea of surrendering, we are talking about one of the most profound acts of love, self-love, creation that you can do. And in so, finally, just letting go, just stopping all the trying, all the struggling, all the striving of what you think you are supposed to do, in order to quote/unquote, "Have what you think you are supposed to have." When you give all that up, when you finally just get so tired of trying to be who you think you are supposed to be and give up because you just get so tired of trying to push this that way, pull this this way, and make things fit, and make thing things fall into place, and make things work, when you finally get so tired of doing all that pushing and pulling, when you finally give it all up and let go, then, then the miracles happen, then you can experience life for what it is, unlimited possibilities. So, remember when you surrender your personality, when you let go and you give it up, you are surrendering to life, you are surrendering to the Infinite, you are surrendering to your true self. You are not losing anything, you are nor giving your power away. You are once and for all, finally, allowing yourself to actually be who you are, your natural self, your true self.

We will continue to work with each and every one of you in this manner and on this principle because this really is, in a sense, the most important, the most fundamental principle of all the things that we have ever discussed. And every other thing, every other tool, every other technique, every other idea we have ever discussed with each and every one of you will all fall under this notion of surrender. For if you do not allow yourself to be who you are then, really, anything else that we have discussed will not really be fully allowed to function for you, to work for you, in the biggest most expansive way that it possibly could. You might see little successes here and there, little glimpses here and there, but without the surrender you’re really, again, working in pieces through the personality which is limiting and this is not what each and every one of you have said you want life to be.

So let us begin, day by day, step by step, to just let go, to trust, to not care so much, worry so much and, again, we do not mean 'care’ in the sense of no longer do you care for people; we do not mean it that way. But to stop caring and worrying so much about the things you think you are supposed to do and the way you think you are supposed to do them. But just let life show you who you are, and let life show you how you can unfold in miraculous ways.

We thank you, once again, for allowing us, in this transmission, to remind you of the importance and the power of surrender and letting go. And in return for the gift, once again, that you are giving to us in allowing us to experience you in this exchange, I ask in return, what way may I now be of service to you?

Audience: Bashar! Bashar! Bashar!

B: You, good day.
"Surrendering to World Peace"
4-17-98
Canoga Park, CA

B: All right, I'll say good day to you, this day of your time. How are you all?
Audience: Great! Perfect! Incredible!

B: Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur, through this particular method, on this day and in this way. Once again, each and every time you allow our civilization to communicate with your world in this manner, it strengthens the bridge and the link between our respective worlds and allows there to be the creation of a third reality that is the combination of both realities in which we can co-exist and communicate and share and create.
And so, we thank you for this opportunity.

We would like to begin this transmission, this link, in the following way. We have recently been talking about the idea, the notion which we consider to be very important for the manifestation of your reality in a joyful way, the notion of surrender. Many of you have used this word, in your language, many times, and by surrender, of course, we do not mean that you are giving up, in any way shape or form, your validity. But the idea of surrender is really the opening up, in total vulnerability, to the understanding that you are created, to use your own words, in the image of the Infinite. And in that you were created as a reflection of unlimited possibilities then to surrender your limited personality structure, to let go of your worries, your thoughts, your ideas of what you think you should be and to simply become that which you are, that which you were created to be, will allow physical reality to reflect back to you, because it is a mirror, the unlimited possibilities that you are. Since you were made in the image of the Infinite, which is, of course, another way of saying unlimited possibilities. We have been talking about many forms and ideas of surrender, and this day of your time, we would like to talk about the idea of surrendering to peace.

Excerpted from monologue and Directed to Jill.

B: Now, having said this, before we continue with the idea of our regular form of interaction and sharing, we would like to deliver some information of benefit to one of your number, one of your members, who has created for themselves, what you would call, as ever, even injury and thus, we will know that this information, on your tape, will be delivered to this individual so that they can ponder and absorb this information and see if it can be of benefit to them in their healing.
And so, this individual for whom this information is created and at whom this information is directed, can begin to understand these following concepts, and to ponder them in her own good time. Number one, this person can recognize and realize that the injury brought up anger, frustration, self-recrimination, judgment and, the fact that it did so, not that we are invalidating it, not that we are judging even her judgment, but the fact that it did so, will let the individual know that these energies still exist within her personality make up. That she may not really have let go of as much as she thought. For then, when put to the test by herself, when put under stress by herself, when bringing herself into this
stressful health situation, she then automatically and instantaneously saw, and spontaneously saw, the expression of self-judgment, anger, doubt, frustration, fear, guilt, and recognized how much she still contained. How much she still held on to these things.

However, on the other side, this is all right because, if that is what the person feels, then this is the honest thing to do, is to feel them. For we would not have you deny your feeling, this would be more damaging to you.

And so our recommendation, first and foremost, is do not hold back your tears. If you feel like crying over this, we recommend that you do. And that we actually suggest that you cry all the time, every day, as long as you possibly can; that you feel the pain, the sorrow, the anguish, if you wish. And let yourself let the tears flow every day. If you want to, for now, wallow in the idea of poor me, self pity, or feel the anguish and the frustration of, "Why me?" "Why now?" "Why here?" "Why this?" And if that brings tears, we strongly urge this, that you let those tears flow and do it as often as you want, for as long as you want. For then, ultimately and eventually, you will release, through the tears, a lot of those energies, a lot of the chemicals that, when they build up in your body, can cause further damage, a lot of the tension, a lot of the stress. And, perhaps, you will allow yourself, rather than asking, "I know I create my own reality, what did I do to create this?" Rather than asking that, you will ask instead, "what can I do with this?" For in that your chosen field is as a screen writer and an inventor of character, you, more than most, should understand that a character is defined, not by what happens to them, but by what they do with what happens.

And thus, you must become the character in your own story and allow yourself to recognize that it is not about running around going, "why did I create this," and banging your head into a proverbial wall, trying to figure out what you think you might have done, quote/unquote, wrong or trying to extract and pull the mystery of why you did this from the abyss of your own conscious. But rather, focus on the idea that, as we have said, it is not so much what happens to you, but what you do with what happens that will allow you to know who you are, that will allow you to see the true definition of your soul, of your spirit, of your being. So, ponder this instead, and do not get lost in what many of you might find to be a metaphysical conundrum of getting caught up in the idea of, "I create my really, why did I do this to myself?" For that, only, will led to a form of madness. Allow yourself to look forward, to be proactive, creative and constructive, even in this.

And, again, if you feel the strong emotion come up, let it come. And, of course, you yourself know that this will give you time to do things that you have wanted to do, that you have created excuses not to do in the sense of, "oh, I don’t have time." But now you do, now you have no other choice, for that is what it always comes down to and this is what we have said for many years to many of your people, is that when you know that the only way to do the thing that you want to do is to give yourself no choice but to do that thing, then, you will give yourself no choice, one way or another. You can choose to do it when you are still healthy and whole and stick by the idea that you have no other choice but to move in the direction of your joy or you can force yourself to have no other choice, by refusing to pay attention to
the idea that you could have chosen to do this without having the accident.

Again, this is not a judgement, nor a recrimination, nor a chastisement, nor should it be fodder for you to add to your own self-judgement, "Oh no, I didn’t see it, oh no, why didn’t I do it sooner; then I wouldn’t have to be lying here like this, all broken up." But that is all right, because the way you did it will be the way that serves your personality best, your psychology best. And will allow you, through the healing process, to extract from that process for yourself, in your own unique way, your understanding of your relationship to your art and your craft, to your energy, to your creativity, uniquely your own.

So, go ahead and create, and do not forget that this experience, in and of itself, can be the seed of a story and that you do not know where this might lead. Always, and this goes for everyone, you have the opportunity to recognize that when things happen, you need to look at them, or at least have the opportunity to look at them, not just at incidents and events that have occurred in your life as it has unfolded so far, but to take the bigger picture and understand the event as something that has unfolded in your life as an entirety, even though you haven’t lived the rest of it yet.

In other words, in time you may see how this particular incident fits into the whole scheme of your life, including the portion you haven’t yet lived. But many of you find yourself at a loss and mystified by certain events as they occur, because you are only looking at these events in relation to the life you have already lived, instead of looking at them in relation to the life you will live in total. So open up, I’m not saying you have to empirically or intellectually know how it relates right now, but open up and understand that it does relate to your entire life, even though you may not understand how, at this juncture, in a linear space-time reality.

Take all of these things to heart, and on that note, we would recommend that now there is information about the intelligence itself of the heart organ in your body that you also access, and this goes for any of you also so interested. Access the literature that is the literature of research to know that there is intelligence and memory and energy and communication that comes from the heart, as well as from the brain. And in getting in touch with that, and how to listen with, and speak from, and hear the dialogue of the heart, that this will go, perhaps even further than anything for your healing. And, as that you already know, you do not have to, shall we say, abide by the cautious ideas of your medical practitioners, that it will be impossible for you to walk and run, again. YOU WILL WALK! YOU WILL RUN! You will do whatever you wish to do. And you know it has been done by others, many times, especially, sometimes especially, in the face of when they are told that it will never happen. So, put that out of your mind, set it aside, listen to your heart and know what your heart tells you. And when you find in your heart that you are whole, your body will be whole as well.

This is the message we have delivered now for this individual. You may send this tape to her and allow her to ponder these things. And there may be more information at another time, once this information has been absorbed.

And now, once again, we would like to extend to each and every one of you, once again, our deep appreciation in allowing our civilization to experience the gift of interaction with you, and in return for
the gift that you are giving to us, I ask, in what way may I be of service to you now?
Q: Bashar! Bashar! Bashar!
B: What? You and then you. Number two, do you know who you are? All right, number one, good day.
Q: Good day, Bashar....
We have recently been talking about the idea and the notion which we consider to be very important for the manifestation of your reality in a joyful way – the notion of surrender. Many of you have used this word in your language many times, and by surrender, of course, we do not mean that you are giving up in any way, shape, or form, your validity. But the idea of surrender is really the opening, up in total vulnerability to the understanding that you are created, to use your own words, in the image of the Infinite.

And in that you were created as a reflection of unlimited possibilities, then to surrender to your unlimited personality structure, to let go of your worry, your thoughts, your ideas of what you think you should be, and to simply become that which you are, that which you were created to be – will allow physical reality to reflect back to you, because it is a mirror, the unlimited possibility that you are, since you are made in the image of the Infinite, which is of, course, another way of saying, unlimited possibility.

We have been talking about many forms and ideas of surrender, and this day of your time we would like to talk about the idea of surrendering to peace. There have been, for countless generations upon your planet ... well yes, you can count them, but we know you like that phrase, countless generations ... means long time, long time on your planet, the idea of warfare. And now you have recently experienced the idea of the willingness of factions that have been warring for quite some time, to have talks, what you call peace talks, and you have had peace talks in various times in your history.

But the idea has always been, in a sense, more often than not, that one side shall surrender something to the other side, give up something in a way that they do not really prefer to, in a way that they view or label as a loss, as a diminishment of what they consider their power to be. But if you can begin to communicate to your people that the act of surrendering is not so much the act of surrendering to each other, nation to nation, person to person, but surrendering to peace itself, then both can understand that their wishes can be fulfilled, their fundamental desires can be manifested. Because when an individual, or a group, a nation, surrenders to the idea of peace then what they’re saying is that they are expressing a willingness to explore the idea that there is enough for everyone, which there is. That anyone can live their dream, which they can, and that to do so will, by definition, not conflict with anyone else’s truth, anyone else’s dream, anyone else’s natural expression of creativity.

The only conflicts that are created are when individuals and nations are trying to be something they are really not, when they manufacture for themselves an identity, in a sense, that is false, that is made up, that is not representative of their truth. Then you have conflict, because that which you are not, will always, by definition, bring conflict with it, and resistance, and struggle and strife and pain. But that
which you are created to be, that which you naturally are, fits automatically with everything else that naturally is, because the universe is a whole idea, it is one thing. Therefore, all the pieces in their natural form, by definition, must fit.

So when you surrender to peace, you are surrendering to be your natural self and surrendering to the idea, the understanding and the wisdom that everything that allows itself to be natural will automatically find a way to fit, to blend, to harmonize with everything else that also is willing to be natural. And that, in that act, there will be enough for everyone and everyone will be allowed to be who they wish to be; and the holistic system will be seen to support all of it's parts, and all the parts will be seen to support the holistic system by definition, automatically.

Getting this notion, this idea, this definition of surrender, across to the nations, is one of the great ideas that you can do, one of the great tasks and actions that you can perform and teach. Not surrender to each other in the sense of loss, but surrender to peace in the sense of gain for all.
Surrounded By Love

Q: (Young girl about 10) I was wondering: if there is a God, would he be in a spiritual force or a body force?

B: Both.

Q: Both?

B: Yes. And it is more the idea he/she/it is neither he nor she. God is All That Is; God is all energy, all spirit, all bodies, all planets, all stars, all the universe, everything. God is the universe. It knows itself as its own identity. It is aware of itself as Creation and Creator. But also it is aware of itself as the combination of all the different consciousnesses within creation. God is the bodies; God is the minds; God is all spirits – all combined.

Q: Thank you. And I have another question. When I was little, I had this sort of voice in my head that was telling me what to do.

B: Yes.

Q: And it was like I had to trade with it – like, if I was scared something was going to happen – I would have to give it something, and it would make it happen all right. It would tell me there was a monster behind the door, so I had to close it and lock it.

B: All right.

Q: And I told it to stop, and it stopped, but it has been coming back to me.

B: All right. First of all, recognize this is nothing to fear.

Q: I know.

B: And the only thing – the ONLY thing – that would create any negative situations in these conversations would be your own fear. It is a friend; it is a guide, and it is a part of your own higher self. You are learning how to listen. Because you are young in your society, you have been born into your world at a time where the society allows you to remember more of the abilities you naturally have. And one of those natural abilities is to be able to communicate with non-physical spirit.

You have guides, as all individuals have guides. They are not going to live your life for you, but they are going to know you, and they are going to let you learn to know yourself. And most importantly, what your guides and your friends will teach you is that you have all the power you need to create whatever reality you desire.
You need fear nothing, for fear comes from you, and joy comes from you. You are a part of God. You can express yourself in any way you desire. Nothing can ever be more powerful than you. Everything has the same amount of power. Everyone has the same amount of power, because everyone is an equal part of God. Therefore, there is nothing to fear.

No being, whether they are physical or non-physical, can ever control you against your desire. It is only your fear of them that would make it seem as if they could control you. But that would only be a game; it would not be real.

So these guides, these friends, these voices, are simply letting you know that you are surrounded by love, and that you have all the power necessary to create your life in the way you want it. You do not have to hurt anyone else, and you do not have to hurt yourself to create what you want. And no one can really ever hurt you if you do not believe they have more power than you do.

Q: Thank you.
B: Thank you very much! Pleasant dreams. Sharing!

Surrounded by Love
Sustenance

Q: Can you discuss the idea of food for fourth density?
B: We can discuss the idea.
Q: What is it that our bodies are going to need more and more as we become lighter?
B: We have discussed, many times, the concept of sustenance, food sustenance, that is more representative of your body, of the planet, in that it, perhaps, contains about 70% water, is more natural, raw, what you call organic in state, so that the life-force is in the food, so that the nutrients are in the food, so that there are no toxins in the food, that would deplete and tax your system. Obviously, the lighter foods, and if you will eat the foods that are lighter and more energized, you will find that you actually need to eat less of it.
Q: Also...
B: You will also live longer as a result.
Q: ...the idea of pesticides...
B: Yes?
Q: There seem to be many, many pesticides; and on one apple, for example, there were five pesticides.
B: Yes.
Q: Just recently...
B: Yes.
Q: ...on one grape, seven different pesticides.
B: Yes.
Q: Is there anything we can do naturally to...
B: Well, of course.
Q: ...besides washing them, because somehow the washing doesn’t help either.
B: You must understand that the idea needs to begin from scratch, with the way that you allow the food to grow. Now, there are perhaps a few things that could be done to remove, or shall we say, lesson the effects of what damage has already been done, but why bother? Allow yourselves to thus regenerate the whole idea of how you even access your food, how you even grow your food to begin with. And allow yourself to avail yourself of more natural means that are already part and parcel of the way the world works upon your planet, of the way reality works, of the way creation works, so that you know that you are getting what you need.

And again, understand, listen to the concept of the ratio, listen to the concept of the balance of why your foodstuffs are being grown the way they are grown, and so on and so forth. You have in your mind,
because of the way you have structured your society, this concept that you need to grow massive quantities of food to feed the world. If you would eat the food in a natural way, grow the food in a natural way, absorb the life force and the nutrients in a natural way, you would need less food, and what you could grow naturally would feed the entire population easily. You follow along?

Q: Sure.
B: So, it is an issue of balance, it is an issue of allowing the natural thing to be there to do its job, and give you the sustenance and support that you actually would naturally get, instead of creating certain systems that insist you have to do it this way, you have to do it that way. Which then builds up stress, which then causes a need for it to be done, in your eyes, in an unnatural way, which compounds the problem of needing to do it more and more, and more and more – take up more and more space on your planet for the growing of that food, or the raising of this, or the raising of that. When in fact, naturally, you need very little of that, very little at all. Do you follow along?

Q: Absolutely.
B: So it is the mind set, to begin with, that creates the ball rolling, that sets up the premise that makes you think that you don’t have enough, that you come from an idea of lack. And if you go back to the more balanced way and let them grow in a natural state, then whatever it is that does get harvested naturally will be enough. And everything else that is thus shared with the insects, with the other animals, with the weather conditions, and so on and so forth, will be that portion of the food that is required to go back to nature to sustain the balance for the next portion of food that will also sustain you and the rest of nature. You need to really understand the total, holistic, engineering mechanism that is the Earth, and how flawlessly it already works, if you let it – if you let it. Does this make some sense to you?

Q: All right, yes.
B: Is this explaining the concept sufficiently enough, as you asked the question?
Q: Oh yes, thank you.
B: Thank you.
Swimming In Time

Chepop: We greet you all, this evening of your time, with the idea we will be discussing of the concept and nature of time and your connection to it, in this way; to the connections to the idea you have formed that you call the concept of time.

In this way, the idea will be that you can allow yourselves the opportunity to recognize that, as an analogy, as in the idea of the formation of electromagnetic phenomena, you may perceive the idea of time as a crystalline ghostlike substance that pervades your entire universe, in this way.

The idea shall be, that for each and every one of you, there will now be the opportunity to go within yourself and make a connection, in this way, to allow for the understanding of time, that you are creating the impression of time, as you understand it; as time/space is one and the same thing.

And in this way you may, by analogy, for the use of this particular exercise, allow yourself to view the idea of time as if it permeates all of space; and to think of it more like a ghostly fluid. See it as a pale, ghostly, greyish, blue/white electromagnetic fluid, which pervades all of space and time, as you understand it, in this way. Allow yourselves to become immersed in this idea. Allow your imagination to explore the idea of becoming immersed within the fluid of time.

Relax, in this way. Take, what you call, three deep breaths. (Pauses) Now, make for yourself your own relationship, your own relationship, uniquely, to the idea of time as a fluid. Allow yourself to recognize space/time as a fluid. See yourself floating within the idea of space/time. Recognize that you are now partaking of the idea of this ghostly electromagnetic fluid; it is all around you. You are immersed within it. You are floating within it – free.

Allow yourself to know that you have still the idea of your auric field, in this way; your auric field surrounding your body, an energy glow, an energy field, a sphere of energy surrounding your body. Allow yourself to partake of the idea that this auric field that you have is what creates there to be in a sense, a sphere, bobbing within this ghostly electromagnetic fluid you call time.

Allow yourself to recognize that the idea of this ghostly electromagnetic fluid, that is called time, will begin to reach into the sphere of your auric field, the sphere with which you have surrounded yourself, until it becomes one; until it becomes blended with the idea of the energy sphere that exudes from your body, in this way. It will not be an uncomfortable feeling; it will be something quite subtle. Something quite loving, something quite embracing, something quite warm, or something quite cool – whatever temperature you are accustomed to and you are comfortable with.

Allow yourself to recognize that, once the electromagnetic ghostly fluid of time has leaked into your auric field, and permeates every inch of the sphere that surrounds you, and fills you up like a glass ball, then allow yourself to understand that the skin of your body is a membrane; a membrane that is porous, a membrane that can be open, to a certain degree, to the idea of the fluid, the ghostly electromagnetic fluid of time.

Allow the ghostly electromagnetic fluid of time to permeate the idea of your skin’s membrane, and to sink within your body, to fill you up, in this way; to go to every cell, every pore, every being, every fiber
of your existence in this way. Allow it to touch all the electromagnetic impulses of yourself; allow it to touch every cellular structure within yourself, in this way.

Allow yourself the opportunity to feel that you are breathing it in, breathing it out; and that it is becoming one and the same within you; that you are becoming made out of the fluid of time, that you are becoming permeated, that you are becoming dissolved in the essence of time, in that way.

Still allow yourself to retain yourself within your imagination as a consciousness. Still know that you are an individual; still see that you are yourself; still feel that you are who you all know yourselves to be. Allow yourself to feel as if you are immersed in the idea you call water, within the ghostly electromagnetic fluid of time. Allow yourself to float; feeling the eddies, feeling the currents, feeling the currents... feeling the currents.

Here and there you may see an idea, you may sense an idea, you may feel an idea here and there of the idea of electromagnetic impulses shooting out from you, here and there; connecting you to other ideas way off in the distance. You do not have to see what they are. You can look, but you do not have to see what they are. In this way, allow the idea of your entire existence simply to be that you are floating in the midst of an idea.

You are in this sea; you are in the center of this sea. Everything within the idea of this universe is at the center of this sea. Allow yourself to know that in every direction you will find yourself to be permeated by this fluid. You are breathing it in and out; breathing it in, breathing it out; breathing it in, breathing it out.

The idea of your connection to what you have called the idea of essence of time, by using this analogy, is to make it a substance within the idea of something that is tactile to you, and that will now allow you to know that you, as you move, every motion you make, every intention, every idea that you create, causes an eddy, a current, a flow, a ripple within this sea of time, within the sea of space.

There is nothing that you cannot do that will not cause an effect within this ocean: always radiating outward from you like singing ripples from a stone within a deep and still pool. You are the pool; you are the stone. You are the ripples. You feel yourself, your consciousness, portions of your consciousness, riding the crest of those ripples forever out, three hundred and sixty degrees in a spherical fashion; always radiating out from you. Your consciousness is riding the crest of each and every one of those waves.

Now you recognize, somewhere along your journey on those ripples, in that way, that there are other ripples coming from other directions. And as your ripples interact with those ripples, you are reinforced. You meet other portions of other consciousnesses in that way, as you cross; and you find that the idea of their ripples are much like your own ripples in this way. And many times you will find that you are actually meeting yourself, coming from other directions all at once; from every direction all at once, in that way. And that you feel the essence of the nature of space and time within yourself that has originated from different areas, in this way.

But you recognize that it is all an illusion, in that sense. The idea of the electromagnetic ghostly fluid of
time permeates everything, everywhere, and is everyone. And you are all the ideas of the interactions of different ripples, and this is what gives credence to the idea that these ripples have come from somewhere, as you say, and that you can trace back to the center source.

Be the idea of the individual that is your self. This does not take away your individuality in this way, but reinforces the idea that your individuality is a product of the idea of all the interactions, of all the other ripples of time with which you are interacting, in that way.

Recognize the connection to nature in this way. Recognize it is your very nature, your very essence, your very being. The idea you are physical, the idea that you are the fundamental vibrational rate of the idea of the universe, in this way. Recognize that you are everything within it and you are feeling yourself with this connection to nature. That as you are viewing the idea of your so-called solid world – the ideas of plants, the ideas of rocks, the ideas of animals, of air, of water, of trees, of birds, the ideas of any kind of life and any kind of interaction – then you are experiencing other reflections, other ripples in time and space.

They are only the echoes of the ripples that come from the central source of your being. You are always seeing reflections, echoes of other portions of your consciousness, and always interacting with the idea of your own reflections. This is not to say you are alone, for you are one and the same – all one; alone in the idea that you are ALL ONE. This is your nature; this is your essence, in that way.

And anything that you choose to experience in the idea of creating the reality that you wish to focus on, to become, is by recognizing within the electromagnetic fluid of time and space, that for any given moment, any given space, any given idea, any given concept, any point of view, you simply have but to crystallize that ocean of time. And it becomes the universe you experience yourself to be. You hold it still. You transfix it. You pinpoint yourself within it, and it becomes the crystalline world you experience around you.

Let it become fluid again and you can change it into anything you desire. Re-crystallize any time you wish, knowing that you are simply allowing yourself to experience the effect of your consciousness upon the energy that you are. Radiating out... radiating out.

This is your ocean of life. Become, in this way – upon every star, upon every world – the idea of being spontaneous, the idea of being the choreography of the dance, and the ecstasy and the joy which you may find within the crystallization of the fluid universe that you find yourself to be in.

Breathe deeply and drink deeply of the idea of this energy. For it is all part and parcel of the idea of you. It is all part and parcel of the idea of light. It is all part and parcel of the idea of love. You are made of love and light, and it is the pulse of that universe that you can feel, in that way.

Swim wherever you will. Dive as deeply as you wish. Drink as deeply as you feel of the light that surrounds you and immerses you, and gives you the understanding of your existence. And all you need to draw from is there for you, in that sea of energy, that sea of time.

Allow for the fluctuation of the idea of the crystalline universe that you have created for yourself now to be perceived at a different rate from this evening onward of your time – from this time forward, that you
call time. We will then find that there will be many doorways, many gateways, many ideas of portals, as we have said, many mirrors, many reflections open in what you call your dream reality. Allow your dream realities to become your physical realities. Recognize that you are going to become the idea of the spontaneous choreography that allows there to be that synchronicity in your life.

Allow yourself to become the synchronicity of the sea itself in which you exist; of the time and the flow of space itself. You are all space. You are all time. You are everything within it. You are it, itself. Our unconditional love to you, in this way. Pleasant dream lives. We will continue to communicate with you on many different levels that you are becoming conscious of now.

B: All right, does anyone have anything they wish to share?

Q: Yes, I got a very wonderful sense from that analogy of making time fluid. And just on the way here tonight, I was talking to a friend about this past week, and how separate time seemed to be from us; how all the events of yesterday seem to have occurred a week ago. And how all the past weeks we’ve experienced, with all the fluctuations and the energies and emotions, would take some people a whole lifetime to experience. And there seemed to be, not a separation from time, but it’s like a transformation from what it used to be for us.

B: Yes. Recognize that, as you form the idea of integration within your life, you create less and less time.

Q: Right.

B: Therefore things seem to take less time. That is acceleration: the creation of less time. It is not so much that time speeds up – you simply do not create as much. And as you have always known, again by your own language: it takes less time.

Q: Yes.

B: Are you all still swimming?

AUD: Yes! (Laughter and comments)

Q: My experience during that particular visualization was seeing the echoes bouncing off all these people in this flowing of time.

B: Yes.

Q: So, is time something that we invented?

B: Yes.

Q: Is it part of our imagination?

B: Time is one of the definitions of physical reality.

Q: Yes, and so that was what my question was. You said to visualize time moving throughout the entire universe. But time is only a physical reality.

B: In a sense, yes, and this analogy is what has allowed you the idea that there is a greater scope. That you can allow yourself to know that you become from beyond time, so that you can create your life to
contain the idea of exactly the amount of time that will reflect who and what you are willing to be, and not seem to contain, more; although it never does.

Q: So on your planet does everyone live the same amount of years?

B: It varies. The average idea as you understand it is approximately, in your counting, three hundred orbits. But that is only an average.

Q: And is this because of the mental attitude that the body just sustains...

B: In a sense, it is because of how we define ourselves. You create the idea of certain purposes, so to speak, and when you create yourself to be a certain idea, you will find that to expand yourself into the many different realms of reality that you have projected yourself within, the idea will translate out that the amount of time that manifests will be representative of the amount of the idea, in that way, that you are.

While there will be the idea of longevity, paradoxically we experience the idea of what you call the three hundred years, very swiftly.

Q: Do you celebrate birthdays?

B: We celebrate life every day. For we are always being born; as are you. Every moment of time that you create yourself to exist is a birthday.

Q: Wonderful. Thank you.

B: Thank you. Sharing!

Swimming in Time
All right, I’ll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur, in this manner, and through this gateway, at this time.

Once again, each and every time you allow and co-create with this particular kind of transmission and communication, it affords our civilization an opportunity to experience through each and every one of you that many more facets of the multidimensional crystal of creation. So we thank you for this gift of exchange and sharing. This day of your time, for a variety of reasons, there will not be a monologue. We will, as we have once before, simply proceed with interaction and sharing in whatever manner you so desire. How may we, at this time, be of service to you?

Q1: Bashar!
B: You!

Q1: It seems that in Israel they have had appearances by nine foot tall giants that have been witnessed by numbers of people. The scientist have gotten photographs of their footprints; they estimate these entities to be a least a ton a piece in terms of their weight.
B: Not quite so heavy, no.

Q1: Well, there seems to be this proof and according to the Biblical references and cave paintings.
B: Yes.

Q1: There was a race called Afflem that lived 25,000 years ago and said that they would be coming back and I’m wondering if you can....
B: There are many old and ancient races that have lived upon your planet that were of large stature. This is one off-shoot. They are capable of merging interdimensionally and some of them now are recognizing that it is possible, because of changes on your planet, to begin to phase back in, from time to time, for a period of time into your third density/fourth density transitional reality, yes. They are testing the waters to see whether, once again, the climate of the planet, and that means on every level, is possible for the support of their particular consciousness, once again. So they are testing the waters.

Q1: It was very interesting that in Ecuador they have also found remnants of giants that were twenty foot tall and have found bones and remains of these giants, as well as cave paintings.
B: Yes.

Q1: Is this the same race of entities?
B: No, as we have said, there were many ancient races of great stature that have existed on your planet. What you people call your history, really stops quite short of going back far enough.

Q1: Okay.
Q2: Do you want to discuss any of the thirteenth floor stuff now or do we want to wait?
B: We will briefly, again, simply remind each and every one of you that because your society places such taboos on the idea of the number thirteen, even to the extent of not allowing your buildings to have a thirteenth floor in name, we suggest that this is symbolically representative of the area in your own consciousness where you have things that you may be afraid to look at. And that a good exercise, a fun exercise, an exciting and dynamic exercise would be to go out and to find, in the building, the thirteenth floor. And find that area within yourself wherein lies all those things that many of you may be afraid to look at, where you have stuffed them, hidden them in the thirteenth floor of your own consciousness, to use this as a metaphor and an exercise. But to play it out as literally as you possible can, in your imagination and your body, in that you are finding the thirteenth floor wherever it is you may wish to find it, it doesn’t matter. And by so doing, see what comes up; see what you discover; see what all of a sudden appears in your imagination about yourself or what emotions rise to the surface once you give yourself permission to let it be alright to know you can survive a trip to the thirteenth floor.
Q2: In meditation, a few days ago.
B: Yes.
Q2: I just mentally went up the thirteenth floor and when the door opened....
B: Yes, what did you see?
Q2: I saw, it was like a Magritte painting, is how I can explain it.
B: Alright.
Q2: When it opened, there was this brilliant blue sky with white clouds.
B: Yes.
Q2: And I felt that this was total freedom
B: Alright.
Q2: And I also feel like this was just the very touch of what....
B: Yes
Q2: ...this is about.
B: Yes, there is total freedom in the unknown and that is why we invite you to explore it.
Q2: And I felt that fear....
B: Yes.
Q2: ...about taking off into it.
B: Yes, but step in, step onto the thirteenth floor. It will be an interesting adventure and come the time of the next time, on your planet, you call Friday the Thirteenth, we will discusses this.
Q2: Okay.
B: Along with other subjects.
Q2: In my dreams, symbolically to me policemen are like spiritual guides.
B: Well, in some senses.
Q2: That’s what I’ve been told, now what are they?
B: Yes that is so, but they also, for you, embody the idea of your exploration of the balance point between total freedom and your fear of total freedom in the sense that you are not sure you have true permission to go beyond certain boundaries, to quote/unquote 'break’ certain laws.
Q2: I felt that I was out of control.
B: Yes, well that will be, perhaps, the first feeling that many of you have because so many of you have been trained to believe that without the kind of laws your society provides that there would be chaos and anarchy. But, of course, what you ultimately all discover is that when you truly find your power there will be no need for laws because no one would ever impinge or force themselves on anyone else. The degree to which a society is out of touch with its power is, shall we say, directly proportional to the amount of laws that the society creates to regulate itself, for it feels that it must have those laws or there is no channeling, no focus, that there is no power, that there is no guidance. Laws, as you have created them, replace the idea of something that you believe is missing within you. So you create an arbitrary, artificial structure to act as a guideline so that you will not wind up destroying each other and in the mean time, you use those laws, and those structures, and those guidelines to go searching for what is missing within you. Not really missing, but what you have been taught to believe is missing, and that is your own true self-empowerment, your own true creativity, your own unconditional love, which once you find it and integrate it, will make laws, as you have them, unnecessary.
Q3: Have we lowered the percentage of the likelihood of a terrorist attack since last week?
B: It is still hovering somewhere between 95 and 97 percent. That is somewhat lower but not by much.
Q3: Right. Just out of curiosity.
B: Yes.
Q3: What frequency would you have to be vibrating at in order to be unaffected or, transformed in any way, by a neutron bomb going off?
B: It would have to be at least 250,000 cycles per second, more likely you would have to be closer to 300,000.
Q3: Okay. If 250,00 is the threshold, is it only because of fluctuations that you would need to be....
B: Yes, because as part of the collective mass consensus there still may be, at 250,00 cycles per second, certain mass consensus effects that there would not be any of at 300,000. But someone skilled at balancing, slightly above 250,000 could manage it.
Q3: Okay, could you scan my vibration at this time?
B: Yes I can.
Q3: Will you tell me approximately what frequency I’m vibrating at now.
B: Aha...no. Thank you.
Q3: Thank you
Q4: Yes, what do you mean that this is going to be the last life for most of us.
B: Linearly speaking, this is the age of transformation where you sum up all of the experiences that you have had, as you say, in other lives and are, in summing that up and learning the final lessons, not necessarily needing, linearly speaking, to incarnate again to learn the same lessons. You may choose to incarnate again, but you don’t have to. Many of you will actually, most of you will actually choose to remain in Spirit and be of assistance to those who will be incarnating on your planet after this lifetime. Some of you will go on to other realities all together. But because you are all of a cycle, because you are all part of a lesson that you have created for yourselves to learn over a particular succession of time, now this is the end of that cycle, so it is like saying you are a member of a particular graduating class. Why would you want to hang around in a school unless you liked summer school?
Q4: Am I one of those people?
B: I don’t know yet. In some senses you are, but you haven’t fully decided that yet for yourself. You have the potential to be, and it is not necessarily, in and of itself, a goal that you must achieve.
Q4: Yes.
B: We are not saying that it is better or worse than anything else. We are simply saying that, for the most part, the initial cycle that was begun some time ago, on your planet, is coming to a head, coming to a conclusion. Most of you are finished learning the lessons in that cycle and will not necessarily need to incarnate in the same way because the cycle is over. Thus you are at zero, you may decide to do other things. You follow?
Q4 Yes.
B: Does this help you?
Q4: And lastly, so when I die?
B: Yes, when you die.
Q4 I will never be physical again? Anywhere?
B: Not you, not you, not the you, you are here. Again, please remember, we are using your language in a convenient linear way. Remember that all the experiences you have ever had, are having, or will ever have all exist NOW. You are already living an infinite number of lives, in an infinite number of realities, physical, non-physical, alternate dimension, alternate temporal. Anything you can imagine you are experiencing somewhere, the greater you. But this specific personality you is only existing once, in all of that. You have never been this you before; you will never be this you again; so when this you dies, this you will not live another life. Any other life that’s on going, that’s connected to your overall consciousness is another variation of you, not this you. Do you understand?
Q4: Yes.
B: So, once this you decides to, in a sense, experience Spirit, as this person, then that is what you will be as this person. But another physical life will, by definition, generate another personality, another person.

Q4 So I will always be in Spirit?
B: You will always be in Spirit and you will always be physical, as this physical person.
Q4: And breathing is strictly a physical thing for here or...?
B: Well, there are other places that have breathing of various types but it is generally relegated, in the way you mean it, to the physical levels of reality that experience, what you call, chemistry and physics. There are other types of non-physical breathing but you wouldn’t necessarily relate to those in the same way as actual breath.
Q4: Why is it difficult to breathe sometimes?
B: There may be a variety of reasons, of course, one of the most common, on your planet, is tension and stress.
Q4: Right.
B: Does that help you?
Q4 Yes.
B: Thank you.
Q5: Good day, Bashar. The 95 to 97 percent chance that there will be a terrorist attack, is a nuclear attack against New York and/or in the Middle East. Is that correct?
B: Yes.
Q5: Is it only....
B: Now remember we said most likely in the Middle East or against a city on your Eastern seaboard, most likely New York.
Q5: Okay, the Internet is abuzz with rumors of remote viewers who have viewed a nuclear attack explosion outside of Rochester, New York. Can you give us any reason....
B: That is one of the probable reality streams, it is not definite, it is not ordained.
Q5: Why Rochester? Do you have any idea?
B: Yes.
Q5: What is the reason?
B: It is one of the last places anyone would look.
Q5: These same remote viewers claim that there are three other cities that are...um....
B: One moment, we are not done.
Q5: Okay.
B: If you understand the climactic patterns of that area on your planet, you will understand why Rochester. It will spread the fallout in a certain way.

Q5: Okay.

B: You follow me.

Q5: I do.

B: It will also effect the water table in a certain way.

Q5: Okay, do you see in your 95 to 97 percent other cities besides New York?

B: Well, obviously what you call your Washington D. C. is a high candidate. Most likely within what you would call the Washington Monument, since it is a high spire and a nuclear device going off is, in some senses, more effective on top of a tower.

Q5: It’s closed for a couple of years.

B: Well, that may actually be of benefit to terrorists.

Q5: So these are back pack nukes you are talking about?

B: Oh yes.

Q5: Okay, um....

B: It is not something that now, in your technology, needs to be very large and it doesn’t even necessarily need to explode over a very large area. Remember that the very idea of something going off that would even affect a mile to a five mile, to a ten mile radius will be devastating to your psyche and your consciousness.

Q5: And these are atomic, hydrogen or neutron bombs?

B: They are not neutron, they are most likely simple atomic.

Q5: Okay. And do you see in that any anthrax attacks?

B: That is a separate issue, though there is one stream we follow that, in some senses, would actually engage a double or triple attack. In other words there would be the release of a biological weapon that would then create an area in which it would be easier to deliver a nuclear weapon.

Q5: Okay, there are many reports of such an attack....

B: Yes.

Q5: ...in most of the major cities in this country. Do you see any percentage probability for that?

B: There are.

Q5: What would the percentage probability be?

B: We will only now give a few. There is a 24% probability that what you call the new Denver Airport will receive such a strike. There is a 17% to 37% probability that your Los Angeles will receive such a strike. There is a 19% probability that your San Francisco will receive such a strike. One moment, one moment, one moment, there is actually a 87% to 98% probability that there will be an accidental
detonation in what you call your upper mid-western states, somewhere such as your Montana or such. In that a terrorist may not have been able to actually deliver the device to where it was intended before it goes off.

Q5: Okay.

B: Some of these devices will come down through your area called Canada. And thus, after crossing the border one such device may accidentally go off, but again, all of this is fluctuation in motion. These are all swirling probabilities, some of which are more or less crystallized by a cacophony and a symphony of different events. Do not allow yourselves to delve into them to strongly, or you will aid and assist in their crystallization. But allow them to keep moving, as symbolized by what you call the spin of the roulette wheel. If you all allow yourselves to fall into the right vibration, it is still possible, regardless of any of the percentages we have given you, that you could fall into the double zero, negative, negative, nothing, nothing.

Q5: By being neutral, right? By letting it be okay. Letting it be a valid choice.

B: That is the general approach, and helping to direct your energy and apply your energy in a positive way, wherever possible. That is sufficient for this topic. Is there anything else you wish to discuss?

Q5: I was just curious, earlier you had said, you talked about fairies and such being brought into existence, they’re sort of sentient, but they’re still brought into existence by our collective consciousness.

B: Yes...yes...yes.

Q5: But that the concept of us bringing sentient beings into existence...

B: Yes.

Q5: Doesn’t that contradict one of the Laws about once something exists, it always exists?

B: No, no, no, no, no. no. The consciousness always exists. All the consciousness out of which anything is made, always exists; but things always change form.

Q5: Okay.

B: That is what we mean by being brought into existence. We do not mean it in the sense that it contradicts the first law’s concept of existence. Perhaps, it would be more appropriate to say brought into manifestation.

Q5: Okay.

B: Does that help you?

Q5: Yes it does. Thank you Bashar.

B: Thank you, number two....

Q6: The other night I was sitting in no mind, as best as I can describe no mind, and I had this realization that kicked out many times for me but it was a really profound awareness of that oneness of being one and not being two or three or six billion.
B: All right, all right thank you.
Q6: And the profundity, if that’s the word of it?
B: Yes.
Q6: I realize that I’m completely unlovable because there is no one outside of me to love me, at that level of awareness. When you become one with the Oneness or whatever, you understand you are one, there’s nothing outside of you, so....
B: So you might as well love yourself.
Q6: Well exactly, but then I realize that every relationship here...
B: Yes
Q6: ...when you say you love somebody, you’re not loving somebody else.
B: Not really.
Q6: But this not...I’m not saying this mentally.
B: I understand.
Q6: The awareness of this is like....
B: Yes
Q6: Is beyond.
B: Yes.
Q6: And it’s been coming up for me.
B: That is why unconditional love needs to be unconditional, for without the conditions the barriers drop. And you understand that loving others is loving yourself; and that loving yourself is loving others. It’s the same thing.
Q6: But it’s like I’ve been looking in a mirror, literally in a mirror.
B: You are, all of you are.
Q6: But, then once you get that you don’t...then it loses meaning to have relationships with anybody else, other than to incorporate more of yourself or for integrating while your....
B: It loses one kind of meaning, it can take on others, but yes, you have arrived at the essence of it and now you will also arrive into the essence of the understanding of why you have created reality in the way you have, so that you can have a reality in which the kind of meaning that you experience in relationships can be had. You follow?
Q6: Oh yes.
B: So, yes, congratulations.
Q6: It was a pretty horrific experience, at first, and then it was like I just let it overcome me and then I realized that I am not lovable but I am love itself.
B: You are love itself, exactly so. When you arrive at the One, when any of you stand at the true center, again you will have the dark and the light immediately at hand and you can experience the total of the dark and the total of the light, one or the other, and both simultaneously. That’s where it is easiest to experience anything and everything All That Is can be. And yourself, which of course, is All That Is in that state. Thank you, yes. Does that help you?

Q6: Yes, so that truth maybe caused us to create two, and then three, and four?

B: In essence, yes.

Q6: I mean, it is kind of lonely at that level, literally.

B: Well, but remember that that perspective only comes when you make a comparison from this level.

Q6: From the outside, exactly, I got that, yes.

B: But the idea and the concept of loneliness is certainly contained within the One and so you can recognize that it comes from there, yes. But it manifests quote/unquote here.

Q6: Okay, thank you. The other question which I feel is very, very directly related is the symbology and the myth of the Garden of Eden and Adam and Eve and the serpent and the fruit and Eve offering it to Adam, which I don’t know if that’s man writing history, came up with that out of fear of whatever that....

B: It is many different kinds of things all meshed into a very complex, multi-leveled archetypal symbology.

Q6: Is the serpent, I mean, what does the serpent represent?

B: Many different things as we have just said, it depends how you look at it. It is a holographic universal reality myth of a very fundamental and foundational kind, so the idea of the symbols are that each symbol can represent many different kinds of things. The serpents can be curiosity, it can be desire.

Q6: Sexual desire?

B: It can be any kind of desire. It can be many different kinds of things depending on where, as you say in your language, you are coming from, how you are looking at it, what perspective you give, what spin you put on it. It serves multiple duty; it will represent many things, depending upon where the perceiver is coming from, that’s its beauty. Do you follow?

Q6: Unfortunately yes. I was hoping to....

B: Why is that unfortunate?

Q6: Well, because...yes, but I would like to narrow it down to....

B: To what?

Q6: Um, well, I feel like when you live the I Am Presence in your life that you stop...the desire to form a union with someone else falls away.

B: No.

Q6: Sexual union.
B: Maybe, maybe not, it depends.
Q6: Okay, you have a pond, you have a reflection of yourself in the pond and that’s the other person and once you reach into the pond you disappear, you start to look for fulfillment in the reflection and you lose part of yourself and I was wondering.
B: You don’t lose it, you integrate it, you become it, and then who is the union with?
Q6: Well, it is always with yourself anyway.
B: Yes, I understand you may not have the same sensation, you may not have perspective, but that doesn’t mean you lose it.
Q6: Intrinsically you never lose it, because there is nothing to loose.
B: Yes, you may redirect it.
Q6: Do we get caught more into the illusion at that point because that just seems....
B: Maybe, maybe not? Again, especially, especially from that point of view, it really depends on what spin you give it. Because, on that level, the instant you think of a particular perspective, it is reality; there is no lag time. It is instantaneous and instantaneously experience for whatever perspective you put into it. And all are true and all are real and any one of them, no matter where you wish to narrow or broaden, are all real and all true. No matter what perspective you come up with, they’re all real and they’re all true. And they can all change in the wink of an eye. That’s the nature of existence, that’s the nature of it. Does that make some sense?
Q6: Yes.
B: Well, alright.
Q7: No.
B: Repeat?
Q7: Please clarify.
B: Yes, again remember, it all comes back down to the idea that there are only four laws in Creation, only four absolutes, just four, that’s it, not five, four.
Number one: You exist. That means that you will always exist, in some form or another. You cannot become non-existence, non-existence is another concept altogether. If you exist that’s your basic quality, Isness. Isness only has one quality, to be, that’s it.
Law number two: The One is the All, the All are the One.
Law number three: What you put out is what you get back. That describes the reflective mirror quality of creation, of existence, of consciousness.
Law number four: Everything changes, except the first three laws.
That’s it; everything you experience is based and built upon those four laws. If you didn’t hear it in the four laws, it’s not an absolute. But everything you experience is, thus, then based upon some
combination or some perspective or some understanding of those four principles and that’s it. Does that help?
Q7: Yes.
B: Thank you.
Q6: Bashar!
B: Yes?
Q6: I just wanted to add one thing, my mind stream of who my body believes that it is, is afraid. I’m coming from fear, that’s where the spin is coming in. I understand what you are saying.
B: Alright.
Q6: Because I just came out of, you know, whatever eons of imagining it to be in the evolution of the most very painful cycle of forgetfulness and darkness and I’m afraid of going back, of slipping back into the forgetfulness.
B: Alright, you have idea, a belief, and a definition that it is possible to slip back into such a state and because you believe it, it is possible. But if you understand it is only a belief, then it is up to you to decide whether it is a true belief for you or not, because it is not an absolute. I told you there are only four and you did not hear me say slipping back into something you don’t prefer is one of the Absolute laws. No, it is only you using the Absolute laws to create a variation on a theme and to give yourself a reality experience. But it is just as easily changed as any other reality experience that is also based on the same four laws.
Yes, I understand that once you create the belief that you can slip back into something that you find distasteful that it can make it seem very, very solid, very real. It can give it what appears to be the physical laws of momentum and inertia and seem to be something that’s very difficult to override or overcome. But remember that’s what belief does, it brings all of that to the table with it. It brings that momentum; it brings that inertia because every belief, by definition, must be self-perpetuating or you can’t experience it as a real reality. But once you know that, you can change it, and any other thing you choose to believe in will then be just as real, once you are motivated to believe in that, based on the definitions that you choose to buy into more strongly than any other. All right, pleasant dreams.
Q6: Thank you.
Symbolism of a Habitual Ritual

Q: I put my name in, just sort of as a lark.
B: A lark?
Q: But I thought it would be fun to talk to you. I haven’t talked to you for a while. There is one thing that I have thought about in the last few days.
B: Oh, one thing in a few days. All right.
Q: Lots of things. But one thing that I thought I’d like to discuss with you, or see what you have to say about is that, a lot of times you will say to people: once you have recognized something as a habit...
B: Yes.
Q: ...it’s not a habit anymore.
B: Yes.
Q: And I, for one, have one habit, which I dislike quite a bit – which is very bad – which I’ve known was a habit for years.
B: All right. Why do you keep doing it then?
Q: I don’t know. I have, quote, tried many different techniques not to do it anymore, and I keep doing it.
B: Oh, all right.
Q: And I know it’s a habit, and I still do it.
B: All right.
Q: So I don’t really agree with you that...
B: Oh, thank you.
Q: ...once you recognize something is a habit it is not a habit anymore. Could you...
B: Recognize the full statement we have made.
Q: Okay.
B: Once you recognize it as a habit, it is no longer a habit, and you can then recognize you do not have to keep doing it – unless you either keep choosing to do it, or use it as an excuse to continue to do it, or do not really believe you have the capability of stopping it. That is the full statement.
Q: Okay.
B: So, do you, if I may ask, really believe you have the capability of redefining yourself to become the person that does not contain that habit?
Q: Well, I – yeah, that’s one technique I’ve tried. Let me tell you what it is.
B: Oh, all right.
Q: I’m not at all proud of it; I don’t like it at all. I have found that sometimes when I talk about it, especially in a big crowd, that it does reverse things sometimes.
B: Then this may be your technique now.
Q: Anyway, the habit is that I wake up – I sleep like an hour and a half, two hours at a time. Then I wake up and I smoke.
B: Yes.
Q: And then I go back to sleep, and I wake up and I smoke.
B: Yes.
Q: And so I smoke throughout the night, which is terrible.
B: Do you enjoy it?
Q: Well, yeah. Yes, I do.
B: All right. Why?
Q: I don’t know. Well, I…
B: You don’t?
Q: No. I’m sure it’s because it’s a physiological addiction.
B: Oh, one moment, one moment. Don’t be too sure. Why do you enjoy it, if you do?
Q: Because it’s a habit.
B: Not necessarily.
Q: Part of it is that I often do it half consciously. I just wake up, and I don’t think the way I do – the way I think during the day.
B: Oh, all right. And in that state when you automatically smoke, what does it do for you?
Q: I guess it fulfills some kind of need that my body has – you know, for the nicotine – and then I go back to sleep.
B: All right. But let’s not think about it for now physiologically. What does the act itself do for you, atmosphere-wise, as you say?
Q: Hmmm. I never thought about that.
B: Well, think about it now. What kind of mood does it create? What kind of mood does it help to reinforce, to perpetuate? Is it one of contemplation? Does the smoke, to some degree, symbolize your very thoughts?
Q: Hmmm.
B: Does it seem to be your way of meditation?
Q: Maybe.
B: If that is what it does for you, it may not be as negative as you think – maybe not for you. Remember every individual is different. And certain things that may even be generally negative within the consensus reality do not necessarily have to be negative for everyone, depending on how you use it.
Many individuals can transform what may be negative to the general population into something that has no negative effect on them.
Q: Hmmm.
B: How are your lungs?
Q: Well surprisingly good, considering I’ve smoked for years.
B: Ooohh. Surprisingly good, all right. Then maybe it simply doesn’t affect you that way because you don’t buy into it that way.
Q: And maybe that’s possible, except that I do fall asleep with cigarettes in my hands, and I burn my nightgown, and burn myself.
B: All right. Then perhaps just a slight variation of the idea is all that is really necessary, more than an absolute transformation of it. Perhaps allow yourself to simply put the cigarette out first.
Q: I’ve thought about that.
B: The idea is, perhaps, that if you do have a different attitude about it, you may allow yourself to be a little more conscious and conscientious of exactly how you are using it, and that will allow the timing and your awareness of what you need to do with it, to be done in a more natural way.
For if you are coming from the point of view that it is something that you shouldn’t be doing, then you may not be paying attention to the natural timing of it; and the natural timing of it may give you, in no uncertain terms, the absolute signal as to when to put it out.
Q: Oh!
B: For you, it may be an extension of something you have done in the past – smoking the peace pipe.
Q: Yeah, we have talked about that once before.
B: Yes. So if you can use it in a similar fashion, it can be an active meditation. It can, as many of you say, be your version of prayer. Because that is what the smoke from the American Indian peace pipe represents – prayer, spirit.
Q: Interesting.
B: So look at it that way, and see if that makes a difference.
Q: Yeah. You know, something happened just now. I’ve noticed many times when we talk that I do get things at different levels without realizing it, or I realize it later that night, or something like that. And I just, a few minutes ago...I just felt it. It was very nice.
B: Yes. Thank you. And also remember one other thing we have talked about: symbols and physical ideas and actions. When you allow a symbol to serve the purpose you actually have designed it to serve; when you give it the definition; when you recognize the definition you have actually given it – that’s when you may not need it any longer. And then it will transform.
Q: Right.
B: In continuing to apply the assumption that it automatically must be negative, just because of the way it looks on the surface, you have not allowed yourself to recognize, perhaps, what the real definition and purpose of that particular act was. And therefore, you could not allow it to change, because you had not identified it for what it was to begin with. Understand?
Q: Yes, I do. Thank you very, very much, very helpful.
B: Thank you very much. See if that makes a difference.
Q: Thank you, it will. Bye, bye.
B: Thank you. Sharing!

Symbolism of a Habitual Ritual
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B: Thank you very much. See if that makes a difference.
Q: Thank you, it will. Bye, bye.
B: Thank you.
Sharing!
Synchronicity and Meaning

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


Allow us to begin this interaction this day of your time with, once again, the laying down of foundations of the idea we will be discussing. Do you all love coincidence? “Synchronicity and Meaning” – which, if you wish, may be your entitlement for this particular interaction.

Synchronicity: we have discussed this a few times with many of you. What is it? Synchronicity: coincidence. As we perceive the interactions we have had with your civilization, we perceive that you think of coincidence more often than not as a fortunate accident. Maybe an unfortunate accident – but an accident many times nonetheless, random chance. “Oh, it just happened that way.” One in a million, as many of you are very familiar with the idea of, “Oh, it’s just the odds. Had to happen sooner or later.”

But the idea, you see, is that co-incidence is quite a bit more than that. Synchronicity: the right place, the right time, interacting with exactly who you need to be interacting with at that moment is far more than random chance. It is representative of the very foundational structure of existence itself, at least as far as physiological reality is concerned.

How does it happen? What is it? And how, perhaps, can you create more of the positive form of coincidence in your life, always knowing you’re at the right place, always knowing you’re at the right time, always knowing you’re interacting with exactly who and what you need to be interacting with to serve you best and to be of best service? How to increase that phenomena, as you say?

Well, first of all understand what it is and why it occurs. Synchronicity is your physiological indication of the interconnectedness of all things. Everything is connected to every other thing. Everything is an extension from every other thing. And why is this so? From our perspective because of the following idea: because everything is the same one thing, manifesting in all the multidimensional ways it possibly can. You experience this multidimensionality stretched out in a linear time frame because linear time is one of the ways you have of experiencing your physical dimension. But all things that occur actually exist all at once simultaneously.

“What do you mean by that? Not everything is happening right now, if it were, I wouldn’t be able to do one of these things. Everything would be happening all around; I’d be very confused.”

Yes. But that is why the definition of physical reality contains the ability to perceive linear time, in a sense, as many of you have already said, to keep everything from happening all at once, because your physical senses are not built to handle that. That does not mean they still do not exist all at once. To describe and explain this briefly, once again, refer to what we have called your radio analogy. You all know what the device is on your planet that you call radio, that all the programs that you could possibly
listen to on that radio at any given moment are all there at the same time, all coming to the radio all at once. But the only one you hear at any given moment is the one you have your dial attuned to.

Physical reality is like that; this is an appropriate analogy. At any given moment, your focus of perception, your definition and your beliefs, your emotions and your thoughts represent the idea and the station, the frequency, if you will, that you are tuned into. And so that’s all you get; that’s all you pick up; that’s all you receive – is what you are focused to receive. All the other possibilities, all the other programs are still going on, and you could be receiving any number of them. But you only get the one, at any given moment, that you are most attuned to, and you are attuned because of how you have been taught to be attuned, through your perspectives, your attitudes, your point of view. That is your dial of reality, of physical experience.

Now, how do you change that dial to a program that perhaps is more to your liking? Very simple, you get in touch with the idea of the definitions you already have bought into that are generating the program you’re already getting, asking yourself: what kind of beliefs, what kind of definitions would I have to buy into in order to have the types of experiences I am having in my life, in my programming?

Once you get in touch with what those definitions are that are responsible for your original program, in rewriting them and redefining them, you are then switching the dial to another program. Because physical reality is only, and always has been, and always only shall be, the absolute, 100% mirror reflection of your strongest beliefs, your strongest definitions, your strongest programming.

Even your own physiological scientists now, your theoretical physicists, as you call them, are beginning to realize that physical reality does not actually have an empirical existence by itself, that the definitions, the perspectives, you have been taught are actually what is responsible for generating what you have for so long thought to be a separately existing physical reality that you just happen to exist within. You are beginning to realize this is not so, and that everything you have experienced your physical reality to be has always been the product of your strongest belief systems about what it could be, or might be, or what you fear it will be; for your strongest beliefs and your strongest emotions combine to generate a manifestation of that reality.

If it is a positive emotion, a positive belief, that’s the blueprint you’ve created; that’s what you activate, that’s what you get. If it is a negative blueprint, a negative emotion, you will get a negative pattern. This is simple physics. In many of the things we will be discussing with you, this day of your time, realize we are not speaking philosophically so much; we are not speaking in analogies so much; we are not speaking figuratively so much. We are talking pragmatic tools that actually are responsible for the generation, manipulation and manifestation of your physiological day-to-day experiences. You are the creators of your reality. Whether you do that consciously or unconsciously is up to you.

Now, synchronicity, having what you call a life that is blessed – always running into exactly who you need to – a charmed life, having exactly what you need at your disposal when you need it; not a second too late, not a second too soon, just right there – this is what you usually in your society call luck. There
is no such thing. Not really, not in the sense you mean it. You know, an aside for a moment, many individuals now in your reality, in your world, are beginning to explore what you have called metaphysical concepts, and some individuals find that they cannot believe that such ideas exist. However, they will still believe in luck; a more metaphysical concept I cannot imagine! The idea to imply that, "Oh, it’s just luck," completely detaches the idea of that experience from any kind of physiological cause and/or effect.

The idea of even what are being discussed as metaphysical principles, they are not above and beyond the idea of physics. They are simply another state of physical understanding that have their own laws, that follow their own rules, and are tied very strongly into the idea of your physical reality. The so-called supernatural is simply another level of nature. There is nothing really beyond nature about it. It is simply, perhaps for now, a little bit beyond your typical day-to-day understanding, but that does not make it disassociated from the ideas of your physiological reality.

 Luck, the concept of luck, to some degree implies even more deeply than any metaphysical concept that something could occur which is not attached to the mainstream of cause and effect. It does not really exist. Everything that you have called luck, both positive and negative, is the result of setting up a momentum, a synchronicity momentum, that takes its cue from the patterns of belief and definitions you have bought into most strongly in life. How you generate synchronicity in your life, more coincidence, is utterly determined by the type of meaning you put into the circumstances that happen in your life.

We have discussed from time to time with many of you the idea that no circumstance and no situation has built-in meaning. All situations are summarily blank, devoid of meaning to begin with. Empty. They do not bring meaning with them. They are simply neutral props, arrangements of surface symbols that have no meaning unto themselves other than the meanings you have been taught to give them. So automatically do you apply meanings to certain situations, because they are so ingrained within you to do so, that you think that the situation brings with it its own built-in meaning.

But it doesn’t. It’s just that you very quickly apply a meaning on a very unconscious level, because that’s what you’ve been taught to do. “When you see this, sonny boy, or little girl, it means this. Don’t forget it or you’ll be in big trouble.” "Yes mother; yes father.” "Over and over and over again, I’ve told you when you see this, it means this. Steer clear, or do this or do that.” "Yes mother; yes father.” Pretty soon – doesn’t take very long at all – you absolutely buy, beyond a shadow of a doubt, that the meaning you have been instructed to believe a circumstance had is the only meaning it can have, and that it takes you sometimes a very long time to realize, “Oh, wait a minute. It could mean this, too. Doesn’t always have to mean that. It could mean this.” But then you go through a long process on your planet of unlearning the old ideas to give yourself an opportunity to learn new applications. It doesn’t have to take that long.

And we are not necessarily suggesting that many of the things your parents tell you are not for your own benefit. But the idea in your society has been carried to an extreme, where you simply buy into every single idea that you society tells you – very automatically, more automatically than you think. And you
automatically apply the meanings you have been taught to every given situation, and do not understand why certain things keep repeating in your life – because you are not consciously in touch with the fact that the meanings you keep applying to the circumstances that happen are what cause them to perpetuate themselves in endless cycles of repetition.

The idea, therefore, is to understand that while everything does exist simultaneously, you are still in the act of co-creating it with the Infinite Creation, and the way you, as aspects of Creation – and all beings within Creation, as aspects of Creation – create and co-create and continue to expand the idea of creation is by applying meaning to the surface symbols that already exist. The meaning you give them determines their content, determines their effect, determines the life you experience. The giving of meaning is the act of creation on your physical level. That’s what determines what you experience.

And also, the type of meaning you start to impart to the circumstances in your life will then create a momentum that will determine what kind of circumstances, even on the surface, begin to crop up in your life, and what kind of meaning or significance they have for you. Now, understand this: every single event, no matter how small, every single action, no matter how seemingly insignificant has effect and impact on your life. And you are inexorably intertwined with every single thing you experience. You have helped create it for one reason or another. Now, certain events may not have as high a degree a significance for you as it may have for someone else in that event, but your presence in the event, your coincidental presence in that event has still created the factors necessary to help set it up, so that whoever needs to get the impact out of it can.

There are no accidents, and I am talking down to the most fundamental idea. There are no accidents about all of you that are present in this interaction today. It is not an accident who you are sitting next to. It is not an accident what they are wearing. It is not an accident what you ate for lunch, if you did eat lunch. It is not an accident what you notice, what you hear. The smallest scrap of paper that blows in the wind at your feet is not an accident. It is all your choreography; it is all your orchestration.

Granted, a large degree of it is automatic, on automatic pilot, as you say, so that you don’t necessarily consciously have to be aware of every single detail and organize that. That would be too much for your mentality. But the idea nonetheless is that whether it has a great deal of significance for you, or a small amount of significance, it still has some significance if you experience it at all. You are incapable of experiencing any event in your life that doesn’t belong there. Nothing in your lives is superfluous or extraneous. There are no extra creations. Everything fits, every single thing.

When you begin to look at life that way, when you begin to realize that where you are is exactly representative of who you are, then you can get a handle, as you say, on the definitions of who you are, and if you don’t prefer the definitions of what it is you are experiencing, you can change it. It is in your power to do so, and always has been. Always. And it is a very simple thing to do. You have created all that reality to begin with, anyway, and you have done it automatically, effortlessly – so effortlessly you don’t even necessarily know you’re doing it.

You can still create any reality you want with the same degree of effortlessness and automatically. Just
because the idea has been ingrained within your society that having a life of ecstasy is harder than having a life of pain doesn’t mean it really has to be so. That’s only one of your society’s shared consensus definitions. You don’t have to buy into it any more. There is absolutely nothing inherent within the idea of positivty and negativity that says, "Negativity will happen more often than positivty. It is easier to come by, and negativty is more representative of reality than positivty is.” Look at the tales you tell in your society. You tell a tale, and individuals in that tale – oh, perhaps there may be a moment or two where they are having a good time, but then they are involved in a great deal of conflict and struggle and strife. And you say, “Oh, that was a very realistic story!”

But then you go and watch a story and everyone is having a good time, and everyone finds and discovers exactly what they need, and works the situation out and lives happily ever after. "Huh, nice fairy tale. Too bad life isn’t really like that.”

Why not? There is no reason why one should be more representative of life than the other, except the definitions you have chosen to buy into. The only reason your society has bought into the idea is because the type of society you have created yourselves to be is highly focused in physical reality, one of the most highly focused we have ever discovered. And because of that a particular idea came along with that degree of focus, the ability to forget that you created it to begin with.

You have played the game of forgetting for thousands of your years of counting. But now you have played all that limitation and forgetting out, almost completely. So now you are as a society beginning to wake up and say, "Well, wait a minute; there must be something more. I have been living a particular type of dream. We have been walking in our sleep; now we are waking up... into another dream, a dream we prefer. A dream that lets us know we are more than we previously thought, and can be anything we really wish to be.”

All reality is a dream; all dreams are real. You are dreaming right now. I mean that quite literally. This interaction, in every sense of the word, is a dream. It is simply that you have labeled that this dream shall have the aspect and image you call solidity, reality. It is no different than anything else that passes through your imagination, except that you define it to be more solid than anything else. That’s the only difference, that one definition, that one concept.

But you see how powerful those concepts are. Because that’s all it takes – is that one definition to create everything your society has held to be true for thousands of years. That’s all it takes, and that’s why it’s very easy to transform your lives. Because once you get a hold on the idea that the definition is the only thing responsible for any seeming barrier in your life, once you redefine it, away it dissolves, back into the essence, the energy from which it was created. And what crystallizes in its place is the new definition. It is as simple as that.

Now, there may be many techniques and rituals that will aid and assist you in the processing of this understanding, to arrive at a time where you can allow yourself to change your reality very quickly. If you desire such processes, if you must take time to do this, then that’s your choice, and you can learn
much from it. Do not berate yourself for taking the time; it is what you need, according to the definitions you believe you are capable of. That is not cause for bereavement or self-judgment. But the idea simply is that these things do not have to take as long as they have taken and this is what we are here to assist you with – to understand that the meanings you give to life determines utterly the type of synchronicity you experience. Whether it be positive or negative, conscious or unconscious is up to you, but you are the creators of your reality, both individually and collectively by telepathic agreement.

You will generally abide by the rules of the game that you have all agreed to play, but there is a lot more leeway, as you say, in those rules than many of you have thought. It is not as rigidly structured as you have been led to believe. And especially now that you are in your transformational age where you are exploring the idea of what consciousness really is is there a great deal of freedom to express, what you have called for so long, your free will, but really don’t ever consciously know you’re using. Now is the time to become conscious on your planet that you really have free will, and what that really means.

At this timing, in return for your willingness to interact with us as ambassadors of your civilization, and allowing me to function as an ambassador of our respective civilization within the Association of Worlds, we will let you know that your interaction for us is a gift. Our unconditional love creates ecstatic joy in your willingness to co-create this interaction this day with us. Because through you we are allowed to see that many more ways that the Infinite Creation has of expressing itself within the creation that it is. And this is a gift to us.

We thank you for this gift, and your willingness to create this interaction this day of your time. In return for this gift, I will ask you now, how may I serve you?

Synchronicity and Meaning
Synchronicity II

Q: I’ve been feeling a little bit like a ping-pong ball lately.
B: All right. That can be an enjoyable game, even for the ball.
Q: Even for the ball. I’m wondering if you could help me to level it out to a point of being a little more comfortable.
B: I will help you when you understand you don’t need help.
Q: I felt that way for a couple of weeks.
B: Then the you you were then is not the you you are now; so do not say you felt that way.
Q: Right.
B: Someone else did.
Q: Yes.
B: Why are you choosing to feel the way you feel?
Q: Well, that’s part of the question, because I feel a definite duality.
B: All right. What is wrong with that? Does that not give you a unique point of view about yourself? Can you not learn from it? Can you not enjoy it? Can you not integrate and absorb what you are learning from this dual perception of yourself – in a positive way? Can you not assume that every situation is fundamentally neutral; and choose to go at it with a positive attitude, so that it will have a positive effect, instead of a negative attitude, so that it creates a negative effect?
Q: Yes.
B: Am I being of help?
Q: Yes.
B: Well?
Q: Yes, I can do that.
B: All right. Do you think that that will assist you?
Q: Yes, I can do that.
B: All right. Do you think that will assist you?
Q: Yes.
B: Why do you think so?
Q: Because…
B: I’ll wait.
Q: Because it implies…(AUD: You know we can’t hear you back here.)
B: Thank you for pointing out the need for boldness. Project!
Q: It implies that…I forgot what it implies.
B: Good!! Welcome to the moment!

Q: All right. Then let me ask you a specific thing, which... oh, it implies that I don’t have to worry about anything. And one of the things that is happening that is still a little bit worrying is that I seem to have a strange sleep thing happening, where I’m falling asleep driving on the freeways.

B: Yes. Oh, oh ohh! Oh, let’s reinforce that one! Let’s reinforce the negativity. All right. Oh, yes, ohhh. We all know that’s negative. Oh, ohhh. Oh yes, you are doing a negative thing!

Q: I had myself completely covered with white light, so I was not afraid on that level. But what I’m wondering is...

B: Completely covered with white light. All right.

Q: I covered myself in white light...

B: Yes.

Q: ...to protect myself because I was falling asleep on the freeway.

B: Oh! To protect yourself! Which implies that you believe you need protection – which implies that you believe you can be harmed.

Q: By a large truck when I’m asleep on the freeway. (much laughter) To me. It freaked out my mother.

B: All right.

Q: You are supposed to be impressed by that.

B: All right!!!!

Q: Shine it off. It’s okay; I’ll...

B: May I ask you a question?

Q: Yes.

B: Are you fighting your own instinctive natural schedule?

Q: Well, I thought about that. And I remembered what you said about 2 to 4 pm being sleep time, or being our low energy point.

B: In general.

Q: And I was not able to pinpoint these periods of suddenly becoming sleepy in terms of that general cycle.

B: So what? Are you going to take us literally, or are you going to follow your own instincts? “Oh, it’s not between 2 to 4 pm; so even though I am sleepy, I will wait until 2 to 4 pm because a Sassanian said I can only be sleepy between 2 to 4 pm. So I will not stop and take a nap.” Is that what you are saying? Are you giving me that much of your power?

Q: No.

B: Well, all right then. What are you doing about your own instinctive schedule?
Q: Well, I guess my instinctive schedule is that I should fall asleep at 55 miles per hour in the car on the freeway.
B: Are you missing the point? Why, in your estimation, were you falling asleep while you are moving?
Q: Well, that’s what I don’t know, because this has never happened before. I’m not the kind of person that falls asleep on the freeway in broad daylight.
B: When you fell asleep, you obviously were that kind of person. Do not contradict yourself. Perhaps you are not that kind of person now, because, a) you are not on the freeway – at lease I will assume we are not on the freeway.
Now the person you were then is not the person you are now. What you are being shown is this entire idea of disassociation. Now, recognize that you are quite all right; you did not get killed by a truck. You follow me?
Q: Right.
B: Therefore, our first suggestion is to stop playing “what if,” and let’s talk “what is.” All right? Now, as you – the you you were then – were driving along the freeway and falling asleep, what were your feelings? What were your thoughts? Not connected to the idea of what would happen if you fell asleep, just your general thoughts, your general feelings about yourself at that time?
Q: Well, it was very strange, because it was almost like I was – (Louder!) It was strange because it was almost like I was going into a deep meditation.
B: All right. Very good! Very good! Now, what does meditation mean to you?
Q: It means connecting with another density.
B: All right. Very good, very good. Thank you! Now may I ask you a question?
Q: Yes.
B: Does it mean disconnecting from this one? Is that what you have always thought meditation to mean?
Q: Sometimes yes, and sometimes no. Like most of the time I am semi-meditative. And it’s cool; I can do both.
B: Oh, cool. All right.
Q: I can be third and fourth at the same time. I can be bi-densitive.
B: All right. Now, let me ask you this: with regard to the synchronicity of having your mother present…
Q: Oohhhhh!
B: does it represent to you now?
Q: Oh, my goodness! Okay.
B: Do share. Do share! And speak up! You do not want them to fall asleep.
Q: Okay, Yes. Oh, my goodness. I didn’t make that connection. Yes, my mother always falls asleep; in fact, my mother was asleep. In fact, my mother falls asleep maddeningly. And I feel – I mean, I feel she’s sleeping her life away, so to speak.

B: I see. And so your falling asleep at the wheel, did you say, “freaked her out” or woke her up?

Q: She was asleep during the whole thing...

B: Yes?

Q: ...until we arrived home... and I told her how I had started to fall asleep...

B: Yes, yes, yes, and her reaction?

Q: She was freaked out.

B: So you mean she woke up?

Q: Yes, she woke up. And then the next time she drove, she made sure that she stayed awake and kept talking to me. (Much laughter)

B: Now do you get the picture? Do you see the reflection that you were being of service to?

Q: I was of service to her?

B: Oh, come, come, come! And in this way, also to yourself – in the idea of your relationship to her, and what you think of her, and what you think of what she does. And what she thinks of what you do, and this and that. And showing her reflections of herself that are encapsulated within your feelings of her, and vice versa. Were you not acting out a scenario about her that bothered you – and allowing her to see how it affects you?

Q: Yes.

B: All right, then. Let it be obvious. Now, therefore, simply recognize – there is no “what if.” This is not the beginning of some disease: “I’m going to fall asleep at the wheel now, or at least some of them,” for why you enacted that scenario. And recognize it can be served in other ways, rather than in ways that are unconscious. You follow me?

Q: Yes.

B: And therefore, in ways that are not, quote/unquote, detrimental to your physical health.

Q: Right, yes.

B: Sometimes you will find that you will share exciting incidents – co-incidents with someone else – so that you will both wake up to what is happening between you. So you will shake yourselves, give yourselves some excitement in the relationship. Spark it up a bit.

Q: Yes!

B: Therefore, thank you for your sharing.

Q: Thank you.

Q2: The first thing I want to share is that I truly do trust you. I was realizing that.
B: I trust you too, all of you.
Q2: Thank you. Thank you.
B: Now they’re going: “What did he mean by that?” I fully trust you to be who you are; you cannot be anything else.
Q2: Exactly. And it also means infinite possibilities.
B: Thank you!!
Q2: Right. Whatever you do is all right, because you are an infinite creator, as I am.
B: Yes. We also trust the synchronicity of the interaction that we are together. That is what we trust.
Q2: Marvelous, wonderful. Thank you.
B: Thank you.

Synchronicity
Synchronicity Story
Q: Before I came here this evening I was exploring the idea of integrity.
B: Yes.
Q: And I’ve expanded my understanding of that in a way that I would like to share with you.
B: All right.
Q: I looked it up in the dictionary and one definition of integrity is unity and completeness...
B: Yes.
Q: ... and so, what I got from that is that integrity is integrating unity and completeness.
B: Yes.
Q: That’s it!
B: Yes! And even more: functioning from that vibration is the act of integrity.
Q: Yes. Now, one more thing.
B: Yes?
Q: I was driving on the freeway the other day, and I ran out of gas on the freeway. And I was going at such a speed that I had just enough acceleration to go off the off-ramp, and I rolled for several hundred yards. I came to a stop in a residential area and I got out of the car.
And I was just experiencing it – I really wasn’t judging it as a positive or a negative experience.
B: Yes.
Q: So, I got out of the car and I took two steps, and just as I took these two steps towards what was probably over a mile walk to a gas station, I looked up, and there’s someone across the street with a gallon can, walking down the street. And I just felt something about this. (AUD: laughter)
B: My, my.
Q: And I yelled to him. I went: “Hey!” And he looked up like he was doing something wrong. So I said: “Is that gas in your can?” And he goes: “Yeah, it is.” And I said: “Hey, did you run out of gas on the freeway out there?” And he says: “Yeah, about a mile up.”
I said: “You know, I ran out of gas here, and if you put the gas in the can in my car I’ll take you to the gas station and we’ll fill it up and then I’ll take you to your car.” So he said: “That sounds like a great idea.” (AUD: laughter) So anyway we put the gas in my car and we went to the gas station.
And it turned out on the way that he told me that he didn’t have any money with him, and he had to borrow the gas from the gas station, and he really didn’t have enough gas to even drive back and give them a dollar. So I paid for the dollar gas and got him some more, and I took him to his car and we parted friends.
B: You know what? (AUD: laughter)
Q: What? (laughing)
B: THAT SOUNDS LIKE SOMETHING THAT WOULD HAPPEN IN MY WORLD! (AUD: much laughter)
Oh, thank you VERY MUCH for your sharing!
Q: Thank you, I’m glad you liked it!
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Synchronicity
B: Do you understand what synchronicity is?
Q: Uh, I think I understand what it is.
B: Uh, I think... uh, your answer means... uh, no. [audience laughter]
Q: Well, I'm not sure of the technical definition.
B: Well, thank you very much for your honesty. Synchronicity is what your civilization typically calls "coincidence," but it is not accidental. It is the coming together of seemingly unrelated events. And when they come together you realize they do have, in fact, an underlying connection. They are spontaneous coincidences that serve a specific purpose, according to your desires, wishes and focuses. They are miracles, they are magic, they are opportunities.
Now, the idea is to recognize this: your wish, your desire, in and of itself, is a frequency of energy. If you have the wish, if you have the desire, then you are "putting that energy out" in your reality, you are giving off that vibration. If you are giving off that vibration, and if you don't get in your own way with your assumptions about what you can and cannot do, then you will automatically and effortlessly draw to yourself the opportunities that will be obvious for you to act on to fulfill your wish. That's one definition of synchronicity.
Now, if that is your wish, and as you shared earlier about wanting to save the Rain Forests, then you can know you have just sent a message out to the totality of All That Is. In sending out that message what you have said is, "I am willing to receive opportunities that are reflective of what excites me the most, I will allow me to fulfill my wish." So when those opportunities come to you – recognize them through the fact that they are of vibration that is representative of whatexcites you the most, and if they are representative of what excites you the most, act on the them.
Again, they may not seem to be on the surface immediately connected to the issue at hand. That is why you simply have to trust that whatever comes to you that excites you the most, you must act on, whether it seems connected or not. Eventually you will understand how it is all inter-connected. But if you act on the opportunity that comes with the most excitement, that is what will be the shortest path to the fulfillment of your wish. Does this clarify the mechanism for you now?
Q: Yes.
B: Are you willing to act upon the first thing that comes along that is the most exciting thing you are capable of acting on, knowing that because it is the most exciting thing, it therefore, by definition, must be connected to your wish-fulfillment?
Q: Yes.
B: Well, thank you very much. Are you willing to allow it to be that simple? Are you willing to act on these opportunities that come to you boldly, to the best of your ability, to the fullest of your expression as the being you know yourself to be?
Q: Yes.
B: Then, as you stated your heart’s desire earlier, you will make a difference in saving the Rain Forests. Understand? And so will anyone else who has the same wish, who acts in the same way just outlined along with you. Fair enough?
Q: Yes, thank you.
B: Thank you.
Synchronizing Frequencies

B: All right, I’ll say, sharing!
Q: How is it going, as you create going to go?
B: ‘Tis going rather well, as we create going to go, thank you. How has everything gone for you?
Q: Gone fine.
B: Thank you.
Q: A few questions ago somebody was asking about (?) encounters, meeting UFO beings on a one-to-one... A few questions ago they were talking about...
B: Face-to-face encounters between beings of your world and beings of other worlds, yes.
Q: As to what’s holding that back...
B: Nothing is holding that back: it is progressing nicely, thank you.
Q: Oh, so the obstacles to be removed, as we create them, because we sort of... I’m just guessing at this. We must have created a delicacy to our situation to not have...
B: In a sense; the idea is that because you still consider yourselves to be segregated beings in many ways, and do not function as unitized individuals, then, to some degree, the vibratory frequency upon which you do exist is somewhat – not meaning to be derogatory – slower than the vibratory frequency of an integrated being.
And in this way, therefore, bringing a higher frequency in proximity to a lower frequency, like a faster gear and a slower gear, the faster gear will have a tendency to overwhelm the slower gear, forcing it to go faster than it is, at this point, built to go.
Q: (–?) take all the teeth off of (–?)
B: Yes. And therefore, we simply proceed at whatever rate will determine the amount, or lack of friction in that gear, as we perceive you to be adding more and more lubrication that will allow it to turn faster and faster and faster.
The lubrication is your willingness to simply know that you create your own reality, and to act that way. To enjoy life, love, service, integrity, that is the lubrication. It will allow you to spin as fast as you desire to spin. It will allow you to meet head on and face-to-face any other gear spinning at any speed. Does that assist you?
Q: Yes, that’s fine, thank you.
B: Thank you for your sharing.

Synchronizing Frequencies
Systems of Belief

B: All right, I’ll say how are you all this evening of your time as you create time to exist?
AUD: Great.
B: Oh, thank you. Allow us to begin with the idea, this interaction: systems of belief. This can also be your title for this evening, if you wish.
AUD: What was it?
B: Systems of Belief.
Systems, structures, the idea of that which forms a pattern, a series or cycle of ideas or observations which allow you to create a perception of continuity and cohesion. Systems of belief.
Now, we have discussed with you many times the idea that it is your beliefs that create the physical reality you experience. Each and every one of these beliefs is the representation of a particular vibrational resonance, a particular frequency of the fundamental energy patterns that give rise to physical reality, a particular vibration.
And so as that vibration is manifested into your physical reality, as it is manifested as your physiological experiential reality – because it operates on a certain wave length, shall we say, it will have a tendency in physiological reality to gather to itself patterns of vibratory frequency that are similar in nature to the original vibration. In this way it will key into other beliefs, other vibratory patterns that will aggregate around this primary belief so as to set up what appears to be a frame of reference in which to understand and be able to perceive the original belief by surrounding itself with slightly out-of-phase vibrations. Similar but not exact, so that you have a reference point – some surroundings, some illusion of background – against which you can see the primary belief.
This aggregation, this drawing together of similar belief systems, so as to allow the primary belief to stand out, occurs quite automatically, quite naturally within you – as you say, quite second nature – so rapidly, so quickly that you may not even realize, or have not realized, that this is what you are doing to create the seeming background of reality that in your society you have had a tendency to think of simply as, quote/unquote, that’s the way reality is. Your life happens in this reality; in the specific beliefs of your reality (they) manifest themselves against this backdrop of the overall reality.
But this overall reality is not simply, "That’s the way it is. It is the background that you create by surrounding the primary belief structure you have with similar belief structures, so that you can create a gradation, a variation of beliefs to expand outward from you to create a backdrop against which to see the primary belief of your life, the primary focus of your life.
Now, these structures after a time have become ingrained within you to the extent that you take this background for granted. And you simply, as we have said, think of it much as if it is something that exists without you. In this way, it has been one of the primary mechanisms that has allowed you to experience the illusion of the universal reality as seemingly outside of yourselves,
You may recognize that in your society quite often, because of the repetition of this idea, because this is
now the way you automatically, as you say, set the stage, you have created many ideas in your society that there is only one way for this stage to be set. And it is against only that background that you measure everything in your life.

But recognize: as soon as you change the fundamental primary focus beliefs that represent the being you are, the entire background changes with it. Everything changes. Everything is connected; everything is the same one thing. And a change in the primary focus creates what you colloquially call the domino effect, and changes occur all the way down the line in the entire pattern, in the entire backdrop. It may seem at times to be subtle. But they are far-ranging and quite widespread – if you will allow yourselves to recognize that they exist.

Many times, therefore, when you seek to create changes in your own live, your own primary system focus, many times you will only continuously weigh that primary focus or change against a background that you will not allow yourselves to see has changed. But if you are willing to recognize that everything changes when you change anything, then many times you will not see the primary background in the same light. You will begin to realize that something is different – somewhere, somehow.

In this way many times, this is why many of you create the seeming contradictions in your life. For you say that you wish to change the primary focus; but then when you look around in the background, you continually watch to see the same background – in a sense, to see the idea of your primary focus against the same background, rather than allowing the entire background to be a part of the primary focus, and change along with it. When you look at the background in the same way you used to, you immediately cancel the change you made in your primary focus. Because it is all one and the same thing.

The echo, the background, carries its origin point from the original sound. Many of you many times will look to this echo to see changes occur in the echo before you will allow yourselves to validate the changes you know you have made, or you desire to make, in the primary focus of your being. But if you seek validation in the echo, then you will only continue in the reality in which you have already focus yourselves. Because the validation must come in the primary sound, the primary signal, first – before you will see it in the echo of the background reality you consider to be your exterior universe. Is all of this translating?

AUD: Yes.

B: Therefore recognize simply that one primary belief will always, in physical reality, extend itself to create a seeming system of beliefs with which it becomes surrounded and supported so that the primary belief can have a place, can have an existence, in physical reality. No belief will exist unto itself in a void, as you say. Every belief brings with it a complete and total entourage, if you will, a complete and total set of props. A complete and total backdrop, a complete and total stage, and a complete and total audience receptive to that particular play.

AUD: Ah! Huh!

B: Ah! In this way, therefore, allow yourselves, if you truly desire to change the primary focuses in your lives, the primary beliefs that you are allowing yourselves to be in touch with – do not play them out in
the same stage. Allow yourselves to know you are in a completely different locale. Everything has changed – everything. You follow me?

AUD: Yes. Mmhmm.

B: Thus then, you can recognize that whole systems of reality – not just one portion, but the total system of reality that you perceive your lives to be – will then change from system to system, not just particle to particle. Everything will transform in that way. Many individuals in your society simply have but to realize that many of the things they wish to see occur, many of the things they desire to see validations of in a particular specific sense, will also occur if they will change the entire system first. Then all the particles that go along with the representation of the new system will also be there as well.

You can do it either way. As we have said: cause and effect are the same event; you can work it from both directions. You can have a cause, which creates an effect; you can have an effect, which creates a cause. You can change the whole system; you can change a specific within the system. And in every case both the specifics and the system change. You can work it from either end – inside out, backwards/forwards, upside down. It doesn’t matter.

Simply when you do make the change, allow yourselves to function as if a change has occurred across the entire spectrum. Otherwise all you are doing is focusing yourselves into a localized specific effect. And you do not allow yourselves to see how the change you have made in yourselves has made a change in the reality you desire around you to see.

You follow along?

AUD: Yes.

B: Sharing.

1

1
Taking It In Stride

Q: Hello Mr. Ambassomat!
B: Hello, Mr. Ambassadorable.
Q: Thank you very much. I was wondering if you would pick up on the reverse and call me Mr. Diplodoor.
B: Thank you.
Q: Another variation.
B: Yes.
Q: I have a very deep, probing, incisive question for you tonight.
B: Oh, all right, surgical precision about to take place.
Q: Do you have any money riding on the World Series?
B: No.
Q: Actually I don’t really have a big question or anything. But I have been fascinated by the perturbations in our status quo.
B: Oh, all right.
Q: Status quo.
B: Yes.
Q: Our earthquake a month ago or so…
B: Yes?
Q: And now…
B: And then your economy quake.
Q: Yes. (10-87)
B: Everything is being shaken up.
Q: Yeah. I was really…I just am really proud of us for not panicking on this thing.
B: Yes.
Q: You know, we got our computers…
B: You notice the difference now!
Q: Yes.
B: Yes. You are taking it in stride: “Oh, just another major economic upheaval! Just another symbol rearranges itself again.”
Q: Yeah. And I got the feeling that people were going: “Hey, we can have here large perturbations without the sky falling in, so to speak. And, oh, now we can relax, because it’s not going to happen disastrously again.”
B: Very good.
Q: Yeah. So I think this was the year for that, isn’t... you said something like that, didn’t you?
B: Yes. What you call you ‘87 has been, in many ways, the Convergence and the Year of Manifestation and Recognition. Your year of ‘88 – if we can apply any label to it at all – could be the Year of Conviction.
Q: Yeah. As a result of seeing...
B: (Mutterings from the audience, as the channel’s head swivels around, sweeping back and forth) Oh, oh! Conviction! Oh!
Q: As a result of seeing these perturbations not be disastrous.
B: Yes.
Q: Yeah.
B: Thank you!
Q: Any, quote/unquote, predictions for Halloween in terms of a perturbation in some other area?
B: Just the story that we have to share next week of your time.
Q: Oh, that’s going to be...
B: That might shake a few of you up a little bit.
Q: Okay. Thank you, Mr. Diplodoor.
B: Oh, thank you very much. Sharing!
Taking the Middle Road

Q: Talking about going into different dimensions... yesterday I was in meditation, and during the meditation I saw seven doorways. I think they were doorways, and I stood next them, and like, I think I threw a piece of paper in; it sucked it in, and so I just went away from it. Can you tell me anything about what that was?

B: Bring up the feeling within yourself.

Q: I’m scared.

B: Why? Why fear?

Q: Because I didn’t know what was on the other side of the doorway.

B: So what. May I ask you a question?

Q: Yes.

B: Why do you make the assumption that if you make a motion, that your first reaction must be, or must have been from fear?

Q: Maybe it was doubt?

B: Much the same thing. Why negative?

Q: I think it is just a subconscious thing... a black hole. I don’t know what is on the other side of it... I would be fearful of that.

B: You would, why?

Q: I don’t know what’s inside.

B: So what.

Q: So, then I’m not going to go into it.

B: Why not?

Q: Because I’m afraid.

B: Why?

Q: Because it’s dark.

B: So what.

Q: I don’t like the dark.

B: All right. So, turn on the light.

Q: There wasn’t a switch.

B: There is within you.

Q: I don’t know where it’s at.

B: Yes, you do. It is within your imagination.

Q: So, the next time that happens, just...
B: Go...
Q: Look for a switch. (Audience laughs) I would like to ask you another question, if I can? I’m getting little bumps all over my arms and stuff, and they itch like crazy. Do you know what that is?
B: We have gone through this before.
Q: When?
B: Many times in many different ways.
Q2: With me last Thursday.
Q: I wish him luck.
B: You do?
Q: Will you go over it again? (Audience laughs)
B: What have you already decided for yourself that it might be representative of?
Q: Just toxins in the bloodstream.
B: For what reason?
Q: To get rid of some toxins flooding out to the skin.
B: In that you may be creating the idea of your skin to be, what you recognize, as a barrier between the outer you and the inner you. Many times, many individuals upon your planet are forming, let us say, allowing the idea of your skin to be the representational borderline between the inner you and the outer you, in a literal manner. Then many times any so-called fears will allow your skin to become the battle zone in the blending of those ideas because you will be making a distinction, here is where I end, and all of that stuff begins.
Q: Well, that’s true for a physical being...
B: It is not.
Q: Yeah, well, we live in an illusion and I...
B: Yes, it is an illusion. And the idea is to simply know that you are infinite, and that if you remove the depth and the limit of your perception beyond the level of your physical body, then you will not allow that membrane to have to take the load of filtering the outside to the in, the inside to the out – merge, blend.
Q: So, just sort of stay peaceful?
B: In a sense, you can draw an analogy in your society that individuals who recognize that there is a choice in situations not having to affect them negatively are, in your society, called thick skinned for a reason. The idea is that their focus is not so precisely right on the border between inner and outer. They are more diffused. Things do not have to affect them negatively because they are not allowing there to an abrupt transition between the inner and the outer. They are able to create an absorption gently. Because it is a diffused idea, where they end and where reality, out here, begins... where that ends and they begin... is nebulous.
Q: Well, his reading was good on it, love’s connections. How did it function?
B: Mint, and energized by you or someone else with blue/white light, water. One idea which can assist you, again, that other individuals have found assistance with because it is a product of the mass consciousness, will be to immerse yourself in nearly body temperature water; so that there will be less distinction between where your body ends and the outside world begins. That is a meditation, a physical meditation that can allow there to be a blending. You follow me?
Q: Yeah, I did that last week and then added some salt…
B: All right, just water. Energized water, near body temperature.
Q: Energized, does there have to be white light in it?
B: Yes. Then relax…
Q2: There doesn’t have to be salt?
B: There doesn’t have to be. You can take advantage of the natural crystalline vibrational arrangement of water.
Q3: How?
B: By aligning it with your own auric electromagnetic, blue/white energy field. Thank you.
Talking to Yourself

B: All right I’ll say, allow me to remind you, before we continue with the idea of interaction, that each and every thing that has been shared this evening of your time, each and every idea you have allowed yourself to understand has not been because I am so much wiser. Simply recognize, that anything that you allow yourself to hear, anything you take to your heart has been because you have been willing to say these ideas to yourself. Therefore, recognize you do not need me, you do not need us, you do not need anyone, at any given time you desire to recreate the same degree of conviction you have created for yourself within the interaction, and to create for yourself whatever you know to be true for you – anywhere, anytime. You follow me?

Audience collectively: Yes.

B: Sharing.
Bashar
Circa 1995
Tau Ceti & Quetzalcoatl Interactions

Questioner: Will there be any interactions between the Martians and the Tau Cetians before the Tau Cetians interact with the humans?
B: There is already some degree of interaction, some of it a little more clear, telepathically, than the interactions that already are beginning to exist or be created between the Tau Cetians and earth humans, but mostly this is through what you call the Shamans.

Q: Okay. There has been an allegation that the Anasazi Indians practiced cannibalism, because some of the bones that were found, the bone marrow was chewed out. Can you confirm that?
B: This was what you call in isolated events in certain off-shoots from time to time due to certain circumstances and hardships and also from time to time due to certain, what you would call, religious beliefs or alterations in their beliefs.

Q: Does that extend from the Martian culture?
B: No.

Q: In Mexico there’s been, along with the UFO’s that have recently been seen, there’s been some green orbs of light streaking through the atmosphere. Any comment on that?
B: No.

Q: I recently watched the Miami Connection.
B: Define.

Q: A replay of the Pleiadians, they’re claiming now that they have a contact in Miami?
B: No comment.

Q: What was brought out was that Quetzalcoatl and the Pleiadians’ ships that were seen with the Billy Meier’s incident were identical to the ones that have been seen in the Mexico City . . .
B: As we have said, “the plethora in an around your Mexican area do, in many cases, not all, many cases represent what you would call the return of the consciousness of Quetzalcoatl and some of the beings that are of that species. It is connected or cross-connected to some of the Pleiadian concepts but it is not identical, there is more than one aspect to the concept of Quetzalcoatl. Some of them are different in the same way that you have understood, in Cosmic Voyage, that there are differences in the Greys in terms of time value. So in the return there is a more ancient connection than what may, in your terms, be the present connection or cross-connection to Pleiadian consciousness.”
Tau Ceti Transmissions and the Starlight Coalition

B: Good day.
Q: Good day to you, nice to be in your presence once again.
B: And yours as well.
Q: The first thing I’d like to request is if the timing is auspicious for an interaction with the beings from Tau Ceti?
B: Move on...(Much laughter from audience) Though we will give you this: one moment...one of the strongest ways to pick up on their frequency at this timing is to more strongly identify with the life form on your planet that is already capable of being sensitive enough to pick up upon the leading edge of their consciousness transmission. The life forms already sensitive enough to translate and perceive the leading edge of their transmissions are, what you would recognize as, the tall pine trees. Begin more interaction in identifying, that is, synchronizing your frequency to that of the tall pine trees, spruce and the like, that are already acting as antennae to pick up upon their energy. For it is a subtle thing now, and as you identify and lock, step, and harmonize with their energy, that is the energy of trees, you will begin to act also as an antenna for the reception and orientation and clarification and incorporation of the Tau Ceti vibration. Was that transmission clear enough?
Q: Yes, thank you very much. The next question that I would like to ask you is are you familiar with the group of individuals on our planet that come together and call themselves the Starlight Coalition?
B: Define.
Q: It is composed of individuals, mainly astronauts, Ed Mitchell, Gordon Cooper and Brian O’Leary, and they’re here to brief high officials with the best information. And they’re working with Laurence Rockefeller to get an executive order to grant immunity to any individuals who break their security oaths regarding UFO information, to bring this information to mankind.
B: All right. And so?
Q: I was wondering if you could perceive...
B: Watch what you ask. Watch what you ask! Be aware, alert and conscious of what you are now saying. Proceed if you dare!
Q: Do you see this plan coming about?
B: Watch how you ask. You know better than this.
Q: Long pause...
B: Do you see yourself assisting them?
Q: Tape ends...
From Robert 5
10-25-95
Tau Cetian Revelations

B: Yes.
Q: To continue on the line of questioning about the nuclear detonations in our atmosphere and below ground, are they, the current ones, I think China detonated one last fall, above ground and France below ground, are those partially responsible, the above ground detonations...do they last about 90 days...reverberate in the atmosphere?
B: 180 days.
Q: And are they partially responsible for some of the whales beaching themselves?
B: That is something else but it is a long legacy of connections to the idea of alterations to that ecosystem on the part of experimentations that your species has done.
Q: And have the current below ground detonations been partially responsible for some of the recent quakes that we have had in San Francisco, Los Angeles and Mexico?
B: No, none of them.
Q: Okay. And are all passing comets from the explosion of Maldek?
B: No, many of them are, as many of your scientists understand, from the original formation of your system. It coalesces in its solidification or crystallization as a planetary system, many such remnants formed naturally in rings and halos around the star.
Q: So they have been with us for billions of years then?
B: Yes. There are a few, in that sense, relatively speaking, though even this may be thousands that were generated from the Maldek incident, but this is by far nowhere near the amount of debris, in that sense, that exists in total.
Q: To change the subject recently was in contact with some information from George Andrews... 
B: Yes.
Q: he gave the first description that I had heard of the beings that he calls the Browns, who are from Tau Ceti... 
B: All Right.
Q: he said that they would be not recognizable in a crowd of people, however, if you were to look at them closely they would not have eye lashes, they have Mediterranean bronze skin, mostly brown hair but occasionally black, and brown eyes.
B: Yes.
Q: And he also recommended that our government should work towards making treaties and agreements with them rather than with the Greys, as we have in the past...
B: Yes, it would be to your planetary benefit to form an alliance and a coalition with the civilization in Tau Ceti.

Q: And he also talked about the Blonds, who he said, “in ancient time were known as the Olympians.”

B: From time to time, some of them have been regarded as such, yes.

Q: And that they were divided into several different groups and that they were, in his reference, very wise and sagacious?

B: Again, there are many varieties of entities that you might refer to as the Blonds, some of them are representative of that group, some of them are not.

Q: And a personal question, as we interact more with the Pleiadian beings, what electromagnetheric bandwidth will we find them on?

B: Obviously above 144,000 cycle per second. Note: This is the beginning of the 4th density threshold level

Q: And they claim to be able to time travel, as well as the Sassanians and Greys, do you all use different types of techniques to travel in time?

B: There are slightly different methodologies but it is all based on the same fundamental principle. But yes, we have different technologies, just as you have different technologies to travel in the way that you do.

Q: And do you all require ships to do that?

B: Not all beings require ships to do that, no.

Q: And the last things I would like to talk to you about before I get to one of my homework assignments is, what are some of the conditions that exist in the formation of the natural monatomics…that we find naturally? Does it have to do with the combination of elements or pressures, et cetera?

B: It will have to do with heat, sometimes with the combination of elements as they interact as catalysts for each other, only very rarely does pressure really play a part, per se, although it can if it generates a sufficient amount of heat in a local. Mostly it is the heat and the combination and, of course, that there be a sufficient amount of transitional elements in the mix.

Q: And does it have anything to with the... any kind of etheric blueprint that might be laid down?

B: Everything has to do with the etheric blueprint that winds up in physical reality. Yes, of course, it is part of the etheric blueprint.

Q: In the sense that it was specifically laid down for use in the physical plane?

B: Yes.

Q: And the last thing is, when I asked you about Neptune having the ability to emit three times more energy than it takes in from the sun, one of the anomalies that I found in searching this out was its moon, Triton, which has, according to the source I was reading, the only retrograde satellite in our Solar System and...
B: And
Q: ...and the fact that it is ninth planet which is the 3 x 3, and I was wondering about Triton, was it a capture satellite or is it from Neptune itself?
B: It is part of a rebalance of a disturbance, an ancient disturbance in your Solar System from the passage of large bodies.
Q: Was it struck and set in its motion?
B: Not struck so much but gravitationally perturbed.
Q: And were Pluto and its moon...
B: It is interesting how you continual to come up with more last questions. Audience laughs
Q: It was in reference to Neptune and its generation of more energy coming out, I was wondering, was Pluto and its moon originally a moon, a satellite of Neptune?
B: No, but of something else of which you know not. Thank you.
Q: Thank you very much.
B: At this timing we once again extend to each and every one of you our appreciation for the allowance of the establishment of the link at this time...one moment...one moment...one moment...one moment...one moment...one moment...one moment...one moment...one moment. Each and every one of you take a deep breath...and a second...and a third. One moment....one moment...a new link is being established for the purpose of accelerating the connection and association and interaction of your system with that of the system of Tau Ceti, so that
   diplomatic relations may begin in short order. We thank you for allowing a new web, a new strand to be crystallized; this will become intermeshed in some future interactions and brought forth. We thank you and good day.
Audience: Good day.
Tau Cetians
Circa 1995

Questioner: A few things on the beings from Tau Ceti.
B: Yes.
Q: Do they have the need for foodstuffs?
B: Yes, but different than you understand.
Q: Do they sleep?
B: Yes, but a different way than you understand.
Q: Do they have speech to communicate or are they telepathic?
B: Yes, yes.
Q: Do they experience emotion?
B: Yes.
Q: And the fact that they don’t have eyelashes, what type of atmosphere are they used to on their home planet?
B: It is not too unlike your own, it is simply different environmental and genetic conditions that have resulted in that idea.
Q: Do they have reproductive capabilities?
B: Yes.
Q: Similar to ours?
B: To some degree, for the most part there are a few subtle differences enzymatically.
Q: Are they more carbon based or are we more carbon based genetically?
B: You are both in a sense carbon based and you both exhibit attributes of energization of silicones as well.
Q: What type of ships will we recognize as theirs?
B: No comment at this time.
Tau Cetians on the Dream Level

Q: Are the beings from Tau Ceti humanoid?
B: Yes.

Q: Are we interacting with them on a dream level?
B: Yes. There have begun to be some dream level interactions since about, what you would call, your 1950s.

Q: Is it a binary star system, where these beings are from?
B: No.

Q: Is there a home planet?
B: Yes.

Q: Does it have a name?
B: For now just allow yourself to go by the name you have given it. It is premature to label things in these interactions now. The interactions with Tau Ceti individuality, as we have said, are potentially coming up in your near future. No more, at this time, right now about them.

Q: Do beings from a binary star system have two heart chakras?
B: Not necessarily, no. It doesn’t necessarily always work that way, although there are realities in which that could be probable.

Q: Thank you.
B: Thank you.

Tau Cetians on the Dream Level
Nuclear Stability

Q. There was an attempt to stabilize the tectonic energies, and... B. There have been several such attempts, are you referring to a specific attempt? Q. Yea, the one off the coast of San Francisco, the big craft et., et. B. Yes, Yes. Q. Which is uncharacteristic, that 's not the question. .. What I wanted to get at is have also mentioned that there was a possibility of a nuclear device in the Middle East falling into the wrong hands. B. Well falling into hands. Q. So it’s seems uncharacteristic of a craft to alter tectonic plates, but that’s okay, no judgment there, why would they not want to help on the nuclear side the real question is, what are we supposed to do with information that you give us like—a nuclear device in the next three years into certain hands ? B. What ever you want to do with it that’s the point. The idea of the assistance that we are capable of giving is simply a matter of reading the collective consciousness of your planet to see where the likelihood and momentum of your collective energy may most likely, most probable be headed concurrently with taking an assessment or a reading of the collective consciousness es willingness or ability to make certain changes, and that reading of the willingness or ability to make certain changes on your own is what gives us whatever degree of permission we are given by your collective consciousness to interact on certain levels with certain events . We are not in anyway shape or form intervening or interfering. We are acting to the degree and only to the degree that we assess, based on the reading of the collective consciousness’ willingness to deal with that energy to begin with on it’s own, so we can give you a little bit of forewarning and a little bit of insight into certain things that you have given us permission to give you some insight about because you are all ready expressing a willingness to take responsibility and deal with the information in your own way, and on your own terms. That is the only kind of interaction that we can actually have with you. Does that make sense? Q. Yes
Teenager Help

Q: Though the past four or five years a lot of teenagers come through my doors. I’ve opened them up to metaphysics. Is there anything more I can do for them?

B: You can continue to love them. You are giving them what they need. By assimilating the things you are discovering coming through your doors, or by the doors you are walking through, you will expand in ways that will give you more information to share with them.

So simply continue to grow, to learn as you are doing, with excitement, with joy, with love, with giving, with sharing. You have been a teacher many, many times. You are comfortable with the scenario, and they are comfortable with you.

Q: Is there anything I can give to their parents that would assist them? Especially the ones that are homeless.

B: You can keep their parents after school. At this point, not really. Except perhaps your views of how much you do love them. And your view on the potentials you see within them. So that they may focus on the potentials, rather than what they may be perceiving as the lack.

You follow me?

Q: Yes. Thank you.

B: Thank you very much.
Teetering in Uncertainty

Q: So the thing I’d like to discuss, I have a tendency to maybe. . . .
B: You what? In this day an age. One moment I am making sure I heard you correctly—I have a 
tendency?
Q: I know that my spirit is one of an activist, and, sort of a warrior.
B: Sort of?
Q: And a warrior. I’ve attempted to put my sword away back in it’s velvet sheath.
B: You just have to learn to use it differently, you don’t have to put it away.
Q: And, I think I am. It’s just that I’ve become very aware of allot of things. Allot of conspiracy type 
things that could make one feel very uncomfortable. And I feel. . . .
B: Were you present earlier in this communication.
Q: Yes I was.
B: When we talked about the idea of paranoia being it’s own reward
Q: Yes I was, but I don’t see it as paranoia because I don’t think I’m necessarily paranoid.
B: I am not saying that certain things that people on you planet say exist, don’t exist. I am not saying, as 
many of you all ready absolutely know that there are not covert organizations on your planet, and I am 
not saying that many of these organizations do not engage in certain programs that do bring about some 
of the things that some people on your planet have said that they do. I’m not saying that they don’t exist 
but as always from the beginning I still say—“your vibration determines the reality you will ultimately 
experience and exactly how much effect they will be able to have on you is determined by how much 
effect you create them to have upon you.
Q: Right, or how much power I I give that particular idea.
B: Yes.
Q: That’s my challenge because I want to be informed about this stuff, I don’t want to ignore it, I don’t 
think that’s the right to do
B: All right don’t ignore it.
Q: But I don’t want to get paranoid and create that.
B: All right then don’t. What makes you think you will?
Q: Well because some of the information is pretty chilling and. . . .
B: All right. One moment back up, we have hit a core issue, we have hit a core issue. Are you with you 
know?
Q: I’m with you.
B: All right.
Q: Are you with me?
B: Oh absolutely and always and forever.
Q: I feel it and appreciate it.
B: You want to live in the vibration that you want to live in, you don’t want to ignore anything and you don’t want to get caught up in what you don’t prefer.
Q: Correct, thank you very much for putting that together.
B: What does this say? One word—uncertainty. You are teetering in uncertainty about your innate ability to decide what is true for you out of all the things you know are true. You can know that something is happening, you don’t have to ignore it, but to know it doesn’t mean that you choose to experience to the same degree that thing that others might
Q: Right.
B: Again, it is the library analogy. You know that all those book are on the shelves some very scary horror novels are there. You know they’re there you can look at the titles, someone asked where can I find the book called the end of life as we know it? Right there, big and bold, black and white, polarized letters right there, there it is. You can even maybe scan through—look oh isn’t this interesting. Look at this the death of all life is a most horrible fashion, look at that isn’t that interesting? Wow, wow, but you don’t have to check the book out of the library if you don’t want to, and if you don’t check it out, it’s not your really. You can go into that space and become aware of all the negativity you want, if you want to call it that. Remember: as we remind all of you, the more expanded you become the more aware you become of negativity as well as positivity. The more you expand the more you become aware of the dark and the light, but just becoming aware of it doesn’t mean that’s what you choose.
Telepathy and the Written Word

Q: On Atlantis and Lemuria, did they have a written language?

B: Yes. Not so much in Lemuria, except in later times. In the beginning times, no... all the beings were telepathic and had no need, except perhaps, for artistic reasons. But it was not really a language as such, it was simply pictograms that when looked upon would instill within the mind of an individual looking upon them ALL of the information that was instilled by the original individual who had created the pictogram, as if it were a holographic, mnemonic device, in that sense. Language was developed more highly later on in Atlantean times, in the form that you now understand as a written language.

Telepathy and the Written Word
Template Metaphysics

Section One:

Now, since this chapter is the completion chapter of the main body of the work so far, allow us, at this time of your time, to deal with the idea, the overall idea of the work being that, which we have called in your language, "Template Metaphysics." This idea, this foundational reference, will be seen to be just that, "foundational reference;" and through this chapter we will indicate and apply this reference to all the different ideas within the different chapters we have previously discussed, allowing there to be an indication of how this reference underlies all the different disciplines upon your world.

To begin with, as we approach the idea from what you call the scientific point of view, you will find that what we call "the template" will be a reference to:

· The underlying substructure of that which you call physical reality.
· The underlying substructure of that which you recognize, at this point, to be the underlying physical substructure.
· The energy-homogeneous field out all matter, space and time are created.

In this way, you can recognize that while your scientists are searching for their unified fields, and as they allow consciousness to become a part of the equation, as we have said, they will begin to discover a field, so to speak, which is not a field, which will be represented by this idea we call the template. It is the underlying support system of all that you perceive to be physical and is, in and of itself, not really so much physical as it is implied. It has more to do with what your physicists understand to be, what they call, implicate order, enfolded within the idea of your three dimensionality.

Now, this template will touch upon many dimensions of reality, but its bearing will have a greater effect, in an actualization sense, upon the three-dimensional reality you relate to as your reality. From the scientific point of view, that everything is an equation which balances out, you can look at the equation that represents the template as both a linear expression and a geometric representational solid form, symbolic form.

The linear equation will be as follows: \( X+Y+Z+T+(−X)+(−Y)+(−Z)+(−T)=0 \).

Now, this idea, each factor with a plus in between, adding up to the idea of zero on the other side of the equation, will represent the basic balance and imply the so-called nothingness out of which all is created.

The geometric figure (See Figure 1), which represents this, will be a double-pyramidal tetrahedron, base to base, one pyramid pointing up, one pointing down; each being three-sided, having a common base, two apexes, one up, one down. The common base, the three points that form the common base for both tetrahedrons will be both the X, the Y and the Z points, and the negative X, the negative Y and the negative Z points. The upper apex will be the T point. The lower apex will be the negative T point.

Figure 1: A Double Pyramidal Tetrahedron

Drawing a line, if you will, from the top apex to the bottom apex and passing through the central plane
which defines the X, Y, Z, -X, -Y, -Z points, the center of all those points will be the zero point; the center of the entire structure.

Now, the definition of this structure, of this symbol, is as follows: Your scientists have been delving into matter, rendering it down to smaller and smaller components, searching for the basic building block of all matter. To date, they have discovered the idea that the basic, so-called, building blocks of matter out of energy comes in thirds. These thirds they have represented as being what they call "quarks," in your language.

There will be, then, the six ideas of this double tetrahedron. The faces, one, two, three... top; one, two, three... bottom, represent the idea, so to speak, of the relationship of the quark, and in this way, will show how, using the tetrahedral structure, which is the basic three-dimensional structure you can have, they, as a solid, exemplify the idea of what you call, in your scientific terms, the "uncertainty principle." Being that the basic fundamental unit of matter is, as you describe it to be, the idea of the quark, the third part of any structure you consider to be a whole, so to speak, an active part. You will see in your uncertainty principle that you cannot know what you call position and momentum, simultaneously.

If you recognize, in any tetrahedral structure, the idea that the base, forming the X, Y, Z components of space, and the apex component of time, then, you can recognize that, in the tetrahedral structure, any facet, any face of the tetrahedral structure, will contain, at any given moment, either only, if you take the base to be one face. All the X, Y, Z components of location in space, and none of the components of T, time, and, hence, none of the components of the idea of momentum but only the component of the idea of position; or any of the other faces, each of which, being in a plane that you can measure, which is open to you to measure; the idea of any two position components and one time apex component, either: X and Y and T, Y and Z and T, or Z and X and T, but none of the three altogether of X, Y, Z. And, in this way, you can see that, while you have the complete time component and hence the complete momentum component, you have only two thirds of the position component and cannot know the third.

If you are measuring X, Y and T, Y, Z and T, Z, X and T, you will always have the T, but always be missing a third, which will define, in your third dimensional reality, the X, Y, and Z that you need, to determine position.

Now, this is the structure of the crystal, the basic foundation crystal which defines the template of your physical reality, and you will find that this is the only thing that bridges physicality into non-physicality. The idea of the location of objects, the idea itself of position in time/space, is the only series of "components" which is more basic than the idea of the physicalized quark. Time/space itself is the next component that is not strictly of matter; it is quasi-reality. But it is fundamental to the basic understanding of why your physical reality exists.

For you see the idea of space/time is, in and of itself, the methodology. The definition, the creation of space/time is, in and of itself, the methodology by which you create all matter and energy in your reality. And it is this idea, which you are located within such an idea, such a construct of space/time, which
gives rise to the idea that your universe is something physically existing outside yourselves.

Now, as it relates, this template idea, to all the other disciplines, religion, metaphysics, and so forth: You will find that it forms, as we said, the pattern upon which consciousness can allow the energy field to take the various shapes that it does, the various wavelengths, vibrations, amplitudes, modulations that it does, to form all the solidifications of the energy which rests upon, and is supported by, this template field.

You can, therefore, understand the idea implied in the triad in this way: How you have recognized, many times, that things are connected in the idea you call threes, as this will be a representation of the idea of the template crystal, the double tetrahedron, both positive and negative, pointing up, pointing down, to allow for all opportunities to occur within your universe. And by this one equation alone can everything be manifest.

It is this equation and the idea of the source of the consciousness at the zero rest point through which all ideas can be manifest into this six-sided, five-pointed equation which will allow you to recognize the unification of all ideas, all beliefs, all fields, all energy motions and all electromagnetic mentality in your universe.

This idea of the template is something which will, in and of itself, begin to bespeak an entirely new approach to what you call physics. It is, in and of itself, the place, so to speak, where you go when you travel in hyperspace, to the zero rest point, where all potentials are equally possible. You can then understand that all space/time, when you are at the zero rest point in what you call hyperspace, all space/time surrounds you in much the same way that the X, Y, Z, negative X, Y, Z, T and negative T components in the hyper template crystal surround the zero rest point at the center.

This idea, this solid equation, is all that is necessary to also recognize all of the idea of the source of self that is defined in all of your religions, all the idea of expansion of yourself that is defined in all religions. It is that all that you are, all that you are, everything that is, all that is, equals the nothingness out of which it all was created. All time, all space emerges from this nothingness. But it is not a nothingness of nonexistence. Existence always has existed. In this way, you can allow yourselves to recognize that it always will exist.

The template, the equation, on that level of basic, pure, fundamental existence itself, is something which you can allow yourselves to perceive as you need it in your physical reality, on whatever level your imagination allows you to perceive it, to allow yourselves to act as this crystal, as this fundamental beingness; which will show that the five points, five apexes and the six facets are all that give rise to the eleven-dimensionality that your physicists have described as being infolded into the entire idea of existence, as you perceive it. It is this structure, in and of itself, which represents all that you hold to be the expanse outwardly of your universe and inwardly of your universe.

The application of this idea will allow you to shift the vibration of the crystal into whatever you wish it to be - to shift its color, to shift its aspects, to allow it to resonate and harmonize and synchronize with every idea you have been, are now, or can become.
Recognize that, with this work, with the ability of your society to co-create this work with us, it is an indication of the fundamental recognition, the fundamental ability of your society to begin to recognize the blending it has created, and to know that the reality you have for so long considered to be only a product of the whim of a universe disconnected from yourself is now going to be everything you imagined it could be.

All of your religions will become knowingness. All of your science will become the same knowingness. All of your philosophy will become life worth living. And, with life/knowingness blended together, this will become the willingness to see yourselves at the center and as the source of All That Is.

This work will, in future times, be expanded by the interaction of your willingness to interact with it, with us, with all that you are, all that you are in contact with, and all that is in contact with you.

As, by the expression, you find yourself to be all the multidimensional facets, you will then discover all the facets that you share with everything else. And one by one, as you become the relationship of those facets, of those ideas, as you incorporate, with ease of creation, all that we have discussed in this work, then action, the same action that allows you to perceive a universe around you and within you and creation itself will be what you can directly feel, how you can directly act, what you can directly perceive yourselves to be - creation itself. And you will allow yourselves to become the total idea of the relationship of everything within All That Is.

And in that seeing, in that knowingness of yourself as the relationship of All That Is, you will become All That Is. Therefore, all of your faith, all of your scientific instruments, all of the portions of your personality, all of your past, present, future, and alternate lives, all beings everywhere, everywhen, in all multiverses, and in all dimensions of experience and expression, all are a part of you, you are a part of all. You have heard this all before. This is all nothing new, and yet, and yet this is a new birth, a new creation, even though All That Is exists in totality, this is also your new creation of the totality of All That Is. This idea of paradox and polarity will also be included in your new understanding of yourselves.

As this work is completed, we extend to you all our greetings, our welcome into a new idea of yourself, which we will share with you in many ways in years to come, as you continue to create time to exist. Your own endeavors in the fourth density reality will be what we shall discuss briefly in the second half of this chapter of the work. This will be the ending of the first section.

Section Two

Now, as this work concludes, allow me to remind you that we are not better than you. We do not know everything there is to know, though we know that, on some level, we are All That Is, which knows all there is. Like you, we are travelers through the universe of our being. We have our own discoveries. We have our own creations and our own co-creations, one of which is with you and your civilization. We share the exploration of ourselves and yourselves so that we may both grow in understanding of that much more of All That Is. And, in our sharing, there through our creations, becomes that much more of All That Is for both our civilizations to explore together.
The time is approaching when we and others will be able to interact freely upon the surface of your planet once again with you, as you conclude the 25,000-year cycle of separation from the All That Is that you are, and allow yourselves the integration and integrity to recognize that you have every right to have the type of reality that you wish upon your planet; harmony, unconditional love and peace, and the self-empowerment and the freedom of choice to create them and all that comes with it.

These ideas will be explored by you in your fourth density state.

Disease will be a tool you no longer need. Your life span will increase to include the expanded idea of yourself, not requiring many lives to act out any particular idea you wish to physically experience, but being able to contain it all in one extended life. And these lives, these physical lives will occur less frequently as you allow yourselves to recognize that all that you have considered to be your karma is completely self imposed. And you allow yourselves to know that the cycle of reincarnation in this particular plane is something, as a tool, you are also through with... almost.

You will see and perceive energies which you will know to be extensions of yourselves, and you will see in those extensions and those energies how those energies form one idea, that each of you, without losing your individuality, can perceive to be one being that you all are. Recognizing the multidimensionality that you each are will allow you to express the individuality, the diversity, the uniqueness that you are, that much more boldly and creatively and lovingly.

You will all know that, with your own self-empowerment, you are all as powerful as you need to be to have any idea upon your world manifest in any way, shape, or form that you wish, without needing to force your views upon anyone, nor make anyone do anything to make you feel powerful. If you know you are powerful, you do not need to make anyone else make you feel powerful. Ah these ideas will be blending in your fourth density state.

You will be breathing a new atmosphere, which will be an extension of the clarity of your own consciousness, and it will be both crystalline and sweet, perfumed with the sweetness of your own unconditional love. The vibration of the Earth crystal will be in harmony with you. The green of the emerald Earth, the blue of your knowing spirituality, and the violet of your all creating consciousness will be the banners that you clothe your world within and that you expand into space upon your ships, as we have done, as countless civilizations have done.

You will be, much as we are interacting with you, interacting with other civilizations, allowing your unconditional love and service to All That Is to allow them the choices that you have allowed yourselves and offered us to assist you with. You will live full lives on all levels of your being; in joy, in love and light and laughter.

Allow me to remind you, all ideas of separation and the mechanism that perpetuates separation will dissolve from the fabric of your society. All will be perceived as interwoven, inseparable, though, once again, will be perceived as individualized. And in this way, you will beat with one heart. You will think with one mentality. You will believe with one knowing idea. And in all of this oneness will still be the granting of validity to the infinite diversity and further recognition of yourselves as All That Is.
We transform with you and, as such, as you blend within yourselves, your pasts, presents, and futures, so, also, do we.

This work shall be the signpost for us of that transformation and the last information we shall communicate to you in the manner we have communicated it. There shall be, from this point forward, for us, a blending, as well. And this will mark the beginning of our willingness to interact with you in fourth density consciousness reality. For all those that shall now interact with us will be of that vibration alone.

Dr. Chandley: It has been presented that a relationship exists between musical notes and combination of notes and alphabetics. There seems to be an understanding that the alphabetics from music, as in Mozart’s 24th piano concerto and in other works of Bach, may possess information that appears to apply to the process of integration. Can you comment on this idea?

The Association: Very good. Recognize that many of what you call mathematicians and composers and linguists have all recognized similar patterns of vibrational energy. These patterns of vibrational energy represent the nexus points of which we spoke that are indicative of the vibrational signatures, patterns which represent the overall mass conscious agreements and reflections and creations that formed the definition of your dimension of your universe.

Thus, you will find that when these vibrational patterns are re-expressed in various ways, by playing the music, even vocally, or through language, or even mentally, these ideas will be in synchronous harmony with the vibrational patterns which already exist in signature form. As these vibrational patterns are expressed, they impress themselves upon the electromagnetic flux and fluid and field of your planet and your universe.

These ideas you chose to experience are those that are in harmony, in synchronous resonance with those patterns that already exist in the template that defines the reality you have chosen to experience, and thus, will carry the greatest weight for you, the greatest force for you.

They will reinforce themselves with their own standing waves. They will be reflections of the resonant harmonies that already represent the foundational structure of the reality you are experiencing. And that is why they are felt through the ages and why you consider them to be eternal. Do you follow me?

Dr. Chandley: Yes, I do. Can this musical harmonic be translated by a medium in words, while in trance listening to the music?

The Association: It can be done.

Dr. Chandley: Thank you. From one point of view, it is said we can program our subconscious mind to work out problems or situations while we sleep. This is an idea that has come up in many of our articles in magazines.

The Association: Yes.

Dr. Chandley: But it never says how this programming can be done.

The Association: You have many, many beings upon your planet that suggest various methods of how.
Recognize, it is, again, simple enough to allow yourself to go into your imagination, recognizing that your imagination, as the tool which vibrates in harmony and resonance for you, is programmed for you, and whatever your imagination tells you is the way you can do it, will be the way you can do it; whether it be as simple as simply telling yourself this is what you will do or inventing an hour-long ritual to allow yourself to know you have arrived at the proper conclusion to know that this is what you will do.

Dr. Chandley: So, a ritual would work, if that’s the bridge to having no ritual at all.

The Association: If that is based upon your belief system, yes.

Dr. Chandley: And if it is not based on a belief system?

The Association: You will find out in short order.

We will thank you for your gift of unconditional love in the creation of yourselves as you are, and the allowance by yourselves, your willingness to interact, and your willingness to create. We love you, deeply, from the very core of our beings. And we will communicate with you again, through another facet of our being.

This will conclude the main body of the work.
If you want something to manifest you must be the vessel through which it can manifest, otherwise there is nowhere where it can manifest. If you are not being that vessel, how can it manifest? You have to be that state in order for the reality to manifest. Again remember, life doesn’t happen to you, it happens through you. If you’re not vibrating like the gate it can’t come through the gate.

It cannot manifest, it cannot crystallize, it cannot solidify. You can be the idea of a cup all you want, it won’t hold water! You have to be the cup, physically, to hold the physical water.

Most of you rely only on the concept of the imagination to be the manifestor instead of understanding that physical action is the expression of the imagination, when you don’t make a separation between physicality and spirit. There is no separation between belief and action. Your imagination becomes real only as you are the manifestation of your imagination through the action.

If it really were real to you, nothing would stop you from acting it out. You would become one and the same with your imagination, and there would be no thought of there being a difference between you and your imagination. As long as you keep saying you have an imagination, you are not being your imagination, and that’s the difference.

You are creative thought. You are physical reality - you’re not in it. It is you. Be the reality according to the highest degree of the vibration of excitement that you are. You can imagine many things, but they are in ‘potentiality’ in your particular dimension, except for the one that is representative of your particular conduit of excitement. That one can physiologically manifest if you act upon it.
BASHAR PEARLS

Each and every one of you is a spark, a facet in the multidimensional crystal that your world is transforming into. Each and every one is a crystal unto yourself, your own master crystal, your own master vibration. This is your life of transformation, it is the end of the cycle of separation. It is the beginning of the cycle of integration, harmony, peace and love. You are all bright and shining mirrors, bright and shining stars. Allow yourselves to know that you can burn as brightly as you wish and you will never be depleted. You are infinite, eternal, bottomless. There is no height or depth you could possibly ever reach where you could find a barrier, a stopping point - none. The infinite is limitless - you are infinite. When you know that, when you ‘take that to heart’, you will be as joyous as the dolphin and you will have learned their greatest lesson.

PRAYER

True prayer acknowledges you will always work with whoever it is appropriate that you work with, on whatever dimensional level, but first and foremost, open yourself to those who are immediately in relationship with that you call your guides and with your immediate reality. The prayer idea is this - prayer must always be in the present to be effective because All That Is exists only in the NOW. Thus the true idea of prayer is to envision and to feel and to radiate and to ask and express gratitude for that which already exists. Instead of asking ‘please give me what I do not have’, prayer is for the asking for assistance to be shown what you already have because you have already been given everything. Everything has already been created in that sense. And the manifestation thereof is simply the process of being helped to be make aware that it is already existing within the reality of your vibrational preference. So, prayer is not asking for things that you don’t have, but asking for enlightenment to see what is already present and thus create or allow to be created the manifestation of that which is already within you.

The more you align with your natural Self, the more the transformation will impact you only in effortless and positive ways. That’s all there is to it. It’s unconditional love of yourself and All That Is and the willingness to behave as if you know there is no other choice but that reality for you. Thought, word and deed are one. Allow yourself to know this in every fiber of your being, in every cell of your essence. And allow yourself to live the dream, instead of simply dreaming about being alive. That’s all it takes.

One of the easiest things your guides can do is to draw your attention to something that is already in front of you, rather than having to concoct a message from scratch, as you say. You can say, "I request whatever assistance can be given to me in unconditional Love, which of course by being given to me in unconditional Love will, by definition, not hinder the learning experience I require."

How to practice telepathy? Love. Because telepathy is actually telempathy. You see, no one is actually
‘reading’ each other’s mind. What you are doing when you experience psychic manifestation or telempathy is that you are identifying with someone so strongly that you operate on the same frequency that they do, so that you interpret creation in the same modality. You create the same thoughts out of the same energy of creation that they do. You parallel their vibration. Strong identification with another is called unconditional Love. That is how you can be telempathic. Have you noticed that those in your society that always seem to know each other’s thoughts are those who are ‘in Love?’ That’s why. They identify with each other so strongly that they create the same thought, synchronistically, at the same time. They know what each other is thinking because they are thinking the same way. That is Love. More willingness to Love unconditionally and grant absolute validity and equality to all other beings will allow you to become extremely sensitized telempathically.

It’s not about creating that reality - it’s really about attracting that reality. Everything already exists. It was already done by Creation, you don’t have to do it again. All you have to do is manifest it through you, in your unique way. That is how you are a co-creator. Don’t confuse the semantics of your language that says you are a creator, that you have to create the reality from scratch. No. You create the manifestation, the expression of a reality, an idea that already exists, through you, by acting like that reality. So it can ‘channel’ through you. You have to become the vibration before you can become magnetically attractive to that reality, so it can express itself through you. That’s why it excites you so much. If it were not so easily manifestable something else would excite you, instead. Because the universe does not do pointless things. The universe does not say, "I will make this your heart’s desire but you can’t have it!" Trust your heart’s desire.

Why base your happiness on what you think must happen outside you? BE HAPPY! And as you are happy you become the vibration of happiness, attracting all the circumstances and situations in life that reflect the concept of happiness. But - be happy because that is what you prefer to be - not just so you will attract those things Be happy and you will attract those things that are representative of happiness. This is not philosophy, this is physics! What you put out is what you get back. The energy level or frequency you operate on determines the kind of reality you will experience. It’s physics. You have to become a particular frequency in order to be the antennae that will receive an echo of the same frequency. Keep it simple.

It is ALL about vibration - about states of being.

Become as transparent as glass and all that is not of your frequency shall pass right through you.

When you are operating properly in your super conductive state, the physiological cellular structure and molecular structure vibrates at it’s maximum capacity, and in that high frequency range has total access to the electro-magnetheric level and all the dimensional levels above it. Since it is all made of light in that sense.

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What makes a super-conductor a super-conductor is that it vibrates at one coherent frequency, a pure resonant tone. That’s why it works as it does. Super-conductors are in that sense the electro-magnetheric version of what you understand on your planet to be lasers. Laser light being coherent light of one frequency only.

THE SPIRAL
The spiral is the activation principle of the manifestation of one reality into a dimensional frequency. In other words, there is structure and there is action - there is manifestation. A spiral is the energy representation, a mathematical representation, of idea into solidified reality. It is the activation energy. It is, in a sense, solidified emotion. Another way to describe spiral energy is as if you were looking at small vortices that fill what appears to be empty space, and connect to other dimensions of reality. What appears empty to you, what appears silent to you, actually contains the most energy, the most reality, the most information and sound. That is why becoming still, becoming silent, becoming quiet, taps you into the highest amount of information and energy. Because things that move at infinite speed seem to be standing perfectly still - because they are everywhere at once. When you become perfectly still you will tap into infinite energy, infinite information.
Tetrahedrons

Q: Hello.
B: Hello!
Q: I’d like to ask you some additional questions about tetrahedrons.
B: Tetrahedrons.
Q: I understand that they are the building blocks of the universe.
B: In a sense, yes.
Q: In a sense, okay, some of the questions I’d like to ask are what’s the difference on an energy level between an equal and a non-equal tetrahedron, where the sides are different?
B: The idea can point in what you would call a direction. In other words, that side or area that would be unequal may simply represent the tensor, the dynamic, which is being used, putting it simply, to literally point the way, point out the direction in which the energy is flowing. So, in other words, an unequal idea would represent a universe in motion to some degree.
That is why, to some degree, most of you only see the unequal sides of things, because it is in a constant state of fluctuation. When we describe the equilateral tetrahedron, we are basically describing the fundamental template of the universe – not necessarily one in action, in motion. Understand?
Q: Somewhat.
B: The difference between what you call potential and kinetic energy, in other words.
Q: Okay. So when you have a tetrahedron, where you have one side – that is, say – the back is flat, instead of curving this way.
B: Yes.
Q: You have the other two so that you can have the bottom flat, in a sense.
B: Yes. It represents the specific frequency of the kinetic.
Q: Okay. Then the energy is then going out the point – the most unequal point? Is that correct? Do I have that right?
B: Basically, yes.
Q: Okay. What I’m interested in knowing also…
B: Although there are reversals, polarity reversals of this idea that would allow it to occur in the opposite direction most strongly, in other words, if you have a flat side, and you stretch one side this way, that is creating a type of tension.
Q: Mhmm.
B: Therefore, the manifestation may be exactly in the opposite direction of that tension.
Q: Okay.
B: The tension, the point of focus, may then be the gateway through which the energy flows through and out the other side. It is like taking something, narrowing it down into a pin, poking it through a bubble, and allowing the flow of energy to come through and funnel out. But the way you distort the tetrahedron will indicate the type of flow, the concentration of flow, the direction of flow, to come out the other side – the mouth, the flat side.

Q: Okay, I’d like…

B: The side that is least distorted.

Q: Okay. I’d like to use the tetrahedron shape for healing and consciousness raising. It seems to me that there’s some good potential for that.

B: All right. Then you can imagine the idea – this is one way, allow your imagination to come up with variations on this theme – but you can allow the idea of a tetrahedral structure, a three-sided pyramid to be floating above an individual, allowing the base to be undistorted. And then, simply stretching the other three sides up into an infinite point, and allowing it to pierce the light of creation. And allow that to flow down and over and through the individual. Literally, like you are placing a funnel over them, and then poking a hole in creation, and allowing the light of creation to flood down through that funnel into them.

Q: Okay. I would like to bring some tetrahedrons into physical manifestation…

B: Go ahead.

Q: …for use in the home…

B: Go ahead.

Q: Okay. Can you…

B: Trust your imagination now.

Q: Okay. And just do it…

B: Play with it. Play with the tones they give you. See what strikes a chord within you.

Q: Okay.

B: Allow your imagination to tell you what each variation in the shape and the structure and the material will do.

Q: Great. Thank you.

B: Play with it like an instrument, like the instrument that it is.

Q: Okay. Thank you.

B: Thank you very much. You may all enjoy a short break. We will resume contact in approximately ten of your minutes.
All right, I'll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing our civilization to interact with your civilization in this way. Each and every time we are allowed to interact with all of you, we are given an opportunity to experience, through each and every one of you, a new perspective of the infinite and this expands our understanding of creation. So, we thank you for this gift.

We would like to begin this transmission, this day of your time, with the following idea that we will entitle, "The 3D Perspective." Many times we have talked about the idea, and many of you have heard it from other sources as well, about following your joy, acting on your excitement; but we also, at the same time, recognize that you are a polarized society. In other words, you experience a great deal of polarity, positive/negative, light/dark, yin/yang, as you say. And as you have created yourself to experience reality through opposites, even including the idea of the creation of your brain being, what you call, left hemisphere, right hemisphere and you attribute certain abilities to each hemisphere. Now, this is a generalization, of course, there are more areas of your brain that handle more things that you may be aware of, but for the purposes of this illustration, in general, there is, perhaps, more, as you know, of the so called analytical modality or perspective on the left side; more of what you call the imagination or free association on the right side of the hemisphere of the brain.

This duality, this polarity, often creates a bit of confusion with regard to following your joy; acting on your excitement. Because many of you, from an early age, are trained in one modality over the other, not that you don’t necessarily exhibit both to some degree. But very often, in your upbringing as children, many of you are trained to go in one direction, becoming either more analytical or more imaginative and thus, when you finally, perhaps, give yourself the opportunity to come to the realization that you can follow your joy and live your life through excitement, you will still have, as you say, a tendency, from your training, to choose to look at your joy, to perceive your joy through one modality or another. And, in that sense, it is not that you are not seeing your joy but you may, in a sense, only be seeing half of it or half of the ways in which your joy can actually be experienced by you. For example, an individual who might be more heavily prone to use intellectuality may recognize what is truly their joy but may not understand how the imaginative side of their being can also bring to them experiences of their joy in a mode they are not familiar with and, as you say, vice versa.

The analogy we would like to use is what you call your 3D glasses, as exists in your technology, with regard to your 3D pictures. The idea is that for the most part, though there are various techniques, one of the primary techniques that creates 3D movies on your planet is the utilization of overlapping images. Two images on the screen at the same time, one image polarized in one direction and another image polarized in another direction. These two polarized images, thus, then come to your eyes which are shielded with glasses that are also polarized; one lens is polarized to receive only the image from this
direction and another is polarized to receive only the image that is polarized in this direction. Thus, each eye separately receives a unique image, its own image; does not see both images and it is the brain that puts the two images back together to give you the sensation of the three dimensional picture. As such, the idea of looking at your joy only from the analytical perspective or only from the imagination perspective is like looking at it from one polarized lens and not the other. You may see your joy, you may recognize your joy, but you may be missing half of the **full holographic, three dimensional picture** by not allowing yourself to believe that the other side, that the method, has anything to offer you or has anything at all to do with your ability to experience your joy.

So, we would suggest that you would allow yourself to expand in your understanding that there is always something for you to explore on the other side, in the other modalities, in the other ways of going about looking at your joy and looking at your truth, looking at yourself and looking at your life and do not allow yourself to necessarily think there is only one way to see your joy. Thus, then you can expand your concept of what your joy may be and see how joy experienced in this way and joy experienced in this way can work together in harmony to give you a much more fully rounded picture and a fully rounded experience of all the ways that the joy that is you can be experienced in your experience of yourself, as a physical being.

Now, that is one thing that we would like to talk about in this transmission but there is another; the second idea has to do with something that we have mentioned from time to time but also have begun to mention more often lately and that is the concept on your planet that is often referred to as the Tao.

Now, when we talk about the concept that in your language or one of your earth languages is called the Tao or the Way; the principles in this concept are very similar, as many of you recognize, to many of the principles that we are talking about for understanding reality and how to live in the moment, in the center of your being, in present time; **staying in the present**. But when we talk about the Tao and that word is translated through the channel's brain to you, we wish to make it clear that we do not mean to emphasize the idea of any particular religion on your planet. We are not talking about Tao-ism. The idea that humans will take the recognition of a principle and make an "ism" out of it is another idea altogether.

But the Tao itself is simply one way to understand the **nature of existence** by whatever word you wish to call it, and there are, of course, many words to call it by. We are referring to it simply because that is one of the more convenient words that exists, that does most succinctly express the concept as similar to the way that we understand it in our civilization. So, please understand that when we use the term Tao, we are not in any way shape and form, as you would say, pushing a particular religion; just a concept that humans on your planet have happen to turn into a religious system; as has happened many times in your history.

We thank you for allowing to share these two ideas and perspectives with you this day of your time in this transmission. And in return for the gift you are giving to our civilization in allowing us to experience you through this gateway, at this time. I ask in return in what way may I and my world, now,
be of service to you?
Q: Bashar!
Q: Bashar!
B: You, and then you. Number one do you know who you are? Number two do you know who you are?
All right, good day....
Now our first step towards the understanding of your own innate abilities is perhaps to clarify a few definitions about who and what you actually are, even as physiological beings. Many of you now, in what you call your New Age of awareness have bandied about the notion that you may have more than five senses. You refer to the idea that you call telepathy and psychic functioning and ESP and all these ideas as mysterious, perhaps to some, not so mysterious perhaps to others as the sixth sense. In fact, you actually have eight senses. One of which is transcendental, seven of which are physiological so to speak. You are more familiar with your first five senses because they are more immediately based in electro-chemical manifestations of physical reality. These of course are what you normally call your sight and your sound and your taste and your smell and your touch. The other two physiological senses can colloquially be called, orientation and vibratory sensitivity or discernment, if you wish.

The idea of orientation is that which is relative to what you call space-time: the definition of physical reality to begin with. It is in what you call your sinus cavities and it is based upon the substance that exists in your sinus cavities called magnetite. This is what the animal consciousness upon your planet utilizes to navigate, what you may call a ‘homing instinct,’ or as many of you understand as a natural ability to simply know what direction you are facing and in which direction you must go to get where you want to go. Your space-time orientation is a true physical sense and it is one that most of you do not necessarily think about – in league on the same level in categories with the other five.

The seventh sense is what you usually refer to as the sixth sense which is vibrational discernment. This is the seventh level because in a sense it is more refined, more highly accelerated than the actual sixth sense of physical space-time orientation. The seventh sense of vibrational discernment is what inter-connects all of you on a mental electro-magnetic level. Where you are telepathically in touch at every given moment, whether you are aware of it or not, with every other being, not only on your own planet but on every other planet on every other dimension of experience that is connected to electro-magnetic phenomena at all. It is encased in the very cellular structure of your body – and the point of orientation, the point of manifestation, the point of ignition for the physical reality, electro-chemically speaking of the seventh sense of psychic reality is to some degree contained in the glandular systems of your body. Specifically the idea you would call the pineal gland and various centers of activity in the brain. Especially in the center of the hemispheres, what you would call technically, the corpus-callosum – in the very center.

These ideas, these membranes are very sensitive to electro-magnetic vibration and you pick up upon waves and frequencies of electro-magnetic thought patterns that are radiated by every living being in physical reality. You are part of a network, part of a web in that sense, and any string that is plucked anywhere throughout the universe in that electro-magnetic field, to some degree is accessible to you.
Those vibrations radiate out in various ways. And they not only radiate out in physical senses at what you would call the speed of light but they also transcend, in another type of wave length, into the eighth sense – the transcendental sense of Knowingness itself. Which simply stated means – every single different thing within creation is actually a manifestation of the same ONE thing, the All-That-Is, manifesting itself in all the ways that it possibly can, simultaneously.

So in a sense, as a physical being you are concocted out of seven particular dimensions of sensory experience with the eighth, the octave itself the encapsulating one, being the one of your innate knowingness, the one that is also representative of your origin point so to speak, as a non-physical being before you ever manifested into the differentiated spectrum of physical reality. You already, in other words, are in touch with every single line of communication, every single ability you need to be in touch with to do anything you want as a fully self-contained and self-empowered being.

Now this in no way shape or form means that you must act like an isolated person. That you have to cut yourself off, in that sense. Acting selfishly and saying, ‘alright, that means its all for me and forget everyone else’. The idea is to understand that there is a paradox in this notion – when you know that you are a fully realized being you know you are connected to the Whole. You know you are a representation of the Whole, one version of the Whole idea of existence expressing itself as the individual you are in this focus. As well of course as all the other individuals you are in every other life or dimension of experience in which you exist. All these lives, all these experiences exist simultaneously and you have access to all of them, when and where you need to. But the idea simply is that once you realize you are a part of the Whole, that you are the Whole itself, then you can understand quite logically, shall we say, that the support of the Whole is what will support you as well, most easily and most effortlessly.

If you think of yourself as isolated, truly cut off from the Whole, that is what creates resistance in your lives and difficulties in your lives and makes the things that you desire to have in your life take a long time. When you allow yourself to know that you can flow, as your version of the Whole, that the Whole of creation flows through you then you can radiate that Love, radiate that connective feeling outward. Be of assistance, be supportive, be loving to all reflections of yourself around you, which is what all other individuals are in reality – reflections of you. Reflecting, echoing back to you, all the different ideas that you need to look at to become who you want to be. And in supporting all those reflections, in supporting the total idea, you then are effortlessly and automatically supported in return. Rather than having to work at it as you say, struggle at it, strive for it, from an individualized point of view. Now the idea of knowing you are the Whole, in no way, shape or form – paradox again – removes the individuality that you are. It actually strengthens it because the stronger an individual you are the stronger version of the Whole you are, and therefore the more easy it is for you to support any other version of the Whole because you understand that all versions are equal to you. Just as valid because they are after all, reflections, of the same ONE Whole reality of which you are also a reflection of.
The Adolescent Stage

Q: My 14-year-old daughter is upset and irritated most of the time and she seems to be bothered about something. What might account for this?

B: All right. Individuals in your society, typically between the ages of 11 to 17, will be highly psychically connected to many different levels of spirituality. They can be very sensitive to it. In a sense, the only reason she seems to be bothered is simply because the individual has not focused on who or what she really is yet. And in a sense, both physical and non-physical reality can seem to be annoying to her. It is an extension of what you all typically think of as your "adolescent stage." It represents the timing of when you need to grow in awareness of the existence of other levels of spirituality that exist within you.

Q: And about my son who is eight years old?
B: All right. What about?
Q: Three years ago during his summer vacation he saw a big rainbow at that time. He enjoyed it very much, but after a while he started crying, and he cried a lot and prayed to the rainbow for a very long time. And after that, he started talking about his higher life and we were very much astonished and excited about it.

B: All right. But you see this is not uncommon for children at all. Children have not forgotten as much as adults teach themselves to forget. It’s very natural for a child to remember all the other connections that they have, especially the ones that are important to them in this life. The rainbow was a symbol representing this life being the last physical life necessary for that individual; the last physical life they will need. Also, the idea of being born physically to assist in the transformation of this planet in very bold ways, as a writer, as a speaker and to assist many through great service in these and other ways.

Q: Yes, I understand. This child also seems to have intimacy with robots and computers, just like he has intimacy for animals.
B: Yes. There is no difference in the mind of a child. Differentiation is taught; not natural. Now that your society is differentiating less, the child does not have as much to forget. Your society is allowing there to be fewer differences. Then the child does not have to learn so many differences— and therefore, does not have to unlearn so many differences. A child has an affinity for everything.
The Age of Aquarius

Q: What really is the Age of Aquarius, or the New Age?

B: It will be, in what you term to be physics and in a mechanical sense, the idea of the acceleration of the rate of vibration of your existence from third density to fourth density awareness.

In other words, it will be the collecting together consciously of more of your awareness of yourself, in that way. And it will be represented within your society, within the idea of having created for yourself a more clairvoyant, that is, clear-seeing view of exactly the fact that you are creating your reality every moment of time that you create to exist.

And that you may then experience your life as a continual series of ecstatic explosions of coincidence, which will bring you the idea of creating your reality without effort, without struggle and without strife. Will that do for a definition?

Q: Yes. Is starvation in some countries a manifestation of this?

B: Oh, yes. Understand, as we have said, that it will be an opportunity for two things – very basic, very brief: understand that as you allow yourselves to open up within the idea you call your heart chakra and to aid individuals who have created for themselves this idea – make no mistake, they have created this for a purpose, this idea of physical starvation. They, in creating this idea of physical starvation as a symbol for them, will be affording you and your civilization, your culture, the opportunity to appease your spiritual starvation. Do you follow me?

Q: Yes, I do.

B: It is totally reciprocal. They are not to be pitied, not to be sympathized with, not to be looked down to. They are equally as abundant and strong in the creation of their reality, as you are in yours. Simply they are serving a specific purpose, which allows you to do certain things; you are serving a specific purpose that will allow them to do certain things. And together you may then form a blending and an integration within your various consciousnesses that will allow each and every culture upon your planet to blend within total abundance, both spiritually and physically.

Q: When you mention the purpose of the physically starving and the spiritually starving – from where do these purposes come?

B: You. You always create your own purpose. You always create the purpose for which you have chosen to be physical in this, here and now, present life, ‘tis up to you. Likewise, you create you own idea of karma. It is totally self-created. Do you follow me?

Q: Yes.

B: Karma is not judgment – not from you, not from outside. There is no outside. You are it. You are the entire universe; you are the creator – individually, in a sense, and collectively.

Recognize that although the Creator recognizes itself as a self-awareness also, it does not judge. It creates. It supports, in unconditional love, the totality of your free will. Therefore, what you have called
karma is simply the opportunity to be willing to balance out one idea with another – in another life. Not judgment, but opportunity to balance. Will that have answered your question?
Q: Yes, thank you.
B: Thank you!

The Age of Aquarius
The Agenda

November 1989: Whole Life Expo

It has been quite some time since we communicated with you in this fashion. I have been very busy speaking through other individuals in different areas of your planet; but in this particular area we have allowed things to "stew" a little bit. This way the information we have already shared could be applied by the many individuals who have received it already. And also, we could, for a moment, step back and allow you to utilize the information as you see fit – to use it in the direction that excites you the most.

We speak very often about the idea of doing what excites you the most; this has been our main thrust in all the time we have communicated with you. However, now that things have accelerated and progressed a bit, we find that we no longer need to speak with as much allegory. We can be more direct than, perhaps, we could have been five or six years ago when we first contacted you in this way.

Therefore, let us get right down to "the agenda." Many individuals have sensed, or taken readings, of the overall energy of your society and how you are progressing in your assimilation of data, your awareness of consciousness. For you have created a momentum that is pushing you faster and faster toward certain things. Many of you are already beginning to see physical effects, not only in your own individual lives but also on a planetary scale with your focus on peace. All of your walls and barriers seem to be coming down, both figuratively and literally, and we congratulate all of you. It has made us very happy to see this begin.

Many of us, communicating through various individuals, have talked about certain times that are specific points of acceleration. The last time I spoke with you in this area I spoke about a date, that of October 15 of this year. I said that after that date there would be much acceleration in a certain way. Allow me now to explain in a little more detail exactly what is meant.

As you begin to choose the lives, the paths, the attitudes and the habits that are now more representative of peace and creativity, as you begin to choose these things, you crystallize the events of your lives in certain specific ways – to allow only certain types of opportunities, certain types of situations to occur. It is what we call synchronicity: what you put out is what you get back, as we have said many times. As you have accelerated this, it becomes less and less likely – in fact, more and more difficult – to choose anything that is not representative of what you really desire, of what you really prefer.

Crossing the Threshold

You will find that this October 15, 1989 date was given to indicate a threshold that you have crossed, whereby you now number enough individuals in your society aiming toward what you desire, that should you for any reason whatsoever – doubt, fear, hesitation, habits – begin to choose that which is not what you want, you would find it falling apart more quickly. It would point you in the proper direction by not working out, by creating more and more unhappy, stressful situations in the things you no longer want to do; to make you tire more quickly of those things that are not what you are all about as an individual.

Therefore, from that date forward, you will find that the more you hesitate to do the things you know you are all about, the things that really excite you, the less well things will go for you. The more
confusion there will be in your lives, in a negative sense.
The agenda now is that approximately between your time of 1990 and 1992 or 1993, more and more of this energy will crystallize. I know I will be very bold in this statement I am about to make. Understand that this is simply how we are perceiving your energy at this time; but the momentum is very strong, so I will make this statement anyway: **If you have not, by 1993, allowed yourselves to do in your lives only, ONLY, what is really representative, on any level, of what you prefer, what you desire to be, from that point forward you may not be able to catch up.**
The acceleration will be so great at that point that if you are not allowing yourselves to be aligned with your own truths, you may find it almost impossible – nothing is impossible, but almost impossible – to backtrack without absolute breakdown of everything you know. For the next three of your years you can do it somewhat smoothly, with some buffers, with some timing, with some pacing. If you have not allowed yourselves to crystallize in what is really important to you by your 1993, the only way it may be available to you to do so, will be to completely cut yourselves off from everything and start, as you say, from scratch.
Now, some people might find this more exciting. That will be up to you. I am not telling you what to do, but only giving you a reading of your energy. Because that is how fast you are acting; that is how fast you are changing.
There is no reason to hesitate; there is no reason to delay doing what you really love to do. There is no reason to hold on to those jobs, those situations, those relationships that are not representative of you. Allow them to change gracefully – with integrity, with love – but change them.
Do not fear your typical fears... "I cannot quit my job; what will I do? What will I eat? How will I live? Where will I live? I will not be able to pay the rent! I will be kicked out!"...
I will say this briefly because I have already said it enough: trust that the thing in life that excites you the most comes complete with all the tools necessary to support you in the doing of that thing. It is automatic; it is built in. All you need to do is act on the opportunities that doing that situation brings to you.
Very simple: see, feel and be. Everything we have said folds up into three steps. It’s that easy. See what you want. Feel it. Know it. Desire it. Then be it. Act it. Do only that thing in the way that is representative of who you want to be. See it. Feel it. Be it; one, two, three.

**The E.T. Agenda**

Now, a continuation briefly of the agenda. Many of you have asked, "What is going on with extraterrestrial activity on Earth?" Remember, I tell you these things not to take power from you. You do not need us to make your decisions, and we are not here to save you. Thank you for your offer, but no thank you. But because we would love to interact with you freely and openly, and because of the acceleration of your energy now, I can give you a rough outline of our agenda for more open interactions. In 1993, 1995, 1997 and 1999, every two of your years in the odd numbered years – beyond that at this time we cannot say because those are critical points – depending on what you do at those

You will find in your 1990s a representation of the laying away, or putting aside, of all of the peripheral issues that cloud the nucleus, the seeds, and the kernels of all of your different disciplines. You will build, in your 1990s, the beginnings, the roots of one interdisciplinary idea or understanding that involves the combining of all political, economic, religious, metaphysical, scientific, philosophical – and every other discipline on your planet.

All will be brought together in your 1990s. All of the clouds that surround the issues that keep them apart will be stripped bare, so that all of the seeds of each issue will be seen for the similarities they possess to each other. By your year 2000, you will have begun the basic foundation for what will carry you through as an overall global philosophy for your next one thousand years.

This is your general agenda for your 1990s: to remove the clouds from your own individual selves; to strip yourselves of the things, in your estimation, that do not belong in the reality you prefer; to be your own nucleus – shining bright, the core of the stars that you are. As you act out what is important to you, what you prefer, as you begin to radiate to each other this energy, this vibration, this frequency, you will each become more sensitized, more sensitive to each other. You will be able to key off of each other more clearly, without the negative confusion of certain habitual customs, which now blind you and keep you from your heart’s desire.

You will understand certain social patterns to be creations of the mind, creations of fear, creations of doubt, reservation and distance. You will understand that your core is indestructible. Indestructible! You are eternal. You are infinite; you have been around forever. You are not going anywhere. You will always exist.

**Constant Change**

It is said that the name of creation is I Am. This is absolute in its truth. It is, it always has been, and it always will be. That which exists can only continue to exist. It will never become nonexistent because non-existence is its own realm. It already contains all the things that will never exist. Whatever doesn’t fit in that realm of non-existence has always existed, exists now and always will exist – because there is nowhere else for it to go. Non-existence is full up of all the things that will never exist. There is no room for existence there. It is the polarity of creation. No beginning, no ending; it always is at every moment. Therefore, since you exist – at least I will assume I am not fantasizing you – since you exist, you always have and you always will. You cannot be obliterated. You cannot be consigned to oblivion. You cannot be destroyed. You are infinite, but you are ever changing. You are never the same from one second to the next. Never.

Allow yourselves to feel that that change is the true constant in creation. The true stable foundation of existence is constant change, so that it does not stagnate, so that it is ever perpetuating. Creation is not over. It is not that everything has already been created and now God has sent everything off to run around and have fun. You are all, and we are all, together, God, ever creating itself anew, ever changing
and always existing.

Paradox, yes, but when you deal with paradox, that’s when you know you are close to the seed at the center. Because only at the center, do all apparent contradictions find themselves reconciled as one. Only from the center do all apparent polarities issue. They are all there. They are one thing. They only appear paradoxical, mutually exclusive – because of the vibrations in the realm that you have chosen to perceive yourselves, because of the vibrations in the realms that have the idea of polarity of opposites.

You have created the ability to take one thing and separate it into not only more than one thing, but even separate it into things that look like they have nothing to do with each other. Most creative, exceedingly creative! And I am not being facetious. It is the true measure of the power of creation that it can even, so to speak, fool itself into thinking it is not a part of that creation, into forgetting that it is what it is, that it is I Am. That is the power of creativity.

Now however, as we have said, you have played that game through on this world in the way you wanted to do so, and now you are remembering I Am. We Are. We are waking up. "Oh yes, I remember now ... well, that was a fun game, but now we wish to remember that we are what is, and we wish to change the rules of the game. We wish to play as integrated whole beings now." And so you are remembering; so you are gathering; so you are discussing ideas of consciousness. What is consciousness? What is physicality? What is dreaming? What is being awake? What is real? What is non-real? All of these things in your 1990s will be understood to be simply manifestations of one thing: your own perspective. You are waking up. Good morning!

**Time Gates**

The idea of acceleration contains currents and eddies, if you will, backwashes and loops. To some degree, they have the purpose of reinforcing the forward momentum. Now and then, because of the type of overlapping vibration you all create in your forward momentum, there will be doorways, gaps, more dimensional gates that so many of you could find yourselves within, and find yourselves reflecting past ideas, future ideas. These time gates allow you at that given moment, for a little while, to perceive the collectivity of yourselves.

So there are currents and eddies and washes throughout all of your energy, particularly for now, because of the momentum you have set up, and especially around the 15th of every month. A very strong one has always been your March 15, and even more so starting in 1990 will this be so. Many things will be happening at that time. People will be finding that the time gates will be moving fast and furious. They will find confusion within their consciousness. They will find many things going on in the world that almost sound like they could not be happening in the same world, at the same time.

Around your March 15 date, what you refer to as the Ides of March, very strong gates in your consciousness will also be opening up to certain probes or visitations from your own past civilizations; very strong. You will see it reflected in your society by a certain kind of discovery and a certain resurgence of awareness of past civilizations.

Yes, all of you really are seeds of unconditional love; thus, when you truly allow yourselves to burst
forth with the flowers of knowingness that are within you, your planet will be such a lovely garden.

Right now, all the things you are doing, all the things that seem to be so churning in your society – well, you can look at it this way: you are tearing up the topsoil, preparing it for a new planting.

You are creating furrows in the ground; you are farming the richness of your past experience. Negative though that may seem to be, know that it will form a very rich compost. All that has been negative, all that you may consider to have been a waste, is what allows fertility and new growth to occur – once you place it in the proper place behind you, beneath you, and grow from it.

Let the light from your own future selves draw you upwards from that rich soil of experience, for it is a rich experience; very rich. A suggestion: go to a natural spot where there is a richness of the soil, and sink your hands deeply into dark, dark rich earth. Breathe the smell of nature in and then look up at the sky. See where you have come from in your physical reality, see where you are, and see where you are going. Make a grounded connection to heaven; bring heaven to Earth. Experience the richness and the vitality of your souls.

Remember, for every single thing that you truly want to do, that truly is representative of you, there will always be a place and a time in which it can be done. You would not exist if that were not so. There is never one side to creation. Always it is complete. And for every desire, for every true self wish, for every soul wish, there is always the opportunity to manifest that wish in the reality you are in right now. Always ... see it; feel it; be it. It’s easy and it’s fun.

Once again, I congratulate you all. I extend our love to you all, our appreciation to you all, our joy. We are always with you; you are always with us. Let us travel together and enjoy life.

The Agenda
The Anunnaki

Q: Where did the idea of Lucifer come in?
B: The idea really is a recognition of two different levels. One, the archetypal level of the collective consciousness of your planet when viewed through a negative matrix. The other being the recognition that there were among the Anunnaki disagreements, discrepancies, about how things were being done; and one band was cut off from the homeworld and left upon the Earth and, thus, represented the concept of the fallen gods, the fallen angels. You understand?
Q: They were Anunnaki then?
B: Yes.
Q: And what about Satan?
B: Again more of that, that is the representation of the archetypal construct of the collective negative consciousness of your entire planet. Which of course now has many admixtures, both from Anunnaki and many other civilizations that have chosen to be born upon your planet and add their collective consciousness energy to the World Spirit, both in the positive and the negative side.
Q: So these weren’t actual, Lucifer and Satan, individualized beings, they were more of a collective...
B: The concept is more of a collective archetypal representation of your entire world consciousness. Although the concept of Lucifer has a little bit more personification in its connection mythologically to the fall, so to speak, or the cutting off of that branch of Anunnaki.
Q: Was there one particular being that led that excursion?
B: There were different beings at different times. You must understand that the excursions of the Anunnaki to Earth, in the beginning, covered many hundreds of thousands of years, and many different excursions. But toward the latter part, about 300,000 years ago or so, in your terms of counting, one of the final excursions was the one in particular that was cut off, and all of the mythologies basically stem from that particular excursion.
Q: Were the Anunnaki ... would they be called Lyrans?
B: Yes. Anunnaki is simply the name given by the Earth beings to that branch of Lyrans, named after one of the prominent representations, called Anu, in the Lyran language.
Q: What does the Association call the Anunnaki?
B: No, the Association is something quite a bit different.
Q: No, no. What, in the Association nomenclature, is the Anunnaki referred to?
B: They are recognized as Lyrans. Of course that word is not used, but they are recognized simply as offshoot Lyrans.
Q: Offshoot Lyrans?
B: Yes.
Q: And...
B: The seed of, what you call, the humaniform being in this general sector of the universe, most of the genetic seed of the humaniform being stems from and originates from the original Lyran stock. Ours, yours, Pleiadian, Orion, even some Sirian, though there’s a slightly different offshoot to that, Tau Ceti, Barnards Star, to some degree ... many of the humaniform beings go back from this sector, to original Lyran stock.

The Founders
B: In what you may call the early stages of your Solar System, when consciousness began to manifest non-physically, and recognized the potential of physical manifestation, for a variety of reasons, it laid down a vibrational foundation throughout the Solar System that allowed certain events to come about that would allow things to wind up in certain places. So that certain energies would be where they needed to be, by the time certain ideas and agendas would need to be played out. So the arrangement was done in causal levels.
Q: Are those the beings we call the Founders? Or is that another reference?
B: The Founders are connected, to some degree, to that idea, to some degree. And here it can seem quite complicated, because the Founders exist on a level where it is difficult to differentiate between what you would recognize now as them and yourselves and the Anunnaki and every other species. The Founders are foundational on a level wherein all beings that you know of, or have heard of, are, in some senses, an aspect of the Founders.
Q: In the higher dimensions?
B: Yes. And the Founders are the direct precursors of the Lyran seed, but they were not, as you understand it, physiologically in your dimensionality. They did, however, project a portion of themselves into physical dimensionality and took on humaniform aspects for the purpose of that experience.
Q: What time frame?
B: Millions upon millions upon millions upon millions of your years ago ... many, many, many, many ... perhaps as much as what you would recognize, even perhaps, half a billion of your years ago. Perhaps, even more so.
The Association’s Purpose

Q: I’ve been meditating... and I felt like I was being turned into a field, like an energy field at one point, a white energy field.
B: Yes.
Q: And then inside the energy field is a golden flame.
B: Yes. Eternalness: it is your mass consciousness symbol of eternity. That is why, as we have said, what you term to be the metal, gold, does not change. The gold you have now, is the gold you have always had. It is eternal and it does not change.
Q: Okay, I’m going to ask you a couple of questions about the Association.
B: All right.
Q: One of them is, how many planets in the third density are members of this Association?
B: Within a specific aspect of it, approximately, three hundred and fifty seven.
Q: Those are third density ones?
B: In the one Association that forms an affiliation to your planet, in that sense, according to the purposes that you are sharing, yes. Although there are roughly sixty-seven million inhabited third density planets, in this galaxy alone.
Q: Just in this galaxy?
B: Yes.
Q: So there are quite a few planets that are real similar to this one?
B: In many ways, yes.
Q: In other words, they have different races... the planet structure might be different though...
B: Yes, but in this way you will find that the Association is formed of many different ideas.
Q: Okay, could you give me...
B: Some similar and some not similar in many ways, at all. But some are not, in your terms, planets in the total Association.
Q: Yes, that was my next question. Okay then, the Association that you refer to – to me and what I pick up on, is, an Association with fourth density people, civilizations...
B: And fifth... and sixth... and seventh density.
Q: Right. And, what is their function?
B: What is their function?
Q: Yes, what is the function of the Association itself?
B: To live. The idea of forming an Association is so that there is more awareness of all that we are. More awareness of All That Is.
The recognition that unity is formed from the recognition of equality and the granting of validity to the infinite diversity within creation.

It is a sharing. That is the purpose of Association. To know all aspects of All That Is, as much as we can.

Each and every being is another way that All That Is has of expressing Itself. The more beings, the more ways, the more we learn about all the ways All That Is can express itself. That is the purpose for the Association. Will that do?

Q: Yes, thank you.
B: Sharing!

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The Big Dipper Constellation and Connections

Q: Could you tell me something about the constellation the Big Dipper (Ursa Major or the Big Bear) and the energies that are there or in those areas?

B: Our perception at this time, since in a sense this is a new focus for us, is that there are seven different levels of understanding; seven different levels of consciousness connected to that area; seven different levels of communication that can begin to be perceived upon your planet by many individuals.

Some of it will take the idea symbolically of crystalline forms. Some of it will take the idea symbolically of vegetable life – a plant kingdom, in that way, as you call it. Do not take me literally; this is symbolic. But it is expressing itself into your realm in these ways.

It is no accident that some of the ideas that you have connected to, of what you call early navigation, were connected to this area, in this way. For some of the consciousness and communication coming from that area has to do with navigation, in a different form, through the energy waves that you call space/time; energy waves – the electromagnetic vortex flux medium, in that way. Some of that information can be perceived from consciousness in that direction at this time.

There are a few ideas of what you may call guides from that area at this time. There is also a type of self-recognition, of self-empowerment, a way of meditation that involves recognizing one’s self-empowerment, particularly within nature connections coming from that emanation at this time.

And it is unto itself a type of spectrum, in the representation of the seven different levels coming from it; all the way from what you call physicalized vibrations to spiritualized vibrations. It is its own band; it is its own range of frequencies. But it is connected to the overall Association, to what you may refer to as the overall Confederation; although we prefer the term, Association.

This is our perception at this time. We would therefore request that if you wish to proceed further the next step is up to you. Do you wish to share anything further at this time, about what you feel your connections to be?

Q: I’ve always felt a connection for many, many years. I’ve always looked for that constellation in the sky.

B: Some of it, in our perception has to do with the idea of having relied upon it, as we said, for navigation in past lives.

Q: And there are many aspects that you have just spoken of that enter into my personal learning and into my search. There are many, many levels there that speak to me personally, very, very much.

B: All right. Then we will now at this time express our gratitude and appreciation in allowing yourself to be a valve for that particular energy at this time. So that it can be included in the overall makeup of all the consciousness that is blending within your Earth society now, for the assistance and the aid in the transformation from third to fourth density. Thank you.

Q: Thank you.
The Bond of Love

B: What could also help to create a creative relationship is, perhaps, to find something that is commonly enjoyed by you both and create a project together. Maybe even both of you support another individual in doing what excites them the most. And then maybe they’ll support another individual and another individual, and you can become one big happy family. In our civilization ALL individuals are married to everyone, therefore, all the relationships that occur in our civilization all occur within the marriage. Even though there are biological parents and biological children that recognize each other, the adults are the parents of all.

The unconditional love and support that we have for each other is what allows us to always be telepathically in contact with each other all the time. Creative and loving relationships will always begin to exhibit a form of telepathy. But you see, telepathy is not literally "reading each other’s minds." Every individual is a particular frequency, a particular vibration, when you are unconditionally loving of another individual you begin to identify very strongly with them. That is called the bond of attraction or the bond of love.

When you identify strongly enough your frequency begins to match their frequency; it does not become exactly identical but it becomes very similar. When both of your frequencies are very similar you translate information in the same form of thoughts. In other words, you identify so strongly that you think alike. When you are truly engaged in an exchange of unconditional love you start thinking alike at the same time.

When you have the same kind of thoughts at the same time and you think you’re reading each other’s mind, you’re not; that’s telepathy. It is not so much the idea of extracting information from each other, it is mirroring each other very closely. This does not mean you lose your individuality, just the opposite, you become strong reflections for each other of all that is possible within the relationship; and you trust it and you flow with it because you are already a fulfilled and fulfilling individual. Therefore, no matter what changes take place you know you are not going to be cut off from anything you need and you know whatever changes you make will always attract whatever is representative of those changes. You will be fulfilled.
The Bubble of Acceptability

Q: As you were talking, I was doing some... call it thinking...
B: Yes.
Q: ... or visualizing, experiencing what you were saying.
B: Yes.
Q: Okay, now, this experience is, from my understanding, different from what it is going to be sometime in our concept of the future.
B: Yes.
Q: Some uh...
B: Yes.
Q: There is...
B: You will be inside your thoughts; your thoughts will be the reality. You will be the reality. You will experience it as you think it.
Q: Okay, now, as I am talking to you, and hearing what you are saying now...
B: Yes.
Q: I've moved a notch from the original place to the other place.
B: Yes. And now. And now. And now!
Q: And now, I keep on moving.
B: Yes.
Q: And what we had originally co-created as two and one half years of your time...
B: Yes?
Q: How much longer in this co-creation is it going to take before I'm all the way there?
B: You will never be all the way anywhere. Understand, you are an ongoing, eternal, infinite process of ideas within your moment of now. However, let us say, that the potential, in your timeframe, linear terminology, can be anywhere between now and the next 30 to 50 of your years – anywhere in there. It depends upon the individual, ‘tis up to you. Are you through?
Q: Um... just to verify that, as we are talking now, you have just used some linear concepts...
B: Yes.
Q: ... some concepts, which I am co-creating with you as we are talking.
B: Correct.
Q: Does it follow that if you talk a little bit more... a little bit this way and that way, that we could arrive at that situation of fourth dimension in a shorter...
B: It can be, yes.
Q: So I’m listening with all ears.
B: Thank you. All right. Then do not be surprised at what you may see at any given moment; what might pop in, pop out. Yes?
Q: Okay, now: what is the relationship...now, first of all, you said that nobody is going to go faster than anybody else.
B: Not in an overall sense.
Q: Okay. What...
B: There is a bubble, let us say, of leeway, which you will stay within, in general terms, even though individuals, in your own terminology...some may be more accelerated than others. But you will stay within the bubble of acceptability, which will allow you all, together as a bubble, to move into fourth density at once.
You will not be ahead of anyone else in that way, though you may, in a sense, in your terms, be ahead of someone else on a personal level.
Q: So I can function in fourth density all I want, but still interact with everybody else.
B: Yes.
Q: And then, when the time comes, when the actual transformation occurs, that is going to be happening for everybody.
B: For everyone who chooses it.
Q: Who chooses it, yes.
B: Yes.
Q: What is the proportion of...
B: No, no, no. No, no, no.
Q: In regards to the subject of living your dreams, you referred to the idea of somebody having a daydream, and not being aware of physical reality, and something or other, of somebody calling them...
B: Yes.
Q: On the other hand, somebody who is always aware of the physical reality: that doesn’t mean that they are not living their dreams. It means...
B: Correct!
Q: It could be that their dream is their physical reality.
B: Correct. Your dream is your physical reality, very good. Simply what we are saying is that once you are in the constant state of the moment of now, all of it will become your experiential reality – all of it. You will still have – just to be colloquial about it – the daydream, and you will be able to hear someone call you simultaneously.
Q: Yeah.
B: And it will all be one thing.
Q: Why did you say no, no, no?
B: One moment... simply because, first of all, to ask that type of information is to cause separation, and also because it is quite meaningless; everyone that chooses to be in fourth density, well, one hundred percent of those people will be in fourth density.
Q: I see.
B: One hundred percent of all those people that choose to be in third density will be in third density, and so forth. There is no way to give you anything that is, in your terms, meaningful – in terms of what percentage will be in fourth and what percentage will be in third. It is a constantly shifting idea.
Q: Okay.
B: Choices, at the moment they are made, completely eradicate the percentages. You follow me?
Q: Yeah, great. So...
B: All right. So let me do it this way then, if this is what you wish: Right now – 70 percent; right now – 63; right now – 55; right now – 82; right now – 94. What difference does it make? It is always changing.

Q: Okay, I got it. But that means also, that we as individuals can talk to people, and plant “seeds” or say things that can make them change their minds.
B: Of course, not make them change their minds.
Q: That will allow them to change their minds...
B: If they desire to.
Q: If they desire.
B: You can always share what you are, of course. You can share this idea with anyone you come in contact with, because you would not come in contact with them if you could not. You follow me?
Q: Yes, thank you.
B: Thank you.
Q2: Okay, um, my neck is hurting right now, and it wasn’t hurting when you first started talking.
B: The back of your neck?
Q: Yes.
B: Between your shoulder blades, upper?
Q: Yes.
B: All right. Relax. You are opening certain energy vortices. Relax. Be in the moment.
Q: Okay.
B: Love it; live it. Use your imagination, talk to it. Let it talk to you.
Q: So it’s not any type of resistance, or anything like that?
B: Only in the overall generalized sense of, let us say, what you might call the remnants of pieces of habits.
Q: Oh, okay.
B: But nothing stronger than that.
Q: All right. Thank you.
B: Thank you.

The Bubble of Acceptability
The Civilization in the Barnard Star System

Q: What’s happening to that civilization, I forget the name of it, that we’re going to channel to?
B: You mean in the Barnard Star System?
Q: Yes, right.
B: They are, once again, relatively speaking, still within their Renaissance period. They are now creating a cartography, if I may use that term, not only of their entire planet, but of all the ethereal shells and astral shells around the planet. Their Renaissance extends into the visible and the invisible, in that way. To some degree, even as yours did, however, they see it more as a true reality, as you would call it, rather than simply a symbolic terminology. They are charging those spaces around their planet, those gates, those realms.

They have maps which show fully, what you call on your planet, the electromagnetic ley lines. They are very aware of them, very aware of them and take them for granted, as you say. There is no mystery in that sense, they understand the electromagnetic pulse of their world, not in what you would term a scientific way, but nonetheless they have abilities to charge those lines of force, those magnetic pulses.

Q: Hmm.
B: There are skirmishes in their civilization still, one of which is being monitored by several civilizations to understand the similarities and the contrasts between their civilization and your civilization. So that when you are in full communication with their civilization, there can be some assistance given to you by those observing now, as to how to communicate with those individuals regarding their skirmishes, based on your own experiences in the past. Do you understand?
Q: Yes.
B: All of this is being done now with this civilization, and they are very much into what you would call culinary experimentation. (Audience laughter)
Q: Oh, yeah?
B: Yes. And what in your terminology you would call now, “all the rage,” (laughter) is a particular preparation in one particular land mass of an aquatic animal which is used for its esoteric overtones, so that when eaten by the individuals, they catch “flashes,” very quick glimpses of the creature’s point of view as it was alive in the ocean. Do you understand?
Q: Wow, yes. (Audience expresses surprise)
B: And this is all the rage.
Q: Anything here we can do the same thing with?
B: You could learn to do the same thing but the biology of the individuals there, the biology of the animal in that civilization is more conducive to a spontaneous creation of that nature.
Q: I see.
B: Does this help?
Q: Yes. Thank you very much.
B: Thank you very much.
Q: Bye.
The Collective Daydream and ET Interactions
Q: How do you know... you have described this interaction as occurring, not... you’re here in your imagination, creating this interaction... not as we say, astral projection, or whatever that is.
So how do you know what’s going on, on earth?
B: Again, in this way, there are many different ideas and interactions – and types of interactions – that we partake of. But do not forget that astral projection, in a sense, is also within the dimension of imagination.
Q: Okay. Then that raises another question that I thought of when Steve asked the question for the guy in Dallas. He said he was having an out-of-the-body experience.
B: Yes.
Q: Is there any such thing as “out-of-the-body travel”? Is it only imagination?
B: In your terms, because you have created a type of universe that has the different levels in it, yes it is real.
Q: There is such a thing as out-of-the-body...
B: Yes. What we are saying is that the entire idea of all of the levels in the universe is within the dimension of imagination. It is a creation.
Q: Can you help me, and perhaps other people here, to get a better grasp on how it is? Because I think that when you use the word imagination, and relate it to this interaction occurring in your imagination, you use the word differently than we use it here on this planet.
B: Perhaps.
Q: Could you help us bridge the gap between...
B: It is simply that – as we have said – that what occurs within our imagination is real. The idea is more akin to the idea of becoming, quote/unquote, lost in a daydream, that seems to be so more real while it is going on, than when your focus changes back to the reality you were experiencing before the daydream. Only you think that you have come back to the real reality, and were only imagining.
To us, the daydream is just as real. I experience our interaction together as a very intense daydream – more perhaps what you might refer to as an hallucination; but I know it’s real.
Q: But it’s your imagination, which you are creating.
B: But it’s yours too. Again, it is a co-creation. It is synchronicity. It is the interaction itself that creates you and me.
Q: Let me come at this question a different way.
B: Did you hear what I said, first of all?
Q: Yes.
B: What did I just say?
Q: You said that it’s the co-creation…
B: It is the interaction *itself* that creates you and me.
Q: Yes, I understand that.
B: All right.
Q: But my attention is on the fact that there is, if you will, a collective daydream going on, of all the beings on earth.
B: Yes!
Q: Without you and Essassani, there is a collective daydream going on.
B: Yes, of course.
Q: Okay. How do you know the content of that collective daydream?
B: We do not know all portions of it.
Q: But you know some portions. For example…
B: We know the portions that have to do with the synchronicity of our interaction with you; and only those portions.
Q: So it’s not possible for you to simply observe, or is… with your interaction with us on these Mondays, Tuesdays or Wednesdays?
B: But do not forget: an observation is an interaction, and is actually subjective.
Q: Okay, well…
B: I simply may not be talking about it; but it is still an interaction.
Q: Well, how did you know about Chernobyl, for example, or the Challenger disaster?
B: In this way, the idea is that what you call the physical channel is a part of your daydream. And since we are connected, then anything the physical channel knows, we know. Because by synchronicity what the physical channel knows we are supposed to know; so we can use it in that way.
Q: Okay. Independently of this process called channeling, do you engage in other data-collection activities relative to…
B: From time to time, yes. And that is one of the reasons why sometimes we can, quote/unquote, come through with information in conceptual form that the channel in not aware of, even though the terminology may not be according to what you use upon your planet.
For in this way, we can have our observations about the ideas that we sense are going on in the portion of the daydream we share with you, whether the physical channel is aware of it or not.
Q: Okay. Here’s a corollary question: you told us that you physically appeared to the Orion entity consciousness.
B: Yes.
Q: Not a thought projection, but you physically appeared.
B: Both. What you would call a physical appearance.
Q: Which means that you travel – what we would say – travel through time.
B: I’m doing that now to talk to you.
Q: But it’s different, because – why have you chosen to channel rather than appearing to us physically?
B: I have explained that before.
Q: Well, it has to do with... we would think you are a God, and we couldn’t relate, but...
B: It has more to do with the idea of our energy being so different, it would force an acceleration of your energy, and force you to look at portions of yourself you are not ready to look at.
Q: Ah, okay. All right.
B: But the idea of our ability to appear to the so-called Orion, in this way, is simply because their society still had within their society already, the recognition that they could travel from planet to planet; and interact with other races. That was not a shock.
Q: One last question: imagine being in the rafters of a building – you know what rafters are?
B: Yes.
Q: And looking down in many different rooms, so you can look and see that there are lots of different rooms.
B: Yes.
Q: And each of the rooms is a point in what we would call time. They’re all simultaneous.
B: Yes!
Q: And let’s suppose that we’re looking at the house that represents earth. You’re up in the rafters; you can see the past and the future...
B: Yes.
Q: ...or many potential pasts and many potential futures of earth.
B: Yes.
Q: And so you must be able to see some potential futures which you and your civilization – collective you – would prefer that we don’t choose.
B: In a sense. Therefore, simply recognize that it is our perception that because we are interacting with you, it is representative of the type of future you have already chosen.
Q: Okay. (But only a select few.)
B: You are the ones that make the selection. It is up to everyone; it is your individual choice. Recognize again, that the individuals who have not chosen that vibration are not interacting with us.
Q: That’s true; they’re not here. Right. How is it possible to…

B: They certainly do not have to interact with us. They can interact with many different aspects of themselves to, quote/unquote, arrive at the same conclusion.

An individual can be living in a fourth-density state without ever having heard the term fourth-density, metaphysics, or any of the other ideas that we are discussing. They can still live that way, and have chosen the idea of living in that reality when it occurs, totally unconsciously.

Q: So your presence here is not merely an origination on your part, but the very fact that you chose to come, means we have something to do with it? Is that what you’re saying?

B: As I have always said: you allow us to interact with you by choosing to interact with us in equal vibrations. That is the only way we can interact with you – and because of your willingness to recognize that, you can now interact with us.

Q: But if you’re sitting in the rafters, being able to see a period of time on earth when, let’s suppose, no person on earth…

B: One moment!

Q: …you can perceive…

B: One moment! Everything and every aspect that you are present to relate to, has to do with you, if you are willing to look at it that way. Integrate everything you are hearing from anyone else. Turn the questions and the answers and the statements around for you, and understand how you relate to it.

If you find, in this way, that you have already related to it on your own terms, then simply recognize that if the idea is still something you are perceiving, then there may be other ways in which you can learn from it. Continue.

Q: Okay. Sitting up in the rafters, you can observe one of the rooms – let’s suppose there is a room, a point in time as we would call it, in which there was nobody on earth that was prompted to interact with you.

B: All right.

Q: And then in another form…

B: We can observe that probability, yes.

Q: And then we can also look down and see the room which we experience as the now, in which we’re interacting with you.

B: Yes.

Q: (Pause) Oh, I answered my own question: they’re going on simultaneously.

B: Yes.

Q: There was never a point in time when you decided to interact; you’re interacting here, but you’re not interacting there.
B: Correct. We are simply with you the definition of the interaction.
Q: Thank you.
B: Thank you.
The Consciousness Factor in Mathematical Equations

Q: We have discussed factoring consciousness into our mathematical equations, which represent our understanding of physical reality, in order to build computers and spacecraft etc., which operate on the principles that yours do. In your perception, can we actually derive that understanding by introducing factors representing consciousness into our calculation of mathematics? Or will we begin to perceive physical reality outside the concept and concept of our mathematics, to derive that understanding of physical reality?

B: In your terms it will be that, first of all, you can recognize that anything you do experience in your physical reality, including the creation of a new set of scientific equations and modality, will always be the reflection of having looked at your reality differently first.

Q: Right. Well, I’m wondering that in our quest to factor consciousness into our equations, are we kind of putting the cart before the horse?

B: In a sense you can simply know that consciousness is a factor in your reality, and then by knowing that, and acting as a person who knows that, and living that way, you will be the type of person who will discover the equations that will include consciousness – to reflect what you already know.

Q: Right, that’s what I’m saying – that by the time we get to those equations we’ve already perceived how it does that.

B: Yes, although you make it usually unconscious, so that you rely upon the equations to make it conscious for you. In the same manner that when you create a question, the question is your conscious way of recognizing that you have an answer that you refuse to allow yourself to recognize that you have.

Q: Right.

B: So you create a question to let yourself know that such a concept exists within you. And you do it in a way that removes the responsibility from you having to have the answer.

Q: Got it!

B: Thank you!

The Consciousness Factor in Mathematics
THE COUNTDOWN CONTINUES

Malibu 19 Nov. 97

All right I’ll say good day to you all this day of your time, how are you all? Once again we take this opportunity to thank each and everyone of you for allowing this transmission to occur in this manner through this particular gateway and at this time. Once again, each and every time you allow our civilization to communicate with yours in this manner it expands our understanding of the infinite because we get to experience different aspects of creation through each and every one of your unique perspectives. So we thank you for this gift of exchange.

We would like to begin this transmission this day of your time with the following idea: as we have recently began to point out, now is the beginning of a cycle wherein there is a clock counting down toward contact -physiological interaction between your species and many other species. One and only one of the signals of this, at this time, is the great shifts taking place within the collective consciousness.

The idea of the game of the musical chairs that is being played on your planet at this time with the coming and going of different individuals for a variety of different reasons, the repositioning of energies and powers, the repositioning and refocusing of attention and priorities, at this time, beginning break down, beginning to shift, beginning to move around and occupy different spaces than they did heretofore occupy. And, as we have said, to aid and assist your planet in this we have position ourselves, literally, physically above your world. Physically at this time along with other members of our society. And slowly over a span of years we will slowly descend closer and closer and closer physically to the surface of your planet until such time that it is appropriate for physical contact to take place.

And so, in the keeping of the spirit of this idea, we now allow ourselves to reinforce in each and everyone of you that what this means, what our physical proximity means, in terms of these interactions, these exchanges, these transmissions is that you, in a sense, have more of us present. You, in a sense, will feel more of our frequency than you have before in the previous fourteen of your years of Earth time. You will, thus then, recognize that more of who we are will leak through these transmissions and, very quickly, many of you will realize that more of who we are means that there will be less and less, as you say in your language, beating around the bush. There will be more directness, more ‘interactivity’ and, shall we say, more reflection of what it is we know that each and everyone of you has chosen to be. There will be less coddling. There will be more, as you would say, ‘upfrontness’ about the paths you have chosen. There will be, in these exchanges and interactions, more opportunity to be yourselves more fully, more actively, more creatively. We will reflect these opportunities to you and we will discover together that this will usually equate to the idea of abrupt shifts and transitions in energy. Abrupt realignments of perspectives and ideas, and perhaps even abrupt destruction of old systems which are no longer germane for the paths you all say you have chosen.

For at this time the mirror is being polished, the mirror is being cleaned. No longer will the reflections be dusty or dim. Now they will be stronger than before and now the reflection will indicate, at least as far as we are concerned, that you are ready to take bigger steps, that you are ready to start acting more
like the true selves you say you have wanted to be for so long. And there will be not much room, not much quarter for the idea of straying from that path any more.

We do understand that some of there interactions may become more abrupt in certain ways, but this is only because we recognize that you have the ability to make abrupt change in your lives now that you have the ability to stick to the ideas you say are really important to you and to not waver from these choices to live that life of joy, to live that life of ecstasy. But again, it comes with what might be called a cautionary warning—it may not come about as you think! It may not come about as you expect. This is why we refer you to many of the systems, at this time, on your own planet that have been around for thousands of years that speak of the idea of seeing things in a different light, of looking at life from a different perspective, of really beginning to function as if you know all thing are one, and allowing yourselves to let go of past paradigms, to let go of habits and patterns, to let go of expectations to let go of structure and to allow yourselves to know that you flow naturally as you are, and to trust. To place your trust in the spontaneity of the natural shifts and flows that are going to be taking place in more and more ‘accelerative’ fashions in your upcoming months and years as things accelerate greatly. Riding the wave of that acceleration you will be able to allow yourself to handle it. Resist it now, in any way, shape and form, on almost any level, to any degree may cause, shall we say-a lot of static. A lot of heat, a lot of friction within yourselves as any resistance that remains, in a sense, will be burned out of you by the ‘accelerative’ energy that your higher self says that it has chosen to exemplify through your physical form in this life and at this time.

To sum it all up and put it in simplest terms, we will choose a phrase that you have on your planet—it is time to walk your talk. No longer to ponder, but-to walk, to act, to be. And to understand that the unknown is now par for the course. To drop your expectations about the way you think it might come about and to allow yourself to recognize that it is coming about in a variety of ways, that, heretofore, may not have seemed possible—that you may not have considered. But will be the indicators and the ‘symptomologies’ that you are moving to a higher level very quickly, and will be an indicator that greater power is now willing, within you, to be expressed.

So do not be thrown by the jarring, by the abruptness of the shift and by the unexpected directions in which it may come. Allow yourself to take it in stride and know that the unknown is just about the only place that’s going to seem stable to you in the upcoming years.

We thank you for allowing us to share this aspect and this facet of this perspective this day of your time in this transmission, and, once again, in return for the gift that you are giving us in allowing us this exchange, I ask in what way may I know and all of us be of service to you?

Audience: Bashar!

Bashar: What? You....
The Crucible Meditation

Now, all of you: close your eyes. Let’s take the first step towards that blending, forming that initial association to all the different levels in the body and in the universal reality, through that heart gate. All of you take a deep breath in, and hold it: one, two, three, four. Let it out and hold it: one, two, three, four. Take it in: one, two, three, four. Let it out: one, two, three, four. One more time, take it in: one, two, three, four. And out... and sigh.

Now just allow yourself, again, to breathe, slow it down... and as you do so imagine, feel in whatever way, shape or form works best for you, doesn’t matter how. Hear the heartbeat. Hear that gentle peace, subtle peace.

Hear the gentle double beats, the first beat of All That Is and the second beat of the reflection, the statement of the echo, the I am and the All That Is; the I am and the All That Is. The One, the All: one, all, one, all, one Self.

This is the song that your heart always sings and always reminds you about the initial beat, and the echo of the first reflection that created all the diversification, and causes there to be a flow of energy through you. The lifeblood, the first beat – poof, the I Am. And the second beat – poof, the All That Is. And the flow, the fountain that issued forth from that subtle recognition, that self-awareness – the first reflection. This is the crucible, the furnace, the chalice, the covenant; this is where it all comes together: all energies, emotions, thoughts, beliefs, patterns, actions, ideas, all the senses, sights and sounds, and tastes and smells, feelings and resonances and knowingnesses. It all comes together in this central chamber of the heart. Boom – boom, boom – boom, the first beat takes it all in, and in-between the beats it changes everything into everything else.

And with the second beat, boom – out-flow into your reality. First beat, in-between the beats, change. Second beat out, boom – change, boom, change...in...change...out, in...transform...out...in...melt, out...re-crystallizing in that melting process, melting and re-crystallizing, taking it in and transforming it, changing it, sending it out...constant flux, constant flow, constant change flowing through you.

New ideas coursing through your veins, new vibrations resonating through your body, like a beacon, an expanding sphere. Every heartbeat creates an expanding shell of energy, an expanding sphere going through your physical form, out into your aura, out beyond, boom – boom, boom – boom, and at the same time, it echoes back, boom – boom, inward. Spheres expanding, spheres collapsing outward, at the same time inward, outward and inward, outward and inward.

Allow your dreams to be realized. Take it in; transform it, let it out. Take it in; transform it, and let it out. Know, see, feel that crucible, that infinite furnace of bright white light in which no form can remain. In which all forms interchange and re-form with every other form – directly by the vibration of your intention. As your hands shape the clay, as your thoughts shape the day in this crucible of light in the chamber of your heart, all ideas are broken down, melted and re-crystallized into whatever form – into a form of a vibration of your intention, your unconditional vibration of love. Your excitement, your desire, your expression of self, your unique universe is in that heart. All things are there, all times, all
The Infinite exists in-between the beats, and in the Infinite – everything is possible. You are the infinite, expressing a particular pattern of reflectivity. You are the eyes of God seeing itself over and over again, in all the ways that it can.


Now take a deep breath in... one, two, three, four... push it out through your mouth. Take a deep breath in: one, two, three, four, open your mouth wider... take a deep breath in: one, two, three, four... open your mouth wider still... Ah... those three stages – once again, tight, open and all the way. Take a deep breath in... all the things now that you feel are of stress... blowing them out through the forcefulness, (he exhales) this represents the former constriction... take a deep breath in... more openness, more expansiveness, more WILLINGNESS... the sigh of resignation and allowance. Take a deep breath in... the total openness of complete vulnerability and acceptance and unconditional love. Ah... that relaxation. You don’t have to TRY so hard... and flow like a stream, relax, enliven, literally enliven.

At your own pace, open your eyes. Feel refreshed. Re-crystallized.

And remember, you are the crucible of transformation and the vibration of your field also determines what it is you draw in. The oxygen follows lines, pathways of vibration resonances when you have the intention that what you require is in support of that oxygen, that’s what comes, that is what is created.

The Crucible Meditation
The Crystal Planet and Contact

Q: Last week I asked you about a crystal planet and if you knew of one such planet; and you said that you did, but I forgot to ask you the name of it. Could you give me the name?

B: No.

Q: Why not?

B: Doesn’t really have one. Realize, it is not claimed and occupied by an inherent civilization. It is a focus, a locale, a central point – a merging, a coalescing. It is an idea, which is utilized by many, many, many civilizations for very specific purposes of self-exploration.

‘Tis not any one civilization’s planet; ‘tis not, in your terms, really even a planet at all. Does not really have a name. Has a feeling. Everyone who uses it recognizes it by its feeling; to simply refer to it as the crystal planet will be your translation of the same feeling, and will do. Do you follow me?

Q: Mhmm.

B: Question.

Q: I get a glow from it, more than a feeling.

B: All right. You may call it glow if you wish.

Q: Okay. Since I am new at this . . .

B: Are you sure?

Q: Well, I’m not sure of this, but I’m here today.

B: All right. Thank you.

Q: I’m here today, and I’m not sure I have ever come in contact with you before. However, do you have what we call meat bodies?

B: Yes.

Q: You do have a meat body.
B: Once again, you will find that we, in very many ways, are very much like you. You may understand that in very many ways we are your future selves.

Q: Can I ask one more question?

B: By all means.
Q: Can you – instead of channeling through, here on Earth, can you contact us without...

B: Face to face?
Q: Yes, without the...

B: Yes. However, until you allow yourselves to feel equal to us, we will not do so. We wish to meet you as equals, not as long as you consider yourselves to be less. Realize there will be a minimum amount of face-to-face contacts with individuals. There will be, at this time – simply in our estimation of your energy – within ten of your years of time, there will be general public knowledge of the existence of at least three civilizations other than your own. And you will find that, at that time, times will be more conducive – timing will be more conducive, more conductive – towards face-to-face encounters en masse.

Q: Can I ask one more question on that, then?

B: You do not have to ask if you can ask.

Q: Thank you. Like myself, I’m always searching for something better, bigger, to become much more knowledgeable within this sphere. Are we – let’s say, like myself – am I on the right track; or should I change over to something more...?

B: All right. Allow me to say this: when you ask if you are on the right track, at that moment you are on the wrong one. When you know that you have all the answers, when you realize that you have all the knowledge, when you realize there is no such thing as something “better,” but that at every moment you exist you are already perfect and that you are right then and there the best, then you are on the right track.

Q: Have you reached that point yet?
B: In your terms, yes. Yes.

Q: Thank you.
B: Thank you.

The Crystal Planet and Contact
The Cycle of Remembrance

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great! Wonderful... etc.

B: Allow us to begin this evening’s interaction with the idea of sharing, itself. The idea that you are willing to express – in your terms, in your own conditions and your own methodologies – the idea that you are willing to express yourselves. The idea that you are willing to share and interact with each other in this way, the idea that you are willing to come together for a singular purpose; and the overall idea of whether or not you may find many individuated purposes within this overall idea, it is a singular purpose in that you are willing to give of yourselves, that you are willing to explore the beings that you are.

You are willing to understand, on a very deep level, all of the ideas that have remained hidden from your conscious mind for many thousands of years. You are willing to wake up to the understanding that this exploratory age in which you now live is a prime example of the changes that are going on within the consciousnesses you are, within the reality you have created to experience yourselves within.

The very concept of physiological reality is now altering. The very concept of what you are as a consciousness is now altering. In fact, the idea that you are beginning to be aware of yourselves as consciousness, rather than simply the product of physiological circumstances is, in and of itself, an indication of an expansion of awareness that will create many changes upon your planet – experiential, physiological changes upon your planet.

There is now, because of your willingness, because you have agreed to explore what it is that makes you what you are, what it is that creates the reality that you experience around you, because you are willing to explore this, that you will begin to see in your physiological reality these changes that you have always seen occur, occur much more rapidly, occur much more in a connected way to the changes that go on within you.

You will begin to realize that all the changes you are seeing in your physiological reality, all the differences that are now appearing in your culture, are the result of not only what you are as a social being, but what you actually are as a being of consciousness; and that you have always been primarily responsible for the structures that do exist in your society. And again, not just on a physiological level, but for the very concepts, for the very ability of these structures to exist, and for the very ability of even physical structures to exist, all these ideas have come from the wellspring of the consciousness that you are.

For do remember that even in your own literature you have said you are made in the image of the Creator. What that means is that you are also an infinite creator; you are also a multi-dimensional
creator. And the attributes that you possess as a multidimensional creator are so automatic, so second-nature, that you create the reality around you so spontaneously that you have even been able to create the scenario that you have forgotten that you are creating it, so easily does it come to you.

You have the ability to create the state you call forgetfulness. You have the ability to create this scenario, this illusion in your reality, because your ability to create physical reality is so smoothly operational, you do not have to pay attention to it. It is quite automatic.

But now – now, now, now, – now you are at the end of the cycle of limitation; you are at the end of the cycle of forgetfulness. You have played out all the probable scenarios that can be played out within this particular linear reality that involved the original idea that you projected yourselves into – into this material existence. The original way in which you chose to manifest the belief in forgetfulness has now culminated. This is the end of the cycle of forgetfulness and the beginning of the cycle of remembrance, the beginning of the awakening.

You are now awakening to the fact that you have been living a particular dream for many thousands – many tens, many hundreds of thousands of years. And now you are awakening into a new understanding that you are the creators of that dream, that you are not simply caught up in the machinations of some objectified universe that is existent outside of you, that goes on with you or without you.

You are beginning to recognize that what you have called the universe is, in fact, the product of your imagination; the product of your perspective, the product of your perceptions, the product of your beliefs, the product of your feelings, the product of your thoughts.

All of these ideas, even your own scientists are now beginning to realize, come from you. They are not truly independent of you; the material universe is but a reflection. Perhaps, yes, a collective reflection on one level, and an individual reflection on another, but a reflection nonetheless of the ideas, at any given moment, you believe most strongly that you are.

Therefore, as you begin to awaken into the understanding that the universe is your projection, then all the changes that you now make within your consciousness, all the changes that you now allow to occur within the consciousness that you are, within the idea that you are, will be able to be seen by you to manifest that much more obviously, that much more transparently, and that much more quickly in your physiological reality.

Thus, you can begin to see the connection between your thoughts and the physical reality you experience. Whereas before, because you have created yourselves to live in a world of time – time being your illusion as well – you created a very large time lag, a thickening of the atmosphere that prevented you from understanding that what you thought is what created the ideas you are experiencing in your life. This time lag gave you the opportunity to think that your thoughts and your feelings were formed after you created the experiences.
But now that you are living more in the moment, and not needing to experience the idea of linear time so much any more. You are beginning to realize that it is your thoughts and your beliefs that actually create and attract to you the experiences that you have. And that you cannot have an experience if you do not have a belief that that is the most likely experience you will have in your life.

Thus, you are beginning to reverse all the scenarios that you have been previously taught in your society for how creation is what you experience. You have been taught previously the idea that seeing is believing. But now you are beginning to understand that believing is seeing.

And even though you may not be aware of that fact, you now are awakening into the understanding that when you have a situation occur in your life in the physical reality, that that is not what creates your beliefs; it is the product of your beliefs.

Now, it may reinforce the beliefs that you have, and it may then allow you to experience feelings that you feel are the result of that experience. But understand: a belief exists within you first, and then you have a feeling. There is no such thing as a feeling, no such thing as a reaction out of the blue. No situation in any way, shape or form, ever can prompt any particular built-in feeling from you if you do not already have a built-in belief about what that situation means.

When you attract a situation into your life, and then you find the reaction within you, it is that reaction and that situation that lets you know, beyond a shadow of a doubt, what the belief was that was imbedded and ingrained within your consciousness that allowed for the existence of that situation to begin with.

And when those situations come into your life, they are not there, if they are negative situations, to show you that you are a failure in life. No. They are not there to show you that you are stuck with this idea in life. No. They are there to show you that you have the belief that has attracted this situation.

And therefore, now you are aware of what this belief is – so that if you do not prefer the situation that occurs in your life, now that you are in touch with what the belief is and what the definition of the belief is – you can now alter that definition with your imagination. Now that the situation in life has made you aware of what it is.

And when you alter that definition – when you alter that belief and create it as a conscious decision to be the way you prefer it to be – that is the way you will see your physiological reality occur all around you.

For once again, you will begin to realize that your physiological reality is only – and can only be – a shadow of the soul, a reflection of the idea, at any given moment, that you are. Is all of this translating into your language appropriately? Are you following along?
AUD: Yes. Yes.
B: Sharing!

The Cycle of Remembrance
The Dal Beings

Q: Hi.
B: And to you, good day.
Q: How ya doin’?
B: All right.
Q: Before my question – just because it seems to keep coming up – I read an article, and it said that ultimately the contactees do seem to wind up with their feet firmly planted somewhere just above the ground.
B: Perhaps simply on the soil of the new fourth density earth.
Q: Oh, okay. There you go. That makes sense. My question is the Dal universe and the beings.
B: Yes.
Q: I’ve been having some exchanges of energy with them, and I thought maybe you could elaborate on them. They’re quite different from what I’ve experienced.
B: Yes. We cannot necessarily go much into other universal realities as this time. However, let us say they function as an automatic on and off switch, to regulate some of the functions taking place in terms of exchanges of energy in your physiological universe. They are like a monitoring energy.
Q: Yeah. I do notice that when they show up, the Pleiadians, who were pretty headstrong, quiet up real fast.
B: No need to look at it that way. You are putting it back into a melodramatic framework. That is an earth interpretation of what is going on in terms of the exchange of energy, and is not necessarily literally representative of what is actually taking place.
Q: Okay. Yes, I understand that… also… I mean, are they physical like us? I know they can…
B: They can represent themselves that way, but ultimately, not really.
Q: I mean, they’re like this gaseous energy cloud?
B: Well, in a sense, energy being, yes. You might interpret the idea as gaseous in your reality, but that also would only be an interpretation.
Q: Mhmm.
B: It might be more easily understood as etheric.
Q: Etheric.
B: Yes.
Q: Okay. Getting into etheric: can… is the etheric fragile? Can it be broken in parts?
B: Well, in a sense, we, quote/unquote, break it all the time in order to interact with you, because, in many ways, we are also etheric.
Q: Mhmm. But it re-physicalizes. It goes back together.
B: In our reality, according to our thoughts and our beliefs, yes.
Q: Mhmm. Okay. So getting back to the Dals? They’re just totally from another reality…
B: Another dimensional plane altogether, that is, to some degree – 90 degree of a vector – to those realities, those dimensional planes, that you and I would call physiologically real. They are a vector universe.
Q: How did they get here?
B: Through the idea of phase shifting. Just as we come into your universe. The idea of changing your vibratory frequency to match that of the universe in question of visitation, and to project a portion of their consciousness in whatever way seems to be most necessary to represent their presence.
Q: Mhmm.
B: Their presence, as you perceive it, is not even the totality of the being.
Q: Right, right.
B: It is, in a sense, but a finger – to use an analogy.
Q: Do they have ships?
B: Not as you understand it, no. They do have cohesive electromagnetic consciousness that sometimes you may perceive as ships. Or more often than not, would choose to perceive as simply spheres of light in your reality.
Q: Right. Are those spheres of light… is that one being in there, or is it a mass consciousness?
B: It is a collective and, at the same time, it is one.
Q: Male/female?
B: That polarity does not exist for them.
Q: So they just…
B: They understand it as a necessary representational face in your reality, and sometimes can put that face on. That is not to say that, even if it represents itself as a male or a female, it actually sees itself that way.
Q: Mhmm. Do they have physical technology like we have? Or is it total, you know, mental frequency?
B: Not as you understand it, except in one dimension they would call their dim past.
Q: Uh huh. Can they…
B: One that now, at this time, would be sufficient to allow other individuals to interact.
Q: Oh, okay.
B: Sleep well.
Q: Okay. Thanks.
B: Thank you.
The Didgeridoo

Q: Why aren’t woman allowed to play the didgeridoo in Aboriginal culture?
B: Some have been, from time to time, but it is simply generally recognized that that frequency has a lot more to do with what you typically call male energy on your planet. Some of these things have the ability to be changed and shifted, but it is simply recognized that, more often than not, that particular instrument is, to some degree, a re-creation of a masculine vibration that allows enhancement to take place within the energy field of those who exhibit more masculine qualities.

It is not that it will not and cannot be used by feminine energies, but let me put it this way: the women don’t need it; the men do.

Q: And has the didgeridoo been used like the flute, for levitation?
B: Not exactly in the same way, but yes, it has generated the proper state of mind; the state of being that allows levitation to take place. But not in the same way as with many other cultures who have actually utilized the acoustic signals of instruments themselves to create a sonic field that negates the gravity effect on certain material objects.

Q: Have there been tribes that have been able to do that?
B: There have been individuals within tribes that have been able to do that. There was on your planet once an incident where the majority of the tribe was capable of doing that, but this is rare.

Q: Thank you.
B: Thank you.
Bashar:
Channelled by Darryl Anka
Circa 1996
The Dimensional Infusion
Questioner: The original dimensional infusion occurred in the Lyran system. Is that correct?
Bashar: Define dimensional infusion.
Q: Well...
B: The Lyran system is, to some degree, a progenitor system of many of the species that exist within your particular area of the galaxy now; in that sense, it is an ancestor energy. Yes, in that sense, this is correct, but define what you mean by dimensional infusion.
Q: My understanding is that this dimension, this linear dimension was not in existence, in a linear sense, at a certain time period. And then it was infused at a certain time period, and that original infusion from the void, if that’s what you wish to call it, took place in the Lyran system.
B: It took place at the time of your progenitor’s existence in the Lyran system, and could be said to have come from the Lyran system, in the sense that you are connected to it as a collective society. But the way you have originally said it can be misleading. You understand the difference?
Q: Yes.
B: In that all things are connected, what happened there had bearing on what is happening with you NOW, all of you. Thus, these are connected events, even though they may seem displaced in space/time.
Q: So the original seeding of our civilization here had it’s origin linearly in the Lyran system, and then...
B: Yes, to some degree, although again, there have been many offshoot tracks, and it is not just the simplistic following back of the line. And it is not just the idea of the direct intention to seed, as if there was only one faction with one idea. You understand?
Q: Right, well there was Vega, which was interplayed in it, Sirius system...
B: Yes.
Q: ... Orion system...
B: Yes, many, many, many, many, many. You are talking about very ancient ongoings, on the order of millions of years ago, in your terms of time.
Q: And is it also correct that the original reason was that there were beings that wanted to be completely unconditional and open, and then there were also beings who chose to be separate and have their own existence separate from those beings?
B: Yes.
Q: And that was the original polarity that manifested and created a warlike temperament?
B: To some degree, yes, although again, it is much more richly complex than that. But yes, simply put, you could say that.
Q: And it played itself out between the Sirian and the Orion systems?
B: It is playing itself out now.
Q: But originally?
B: It is playing itself out now. This is still what is going on on your Earth.
Q: Is it going to culminate with our transition into 4th density?
B: Yes, that is what that is for, that is why all the focus is on your Earth. Because your Earth is the final act of that transition, of that culmination. You understand?
Q: Yes.
B: Thank you.
The DNA Helix and the Twelve Strands

Q: I have been studying the twelve strands of DNA helix and the heart, can you comment?

B: All right, now, the idea of the DNA helix and the idea of the twelve is that they are not all physical but, again, they exist. A version or a template exists on all these different levels and what you are doing is connecting to more of those vibrational resonance patterns. And, yes, at one time in your civilization certain members used to have more access to more of them. You are, again, regaining that connection, that access.

Now, you have two in the body physically, and there is a third pattern that can be discovered as to exist, to some degree, in the body. But it is a quasi-physicalized pattern, a quasi-physicalized strand; and is mostly made of silica in the body in connection to the two DNA spirals. It is silicon because, well – what you recognize as quartz – because it is a high resonant crystalline frequency that is able to translate etheric energy into physical energy and vice versa, as you say.

But all the other so-called strands of DNA will not incorporate into your body physiologically; they could not possibly do so. It’s not the expression of your physical reality that they represent, but they do represent vibratory templates of enfolding and evolutionary growth on different non-physical levels that you are all starting to connect back into, and drop the physical, material vibrations of the crossings that we have talked about. Make sense?

Q: Are there any natural elements that can help access these templates?

B: There are a few elements that exist upon your planet as we have discussed, some of them are being discovered that can aid and assist in your ability to align in such a manner as to access these things. Yes, there are some natural substances on your planet that your planet has provided to aid and assist you in this way.

Nature leaves nothing out, nothing at all. There are methodologies on every level to access everything including the physical. There are some growing plants, there are some atomic elements, there are certain kinds of natural chemical concoctions, or biological enzymes, and so on and so forth, that all have to do with the ability of alignment in that way. So, yes, you can even do that, and you can do it in a number of ways.
Bashar: Allow us to begin with an idea we have shared with many of you recently, and which we will reintroduce from this particular avenue, this particular perspective this evening of your time, as another way to perceive the idea of all the blending of polarity that you have been doing in your lives of late.

Now, we have discussed with you many ideas of polarity, many ideas of attitudes in understanding the blending of positive and negative energy; but allow us at this time to point out another analogy that may allow you a little more opportunity to recognize the ease with which you can create positive action, positive manifestation in your life. Now, many of you already are aware of the analogy you utilize in your own society that you call an if/or situation having both sides of the coin. Do recognize, as we have discussed many times, that with any one side of the coin, automatically comes the other side of the coin, and so this is simply another way to say that everything—cause and effect, positive and negative—are simply both sides of the same event, and are always present simultaneously. The opportunity for the manifestation of any situation into either a positive or negative manifestation is, in that sense, typically, generally equal within any given neutral situation, as we have discussed many times.

Your ability to bring into a situation the particular attitude that determines and reflects and represents the beliefs that you are, as we have said, once again will determine the effect you get out of the situation. Negative attitude going in... negative effect coming out. Positive attitude going in... positive effect coming out, since all situations, once again, are neutral, blank, and have no built-in meaning.

Now, the idea of the blending of this polarity: many times we sense that in you, because you have long experienced the dichotomy of, on the one hand and on the other hand, the this, the that, the positive, the negative, the back, the forth. The idea of attempting to maintain that balance, or what seems to you to be a need to maintain that balance to allow yourself to create the opportunity to have the decision, to have the choice. To choose which one you prefer, which manifestation you prefer in your life, positive or negative. These ideas you have been dealing with.

Now, let us add one more dimension, and that is the edge of the coin. Many of you, well, perhaps, positively considering the idea at first, simply say, well the edge of the coin represents where the two sides are equal, are balanced, are blended, and thus it is a neutral state. Not quite. Allow us to put it in very colloquial terms. Now, not exactly in these ratios, because this is your own terminology. Not exactly in this way; but we will say it in this way: the universe is very slightly biased towards the positive, and this is because the edge of the coin, the balance state, equilibrium by definition, gives you an opportunity, and brings with it, because it is a blending, a slight tilt in the positive direction. So you will understand therefore that it is not that you must go through the 50% of the negative, the 50% of the positive. The negative is, in a sense, 49%, the positive is 51%. So even if you can allow yourself to
maintain even simply the balance state, even arrive in the limbo state, even arrive at the neutral, or what you used to consider the neutral point, you will then automatically allow a flow, no matter how small, of positive manifestation to begin to kick into your life, which will then be able to built up, as you say, snowball and accelerate in a positive direction. You all follow along?

AUD - Yes.

Bashar – The edge of the coin gives you an edge, allows you to recognize that even if you are creating a reality in which it seems that everything is going negatively, if you will at least release, let go, and cease to worry about it, and go back to your zero rest point, then you will not remain in limbo. You will not remain in neutrality for very long, because the zero rest point by definition is slightly integrative, and therefore slightly in the positive direction.

That is why, simply, all you really need to do when it comes right down to it, it is simply center, and that alone will point you towards positive acceleration, positive synchronicity, and positive manifestation in your life. Do you follow along?

AUD Yes.

Bashar– It may be, at times, seemingly, a very subtle and ethereal line; but once you are simply in that state of trust, in that state of release, and in that state of centering, all positive manifestation, like anything, becomes automatic. All the details will take care of themselves and fall right into place. So, in this dream time, simply, once again, realize you do not have to try so hard. You do not have to struggle. You do not have to create the idea of making or forcing anything to happen. If you are willing to simply allow yourself to rest in the very highly active state of centering, you will then allow the flow of your natural positive manifestation to begin to trickle, perhaps at first, drop by drop into your life; but as long as you continue to allow yourself to remain in the rest point, the drops will become a stream, which will become a river, which will become a flood of positive manifestation. Trust. Relaxation. After all, do you not associate the experience of a dream with relaxation? You are in a state of rest when you experience what you call a dream. To allow your physical reality to become as a dream, be in a state of rest, and all life will be as a dream, and all dreams will be alive and real, and the dimension of your imagination will know no bounds, and will be the natural state of your existence.

If you wish you can entitle this tape "The Edge of the Coin". Sharing....

2
The Ego
Q: I have a question about ego.
B: Ego.
Q: I hear so much about ego. I know you’ve talked about it to some degree.
B: Oh, yes.
Q: And I hear so many people talking about it... I’d like some clarification as to what **is** ego.
B: All right.
Q: Positive ego, negative ego...
B: Yes.
Q: ...and how it pertains to channeling.
B: Yes.
Q: And including the idea of getting the ego out of the way, which everyone talks about.
B: Oh, all right, all right. It is not so much that you get it out of the way; it is that you incorporate it evenly, *equally*. The idea of just plain ego is that it has a job to do. The ego’s job is to keep your consciousness focused into the physical reality you have said you want to be focused into. That’s its job; that’s it.

Negative ego is simply when you give over your power to that particular portion that you have created yourself to be, to run the whole show. That’s not its job. Its job is to simply provide a *focus*, not to do the thinking.
Q: Okay.
B: So negative ego is when the totality, or a large part of your consciousness is stuffed into the idea of your thoughts, your analysis, your mentality, in such a way as to allow it to think that *it* has to run the whole show. And in giving it more power than it is due, it tends to wobble and lose its balance. It tends to get erratic and eccentric, as you may say. And it tends, therefore, to create filters, structures, limitations, to bolster itself, fortify itself, so it won’t keel over and die and collapse under the weight you have given it.
Q: Okay.
B: So the idea is to lighten up upon the ego, lighten up upon the self. Take full responsibility for the creations in your reality; trust that if you know you wish to be of positive service, then you will be. And in that sense, you do not have to watch yourself so closely, assuming that something could reach out and drag you down from within yourself.
Q: Right.
B: All right. Now, the idea, therefore, is that simply, if you are operating generally in a mode of trust, and in a mode of desire of service, then your typical ego structure will know that when you want to defocus yourself to allow yourself to expand, you aren’t killing the ego. So it won’t have to panic; it
won’t think that you’re taking its job away from it. You are simply saying, integrate from within me, in a
different fashion, from a different point of view. Keep me focused, but in a different way.
Allow it to do its job, do not take its job away. That’s when it becomes insecure. So the idea is to simply
recognize that the ego will simply become a broader perspective ego – which seems to translate into
your society as egolessness.
Q: Yes.
B: Simply because it smoothes itself out, it shifts its focus from a limited one to a broader one. The ego,
or let us say, awareness of individuality is still there. But it simply becomes that you know you are
supporting the whole, and you are simply trusting that in supporting the whole – because you are a part
of the whole – you will be automatically supported.
So you do not have the idea of the panic in the negative ego of, “Well, all right. Well, what’s in it for
me? I’d better control this carefully, or otherwise I could be forgotten.”
Q: Yes.
B: That’s basically the whole idea in a nutshell. Does that assist you, or is there some other specific that
you wish to discuss?
Q: Can you say something about the idea of re-filtering, as such, to become clearer?
B: Well, the idea, again, involves trust. Simply that the more you trust that what you are doing is for a
positive reason, the more feedback and circumstances and synchronicity you will get in your life, to
allow you to keep doing it in a more accelerated way. So your trust will clear you, if you act on it. If you
doubt on it, that’s when you fog up the picture.
Q: Yes.
B: There is no reason to doubt yourself. If you know what your intentions are, you will always give
yourself the guidance – or attract the guidance that you need – to allow you to remain, in your
estimation, on track.
And even if you momentarily seem to get off track – which is not really ultimately possible – then you
will always allow yourself to know that there is something you will learn from it in a positive way. And
the learning of it, rather than the judging of it, will allow you to know that you haven’t really left the
track at all. You have simply expanded the track wider.
Q: Yes. The idea of being emotionless, or becoming emotionless: does that make sense at all?
B: It is simply that when you balance and blend out all polarities within you, to your society it may seem
that you become an emotionless being. But it isn’t that you become cold; it is simply that you don’t
exhibit the extremes of emotionality that your society, more often than not, takes for a living being.
The idea, simply, is that as you blend and balance them out, they all blend into ultimate and
unconditional love and compassion. You simply know what you are doing, and therefore, there is no
reason to exhibit the extremes that usually indicated doubt or uncertainty.
It isn’t that you become cold; it’s that you become all embracing. But since you trust ultimately, then it is simply that people are seeing the absolute certainty and conviction within you. That does not bring with it the idea of an extreme range of emotionality. Doesn’t mean you can’t be happy. Does that answer the question?

Q: Very much, thank you.
B: Thank you very much for your expression of yourself.
Q: Thank you.
The Elevator Analogy

Q: Hello.
B: Good day to you.
Q: The question I have is ... on this plane we ... I can act very logically, if I do this, this, and this ... this will be the result.
B: Yes.
Q: And if it is not the result, then I can adjust my thinking and move onto the next thing.
B: Yes.
Q: What I’m not integrating is the feelings connected with disappointment or the letdown from that. And I guess my question is, what is the relationship between emotions and feelings ... ah ... logical thinking...
B: Yes.
Q: ... and how that relates to living in a spiritual way...
B: Thank you.
Q: ... in ... can I?
B: Yes.
Q: Okay. In my self when something happens that does not go according to plan...
B: Congratulations. (Laughter.)
Q: ... in my own knowing, I know that everything is going to be okay.
B: Yes.
Q: And that it will work out.
B: Yes.
Q: And so it’s easy for me to move from that moment in the next second, to be on to the next thing.
B: Yes.
Q: But it seems like somehow I’m getting stuck with not recognizing the emotions, or dealing with the emotions.
B: All right, you are basically, simply carrying the baggage of expectation with you in what you are doing. The idea is that, yes, you can have a goal, yes, but there are so many surprising ways you could actually get there other than the one your mind is capable of understanding. So the idea is, yes, you can have a plan, you can have a path, you can have a general structure that you believe you will follow, but if
it does not come to precise fruition in exactly that way, that’s telling you that there is something, perhaps, bigger, richer and more surprising than your mind was capable of grasping. When you realize that, at that moment you will allow it not to be defined as a failure, or a disappointment, but will, all of a sudden, be elevated to an unexpected level of clarity, because you will allow yourself to be surprised and inspired, and thrilled and shocked. And your curiosity will come alive and say, this did not go as I expected, therefore, something greater must be at hand. You understand?

Q: Yes.

B: That state will elevate you to see the clearer path, to see the bigger picture. You can push the button and take the elevator down, or push the button and take the elevator up. When you arrive at the end of the hallway, you did not expect there to be an elevator at, it’s your choice of which way to go. Just because you didn’t expect an elevator to be there does not mean you have to go down to the basement and mope. (Laughter.) "Oh, there’s an elevator, that means the only way I can go is down." Elevators go up too! Sometimes they go side to side, but we won’t get into that! (Laughter.) The idea simply is, at that point of arrival of the unexpected elevator, you have a choice between the down and the up button. Choose what you prefer, allow yourself to know that it is never an interruption, it is never a block, it is an arrow pointing in an unexpected direction, full of more than you were possibly imagining. You understand?

Q: Yes.

B: Then you will be thrilled, you will be enlightened, and you will be also allowed to see the bigger picture by your own choice, because you will take the elevator all the way up to the penthouse, and have a beautiful view of the entire idea, you understand?

Q: Yes.

B: Does this help you?

Q: It certainly does.

B: It really is just a matter of learning how to respond to your life, instead of react to your life.

Q: In response then ... I mean it’s ... to deny emotion...

B: No, no, no. No, no, no. You do allow yourself to recognize that if you do choose to feel a certain way, you must stay in that feeling and understand what the feeling is showing you about your beliefs. Feelings are always reactions to beliefs, or responses to beliefs. The belief is there first, so if you have a negative feeling or a feeling you don’t prefer, it’s a reaction to something you believe to be true, first. The feeling puts you in touch with the fact that you have the belief. If you don’t prefer the feeling, if you don’t prefer the belief, it’s an opportunity to examine yourself, to discover yourself, to discover what baggage of expectation, you have been carrying up to that point; and if you don’t prefer it, to drop it, or to take on new baggage. You understand?

Q: Yes.

B: So use the feeling as an opportunity, never avoid the feeling, stay with the feeling. The feeling is there to show you what you need to understand about yourself, so that in understanding you can then.
transmute the feeling. You don’t get rid of feelings, you change them. You only have one energy to work with, that’s it. All the things you ever feel, and all the things you ever do, and all the things you ever think are the same one energy; you can only change it from one thing to another. You can’t get rid of it or shove it under the rug, you must stay in it, let it show you what is there to show you. Don’t deny it ... then it will teach you, you will go through the process, you will be enlightened by it, and you will gain more practice in understanding that your feelings are there to help you; and so, you will have less reaction to them and more response to them. And they will slowly but surely, or quickly but surely, turn from negative to positive feelings, in more and more situations in your life, you understand?

Q: Yes.
B: Does this help clarify the situation for you?
Q: Yes, it does.
B: Thank you very much.
Q: Thank you.
Questioner [a man]: Could you explain what the explosion was that occurred in Tunguska in Siberia in 1908?

Bashar: A craft, malfunctioning. It was not, as many of your people believe, the idea of either cometary body or the idea of a miniature black hole or the idea of a meteoric impact. It was, as many people suspect, the idea of a malfunctioning craft.

Q: Hmm!

B: But more in the sense of what you would call an "energy gate" craft, an intrusion into your dimensional reality. Something far more sophisticated than simply the concept of what you would consider to be a "nuts and bolts" technology.

Q: Hm-mm.

B: That’s why it was perceived mostly as the idea of glowing energy, rather than literally as a metallic craft. It was not metallic, in that sense, though when it intruded into your dimensional reality, it did begin to take on some crystalline metallic qualities before it exploded.

Q: Uh-ha...and, ah...

B: In fact, it actually was a miscalibration of the energy requirements for stabilization in your dimension that caused the explosional rip. When coming from a higher dimensional frequency, things must be calibrated very carefully in order to find true balance incorporation into the physical material reality into which they are intruding. An imbalance was achieved, and it created a dimensional rip, which back-lashed, fed back into the mechanism and allowed there to be a powerful explosion. Does that make any sense to you?

Q: Uh...somewhat, yeah...I’ll listen to it again.

B: Well, it’s, again, similar to the idea of attempting to bottle something up that is simply far too powerful for the container when it is miscalculated. And thus, it blew the container apart as it was forming.

Q: OK...

B: As it translated from a higher dimension of great power, down to the dimension of more restricted and limited expression of power, the miscalibration allowed there to be an inconsistency in the container that was forming to hold the idea of the translation in the jump from one dimension to the other, and, in that sense, the destabilization caused an explosion outward of energy. Does that make more sense?

Q: Yes, it makes sense.

B: Oh, all right.
Q: Um...it leads to something else I wanted to know about in that apparently from time to time people...U...I don’t know what to call them...extraterrestrials or UFO people that are flying around in...extradimensionally or whatever...make mistakes every once in awhile...

B: Of course!

Q: ...which leads to both the concept of Roswell, but more specifically now, what’s going around is a film purporting to be an interview of a captured...I guess a captured Grey. Can you talk about that?

B: Yes. This is what you would all a re-creation of an actual event. Not an actual event. But it is, to some degree, an accurate recreation of an actual event.

Q: An event being that a live Grey was taken into custody, so to speak?

B: Yes.

Q: And interrogated, or whatever?

B: Yes. But this is not what you would call a filming of the actual event, but a relatively accurate recreation.

Q: I understand. Uh...what bothers a lot of people, including me about that, is that if the Greys, if it was a Grey, if they have the kind of telepathic ability to control us or influence us telepathically, as has been reported, would the rest of them allow this to happen to their, one of their mates? Wouldn’t they come get him?

B: If you clip off the end of your fingernail, do you care to retrieve it?

Q: No, not in any meaningful sense.

B: The idea is that you must understand this as a hive mentality; and one individual member cut off from the group, in some senses, to them is of little consequence.

Q: Cut off by virtue of having been accidentally captured, or was there...

B: Yes.

Q: ...another process that...

B: Yes.

Q: Oh...

B: Again, as you say, mistakes can happen; miscalculations can occur. And even though they understand there may be a higher purpose to this on one level, on what you would call the pragmatic physiological level and dependent upon their construct of consciousness, and its difference between human and them, in that they do not have the same emotional capacity, their telepathic connection simply regards this as inconsequential, to a great degree. Because it is simply like a small fragment of the whole, and it is only–well, not even really–an inconvenience to them. Does that make any sense to you?

Q: Yes, yes it does. Um...

B: Plus, they also understand that there are ways to use this situation to their own advantage, as well. In that since they are telepathically connected, then any such presence, no matter how it occurred, will
also act as an absorber of information that will be fed back into the collective.

Q: I see. Uh, I was wondering in the general field, I guess, of UFOs, and the technology--
B: Yes.
Q: Um, when Nicola Tesla died, it's my understanding that a lot of his papers and documents were taken by government people and kept under wraps until now.
B: Yes.
Q: Is any of that being used, either by government or extragovernmental black operations or whatever, in terms of trying to mount technology for space travel or anything else?
B: Yes.
Q: Could you specify what it is?
B: Some of the gravitational concepts, some of the energy transference concepts, although much of the work is actually, as you would say, "over the heads" of most individuals. But they have made sense out of some of it. It especially has to do with the idea of what we typically refer to as "resonance identification," which means the understanding of certain frequencies that will in a sense trigger other things to happen on a more expanded scale.
Q: Um...something that I, perhaps, could get at in another way than I asked you once before, I guess I was not very precise in the way I asked it, but, speaking of a man like Tesla, and there have been others, of such a unique talent, so obviously out of his time, even way ahead of us.
B: But not really, because there can really be no such thing, but I know what you mean.
Q: Well...
B: He was a direct product of his time. That, actually, is the point.
Q: OK, I understand. There are two different sort of frames of reference here, that we are talking in.
B: Yes.
Q: From the point of view that somebody like him creates knowledge, not creates knowledge, discovers things...
B: Yes.
Q: ...sets things down, and so on, which for one reason or another are never used. They are either suppressed or they disappear by accident, so-called, or whatever. From a kind of an overall overview of how the earth is developing, I don't understand the purpose of that. It seems like a tremendous waste of energy. Why did he even bother to come here and do that in the first place?
B: First of all, once an idea is introduced into a consciousness matrix, it is never lost. So it is still available to the collective consciousness of your people.
Q: I understand that.
B: That's one thing. Secondly, of course, is the taking of the responsibility for the creation of your reality in the way that you have in the creation of compartmentalized structures that work upon the
concepts of fear and denial. And this is an opportunity to allow yourselves to decide that it is important to change those things, when you see that they are only doing the job you set them up to do, really. Because, ultimately, the idea is that they have achieved the status they have achieved and the ability that they have achieved to suppress these things because many people on your planet have given their power over to them out of fear. And thus, they are only doing, in a sense, what many of you have created them to do. When you take back responsibility for these things, then they will no longer have the capacity to do this. They will no longer need to do that job.

Q: By taking back responsibility, are you speaking in the narrow sense of political action or reform, or something deeper than...

B: That as well, but also the idea that most people on your planet still, in a sense, are dysfunctional with regard to the idea of their own responsibility for their action, and their own sense of connection to the Infinite, and their own expression of self-empowerment. In a sense, many people are still operating in the denial phase of wanting someone to take responsibility for them, because most people on your planet still, shall we say, define the concept of responsibility as blame instead of freedom.

Q: Hm...

B: Does that make sense?

Q: Yes.

B: All it is, is the ability to respond. But your people don’t yet understand that.

Q: Hm...OK, and if I could ask just two other things here.

B: Number one.

Q: Um—the orgone research of Wilhelm Reich, is that valid and real?

B: It is valid in concept, though not always in the approaches that different people have taken with it, but in concept, yes. Number two?

Q: The second thing was a follow up to a question that you were discussing last time here. Uh, uh, regarding the state that people find themselves in immediately after death.

B: Yes?

Q: Well, I’m wondering about an individual such as Jeffrey Dahmer or perhaps a terrorist who drives into a crowded square, blows himself up and as many people as he can with him.

B: Yes.

Q: Well, when these people—whatever you call it—wake up, as it were—in other words, I’m talking about people who do what we would commonly call "evil" or really—

B: Yes, I understand.

Q: What, where do they find themselves, and what is their reaction to it?

B: Well, of course it will depend upon each specific case. Because it will depend upon what (a) they thought they might find, (b) they feared they might find, (c) that they might have not had any thought
about it at all, and of course the collective energy of what might have been their last action in physical reality, and perhaps many other factors.

But let’s just put it this way, to answer your question generally, for those that might be engaged in that kind of vibration in general and to that kind of degree of expression of it, most likely the first experience would be one of great confusion. For it will take some time for cohesiveness to align itself with the recognition that they are where they are, in fact that they are even still existing.

Then, perhaps slowly, over what might pass, from your perception, as time, there may be the idea that what has just happened was like a dream, because once you generally enter the spirit realm, so to speak, physical reality takes on very much of the same quality that you feel the spiritual level has right now. Kind of a quasi-dreamlike, imaginative projection of something that you’re not quite sure is real. Physical reality, in that sense, changes places, and all of a sudden the spiritual idea is more tangible. And to some degree, for many people, there is instant recognition of remembering, "Oh, that’s right. This is who I am, and I just woke up from either (a) a dream, or (b) a nightmare. That was not my real true self. Let’s see, what was that all about?"

So, in general, those are some of the responses for that kind of action. Then there will be education, understanding, alignment of how the soul can use that in a positive, constructive way for its growth. Because on that level, really, on the higher levels of spirit, it will only be used that way, but there may be rebalancing that the soul feels is required, or the spirit feels is required, for the action taken, and thus they may assign themselves different duties that will help, in terms of guidance and so forth, perhaps, to balance out the idea of the consequences of some of those actions, when perhaps they did them from a misunderstanding. Does that help?

Q: Um...yes. OK. Thank you.

B: Now, one more thing. It is from time to time, again because your strongest belief creates the reality, possible that many of these individuals will actually, if they were acting out of fear, in most cases these kinds of actions stem from that, will immediately experience the idea of everything that they have themselves caused. Do you understand? That will be what you call, "the life review." They will actually experience everything they did to anyone else.

Q: Mm-hmm.

B: And they will experience every ripple of that, no matter how far it may have affected someone else down the line. All at once. So they will then, with that, shall we say, sort of "shock treatment," awaken into their true identity because in a sense they will absorb that and see from the perspective that they could not see from in physical life, as to what the consequences of their actions truly are energetically. Does that make sense to you?

Q: Yes. I’ve heard...I’ve heard it said by commentators and what not, that an individual rarely might be in danger of doing acts or whatever that are so heinous that they might even destroy their humanness. Is that possible?

B: Well, to alter out of humanness, yes. But not to destroy the essence of their consciousness, no. That
cannot be destroyed. But yes, because you are not innately human as a consciousness, you can certainly rearrange yourself to be very "vibrationally far from" humanness, absolutely. Because humanness is simply one of the ways that consciousness has of expressing itself within infinite creation. Make sense?
Q: Yes.
B: Thank you.
Q: [another young man]: Hello.
B: And to you good day!
Q: Hello.
Q: Referring to Roswell, the tape that was on TV about an autopsy. Was that a fake?
B: It is a fabrication, yes.
Q: You say there are pyramids on the moon and Mars. Do we have pictures of those right now?
B: Yes.
Q: They’re just not revealed to us.
B: Correct.
Q: My brother’s a doubter. Could you help me with this?
B: A doubter of what?
Q: Anything that you can’t see, hear, feel, or touch.
B: So?
Q: He said
B: It’s not our place to change anyone’s mind.
Q: Yes, but I wanted to communicate with him on some of these things and maybe open him up a little bit.
B: Well, go ahead, but it’s his choice as to whether or not to buy into it.
Q: True. Could you help me on one thing?
B: Such as?
Q: OK. He says that my father’s given name at birth is a name I do not know.
B: So?
Q: And he knows it. Could you tell me what that name is?
B: No. Because this is being done for the purpose of convincing, and, therefore, the door is closed to us because that is against our purpose.
Q: Hm. All right. I once knew a man who called himself Geronimo. Spent some time with him 15 years ago. Could you enlighten him on where he might be today?
B: Have you checked your area of Idaho?
Q: Uh, no, I haven’t. I haven’t checked anywhere for him.
B: All right, begin in your area of Idaho, and see where that leads. That is where we sense the trail to be, at least in part, in that direction.
Q: So he is alive today.
B: I didn’t say that.
Q: Oh.
B: I just said, "Check in Idaho."
Q: Thank you.
B: Thank you.
Q: [a woman]: Good evening, Bashar.
Q: And to you, good day!
Q: And how are you?
B: Perfect! And you?
Q: I’m fine. I understand this to be our last communication for a while.
B: Perhaps.
Q: Perhaps. Um, I had a dream not too long ago, and in this dream scenario, I was taken some place in the desert, and a black helicopter landed, and a being came out, and I remarked at the time, "You aren’t human, are you?" And it was very tall and very much like a Grey, and a tall essence, and he began speaking to me verbally.
B: Yes.
Q: And I cannot remember the content of that conversation, and I was hoping that maybe you had a way that you could help me recall some of that content of that information, because it was blocked from me.
B: Perhaps, but again understand that sometimes there is reason why such conversations are blocked.
Q: I don’t understand.
B: The idea, number one, is that sometimes the information that is shared on that level is blocked by agreement because of the timing of the release of information on your planet as to whether it will be detrimental or beneficial for that information to be known. Sometimes it is blocked because many members of your society actually now have developed the technology where they extract information directly from your mind, and it would be, perhaps, to the disadvantage of your society for them to do so. You understand?
Q: I understand that. Yes, I do.
B: So, some of it is for safeguarding. However, there are things that we can tell discuss. Number one, some of the conversation entailed remembering more of who you are relative to their civilization, since you have a counterpart in their civilization.
Q: Yes, I understand that it’s a parallel life of some sort.
B: Yes.
Q: Yes, I understand that because I am very much in touch with that...
B: Yes.
Q: ...quite a bit.
B: So, a lot of the conversation involved that particular idea, and how you relate to that idea with regard to your human incarnation.
Q: Yes, I understand, and I, quite a bit, keep going back to that same area, that same place, constantly. It’s like a hotel room, all together, without no walls in between.
B: Yes, well this is in a sense a screen adaptational memory for convenience sake.
Q: I see.
B: It is simply another space and time that your mind will interpret as that kind of a structure, since it needs to make sense out of the place that it is in.
Q: Yeah, that’s true, and there were many of us, too, and I remember that there was definitely a psychic connection between all of us at the time.
B: And what was also discussed in a sense was the timing of things and what the agenda is leading up to, and when certain things will be done and unfolded, on your planet.
Q: Yeah, it did sound familiar, that course of the conversation, I remember thinking how familiar this is.
B: And of course, you understand, it was not literally a black helicopter? That also was configuration of your mind to make sense out of a type of craft.
Q: I understand that. I remember in the conversation of the dream that I kept saying, "I don’t have my luggage. I don’t have my luggage, I can’t go." And they did not take "no" for an answer. Why did I feel like I had to carry my baggage?
B: Well, that’s really a good question.
Q: Yes [chuckles], it is.
B: Why do you feel that you have to carry baggage?
Q: I don’t know.
B: Yes, you do. All of you know the answer to that question. It is your definitions.
Q: I see.
B: Definitions are the only thing that create the realities you experience. The definitions create the motivations for the choices that you make; that’s all there is to it. So, any thing that may appear to be excess baggage that you are carrying around, when looked at from the "higher" level of your being, is simply the product of having within your physical consciousness matrix definitions that are constructing your physical personality that make it seem necessary to carry things that may in fact not be aligned with your core, true self.
So, any time you feel you are carrying baggage you don’t really need, ideally, search your definitions to find out why you would be motivated to choose to hold onto something that doesn’t work for you. Because it is always in the definitions you will find it.

Q: I understand that concept. I have heard that before.
B: Yes. It is also some of the conversation you had.
Q: Oh...I understand that.
B: That’s why you discussed the idea of excess baggage, but translated it as the idea of baggage literally.
Q: I see.
B: Do you follow?
Q: Yeah, I believe I do. And my other counterpart that’s in another place/time continuum, I want more conscious recollection of that. How do I go about that?
B: Then let go of the baggage! That, in a sense, was what was told to you. When you let go of the baggage, you will have more conscious recollection of that idea. And be more like that self. Being more like that self, being more of that vibration will allow you to function more in the awareness of what that self knows. That is what communication is.

The idea, again, remember, is that when you create yourself to be that vibrational state, then you know the same things that anyone on the same level knows. It is not actually in that sense "reading each others’ minds." Communication, transference, is not really transference, it is simply the idea of identifying so strongly on the same wavelength that you know the same things simultaneously.

Q: I see.
B: That’s how it works. That’s why people who are "in love" often exhibit knowing each other’s thoughts. It’s not that they know each other’s thoughts; it’s that they are having the same thoughts at the same time. Because they are on the same frequency; they are translating the idea of their definition into experiential reality simultaneously.

Q: So, is that what we mistake as being in love, it’s just that a common denominator is a frequency?
B: It’s not a mistake. Unconditional love is the prime frequency of the Infinite Creation.
Q: I see.
B: That’s all it is. Not to make less of it, that’s what it is. It is the vibration of the infinite unconditional love. Remember that the unconditional existence and love, what you call love, that vibration is so unconditional on behalf of the Infinite, that it will actually allow you to know or believe that you are not unconditionally loved. That’s how unconditionally loving it is.

Q: I understand that.
Q: Make sense?
Q: Yes, I do.
B: Does that help you?
Q: I understand that, and how much does the government have to do with the interfering with our agenda, or with their agenda?
B: Not really too much because there’s not much they can really do; however, there is a lot of static. But when you say, "our government," remember that’s you. It’s your planet. Responsibility, remember?
Q: I see.
B: You want to change it? Change it!
Q: Can we lessen the polarities?
B: You can, but the idea really is not so much to TRY to change in the classical sense those structures, but to create new structures that can replace them that are more vibrationally balanced. Because the old structures in this transitional age will not be capable of standing up under their own weight and will not survive. The idea, therefore, is to have new structures ready to replace them when they start to crumble. As they are already beginning to do.
Q: Yes, I understand that.
B: So, that’s the idea. Be your own government in the way you want to be, instead of being your own government in the way that you don’t.
Q: I understand that.
B: It’s your planet.
Q: I had one more question I wanted to ask you. You mentioned last week about the big craft that was outside of, up in the atmosphere, not too far from San Francisco, on the California coast. And I wanted to ask you about that and the Federation, and who was there? And you said at that time that they were here to relieve some of the pressure of the tectonic plate, the Pacific tectonic plates?
B: Yes. Yes.
Q: And is that their only agenda, or their mission, or why they’re here?
B: At that moment, it was, yes.
Q: Are they still with us at this present time, do you know?
B: No. They do not need to be right now. But the result of that was experienced as a few minor quakes down in, what you would call, the Pacific coastal area; following within that week.
Q: I see.
B: Do you understand?
Q: I believe that. Yeah, I understand that, and I remember listening to that, and what about the Sirian energy that is supposed to be with us this summer?
B: The Sirius energy is now growing all the time because you are moving into that cycle. It is now always with you, and there are many ways to experience it more strongly. Some of which have to do
with the idea of forming stronger contact with the other species on your planet that are called Cetaceans. Since they are very strongly telepathically connected to the Sirius consciousness and can help remind you of how you are too, when you learn to play with them.

Q: I see, and how does that affect us according to Hale-Bopp Comet that is now, the gravity waves are now leaving us at this point.
B: Yes.
Q: How is that going to leave us now?
B: It doesn’t affect you at all. The idea is that it reflects you, not affects you. Reflects you, and thus, it was a great reflector and still is, to some degree, for the timing of great changes in your collective consciousness.
Q: I see.
B: But the idea of its representation is: Decide what reality definition is true for you because that’s what’s going to be amplified. So you’d better clarify your definitions.
Q: I understand that. Is there another comet that will be coming within 10 years, I understand, is that true?
B: Yes.
Q: About 10 years, that time span. And there will be some other great changes at that point? Correct?
B: It is reflective of great changes that you are setting up within yourselves, yes.
Q: It should be well seen like the Hale-Bopp. Is that correct?
B: To some degree. Not exactly in the same way, but to some degree, yes.
Q: OK. Thank you.
B: Thank you. At this timing, we will once again extend to each and every one of you our deep appreciation in allowing for the co-creation of this interaction in this way, through this window, at this time. Again, I remind you of the critical need for you to be yourselves and to live, live, live, live your dreams, instead of simply dreaming about being alive.

Take the opportunity to follow your joy because that joy is the vibration of your unerring, unconditional, absolutely natural core true self. So act on it. It is the thread, it is the compass needle that leads squarely to you, as your full aspect and expression of the Infinite in this reality domain.

We thank you for the co-creation of this acceleration, and the recognition of the cycles that we co-created together, to bring us together into a third reality that we are together also creating to experience new ideas within. Our unconditional love to each and every one of you. Good day.

[Darryl comes back.]
Darryl: How did it go?
Audience: Fabulous, amazing, great,[much applause]
Darryl: Thank you all very much for being here tonight, um, I look forward to seeing you again sometime, thanks.
I’m woozy. I said I’m woozy. There was a lot of energy here with this tonight. Something was different, yeah. I’m seeing a lot of really large-scale imagery and stuff...Coming back slowly....Thank you for coming...My pleasure...Thank you for coming.
Audience Member: I think he had more fun this time.
Darryl: Oh, he always has fun.
Audience Member: Well I realize that....
The Essassani Lifestyle

Q: I’m curious to know about the social organization of your planet. How are you all organized?

B: The idea is simply that we are a spontaneous civilization now. We have elevated, what you call, trust, to an art form – in a positive sense. The idea simply being that we no longer need, what you would call, a government as such, a political system as such, an economic system as such, because we interact directly with each other individually and in groups; more in the format now that you would call a network.

In a sense it is our perception that your government, in time, or what you call your governments upon your planet, will take on more of the aspects of what you now call networks. Where you will facilitate individuals in contacting other individuals – those that have services, those that have needs.

The idea of our Association is not so much a government, nor exactly what you might call a Federation, for that still implies to some degree a governmental structure similar to the one you know. The idea is that it is a networking body, a serving body, that puts intelligence in line and in touch with other intelligence, that matches spontaneously need for need, service for service. And that is much the way our society interacts.

We have no need for a medium of exchange, because every individual that has a service, automatically attracts every individual that needs that service. And every individual that needs that service that is attracted automatically, brings with them a service that the first individual needs.

Everything is run by what you would call synchronicity, co-incidence – because that is the way life works. Because life is a holographic matrix, wherein everything is connected to everything else, automatically.

When your attitude knows that, when you focus on that particular structure, then that’s the way you experience life and you do not need what might be called a reference structure, in order to organize things. Things organize themselves, and the government becomes one that serves rather than rules, allowing the flow to take place.

At any given moment, as we have said, our population is exploring in spacecraft and interacting with other civilizations and exploring many aspects of the universe; very few of us remain on the surface of our planet at any given time. Our planet is very green, as you say, park-like, in your language. There are no large built up structures upon our world, no large cities as upon yours.

The idea for us is not necessary, since the spacecraft in which we live, many times, are the cities themselves; many of them being many miles of your counting in length, and holding what you may call, tens of thousands of individuals.

There are only approximately two hundred million, in your counting, of our permanent population anyway. Our numbers are far lower than yours. The remainder of our population are those beings that simply as you say, come and go – that are not a permanent member of our society. Sometimes individuals are popping in and out, taking for the moment our corporeal form to experience our
particular civilization, and then flashing back into energy. And sometimes there are other beings from other societies, who choose to spend some time upon the surface of our planet, interacting with many different members, both of our species and of others.

This is, in general, the idea of our lifestyle. It is very spontaneous, very joyful, very ecstatic. We are always exploring, always learning, always growing, always having a good time. (AUD: laughs) Will this do?

Q: Sounds interesting. What about the non-conformist? Is there such a thing?
B: Everyone is a non-conformist. (AUD: laughs) And because everyone is allowed to be the fullest individual they can be, then we have great unity.

Q: Does that agree with a one-mind concept?
B: Understand that it is a misunderstanding in your society that one mind means a blandness of individuality. The idea, just like the person you are, is that when each and every one of your consciousness parts, when each and every one of your personality parts is as strong and equal to every other part it can be, then you function as a whole being.

And so, it is like that in a society – when the individual is the strongest individual they can be, then you have unity. For everyone is equally validated for the individual they are. And therefore, paradoxically, everyone supports the totality of all the other individuals that exist, and supports the idea of each and every being, being the strongest individual they can be.

So unconditional love is the key that allows us to function as one mind, and at the same time allows us to operate as distinct and variegated individuals. Understand?

Q: So there’s no disagreements among...?
B: There are always different points of view, but the different points of view do not, in your terms, impede from the general flow of our positive progress. There is never disagreement in the sense that it holds things up. There can be different points of view, different approaches – but you see, to us they’re all valid. So, if three individuals have three different points of view and three different approaches – we do them all. (AUD: laughs)

Or, if they finally allow themselves, by trying them all – as I use your term for now, trying – to simply come to the understanding that what one individual or another individual did is perhaps not as efficient as what the third individual came up with, then in recognizing that, the other two will probably align themselves with the third one.

Again, everything is done spontaneously, in a very obvious and conscious and willing manner. There is no need for argument as you call it, because all points of view are valid and we can learn from all of them. Understand?

Q: Yes.
B: Does this assist you?
Q: Yes, it does.
B: Well, thank you very much for your point of view and your sharing.
Q: Thank you.
B: Thank you!
The Essence of Love

Q: There is something that I don’t quite get, and maybe you could expand on, and that is that I’ve talked about, and heard about, and felt this Love, this universal Love...

B: Yes.

Q: ... but yet, if it is just some kind of energy, I don’t understand how it could have a feeling... in how it can love... like you’ve told me, it loves me so much...

B: Love is all there is. Everything is made of Love. What you recognize as the vibration of Love is the actual fabric of Creation. That is what you call Love.

Q: So okay, you’re saying that Love is God.

B: Yes.

Q: Okay. But what is it made of?

B: Love.

Q: Just of Love? Or is there an energy...

B: It is one and the same idea.

Q: All right... the same idea.

B: It is what is.

Q: Okay, I guess I’m looking at it scientifically, as far as molecules and atoms and things like that.

B: Your science does not extend to that level.

Q: Well then, how does it create things with that? I think of Love as an emotion, as a verb – emotion.

B: You can have an expression in an emotional form that you also may call Love. The idea simply is, however, that the primal essence of All That Is is also the idea of the essence of Love itself, the fabric itself, of Creation.

Recognize this: the idea of something above – let us say, to be colloquial in your terminology – above physicality, does not express or experience an emotion in the same way you do. It simply knows. It simply is. But what it knows and what it is, is Love. Everything is made of Love.

Q: So, say I took the idea that I want to create this experience, or this thing in my life by believing in it.

B: Yes.

Q: Okay, so I’m believing that this experience is mine and I’m utilizing this force, this energy, called Love or God.

B: Yes.

Q: How does it go about, by being Love, bringing that about?

B: All things already exist. All you are doing is tuning yourself into the level of reality in which it already exists. It is not that anything is done. All creation already exists. It is that you are tuning in to the level upon which the reality you desire already exists. Does that clarify it?
Q: Yes. And it does this through Love?
B: Yes. Love is the substance and the motivator. It is always self-perpetuating. That is Creation.
Q: Okay, so that could be kind of like what they mean by the saying “Love can move mountains.”
B: Oh, yes, it has many times.
Q: All right. Thank you.
B: Oh, thank you!

The Essence of Love
The Experience of Polarity

Q: My question has to do with polarity.
B: Polarity. All right.
Q: The creation of it.
B: Yes.
Q: Today when I was thinking about it, what kind of came to me was... okay, using the biblical legend as a vehicle, for this little exploration...
B: Okay, go right ahead, any analogy will do.
Q: Okay. So, I wondered if some kind of human consciousness decided to manifest male/ female...
B: Yes.
Q: ... okay, so then there was Adam/Eve.
B: In a sense, yes.
Q: So Adam is Eve and Eve is Adam, because they came from the same...
B: Yes. Each contains both ideas.
Q: Right. I don’t really believe so much that because of the temptation of some object... whatever this object was that created this polarity... I believe that it was the judgment of one or the other. Are you following me?
B: Yes. This was an analogy – the so-called, Temptation. The idea of the Tree of Knowledge of positive and negative is simply that, the knowledge and experience of polarity, of limitation, of high focus. So the choice, in a sense, to go into a reality – and in a sense, for a while, “lock” yourself into a reality where you would know positive and negative as separate things, rather than functioning as an integrated being – simply created the so-called, quote/unquote, Fall. And all that means is that you lowered your vibratory frequency so you could experience the physical reality of polarity. The idea of a fall is not a judgmental one, in that sense. It is simply one of physics.
Q: Aahh. Well then why, why... why did we want to do that?
B: Why not? (Audience Laughter)
Q: (Laughing) Well, because I... well, if it’s “why not,” then why do we try to find out anything else?
B: Remember that every experience is going on simultaneously. Every experience. This you simply happens to be focused as this particular idea, at this particular point in your timing. But the overall you is having many experiences on many different levels.

Of course it is part and parcel of this particular level to ask that kind of a question: “ Why am I here in this one, when all the rest of me is somewhere else?” That is one of the things that goes hand in hand with this particular type of experience – the ability to ask that type of a question! (Much laughter)

But, the idea is that you did wish to explore all corners, if you will, of the universe, and this is one that is equally valid with all other expressions. Also, also, also... also, in exploring it in the way that you have,
to such a high degree of focus, you have had experiences that are quite unique and, in a sense, not really experienced by the vast majority, quote/unquote, of consciousness within existence. So highly focused are you that you have had discoveries and perspectives, and attitudes and creations about yourself that, well, makes you quite a magnet to many other civilizations who are quite fascinated by the way you have gone about creating your reality.

Also, this high degree of focus represents vast change within creation and all civilizations that are connected to you, including ourselves. You are catalysts. You are, in very many ways, what have been called agents of change. You decided to explore the idea of the transformational powers of this particular physical dimension, and you have done it very well. So now you are going to explode in ever expanding spirals of knowledge and experience. To share with all other beings that are connected with you – including us – the ideas that you have learned, and how now to put them into the expansion of creativity throughout the universe. It has simply, if you wish to put it this way, been an intensive study course.

Q: Yeah. (Sighing)
B: Well that is a wonderful experience. And we thank you for the choice that you have made.
Q: Okay.
B: Does that answer your question?
Q: (Pause) Well... yeah... (Audience laughter)
B: There are more.... all right, all right... there are more, shall we say, pragmatic answers to this idea, in terms of representing your historical past as a group consciousness. You can also recognize that the idea of injecting yourself into physical materiality, as many of you know, can be a very pleasurable idea. Many of you simply found, at one point or another, that it was, let us say, unsuspected, that the particular type of injection into physical materiality that you created, would create a feedback loop to keep you in physical materiality longer than you originally anticipated. However, now you have played out the majority of that loop.

And now you have recognized the ideas that you have learned, so rather than simply playing “what if,” play “what is.” Since you obviously have made the choice to be in the physical realities you have made – play them out. It can be of great benefit to all beings that interact with you. All right?

Q: Okay.
B: Thank you very much.
Q: Thanks.

The Experience of Polarity
The Experience That You Are

Q: I don’t understand... you talked about Orion energies. I’m a newcomer here, and I don’t understand...

B: That is all right. Steven may explain some of this to you, in terms of the symbolic understanding. Now, we do perceive that you have other connections as well. But as we have said, it is not important to understand the labeling of those connections, but simply to act upon the sensings, the feelings and the energies within you, and allow them to blend.

If delineation of the labels is something that you do, in fact, need to understand what you are doing, then it will be given to you – from an individual, from yourself, from literature, from something you will attract yourself to. But it is not necessary in order to understand everything. Only the living of the experience that you are is necessary. You follow me?

Q: Somewhat.

B: All right, again, the scenario will be explained to you by another. Glean what you feel like gleaning out of it. What doesn’t make sense: let it go. What makes sense, explore it. Alright?

Q: My... my question was dealing with whether there was this energy force, this being, from maybe your planet, or somewhere else, that was trying to come in; and that I was – in my fear of it taking over – resisting it.

B: To some degree, yes, you have made the agreement to be of service in that way, should you decide to. But let me share this with you: any agreement that is made with another consciousness, in that way, is made for the purpose of being able to be of service. When you are comfortable with the blending of that energy that is when the service will be provided, in that way.

What purpose would it serve if the energy were able to force itself upon you – which it can’t – but what purpose would it serve? If it were able to do that, it would not be allowing you to be who you are; and thus, the agreement with you could not be fulfilled, because you wouldn’t be there.

So it serves no purpose to take over another individual. When you are good and ready, you will acknowledge it, and the agreement will be 50-50. It cannot be otherwise; otherwise it cannot exist. You follow me? You will only proceed at the rate you are comfortable with. Nothing can push you faster than that – nothing.

Q: What was interesting was that... and it makes sense... that whenever you resist anything you experience, it gets worse, it doesn’t get better. And as I was resisting, the pain was getting much stronger... .

B: Yes.

Q: ...and was going all over, instead of just being local and...

B: Yes. That is because you are your own separate universe. There is nowhere you can get rid of anything to, because there is nothing outside. So when you try to push something away, instead of letting it through, you push it up against the wall of your universe. And in pushing it, you give it more
ability to spring back that much harder. Letting it through you lets it transform and go on and become something else. Thank you!

Q: Thank you.

The Experience That You Are
The Fabric Of Existence Is Love And Light

B: How are you all this day of your time, as you create time to exist?

B: In this way we shall recognize that you are, each and every one, spirits, who have chosen the idea of humaniform existence. But spirits you are. Even as physical beings – spirits you are. You are eternal, and you are quite magical. And in this way the universe that you perceive is made from you – it is the stuff, as you say, of your essence, of your being.

Now recognize that in this time of transformation upon your planet... you are beginning to perceive that things are shifting, moving, blurring in and out. Definitions, barriers, strata, are no longer so solidly defined. You will begin to find that, as you now accelerate in this time frame into fourth density, that the idea of one strata, what you had previously considered to be so separate from any other idea – so separate in fact that you did not even consider that it could be connected to something else – will begin to blend and blur. And your definitions, in your terms, may become a little bit indistinct.

You will find that this is your opportunity to understand that the idea of the shifting and the transformation and the initiation, in that way, of what you call your physical reality is now coming back under your ability to mold, to form, to fashion in the ways that are reflective of your imagination. Your imagination is becoming more palpable, more real, more solid; so that you find yourself beginning to live constantly in a dream state, where what was previously unreal now blends with what you have always known to be real – what you have created to be real, more real.

You will find that these distinctions will become hazy. Feel the energy of yourself at work, the energy of yourselves in action. You are creating yourselves to be conscious spirit, and to become magical once again. Are you following along?
AUD: Yes.

B: Feel the acceleration, in that way, as events unfold. They are the unfolding of the petals that each and every one of you are. No longer being at the mercy of events, but being the events you are witnessing; being the acts of creation going on in your civilization, in your plane of existence, in your sphere of existence, of experience.

As you allow the ideas within you to become you, as you allow yourselves to define yourselves in ways you have not defined yourselves for thousands upon thousands of your years, realize that you are recreating – because this is the time of transformation and transition – you are in a sense recreating the very birth of yourselves upon your planet to begin with. For you are reassessing and re-evaluating and unlocking ALL that have you preconceived yourselves to be for tens of thousands of years; and now all definitions are created anew.

Your world will begin to blend all the ideas it has considered to be logic, mentality, emotionality,
consciousness, science, philosophy, and religion. All of these ideas will form transformations in your political, economic, social and religious structures, so they diffuse, blend and interweave. So that you allow yourselves to see yourselves AS the tapestry in which they are interwoven. So that you can retrace the threads of your existence and discover that YOU are the weavers, and you may now weave a new pattern, a new structure, a new identification, a new definition, a new understanding, a new life, out of the very fabric of your existence.

I am not speaking in analogies. Your life, your physical reality is woven of the very fabric of your existence. It is you. It is YOU. It is made of you, of love and light; which is the substance that is your essence and your existence, and that grants you the knowledge, the assurity, the understanding, that you are ETERNAL. For you are created from existence itself, which is the All That Is that you refer to as Creation and the Creator. It is existence itself and always will be. And so you shall always exist.

Now give yourselves the opportunity, GRANT YOURSELVES THE RIGHT, to understand that within these interactions that take place between what seem to be different levels of consciousness – between yourselves and other consciousnesses, between yourselves and yourselves, other portions of your consciousness – grant yourselves the understanding that, if you are WILLING to create in the now moment an understanding of ALL that has ever been discussed, and bring ALL that has ever been discussed into play, regarding any question you might form, then you will understand you have not just the answers that you need, not just the answers that you seek, but the very ESSENCE to create the life you desire to be.

You are spirits! YOU ARE SPIRIT. You are magical. You are light. YOU ARE LIGHT ITSELF. FEEL the vibration of your being! FEEL the vibration of your essence! FEEL the action within you, the creation that you are. And give it BIRTH! Give it LIFE! Breathe life into it. Breathe. Breathe – of life, and add to life by being ALIVE.

Sharing!

Q: I would like to thank you for the laughter and love that you share with us. It is something very special.

B: Thank you for your co-creation of that particular facet of creation that you ALL are, individually and collectively. Understand that that is the very essence of what we are speaking of: your right to recognize your own ability to create the vibration within your life that represents that portion of your own creator-hood. Your willing ability to recognize that which IS in all of you: the spark and the flame of the essence of life, and laughter and love. I thank you.

Sharing!

The Fabric of Existence is Love and Light
The Federation and The Grey Civilization

Q: Could you comment on the Council of Nine’s relationship to the Galactic Federation?
B: No. Not at this time.
Q: Do the beings that we call the Ascended Masters...
B: Yes.
Q: ... are they, in a sense, graduated into the Galactic Federation, if they choose to?
B: On one level they are, yes. Just as your own ascension into higher selves in some ways allows you access into the Federation, from that level. And this, to some degree will give you a little bit better understanding of the relationship of the Council of Nine to the Federation. Do you understand?
Q: Yes.
B: Thank you.
Q: And how many beings originally worked on our genetic changes from the Annunnaki?
B: Do you mean how many members specifically of the Annunnaki, or how many different races?
Q: How many members of that faction of the Annunnaki worked on the genetic changes?
B: The first wave of what you have termed the Annunnaki, those ancient Lyrans, was in the neighborhood, roughly, of about 300,000 beings.
Q: Of those beings, how many devolved into the Greys?
B: Of those beings? None.
Q: None?
B: Not the original wave to your world, in that sense, no. This is a product of the offshoot that went into the ancient Orion systems, a very different lineage.
Q: The Greys you mean? The ones that devolved into the Greys?
B: Yes. It is another lineage, another offshoot, at another timing. The ones that were more originally directly connected to the original genetic transformations, with a few exceptions, were not part of that particular wave that went into the Orion systems, and eventually as you say, devolved into the Grey civilization.
Q: And those beings now, who are the Greys...
B: Yes.
Q: Where do they spend most of their time, are they aboard ships?
B: Here and there.
Q: Aboard ships?
B: Sometimes there will be reasons to be on their ancient homeworld and other worlds, but for the most part they spend most of their time aboard ships, yes.
Q: And the fact that the Greys take from humans and the humans have forgotten their agreements, and it creates this state of terror and resistance...
B: Yes.
Q: ... how does that affect the...
B: ... remember that you are also talking about the idea of multiple levels and multiple factions of what you are collectively referring to as the Greys. There are different relationships with different factions and not necessarily do all levels of the agreements you have made with one faction, necessarily represent themselves in your relationship or interactions with another faction. Do you follow?
Q: Right.
B: Although everything is a product on some level, of overall agreement, it doesn’t necessarily mean that those agreements are representative of the specific ways that they play out with regard to your relationship with certain aspects of some of the factions of the Greys. Does that make sense to you?
Q: Right. It seems to be very multidimensional.
B: It is.
Q: Is there any repercussion in the Grey civilization for the negative side effects that the humans experience?
B: Yes! Many.
Q: What are some of those?
B: Some of the repercussions are, in some senses, reinforcing the original experience that devolved them into the Greys. So it is like a cyclic loop. Do you understand this?
Q: Yes, and how do they process that?
B: Some of them don’t. The ones that do, finally emerge into the understanding that they are creating the cyclic loop, and allow themselves to change the perspective of their relationship to the overall agenda and agreement. So that they can come from another level, approach it from another perspective that would be more beneficial in both directions – to their civilization and to yours.
Q: And the beings that don’t, do they have some kind of aberrant behavior they display?
B: Yes.
Q: Is there like, a confinement, or a jail type situation that they run into?
B: No, because in that sense, they are cut off from the collective and in that sense, if you wish to call that confinement, it would be experienced by them as such. Because the perpetuation of that level of the
energy will cut them off from the collective in such a way so as to make them feel completely isolated – which to them feels like death.

Q: All right, thank you.
B: Thank you.
The Founders

B: In what you may call the early stages of your Solar System, when consciousness began to manifest non-physically, and recognized the potential of physical manifestation, for a variety of reasons, it laid down a vibrational foundation throughout the Solar System that allowed certain events to come about that would allow things to wind up in certain places. So that certain energies would be where they needed to be, by the time certain ideas and agendas would need to be played out. So the arrangement was done in causal levels.

Q: Are those the beings we call the Founders? Or is that another reference?

B: The Founders are connected, to some degree, to that idea, to some degree. And here it can seem quite complicated. Because the Founders exist on a level where it is difficult to differentiate between what you would recognize now as them and yourselves and the Anunnaki and every other species. The Founders are foundational on a level wherein all beings that you know of or have heard of are, in some senses, an aspect of the Founders.

Q: In the higher dimensions?

B: Yes. And the Founders are the direct precursors of the Lyran seed, but they were not, as you understand it, physiologically in your dimensionality. They did, however, project a portion of themselves into physical dimensionality and took on humaniform aspects for the purpose of that experience.

Q: What time frame?

B: Millions upon millions upon millions upon millions of your years ago... many, many, many, many... perhaps as much as what you would recognize, even perhaps, half a billion of your years ago. Perhaps, even more so.
Q: I’d like to talk about some answers you gave recently to questions about how one should relate to various events that seem to be coming; how to avoid a paranoid reaction to various things that are happening?

B: All right, but not avoid. It is simply a matter of choosing what you prefer, that’s all there is to it, and it is not a matter of should, but, again, a matter of choosing what you prefer.

Q: Well, what you seem to be saying was that by keeping your vibrational rate high enough you can experience these events in a way that will not harm you, that sort of....and I’m wondering....

B: Correct, in a way that you will perceive as non harmful, you understand?

Q: Okay

B: There may be individuals who will perceive certain events that may happen to others as harmful, and in some ways and on some levels there may be a generalized commonality for what you define as harmful and not harmful that holds truth for most people. But in this day and age of individuality and universal created realities, the idea of what may sometimes seem harmful to one person may not in fact be experienced as harmful by the person to whom it is happening. Just to clear that point up first. Do you follow?

Q: I do, but let me give you an example.

B: By all means.

Q: What I think a lot of people would generally think of as fairly harmful, which is....

B: Yes, would be what?

Q: Well last night on the radio show, on Art Bell, Ed Dames, the remote viewer, said that plant pathogens are going to wipe out greenery and various Earth changes we’re going to....

B: Yes, and on one reality, in one parallel Earth this is true. Anything that you can imagine is happening somewhere. Now is that the reality you prefer?

Q: Well no, but I wonder if there’s a reality that most agree on, that does include some sort of Earth change like that; that would generally be thought of as traumatic? Like a lot of people....

B: There are, from time to time, realities that the majority of you may seem to agree on for a particular moment that may contain such experiences but then, perhaps, in the next moment that is not so any longer. It is difficult to answer that question directly because you are asking it as if there is only one reality and there isn’t; there are an infinite number. And in this day and age on your planet, what you all are learning is that what you actually hold to be most true is what you will experience of it, even if there may be a wide-spread common event, even then, it may still be experienced in a drastically different way between one person and the next. So it really isn’t even relevant whether or not a particular thing is
going to happen; what’s relevant is how are you going to relate to it and what are you to do with it if you have decided to be part of the reality that experiences that particular kind of event, which, by the way, many of you have decided, in some senses, to do without.

Q: And some people haven’t.
B: Yes, some people haven’t.
Q: In this reality right now.
B: Which one, this one?
Q: Yes, this one.
B: What about this one? What about this one now? And what about this one now?
Q: All of those.
B: Well, they’re all different, but go on.
Q: But each one of those realities contain people who say they don’t want to experience....
B: Oh no, that’s not true. Some of them contain people who want to experience it, some of them contain people that don’t care, some of them contain people who are unaware that such things may or may not happen. There are a variety of what people these realities contain, but again, if you’re simply making a point, by all means do so.
Q: Well, that was my point. That there’s this variety of people that sort of believe contradictory things and a....
B: They will then experience contradictory things.
Q: Okay, well....
B: Do you find that difficult to believe?
Q: Yes.
B: All right, well that’s the difficulty.
Q: I find it difficult to believe that it would happen all in the same reality.
B: In a sense it does not.
Q: Right.
B: But, let’s say, there might be overlap, enough similarity in one person’s equation so that they might share certain common points with another person’s equation. But then the things that are uncommon will sometimes be very different and will determine, perhaps, how each person experiences their particular equation, even though there may be some common overlap. Does that make sense?
Q: It does.
B: Yeeet.
Q: Yet, if I see in my reality.... you talk about the library of books where you can pull out any book.
B: Yes.
Q: In my reality I see a lot of books that constitute a mountain of evidence that there’s a global elite that’s waiting to take advantage of certain Earth changes and events; that are coming to implement basically an evil new world order type government.

B: What you are asking us to do is reflect to you, shall we say, the common consensus odds of all of the equations that we can perceive in the collective consciousness and what seems to be the most likely probable reality that most of you will share. That’s what you are asking.

Q: Actually, what I’m asking is if I see that coming and I want to help as many people as I can, it seems to me that rather than not look at those books, not look at the evidence...

B: That’s not what we are saying. Don’t make that mistake.

Q: All right.

B: I am not saying you are ignorant of the fact that the books are in the library. I am simply saying that you are very aware that they are there but what you are also equally aware of is that they are nothing more than equal choices; that no one of them has more innate built in power to manifest, and be more likely to manifest than any other. In fact, again, paradoxically, the more you become aware as a being, the more you become aware of the more negative possible choices because you become more aware of everything, dark and the light. So we are not talking about ignoring that; that is a possibility. Just the opposite, we’re saying you will become just the opposite. We’re saying you will become even more aware that there may be even more dark side choices than you may have previously considered. But just because, and here’s the catch, just because you may find yourself becoming even more aware of more details concerning those particular things, that, in and of itself, that level of awareness in itself, doesn’t mean anything relative to their power to become manifest. That still resides in you.

Q: Then my question, since I am aware of the sort of way that you are saying all of these things, how do I not let them manifest in my reality?

B: I just told you.

Q: I missed it.

B: Listen again. Pay attention. I will be more specific.

Q: All right.

B: The awareness of their potential existence is not sufficient for causation, not sufficient for manifestation. Does that make sense? The awareness itself is neutral, the awareness of potential negativity does not bring it about, so there’s nothing you have to do to avoid it unless you believe in it and then need to change your belief system to experience something other than that. But if you don’t actually believe in it, if you know that you don’t prefer it, if you know it’s not your frequency of personal experience to experience those things then there’s nothing you have to do to avoid it because you already know it has nothing to do with you experientially, even though you may be, in your reality, very aware of them as possible choices to experience. Does that make more sense?

Q: It does make more sense.
B: But not quite enough to be comfortable.
Q: The things that I’m aware of, to me are sort of evidence, pieces of....
B: Evidence, oh you mean that every single thing you hear of must be true because you heard it?
Q: No, just some things seem to have more weight.
B: Why do you think that some things seem truer to you than others?
Q: Because some things seem to have more evidence for their being true.
B: More evidence, why do you think you perceive some things to have more evidence than others?
Q: Maybe because I know more about them?
B: Define evidence.
Q: Well, more information that logically leads to the conclusion that this is true.
B: Yes, I know. However, our definition of evidence is a self-reinforcing reflection based on what you most likely believe to be true already. In other words, have you not, in any way, shape or form, at any time in your life, heard about the idea that one individual may say "But there is so much evidence for this," and yet another individual will say there is absolutely none.
Q: Yes
B: Well doesn’t that tell you something? It tells you that there really is no empirical evidence. It tells you that evidence shows up to reinforce a belief that’s already there; in the likelihood of that thing having evidence to back it up. But you create, in a sense, the attraction of your attention to the evidence. There is evidence for everything being true and there is evidence for nothing being true. The degree to which you perceive evidence for any one particular facet of everything has to do with your orientation and that’s all it has to do with. Does that make sense?
Q: Yes.
B: So the evidence you see gives you an opportunity to understand what belief systems within you. Perhaps that means what fears are being reinforced, by you, to show you, you have certain orientations and to decide whether or not to change them. Again, evidence to some degree, now understand, what you mean by certain kinds of evidence, and I will not debate, necessarily, the pragmatism of that on a certain level, that is how your reality works on a certain level, by the idea of evidentiary information. I understand that. We are talking about a very high level here, because we are talking about the fundamental creation of your reality and that level is different. So the idea here is that like the concept of prediction, on this level evidence is an opportunity to decide whether or not you actually want to experience that thing, whether or not you actually want to allow manifestation to occur, to continue in that direction or whether you would like to change your idea about what you are seeing and put it in a different light and, by so doing, see if some different evidence comes up. Make sense?
Q: It does, thank you very much.
B: This is an opportunity more than it is an absolute, do you follow?
Q: I do.
B: Now, I will remind you: there are only four absolutes; only four absolutes in creation, only four. Doesn’t even fill the fingers on one of your hands, well the fingers but not the thumb. Only four absolutes: Number one: You exist. That which exists, exists forever because existence only has one quality and that is to be. Number two: The One is the All, the All are the One. The individual pieces together combined to form the one, the one is formed of all the pieces and each piece holographically is the one expressing itself as the piece of the one. Number three: What you put out is what you get back. Number Four: Everything changes, except the first three laws.

That’s it. Any other statement, any other statement at all may have the weight of consensus behind it, may have a lot of inertia and momentum and likelihood and probability, based on a collective definition of what reality might be possible to experience. But that is a far cry, when you think about it, from what really constitutes an absolute.

There’s only four and if you didn’t hear it in the four it’s not an absolute. It is changeable, it is flexible to some degree or other. Does that make sense?
Q: It does.
B: Does that help you then?
Q: Yes.
The Frequency of your True Self

B: Do you understand why acting on the highest excitement is so important, and is it’s own confirmation, and is the thing that will allow things to happen as quickly as possible? Do you understand why that is?

Q: I hear that ... and I...

B: Do you understand why that is? Why it is essential to act on your highest joy?

Q: It’s like, we follow it so we will fulfill ourselves.

B: Why?

Q: Why?

B: Yes, why? What is excitement that it makes that so? Why is excitement the thing that lets you know that, if you follow it, you will be manifesting, in a sense, your true Self? Why?

Q: Why is that so?

B: Yes. Why is excitement the sign, the symbol that tells you that that is so? Why? What is excitement that it tells you that? What is it, what’s your definition of excitement? Do you know? Do you have one?

Q: Well, to me it’s just feeling good, feeling high energy, feeling enthused...

B: All right.

Q: ... and those kind of words.

B: Let’s be more specific.

Q: Okay.

B: Here’s our definition.

Q: All right.

B: Excitement is the physical translation of the frequency of your true Self.

Q: Okay.

B: So if you follow it, if you act on it ... what are you being? I just told you.

Q: Well, you’re realizing...

B: If you’re following your highest excitement at every moment, what are you being? Your true Self.

Q: Okay.

B: And if you’re being your true Self that means your operating on the highest frequency possible at that moment. And that means you’re attracting the opportunities and the circumstances and the tools and everything you need at that moment, to the best of your ability, to allow you to continue to move in that direction; because you are already a "complete kit." You contain everything you need, and the only way
you need to activate it, the only thing you need to activate any proper tool, at any given moment, for any proper opportunity or circumstance or situation, at any given moment, is to pour in to that tool kit the activation energy. That means, act on your highest excitement in any given moment. That’s all you have to do, that’s why that works. That’s why it helps things happen as fast as they can happen, because you follow your joy and act on your love. That’s why it works that way, because that feeling, that vibration, is your most natural core vibrational frequency. That’s who you are.

Q: Okay, it makes a lot of sense. And, if I may add, what you’re saying is, if there is any fear left, like in her case leaving her current income source and things like that?

B: Then that is her energy, her excitement energy, the same energy that generates her excitement, being filtered through a definition that she has bought into, that is coloring that energy and making that energy be experienced as fear. Which is simply saying that you have a definition through which you are running your energy that makes you experience your energy as if it were out of tune with your true fundamental Self. That’s what fear is, it’s again, by analogy, like what you call the sour note on your piano instrument. It simply means that you need to tune it.

All of you have definitions that you have bought into. You have one energy that’s who you are. You run your energy, when you create a personality structure in physical reality, you flow your energy through the personality structure – it’s, in a sense, a construction, a persona construction, the personality structure is created of belief systems, definitions. These definitions alter the frequency of the energy based on how much they are, or are not aligned with your true fundamental Self. When they are aligned with your true fundamental Self, you experience the flow of energy as joy, ecstasy, creativity, excitement, inspiration, imagination and so forth, and love. When they are out of whack, as you say, when they are “mis-atuned” to your true core Self, you feel your energy as fear, anxiety, and so forth. That’s what let’s you know that you have a definition that’s out of alignment with your truth.

So, if you experience fear about a given situation, it means you have a definition of the situation that has been fed to you, that you’ve bought into, maybe even unconsciously, and your energy’s flowing through it, and it’s making you feel that the definition you have, makes you feel the energy as if it is out of alignment with your truth. So you have to get in touch with what that definition would be, replace it with the definition of your preference, flow your energy through that, and then you will have removed the so called fear, you will have transformed it ... make sense?

Q: Yes, it does.

B: That’s it! That’s all there is to it, no mystery, that’s how it works, guaranteed.

Q: Great. May I make just one more statement?

B: You may.

Q: It’s really a question ... again I’d like a confirmation along those lines.

B: Oh, I see. And so, we are going full circle. (Laughter)
Q: Well, I keep stepping into that! Wait a minute ... just say, yes, based upon what you’ve just told me, I think I understand it.
B: All right, we’ll see.
Q: I’d just like you to confirm that, okay? Once again, my question was, to what extent should I participate in setting up workshops for her across the country?
B: How excited about it are you?
Q: That’s right, that’s what I was going to say. So really, it’s up to me, if I’m excited about doing that...
B: Here’s the formula, it’s as simple as this.
Q: Aha.
B: All right? At any given moment, could be anything, doesn’t matter, doesn’t have to be a career, doesn’t have to be a project. At any given moment, you have available to you things that you could take some action on – whatever it is you have the ability to take action on, take action on the one that contains the highest amount of excitement, first. When you have taken that as far as you can, at any given moment, then act on the next most exciting thing you have the ability to take some action on, and go on down the line, one after the other.
Q: Okay.
B: That’s all you have to do. In the course of any day, the amount of things you are capable of, whether it’s one or a thousand, the amount of things that you are capable of continuing to take action on, as long as you make sure that you’re always acting on, at any given moment, the thing that excites you the MOST out of anything you could be doing.
As soon as you have done all you can on that and you go to the next, whatever amount of things you get done in a day, that’s all you need to do in that day. And whatever you don’t get to, doesn’t need doing.
Q: Okay.
B: Because the thing that excites you the most, as long as you are sure in your CLARITY, HONESTY and INTEGRITY, that what you are acting on is your excitement and not a disguised anxiety, not an avoidance that you say is your excitement. But as long as you truly are acting on your true, fundamental joy, then that is the organizing principle and the guiding, driving engine that organizes the amount of time you need, and the amount of things that will come your way that you need to take action on. It is the thing that automatically organizes all the other things you need to do. Do you follow?
Q: Yes, I do.
B: It’s as simple as that, when you allow it to be that simple and act on it as if it is ... you will, again, I guarantee, I promise, you will see, it is that simple.
Q: Okay.
B: Does that help you?
Q: It does very much, and certainly it will help me express my true Self.
B: Thank you.
Q: Thank you very much.
The Frequency You Radiate

Q: Are there things in the world that are more powerful than human beings? I know the word powerful is a tricky word, but are there things that can physically overpower a person?
B: If you believe there are, yes.
Q: Is the ocean heavy? Does it weigh a great deal?
B: In a sense... but in sense, not. It depends on where you are coming from.
Q: In comparing it to the weight of a human being, is the ocean heavier than a human being?
B: Depends from what angle you are measuring.
Q: If the weight of the ocean were suspended by some force above a human being, and allowed to drop on that human being, is there a high probability on Earth that it would kill that human being or cause some damage?
B: There is a high probability on Earth, as you know it now, yes. That does not mean it is completely probable.
Q: So it is conceivable that a human being could survive such a thing?
B: Have you not just conceived of it? (AUD: laughter)
Q: No, I haven’t conceived of it.
B: Yes, you have, or you would not even be able to utter the sentence or the concept. When you utter the sentence or the possibility, then very quickly, perhaps more quickly than you are willing to pay attention to, you have actually conceived of the reality, the probable reality of that scenario – or you would not have been able to even communicate it.
Q: I can conceive of the probability of such a thing, but for example...
B: Then it is a possibility.
Q: I would agree with that... that it is a possibility... and I told you it was a possibility.
B: All right.
Q: For example, the difference between conceiving what it feels like to put your finger on fire, and putting your finger on fire, may be entirely different sensations.
B: Yes.
Q: And it’s that difference – the difference between the concept of fire and the feeling of fire – is the difference that I am feeling when I say, dropping the weight of the water on a person...
B: We understand what you are saying, but we simply also point out that you are creating the conceptual difference. And so that is the reality for you. Now, we also do perceive that because you have agreed to be born into what you call your Earth civilization, at the same time you made that original agreement, you also did agree to abide by the general conceptions of what would be the so-called physical laws of this universe.
Q: But...
B: So yes, there is a very high degree of probability that what you are describing will have exactly the effects that you are talking about.

Q: I don’t believe that I agreed to be born, because of what I’m trying to describe to you, and that is that there are things, there are forces that are bigger than the imagination. That there are things that cause what I would define perhaps as accidents, because... well, they’re not accidents... everything I believe is cause and effect, but I don’t believe we have a handle on all the chains of cause and effect that...
B: SPEAK FOR YOURSELF.
Q: Okay, yeah, I don’t I have a handle. Is there a way that... how many things are happening right now?
B: An infinite number.
Q: Is there a way for one human being to have a handle on, to control, to manipulate the infinity...
B: How about to ALLOW? Same thing, from a positive point of view; you do not have to manipulate to allow, in total control.
Q: I see those as entirely different things. Is there a way I can see those to be the same?
B: Yes.
Q: How?
B: Thank you! First of all, you may allow yourself the recognition that, because you are now being focused and defined as the particular human being you consider yourself to be, then that particular human being will be able to know ALL that it needs to know to function in the realm it finds itself to be. Whether it knows ALL, is another matter.

It does not need to know ALL in order to know all it needs to know to function as a human being in the realm you have projected yourself, first of all. Therefore, your task is reduced somewhat, by only needing to know what is pertinent to the reality you are sharing.

Secondly, if you can recognize that everything is, as you say, cause and effect, you can also recognize that cause and effect are the same event. Do you recognize that the idea you call space/time, though real while you are in it, is in a sense a projected illusion? Do you realize that concept?
Q: Yes.
B: All right. Then you understand that the idea of what you usually experience as linear time, that is, a cause then an effect, a before and then an after, is in a sense an illusion, and that all things are actually occurring simultaneously. Do you follow that?
Q: Yes.
B: All right. Then if you recognize that all things are occurring simultaneously, you can recognize that, depending upon your viewpoint in life, you will then determine what pattern of those simultaneous events you become aware of, as the events of your life. For you have an infinite number of patterns to choose from, since they are all overlapping and occurring simultaneously.
The vibrational frequency that you choose to exist upon, which is determined by your attitude, will determine the sequence of causes and effects that you experience your life to be. Because you can experience any number of them – they are all equally available to you. You do not have to make a certain sequence happen, but you allow a certain sequence to come into your life by being tuned into the belief structure that represents that sequence. Do you follow me so far?

Q: Yes.
B: It is like saying... you understand the idea you call in your civilization, the device, the radio, yes?
Q: To some degree.
B: Far enough that you can understand that you have one radio before you, and all of the programs are there at once, but the only one you get is the one you are tuned to.
Q: Yes, but I don’t...
B: Life is that way. That is the way the physical universe exists.
Q: I agree, but...
B: It is all there.
Q: ... does not everything interact with everything else?
B: Yes, but to greater and lesser degrees, depending upon how you define your vibratory frequency to exist. In other words, with the same analogy of the radio: you may recognize, and let us say that you are listening to a specific station, all right? Let us say, certain stations that are close to it in frequency may, now and then, let us say, pop in and pop out. Your bandwidth may waver back and forth a little bit, picking up this program, that program – but the ones that are farthest away usually do not interfere.
Q: Practicality, application, seems to be the key here.
B: Yes.
Q: Okay, that’s really what I want to get at – your application.
B: Yes.
Q: The degree to which you have to apply this. That in fact, everything is interacting to some degree.
B: Oh, yes. Oh, yes. Therefore, application is your willingness to act like the being, and act like the reality you prefer to be true for you. Then you are radiating on the frequency level that says: this bandwidth of experiences is the only bandwidth that can come into my life. Because this is the frequency I am on.
Q: I understand that.
B: Therefore, if you are on the frequency where the idea of consciousnesses that may, by definition, be more expanded than what you consider yourself to be – let us say in your vernacular, quote/unquote, more powerful – if you are operating on the belief that they exist and it is a part of your belief to believe that they can affect you in a negative way, then that is the frequency you are vibrating on, and that is the reality you are attracting.
Q: I didn’t say in a negative way. I attach no value to...
B: I know. I am just using that as an example, because that is the way many individuals in your society think of the idea of something more powerful than themselves – that it can have control over you, which it cannot. Is this assisting you?
Q: It has removed, somewhat... yes, it is.
B: All right. Is there anything else about the idea of the application of the mechanism that you wish to explore?
Q: Yes, but I feel a little like I’m taking too much time.
B: Nonsense. There is all the time in creation. You are all eternal. (AUD: laughter) Do you not think that what you have to share is allowing these individuals, and myself, to learn something?
Q: Some, yes. Maybe some don’t.
B: That is their choice. Proceed.
Q: If my goal is... my application...
B: Yes?
Q: ... is to walk across the bottom of the ocean where we have suspended water, with a typewriter, to the other side; and in doing that the water falls, and I do not achieve my goal because its difficult for me to manipulate however many tons the ocean weighs, in such a way that I can still get through it...
B: Then, if I may now interject, the falling of the water is a part of the path you are walking and not an interruption in it. And allowing it to be looked at it from the viewpoint that it is a part of the path you are walking, and not an interruption on the path, is what will allow you to complete the path.
Q: Surprise is what bothers me.
B: Surprise?
Q: Is there no surprise?
B: Oh, yes! Always! You do not want your life to be boring. (AUD: laughter)
Q: Hmm. (laughs)
B: But understand, the idea of knowingness does not remove surprise and discovery. Surprise, surprise! (AUD: laughter) That is the paradox of existence, of creation. Knowing all allows you to function as an in-control creator. Allowing yourself to know everything you need to know to function as the being you chose to be, allows you to simply know that whatever it is that does surprise you is still a part of the path you chose to be. Then you allow yourself to move on to the next surprise.
Q: It seems that certainly in this society it is important to try to... if you have a goal... is it good to have a goal?
B: It is neither good nor bad. We may find, from our point of view, many times, however, that when an individual in your society imposes the notion upon themselves of a so-called goal, then they do “rigidize” themselves, and do not allow themselves many times to experience the idea that whatever it is...
they are doing, in the moment, is just as equal to anything they will be doing later on. And that many times they will arrive at the thing they wish to do later on, more quickly, when they remove the importance of having to get there faster than they are going.

Q: Certainly there are those situations where you are forced by an employer or some force...

B: Not if you don’t attract it. If you are totally functioning within your trust, then the only situations you attract into your life are the ones that you consciously know are representative of the perfect pace. Therefore, any situation that occurs, you will not take it as a negative situation. You will know that there must be a positive reason for why the interaction is taking place. Regardless of whether it seems that you are moving in the direction you expect you should be moving in, or not.

Q: Situations occur.

B: Yes.

Q: You do not cause the situation.

B: Yes, yes, you attract them. And they occur to you based upon the vibrational frequency that you radiate.

Q: If you attract them, are you not causing them?

B: Yes, you are co-creating them. But in this way, there is also the aspect of the idea of co-creation, and so it is what you perceive to be the randomness of the interaction that allows you to experience a surprise.

Q: Who, what, or... who or what is the other half?

B: The other individuals in the interaction.

Q: Or things?

B: Or things. There are two types of freewill, the freewill of the higher consciousness, the non-physical you, and the freewill of the physical you. The freewill of the non-physical you many times is interpreted in your physiological reality as destiny, or pre-destination, or fate. But the idea of the freewill of the higher consciousness is only expressed in physical reality in the most general of terms. In other words, general themes, generalized patterns of experience – but not the specifics, necessarily. The specifics are created by the freewill of the physical consciousness, based upon how you choose to look at the general theme you find yourself interacting with.

Then, if you choose to view that general theme from a negative point of view, you create all sorts of situations in your life that make it seem as if life is occurring on you. But if you choose to recognize the idea of the general theme from a positive, integrated point of view, then you know you are in synchronous harmony with the overall theme of your life. And it gives you the recognition of your self-empowerment to know that every situation that is occurring is the product of your creation – and then you know it flows. So life then happens because of you. Does that assist you?

Q: Yes, thank you.
B: Thank you for your sharing. Thank you for your own cognition of your own synchronicity.
Everything is synchronicity. Which is to say, EVERYTHING IS THE SAME ONE THING, manifesting in multi-dimensional, simultaneous ways. Everything is the same one thing; in all the aspects it can create itself to be. Thank you!

The Frequency You Radiate

1
Bashar
From "The Sharing"
5.21.87
The Front
Questioner: Since we are on the subject of international connections...
Bashar: Yes.
Q: ... and interplanetary connections ... while we’re on the subject.
B: Yes, yes.
Q: Have interplanetary beings been in contact with, let’s say, the Continents on this planet that are probably considered, quote/unquote, our "enemies," which in reality we know not to be true, but for instance Russia and the Communistic Block?
B: Yes.
Q: Okay, it occurs to me, I mean, do a lot of the people in the hierarchy of the government there know about extraterrestrials?
B: Some, not all, some.
Q: Because it just occurs to me that, you know, if a large number of people in our military and scientific community know about this and have met with the extraterrestrials...
B: Yes.
Q: ... and then if that’s the case in Russia, and, you know, all these "heavy" people who know of the reality...
B: Heavy?
Q: Well, important people...
B: Important ... ooh.
Q: ... who make decisions.
B: Important, who make decisions, yes. (Audience laughter)
Q: (Laughing) Okay.
B: We understand. We are playing with you.
Q: I know, I know.
B: You are only describing yourselves.
Q: Well, wouldn’t they figure out, if they have been in contact with extraterrestrials...
B: Yes?
Q: How could they give any weight to the idea of atomic warfare and weaponry and that that could possibly solve anything?
B: They know it’s not going to happen. But for now, in your terminology, it is somewhat of a front.
Q: Oh, what would it be a front for? Though, why would they...?
B: A front to maintain power they believe they are losing, because they see that you are gaining your self-empowerment back. They do not understand that they will also gain their own self-empowerment. For now, they only see it as losing power. And so they have to, well, if you wish, puff up their feathers.
Q: I see.
B: So that they will, in that sense, still look proud.
Q: That makes perfect sense, Bashar.
B: It’s your planet, I should think so! (Audience laughter)
Q: And I am responsible.
B: Yes.
Q: I understand that. Thank you very much.
B: Thank you.
Bashar / The Galactic

You are wave upon wave of radiant energy: be at the center of yourself. Know you are the center, the eye of Creation through which Creation learns to see Itself in all the ways that are possible to see. You, us, all beings in Creation are all the ways it is possible to see.

Be the waves that beat upon the shore of your own reality, changing with love, changing with touch, changing with involvement, changing with time and space, all the ideas you have ever been. All that you require is to find that place of power. All that you require is to feel that place of power. All that you are is that place of power.

Be the imagination that you were designed to be. For do remember, an imagination is not something that you have, an imagination is what you are. You are a dimension unto itself.

We radiate our love, we radiate our pulse. Feel the pulse, feel the heart, the universal beat that synchronizes all beings in love and light. Feel the pulse.

We wash through you as you wash through us. We bid you ... the stars.
Many times in understanding the growth, the evolutionary patterns that are taking place upon your society, we will recognize that many of these patterns will, shall we say, play themselves out in your artistic endeavors, your, what you call, media events, and so we watch these very closely to understand the different concepts you are now examining and exploring.

Because very often, you will explore these ideas in your media events before you will begin to really allow yourselves to communicate socially, these ideas...out loud in public and when we observe that certain ideas that are being presented through your different forms of media are being accepted, are being examined, are being expanded upon, then we get to understand how you are changing and in what way you are growing and how much more, perhaps, you are as a society, prepared to deal with other societies such as ourselves. We refer to expressions such as your television programs, your radio programs, theatrical film events as indicators of what it is that is foremost in your minds, what it is that is foremost in your ability to explore and believe.

We have, from time to time, mentioned to you that it is quite common for various societies, as we have observed many different civilizations, to express their timing, through some form of sociological artistic event and we have mentioned in times past, the particular creation you have upon your planet called "Star Trek", as an indication very strong indication, of many of the different concepts that your society is now willing to become aware of.

It is utilized, if you will, as a forum for displaying and dispensing and discussing new ideas, new direction expressions perspectives, in what might seem to be a very inoffensive and harmless way, a non-threatening way, and yet at the same time, is available to examine different sociological, and political and economic and religious forums that can bring about an acceptance of new methodologies, that will allow your society to move, perhaps at first subtly, but eventually at a more accelerated rate those directions that we have observed your society to be expanding in, where you are changing your political, economic and social structures towards more global consciousness and unification.

You now have within your media, yet another television program that we are aware of, going by your name of "Sliders". This show "Sliders" deals specifically with the concept we have discussed many times, and even your own scientists are now quite aware of, and that is the existence of parallel realities, parallel, probable Earth realities, universal realities, a myriad of them, an infinite number of them...each slightly different, or even sometimes, as you say...wildly different from the Earth time stream that you know, each possessing a different history, a different present, and a different future, if you will.

Now, the reason that we bring up this concept of parallel realities, once again, in this particular way, is that as we have said, we recognize that now that this concept has actually been extended into what you call one of your television formats, that is an indication that it has sunk into the collective consciousness to a sufficient degree that you can utilize this concept in another way.

We do not introduce this concept simply for philosophical discussion, but to point out very clearly, very
strongly, to each and every one of you, that shifting, as you say, back and forth, popping, if you will different parallel realities is what you do all the time, every moment... every moment.

In fact, the very fact that you experience one moment to be different from the next, is the very product of shifting into a different parallel reality. That's how you experience movement, motion, in your physiological dimension of existence.

Look at it this way, by analogy, if you will, imagine that every possible reality already exists, which it does, already simultaneously co-exists, every possible move you could make, every possible direction you could go in, every possible an end. This idea only exists because it is your linear perspective, your linear version of the idea of experiencing more than one reality at a time.

Because physical reality, by definition, cannot allow two different things to occupy the apparent same space, the apparent same time, you do it linearly is one of the magnificent creations within the concept of physical reality that you can do this. But this is what you are doing, you are literally, popping, if you will version A to version B to version C to version D, one moment to the next.

Now, we point this out, again, not just to get into some abstract philosophical discussion, but to really remind you how truly unrestrained and unlimited you are as a consciousness, for you can utilize this knowledge to make instantaneous and effective, impactful changes in your life.

For if you know that at any given moment you really are truly, a different person in a different reality... completely and totally, you can really allow yourself to make rapid change by knowing that any apparent attachment you may have to a so-called history... to a so-called inertia, to a so-called urge for this or that or any kind of habit or pattern that you may think you contain... is only an illusion.

Because as soon as you change your idea of yourself, you really are a different person in a different reality all together, and the only way that you maintain some concept of continuity to a past self is through your belief system that such a continuity exists.

By beginning to dissolve that concept of continuity, not all the way... for if you did it all the way you would no longer be focused in physical reality, but just a little bit can aid and assist your species greatly in accelerating forward in the direction that you prefer to accelerate.

Because you can know that since you are experiencing the multitudinous, simultaneous realities of yourself anyway, from the physical point of view, you can then choose which of those realities you prefer to exist in and experience in a linear fashion.

The idea is simply to have more awareness that you are always, truly a different person, from moment to represent that idea of you.

The next moment you change your idea of yourself, you are literally a different person and a different reality, a different universal parallel reality, a different time track, everything is different.

The more you know that, the less encumbered and chained you will be to anything that you assume your history to be, and the more rapid the changes are that can be made in the direction of your preference.

Now, we can get a little bit more into these ideas, as you say, but let us apply them generally and
specifically to the things that you would like to understand and explore in your day to day reality. Knowing,
in each exploration we shall undertake, that underlying that exploration, underlying your day to day experience of desiring to do this and desiring to do that, lies this fundamental key…this fundamental understanding: that at every moment...you are someone new, and therefore can be and do anything, anything you wish to be and do. You are totally unlimited...unrestrained, made in the image of the Infinite.

That is what you are learning on your planet now, in this transformational age upon your world, you are learning what it really means to be made in the image of the Multi-dimensional Creator…you are a Multi-dimensional Creator, too.

Nothing that we ever share with your species is something that you do not know, but as a species since you decided to also include in your reality, "the game of forgetting", we’re more than happy to help you now play "the game of remembering", because you yourselves have set the pace, set the tone…made the agreements the arrangements, and we are keeping our appointment with you, to help you remember more and more of who you are, we are teaching you nothing new, just helping you remember what it is you have chosen to forget.

Why do you forget? Because it is one of the things that can be done, it is one of the ways to explore the Infinite, and since the Infinite, by definition, must contain every concept possible…forgetting is one of the valid experiences that you can have in expressing your Creatorhood.

It is simply that, by forgetting, you gave yourself the capability of focusing to a great degree in the reality that you created to the exclusion of any other reality, so that any other reality would not bleed through…would not interfere, so that your experience could be pure and refined in only one linear direction at a time. At the time you as a consciousness decided to explore that concept, it sounded like the most exotic thing you could imagine.

Now you have been through all the cycles of forgetfulness and are beginning now to come back to the point of remembering, now you have been through it. But the reason you did it is really no more mysterious than that because simply…it was available and you could, and it enticed you to explore the idea of being able to experience a reality…singly, one reality alone…one moment at a time.

It is a valid experience that you now can put, as you say, under your spiritual belt...to add to your soul’s growth. And as you now expand with that experience within you, it will enrich the total tapestry of your consciousness, as you now move to other levels of Creation.
The Gift Of Yourself
B: Question.

Q: Yes. I have a question.

B: All right. All right.

Q: This is actually not a question...

B: Very good!!

Q: It’s something that occurred this week. I was sitting in the bathtub and sort of just being there enjoying my transformation. And I thought about something that’s been occurring now for a couple of weeks, and I talked to two other people who said they have experienced the same thing. The thing that it is, is that I communicate with you, or this idea that I have of you – who you are – quite often independently of the session. Okay? And it’s like it definitely has your flavor, okay?

B: All right.
Q: And you know at first I kind of questioned this, and I went, “Well, it’s probably me hearing you talking to myself...”

B: All right. Well, there is nothing wrong with that, and nothing less powerful about that.

Q: Oh, yes. I know, I know. I have... okay.

B: All right. Continue.

Q: And then I thought, “Well there’s nothing wrong with that. And even if I am creating it, it doesn’t matter. If you’re creating it, it doesn’t really matter.” It’s like it’s spontaneous, and it’s like the things that come across often are things that I wasn’t thinking of, or didn’t know would be there, and it’s been really wonderful.
B: Very good!

Q: Yes, okay. And so I was sitting there going, “God I love it.” Now, I want to give you something. I want to exchange something with you...

B: You have.
Q: I know. But I thought, “Well, it’s like you are into being a teacher, more or less…”

B: Oh-oh-oh!
Q: I know; I’m using the term. It’s just semantics. It’s like you’re being here allowing us to teach ourselves, okay?

B: All right.
Q: And we’re all teachers.

B: Yes.
Q: Okay. Now the thing that I realized is that there is this subject of me. It’s like an inquisitiveness, and of light inquisitiveness. I love everything; I want to know everything. It’s just magic and exciting for me. And I thought, “Ah! This is where I can share with you, and all of your civilization. I don’t have to consciously be there and do it. I can give you that portion of myself that exists, and I can just give it to you. And it can be integrated with you and your civilization. And any time you feel the need to do that or use that tool, it can be me and have my flavor.”

B: There are in your terms no words. But we will use your words of thank you.

Q: You are very welcome. It’s been an absolutely wonderful experience for me.
B: Yes, it has…for us as well. And understand that you are creating your own idea of us; we are creating our own idea of you. But in the creating and sharing of each other, there is then the agreement that that interaction should take place. And so on that level then you may understand it is a true interaction.

Q: Right.
B: Allow us to say that we love you very much…for your willingness to share within your universe all that you can be with yourself. And as such then simply being the type of universe that we may also create within our reality to share.
Q: Right. Thank you.
B: Thank you.
Q: Yes, thank you. There’s one other little thing that I want to share.

B: All right.

Q: The other one is: the more transformation that I’m making – and it’s a word, I’m just using a word – but it’s like there is the aspect of communicating this idea that I have of you and your civilization and others as well, and there was also something that occurred this week that I found absolutely wonderful fascinating. And it was that I began to communicate with this other consciousness. And I was startled because this consciousness had my flavor. And I was going, “Oh, that’s interesting. It’s like I’m talking to me.” And I thought, “Well maybe it’s my higher consciousness – but it has my flavor.” So I just looked at that as a part of the transformation and allowing myself to become more integrated with myself.

B: Very good.
Q: And that was quite beautiful.

B: Then you understand what your own empowerment feels like.

Q: Yes. Thank you.
B: Thank you.
‘The Great Experiment’
From "Surrender"
4-10-98
Thousand Oaks, CA
Q: Do you know about the great experiment?
B: There are many great experiments. What are you referring to?
Q: The great experiment is to take place.
B: Yes.
Q: Let me tell you a little bit about it because it is, rather, quite exciting. James Twyman, author of "Emissary of Light," he actually....
B: He actually what?
Q: He actually sang...I’m looking for something here to refer to it, I got in my hand. He said that ... he was invited by the government of Iraq to perform his peace in Baghdad. He said that the situation seemed...that war seemed almost inevitable, you know, a little while back, and diplomatic efforts seem to have failed. "I was being used by the Iraq government," he said, "but we had the same goal, to avoid this terrible war. I was given permission to sing the prayer for peace to Saddam Hussein and I wanted the world to join in this prayer. Hundreds of thousands of people all over the world participated and when it was complete, I felt a profound shift in the energy of that whole region. Three days later a peace agreement was signed. Something which seemed impossible before the prayer began. And then a week later in Ireland, the peace talks were being held for days."
B: Between, what you call, your Irish and your English.
Q: Right, at a castle in Belfast.
B: Yes.
Q: He said, "For days bombs were exploding all around that area. Many people were trying to interrupt the peace process and it seemed that the talks might fall apart. Once again, thousand around the world joined us in prayer and three days later there was a breakthrough in the talks. A peace agreement in May now seems inevitable."
B: Now, we can go back to one of the first questions of the evening, what is now the percentage and likelihood of the idea of a nuclear terrorist strike in your United States? It used to be 97%, now it is 78%.
Q: Wow. Well, this is going to take....
B: It is the beginning of the understanding of the next, shall we say, chapter that we will talk about regarding surrender because this locks into an entirely new understanding of conflict resolution that we will call, "surrendering to peace."
Q: Okay.
B: And we will discuss that next time.
Q: All right, because this is taking place on April 23.
B: Yes, well, we will talk about it in the next transmission.
Q: Next transmission.
B: We’ve perceived that.
Q: Okay, great, because they want everybody to join in on this. And I will have copies of this then.
B: All right.
Q: At the next meeting.
B: Thank you.
Q: Okay, thank you.
B: At this timing, we will extend to each and every one of you our deep unconditional love and our willingness, our vibration to surrender to life with you. We thank you and bid you good day. And now, we will surrender the channel’s body.
Audience: Good night, Bashar.
The Hardest Question of All:
Allow us to begin with a suggestion, if you wish, a favor...all right? The favor I will ask and what can be considered as a model of any interaction we have with you will be to please-please-do not believe anything I say just because I said it. Understand?

This is all about self-empowerment; it’s all about your recognition of your ability to create the lives you wish to create. We are more than willing to share with you, to interact with you and to play with you. But remember that you, us, all beings are teachers and learners; equals in that way. We have our own perspectives and we simply function as mirrors to reflect to you the things you already know within you. To show you, to allow you to be aware of certain ideas, perspectives and methodologies - which you can then decide if they represent what you prefer. Or you can decide if you do not prefer them; it is up to you. You decide if these ideas are useful in helping create the reality you prefer. These ideas and explorations are not "the final word" on anything, nor do they claim to be. We are only sharing our perspectives, our perceptions.

However, this information has a purpose to it, in the sense of giving you certain tools to allow you to change your reality in the way that you want; to allow you to become familiar with these tools and get to know that they can work for you very quickly. These ideas, if you choose to apply them, can elevate you, can integrate you beyond the need for pain. Because all pain is resistance; separation from your natural self. You can always create for yourself whatever it is you prefer; you do not need us or to be in contact with us to do so.

For quite some time many of you have been exploring and investigating concepts of expansion, concepts of growth. It is about finding your true self, about who and what you really are all about-not what others think you ought to be, not what others think you should be, not what others think you should not be. But what you know in your heart you can be, what you know in your heart you wish and desire to be...and then fulfilling that reality.

These tools are designed to tap your unconscious, subconscious and conscious selves so that you can allow creativity in your life to be effortless instead of a struggle. And if there is challenge then you can allow, with these tools, the challenge to be exciting and educational. You can learn to see the challenges in your life from that perspective rather than assuming they are barriers, obstacles and impediments in your life that are insurmountable. All of these words were designed to reflect certain modes of thought, certain perspectives, states of mind and being. You will learn how to redefine these ideas in ways that are more representative of the reality you prefer to have, to experience and to be.

There are many techniques we wish to impart to you. Remember, each and every one of these ideas is simply one doorway, one avenue that you have of utilizing a methodology to tap into your ability to unlock from patterns that no longer serve you. We will discuss the notion of transforming old beliefs, breaking old habits, removing yourselves from the ruts of repetitive behavior that you may have created in your lives, that you may feel are holding you back from
doing many of the things that you wish to do. So, we will discuss the idea of shattering old patterns—and integrating some new ones. When you function more wholly, more completely, obviously, you can get a stronger, faster result from your intention to create the reality you truly desire to create.

These ideas are practical tools that, when applied in your physical day-to-day existence, can generate an actual physical response in harmony with your greatest desires and wishes. It is your birthright to have these tools. There are no exceptions to this. No one is left out of being able to use the mechanism of expansion, the tools of creation. The tools we will share with you are very precisely focused, very sharp. And when you apply them you can begin to immediately see in your life the power that is you, the power reflected back to you through the use of these tools. In a sense, these ideas are "triggers." Now remember, remember, the power is not "in" the tool, the power is with you. The tool functions as a symbol; a symbol of allowance, so that you may allow yourselves to release your creativity.

We simply present you with a different points of view that you can then decide whether or not to incorporate in your reality, should you decide they work for you. It is up to you.

We will also discuss many other exercises, tools, techniques, analogies and guided visualizations which all can be instrumental in putting you directly in touch...more direct communication with what you consider your "Higher Self" to be, your higher perspective or point of view. By the time we arrive at that point, many other changes will have taken place within you. You will have been able to start to setup situations and abilities within yourself to break the old patterns, and this will allow you to more easily utilize a more conscious connection to creation...and function from that point of view in your daily lives.
The Heart’s Code

Your vibration radiates! There is now, on your planet, what you might call a new book, relatively speaking. Some of you may be familiar with it, some of you may not. Though we rarely recommend, we suggest that, relative to the conversation we are having right now, you get it and read it. If you ponder its concepts, you will understand quite clearly what kind of impact each and every single one of you can have. That book is called, “The Heart’s Code.”

“The Heart’s Code” talks about the re-recognition that your heart has intelligence and that it actually communicates to every other heart—literally, electromagnetically. All your hearts right now are literally talking to one another. I am not making this up; it is not just a philosophical idea or a euphemism or a metaphor. Your hearts are talking to each other in electromagnetic pulses right now.

You are sitting in each others, immersed in each others expanding heart bubbles. Listen to this, think about this, picture this, give energy to this and you will see what kind of impact you have all the time. Every single beat of your heart sends out an electromagnetic, 360 degree spherical bubble at the speed of light, an electromagnetic pulse, 186,300 miles per second! That means instantly, nearly every single one of those bubbles pulsates around and through the entire planet from every single being on it.

You are immersed in each other’s heartbeats. When you begin to talk to your own heart, you will know how to talk to others, sometimes without saying a thing with your mouth or your brain (which sometimes is for the best—no offense). But you, each and every one of you, have been experiencing a war between your brains, your hearts and your bodies. It is time to allow them their due, to allow them their own unique communication and to function as a triad to work together harmoniously.

The balancing of the heart, body and mind is a matter of letting everything do its job and not more than its job. In that sense, the mind relates to the heart by doing the tasks that are specifically the domain and the talent of the mind, taking the heart’s energy and applying it in reality in ways that allow you to have thoughts, but these thoughts need to be in agreement and in harmony with the heart’s knowingness and the body’s sensing, otherwise you are discordant. For example, the heart can feel something that the mind will think is not in the best interest of the mind. But, it’s up to the mind to accept the love from the heart and then the mind will know how to fall into place properly.

I’ll give you an analogy of a visual idea that is representative of the balancing of the body, mind and heart. The body is the colors of the spectrum, the seven colors of your visible spectrum of light. The brain is black and white. The heart is a combination of everything.

The body, the mind and the heart, each has its own way of receiving information. The body senses vibration - resonance. That’s how it gets its information - it senses. The brain gets its information by thinking, processing. The heart gets its information by knowing, feeling. Now all of this contains resonance and vibration, of course, but it is different expressions of it. The heart can also be of assistance in the healing of the body. We recommend that you access the literature of research to know that there is intelligence and memory and energy and communication that
comes from the heart as well as from the brain. By getting in touch with the intelligence of the heart and learning how to listen with and speak from and hear the dialog of the heart, and this will go, perhaps, even further than anything towards healing. So, listen to your heart and know what your heart tells you, and when you find in your heart that you are whole, your body will be whole as well!

If you will allow yourself the opportunity, if you wish to, to find a body of water. It can be an ocean - it can be a lake, it can even be one of your swimming pools. The idea would be, to allow yourself to immerse yourself, your body, in this water. It is not impossible that you can even do this, in what you call, one of your bathtubs, but the more room around you that you have, the better.

And as you float in this water, attempt to do so on your back. If you have difficulty floating, you can use a device that floats, and you can lie on that device, be it a raft or board or floatation device, if that will help you, but be out in the water, whether you are physically in it or not - be surrounded by it. Allow yourself then to serenely float on your back; be careful that you do not get burned.

Allow yourself some time - maybe about fifteen of your minutes, to close your eyes - go inward - relax - breathe, let everything go - forget about your day to day world, just float, and surrender yourself to these energies, these currents in the collective consciousness. Just open up to them in whatever way, shape or form your imagination says is the easiest method for you.

Imagine that you feel these energies coursing through you, imagine that you see them, imagine that you hear them, whatever works best for you, any one or all of these or others will do. Just let your imagination be your guide as to how you feel like relating to this concept, and as you float there out in the water, feeling these currents going through you, allow yourself, in your serenity, to get a sense of direction. Allow them to orient you.

Some of you may begin to feel a tingling in your body, sometimes specifically in your sinus cavity area, due to the preponderance of the substance called magnetite in your sinuses, which actually aligns and orients you to the magnetic field of your planet. That will be involved, but what we are talking about here, of course, is more subtle energy.

Let yourself begin to feel that it is orienting you, to yourself, to your purpose, to your truth, to your natural consciousness. Let yourself feel, if you have been feeling out of sorts or out of alignment, harried, stressed, worried, finding yourself beset by difficulties, or what you would define as problems, let yourself feel that this energy, this current, is bringing you back into true position like a compass needle.

Imagine yourself like a compass needle, you don’t actually have to find yourself pointing north, literally, but find your true north in yourself, your "truth" north for yourself. Whatever that feeling is, whatever that image may be, whatever that sound may be, whatever that thought may be, whatever that word may be that your imagination comes up with that represents the KNOWINGNESS that your heart, your mind, your soul, your spirit, your body, your existence is aligned. And that natural state wherein you can say without hesitation, THIS is how I want to feel all the time, THIS, therefore, is who I really am. THIS is the
frequency of energy I operate best on, THIS is my creative energy, THIS is my natural self.
In whatever way you wish to express it, when you allow yourself to feel that alignment, that moment, that vibration, that energy, then you have allowed yourself to take advantage of these currents in collective consciousness. That regardless of what your personalities may resist in your day to day lives, regardless of the frustrations and the de-alignments you may think you experience, your natural proclivity, your natural inclination, is to actually allow yourself to float and align in the direction of love, of creativity.
Allowing yourself to do that in this exercise will allow you, the more often you do it, to become more sensitive and more sensitized to picking up upon that exact and perfect frequency that is your true, natural self.
The Higher Self’s Dream

Q: This last week I got a much clearer understanding of the fact that my Oversoul has created a play. And this play... everything in it is the creation of the Oversoul.
B: Yes.
Q: And that I’m the main actress in this play. And this whole play is done so that I’m not supposed to know that everything in it is all me; but it really is.
B: Yes.
Q: This is all true, right?
B: Yes.
Q: Okay.
B: This is the old idea. Now you are aware in an age where you are beginning to be allowed, by yourself, to be aware that you are everything in it.
Q: Okay.
B: You are now allowed to remember, because of what your transformational age is all about.
Q: Okay. So then, my Higher Self has then created a dream in which I start out in third density, and I awaken. Is this the dream of my Higher Self?
B: Yes, in a sense.
Q: Okay, can you explain in what sense? I want to get...
B: Well, don’t exclude the self that you consider yourself to be in this physical reality. Because you are a part of the Higher Self, you are not really separate from it. You are the Higher Self in physical terms. So this is your decision as well. It is your dream as well. Do not simply relegate it to a so-called Higher Self as if the Higher Self, in that sense, is truly so much above you and separate from who you are, and that you are just a puppet. No. You are the Higher Self, and you have made the decision. It is your dream, too. You follow me?
Q: Okay. And so what we are doing here is to be able to get more and more ability to unfold the dream...
B: In the way you prefer to.
Q: Okay.
B: Consciously.
Q: Consciously.
B: The idea is to be awake while you’re dreaming, instead of asleep.
Q: Okay. Then what I’d like to know is about judgment. I’m getting the feeling...
B: You mean in the sense of invalidation.
Q: In a way... I’m getting the feeling that all these things I’ve been studying and reading and learning about – I should do this, I should not do this; one thing is... one thing I eat is good, one thing is not...
B: Yes.

Q: Crystals are good, or this or that: it’s all judgment. Is that true?
B: And it also can be seen to be preference. Some individuals may put judgment upon it, but it is all representative of preference; and all representative of the fact that no one tool is the only tool. There is no “one way.” As we have said, if there were only one way, there would be only one person.

Q: Okay.

B: Judgment is simply the invalidation that different tools work best for different people.
Q: Okay. So that, therefore, if I decide that for me, it’s not good, say, to eat meat . . .
B: Yes.
Q: Then that’s what is right for me.
B: Yes.
Q: And there’s no absolute on any of those things, right?
B: No. No. Now there may sometimes be general patterns that you all have agreed to, generally. And so someone may say: “Well, that’s the average agreement, and therefore, in all likelihood, you will probably conform to it to some degree.” And so it can be rendered into a statement that says: “This is generally beneficial for everyone, or not.” However, still, it always comes down to the individual; and you can unlock yourself, generally speaking, from the overall general agreement – to a very large degree. And can simply determine what is correct for you as a specific individual.

Q: Yes. Thank you.
B: Thank you.
Bashar:
Channeled by
Darryl Anka
From: "Theology Class"
11-17-87 San Jose, CA
The Holy Spirit
Bashar: Sharing!

Questioner: How does the Holy Spirit work in this world?
B: All right. Again, the idea is that our perception of, what you call, the Holy Spirit is the collective electromagnetic mentality, the actual energy out of which all of your individual minds are created. Spirit, meant in this terminology, is literally a physiological phenomena, an electrical phenomena, an electromagnetic phenomena. It is the literal light of your world, of your consciousness.

And again, the way it works is as follows: it is an energy sea in which all of you, as individual components, are immersed. And being immersed in that sea, when you align with it electromagnetically, by accelerating your vibration in ways we have discussed – excitement and so forth, service and so forth, positivity and so forth, you then become of the spirit.

And what that basically means is you flow in harmony with all other beings; you telepathically link with all other beings, and know all thought. Because the idea is that telepathy is actually more precisely defined as telempathy, because it is emotionally activated by love. When you love someone as unconditionally as you can, you identify with them very strongly. When you identify with someone very strongly, you are matching their frequency very closely. When you match their frequency very closely, you are translating the spirit, the electromagnetic energy of consciousness into the same type of thought patterns at the same time.

Telepathy is not literally reading each other’s thoughts directly, as you mean it. It is having thoughts so similar, at the same time, that you simply are on the same wave length, and you know what each other is thinking, because you think that way too. Because you love them, you identify with them; you are in the spirit with them; you are immersed in that energy sea of consciousness with them. You love them; you flow with them; you are shining within the light with them. That is the idea of what you call the Holy Spirit and how it moves you. And also, that’s where the connotation of "speaking in tongues" comes from. Speaking in tongues in actually a reference to telempathic communication. Simply that you transcend the idea of language altogether.

It can manifest, to some degree, as the idea of manifesting different cultural dialects. But the overall meaning of the phrase actually has to do with being in touch with each other telempathically. That’s why, if you have observed this in your society, from time to time, individuals that you call being in love with each other will very often know each other’s thoughts. Because they identify so strongly with each other, and they are matching each other’s frequencies; and they are literally mirroring to each other who
they are. Understand? Yes, no, maybe?
Q: Yes. Yes, I do.
B: Does that answer the question sufficiently?
Q: Yes, thank you.
B: Thank you very much.
"The Ides of March"

The idea now of this general timing that you have called, in your society, "The Ides of March," though we understand that, technically speaking, it is your 15th; recognize that there is a larger window than just a single day for the phenomenology that is represented by the term, "Ides of March". Relatively speaking, you can draw a window from about your 12th day of March to your 18th day of March, give or take a day or two on either side, depending upon the year, depending upon the changes that have gone on in your collective consciousness as to the energy that surrounds an approximate midpoint of March 15th.

This gateway that we are referring to is simply the result of your collective consciousness on many different levels, both physiologically and non-physiologically, of course, coming to a certain point of momentum, a certain point in the cycle of the changes and the evolution that goes on within you.

As each and every one of you, individually, begins to explore and investigate certain things and move in certain directions, your collective momentum creates certain energy gates that afford the individuals in your society an opportunity to ride the collective energy of that gate through to another level: a doorway to another level, another accelerated momentum of yourself.

It is an opportunity, in this Ides of March window, for you to have better assessment about who and what you are, to more precisely clarify who and what you believe yourself to be, who and what you desire yourself to be.

This timing is a particularly, shall we say, important one. It is like unto the eye of the needle, as you describe it, in that the only way you can really allow yourself to pass easily, without struggle, pain, effort, through the eye of the needle, through the transformational, transitional eye of the needle doorway, and to really let go of all the things that don’t belong to you, because only you, only the true you, real yourself, natural you will fit through the eye of the needle. Anything that does not belong will not fit. If you try to bring it with you through the eye of the needle, it will be a struggle, it will be a strain; it cannot fit. So now is the time for clarification and cleansing, for releasing of those ideas, those belief systems, those patterns, habits, and so on and so forth, that may have been placed within your consciousness by your parents, by your peers, by your society, that do not define the you you prefer to be, that are not about who you KNOW you really are, in your heart of hearts... to let them go and to redefine and reassess yourself, especially now at this time, because it is SO fortuitous, the momentum that exists right now for high acceleration.

If you are really willing to let go of those things that don’t work for you, then this timing is when you can really take advantage of the collective energy of your society that affords you, as we have said, to ride through the gate, through the doorway, so that on the other side, at the end of this particular timing of cycle, as we have labeled it, you can find yourself truly beginning to function as a new person in a new reality, having let go of those things that have been holding you back. You find yourself much more highly accelerated, and feeling lighter and seeing more instantaneous manifestation...
in your lives, keeping things more in the present in the now, more immediately than projecting into the future, projecting into the past.

Letting go of those things that don’t serve you will help you remain more firmly in the present, and allow you to gather and integrate all your energy in the here and now, so that you can function with more awareness, more consciousness.

This keys into the whole idea of communication to your higher levels of consciousness, other dimensions, other realms. Infinite, what have you, your guides, it doesn’t matter, the angels, as you call them, it doesn’t matter.

This keys into your ability to have clearer communication within your self and with all levels of consciousness. The idea that you so often call prayer, though you do not have to use that term, (this does not have to be focused in what you call a religious connotation), but just because you utilize that term, we are utilizing it now to demonstrate and describe, to symbolize what we are discussing.

Prayer...when you pray, when you communicate with the Infinite, when you communicate with more of yourself, when you communicate with your guides, or whatever it is you wish to label that you are communicating with, it is important as critical as KEY, that you remember that prayer must be IN THE PRESENT. And what this means is this, everything that you desire, everything that you want that is really representative of your truth, your natural self, true excitement, true joy, everything that you would say that you would ever wind up getting in your life, you have already been given. It may be invisible to you at the moment, but you have already been given everything!

Creation was a singular act, it all exists in one moment, time is your illusion in physical reality, but creation is a singular act, and everything that you believe you might some day get, you actually already have right now. You’ve all been given everything that is your true hearts desire.

So when you pray and ask for something, recognize you do not need to ask to be given something you don’t have. When you pray you are asking for assistance to see that you have already been given it.

Once you have the assistance to see that you have already been given what you are asking for, that means your vibration then equals that idea, that reality experience gift. And once you equal the vibration of that gift, it becomes visible to you, it becomes, as you say, manifested in your reality. But it isn’t that it is actually manifesting as if it wasn’t there; it’s just that you have learned to see what has always been right here, right now, more clearly.

Because you have everything you could ever want, it has already been given to you, there is nothing outside of you, there is nothing beyond you, there is no outside, there is no beyond. Everything is here and now, but in various states of visibility and invisibility, depending upon the frequency that you are operating on, and that means the belief system, the definitions that you buy into most strongly.

That’s what allows you to perceive various aspects of the one reality that is all right here. When you learn more clearly to shift, to tune your frequency, to match that which you desire, then you will see that it has always been right here, and you will know that you have always contained it, and you will then experience it as so.
And again, as we have said, the way that you can more easily allow yourself to learn how to tune in this way, is to let go of those things that don’t belong to you, let go of those definitions that don’t work for you. Don’t insist on holding on to them, they will only hold you back like baggage you don’t need. Lighten up your load, and you will experience more enlightenment.

Now, also, as we have discussed recently, just an interesting idea an interesting suggestion, just an interesting technique. This is a little bit, what you call in your language, tongue in cheek, nevertheless, sometimes doing something in a playful way can actually have profound impact and affect in your life. And so what we have to share with you, what we have to suggest to you is this idea, play with it however you wish.

If you find that you are more practiced at being afraid in life than being joyful...than being trusting...being certain, if you find you are more practiced, that it more automatically comes up that you are afraid of something, then go with your strengths and be afraid that you will be a total success. Because your fear, in attracting negativity to you, can, as the strongest energy within you, be used to attract what you want as well. So, go with your strengths.

If you find that you believe that you must make sacrifices in life, then sacrifice the things that don’t work for you and watch them dissolve. Let yourself sacrifice those things instead of sacrificing what you prefer. You can use the same mechanism for the things that you don’t need as well as the things that you do. Play with that idea and see what happens.

As you do so you will generally find that you will learn why you were motivated to focus and choose the things you don’t REALLY prefer, and how you can be motivated to choose the things you do prefer. Because everything is a motivation, EVERYTHING that you do.

As we have said many times, remember...there is no such thing as a lack of motivation, there is no such thing as a lack of trust, you’re always trusting in something, the question is what are you trusting in. You are always motivated, you are always choosing something, the question is why are you motivated to choose something that you believe isn’t really working for you. Remember, if you’re not doing the thing you want to do, it is not because you’re not motivated to do that thing, it’s because you are motivated to do something else. Find out why.

When you understand the motivational reasons you have created in your mind, for why you choose to do what you do, why you choose to stay where you stay, why you choose to behave the way you behave, why you choose to be where you are, then you will understand how you can change the definition. And you will, by changing the definition, change the feelings and the motivation concurrently, because everything is connected to the strongest definition, the strongest belief you have about what you think is possible in life.

And once you change your definition, motivation is automatic in the direction of the strongest belief, strongest definition. It’s as simple as that. Remember, this is not philosophy is physics. Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is physics.
The Indigo Children and the New Culture
Q: I would like your comments on a statistic that has come up now.
B: A statistic.
Q: Yes, and it’s that there’s a new culture that now commands one fourth of the population of this country... so it is said.
B: A new culture that commands one quarter of the population of the country.
Q: Of the United States, right.
B: Can you be more specific about what you mean by those esoteric terminologies?
Q: Okay. They’re about... well, it comes out statistically anyway that there are three cultures...
B: Defined as?
Q: Cultures are belief systems and part of the mass consciousness that is existent in the country. One of them being, you might say, the heartland culture, which is a people, kind of dating back to before the year 1500.
B: Yes.
Q: Then there’s the modern culture, which is from 1500 to now.
B: All right, and...?
Q: Based on mainly, not much care for the environment, looking at the self and...
B: Yes.
Q: ... and kind of let the rich get richer and so forth.
B: Yes, and so?
Q: Okay, and then there’s the modern culture. Now, I mean a... well, I guess they call it the created consciousness culture...
B: All right, and?
Q: ... that is stemming from the sixties.
B: Understood.
Q: Okay, and now constituting about one fourth of the population.
B: Yes, and so?
Q: Okay... your comments on... is not the appearance of these Indigo children now, this century’s... born in this century, the kind of new...
B: The new culture.
Q: Well, they would be an extension of the modern, in other words...
B: They are not. As we have said many times, the children being born on your planet now are not an extension of the same species. They are a different species and ergo, a different culture. There are
connections to all the cultures that have existed on your planet, but they are their own culture. That is one of the ways, why and how the chains will be broken. They will not be capable of relating in certain important ways to the lines and momentums of the old cultures; it will make no sense; it will not translate. They are a different culture; they are a different species.

Q: Many people have remarked that the Indigo kids really don’t fit.
B: I just said that.
Q: Right, right... and that kind of reinforces that.
B: Yes.
Q: But at the same time we can see that they’re part of the movement toward raising...
B: Well, they are certainly the momentum of the collective consciousness in combination, yes. They are the natural result of where your collective society is heading, yes. But to bring it down to the idea of physical personification, and speaking in terms of physical cultures, they are unique.
Q: I was really looking at it in terms of the transformation that is being centered around, right now, around this new created consciousness culture.
B: Yes.
Q: Okay, and they will really add to the momentum that we are getting...
B: They are the momentum itself. That’s one of the things that makes them so different. They are no longer as separate from the momentum, they are the momentum themselves and they know this. Because remember, as we have said, one of the things that allows the transition to occur... for example, the idea of the transition from third density to fourth density, is knowing that you are the reality itself that you used to believe you existed within. They know this. They know they are the reality, it’s not something they live in, it is something that they are. It is inseparable from them.
Q: So those of us who are right now, say, the ones kind of at the center of that new created consciousness culture...
B: Yes.
Q: ...we kind of opened the gate for them.
B: Many of you did, yes.
Q: Yes, by ourselves going into that, and...
B: Yes.
Q: ...and then that brought them in, and they’re now...
B: It is, in that sense, like a stepladder, one rung higher each time. Although, in many cases, the rungs might also be geometric and logarithmic in their ascension; because once you reach a critical mass threshold you can go much farther, much faster, than simple additional steps. There can be great leaps... as you say, quantum leaps. And in this way now, it is again no accident that your scientists have now begun to understand the idea of quantum teleportation.
Q: So now we would best... it would behoove us to be really very supportive of these young kids.

B: It is one of the most critical things you can do. Because again, it is the idea that every being needs to be as fully supported as they possibly can be. To know that the power is within them, that they are unconditionally loved, that they can create whatever reality they desire without having to hurt themselves or hurt anyone else, or be hurt in order to accomplish that. It is one of the most critical things that now can happen on your planet, to break the chain, to break the cycle, to break the sequence and to allow the new culture to exist as a new culture that can actually, in many ways, start from zero, from scratch, from rest; while simultaneously and paradoxically utilizing the momentum that brought them to this point.

That is one of the most important things that can occur, as we have said for years and years on your planet, that is one of the most important differences that will ever be made. And it is because it is such a quantum break, it is because they are such a truly different culture, it is because of that, that no one has guessed the way its going to happen... the way the changes will occur. Because you don’t have the reference point for it... because it’s another reality perspective all together. You had best love them even more.

Q: Right on. Thank you.

B: Thank You.
The Infinite Particle
Circa 1995

Let us begin, then. Now at first what we will need to explain in the foundation it may seem to some to be a little bit technical, little bit scientific but do not let that daunt you. It is only a label, it is completely understandable and you will see as it is explained it will make sense easily and you will see how this relates to how you have expressed yourself as physicalized beings and how you can use this relationship to the energy domains that we will know describe, how you can used this relationship in your daily experiences itself.

But first let us lay the foundation of the scientific principles, so to speak, that we have termed, for convenience, the Prime Radiant-R_A_D_I_A_N_T— Prime Radiant. Now, what this essentially means is this, and again remember, all we are talking about now are analogies, metaphors, similes, things that are symbolically representative of this concept. These are just convenient terms, just to explain the concept in your dimensional reference.

Imagine, if you will, as you have heard discussed many times on your planet this concept of sub-atomic particles, atoms, electrons, quarks whatever again you wish to call them. Imagine if you will the smallest, in your estimation, possible particle which could exist. Now many of your scientists know that when you talk about these infinitesimally small particles, they’re not really talking about real particles per say in the same way you think of solid matter. It is energy fluctuations and flashes of light and vortices and all manner of other definitions that they feel may more precisely define what this sub-atomic particle is but for the purpose of this idea-atomic particle is fine… you don’t have to worry about the precision or the accuracy of this term. You get the concept?

Now, imagine if you will this most small, most prime, most elemental particle out of which all material structures are made. This one initial, single, primal particle. Imagine, if you will, also, that this particle really because it isn’t really mass, it isn’t really matter, has no weight, has no mass is really affected not at all by gravity or any other so call force that exists and as such it possesses abilities of infinite speed, not just the speed of light which is in some senses a boundary line in your physiological reality, not meaning that you can not get some where more quickly but we will get into that later. But this is infinite speed and truly infinite speed, meaning that this particle has the ability to be anywhere even everywhere at once. At the same time nothing holds it back – very fast, very swift, everywhere at once, anywhere it wants to be all at the same time because it is infinitely fast. Because it can do this, it will have the effect of appearing next to itself from time to time with ease and doing so so quickly that to you it would be perceived as two particles, three particles, four particles, five particles ad infinitum, billions of particles. But in reality is all the same one particle just appearing so quickly next to itself over and over again in a variety of patterns that it appears to be billions and billions of particles. But it is the same one particle. Now think about that for a moment because if the particles that make up you and your body are the same particle that make up the stars and all planets in the universe, you are literally, even physically all one thing — yes, beginning to get the picture?
Audience: Yes.

B: All right. When we talk about everything being one, we do understand that many times most of you hold that concept on a non-physical energetic level or allow physical reality to somehow fit in as a partial component. But even on a physiological level everything is really made out of the same one little building block, you’re all one thing. It’s as though, in a sense, just to push the analogy in a different direction for the moment – It’s as though you are all “time-shared”, so to speak. This little particle spends some time being you and all the atoms in you, spends a little time being the planet over there, the star over there. Taking turns popping here, there, hither, thither and yon, to be all these things, taking turns in different disguises. Now I am making up all the atoms of a person, now I’m making up all the atoms of a star – back and forth, over and over, all over the place all at once, at the same time, because it is infinite.

Now, this idea of one thing in this concept will allow you to really understand why every time you make a change, any change, within the pattern of your being you change everything, everywhere, because you have altered the course of the particle. Everything is slightly different but totally different because of it. So, you do, even as a single individual have absolute unlimited and infinite impact on the entirety of existence with everything you do – I mean every move you make, every thought you think – everything. The slightest twitch has changed stars billions of light years away, the slightest nuance of an idea has re-arranged solar systems and galaxies even if its only sensed because it is still totally a new path. And this is the essential concept we wish to impart – it is a pattern. This particle moving at infinite speed defines a particular course, a particular path, a geometric pattern. This is what determines the shape of things. You recognize this in what you call your field of geometry, mathematics – the underlying pattern of Nature, the spirals, the golden geometry, the golden proportion, the triangle, tetrahedron, square, circle – all these geometric forms are expressions of the kind of pattern that is representative of the path this single particle is taking. And the different forms are representative of the different combinations of vibrational pattern of the paths this particle is taking. It is how things change – the patterns change, the pathway changes in some way, shape or form.

So, to push this idea farther, recognize that gravity or any kind of so called force that seems to be holding two particles, two planets, anything, together, isn’t really a force traveling between them nor really a force acting upon them – it is simply that they are in proximity because that’s where this line of the path crosses this line of the path, and they have to be in proximity because that’s simply where they need to appear according to the pattern. Being next to each other is simply because of their positions on the path, and they cannot really easily be pulled apart because the path defines that this piece is here and this piece is here. There is no force acting between them – the force acting on them is just the pattern in which they are set.

Q : Who sets the pattern?
B : Ah... all of you, all of us, All -That-Is. Again, it is a vibration, it is expressed in your dimensionality as the concept of geometric form. It isn’t necessarily experienced that way on all the levels but in your
physiological reality it is experienced as geometric form. It comes down through the levels, in a sense, crystallizing, solidifying, to what you call the template plane, the causal plane, so to speak. To lay out the foundational templates of the patterns that are experienced at any particular dimensional level. It is the mind of the Infinite, it is the consciousness, the Soul of the Infinite, reflecting itself to itself that causes the concept called patterns. Let me explain it this way – lets go back to the more esoteric concept of the One, the All, for a moment. Imagine if you will, that there is only the One. Lets just talk right now for the purposes of illustration about some arbitrary beginning, though we know that that is only happening within existence and existence has always existed. But for now, some arbitrary beginning of creation that God or the One created. Everything is made of God, there is no outside. The very concept of being All That Is, means there isn’t All That Is and then something extra over here. All That Is is All That Is, nothing is outside it. So everything that exists in Creation must in a sense be made of All That Is. Its a different version of All That Is, an aspect, an expression of All That Is expressing itself in all the ways it can. Why? Because it can. It doesn’t need a reason, it can, so it does.

The idea is to begin with this concept of being at first, just one, imagine, just one homogenous All That Is with no differentiation, no diversification. Have you got this?

Audience: Yes.

B: All right. Unbroken, whole, smooth, no difference anywhere, it’s just one thing. Now, the concept itself of becoming self-aware implies automatically a segregation. In a sense the mirror has to be over here in order to see the reflection of yourself over here. So, as soon as the One became self-aware there was an immediate polarization, it became two. That starts setting up a pattern and it simply cascaded from there – the two the became three, the four, the five. All the idea of reflection was born and in every possible angle it could see itself that was created and thus created a pattern. So the pattern is the result, again, very arbitrarily, very symbolically is the result of all the different angles, all the different perspectives from which the One viewed itself. Does that make some sense to you?

Audience: Yes.

B: All right. Remember each and everyone of you, each and every one of us, every being, everything, every person place, object, every different thing in creation is another way that All That Is has of looking at itself.

Q: Is this talking about the mind?

B: Well in a sense. We understand that sometimes there can be some confusion about the different definitional labels, for mind can mean one thing to one person and another thing to another. To us the term itself — MIND, specifically relates to consciousness as it expresses itself through physiological or electro-magnetic reality, whereas some people simply take MIND to be consciousness itself or just awareness. For the purposes of these descriptions mind will be the electro-magnetic version of awareness and we will simply use the term awareness or knowingness or consciousness for the greater concept of mind, does that make some sense?

Audience: Yes.
B: All right, so, you have these patterns of reflectivity, self-reflectivity, and as consciousness crystallizes itself into mind and matter, it began expressing this reflectivity as these geometric patterns in physical reality. As there became a solid medium in which to experience this reflectivity it began to create these pathways and geometric forms and templates within this solid medium – that’s how it expressed itself.

So, the idea of this particle, this initial particle, initially having no mass, infinite speed – not being what you would call a very solid thing at all, being very nebulous, very immaterial, very non-existent, *almost*. How does it become so solid? All right. . . .the path, the geometric pattern, again just to continue these symbolic analogies, will very often cross itself in its journey, all right? Wherever it crosses itself, it re-inforces the vibration in a way that with enough crossings becomes perceived by you as solid material. All right, now this is what the chart on the far side represents – the number of crossings in the geometric pattern, equaling the number of dimensions of reality perceived. Where there are zero crossings, where it doesn’t cross itself at all, ALL, the totality in what is called the universal reality of the ten dimensions are perceivable. When it starts to cross itself one time and become more solid you perceive less of the totality because it becomes more limited, more restricted, more dense. And as it goes down and as it crosses itself more and more and more and more times, becoming denser and denser and more material, you perceive less and less and less. It becomes more and more structured, more rigidized and closes the picture in a little bit more and more each time. So by the time this infinite particle has crossed its own path seven times you get third density reality, which is where you basically are in your world. Physical material reality as you understand it is the product of the infinite particle crossing its own path and re-inforcing itself vibrationally seven times.

In your physical universe, anything in your world, anything of the physical universe traveling from your planet to another planet, anything you call physical materiality at all, is the product of third density reality and is the product of seven vibrational re-inforcements. This is why you intuitively understand that there are seven levels above you, what you call seventh heaven because you know there are seven levels of rarefaction above you to go back to the tenth dimension. The connection point of your physical dimensionality and non-physical dimensionality, your reality universe to the Infinite starts in the tenth dimension. Now, as you go into more and more crossings or you see there are more crossing available, going from no crossings, all the way to ten crossings which brings you down to zero dimensionality. So when the particle crosses itself ten times, rigidization, absolute rigidization takes place – no dimensions are perceivable and everything is absolutely static, stagnant and un-growing, very dense, can’t move at all, frozen, rigid, locked.

Q: Like a black hole?

B: In a sense, very perceptive, yes it is. . . . black hole. Because there is infinite density but then as soon as it achieves infinite density because it’s infinite it is also the doorway to absolute infinite openness and it completes the cycle, back up to zero. That’s why black holes are gateways. Very perceptive, very good.
The Inner Voice and Atlantean Connections

Q: I have a big truck, a big suburban truck. And when I got it…
B: Truck, yes.
Q: Yes. Big.
B: Big truck.
Q: And when I got the truck, I wrote right on the dashboard, “power,” because I felt it symbolized my taking back my personal power.
B: All right.
Q: The other thing I said was: “This car is going to save my children’s lives.”
B: All right.
Q: This car has been bashed into, turned over, turned around, and I don’t know what’s going on – if it’s time to get rid of it, or if it is an old definition of saving lives. I don’t…
B: How much more proof do you need of your own invulnerability?
Q: Ahhh!
B: You have made it a symbol of your power. Now you can stop proving that your power is solid.
Q: Thank you.
B: Understand?
Q: Yes. Um, something that’s related to this…
B: All right.
Q: Right before my son turned the car over…
B: Yes.
Q: I talked to my children about the little voice within that whispers or speaks, and to listen to it. He said that when he got on the freeway, the voice said: “Don’t fall asleep at the wheel,” which is exactly what he did. And I had a wreck in the car the other day. My voice said to me: “Go straight,” and I argued with it and said: “No, I have to go left.”
B: All right.
Q: This knowingness comes in such a flash…
B: Yes.
Q: But there are so many millions of thoughts that flash through my mind…
B: You will learn the difference you will begin to pay attention.
Q: How?
B: Because you already know the difference. You will learn to pay attention.
Q: Well, I’ve asked it to get louder and less subtle. But I think the subtleness… am I correct in thinking the subtleness and the quietness is what I’m supposed to be listening to?
B: Yes. Because it also still gives you the ability to decide. You see, it cannot take away your free will. You can countermand it if you want to. That’s why listening to the subtleness will make it sound louder. Because as you go into a relaxed and peaceful state, then you match its frequency, and it becomes very clear and obvious what it is saying. And it becomes the loudest voice within you. It becomes your own voice.

Q: Yes, I know it is my own choice on that level.
B: Yes.
Q: And I do argue with it quite a bit.
B: Why? Still trying to prove something?
Q: Probably.
B: Do remember this, if this will help you at all, blending and aligning and, quote/unquote, giving in to that voice, does not mean you are giving up your identity. It means you are expanding it. Sometimes your ego structure consciousness thinks that by blending and harmonizing with that higher self that the ego structure is losing ground. That it is dying, that it is cutting itself off, because it has always been told it’s in control.

It thinks that blending with the higher self is losing control. Allow it to understand, by talking gently and lovingly to it, that it is actually gaining a subtler but more profound control. Because with that control comes the recognition that the higher self is you, or can be you, and that your identity will remain. It will not be lost or absorbed. Do you understand?

Q: Yes. Thank you. Can I ask you a quick question about Atlantis? People have said that all of us on the planet now were also alive at the time of Atlantis.
B: Well, basically, because your Atlantean civilization did last many thousands of years, you know.
Q: Okay.
B: The idea of living in Atlantis doesn’t mean you had one life there. You had several.
Q: There’s something within me that I don’t understand: that every time I... something comes, that same old voice, and says: “I was not in Atlantis.”
B: Oh, all right. That could be so. The idea, generally speaking, is that the majority of your civilization has had experiences in those particular areas. And because you are now intertwined with the rest of your civilization, then to some degree, by proxy, so do you. Even if it isn’t directly, linearly, it is still rubbing off on you. You are still intermeshed within that electromagnetic soup. You understand?

Q: Yes, I do, but...
B: You are a part of what can be called the collective karma.
Q: Seems to be. I almost have an anchor attracted to that.
B: All right. I understand.
Q: You do?
B: Yes.
Q: Would you help me understand why? It feels like a defensive mechanism.
B: Because you are being told what you are, and you already know what you are. You don’t need anyone else to tell you.
Q: Ahhh! It wasn’t for something that happened directly there, that I was involved in, that...
B: Not directly. Not in that way, no.
Q: Okay. Thank you.
B: Now, the idea also is to remember that each and every individual you are in every life has different connections. You – the Oversoul you are – can have had lives in Atlantis. That doesn’t necessarily mean the you you are now has a direct linear reincarnational connection to it.
Q: Okay.
B: Understand?
Q: Yes. That makes sense. Thank you.
B: We thank you very much. At this timing, allow us, once again, to extend to each and every one of you, individually and collectively, our reflection of your individual impact. To remind you that you make a difference! If you didn’t, you wouldn’t be a part of the reality you’re in. There are no extra leftover creations that don’t belong. You are a part of the tapestry, you are a part of the painting; you are a part of “the big picture!” And each and every one of you is your own big picture; you own painting, your own tapestry.
Weave the reality you desire on the loom of your imagination. That’s why it’s there. And it will give you what you prefer, because you say so. Be clear about your definitions. Be clear about your intentions, be clear about your deservability, be clear about your actions! You will get the reflection of that clarity.
We thank you for the co-creation of this interaction. And we remind you that you are, in fact, dreaming right now. Wake up and live the dream you prefer to. You might as well; it’s your choice. We thank you, and send you always our unbroken and unconditional love. We bid you a fond and a loving and an exciting good day.

The Inner Voice and Atlantean Connections
The Key of Excitement

Q: Hello. Um, tomorrow I have to decide whether or not to quit acupuncture school . . .
B: One moment. One moment. One moment. Tomorrow you what – you have to? You have to nothing. Now, what do you want to do tomorrow?
Q: I’m not sure. I’m not sure what excites me the most in life.
B: All right. What are your options?
Q: Well, I can . . .
B: Oh, let me phrase it this way: is there any one thing that excites you the most that you are more capable of doing than any of the other things that excite you the most? Or are there an equal number of things that excite you that you are also equally capable of acting upon right now?
Q: Well I . . .
B: Which one is more accessible to you in terms of the tools that you already have?
Q: Um, I’m not . . . I don’t know what I’m good at doing, really.
B: That’s not the question I asked you. You are good at doing whatever excites you the most, or it wouldn’t excite you. As we have said, when you feel excited, it is the excitement that lets you know this is what you are good at doing. That’s what excitement is for. So when you say, “well, this excites be, but I don’t know if I’m any good at it,” it’s a contradiction, it’s an impossibility. The thing you are good at is what excites you. If you weren’t, it wouldn’t.
Q: Well, nothing much excites me right now.
B: This is another contradiction. You have just said there were several things that excite you.
Q: No, I didn’t say that. I don’t . . .
B: Did she say that? . . . (Audience mumbles) You said you had several choices.
Q: Well, I can quit school. I’m not sure what I’ll do.
B: What would you like to do?
Q: The only thing I can think of is just to . . .
B: Yes, yes, yes?
Q: . . . quit school and see what comes up.
B: All right. If that’s what you find exciting, do it!
Q: I was just hoping that you could . . .
B: Hoping. Hoping is not knowing: hoping is despairing. Hoping is, “I’d like to, but I’m not sure.” That’s hope. Knowing: is knowing this is what moves me; therefore, this is what I am; therefore, that is how I will act; therefore, this is what I will do.
Now, even if you created in your life an unknowingness of the thing that does excites you, if you at least know what does not excite you, then you can start there by ceasing to do that thing. And when you cease to do the thing that doesn’t excite you, you will then make room for the thing that does. And then you will know what it is.

Q: Okay. I think I’ll try that.
B: You will what?
Q: Um, I’ll change my vocabulary first.
B: Understand: your vocabulary, many times, is an indication of the way you believe. And it is no accident that you choose the words and phrases that you do.
Q: Yes.
B: So either you will do that, or you will do trying. Which do you prefer?
Q: Um, I think doing it.
B: All right. Then you don’t need to try. Do it – or do something else.
Q: Okay. Well, thanks for the encouragement.
B: Well, thank you. But you know, utterly, beyond the shallow of a doubt. Because we know you created your own reality – beyond the shadow of a doubt. Therefore, it is no effort for us to encourage you – because that encouragement is only a reflection of what we know you are already capable of. You follow me?
Q: Yes.
B: Thank you very much – to allow us to reflect back to you what you do already know. Thank you.

The Key of Excitement
The Legacy

At this timing... allow us the expression of the idea we have termed "The Legacy." Listen with all the different types of ears that you have. Take us on one level literally; take us not literally at all. For we are now entering a true phase of the construction of dreamtime.

As we spoke before, the understanding is that you exist on an energy level; we exist on an energy level. All things are made of the same energy; but there are different frequencies. Our frequency of reality to you is the idea of dream reality, etheric reality.

Many individuals upon your planet have referred to, what you call, extraterrestrial consciousness as etherean consciousness. And this is, to some degree, quite accurate. It is why it is, in many ways, easier for us to communicate with you in this way than using what you may call your physiological radio devices. For we operate on that frequency not at all!

Biological senders and receivers are far more apt, in that way... once they are trained to identify with the energy of love, in that sense – and acceptance. The energy of light links all mentality; and you are linked not only to every member in your own civilization, but to all other civilizations as well; and sometimes, in very specific ways, to play out very specific ideas.

We have been allowed, at times, to briefly discuss with you some of the notions for some of the interactions taking place now upon your planet that you have called, in your language, “abductions,” which we have chosen to call "temporary detainments.”

We have reminded you that these interactions between your species and the alien species we have referred to as Zeta Reticulum are done through absolute agreement; even though on your part many of these agreements may be done unconsciously. And they are only brought to the surface reluctantly through the idea of the release of your fear.

But you are serving each other in many ways. We have briefly discussed the understanding, as many of you yourselves are now beginning to realize, that your species operates on a very highly individualistic level, that their species operates on a very highly mass consciousness level. . . and that to each other you are extremely alien, extremely foreign.

And with just as much difficulty as you have had of understanding the idea of how it is to operate as one consciousness, they have the difficulty of understanding what it is to operate as a single individual, cut off from the whole. In many ways – though they do not express it in exactly the same way – they have just as much fear and uncertainty about you as you do about them.

You are learning to understand each other. And in understanding and blending with each other, you are performing services for each other; you are boosting and supporting each other’s societies. You are aiding in each other’s transformations. You are giving them what they need; they are giving you what you need, in that sense – to mature as a species; even as you allow them to mature as a species.

They have come from a completely different direction in evolution. You have come from a completely direction in evolution (from) each other. You are true polarities on many different levels.
But now – through these interactions, through these givings, through these sharings – whether they are understandable on the surface or not – you have begun the true blending, in many ways, that will allow you both to mature, both to interact, both to become fast friends; side by side in your expansion and exploration of the universe, in many ways that you cannot yet understand... but in many ways that you will understand in the time to come.

We have shared with you many times the arbitrary nomenclature that in many ways we have the existence of our evolution approximately 150 to 300 years beyond you. We have told you many times, in many cases, that this is an arbitrary nomenclature; and we will now endeavor to define and precisely explain the relative frequency of the time span of your reality and our reality.

For there will be a seeming time, a temporal paradox, in what we are about to explain about your connection to us. It has already occurred to some of you; it has not occurred, quite surprisingly, to a lot of you.

Once again, in many ways what we are about to say you can take in many ways, on many levels, very literally. But understand it is also archetypal energy, the sub-stream consciousness of your realm – of your realm, of their realm, the Zeta Reticulum.

We have told you in many ways that we are the representation of your own future selves. And in many ways, that is allegorical. In many ways, it is quite literal, reincarnationally speaking – and also as a representation of the parallel type of civilization you yourselves will create upon earth.

But there is one other way that we also mean it, that we have not really shared with you. For it actually has not occurred to actually quite a large number of you – that even as we have endeavored to describe our physical reality, our physical appearance, you understand **that we are an exact cross between the idea of your human shape and your Zeta Reticulum.**

We are the children of the blending; we are the hybrids that you are creating. We are your future selves, and come back to remind you that there is a marriage going on that gives us reality, that supports us. You are, in many ways, our fathers and our mothers; and we are your children.

And we send you our love across the ages. The idea of understanding is that this blending is taking place in your time frame. And that an evolution does occur where there is the population of our world and another dimension, through the crossbreeding of, what you call, the Reticulum and the earth human.

And we are that population. And that is why we have remained in that other dimension, so that we would not interfere with the marriage that is taking place, so that we would not interfere with the consummation of that marriage. So that we would not interfere, in that sense, with your right to experience our birth from your point of view.

But now, because of the timing and because of the sharing, we can be allowed at this time, with great joy, to share with you that we greet you as your children. And we thank you for allowing us to reflect back to you the brilliant trust you have placed in us, the brilliant future you have given yourselves and the brilliant present you have bequeathed unto us.
There are many more levels to this idea, and we will share those in time as well. But understand that there is a distinct purpose in the creation of our species by the blending of yours and the Reticulum. You are creating the future you desire in many ways.

And do remember one other thing: another thing that many of you sometimes do not stop to realize. In what we call our present, we are also side by side with your future earth. And we interact together in joy, in harmony, in love. You are our legacy, as much as we are yours.

Our love to you; we thank you for your blessing. We thank you for your strength! And we thank you for your love, and our life, and our joy. And we only give you back what you have given us, in allowing us to exist as we do.

Infinite Creation dreams you into ecstatic creations of reality – forever and ever. Shivai!

AUD: Shivai. Shivai.

The Legacy
Bashar
From: The Countdown to Contact Begins
"The Library Analogy"
12-9-97
Q: I’ve become very aware of a lot of things and...
B: Meaning?
Q: A lot of conspiracy type things.
B: Yes?
Q: That could make one feel very uncomfortable.
B: Were you present earlier in this communication?
Q: Yes I was.
B: When we talked about the idea of paranoia being it’s own reward.
Q: Yes, I was.
B: All right.
Q: But I don’t see it as paranoia, because I don’t think I’m necessarily paranoid.
B: I am not saying that certain things that people on your planet say exist – don’t exist. I am not saying, as many of you already absolutely know, that there are not covert organizations on your planet.
Q: Okay.
B: And I am not saying that many of these organizations do not engage in certain programs that do bring about some of the things that some people on your planet, have said that they do. I am not saying that they don’t exist, but as always, from the beginning I still say – your vibration determines the reality you will ultimately experience. And exactly how much effect they will be able to have on you, is determined by how much effect you create them to have upon you.
Q: Right, or how much power I give that particular idea.
B: Yes.
Q: Well that’s my, that’s my challenge, because I want to be informed about this stuff. I don’t want to ignore it, I don’t think that that’s the right thing to do.
B: All right, don’t ignore it.
Q: But I don’t want to get paranoid and create that.
B: Well, all right, then don’t. What makes you think you will?
Q: Well, because some of the information’s pretty chilling.
B: All right, one moment, back up. We have hit a core issue; we have hit a core issue. Are you with me now?
Q: I’m with you.
B: All right.
Q: Are you with me?
B: Oh, absolutely and always and forever.
Q: I feel it, I appreciate it.
B: You want to live in the vibration that you want to live in, you don’t want to ignore anything, and you don’t want to get caught up in what you don’t prefer.
Q: Correct.
B: All right.
Q: Thank you very much for putting that together.
B: What does this say? One word – uncertainty. You are teetering in uncertainty...
Q: Yes.
B: ...about your innate ability to decide what is true for you, out of all the things you know are true. You can know that something is happening, you don’t have to ignore it, but to know it doesn’t mean you choose to experience, to the same degree, that thing that others might.
Q: Right.
B: Again, it is the library analogy. You know all those books are on the shelves. Some very scary horror novels are there, you know they’re there, you can look at the titles. Someone asks, "Where I can find the book called, The End Of Life As We Know It?" Right there! Big and bold, black and white, polarized letters, right there, there it is! You can even maybe scan through it, "Look, oh, isn’t this interesting? Look at this, the death of all life, in a most horrible fashion – look at that, isn’t that interesting? Wow, wow!" But, you don’t have to check the book out of the library if you don’t want to; and if you don’t check it out, it’s not your reality.
Q: Right.
B: You can go into that space and become aware of all the negativity you want, if you want to call it that. Remember, as we reminded all of you, the more expanded you become, the more aware you become of negativity, as well as positively. The more you expand the more you become aware of the dark and the light. But just becoming aware of it doesn’t mean that’s what you choose.
Q: I understand that.
B: Do you?
Q: Yes, I do, absolutely.
B: Then why are you worried about choosing it?
Q: I’m not worried.
B: What are you then exactly?
Q: I want to know that if I concentrate some of my energy and effort, there’s a sense of wanting to....
B: Concentrate some of your energy and effort on what? Let’s be specific.
Q: On possibly changing some situations or averting some situations.
B: In what manner?
Q: Well, all I’ve been able to do so far is do it energetically.
B: Is that not sufficient?
Q: I don’t know. I want it to be sufficient.
B: All right, give us ... one moment ... first of all, do us a favor will you?
Q: I will if I can, yes.
B: Slow down.
Q: Yes, I have actually been slowing down the last week.
B: Slow down.
Q: Okay.
B: Don’t be so quick to bounce in, all right? Slow down.
Q: Okay.
B: Let’s alter the pace of this dialogue.
Q: That’s fine with me.
B: All right. It is all right for you to become physically, actively involved in whatever you deem is representative of your joy, to become physically, actively involved in. But choose wisely – in the sense of knowing what you really do need to know, to become physically involved in, to help make a difference – and what you really don’t.
Limbo State II

Q: ...well I think I have the opposite situation. Instead of things humming along synchronistically, I seem to be at a sort of standstill. I don’t know which way to go. I’m feeling at a loss.

B: We have mentioned this idea of a limbo state with many of you. Usually individuals assume that when we say "limbo stale," we are referring to those times when it seems you are floating, stalemated, where no particular direction makes itself any more apparent than any other direction. You do not necessarily have a particular momentum or impetus to move in one direction more than another. You seem to be at a standstill for some reason, and cannot fathom why. Sometimes you don’t even want to know. But the idea of the limbo state has a more precise, and in a sense, a much more profound definition, which we will share with you at this point.

The idea generally, as we perceive your consciousness, has been perceived as meaning thus: a state in which you must now wait for something to happen. Having done all you can possibly do, there is no more you can do now. You are floating in a limbo state to see what falls out of all the things you have set up. You are now, in a sense, coasting. All of these are real definitions, but they do not touch the essence, the mechanics, the structure of what that waiting is all about.

The idea can perhaps be best explained by going back to another analogy we have discussed before: the film strip analogy. We have talked about the idea that different moments in time are, as your scientists say, discrete quanti — that is, every single moment is its own now universe — and in the next moment is a completely different reality altogether. Whatever it is at any given moment you decide you are, will utterly determine what the next moment will be shaped like, in a sense, how you will experience that next moment. One moment does not have to be connected to the next until you impose upon that frame, and upon that entire filmstrip, the idea that there must be continuity, one leading to the other. We have talked about the idea that your life, and your many lives, are like the frames upon a strip of your film, one frame at a time, one life at a time. In linear time it seems they come one after another; but that’s the nature of your physical reality.

Hypothetically, from the point of view of the projectionist, all the frames exist right now. Your entire life is there all at once — all your lives, all the frames — are there all at once. From the point of view of the hypothetical projectionist, which is the same as your Higher Self, or your Oversoul, any frame can be viewed at any moment, in any order, regardless of the way you think you have to view it in linear time. It doesn’t have to be from A to B to C...

This idea of the Limbo State can be looked at from the negative or the positive way, just as anything else can be looked at. As we perceive it, the way your society generally has interpreted what we mean by limbo state is from the negative side — and this is not meant as a derogatory statement. The negative way to look at this is to view the following analogy: Let us say you are looking at your life as a strip of film running through the projector and playing out on the screen at a certain speed. When most of you talk about the "standstill limbo state, when things do not seem to be happening," you usually look at this as the product of the film somehow slowing down, going into a static state where all of a sudden you are
focused on one frame. And you don’t know when the film is going to start up again.

Looking at the Limbo State as if your life has slowed down is the negative way to look at it, so let’s look at it from the positive point of view. You will get the same effect — the focus on the now moment — if you realize that while the film is still going at high speed, you have accelerated. Your ability to see the frames has accelerated and sped up to match the speed of the film. You are now going as fast as the film. It is like our earlier analogy of the stroboscopic effect. Many of you have seen the idea that when something is moving, such as falling water, and you place a strobe light upon it, you can freeze the action and allow one drop of that falling water, seemingly, to remain suspended in the air before you.

In a sense, this is what many of you are now doing. You are accelerating your perceptive abilities up to the speed of your creations. And so it seems as if they are standing still. It seems as if they have slowed down and nothing is happening. But understand there is a very profound difference in how you look at this. If you look at it as if your lives have slowed down, as if the film has slowed down, then you usually wait around for something to happen and do not take action, do not move in life. However, if you understand that the only reason things seem to be standing still is because you have caught up to the speed of your creation, then you can understand that that point of view is now a point of power. You are in perfect equilibrium with the rate at which you are creating your reality.

What this means is as follows: when you are in perfect equilibrium with the rate at which you are creating your reality, moment, by moment, by moment, then that means that everything around you is moving at the same rate. Inertia is balanced, and therefore everything has the equal ability to be moved by you in the direction you prefer. They all have the same rate of speed; you are all moving parallel, synchronized to each other. There is no great inertia to overcome, therefore. Your motion relative to each other — you and the events in your life — are now moving at the same pace, and you can gently push them in any direction you want to.

Q: That sounds like what happens when we practice the martial arts.

B: Yes. This, in a sense, is the "secret" of your martial arts. Your master of those martial arts will tell you that the reason a small, seemingly weak person can move a stronger, larger person in any direction he wants to is because at one particular moment in the action of the movement of the larger person toward the smaller one, the smaller one matches the speed of the larger person. At that moment they are exactly equal in inertia. Neither is moving relative to the other, and therefore it’s a very simple thing to cause the larger person to move in any direction the smaller person wishes him to. There is no mass or momentum to overcome, as everything is moving at the same pace, and they can interact with each other any way they want to.

So this limbo state, this time of seeming standstill where it seems as if you have done all you can do, is actually the time when things can happen most magically, most quickly. The only reason it may not seem to be doing so is because you are standing there waiting for something to happen. Allow yourselves to look at the limbo state from this point of view — truly see your point of power. Understand that you are now pacing, synchronizing the rate — the literal rate — at which your consciousness is creating the
moments of your reality.

Each and every moment is a discrete moment, a discrete definition, a discrete reality. They all flicker, one after another at an astonishing rate — so fast that your physical reality seems to be an unbroken continuum of time. But it isn’t. It is discrete moments, discrete definitions. When you find you are floating in that limbo state, you are at the point of power to allow any factor, any event in your reality, to move in the direction and in the style you prefer to. All you have to do when you arrive at that point is act in your direction of preference, act as the representation of the reality you prefer to have. Things will fall into place in your lives immediately, happening synchronistically.

Now, I do not say this to set you up, but the only thing that would cause you to hesitate is perhaps when you see that when you are in that state where it is so easy to create the reality you want, some of you may be afraid of the power you finally realize you have and back off a bit from it — because you will realize in that moment how powerful you actually are. The creation of your day-to-day reality is second nature to you. You are so powerful in doing it that you have been able to forget you are the creators of that experiential reality. That’s how easy it comes to you.... It is so easy that you’ve been able to overlook your responsibility for all that creation. Every single second, every single moment, you are exercising choice of what you believe is the most likely reality to manifest in that moment — every single moment. That’s how powerful you are.

When you allow yourselves to match the rate at which you are creating that reality, you will feel like you are standing still. You are traveling at infinite speeds, and when you do that, you are everywhere at once. And when you are everywhere at once, it’s like you are standing perfectly still. The only way you get a sense of the motion is when you have a relative measurement between your reality and what you are calling another reality. If you know that all realities, all events, all creations, are equal to you because they come from you — when you allow them to all achieve that equilibrium, then you are all falling at the same rate. Nothing is moving faster; nothing is moving slower. You can move the pieces around effortlessly, because they are all gliding. You are all together as one event, one idea, and you begin to see all the events in your lives truly as extensions of your selves.

I am not speaking figuratively; I am not speaking philosophically. I am speaking physically, mechanically, literally. You are the creators of your reality. What you have called the limbo state is your point of power; it is living in the present, in the now. You are, shall I say allegorically, about that far away (holds two fingers very close together) from having everything you want. All you have to do is go that extra little step. Of course for many of you — and again, not to set you up — that last little step is the most difficult. You have been taught over, and over, and over again: "It can’t be that easy; I can’t be that powerful." But you are! As we have said, because you are aspects and reflections of Creation, you are made in the image of God. To be made in the image is to be an echo of God. And in that sense, you are that powerful. You are Creation itself. You are the dreams of God, the hands of God, the instruments, the tools that all beings in creation are. As I tell you over and over, you — and we — are all the different ways the Creation has of expressing Itself within the creation It is.
It is your nature. It is the very fabric of your existence to be the power itself. You don’t have to develop swollen egos to recognize that. You can allow yourselves to be at balance with all things, and still at the same time know that because you are at balance with all things, everything is an extension of you and will move in the direction in which you allow it to move. You say so! Because that’s your job. In a sense, as aspects of the Infinite you are given the responsibility to create your immediate reality in any way you desire. That’s why you have free will.

Just as a side note, and just referring to some conversations we have had with a few of you from time to time, it seems quite contradictory to us that there are members of your society who insist that Creation instilled free will within you, and then at the same time sought to control your lives with its will. You have free will, and you can create any reality you desire; that is being made in the image of God. Act as such and you will have heaven on your Earth — guaranteed.

Q: So it seems we are going to be in a limbo state for a while.
B: That is up to you. Remember, limbo states are not only collective, they are personal. If you find yourself in a personal limbo state, while you may recognize that you can exist in an overall bubble, a collective bubble, you can still, as an individual, do many things within that overall bubble — things which will allow it to not necessarily remain as long as it might have, had you, as an individual, not acted.

Once again — the present is your point of power. In the Limbo State you are not waiting; you are not at a standstill. You are at infinite speeds. Move in the direction you prefer, and all will automatically, synchronistically fall into place. In your own personal world things will change. Just because there is a collective limbo state doesn’t mean you cannot have everything you desire in your own personal reality now. The more you create the reality you desire to live in now, the faster you will represent a living example to everyone else as to the type of reality they can create collectively also. And that will speed up the whole process. So it’s really still up to you; it is in your individual hands. Remember — one individual can have an impact over the entire planet. You’ve seen it done many times.

Once again we remind you, because we love you, no matter what you choose to think of yourselves, we will always believe in you totally. You can create any reality you desire, and we will be with you no matter what that reality is you choose to create. But the type of reality you choose will determine exactly how we are able to interact with you. As you recognize that you can serve each other and create a reality of joy, then you open to us the invitation that is necessary for us to have from you, to enable us to interact with you, and together blend our race, and your race, into a larger civilization that can continue to explore creation in ecstatic ways. There is no end to it — at least no end that we have ever found in the thousands of years, in the thousands of civilizations, that have explored creation. There has never been found even the minutest inkling of an end. As far as we are concerned, there never will be.

We rejoice in any opportunity you give us to share creation with you, but only if you are willing to be fully who and what you truly are. For if you are not, then it is not with you we will be interacting, but
only with your idea of what you think you ought to be, only with your own illusions and delusions of self. We prefer the genuine articles; we know the genuine articles of you are creative beings, spontaneous beings, loving beings, beings who can create anything you desire.

Thank you.

Q: Thank you.

5
THE LIMBO STATE:
9-6-88
B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
Q: Great, perfect, etc....
B: Allow us to begin this interaction, this evening of your time, with the following entitlement, this, as you say, will be a bit of a mouthful, ”Trust and Clarity in Communication; The Limbo State, what it is and how to use it.” You will, I ask, excuse me if I am a bit long-winded this evening; but these things require a little bit of clarification and redefinition. Now that many of you are going through the types of changes that you are going through, now that you are experiencing different levels of energy within your consciousness, we can now define, in ways that we have not defined them before. some of the terminologies that we have used in our discussions with you in the past, so that you will have perhaps a more precise insight into what we meant when we used certain terminologies. For always, always, always, understand there are many levels, many dimensions, many different points of view to the semantics of any particular definition or word that we may use in your language which may not necessarily be accurately representative of the way we mean the terminology, when we use it.
So let us first talk about the idea of trust and clarity in communication. One of the primary, shall we say, problems or difficulties that we have observed in your civilization has to do, simply, with the communication between yourselves, as to why there are many negative feelings, negative interactions, negative outcomes. A lot of it is simply hinged not so much on the idea that there actually is an insurmountable problem, but simply that your ability to communicate the idea is not necessarily as effective as it could be, not as direct, not as honest as it could be. Because you have in the past created yourselves to be a society that has, in a sense, cloaked itself in so many layers of consciousness, so many layers of interpretation and symbology; individuals, whether they use the same words or not, do not always obviously understand what another individual means, by what they say.
We simply, herewith, put forth a simple suggestion. It has to do with trust, trusting that you, each and every one of you, are only attracting into your experiential reality those interactions which do benefit to you, and are attracting yourselves to other individuals in such a way that you do benefit to them. In trusting that this is the foundational reason for why you find yourselves interacting, for why you find yourselves communicating with anyone, you can use the following approach, which may allow a little more clarity to take place in your conversations in the future. If you can allow yourselves to know, to know, to trust, that the other individual always has the best intention going into the conversation, then you can assist them in clarifying what they mean. You can assist yourselves, and allow them to assist you and themselves in clarifying what you mean.
If you simply take it for granted that what they say, no matter how it may sound, compared to what you have been taught, that what they say is meant in the best possible way. So that if something, for some reason sounds, shall we say, strange, off-kilter or funny to you, or perhaps negative to you, perhaps you can stop the conversation and simply suggest, ”I know, I trust, that you have the best of intentions, the
most positive intention behind what it is you are saying. Therefore, I know that even though I heard it this way, perhaps, just maybe, you meant this. Is that what you meant?" "Oh yes, that’s what I meant. Thank you for clarifying that so we would not have a misunderstanding."

Always, it is our suggestion, go for the trust of the intention behind what is said, rather than allowing yourselves to be marionetteed around by the words, as they sound, as you have been taught to think they sound, what you have been taught to think they mean. Find out what they really do mean by shooting, as you say, aiming as you say, for the intention of the communication rather than the clothing in which the communication is wrapped. Do not react to the clothing; allow yourselves to search, to seek the intention itself. Assist another individual by letting them know what they have said does to you, how you are reacting. Let them know how you are interpreting what they say, and ask them if they truly meant that, or if they truly meant something else. Allow yourselves to develop a commonality of trust, based on your understanding that every individual, no matter how they approach it, no matter how they cloak it, no matter where they come from, or when, generally speaking, in some portion of their consciousness, intend, intend that what they have to share can be used constructively, can be used to add to the overall creativity of your combined reality.

Beginning to approach it from that point of view will allow you, very quickly, to discern the intention behind the communication, to know whether it is truly positive or negative, and to allow you less misunderstanding; so that you will not be offended by the different portions of your consciousness that you are afraid to face, the different portions of your consciousness that you fear may have been brought to the surface by something someone said. Simply because it was reflected in a certain way, because some nuance was given that was not necessarily representative of what that individual meant, but, perhaps, is what you needed to hear, so that you could face that certain portion of yourself, now that it has been brought to the surface by that particular nuance.

Allow yourselves always to understand that any conversation you are having with someone else is an echo of the things you are only telling yourselves you need to hear, in many different ways. Examine and explore them unconditionally, unbiased in that way, openly trusting that what you are attracting, in some way, shape or form, has an intention behind it that matches your own, the overall intention of the support and the added accelerated creativity of your entire civilization; just a suggestion.

Now, the limbo state, what it is and how to use it. We have discussed this idea of a limbo state many times with you. Generally in the conversations that we have had, most individuals will assume that when we say "limbo state," what we are referring to is that time, or those times, in your life when it seems you have done all you can possibly do, and now you are floating; you are at, as you say, stalemate. No particular direction makes itself more apparent than any other direction. You do not necessarily have a particular momentum or an impetus to move, in any one particular way more than another. You seem to be at a standstill, for one reason or another, and sometimes you cannot necessarily fathom the reason. Sometimes you think you can; sometimes you don’t want to know. But the idea of the limbo state has a more precise and, in a sense, a much more profound definition, that we have up to
The idea generally, as we perceive your consciousness, has been perceived as meaning this, a state in which you must now wait for something to happen, having done all you can possibly do, and there is no more you can do. Now you are floating in a limbo state to see what falls out of all the things you have set up. You are now, in a sense, coasting. All right, all of these are, shall we say, real definitions, but they do not touch the essence, the mechanics, the structure of what that waiting is all about.

The idea can perhaps be best explained by going back to another analogy that we have discussed many times, and that is simply called the film strip analogy. We have talked about the idea that different moments in time are discrete, as your scientist say, quanti, that is, every single moment is its own now universe. And the next moment is a completely different reality altogether. And whatever it is at any given moment that you decide you are will utterly determine what the next moment will be shaped like, in a sense, how you will experience that next moment. And one moment does not have to be connected to the next until you impose upon that frame, and upon that entire film strip, the idea that there must be continuity, one leading to the other. We have talked about the idea that your life and your many lives are like the frames upon a strip of your film, one frame at a time, one life at a time. In linear time it seems they come one after another, but that’s the nature of your physical reality.

From the point of view of the projectionist, shall we say, hypothetically, all the frames exist right now. Your entire life is there all at once. All your lives, all the frames are there all at once. And from the point of view of the hypothetical projectionist, which is the same as your higher self, your Oversoul, any frame can be viewed at any moment, in any order, regardless of the way you think you have to view it, in linear time, A to Z; it doesn’t have to be that way.

Now, the idea of the limbo state can be looked at two ways, again the negative way, and of course, the positive way; just as anything can be looked at, from one side or the other. The way we have perceived that your society generally has interpreted what we mean by limbo state is the negative idea, and this is not meant as a derogatory statement. Simply that the negative way to look at this is to view the following analogy. Let us say you are looking at your life as a strip of film running through the projector and playing out on the screen at a certain speed. Most of you, when you talk about the "standstill limbo state, when things do not seem to be happening," usually look at this as the product of the film somehow slowing down, going into a static state where all of a sudden you are focused on one frame. And you don’t know when the film is going to start up again.

The idea of looking at the limbo state as if your life has slowed down, in a sense, is the negative way to look at it. Let’s look at it from the positive point of view, because, understand, you will get the same effect, the focus on one apparent moment, the now moment, if you understand that the film is still going at high speed, but that you have accelerated. Your ability to perceive the frames has accelerated and sped up to match the speed of the film; you are now going as fast as the film. It is what you call in your reality a stroboscopic effect. You have, many of you, seen the idea that when something is moving, such as falling water, and you place a strobe light upon it, you can freeze the action and allow one drop of that
falling water to seem to remain suspended in the air before you.

In a sense this is what many of you are now doing, you are accelerating your perceptive abilities up to the speed of your creations. And so it seems as if things are standing still, it seems as if they have slowed down, and nothing is happening. But understand, there is a very profound difference in how you look at this, because if you look at it as if your life has slowed down, as if the film has slowed down, then you usually wait around for something to happen, and do not take action, do not move your life. However, if you understand that the only reason things seem to be standing still is because you have simply caught up to the speed of your creation, then you can understand that, that point of view is now a point of power; because you are in perfect equilibrium with the rate that you are creating your reality. And what this means is as follows, when you are in perfect equilibrium with the rate, the speed at which you are creating your reality, moment by moment by moment by moment, then that means that everything around you is moving at the same rate. And that means that inertia is balanced, and nothing has more ability or less ability to be moved by you, in the direction you prefer. They all have the same rate of speed; you are all moving parallel, synchronized to each other. And therefore, there is no great inertia to overcome, because your motion relative to each other, you and the events in your life, are now moving at the same pace, and you can gently push them in any direction you want to.

This, in a sense, is the, quote/unquote, secret of what you call your martial arts. What you call a master of the martial arts will tell you, basically that the reason that a small, seemingly weak person can move a seemingly stronger larger person in any direction they want to is that at one particular moment in the action of the movement of the large person toward the smaller one, the smaller one matches the speed of the larger person; and at that moment they are exactly equal in inertia. At that moment, no one is moving, relative to the other person, and therefore, it’s a very simple thing to allow that person to move in any direction the smaller person wishes to. Because there is nothing to overcome, no mass, no momentum to overcome. Everything is moving at the same pace, and can interact with each other any way they want to.

So this limbo state, this time of seeming standstill, now when it seems as if you have done all you can do, is actually the time when things can happen most magically, most quickly. And the only reason it may not seem to be doing so is because you are standing there waiting for something to happen. Allow yourself to begin to look at the limbo state from this point of view. Truly see your point of power. Understand that you are simply now pacing, simply synchronizing the rate, the literal rate, at which your consciousness is creating the moments of your reality.

Each and every moment is a discrete moment, a discrete definition, a discrete reality. They all flicker, one after another at an astonishing rate, so fast it seems to be, your physical reality seems to be, an unbroken continuum of time, but it isn’t, it is discrete moments, discrete definitions. And when you find you are floating in that limbo state, you are at the point of power to allow any factor, any event in your reality, to move in the direction and in the style you prefer.

All you have to do when you arrive at that point is act in the direction you prefer to, act in the manner
you prefer to, act as the representation of the reality you prefer to have. Things will happen synchronistically in your life immediately, falling into place immediately. The only thing that would cause you to hesitate is, perhaps, and I do not say this to set you up, the only thing that would cause you to hesitate is, perhaps, when you see that when you are at that state, it is so easy to create the reality you want that some of you may be afraid of the power you finally realize you have, and back off a bit from it. Because you will realize in that moment how powerful you actually are.

The creation of your day-to-day reality is second nature to you. You are so powerful in doing it that you have been able to forget that you are the creators of that experiential reality. That’s how easy it comes to you. It is so easy that you’ve been able to overlook that you are responsible for the creation of that reality. It comes so easily. Every single second, every single moment, you are exercising choice of what you believe is the most likely reality to manifest in that moment, every single moment. That’s how powerful you are.

When you allow yourselves to begin to match the rate at which you are creating that reality, you will feel like you are standing still. Because you are traveling at infinite speeds; and when you move at infinite speeds, you are everywhere at once. And when you’re everywhere at once, it’s like you’re standing perfectly still. Because the only way you get a sense of the motion is when you have a relative measurement between your reality and what you are calling another reality. If you know all realities, all events, all creations are equal to you because they come from you, when you allow them to all achieve that equilibrium, then you are all, shall we say, falling at the same rate; nothing moves faster; nothing moves slower. And you can move the pieces around effortlessly, because they’re all gliding. You are altogether, one event, one idea; and you begin to see all the events in your life truly as extensions of your reality. And I am not speaking figuratively, I am not speaking philosophically, I am speaking physically, mechanically, literally. You are the creators of your reality. The limbo state, what you have called the limbo state, is your point of power; it is living in the present, in the now.

You are, shall I say allegorically, about that far away (holds two fingers very close together) from having everything you want, All you have to do is go that extra little step. And of course, for many of you, and again, not to set you up, that last little step is the most difficult. Because, simply, you have been taught over and over and over again, "It can’t be that easy; I can’t be that powerful." But you are, because you are aspects and reflections of Creation. You are made in the image of God. To be made in that image is to be an echo of God, and, in that sense, you are that powerful. You are Creation Itself. You are, in that sense, the dreams of God, the hands of God, the instruments, the tool that all beings in Creation are. You are, as well as we are, all the different ways that the Creation has of expressing itself, within the Creation it is.

It is your nature, it is the very fabric of your existence to be the power itself. You do not have to develop a swollen ego to recognize that. You can allow yourself to be at balance with all things; and to still, at the same time know, that because you are at balance with all things, everything is an extension of you and will move in the direction that you will allow it to. Because you say so! Because that’s your job! As
aspects of the Infinite, in a sense, to put this colloquially, you are given the responsibility to create your immediate reality in the fashion you desire. That’s why you have free will.

Just as a side note, and just referring to some conversations that we have had with a few of you, from time to time, and again, in no way are we, in your vernacular, putting anyone down, but it seems quite contradictory to us that there are members of your society who insist that Creation instills free will within you, and then should at the same time seek to control your lives with its will. You have free will because you have complete and utter free will. You can create any reality you desire. That is being made in the image of God. Act as such and you will have heaven on your earth, guaranteed.

Remember, the present is your point of power. And in the limbo state you are not waiting, you are not at a standstill, you are at infinite speeds. Move in the direction you prefer and all will automatically, synchronistically fall into place. I guarantee it! And you will have the life of ecstasy. And remember, there is no such thing as something that is too good to be true or too good to last. Ecstasy is what you are made of, it is the highest energy of creation reflected and represented through your physical form. Live as it, because you are made of living life, you are ecstasy itself, of this our civilization has no doubt.

And once again, we simply remind you, because we love you, that no matter what you choose to think of yourselves, we will always believe in you. You can create any reality you desire and we will be with you, no matter what type of reality you choose to create. But the type of reality you choose to create will determine exactly how we are able to interact with you, not that interaction with us is the most important thing in your lives. You are the most important thing in your lives. It is simply that as you recognize that you can serve each other and create a reality of joy, then you open to us the invitation that is necessary for us to have from you, so that we can interact with you and together blend our race and your race into a larger civilization that can continue to explore creation in ecstatic ways, forever. For there is no end to it, at least no end that we have ever found, in the thousand of years, of the thousand of civilizations that have explored creation. There has never been found, even the minutest inkling of an end. As far as we are concerned, there never will be.

And we rejoice in any opportunity that you will give us to share creation with you, but only if you are willing to be fully who and what you truly are. For if you are not, then it is not with you that we will be interacting, but only with your idea of what you think you ought to be, only with your own illusions and, perhaps, delusions of self. We prefer, in your terminology, the genuine article, because we know the genuine article of you are creative beings, spontaneous beings, loving beings that can create anything they desire, including heaven on earth.

We thank you for allowing us to run off at the mouth this way, or shall I say, allowing me to run off with the channel’s mouth. In return for the gift you have given us, allowing us to share a taste of your consciousness, in return for that loving gift, I will ask you now, in what way may I be of service to you? Begin sharing and speak up so that all may share as well. Good day to you.

Q: Shivai, Bashar!

B: Shivai! One moment. Shivai is a word in our ancient language, which we no longer use, the language
that is, and Shivai simply represents the principle that you would perhaps colloquially boil down to saying, "go for it." The idea is simply, that in our civilization, when an individual had a focus, had a dream, they did not allow themselves to allow anything to stop them. They went straight ahead, moved straight ahead, as what you would call, in a warrior way, with clear vision, clear intention, clear direction. And if there seemed to be a situation where they needed, as you would say, perhaps, some space to be who they were, then the individual that was on that particular path would simply, at that moment say, "Shivai," and all other beings would stand out of the way, to allow them the broadest and clearest possible path to reach and obtain the goal they desire. So shivai, continue....

Q: I would also like to say that it works on our planet, too.
B: Absolutely, of course.
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B: Sharing!
Q: Yes, Bashar, could you say something about densities?
B: Densities, all right. Now this is, to some degree, simply a colloquial terminology for what you have called dimensions of experience. And all it really refers to is different frequencies of existence; a different density, a higher density, being a more accelerated frequency, a less material frequency. But we will also say this about the idea of densities and your transformation through them, your acceleration and graduation through different densities. You, as a planet, are now going from third density to fourth density. And what this basically means is that fourth density is the last level on which you can experience yourselves in an accelerated state and still remain physical. Our civilization is going from fourth density to fifth density, which is a non-physical state. And above that, in your terminology, are non-physical states, up to and including seventh density. And then you go to an entirely different octave of dimensional experience for which, right now, there aren’t very many words to describe it accurately in your language. And even we are only beginning to explore that idea. However, the idea itself of going from level to level, density to density, is, now pay attention, is the process of realizing that you actually are the dimension itself that you previously thought you existed in.

One more time, you now exist, you think, in a physical universe. Your fourth density transformation is when you begin to realize you are the creator of your reality. And what that means is physical reality is your expression, your projection, your creation, that it’s actually made of you, that you are actually it; that physical reality is you. When you really realize that, you then see yourselves literally as the dimension of experience that you previously thought you were only a component of. And that’s how it is for every level. You begin to realize you are the dimension itself that you previously thought you were only a part of. And here’s the wonderful paradox of the whole circumstance, each and
every single one of you, as an individual, will experience yourselves becoming the whole dimension. Each of you will think that all the other consciousnesses you have seen as individuals are being, in a sense, absorbed into. And you will have the same experience, because the universe is holographically structured. And that simply means that any point of view can exist equally everywhere within creation. And that all points of view are all relevant, in that sense, and all true.

Each and every one of you, and each and every one of us, and all beings within creation, to put it in this following way, all beings are all the different ways that the Infinite Creation has of looking at itself, of experiencing itself to be. Every being, in a sense, can be called a God-thought, one of the ways that God has of thinking of itself, of expressing itself, of experiencing itself. And so here you are, being God, manifesting as physical individuals, with individual personality and individual identity. That’s one of the ways the infinite can experience itself.

And so here you are. There are an infinite number of ways, an infinite number of ways. There is no end to the growth; there is no end to the transformation. And the idea of going from level to level and density to density, as far as at least we can tell, will never, never, never end. Does this answer the question sufficiently?

Q: Yes, thank you.

Q: You said something about God before, and I’m curious if you and your people are familiar with Christianity and what you think about the idea that Jesus Christ is the savior?

B: We perceive that the idea has been, to some degree, misunderstood. In the usual vernacular of your word savior, this is not, in our perception, what the individual you call the Christ actually meant to call himself. The idea simply, from our point of view, if we may begin at what you call the beginning, is that what you call the Christ consciousness is the collective, the combined consciousness, the positive side, the combined consciousness of your entire civilization. Once again, aware of itself as a singular consciousness, but also aware of itself as the combination of all your collective consciousnesses.

The idea of the manifestation, in physical terms, of what you call the Christ actually happened far more often than once. And the idea simply is that in every endeavor, in every projection of the Christ as a physical expression, the idea that was being shared with your population was that you are also all part of the Christ. Not that, in that sense, the idea of the Christ is your savior, in the sense, that you have no power to create the reality you desire, and that only It does; but simply that your power to create that reality is a part of what it is.

The idea simply is at the time that the information was delivered in your society, the concepts that the information was delivered in your society, the concepts that were understood by your civilization then could only translate the idea in terms of being a ruler and being ruled. And so you created the idea that the Christ was a savior that would do everything for you, rather than understand that all the Christ is is a reflection, a reflection to each and every one of you that you are the aspects of the Christ and have an absolute right to create the elevation and ascension of your own energy as a representation of that energy.
Now, each and every world, each and every civilization, has its own version of what you call the Christ consciousness. In our ancient remnant language, which we no longer use, the combined consciousness of our entire world was called Shakana. Our Shakana, your Christ consciousness, and the combined consciousness of all other worlds together, will form what you call the Infinite Creation.

So in a sense, you could say the Christ consciousness is a, shall I say, miniature version of All That Is. And, in that sense, that’s why your society has translated it out to Son of God because it is, in a sense, a miniature version of The Infinite.

Q: Do you think that is why maybe we are so limited? Because we put everything, or Christianity puts trust in Jesus Christ and not in themselves?

B: The idea simply is that at any time you take the power that you are and remove it from yourself, you place a limitation that actually denies your very existence, what you have been created to be. So yes, in that sense, the definitions are what is responsible for creating the limitations.

Now the idea, to some degree, of what has been described as many of the attitudes and experiences are all valid; it is all valid. Any tool, in that sense, is a valid tool if it gets you where you want to go. But the idea is that your society, as we perceive it, and again not meant derogatorily, has placed many labels, many definitions, which in and of themselves are really the only thing responsible for the limiting of your ability to see that you are all the Christ. And that is what it is all about.

By the way, one of the manifestations, the physical manifestations of the direct Christ consciousness that many of you have not recognized is, what you call also, your being called Mary, your Mother of Jesus, as the female polarity of the Christ. There is always male and female in the collective Christ consciousness. And from our perspective of what this basically means, in relating it to what you now call your New Age or your transformational age, is that the so-called "second coming" is not any longer the manifestation of the Christ consciousness in a single embodiment. It is the awaking of the Christ consciousness in all of you, so that you are literally creating heaven on earth. This is our perception of the so-called second coming. Is this making sense in your language?

Q: Yes.

B: Does that answer the question sufficiently for you?

Q: Yes.

B: Well, thank you very much! Sharing!

Q: If we are responsible for our own reality and our reality is some kind of pain, does it end with death? And does your society experience death as we do?

B: Not similarly. We do, as you say, translate from physiological to non-physiological formats, but we do it with our eyes open, consciously, and simply translate our physical form back into energy and continue on, in a more expanded way. Know (that) the idea of the generation of pain in no way, shape of form means it must culminate in what you call physical death. It can always be transformed, especially now in your transformational life where you are beginning to be aware of the fact that pain does not have to remain. So the idea is that in our civilization we no longer experience the idea of pain.
Now, the ideas of pain, all pain: mental pain, spiritual pain, emotional pain, physical pain, all forms of what you call pain are, from our perspective, the result of resistance of your natural self. Pain is friction, to put it on a simple terminology; resisting the natural flow of yourself as an aspect of the Infinite. And usually this resistance occurs when, having been brought up in the society you have been brought up in, you have been fed and bought into definitions of limitation. So that in trying to live out these definitions that are not necessary representative of whom you really are, you are going against your grain, so to speak. And going against the grain gives you splinters. So the idea of going against the grain will stab you and create the idea of pain.

In fact, pain is one of the ways that can function as a barometer to let you know when you are attempting to swim upstream. It can be used in a positive manner in that way. The idea goes hand in hand with the concept that we have discussed with your society many times as follows: Excitement, what you call the physical sensation or the knowledge, the knowingness, of yourself that is translated as excitement, is your physical translation of the vibratory energy that represents the path you chose to be at that moment of your life.

So when something excites you more that anything else, that excitement is there to tell you three things. First, this is who and what you are. The circumstance and the situation that comes into your life at any given moment that excites you more than any other is letting you know, "This is who you are; act on it." You see, excitement is the sign that many of you ask for. "What can I do in life? Why am I here? What is my purpose? What is my mission? Give me a sign!"

"Hey, look over here; here’s a very exciting thing you could be doing!"

"Don’t bother me now, I’m looking for my purpose. I’m too busy searching for my mission in order to have a good time."

"Hey, look over here, what about this exciting thing?"

"Not right now, I’m looking for my mission in life."

But you see, the things that come with excitement are the answers, are the signals, are the signposts; that’s what excitement is. It’s tapping you squarely on the shoulder saying, "This is what you want to be doing right now." The reason it excites you is because it is aligned with the idea of who you are; that’s what excitement is.

The second thing it tells you is because it is who you are, it will be the thing, if you act on it with trust and conviction, it will be the thing that can be the most effortless thing you will ever do, because it is who you are. You are being yourself and so, of course, it will be effortless. The only time you have struggle is when you’re trying to be someone you’re not, again, fighting the flow, buying into the definitions of what the other individuals say you ought to be.

The third thing that tells you when a situation comes along that is more exciting than the other is, this is the thing that if you do it, will support you in the most abundant way to allow you to keep doing it in a more expanded, ever spiraling expanding way.
One: excitement tells you it is you. Two: it tells you that because it is you, it will be an effortless creation. Three: it tells you that because it is you and will be an effortless creation, you will be able to attract the abundance you need, in whatever form you need.

And understand that abundance is more than just money. What you call on your planet money is one of the valid ways to represent abundance, but it is not the only way. There are many ways. So let us add one more definition.

Abundance: the ability to do what you need to do when you need to do it. Period! That’s all abundance is. Two individuals, one in your terms with more money; one in your terms with less money, if they are both capable of doing what they need to do when they need to do it, they are equally abundant because that’s all that matters to them. And that’s the level they have defined themselves to be.

If someone has a more expanded idea of what it is that excites them, then perhaps they need more symbols of abundance to flow into their life to represent what it is they are. If someone simply has an idea that is sufficient to the symbols of abundance that are already in his or her life, then they will still be able to accomplish it as smoothly, as effortlessly and easily as anyone else.

So the idea, fundamentally, is that any time you feel pain, you are basically ignoring, either because that you have been taught to ignore, or because you do not believe that you can deserve the ease of creation, but you are basically ignoring the thing that really excites you the most. And when we say, "The thing that excites you the most," we do not mean you have to have, at this particular moment, an idea of the thing that will be the most exciting thing you will ever do in your life.

No, take it a step at a time. At any given moment, whatever it is at that moment, if you honestly assess all the things you are capable of doing, whatever it is at that moment that is the most exciting thing you could be doing, that you have the capability of doing something about, do it! It will align you with all of the flow of Creation, and life will be effortless.

This is actually what is meant in your society by the term surrendering. You’re not actually giving up your power; you’re actually flowing in complete accord with your power. But because it seems effortless, and because your world is used to thinking in terms of things being under your control if they require an effort, then you don’t think you’re in control when there is no effort. And so you create this idea that you are giving your power up to a greater force. In a sense, yes; but not really. You’re actually taking your power, owning your responsibility, when your life is effortless. That means you are going with the flow of who you have created yourself to be specifically and what you were created to be generally; an aspect of the Infinite. Is this making some sense to you? A great deal.

So you can always transform pain by finding out within yourself, "What is the definition I have bought into that would create the pain to begin with? What must I believe in order to have this pain reaction?"

When you get in touch with what the definition is, rewrite it! And then act like you believe the new definition is now more true than the old one. And as soon as you do, your life will be representative of the new definition because your physical reality is always the product of what you hold to be the strongest truth, the strongest definition.
That’s why there really isn’t any the truth. There are only a few fundamentals that could be called the basics of existence that are common for everyone; but there aren’t very many of them. All the specifics are your creation. And the ones that seem similar from one person to another are similar only because you telepathically agree to create them to be similar so you can all play the same game. But there is no real the truth, in specific terms, against which to measure other truths for their validity. The truth is composed of all truths and all truths are actually real.

Any definition you have, at any given moment, generates a self-perpetuating, self-fulfilling, self-sustaining, self-fulfilling, automatic system of manifestation to support the definition and make it seem as if for that moment it is the only true thing. Because every reality is real; every perception is a reality.

Your imagination is the gate, the library, to all probable realities. You cannot imagine non-existence. Whatever you imagine is, on some level, some where, some how, some when, real. And there are various ones that can be manifest in your particular dimension. Yes, there may be some that are nonetheless real.

So the idea is to get a handle on what are the definitions that have created your experience? And if you find there are definitions you prefer, maintain them and if you find there are definitions you don’t prefer, change them. That’s what you have free will for. Does this help you?

Q: Yes. Thank you.
B: Oh, thank you very much. Sharing!
Q: Someone said that they did 'speech reversals' on you and that you kept repeating the words "The Machine". Does that mean anything?
B: YES
Q: Will you tell us what it means?
B: Yes.
Q: Would you, tell us what it means?
B: Yessss. 'The Machine’, and there are actually many holographic statements that will be discovered in the 'Reversals of Speech’ of these transmissions, but that aspect, that facet, that particular perspective, 'The Machine’, has to do with, actually, a couple of different things:

Number one: It has to do with the idea of focusing on reality as a mechanism and to not do so. It has to do with the breaking away from the viewpoint of your reality as nothing more than a machine.

Number two however: There is a great deal of information being dispensed to your planet through a variety of sources, at this time, about the idea about building a variety of different kinds of energy machines that will allow your planet to finally access the idea of unlimited, non-detrimentally, 'impactful' free energy.

There are actually a number of reasons for why the words 'THE MACHINE' exist within that particular transmission, and we will get into some of those later. We leave you with one other interpretation, if you do not know what this means in your language, look it up, we will provide no definition here, but you will see that it may be appropriate, and that is the phrase "deus ex machina". Are you familiar with that?
Q: Yes.
B: Does that help you then?
Q: Yes. Is the government aware of your ship?
B: No.
Q: Thank you.
B: Thank you.
http://www.bashartapes.com
The Mantis

Questioner: Can you talk about how the Praying Mantis creatures relate to the Greys? Are they a leader, are they the ones that lead them or guide them or . . .

Bashar: As we have said in the past, the idea of leading is a misnomer in this context, it would be the same thing as saying or asking, "does one part of your brain lead the other?" They are of one mind, yet there are different components that serve different functions. They may represent what you would call a more organizational aspect, but they do not lead any more than your index finger leads your small finger on your hand when you grasp something. Do you follow this analogy?

Q: Could you go into it a little more? I’m not quite there . . .

B: If there is difficulty in this it is probably because you are an individuated consciousness and do not understand the hive mentality. It is a single entity, a single entity. Do you understand?

Q: Yes.

B: If it is a single entity how then can any one component actually be called a leader? It is one entity. Different components may have different abilities to organize the information within the one, and the Mantis, as you say, is a higher order organizational aspect.

Q: Okay.

B: But it does not correlate to what you, in your civilization, call a leader, for there are no leaders and followers where there is only one that acts simultaneous within itself in all components at once. Do you understand the difference? It may seem subtle but it is not, it is a profound difference.

Q: Okay, thank you.

B: Thank you.
The Master Within

Q: There are people in the world now who are claiming to be Masters, and who are attracting followers. Will there be continuing roles for these people in the future?

B: That is up to them, is it not?

Q: Right.

B: Understand again, in this way, the idea of the combination of what an individual says and what an individual does, does not necessarily have to extend to the fullness of what another individual chooses to share, as a belief, with the original individual. Any individual can say many things that contain what you might call profoundness of truth.

Therefore, in this way, recognize that you and any individual can take for themselves any part, any portion, any grain of any idea. Anything else that does not fit into the reality you conceive yourself to be does not have to be included to allow you to still accept the ideas for yourself that you feel to be right for you.

And in this way, this is also an opportunity to recognize that individuals need not rely on another individual for the sense of their own mastery. And a Master – that to which you refer as a Master – will be the first person to let you know that you are your own Master. Do you understand?

Q: Yes.

B: Then in this way, express your opportunity to recognize that you have your Master within you. Live your life as you desire, picking and choosing the concepts that you desire to express and experience in your life. You are your own path. Another individual’s path is their own creation and their own choosing; and it is up to them what parts they play.

Every individual will always play whatever part they wish to. For every individual is eternal, and is of service in one way, shape or form to all other individuals, whether they are conscious of it or not, whether they desire to be or not. They can be taken by other individuals to be a reflection of what allows every individual to recognize their own self-empowerment, rather than the giving away of power to others. Will this have answered your question?

Q: Yes, it does. Thank you.

B: Thank you for your sharing, and your willingness to discover your own Master.

The Master Within
Q: Bashar, what do you mean when you say I choose everything that happens in my reality? I would never have deliberately chosen some of the things that have happened to me!

B: On some level you are in control of every scenario you experience. For example, you may say, “I wouldn’t choose to be hit by a car, why would I choose that specific thing?” When we say you choose your reality, we do not literally mean that you specifically choose a particular way it will manifest. What we are talking about is that your belief systems and whatever emotions are strongest within you, will draw to you the type of physical experience that most precisely represents the basic idea or image or belief about yourself that you hold to be the most true. You may have a general description of yourself and you will simply attract in specific physical terms, in specific physical experiences, the one experience that represents the path of least resistance that is capable of fulfilling or manifesting or reflecting to you the general belief you have of yourself. It is not that we are saying that you definitely, precisely, and specifically desire to be struck by one of your automobiles. But if an individual is dealing with ideas and issues of safety and unsafety, of victimhood and non-victimhood, of fear on many different levels that where they are is not a safe place to be, then that fear in and of itself is what will attract the most likely occurrence to reflect and to show, in no uncertain terms to that individual, that they have, that they harbor, those types of negative beliefs.

Situations that happen in your life, circumstances that are the reflection of your physical reality; they don’t happen to show you that you are stuck; they don’t happen to show you you are a failure in life; the circumstances that happen in your life, the physical experiences that you have, they happen to show you what you believe, so that if you don’t prefer it you can change it. Your physical reality is your feed-back mechanism, so that every single moment of your existence as a physical being, you will constantly be giving yourself an opportunity to gauge and measure what belief systems you are buying into, moment to moment to moment. You are not lost in life, you are not out of control. The things that happen in your reality are the reflections of what you believe about life, the quality you believe life to be, so you are always given, by yourself, through the events in your life, the opportunity to determine whether or not the beliefs you have are the beliefs you want to have. They are not there to show you you’re stuck with what you’ve got; nor that you have failed in your life; but to show you how free you actually are. Because at every given moment you have the opportunity to know precisely what your strongest belief is, because your strongest belief must always be what manifests around you in physiological reality. It is a very simple thing; very, very transparent are all of you to yourselves, if you would but allow your definitions of life to be clear.

Allow yourself to know that there is absolutely nothing you could ever experience, nothing you could ever discover about yourself that cannot be applied in a positive way — absolutely nothing. Every circumstance, every situation, they are all fundamentally neutral, devoid of meaning entirely. No circumstance and no situation has built-in meaning. They are props, in a sense, surface features. You are
taught to assign meaning to them. So automatic does this process become, that you automatically believe that when a circumstance occurs, the meaning you automatically perceive is the meaning that automatically comes with it inherently - but it doesn’t! It is neutral, when the circumstance occurs and you automatically assign the meaning that you’ve been taught to assign. The meaning you assign to the neutral situation is absolutely, totally, and utterly what determines the effect you get out of it. Positive meaning in... positive effect out. Negative meaning in... negative effect out.

To illustrate this idea we will use an analogy we will call “The Train Station Analogy.” You are all familiar with the device you have on your planet called a train, yes? Let us say that you are within the best of your ability and fully within your intention and integrity rushing to meet one of your trains because you have a very important meeting. The meeting will turn events around in your life in the direction you really prefer, so you know you don’t want to miss that meeting. So you are doing your best to make sure that you meet that train on time. You arrive at the train station and you are on the platform. You look down the track and... there goes the train without you. Now, decision, automatic assignment of meaning #1: A negative meaning: “I’ve missed my train, oh no! This is horrible, terrible—a catastrophe! Oh, miserable day! Now I will never make that meeting I will never be able to do what I really want to do. That meeting was so important. I am now going to be very angry that I missed that train, I’m now going to be judgmental about the whole situation.” You are miserable, or furious (depending on the type of person you are) you will either hold it within yourself and allow yourself the idea of negativity simply within your own life, or if you prefer company, you will stomp off to the train station to complain, making everyone else’s day just as miserable as your own. Now away you go stomp, stomp, stomp!

Scenario #2: You arrive on the platform there goes the train and you’re not on it. Neutral situation. Now, you say to yourself (making the choice of a positive affirmation): “I know, because I have chosen to know, that I am a positively manifesting person. I also know that there is really no such thing as an interruption in the path that I am, that everything that occurs in my life, because of the decision I have made about who and what I am, must therefore be a part of the path I chose to be, not an interruption in it - therefore, this circumstance somehow, even though I don’t intellectually know how, must serve me in a positive way. Oh, joy! Oh, joy! The unexpected has happened! Now I am giving myself a wonderful surprise I wonder what it will be? So now, perhaps your demeanor is a little more calm and a little bit more ecstatic and you begin to ponder all the positive reasons why you might have missed that train knowing you did your best to get there. And as you are pondering, you stand on the platform a little longer than you might have had you gone stomping off in anger. Suddenly, you feel a tap on your shoulder and you turn around. Low and behold, a friend that you have not seen in 10 years and who has just gotten off the train you missed is standing there and he tells you that he was just coming in to town to surprise you. And, he turns out to be someone who actually serves what you want to do better than the person you were originally taking the train to meet. “Now I understand why I missed the train, so I wouldn’t miss you! Because you, my friend, actually represent more precisely and more realistically the path I chose to be and the service I can provide in life.”
Too good to be true? “Oh, that’s just a coincidence what a fairy tale — life isn’t like that.” Oh yes it is! Life works exactly that way when you let it! Because everything is connected to everything else. Synchronicity — coincidence — not accident. Co-incidence is actually a simultaneously manifesting incident. It doesn’t mean it’s an accident; it simply means they are parallel, tandem, interactive. You have built into you all of the vibrations of all the possible and probable realities you could ever experience in your life. The vibration, the emotional vibration that you are at any given moment utterly determines which of those probable realities you manifest into physical experience. You are holographic in nature, holographic in structure, which simply means that every point and every place, contains the ability to manifest any part of the whole, at any time, anywhere. The vibration you are utterly determines which aspect of the holographic whole you experience to be your physical reality. Positive in... positive out. Negative in... negative out.

Your imagination is the library of all the things that could be and that simultaneously are existent within you. Your imagination is the template, the blueprint for all the probable realities you could manifest. Emotion is the activation switch for the blueprint of your imagination. Your emotion determines which of those particular blueprints, which of those particular templates will be brought into manifestation. If you have positive emotion, excitement, joy, strong desire and ecstasy, you activate the positive blueprints. If you have fear, doubt, guilt, judgments, that’s what activates the negative blueprints. It is as simple as that. It is simple physics simple mechanics.
The Methodology of Beliefs

Q: Isn’t it true that there are no feelings unless we have thoughts... that the thought comes first?
B: No, no, no, no. First is existence, above and beyond all, then knowing, belief, then emotion or feelings. Then thought, last.
Q: We cannot affect the emotions with thoughts?
B: You can, but understand that your emotionality will come first, even though it may remain hidden within your subconsciousness. Many times the thoughts that you think will be a product of how you feel about what you believe.
Q: But...
B: Many times you can use thought to bring forth that emotional energy that already exists, but the thoughts are a product of your emotionality, which are the products of your beliefs.
Q: But with the thought you can change your belief.
B: You can, in this way, change your belief through your knowingness. Your thoughts give you the opportunity to see what your beliefs are. You can, in this way, recognize that when your beliefs change, your thoughts will change. You can in a sense change your beliefs with thoughts, but recognize that that is only an illusion. You are creating the idea of a cause and an effect when in reality it is all one event. Your beliefs, your emotions and your thoughts all change together simultaneously. Even though you may think that a thought actually effects a belief, you already have the belief that your thoughts can do so, and so they do. The belief that your thoughts can change your beliefs is a belief before it is a thought.
Q: You have taught me to be in the “feeling,” to tell myself what feeling I want to have...
B: Understand again, all we have suggested to any of you are all, as we always say, simply different ways of allowing yourself to be in touch with your own reality. It is not that you have to do it that way, it is simply a suggestion based on your own particular methodology. It may be easier for you, but that does not mean it is the only way, and it does not mean it is an accurate description of exactly how it is being done. It is all tools, all symbols, it is all an act, all an illusion, it is all an idea. You can simply allow yourself to know that you can deal directly with your beliefs.
Recognize that many individuals upon your planet have expressed that they are worried that many times they find themselves reaching a state of mind where they do not feel the emotionality, and yet they are very certain of what they are doing. And they think: “Oh something must be wrong with me, I do not feel the emotionality, yet I know what I am doing.” It is precisely because knowing and belief precedes emotionality, that when you come from a place of knowing, you do not always have to create the symbolic manifestation of emotionality to know what you are doing. Emotions can be used to trigger your awareness, but that does not mean they have to come first.
Q: But we’re an emotional being and...
B: You are also beings of thought, and beings of belief, and beings of knowing, and you are beings of existence. You are not any one thing, no “buts” about it. That is how you choose to look at it – that is why you feel that way; you can come from any one of those viewpoints, they are all valid. If emotionality is more valid for you than the idea of thought or belief, then that is how you will discover your emotional connections to your thoughts and your beliefs – and how you will be able to activate those ideas for yourself to your emotionality. But you can come and approach yourself through and from any facet of the crystal that you are. Do you follow me?
Q: Yes.
B: Thank you.
Q: Thank you.
The Modality of Your Mentality

Q: I heard about the blue light, and you said just flow it any way you feel comfortable with it, and I still had difficulty manifesting any type of energy or any type of, ah, anything.

B: The idea may simply be that you are putting expectations on the way you think it should manifest, and not allowing what manifests in your life to be the way the energy has been used.

Q: You think that if I believe something is happening, like in the oxygenation…

B: Oxygenation.

Q: of water, I could just believe that…

B: Your total reality is nothing but the product of what you believe it to be; plain and simple. The idea of utilizing the blue-white energy is still only a symbol that we have suggested to you, because many of you may find that it befits the modality of your mentality. But if the symbol doesn’t work for you in that way, create your own, if you need one. Or simply believe.

Q: OK. Thanks.
Q: Who are the Neutrals that you were talking about before?
B: This was a group that we facilitated a dialogue with between them and all of you, last interaction. They are a member of the Association of Worlds that have abstained from interacting with your world, on any level. They have now come to a point where they are willing to assess whether or not it is appropriate for them to begin communicating and interacting and participating with us and other civilizations, in this manner, in communicating to your planet and your people. But they are still, after this last interaction, discussing whether or not it would be appropriate for them to do so or to remain neutral and abstain from any interaction. They are the first Association World that has been in any way, shape, or form involved with these interactions, even peripherally, that have no connection to being human at all. They are totally non-human, not even humanoid.
Q: But they are physical?
B: They are, yes.
Q: Are they associated with a particular star system?
B: They are and you are not going to find out what that is right now. Because, again, right now, they have not yet decided whether or not they are going to participate.
Q: Why?
B: They have not yet decided because they have not yet decided unanimously. They decide everything unanimously, there cannot be one dissenting vote.
Q: But what would be their reasons for them not wanting to, for instance?
B: In their own terminology, it is simply inappropriate at this time, based on their agendas and your agendas.
Q: So, if they’re not human, what are they? What’s the closest that you would….?
B: There is no analogy on your planet. They are, even in your terms, in some senses, beyond a very rudimentary description difficult to describe, since you have no analogy. They do not have eyes, as you understand eyes. They have receptors of sorts, but they do not see in wavelengths as you see. They are not bipedal. They have a central cylindrical body, multiple appendages, that I suppose you would call legs and arms, in radial symmetry but you do not have with them a recognizable face, recognizable apertures, recognizable sensors. And even what passes for their exterior would not necessarily be perceived, by you, as something you would consider to be possible for an exterior. It is difficult to translate into your language what they actually are. But they are, simply, extremely, non-human.
Q: How do they communicate among themselves?
B: They communicate among themselves in a manner of sonic vibrations. The closest analogy would be, to you, the idea of the instrument on your planet you call a steel drum, you understand, the sounds made by a steel drum. Being on their world would be, to varying degrees, like being in the middle of thousands of steel drums. Do you understand?

Q: Yes, I just don’t understand how that’re talking about actually ... sound?

B: Yes. The sounds that they make... 

Q: The sounds would be percussive, so how would that be made?

B: It is made within the body through membranes, diaphragms, different kinds of lymphatic membranes vibrating and so forth. Some can be quite booming, some can be quite shrill but the closest analogy, as your ears would translate it, would be similar to the sound that your steel drum instruments make.

Q: But they don’t interpret it so much as sound?

B: No, they interpret more directly as vibration, though there is one aspect of their organs that will perceive certain bandwidths of it as sound, but not for the purpose of communication. They will hear the sound only for the purpose of procreation. It is a stimulant to procreation, only in that wavelength and only for that organ to hear for that purpose, not for communication in any other level. You follow?

Q: Yes, that’s wild. Okay, thanks.
The Number Thirteen

B: The idea that your civilization places behind the number thirteen – let us discuss this concept as it exists in your collective archetypal consciousness, and explore some of the ramifications as to why this particular numerical value has been assigned such interesting qualities in your culture. First and foremost, recognize that anything that has to do with numbers is connected to the idea, the recognition of, the sensing of, the perception of, certain proportions and mathematical ratios in nature that represent certain vibrations, certain relationships.

Thirteen – not only in your own culture, but in many cultures, not only on your planet, but in other civilizations – is recognized as being a vibrational resonance that defines and represents a relationship between all that is considered to be of lower frequency, physical dimensionality, and the higher realms of non-physical consciousness. Thirteen is a transition number, a transition frequency, in and of itself; therefore, it is representative, archetypally, of a gateway, a doorway, through which and by which consciousness can connect to higher levels of awareness, higher dimensions of experience.

The frequency itself, the vibration itself, the relationship, the ratio itself, is something that is an energy that can be used when contemplated upon, when focused upon in meditations or in a variety of creative ways, to open very specific gateways and doorways within your own consciousness, physically, as a person. And help you connect to higher self, Oversoul level, spiritual realm, non-physical dimensionality of many different types and varieties.

This is one of the reasons why, because of the definitions, the negative definitions, the fears that exist in many cultures in your society, why the number thirteen has been given such superstitious qualities, such fearful qualities, as if it is something to be avoided. These meanings, these negative meanings, have only been attached to this vibration because it is recognized, at least subconsciously or unconsciously by many of you, that it is a connection to more rarefied realms of spirit and awareness. Yet because for thousands of generations, people on your planet have been out of touch with themselves, their inner selves, their inner life, their inner light, and have been out of touch with things of spirit, then mythologies have been built up around spirit that make spirit and non-physical awareness seem to be something to be avoided, something to be feared.

And so, in recognizing that the thirteenth vibration, the thirteenth frequency is a doorway through which connection and contact can be made, then because of the fear it has been labeled as something to be avoided; something to be shunned at all costs. For it is known that to connect to that frequency will put you in touch with the inner realms of self – in some senses, to open yourselves up to fear, to face and process fears. It is a processing number, a processing frequency, that when dealt with appropriately can be of great aid and assistance in helping you process many of the doubts and fears you have within yourself.

Thirteen represents in many ways the actual portal of the unknown. And, as we have said many times, it is best to make a friend of the unknown, because that is where you will discover most of yourself. That
is where you will find who and what you are, in the unknown. That is where you will know who and what you are, by how it is you act when faced with the unknown. So we would urge many of you, most of you, perhaps even all of you, in this time of your collective consciousness’ awareness of the date, that you call your Friday the thirteenth... you have a golden opportunity... to really explore all the ideas of all the things that the number and the vibration of thirteen can jolt loose, shake loose within you. And allow them to come to the surface, fearing not, but using your imagination and curiosity to allow yourself to integrate the things you formerly feared. So that you can become more of who you are.

Use this time and use this number, use this archetypal symbol as your key and your gateway to explore and discover the unknown self, and make that more of you. Make it known, allow it to be known, so that you can become grander, bigger, more expanded, more accelerated, more aware of who and what you are; and thus, simultaneously, more aware of what your reality can be.

In whatever way, shape or form you wish to contemplate this, in whatever way, shape or form your imagination wishes to use this idea, do something, whether it be meditative or creative play, or some artistic endeavor or expression, or music. Explore and play... with the number thirteen and allow yourself to absorb and transform all the symbology and superstition, and allow it to become something that can serve you, rather than something that would chase you back into the darker sides of yourself. Remember that your physical reality is a mirror, very realistically a mirror, reflecting to you the strongest combination of ideas, beliefs, definitions that you have bought into. And so, take a moment to explore this unknown zone in all the creative ways that you can.

The Number Thirteen

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B: At this timing there will be a continuation of conversation, if you wish, with this new entity that will, in a sense, trade places with us. I will give you what may perhaps pass as "FAIR WARNING," this entity is structured exceedingly differently from myself. This entity will be able to converse with you but pay attention to this: the conversation may not take on the characteristics that you are used to with regard to communicating with us. You may be, in a sense, if you wish to communicate, forced to look for new avenues of expressing yourself in order to allow a dialogue to actually occur. Timing is everything, someone is calling, now it is time to answer. The idea in this synchronicity, if you wish an appellation, something to refer to this entity and consciousness by, you may refer to this entity and being as "The Observer." One moment...

O: We are The Observer, you may begin relationship with us.

Q: Observer.

O: You may begin relationship with us.

Q: Can I have your observations please, relative to the vibratory frequency of the object that I am holding in my hand, my left hand.

O: What is your relationship to the object?

Q: I use it in healing, healing work.

O: Does it thus, then, represent the healing of yourself?

Q: Assuredly, in major case, yes.

O: What then is the relationship of that which you are healing within yourself? How do you define it in your understanding of your relationship to yourself that you understand that you require, what you term to be, the healing?

Q: I use it that I might more perfectly align, be aligned with truth, with reality.

O: What is your truth? Speak your truth so that we may know you.

Q: I would be...

O: Understand the relationship that we are to each other.

Q: I would be one with what is real.

O: What is real? What is your highest reality?

Q: I would refer to that as God, as truth, as reality.

O: Is not then the idea of God, and your highest reality, as you have named it, that which is, in and of itself, the very concept of that which is healed?

Q: I forget.
O: It is true that your world has forgotten. If you would but remember, you would know that you are whole; and in wholeness there is health. Is this not the idea of what you call your act of healing in your dimension of experience? To know the self as whole and one with All That Is.

Q: Yes, that’s very true.

O: Is this not, then, the relationship of the object to you that you know it as a whole expression of yourself, as a reflection of a particular expression of your wholeness and not the idea of a fragment? Is this so, for you?

Q: This is so, this is so.

O: Does this, in any fashion that you deem applicable, work for you as an understanding of your relationship to this idea that you call an object? To this reflection of yourself that you use in his manner? You are using yourself, a reflection of a version and a variation of yourself and creating relationship with it. This is the idea of the utilization of this object; it is as an offspring unto you. Thus, that you see through your eyes as a concept, or an idea, or an expression, of your whole self expressed in a particular fashion or manner. Thus, then, is the relationship of parent to child, in that the parent sees in the child the whole parent from another point of view. And the child sees itself that way in the parent. The object, thus, is you from another point of view, and that is your relationship to it, as you are Us from another point of view and We are you, and that is our relationship to ourselves and to each other. Do you understand this as it translates into your domain of experience?

Q: I do understand, it is very clear and I thank you.

Q: Observer?

O: Is there relationship that wishes to continue?

Q: Observer, may I ask you a question about who you are, where you’re from, and how are you related to us?

O: I am from within.

Q: Within (?)

O: You are from within; that is our relationship to ourselves and to each other. I am from within you; you are from within me. Do you understand?

Q: Are you a parallel?

O: Do you understand?

Q: I think I understand. I think that I’m relating...

O: One moment of your time, translation, and clarification requirements. Do you think, or do you understand?

Q: I understand to a degree.

O: Degree, separation, magnitude, fragmentation.

Q: True, I look at...from what I understand in my reality...
O: Which we are not in parallel, parallel is within Us.
Q: Would you be a dream in my dream? And I be in your dream?
O: I am your dream. You are my dream.
Q: Okay, you’re my dream man. (giggles)
O: I am neither man nor woman.
Q: You are?
O: I am neither and both, I am The Observer.
Q: Would you be an angelic realm?
O: The angelic realm is within me.
Q: Yea.
O: I am "The Observer."
Q: Observer...Well this is very exciting to have you here. I think I’m gonna...does anyone else have any questions?
Q: Hi, Bashar was telling me about some crisis that I was creating in my life and it kind of scares me and...
O: What is your relationship to scared? We have understood that of recent, in your time, your entity within you, named Bashar has expressed concept of scared as follows: your facilitation, your English language facilitation makes for reflective harmony of understanding that in your positive utilization of fear you help yourself transform to higher levels when you use it that way. Thus, this was expressed as being scared, sacred by slight rearrangement of your spelling of scared you get sacred. The idea to understand in this relationship of scared to sacred is that you can utilize the understanding of fear as that which contains the information you require. If you will, in your terminology, pay attention to what it has to say in its relationship to your understanding of yourself. You will be capable of allowing fear to transform into your joy and will have allowed yourself to be scared, sacred.
Q: I understand, I think I understand, what relationship you are and I think it has to do with the book, "Conversations With God." That you are All That Is and I am All That Is and it’s the same and, well, we’re observing each other in what is. And so, going into the fear means going into the joy because the answer is there. And the reason I’m afraid is that somehow I’m not taking responsibility to say, no. I’m not going to create a crisis, you know that, I have the power and maybe the fear is throwing ... giving my power away and then...
O: Giving of your power away is the act of not being willing to take responsibility for the possibility of creating your crisis as equal to any other experience you could have. You are in the relationship of avoidance. Acceptance, of crisis, as equal to any other manifestational experience, total acceptance and relationship to your concept of crisis thus, then, makes unnecessary the experience of crisis. Thus, your relationship to yourself is expressed through the power of paradox.
Q: So it’s total acceptance, even if the answer is unknown, the acceptance of...
O: To accept, totally, the unknown is to accept All That Is. For All That Is, is unknown to you; but the unknown is All That Is. Do you understand this concept in your domain?
Q: I understand that and maybe ... I’m just trying to get to the seed of understanding how to go about this transformation and...
O: How to go about this transformation is to be who you are. That is how to go about it.
Q: Are we moving on to someone else? Thank you very much.
O: Is there further relationship?
Q: Observer I would like to ask how forgetting has served us? And I prefer not to forget any more; I prefer now to remember...
O: Forgetting serves, for if there is no forgetting there is no remembering.
Q: So the paradox again?
O: In this understanding there is illumination, in the creation of the dark only can you find the light. If there is only light you do not know where to begin. You do not know how to grow, you do not know where to go, for all is the same. Only in the creation of the paradox and the polarity does there then come creation. Do you understand?
Q: Yes, I do, and I thank you.
O: This is, in this creation of forgetting, the act of remembrance that is the creation of the self anew, and the creation and the continuation of the relationship of All That Is. Without the forgetting there is no creation and continuance of All That Is.
Q: Therefore, we can create each moment, anew...
O: Therefore, you do.
Q: Yes.
O: And thus, always will it be so, because there has been forgetting.
Q: It’s a great gift.
O: For that which is cannot become if there is not that which is not within it expressed outside itself in apperancy. Relationship does not exist without polarity, and without the triune of the center point there is no re-integration. Both are necessary.
Q: Will you speak of the center point, please?
O: The center point is that which is in between that which is neither this nor that, but All That Is, neither, both, the third element that must exist in order for there to be foundation and movement. Our relationship at this time must shift....
B: All right, once again, good day.
Audience: Good day.
The Orchestration

Coincidence?

June 1986: We will begin this discussion with the laying out of what you call in your society coincidence, or synchronicity. You will find that what we will specify within this context will be a simplification, according to the idea and the understanding of the mechanisms that allow your life to work.

Things in your consciousness are now accelerating again; thus, it will be important to us that you have a clear understanding as to the control of your own lives. We will discuss some of the exemplifications of the idea of synchronicity, and outline and delineate and define, in a very straightforward, simplified manner, exactly how you might utilize your understanding of this concept to recognize that you are, and always have been, in control of your lives.

As we have often said, there is no such thing as an accident. Nothing happens by accident. When there appears to be such, what you are recognizing are overlapping incidents – co-incidents – that describe and define the patterns and paths you have chosen yourselves to be. Now we will define the idea of synchronicity, and delineate it a little further in clarification.

Synchronicity, coincidence, is your conscious perception in a physiological time track – spatial reality – of the simultaneous manifestation of the multidimensional existence of all. We will now, through your examples of day-to-day existence, indicate the following idea: that synchronicity is your conscious recognition that all of the events, all of the objects, all of the relationships, all points of view, all perceptions, all interactions – these are all one thing. Every single thing you experience, and every differentiation you create in your reality – all are the same one thing from a different point of view. The same one thing, manifesting itself simultaneously as the illusion of many things. Everything is one thing – ONE.

Therefore, to put it in your practical terminology, observe the following. Give yourselves the opportunity to recognize that what we will now begin to delineate is that in order to understand consciously that you are in control of your lives, you need to do but two things, and that is it.

We will render everything we have discussed with you to date – concepts of ideology, beliefs, emotions, thoughts, perceptions, perspectives, interactions – into two ideas you can utilize as the mechanism itself of recognizing that you are in control of creating your reality. Two things, very simple: one, two.

**Number one: everything is synchronicity.** Everything is synchronicity. Now what this means is this: as you are driving, as you are walking, as you are doing anything in your day-to-day lives, remember that every single object, every single person, every single sound, every single interaction, every crack in the street, every leaf on the tree, the number of the leaves, the color of the leaves, all are there for a reason; no accidents.

No accidents! Now recognize, therefore, that while certain interactions, while certain objects or certain people may not have a strong direct relationship to you in a particular given moment, it still does not mean that they are not there for a reason. They may have more conscious meaning to the person just
ahead of you, or the person just behind you, but because you are also there, you are playing the part of being willing to act and interact with all the other individuals. And their degree of importance as to their relationship to what is going on is also enhanced by your presence, just like your degree of importance is enhanced by theirs.

The idea, therefore, is to recognize, to use an analogy that you have shared with us quite often: if you are driving in your car, and someone cuts you off, or if you are in a traffic jam, if you are in a situation that you would usually label as something negative, recognize, again, that nothing ever happens by accident. NOTHING! Every single thing – say you are in one of your traffic jams: the car next to you, how much farther ahead or behind it is, what color it is, what way the light from the sun strikes it – none of it is by accident! None of it!

**The Orchestration**

Therefore, begin to be fascinated by how well orchestrated everything is that you are participating in – on an unconscious level. You are drawing into your lives every single particle of dust, every single atom that is there, everything! No exceptions, none. The way somebody may look at you, the way you look at that person, what he is wearing ... no accidents. It all plays a part in the idea that everything is one single event, experienced from different points of view, simultaneously, one event. The idea of degree of importance is simply to recognize how you relate to the event.

In other words, you may find that... let us say someone is walking down the street, and he is wearing a certain color of shirt. You could simply recognize it as synchronicity, knowing it has a reason. You could explore the idea of the relationship for you, and find it does not bear any reason that would stand out as anything important to you at the moment. The person behind you may get more importance out of it than you do, but that merely means you recognize that the reason for why you are there is not an accident. For you are part of the enhancement of the entire experience for the other person. That is what we mean by degree of importance.

Look at it this way, another analogy: you have the idea of a rotating propeller. It rotates at a certain frequency, a certain rate. You have also a strobe light. If you are in a dark room, if the propeller is rotating, if your strobe light – along with everyone else’s strobe light – is synchronized to the rotation of the propeller, such that when you decide to turn your strobe light on, it or certain people begins to flash, on-off, on-off... whenever you decide to turn it on, will be the first position you will see the propeller in. Because your light is synchronized to the rotation of the propeller, which will be the only position you see the propeller in.

Now, if you were independently able to see your particular synchronization, and someone else was independently able to see his – and thus, your strobe and his strobe did not clash, so to speak – then he would be observing the same propeller in a different position.

Same propeller! Different aspect entirely. The same single event that appears to be completely and totally different, simply because of the rate and the timing of the frequency of each individual strobe, everything is the same thing!
The only reason you might see the same one thing as different is because of the rate and timing of your strobe of consciousness in physical reality. Everything is one thing; that is the first point. Everything is synchronicity; everything is there for a reason.

**Point number two: act upon the opportunity** that your conscious recognition of everything as synchronicity brings to you, with integrity. Act upon all opportunities synchronicity brings you; that is all you have to do. One: recognize that everything is synchronicity. Two: act upon it with integrity. Those two ideas are all you need to do, to create the life you desire. That is it, period. That is all there is to physical reality: everything is synchronicity; act like it. That is all that is needed to be in complete harmonic resonance with your conscious understanding of All That Is, as it expresses itself as physical reality.

One-two, acting like it will always generate more conscious awareness of number one, which will always then give you more opportunities to act like it - point number two. They are self-perpetuating. One breeds two, breeds one, breeds two, accelerating into infinity.

**Acting with Integrity**

Q: What do you mean by “with integrity?”

B: The recognition that if you are aware that everything is one thing, and you are a part of it, then you recognize that you have everything you need to be anything you want, without having to force yourselves upon anyone else to do it. Integrity: integrated. Integral: integrated. Blended; one; wholeness.

You do not have to force your opinions on anyone else; you do not have to dominate anyone else to get what you think you deserve. Act upon the opportunities that synchronicity gives you, with integrity, knowing that you are as complete as you need to be to act upon it, in exactly the way you need to, to get exactly what you need. You do not have to rely upon anyone else to do it for you, or force him to do it. Act with integrity upon the opportunities you create, and it will always perpetuate more of number one, always, because you, in acting integrally with All That Is, with synchronicity, will always maintain your connection to it consciously. Acting outside of integrity separates you, and stops the process between one and two. It does not allow the acting to generate conscious awareness of synchronicity.

Understand that everything is synchronicity, including negative synchronicity. You always attract the ideas you believe you are willing to act upon, in the manner you are willing to act upon them. Negative occurrences are still synchronicity, because they are fulfillments of your own negative beliefs. You are acting in that manner. What we are saying is that acting with integrity, in positive attitudes, always will consciously maintain the connection. That is what will allow you to perceive the connection as an acceleration, and not a stagnation.

Q: So you could have negative acceleration also?

B: In a sense, but the idea is simply that if it is negative acceleration, you will find, first of all, that you consider it destruction and will perceive it in that form. And also it may not allow you to recognize the
reasons for the destruction, for the negativity, just because you are disassociating from the fact that everything is synchronicity. And then it leads to the question, “Why is this happening to me?” So it creates victimhood. **Negative synchronicity creates victimhood.** Thus, in recognizing you are forming a conscious, positive connection, and because once you recognize what it is you know, you are in control of it, then you can choose what you prefer by acting accordingly – through integrity. That is all there is to it.

Q: Do you mean by everything is synchronicity, that every aspect, as you enumerated them, is a reflection of the same idea?

B: Yes, they are all the same thing. All of them are the same fundamental one thing – what you call Creation or God – and it is holographic. Each contains everything; it is all, ALL. Everything is all. Every separate concept is its own thing and its own version of the same one thing. If you are familiar with the idea you call cloning, then recognize that each and every cell in your body contains information for a whole body. That is the idea. Each and every single separate concept is a different manifestation of the same one thing. Cause and effect: the same event.

**Analyzing Everything**

Q: When I try to apply that idea to tiny little events going on in my life, I have difficulty understanding it.

B: Again, do not forget: we are not saying that conscious recognition of everything as synchronicity means you will be able to consciously analyze every single aspect to your conscious understanding. That is not the point. The point is to recognize that some aspects will have, as we have said, varying degrees of relative importance to you. You will not form a conscious analytical recognition of the ones that do not have a great degree of importance. It is, once again, a matter of trust.

Q: I can trust. But are you saying that it will be obvious and that we will know which ones have the highest degree of importance?

B: Yes. In other words: “What a coincidence, just what I needed. Right place, right time.” Everything else doesn’t matter. It will appear that another variation of those same circumstances will matter to someone else, although it may not matter so much to you. But it is all the same one thing. The point is not to have the conscious recognition; the point is to act as if you know that what is occurring is synchronicity, and what stands out is what you need to know. The way you need to know it, in the way you need to know it.

If you simply move upon whatever you can move upon, the things that excite you and feel correct, all the circumstances that have occurred in your life will fall into place and make sense. And in retrospect, you will understand what they meant. Many times you don’t want to know what they mean until after you spontaneously live through the circumstance, discovering in a spontaneous way what you wanted to discover, and understanding why those things happened in the way they happened. But if you trust that they are happening for a reason – your reason – and you use them in that positive way, you will always discover, sooner or later, how they served you in a positive way.
Trust your instincts. Examine what they bring up within you: “Why do I have this hesitation? What do I really believe about my situation, about my part in this co-creation? What are the beliefs I have? What is this hesitation allowing me to look at within myself, within these other individuals?” Learn all you can about it; apply it, and the obvious choice will simply fall into place. Then act on it.

Q: Didn’t you say that it might be detrimental to always analyze everything?
B: In a sense, you can recognize that many times you will allow the synchronicity into your lives, and you will have made a decision to not become analytical about it, because becoming analytical about it may not allow you to live the experience. You will turn it back into pieces instead of allowing it to be one thing.

Trust. It is a knowingness. You simply take it for granted that everything you are perceiving is synchronicity, no accidents. And the way you relate to it is the way you need to, plain and simple. That is all there is to it.

Q: What about the times when there’s a lot of synchronicity and you’re acting on it, and nothing happens?
B: That is a contradiction. Recognize that you are postulating two completely different viewpoints of synchronicity – a positive and a negative one. Know that it will always manifest in whatever way it needs to. And again, it may not be consciously obvious, so that you can take advantage of the way it has manifested. For perhaps, if you were to become consciously aware of certain ideas, you would not be able to move on them; you would be fixated on the mechanism. It would be as if all of a sudden you became fascinated with the concept itself, analytically, of being able to drive a car and forgot how to just get in and drive – because you were too fixated on: “Well, this piece: how does it relate to that piece? How does it relate to this – how, how, how...?” And in the meantime you are late for your appointment. That is putting it into an analogy, but it will have the same effect. Many times you will notice that synchronicity will occur in the appropriate timing. The idea of saying, “it shouldn’t happen” is a judgment call. You are putting expectations on how you think it should have happened. That is not allowing it to be synchronicity. Synchronicity is what it is, the way it is. Not: “Well, it should have been this. It didn’t happen. I didn’t see what I expected ... or should have been.”

Q: Well then, if we have no understanding of the outcome...
B: You do have an understanding in the way you need to. Conscious analysis is not the only definition of understanding. Again recognize, the second you act like everything is synchronicity, the more obvious it will become.

**Planning and Free Will**

Q: If everything happens as it is meant to, does that mean there is a sort of plan? But within the plan there is free will?
B: Yes. It is both: simultaneous, because time and space are illusions, and also synchronicity. Time/space is also another manifestation of one thing; it all occurs now. It all occurs here, for lack of a better term.
Q: Do you understand what you’re talking about?

B: Yes, because that is how our civilization lives. That is why we do not need the idea of the tools of government or economic systems. We allow synchronicity to always let us know that we are interacting with exactly the beings we need to be interacting with, and sharing services with those beings. And they are sharing with us the only services at that moment that we need.

Q: What about those times when we can’t follow what we wish to create? There are often those times.

B: Again, you may be creating the idea of beliefs of negative synchronicity. And it may not let you know you are following it in a negative way. The idea is this: if you do not act according to your own instincts – what you know to be true for you – then all you are saying is that you have a belief that in not doing so you will create a reality which will force you to recognize that is what you are doing – which very often in your society can manifest in a negative reality. In other words: “I didn’t follow my feelings. I find, therefore, that I still hate my job, hate this, hate that.” You always reinforce the choice you make.

Q: It’s a setback.

B: Not a setback, no. For you are giving yourselves the opportunity to learn that the choice you made is what the reality is that you are experiencing. And it gives you that much more opportunity to recognize that, if you redefine your choice, that will be the reality you will experience, since you are experiencing flawlessly the reality you believe you will experience now.

Symbolic Reflections

The idea is to recognize that synchronicity will bring with it the idea of symbology. Many times you find that everything in physical reality is symbolic of the actual interaction, the exact fundamental energy exchange, which you are creating within your being. As long as you are in physical reality, you always create an identifiable symbol to reflect to you the idea going on. Since you have created physical reality to be something outside yourselves, then understand that everything you perceive in physical reality is a physiological symbolic extension of processes, interactions, which are actually going on, more or less, inside yourselves. Not truly outside yourselves, but inside yourselves.

You are the actual interaction, the actual process. **You are the experience you are having!** You are the experience you are having.

It’s not that you are not interacting with other consciousnesses, but anyone you imagine yourselves to be interacting with, in any symbolic experience, is generally the only thing you perceive in physical reality. It is your own self-created version of that individual with whom you are interacting, and you are creating that interaction in a particular manner – in a necessary manner. That manner contains any specifics needed by you to allow you to see, in that other individual, the things you need to see reflected back to you about yourselves. Thus, always, in that interaction you can understand that you are dealing with different aspects of your own consciousness.

Once again, in recapping: realize that the idea of coincidence and synchronicity is when you allow yourselves to recognize that life always works when you let it. That everything you attract into your
lives is the product of what you believe your lives to be; that you can only attract the vibration you are equal to; and thus, synchronicity, whether it is manifested positively or negatively in your lives, can only be a reflection of what you believe your reality to be.

You create the idea of the attitudes, the meanings you wish to impart to any given situation, and it is your attitudes that determine the effects that will manifest in your physiological reality. Trust that whatever comes to you in your physical lives is symbolic of the paths you chose to be. Take it as something that can synchronistically serve you, without assuming it is fundamentally, automatically negative. You will allow yourselves then to take advantage of any fundamentally neutral situation in a positive way, by understanding that every situation you create and attract into your lives can serve the paths you chose to be.

And therefore, as soon as you adopt the idea, the perspective and the attitude that every situation can be viewed as a positive situation and can create positive effects in your lives, you will understand how you relate to the entirety of what we call the multiverse.

No Future

Q: This brings me to a question I’ve been wondering about for a long time. If everything is happening right now, then why can’t the future be predicted?

B: It is, but not in the terms you call prediction. Recall the idea of the propeller and the strobe lights. The idea, as we have said, is not so much that you are predicting a future; it is more that you are sensing the energy at the present that is most likely to occur, because it has the greatest degree of energy behind it. The strobe light is on that particular setting at the time the sensing, or prediction, is made. The prediction itself might change the setting of the strobe light.

Understand what your physicists now understand: you cannot make a conscious decision that doesn’t affect the reality you are deciding about. Every thought changes the reality you are thinking of. Therefore, so-called predictions are only sensings of the energy most likely to manifest at the time the prediction is made. The prediction itself can change the energy. However, if what has been sensed has a great deal of energy momentum behind it, it will be unlikely to change.

But it is not the future you have predicted; it is the present, and it doesn’t change to the point where it manifests. Keep it simple. The past, the present and the future are all now. Understand it this way: remember the radio, where you have the idea of being able to turn to different programs. Just because only one program at a time is coming through your speaker, that doesn’t mean all the other programs aren’t there. And you can make a prediction that if you tune the dial, you will get another program. That is making a prediction. But it is only because you are aware of the fact that the program already exists that you can do so. It is the same thing.

Q: Is it that everything is happening now, and there’s only the present, the past and the future created out of the present? And all of the infinite number of possible futures exist right now?

B: Yes.
Q: So the question is not whether they are there, because they are. The question is which one you will wind up choosing.
B: Perfect. Thank you.
Q: So why talk about the future at all, since there is no future?
B: Yes, it is all present.

Limbo State
Q: Well, I think I have the opposite situation. Instead of things humming along synchronistically, I seem to be at a sort of standstill. I don’t know which way to go. I’m feeling at a loss.
B: We have mentioned this idea of a limbo state with many of you. Usually individuals assume that when we say “Limbo State,” we are referring to those times when it seems you are floating, stalemated, where no particular direction makes itself any more apparent than any other direction. You do not necessarily have a particular momentum or impetus to move in one direction more than another. You seem to be at a standstill for some reason, and cannot fathom why. Sometimes you don’t even want to know. But the idea of the limbo state has a more precise, and in a sense, a much more profound definition, which we will share with you all this point.
The idea generally, as we perceive your consciousness, has been perceived as meaning thus: a state in which you must now wait for something to happen. Having done all you can possibly do, there is no more you can do now. You are floating in a limbo state to see what falls out of all the things you have set up. You are now, in a sense, coasting. All of these are real definitions, but they do not touch the essence, the mechanics, the structure of what that waiting is all about.

Film Strip Analogy
The idea can, perhaps, be best explained by going back to another analogy we have discussed before: the film strip analogy. We have talked about the idea that different moments in time are, as your scientists say, discrete quanti – that is, every single moment is its own now universe – and in the next moment is a completely different reality altogether. Whatever it is at any given moment you decide you are, will utterly determine what the next moment will be shaped like; in a sense, how you will experience that next moment. One moment does not have to be connected to the next until you impose upon that frame, and upon that entire filmstrip, the idea that there must be continuity, one leading to the other. We have talked about the idea that your life, and your many lives, is like the frames upon a strip of your film, one frame at a time, one life at a time. In linear time it seems they come one after another; but that’s the nature of your physical reality.
Hypothetically, from the point of view of the projectionist, all the frames exist right now. Your entire life is there all at once – all your lives, all the frames – are there all at once. From the point of view of the hypothetical projectionist, which is the same as your Higher Self, or your Oversoul, any frame can be viewed at any moment, in any order, regardless of the way you think you have to view it in linear time. It doesn’t have to be from A to B to C.
This idea of the Limbo State can be looked at from the negative or the positive way, just as anything else can be looked at. As we perceive it, the way your society generally has interpreted what we mean by Limbo State is from the negative side – and this is not meant as a derogatory statement. The negative way to look at this is to view the following analogy: Let us say you are looking at your life as a strip of film running through the projector and playing out on the screen at a certain speed. When most of you talk about the “standstill limbo state, when things do not seem to be happening,” you usually look at this as the product of the film somehow slowing down, going into a static state where, all of a sudden, you are focused on one frame. And you don’t know when the film is going to start up again.

Looking at the Limbo State as if your life has slowed down is the negative way to look at it, so let’s look at it from the positive point of view. You will get the same effect – the focus on the now moment – if you now realize that while the film is still going at high speed, you have accelerated. Your ability to see the frames has accelerated and sped up to match the speed of the film. You are now going as fast as the film. It is like our earlier analogy of the stroboscopic effect. Many of you have seen the idea that when something is moving, such as falling water, and you place a strobe light upon it, you can freeze the action and allow one drop of that falling water, seemingly, to remain suspended in the air before you.

In a sense, this is what many of you are now doing. You are accelerating your perceptive abilities up to the speed of your creations. And so it seems as if things are standing still. It seems as if they have slowed down and nothing is happening. But understand, there is a very profound difference in how you look at this. If you look at it as if your lives have slowed down, as if the film has slowed down, then you usually wait around for something to happen and do not take action, do not move in life. However, if you understand that the only reason things seem to be standing still is because you have caught up to the speed of your creation, then you can understand that that point of view is now a point of power. You are in perfect equilibrium with the rate at which you are creating your reality.

**Balanced Inertia**

What this means is as follows: when you are in perfect equilibrium with the rate at which you are creating your reality – moment by moment, by moment – then that means that everything around you is moving at the same rate. Inertia is balanced, and therefore, everything has the equal ability to be moved by you in the direction you prefer. They all have the same rate of speed; you are all moving parallel, synchronized to each other. There is no great inertia to overcome, therefore. Your motion, relative to each other – you and the events in your life – are now moving at the same pace, and you can gently push them in any direction you want to.

Q: That sounds like what happens when we practice the martial arts.

B: Yes. This, in a sense, is the “secret” of your martial arts. Your master of those martial arts will tell you that the reason a small, seemingly weak person can move a stronger, larger person in any direction he wants to is because, at one particular moment in the action of the movement of the larger person toward the smaller one, the smaller one matches the speed of the larger person. At that moment they are exactly equal in inertia. Neither is moving relative to the
other, and therefore, it’s a very simple thing to cause the larger person to move in any direction the smaller person wishes him to. There is no mass or momentum to overcome, as everything is moving at the same pace, and they can interact with each other any way they want to.

So this limbo state, this time of seeming standstill, where it seems as if you have done all you can do, is actually the time when things can happen most magically, most quickly. The only reason it may not seem to be doing so is because you are standing there waiting for something to happen. Allow yourselves to look at the Limbo State from this point of view – truly see your point of power. Understand that you are now pacing, synchronizing the rate – the literal rate – at which your consciousness is creating the moments of your reality.

Each and every moment is a discrete moment, a discrete definition, a discrete reality. They all flicker, one after another at an astonishing rate – so fast that your physical reality seems to be an unbroken continuum of time. But it isn’t. It is discrete moments, discrete definitions. When you find you are floating in that limbo state, you are at the point of power to allow any factor, any event in your reality, to move in the direction and in the style you prefer to. All you have to do when you arrive at that point is act in your direction of preference, act as the representation of the reality you prefer to have. Things will fall into place in your lives immediately, happening synchronistically.

Now, I do not say this to set you up, but the only thing that would cause you to hesitate is perhaps when you see that when you are in that state where it is so easy to create the reality you want, some of you may be afraid of the power you finally realize you have and back off a bit from it – because you will realize in that moment how powerful you actually are.

The creation of your day-to-day reality is second nature to you. You are so powerful in doing it that you have been able to forget you are the creators of that experiential reality. That’s how easily it comes to you – it is so easy that you’ve been able to overlook your responsibility for all that creation. Every single second, every single moment, you are exercising choice of what you believe is the most likely reality to manifest in that moment – every single moment. That’s how powerful you are.

Infinite Speed

When you allow yourselves to match the rate at which you are creating that reality, you will feel like you are standing still. You are traveling at infinite speeds, and when you do that, you are everywhere at once. And when you are everywhere at once, it’s like you are standing perfectly still. The only way you get a sense of the motion is when you have a relative measurement between your reality and what you are calling another reality. If you know that all realities, all events, all creations, are equal to you because they come from you – when you allow them to all achieve that equilibrium, then you are all falling at the same rate. Nothing is moving faster; nothing is moving slower. You can move the pieces around effortlessly, because they are all gliding. You are all together as one event, one idea, and you begin to see all the events in your lives truly as extensions of yourselves.

I am not speaking figuratively; I am not speaking philosophically. I am speaking physically, me-

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chanically, literally. You are the creators of your reality. **What you have called the limbo state is your point of power; it is living in the present, in the now.** You are, shall I say, allegorically, about that far away (holds two fingers very close together) from having everything you want. All you have to do is go that extra little step. Of course for many of you – and again, not to set you up – that last little step is the most difficult. You have been taught over, and over, and over again: “It can’t be that easy, I can’t be that powerful.” But you are!

As we have said, because you are aspects and reflections of Creation, you are made in the image of God. To be made in the image is to be an echo of God. And in that sense, you are that powerful. You are Creation itself. You are the dreams of God, the hands of God, the instruments, the tools that all beings in Creation are. As I tell you over and over, you – and we – are all the different ways the Creation has of expressing itself within the Creation it is. It is your nature. It is the very fabric of your existence to be the power itself. You don’t have to develop swollen egos to recognize that. You can allow yourselves to be at balance with all things, and still, at the same time, know that because you are at balance with all things, everything is an extension of you and will move in the direction in which you allow it to move, because you say so, because that’s your job. In a sense, as aspects of the Infinite, you are given the responsibility to create your immediate reality in any way you desire. That’s why you have free will.

Just as a side note, and just referring to some conversations we have had with a few of you from time to time, it seems quite contradictory to us that there are members of your society who insist that Creation instilled free will within you, and then at the same time sought to control your lives with its will. You have free will, and you can create any reality you desire; that is being made in the image of God. Act as such and you will have heaven on your Earth – guaranteed.

**A Long Limbo?**

Q: So it seems we are going to be in a limbo state for a while.

B: That is up to you. Remember, limbo states are not only collective, they are personal. If you find yourself in a personal limbo state, while you may recognize that you can exist in an overall bubble, a collective bubble, you can still, as an individual, do many things within that overall bubble. Things which will allow it to not necessarily remain as long as it might have, had you, as an individual, not acted. Once again – **the present is your point of power.** In the Limbo State you are not waiting, you are not at a standstill, you are at infinite speeds. Move in the direction you prefer, and all will automatically, synchronistically fall into place. In your own personal world things will change. Just because there is a collective Limbo State doesn’t mean you cannot have everything you desire in your own personal reality now. The more you create the reality you desire to live in now, the faster you will represent a living example to everyone else as to the type of reality they can create collectively also. And that will speed up the
whole process. So it’s really still up to you; it is in your individual hands. Remember – one individual can have an impact over the entire planet. You’ve seen it done many times. Once again, we remind you, because we love you, that no matter what you choose to think of yourselves, we will always believe in you totally. You can create any reality you desire, and we will be with you, no matter what that reality is you choose to create. But the type of reality you choose will determine exactly how we are able to interact with you. As you recognize that you can serve each other and create a reality of joy, then you open to us the invitation that is necessary for us to have from you, to enable us to interact with you, and together blend our race, and your race, into a larger civilization that can continue to explore creation in ecstatic ways. There is no end to it – at least no end that we have ever found in the thousands of years, in the thousands of civilizations, which have explored creation. There has never been found even the minutest inkling of an end. As far as we are concerned, there never will be. We rejoice in any opportunity you give us to share creation with you, but only if you are willing to be fully who and what you truly are. For if you are not, then it is not with you we will be interacting, but only with your idea of what you think you ought to be, only with your own illusions and delusions of self. We prefer the genuine articles; we know the genuine articles of you are creative beings, spontaneous beings, loving beings, beings who can create anything you desire.

1
The Original Physical Inception

Q: In Lyssa Royal’s work that she has done, she’s commented that the original dimensional infusion occurred in the Lyran system, is that correct?

B: Define dimensional infusion. The Lyran system is, to some degree, a progenitor system of many of the species that exist within your particular area of the galaxy now; in that sense, it is an ancestor energy. Yes, in that sense, this is correct, but define what you mean by dimensional infusion.

Q: My understanding is that this dimension, this linear dimension, was not in existence, in a linear sense, at a certain time period, and then it was infused at a certain time period; and that the original infusion from the void, if that is what you wish to call it, took place in the Lyran system.

B: It took place at the time of your progenitor’s existence in the Lyran system, and could be said to have come from the Lyran system, in the sense that you are connected to it as a collective society... but the way you have originally said it can be misleading. You understand the difference?

Q: Yes.

B: In that all things are connected, what happened there had bearing on what is happening with you now; all of you. Thus, these are connected events, even though they may seem displaced in space/time.

Q: So the original seeding of our civilization here had its origin literally in the Lyran system?

B: Yes, to some degree. Although, again, there have been many offshoot tracks, and it is not just the simplistic following back of the line, and it is not just the idea of the direct intention to seed as if there was only one faction with one idea. You understand?

Q: Right, then there was Vega that was interplayed in it too...

B: Yes.

Q: ...the Sirius system...

B: Yes.

Q: ...the Orion system...

B: Yes, yes, yes, many, many, many, many, many. You are talking about very ancient on-goings, on the order of millions of years ago, in your terms of time.

Q: Is it also correct that the Orions, the original reason that... there were beings who wanted to be completely unconditional and open, and then there were also beings who chose to be separate and have their own existence separate from those beings...

B: Yes.

Q: ...and that was the original polarity that manifested and created a war-like temperament.

B: To some degree, yes, although, again, it is much more richly complex than that, but, yes, simply put, you could say that.

Q: And it played itself out between the Sirian and Orion systems.

B: It is playing itself out now.
Q: But originally.
B: It is playing itself out **now**. This *is still* what is going on your earth.
Q: Is it going to culminate with our transition into fourth density?
B: Yes. *That is what that is for*. That is why all the focus is on your earth, because your earth is the final act of that transition, of that culmination. You understand?
Q: Yes.
B: Thank you.
Q: Thank you.

The Original Physical Inception
The Ouija Board
From "Under Control"
6-25-86 So. California
Audience: Bashar! Bashar!
B: You.
Q: I heard about the blue light, and uh, you said just flow it any way you feel comfortable with it, and I still had difficulty manifesting any type of energy or any type of, of, uh... anything.
B: The idea may simply be that you are putting expectations on the way you think it should manifest and not allow what manifests in your life to be the way the energy has been used.
Q: You think that if I believe something is happening, like in the oxygenation...
B: Oxygenation.
Q: Oxygenation of water, I could just believe that...
B: Your total reality is nothing but the product of what you believe it to be, plain and simple. The idea of utilizing the blue-white energy is still only a symbol that we have suggested to you, because many of you may find that it benefits the modality of your mentality. But if the symbol doesn’t work for you in that way, create your own; if you need one. Or simply believe.
Q: Okay, I have another question, or, uh, I’d like to go up on your ship, uh...
B: All right. Have a good time. (Aud. laughs)
Q: Could I, uh, be directed anywhere to go where it is or...
B: Simply project within your imagination the idea, and you will find that you can create the experience in whatever way, shape or form is perfect for you now. Or you may, in your terms, "wait until you are in our dream reality," where it may be easier for you, if you believe it is.
Q: Is there, how do I know where you are or where your ship is?
B: The idea is that you do not need so much of a pinpointing, but simply recognize that when you attune yourself to a particular idea, it carries its own vibrational wavelength. Simply being tuned into that vibrational wavelength will deposit whatever portion of your consciousness needs to interact with it, wherever and whenever it is. Time and space are not barriers to consciousness.
Q: Thank you.
B: Oh, thank you.
B: YOU!
Q: Is it? I wanted to know how the Ouija boards work.
B: In this way, it is like anything else, in a sense, a tool. It is an object, it is a symbol that allows your own power of connection, and your own levels of awareness to be manifested in physiological terms.
Your own connections to other consciousness can be symbolically reflected or represented by the action of that tool; but like anything else, it is a tool. The power, the communication, and the interaction is from you.

Q: Okay, yeah. That’s what I was thinking. I was thinking that maybe people will believe that some ghosts or something will move it for you. So they move it themselves but aren’t aware of it.

B: That can occur. This is not to say that you cannot co-create a reality wherein you will allow another consciousness to activate the physiological mechanism. This is not to say that, what you call, disembodied consciousness cannot act that way, many times it can. All we are simply saying is that it is neither just it that is doing it, neither just you. It is a combination of both that creates the interaction. You are both doing it.

Q: Oh. A lot of times it doesn’t work.

B: In this way then, simply, it does not carry through to your belief system that that is a tool that will work for you.

Q: Oh, okay.

B: The communication can occur, and does occur, in many other ways. It is a tool to let you know something is going on that you are creating with another consciousness.

Q: There’s this person who uses a Ouija board a lot, says about, um, kind ’a levels of spirit, like 4th level old spirit and...

B: Yes

Q: Like that.

B: Yes.

Q: Do you know anything about that?

B: Yes. You are referring to the entity consciousness that refers to itself as Michael.

Q: Oh.

B: In this way, again, simply recognize that it is a tool that many individuals will find useful because it is a tool that is fashioned in a shape that is reflective of the way their mentality works, so they will let the tool work for them. Just like other individuals will avail themselves of the idea you call cards, tea leaves. Many of these ideas are simply different ways that your consciousness is comfortable in allowing a manifestation to project into physical reality; but they are all tools.

Q: That, that idea kind of breaks the theory of how time doesn’t exist.

B: In this way, again, simply recognize that time does exist when you create it to exist. You are creating yourself to exist within it. When it is said that time does not exist, it doesn’t mean that you do not create a reality in which it doesn’t exist. It means that beyond the reality in which you experience time, it is not experienced, and that time is created within existence. Time is subject to creation; creation is not subject to time. Time is one of the creations of creation;
creation is not a creation of time. Therefore, time does exist when you create it to exist; but if you do not create it to exist, you don’t live in it. Many consciousnesses that communicate with your level of time track awareness do not exist in a time frame. They only seem to and they use terminology that makes sense to you. because you can only understand things from a time-frame point of view. So it translates into terms you can understand. This does not mean that the reality is that way for them. You follow me?
Q: Yea, I guess.
B: It is simply like learning to translate from one language to another. You may have a word in one of your languages for an object; that word may not exist in another language. But you can find some way to refer to it by using terminology that may be common to both languages.
Q: Okay, uh, that’s it.
Q: I’m wondering if you could explain to us the hole in the ozone layer?
B: It is, to some degree, a natural fluctuation of several things. Some of it has been accelerated, to some degree, by the pollutants that you are putting in the air. However, most of it is simply representative of some of the shifts taking place in the collective energy of your consciousness, and of the cycle that your planet is going through now, relative to being open to receiving new and higher energies. To cleanse, and to allow beings to shift their vibration upward to match those frequencies, and so propel themselves into higher density states. Do you understand?
Q: Yes, so it is not all damaging...
B: No.
Q: ... as we have been given to understand?
B: No, not all. But it does aid and assist you in feeling that it is now necessary to help balance out the systems on your planet, because of the higher energy coming through. This higher energy will burn out those that do not eventually allow themselves to align with the understanding of creating more balance upon your planet. You understand?
Q: Yes. Will it then close... or not?
B: It will, in time, cycle itself to a type of closure, yes. But it will still function as a lens to regulate some of this energy. Do you follow along?
Q: Yes, thank you.
B: Thank you.
Consciousness Network

The Paradigm of the Essassani

The Essassani paradigm of perceiving reality was introduced to the planetary population through the medium of Daryl Anka, who channeled a group consciousness represented by an entity known as Bashar. Apparently there are five people on the planet who have the capability to resonate with the Essassani frequency and gain information. Bashar has also come once through an individual on the East Coast of the United States, although that individual usually gains information and data through another representative of the Essassani. The Essassani maintain that they exist on a different frequency of reality which is coincident with a parallel reality 700 years in the future, and that they are physiologically a hybrid race which is a genetic combination of the human and the Orion Grays, otherwise called the Dow.

Through a generational cross-breeding program, which must have been somewhat successful because the Essassani exist, a new sub-species was born. Because of this, the Essassani have a vested interest in how the planetary population perceives them. As of 1996, the hybrid program is a done deal relative to the creation of the Essassani, as far as we can determine. In reality, the advice they gave through many of the channeled sessions and in the book Blueprint for the Future, around 1989, was quite interesting, but not easily implemented by the population, as there was one key component missing. An understanding of Hermetic Law as it applies to the creation of reality. Trying to illustrate to 3rd density humans how to improve their lives, from a 5th density viewpoint proved problematic at best. One of the side projects at Leading Edge Research is to attempt to reconcile this problem through integration of Hermetic principles with many elements of perception from the Essassani standpoint.

When the book Blueprint for the Future was released, it sparked a lot of interest. Surely the principles put forth about "creating your own reality" should be able to be tested in day-to-day life. Michael Topper's response to the principles put forth by Bashar was that they were a "half truth". In his usual complex way, Topper described his viewpoint in an issue of the Thunderbird Chronicle, and the material was subsequently reprinted in Leading Edge publications. I will not attempt to interpret Toppers work. It's unique approach to reality has to be seen to be believed.

At any rate, I will summarize the high points of the Essassani Perspective below:

On Living Life...

JUDGEMENT: "Judgement is invalidating everything you prefer. When you invalidate something, you become equal to it, and thus what you do not want you become." Seen from a Hermetic standpoint, when you focus on something you bring it into your life. If you focus on what you do not want, you become resonant with the frequency of its reality and manifest it. The answer to all of this lies in the apparent paradox of Hermetic Law, wherein you must see the reality you prefer as currently existing in the moment, despite the apparent contradiction of its immediate lack of presence. Hard for most people, but not impossible to do. Furthermore, "every being has their own way of exploring the idea of existence. It does not mean you must judge the way they are living as invalid. If you are busy judging
that what they are doing is less than what you think they could be doing, YOU are the one maintaining those effects and those realities in YOUR reality. You are focusing upon them." Want a real challenge? Consider Reptilian Draconians eating human children and maintaining a 4 billion year history of tyrannical behavior, and attempt to attain a state of non-judgement while at the same time focusing on a reality YOU prefer to exist. YOU may move to a parallel line of existence where these guys do not exist...they won’t be shifting their perspective, so YOU are the one who must do so.

"Anything that you share with someone else, any common similar experience, is because you have agreed to create your own version of it in your reality."

"When you assume that where you are is where you need to be and begin to enjoy it and live in the moment, then you will not try to be somewhere else, and that is what will let you get there."

"Allowing everyone to live the lives they choose is granting equality and validation to everything...to All That Is, which means that you, as a part of All That Is, are automatically supporting everything you do, and letting All That Is support you."

"If you believe you need to be protected...you are inviting attack."

"All situations are fundamentally neutral. You give them meaning, 'positive' or 'negative'. When you assign a 'meaning', you invite that reality."

"If you KNOW that you know, then by definition there is nothing stopping you."

"No one can 'give' you anything. You have to create your own version of it."

On Relationships...

"When you know you are complete within yourself and attract a relationship to share as true equals, each being in the relationship being complete, then an individual can come and go in the relationship and will feel no loss. If an individual comes and goes, it is an accurate reflection of the completeness of the relationship...and it serves a purpose in the relationship and is not an interruption in the relationship."

"People assume that you need a relationship to be complete, so what you are always going to attract to yourself is a reflection of your own (self-perceived) incompleteness. You will attract someone who will act incompletely, to remind you that it is what you believe yourself to be."

"Individuals in your society say that if they could only find their soul mate, everything would be wonderful...but understand that you only attract what you are the vibration of."
The Paradox of Physical Reality

Q: When you talk about... that we can choose how we want our reality to be...

B: Yes.

Q: ... and that we can have control, in that sense. What’s the difference between that kind of control and the kind of control that I’ve been learning to relinquish or give up, of trying to have things go a very certain way.

B: Ah, thank you very much. In this way, recognize that what you typically refer to, in your society, as surrendering is actually taking control. Control means letting yourself flow with and in synchronous harmony with the idea of the universal Self, the universal Infinite. Choosing to flow synchronistically with that idea is taking control, is knowing that you are in control.

As we have said, there are two types of free will, the free will of the physiological consciousness and the free will of the higher consciousness. All that you call the free will of the higher consciousness, many times, is relegated by the physical consciousness into the terminology you call fate or predetermination; but this only occurs in the most generalized of terms. The actual specifics of how the events, the generalized events that are determined by the non-physical higher consciousness unfold, how they unfold specifically, is determined by the physiological personality, the physiological desires, the physiological thoughts, the physiological beliefs that you create in your physiological life.

Thus, in this way, the taking control, once again, is the expression of your desire, the expression of your willingness, the expression of your conviction of what you know to be true for you. It is taking that stand of conviction; and taking the stand of conviction in that way, places you squarely in the flow of the universal energy that you are in touch with, and thus, makes it seem as if, once you have taken control, you don’t have to do much steering.

Does this help you?

Q: Can you say that last sentence one more time?

B: When you take control, then the paradox is that it becomes apparent that you actually don’t feel like you have to do the steering. This is the paradox of physical reality... when you know you are creating your reality and are fully in control of it, because everything you experience is what you created, then you open up to the idea that vulnerability is infinite strength, and not weakness. And if you are willing to be completely open, which is what vulnerability is, then you know you are completely connected to All That Is. Being completely connected to All That Is means that you are always totally, completely reinforced. You have infinite strength, and therefore, you simply flow along the universal lines of momentum.

You are completely in control by flowing along the lines of least resistance. Thus, it does not feel like you have to steer. The only time it feels like you have to do the steering is when you fight your own ecstasy. Giving in to your own ecstasy, surrendering, quote/unquote, to the universal flow of things allows you to know that you are squarely in control. Because then it is effortless to create the reality you prefer, because you are drawing everything in parallel lines, and not going against the flow.
Q: Thank you so much.
B: Thank you.
The Paradox of Surrender

Q: First of all, I’d like to thank you all for creating these sessions. I’ve been listening to the tapes for about six months, so I’ve been with you – down in Costa Mesa actually. And it’s had a tremendous impact on my life, in terms of creating more excitement, joy and love. And it’s been very much fun sharing it with friends and clients…

B: May I ask you a favor?

Q: Yes.

B: Will you share it a little more loudly please?

Q: My concern has very much to do with your introductory remarks, and probably can be based on that, I suspect.

B: Ooh!

Q: I think what has happened is that in listening to your ideas, I have been forming new beliefs.

B: All right.

Q: And what’s happening now is I’m attempting to integrate them, with a little difficulty, with a series of beliefs that I’ve probably had for lifetimes as a nun – and currently coming out of a yogic system of belief…

B: I see.

Q: …which has to do with reverence for spirit, surrender to spirit…

B: Yes.

Q: …as seeking the higher will, as opposed to the lower will being done, that kind of thing.

B: Yes. There is nothing contradictory in what we are saying; you are simply using different semantics, which perhaps have a different understanding of the mechanism. The mechanism can be described, regardless of the symbols that are utilized to represent it; and the mechanism will be found to be the same for both ideas. The ideas we are presenting, the ideas you have now just outlined, simply have one particular mechanism; though many individuals will look at them in different ways, and mean them to represent different kinds of action.

Q: Can you talk more about this mechanism?

B: Yes. The idea simply is that what you call surrendering and going to the higher will, as opposed to the lower; in that way is simply the understanding of centering within your being. Surrendering is, in a sense, taking control, being in control, being fully responsible for what you create in life. Surrendering is going with the flow; but going with the flow means you then have, paradoxically, given yourself the ability to create what you desire. That means you are in control. Surrendering is being in control; it is not giving up.

The idea of going with the higher will as opposed to the lower is simply recognizing that you have free will, but that you can choose to express yourself in a negative way or a positive way. And that if you
choose to experience yourself in an integrated positive way, then you will be in synchronous harmony with the higher consciousness that you are, and you will be able to know that you are in synchronous harmony with the higher consciousness that you are.

Whereas if you choose the negative way, what you call the lower will, then simply, by definition, you may not know that you are in synchronous harmony with the higher consciousness that you are. You follow me?

Q: Yes.

B: Do you wish to continue?

Q: No. I knew that there would be a way of integrating, a way to hold all of that. I guess I just wanted to hear you say it. Thank you.

B: We thank you for bringing up the idea, for you will find that this is of paramount importance in your society at this time. In each and every one of you, as you examine the different ideas of belief systems that exist within your society, you will recognize that very often where many different societies think they truly disagree, it is only a matter of how they are calling the idea, rather than truly disagreeing on the fundamental basics.

Many individuals do not realize that what they purport to be true within their system of reality, and what they purport to be false within someone else’s system of reality, is only a difference of labels and nothing else. Nothing else! Thank you!

Q2: I want to explore that concept of surrender. Because in our language, in our society, it means giving up, it doesn’t mean taking control.

B: Yes. There is, in some factions of your society, a new understanding now being applied to the term surrender. We are assisting in providing that understanding. You simply utilize, as a society, that term because it is the closest approximation to the idea that you have in your language. It does not necessarily precisely describe the mechanism that is involved, but it is the closest label you have.

Q: There’s no better synonym for the concept you’re trying to convey?

B: Let us scan. (Pause) We find that the majority of the references within the vocabulary of the channel, that are in your language, will all have to do with the idea of giving up control.

Q: And thereby gaining greater control. Is that . . .

B: The idea we are saying is that all of the reference words that could possibly be used from your language will all generally mean the same thing as your colloquial meaning of surrender. You do not have a word in your language that means giving up and taking control at the same time.

Q: But that’s the concept you’re attempting to convey.

B: Yes.

Q: To give up control, and therefore gain greater control. . .

B: No, no, no, no, no, no. Not to give up control, to give up trying.
Q: To give up trying...
B: Yes. To give up trying to control is to have ultimate control.
Q: Ah! That does it. That does it! Okay, I have another paradox I’d like to – an apparent paradox for me – which I’d like to ask you about.
B: All right.
Q: In your initial remarks and in my question – well, when you were answering the other lady, you said: “trust that everything that’s happening... that you’re perfect; don’t look at the echo for indications that there’s something wrong with you. Trust that you are doing fine in your integrity.” So that’s one concept.
B: Yes.
Q: But when I asked a question, you said: “recognize that everything happening in your life right now is a reflection of what you may need to consider changing.”
B: Yes. Just as her echo is an opportunity for her to get in touch with what the belief system is. We are simply saying pay attention to it, but do not seek your validity in it; seek your validity in yourself.
Q: Then the paradox is: a person is valid, but nevertheless there’s room to change and grow.
B: Of course, always!
Q: But then, when you change and grow...
B: You become a different validation.
Q: And from your new perspective – we have a tendency, in our concept of growth, to look back on where we were and say: “Whew! Boy, am I glad I’m here and not back there.”
B: All right.
Q: With that concept – you’re suggesting that that’s... what?
B: You can always recognize the joy of being where you are. We are simply adding to the concept the idea of allowing yourself to recognize that what you are is also, in existence in your linear terms, because of where you were. And thus, where you were is a part of where you are.
Q: Aha!
B: So to truly invalidate where you have been... we are not saying that you cannot appreciate where you are now, comparatively speaking, but the idea is not to invalidate where you were then, that is what allows you to be the you, you are now. Whereas if you had invalidated yourself as the you, you were then, you would still be that you.
Q: Got it. Thank you.
B: Thank you.

The Paradox of Surrender
The Path of Conviction

What we mean by the razor’s edge is the following concept – many of you have been exploring the idea of spirituality for quite some time; you have begun to see certain effects of your metaphysical knowledge manifesting in your physical reality, making certain changes here, making certain changes there. But now and then we hear many of you say, "Well, I was going along fine, everything seemed to be rolling along and then, all of a sudden, everything went, as you say, 'kaput.' Everything seemed to go down the drain, everything became more difficult, all the obstacles started cropping up, and whereas I was doing fine a few weeks ago, all of a sudden everything seems to be at a standstill, and I do not know what I am doing wrong."

The idea is to understand the following thing, as you pursue the thing that excites you the most in life, you begin to narrow down all of the preferences to those few things that are truly representative of the thing that excites you, of the path that you really prefer. As you narrow down these choices, narrow down these preferences, the things that you have to choose from, that are representative of what you do prefer in life, become less and less and less, fewer and fewer and fewer. In other words, whereas before you may have been able to operate within, shall we say, a certain wide range of opportunities, now there are fewer and fewer and fewer opportunities in your life that actually represent the path that you prefer.

You have less margin of, shall we say, "flop." You now are required, as you pursue the idea of what excites you, to have far more precision in understanding that the choices you make, if they are not representative of the thing that excites you, then they will not work for you at all. Before you may have been able, shall we put it this way, to "get away" with things that were peripheral to the ideas that excited you, that perhaps were not exactly aligned with it, but still contained some of the elements of the thing that you knew you preferred. But each time you choose to take a step in the direction of the thing that you prefer, and ONLY move in that direction, you yourself eliminate, eliminate the choices that do not contain as much of the elements that you prefer in them. You weed them out and your path, in a sense, becomes narrower and narrower and narrower.

Now, there is a paradox in this because the idea is, that even though it may seem that the path becomes narrower, even though it may reduce itself to a fine line and you may feel as if you are walking a thin tightrope, in actual fact, this is far more stable. When you make the choice to stay on the one line, in the only direction that you really prefer, it becomes very, very wide, very stable, in the sense that you cannot, in any way, shape, or form, get off of that path, fall off of that line. The idea becomes simply that if you are off it, it is because you are choosing things that are not as purely representative of the one thing you say really motivates you, of the one way that you prefer to be.
Now, there is a trick in this as well. I use the word trick, but you will understand what I mean. It is very cleverly arranged, this mechanism, because as you continue to choose the thing that you prefer, and as you begin to weed away those choices that do not contain as much of your preference, another thing starts to happen. By choosing those things that excite you, and only those things, all the other things, all the other choices begin to disappear from you, in a sense, begin to be taken away from you. So that sometimes you get to a point where you’re moving along the path that excites you, that you say excites you, and then, perhaps, you have some second thoughts, perhaps, you find yourself doubting this path and you look back, look for something else to fall on, and it’s not there. All of a sudden you are staring into an abyss.

You begin to realize that as you make those choices, you are truly, truly, truly telling the universe, "I want no other choices, other than those that represent what really excites me, therefore, do not even begin to show them to me, do not even begin to give me the opportunity to fall back, to settle for less, to have anything but the choices that really represent what I want." And so, perhaps, if you come across those moments of doubts, you look back and there is nothing, and perhaps this makes you afraid. But that’s all right,
because it is a way for you to know that your reality is working just fine, that the universe is supporting you in the doing of the thing that you really love to do, and is helping you stay aligned with that path by removing any other choices.

At first, it may cause a few of you to panic a little bit, but it is really all right. The safest thing to do, the most stable thing to do, is to continue to move straight ahead, and only, only, only take those choices that are really representative of what you know in your heart is really who you are, your real preference. That will accelerate you, and it is that acceleration, that speed, that forward momentum that will keep you securely aligned on that apparently thin, thin line. The line only needs to be representative of the one path you choose to be at any given moment, so it doesn’t have to be very wide. You do not have to feel you that you are walking a tightrope, you will not fall off, you can only choose to get off. But again, you now are beginning to find that the mechanism itself is giving you fewer choices to get off to the side on. So you are streamlining, refining your ability, your mechanism of creation, in this way. Do not fear it, do not panic; it is exactly how it is supposed to work for you.

The razor’s edge is all you need, and that that sharpness will cut through any and all of the so called blocks, and the so called obstacles, allowing you to have a crystal clarity, allowing you to TRUST your instincts and your inner sight about the things you say are really representative of the type of reality you want. Because you can have it, you CAN have it; you can have the reality you prefer and nothing but the reality you prefer. And for many of you this may still sound like it is too good to be true, but it is not. Allow yourselves to trust it. You will accelerate and you will cut through all the remaining barriers.
The Path That You Are

Q: I would like to ask a question.
B: All right.

Q: I have never heard you, or about you, before tonight.

B: That is all right. I have never heard about you either.

Q: But some of the things that were mentioned are really relevant to things that are happening now in my own life.

B: All right.
Q: And I have a question. During the last year I think I did what excited me most.

B: You think?
Q: I think.

B: You’re not sure?

Q: I’m never sure about anything lately.

B: Ohhh! All right.

Q: I’m as sure as I can be.

B: All right; very good. That will do.

Q: In fact, I started a new project, and I did the best and most gratifying job I did in years.

B: That’s all you need to do.
Q: Yes. I did all that for well over a year.

B: All right.
Q: But then...

B: And then.
Q: And then on a daily material level it seems that I have fallen flat on my face.

B: Seems. Just seems.
Q: Well, seems.

B: All right. The unexpected: very good; very good; the unexpected. Now, before you go on, let me remind you of a tale we have shared with many individuals that occurred on our world once upon a time. There came a time when we realized that as an individual would greet another individual, and they would say, “Well, how are you?” and the other individual would say, “Well, things are not going as I expected!”

Well, the response was “Congratulations,” because then you are not stuck in a mold. And the unexpected is to show you that you wish to surprise yourself with more pieces of yourself – that you wish to discover, that you wish spontaneity of discovery, spontaneity of creation.

Now: the unexpected directions that occur in your life are the continuations of the path you have begun. They may not seem so to your outer aware analytical ego mind, but they are if they contain the same excitement. They may not seem to have anything at all to do on the surface with what you were doing.

But that is why all you need to know is that, if the excitement leaves one idea and appears in another, it is the excitement that lets you know these two things are connected. The excitement is the thread that will lead you into more of yourself. So if something appears to have become deflated, then look to see where the excitement is. It may be that you need this diversion so that you will learn something appropriate – so that when and if you go back into the original idea, you will then bring back with you something you needed to learn to enrich the original idea. You never know.

But the point is to trust that excitement is your barometer, is your arrow. Follow it. No matter whether it appears in a situation that seems to have anything at all to do with the situation you were in before or not, it is connected. Excitement is the thread that lets you know it is connected.
Many individuals say, “Well, I have this block.” A block is only a signpost that points in an unexpected direction. If your society has taught you, “No, no, no! Don’t pay attention to that sign; go straight ahead.” Well, that sign becomes a wall, because that is not the way that represents your path. When the sign says, “Turn left” or “Turn right,” if you follow it and trust your instincts, and trust that there is a reason for that unexpected direction to occur in your path, that truly is the way to most quickly go literally straight ahead – by turning left or turning right when your own signs say to. That’s how you get there the quickest.

But when you stand there and say, “No, no, no; that can’t be right. This has no business being in my life. How could this have happened?” then you are standing there talking to a brick wall. It’s not going to answer you until you turn. Then it will change back into the sign that lets you know – “Aha! Turning left right here is exactly what I am supposed to do.” For you can recognize a path is not what you are on; a path is what you are. You cannot be off of yourself.

So follow what excites you at any given moment that you are capable of acting on. And acting on that will always lead you into other opportunities to do other things that excite you that you will then be capable of acting on – if you were not capable of acting on those, at the time you were capable of acting on the other thing that excited you. One exciting thing will always lead to all the other exciting things that represent the things you chose to experience in this physical life. Is any of this making sense?

Q: Yes and no. Can I expand on my question?

B: Absolutely!
Q: Because starting in what I found exciting has so far resulted in fairly severe results . . .

B: Severe?
Q: . . . such as loss of job . . .

B: Loss of job!
Q: loss of health, some possible loss of family life. So now I’m asking myself: If I just follow my instincts and just do what I consider to be the right and exciting way, this situation can be . . . or do I just follow my common sense, a path of least resistance, and compromise?
B: All right. Now, a path of least resistance is always what you follow when you do what excites you the most. However, let’s examine your beliefs, because your beliefs are what create the effect in your reality that you get when you do follow your excitement. Your beliefs, your definitions, may be the following idea: “I have been taught that if I do what excites me the most, I will suffer in other areas.”

That may be your belief. And if that’s what you’re experiencing in physical reality, then if physical reality is the product of what you believe, in a sense, in an overall general sense, that must be the belief you have bought into. Somewhere along the line, in life, you picked up and bought into the belief that, “If I do this, then that will happen.”

Now, if that situation is occurring in your life, then it allows you the opportunity to know you have this belief that it must be the result of following what excites you. So that gives you the opportunity of examining why you have that belief; and if you don’t prefer that belief, to change the definition of that belief. There are many tools that can allow you a very strong opportunity to get in touch with your beliefs, change your beliefs, so that you can manifest what you truly desire, at no loss to anyone – you or anyone you are interacting with.

Q: What are these tools?

B: We rarely recommend the idea of a specific tool, but in this case it already exists in your society, and it is very strong and impactful. It comes through the auspices of another consciousness you call Lazaris. It exists in videotape form, and is simply called “The Secrets of Manifesting What You Want.”

There are individuals who are present this evening of your time who will be able to show you this tape. We simply suggest that you acquire it for now, that it can be of great service to you in clarifying to you what your beliefs are – so that you can get in touch with what you would rather they were, so that you can then create the realities you prefer. You follow me?

Q: Yes, I do.

B: Utilize this tape; see what you are capable of doing with it, and then there will be room for further discussion – if necessary.

Q: Thank you.
B: Thank you very much. The information on that tape is extremely powerful.
Q: Thank you very much.
B: Thank you. Sharing.
BASHAR:
from the "Wizard’s Hat"
Las Vegas, NV
12-14-96
THE PHOTON BELT
Questioner: Regarding the Photon Belt…
Bashar: Yes.
Q: …the wave of energy that’s on it’s way, if not here already.
B: Well, again, as we have originally described it, it is not so much something that is OUT THERE, as it is, perhaps, a side effect manifested in the electromagnetic field of physical reality that is representative of exactly what we talked about a moment ago, the leading edge of the collective consciousness of your people, creating a threshold that it is about to cross. You’re crossing yourselves, that is what the Photon Belt is, it’s the collection of energy forming what appears to be a barrier that you know you need to break through, but it has a electromagnetic side effect, so to speak. Because anything you think of, especially with the concentration of your entire culture, will create some idea in physical reality to manifest. But it isn’t something just OUT THERE that you are going to pass through that has nothing to do with the fact that you created it, which you all did. Does that make sense to you?
Q: Oh, yes, very much. There was some thought as to how there was a possibility of it …I understand you are going to get what you put into it…
B: Yes.
Q: is as simple as that.
B: Yes.
Q: So, if you put negativity into it that’s what you are going to experience in the long run.
B: Yes.
Q: There was one question that came up that was, well, when this energy surge passes and comes through there is a possibility that things like cars won’t work…
B: Some areas of your planet may experience this, either momentarily or they may experience it for longer durations, but not everywhere. And individuals in certain locations, because of their vibration, may not experience this at all.
Q: Yes, so it has to do with the individual themselves how they accept …loosen their definitions as you said many, many times.
B: Exactly so. It is a wave of energy that can be, in a sense, ridden or resisted. Thus, depending upon whether you ride the wave or resist it, determines whether or not you go forward quickly and smoothly or whether you allow yourself to be, in a sense, smacked down by it.
Q: Okay.
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B: Does that help?
Q: Yes, greatly.
B: All right, thank you.
Bashar: All right, I’ll say good day to you, this day of your time. How are you all?

Audience: Wonderful, great...

B: Once again we take the opportunity to thank each and every one of you for allowing our civilization to communicate to you through this particular window and in this particular manner, on this day. Each and every time, once again, you allow our civilization to communicate with you in this way, it affords us an opportunity to see through each and every one of you that many more ways that the Infinite has of expressing itself within creation. And so we thank you for this gift of expansion.

We would like to begin this transmission with the following idea: we have for quite some time said that it is important, for each and every one of you now, in this day and age upon your planet – this transformational time, to make sure that the things that you are choosing with your free will are those things and only those things that are aligned with what you believe to be your truth, your joy, your excitement, your love, your creativity, and so forth. This is never more important than now as things accelerate.

You must understand that we’re not only talking about the idea of making sure that you take action on those things that are aligned with your truth, specifically the opportunities that come to you, the opportunities that are available to you in terms of your jobs, your careers, your work, or any particular thing you might choose to do at any given moment. Not only those things, not only that you choose those things only representative of your joy, but also, very important which many of you tend to forget, (I’m giving you a break by saying you “tend” to forget it since you all know that you choose to forget these things) but the idea really is that the other thing to remember to remind yourself of constantly, in this day and age of choosing to be aligned with your Self your truth, is the idea of also, behavior, attitude, perspective.

So that in every endeavor, no matter what it is that may appear to be, I say APPEAR to be happening in your life, that you will give yourself the chance, give yourself the opportunity to truly understand that if you have chosen to function in an aligned fashion, then you will respond to every single situation in your life in a positive way that is representative of the alignment you say you believe you are choosing. And will no longer allow yourself to succumb to the temptation to go back into negative attitudes, negative behaviors, complaints, victimization, and all the other manifestations of not believing that you are really creating your reality; not believing that you have chosen the idea of positive truth and alignment within yourself. Do not fall back into that modality, for it does not serve you in being aligned with your harmony, with your core, with your true self, with your natural being.

So keep in mind, every day in every way that you possibly can every moment, that whatever it is that happens is only an opportunity, without meaning at first, that you can then supply with meaning. And whatever kind of meaning you supply will determine the effect you get, will determine the quality of the experience that issues from that point forward. So that you give yourself a moment of pause to look at
every situation...not react in the same old way, not complain...not victimize yourself, not think that something is wrong with your life, but to take a moment to understand that nothing happens without a reason; even if only to give yourself the opportunity to test to see, to test yourself and see if you really believe that you have changed, if you really believe you are different, by showing that you are different in your attitude and behavior towards the things that happen in your life. Knowing that if you give them a positive meaning for yourself, regardless of whether or not you perceive objectively that someone may or may not be co-creating this without a positive intention. It doesn’t matter, if you give a positive reason for yourself that you are interacting with this, that you are observing this, that you are aware that this situation occurs, that it is there for you for a positive reason...then you, you, you, you, you will get the positive result, no matter what anyone else’s intention is, no matter what anyone else gets out of it. The meaning you put into it is the effect you will get out of it.

So, watch your behavior, watch your attitudes, watch your body language, and watch what you say you believe to be true, and stick to that. I urge you strongly to do so, and this ties strongly into, also, the ideas of clarity, communication, discernment, and definition. Communication, in this day and age now, within yourself and outside yourself...what it is you think, how it is you view information that comes to you is of paramount importance to allow yourself to understand that no longer can you function with the idea of information that does not seem to be in balance with yourself...with your truth. No longer can you rely upon the idea of the validity of what you would call rumor and hearsay, but allow yourself the opportunity to research, to discover, to investigate, to explore, to know from whence information comes, to know whether or not it really serves you, or to know whether it is simply part and parcel of other individuals’ agendas, that may have nothing to do with the alignment of your own truth. Take the timeout.

Always allow yourself to access the information in its purest state, for again, we remind you, there are no secrets in this day and age and all you have to do is be bold enough to allow yourself to inquire, to research, to discover, to explore, to find out from whence information comes. And access your own intuition, your own knowing Self, to allow the truth within you to show you what needs to resonate within your reality...and what does not, what you really NEED to take to heart what you don’t, what you really NEED to absorb as vital information, and what data, in that sense, is extraneous for your life.

I would remind you, thus, in this way, perhaps, that which you think or feel is so...is not so, until you know that your information derives, of course, strictly from a single source.

Allow yourself to refine...allow yourself to narrow down, and now allow yourself also to let go of that which does not belong, anything extraneous in your reality, anything not of the vibration of your dreams, of your visions your truth. It is so important now on your planet that you begin to function this way, if you even wish to say it, habitually. That your first habit, if you’re going to have any habit at all, will always be toward the positive understanding, rather than the negative. If you’re going to have a habit, we suggest you choose that modality. It will make all the difference in your
world.

We are not talking about the idea of ignoring or denying when something may be created by others or within yourself from negative ideas, we are not talking about glossing over, but we are talking about knowing, seeing, discerning what is the mechanism foundationally underlying any particular choice or act; and being in tune with your own definitions of truth to know how you relate to that idea, to that situation, to that circumstance. And taking from that circumstance only those ideas and understandings that truly serve you in a positive, creative and constructive way, and giving only those positive ideas to that circumstance for your own reality path. So that you are divesting yourself of any, as you say, luggage that does not belong to you, that you do not need to haul around...that weighs you down.

This is now the age of streamlining, the age of only choosing those attitudes, behaviors, informational sources and opportunities, that really are defined by your inner truth, who you know yourself to be, who you trust yourself to be, who you intuit yourself to be. It is all about believing in yourself, believing that you are created in the image of Creation, that you are an Infinite Creatoryour reality as you see fit. That you have been given this from Creation through the unconditional love of Creation, to have the capability of doing so and to SEE the results, that are the results; the reflections of what you deem to be most true, what you deem to hold most high.

It is in your hands, it is in your hearts, it is in your minds, it is in your very attitudes, thoughts, words and deeds.

Refine and streamline yourselves to be the reality you prefer to be, to be the person you prefer to be, so you can have the reality that is reflective of that person. This is the idea sent from that aspect of our reality and of also the Infinite that can euphemistically be called, "The Preparer of the Way." This is the idea, the attitude, the approach of "The Preparer of the Way." "The Preparer of the Way," simply being that energy, that perspective within you, within your souls, within your spirits, within your hearts, within your minds, within your bodies, that knows who it is and gives him or herself NO OTHER CHOICE to choose from but the things that are in alignment with whom you know yourself to be. No other choice, no other choice, no other choice.

We thank you for allowing us to remind you, to reflect to you these notions, these ideas in this way and at this time and we remind you once again, also hand in hand with this...that this is not simply, what you would call a pleasant sounding philosophy. This is physics! This is how your reality works. What you put out is what you get back, everything is vibration of energy, and the frequency you give off is the reality you experience, plain and simple, that’s the law. Try to break it can’t. What you put out is what you get back. So I would urge you, not tell you, because I cannot do that, I cannot force you...I can only urge you to believe that when you are only exhibiting the frequencies of your own true self, I guarantee you one hundred percent will only get a reality reflective of that certainty and conviction.

Thus once again, we thank you for the opportunity to remind you of what you already know within your hearts. And in return for the gift that you are now giving our civilization in allowing us to communicate through this window in this way, I ask in what way may I and my world be of service to you?
Audience: Bashar! Bashar! Bashar!
B: You and then you...
The Present

Q: This brings me to a question I’ve been wondering about for a long time. If everything is happening right now, then why can’t the future be predicted?

B: It is, but not in the terms you call prediction. Recall the idea of the propeller and the strobe lights. The idea, as we have said, is not so much that you are predicting a future; it is more that you are sensing the energy at the present that is most likely to occur because it has the greatest degree of energy behind it. The strobe light is on that particular setting at the time the sensing, or prediction, is made. The prediction itself might change the setting of the strobe light.

Understand what your physicists now understand: you cannot make a conscious decision that doesn’t affect the reality you are deciding about. Every thought changes the reality you are thinking of. Therefore, so-called predictions are only sensings of the energy most likely to manifest at the time the prediction is made. The prediction itself can change the energy. However, if what has been sensed has a great deal of energy momentum behind it, it will be unlikely to change.

But it is not the future you have predicted; it is the present, and it doesn’t change to the point where it manifests.... Keep it simple. The past, the present and the future are all now. Understand it this way: remember the radio, where you have the idea of being able to turn to different programs. Just because only one program at a time is coming through your speaker, that doesn’t mean all the other programs aren’t there. And you can make a prediction that if you tune the dial, you will get another program. That is making a prediction. But it is only because you are aware of the fact that the program already exists that you can do so. It is the same thing.

Q: Is it that everything is happening now, and there’s only the present, the past and the future created out of the present. And all of the infinite number of possible futures exist right now?

B: Yes.

Q: So the question is not whether they are there, because they are. The question is which one you will wind up choosing.

B: Perfect. Thank you.

Q: So why talk about the future at all, since there is no future?

B: Yes. It is all-present.

Q: Thank you.

B: Thank you!
The Primer

Q: Last week you told me to think about, or imagine a crystal dome.
B: Yes.
Q: And when I was...
B: And (imagine) who was within it.
Q: Right. Um, when I did that this week I went to your planet, Essassani, and I was in a crystal dome.
B: Yes, and was there anyone with you?
Q: Yes, there was this entity, this man.
B: Yes.
Q: I still don’t know his name.
B: We do not have names.
Q: Oh, well...
B: Bashar is not my name. It is a convenience for you and it is more of a title than a name.
Q: Well, in any event, the dome was like this...it was like a liquid crystal. It almost feels as if the membrane itself was also a liquid.
B: In a sense, yes, it is malleable, formable, transmutable.
Q: Then a strange thing happened when I was inside this crystal dome.
B: Not strange for the crystal.
Q: No. (laughing) Not strange for the crystal, but strange for me.
B: All right.
Q: When I was inside this crystal dome there was, like, an instantaneous shift over to a dome that was made of, like, raw crystal rock.
B: Continue.
Q: And I saw myself within that rock crystal dome, also wearing a crystal headpiece.
B: Yes.
Q: And it seems like I was preparing for some kind of dance performance, or something.
B: Oh, in a sense connection to more of All That Is, very good. You were in, what we would refer to as, the Primer. Which, in this way, is simply a place in which to connect to All That Is, and is left more in what you would call a natural state.
Q: Oh, so that was...that was something on your planet?
B: Yes.
Q: It was, oh...I was wondering, you know it’s like in that...what you call a Primer...
B: Yes.
Q: . . . there were, like, wooden seats, that reminded me very much of a church, they looked real uncomfortable. (Audience laughter)
B: You would think of the idea as a chapel but it is not, and those seats are not there. That is simply your projection because of the association you made.
Q: I figured that’s what it was.
B: It is a place for connecting to more of All That Is, and hence you would make the association that it is, in your terms, a church, but it is not really.
Q: Oh, and the crystal headpiece, was that just an interpretation of mine, or . . .
B: In a sense . . . it is something that is manifestable. It is an interpretation but it is also real as you imagine it to be. In other words, in those terms, the wooden chairs as you imagine them also become real, but they do not exist there without your imagination.
Q: Right.
B: The headpiece also does not exist without your imagination, but once you imagine it, it becomes real. That is the idea behind the Primer.
Q: Oh, okay.
B: Do you understand that there is an entire . . . now, we shall call it a planet, but it is not in the strictest sense in that way . . . there is an entire planet that functions in this way; a crystal world, in which all of your imagination is instantaneously materialized. Many beings partake of that experience.
Q: Well, the reason I asked a question about the crystal headpiece . . .
B: Yes.
Q: . . . I’ve seen crystal headpieces in some of my meditations before.
B: Yes, it is also a reference to the idea of, what you call, Atlantis.
Q: OK, and I’ve also collected large crystal pieces and there’s a sense that the crystal headpieces have very large crystals in them, so much so that for this planet it would be very heavy, I mean, like, too heavy to wear, but it’s as if . . .
B: To some degree, although again, that is, in your terms, an interpretation.
Q: OK.
B: An exaggeration, a sensing of the power.
Q: OK, this is what I sensed is . . . at least I visualized them large.
B: Yes.
Q: But it’s as if they didn’t have that kind of weight . . .
B: Yes.
Q: . . . on my head. OK, all right, thank you.
B: Oh, thank you.
The Process Is Life Itself
Q: I have a question about sleep. I don’t get...?

B: Do you feel tired?

Q: Yes I do, and I want to know . . .

B: All right. Are you forcing yourself to stay awake?

Q: Not really, no.

B: All right. Are there times within your schedule that you would rather sleep but feel that you cannot?

Q: Right. You’re getting it.

B: Do you think that with your creative imagination you may be able to rearrange your schedule so that you may be able to sleep when you want to?

Q: That’s . . . thank you.

B: Question.
Q: Yes. I feel an energy that I’ve not felt before. I’ve never experienced you before, and somehow I recognize that something is affecting my right side.

B: All right.
Q: I don’t know if that has anything to do with anything. And I don’t have a specific question.
B: All right.
Q: But I just wonder if, because you can see a lot, if there’s anything that . . .
B: Cannot see; we cannot see.
Q: I want to know without really knowing what I really want to know.

B: Very creative, roundabout way of (−?). Allow yourself to feel that you have created the energy within your universe to experience for the purpose of your own unfoldment. Which you will be more than aware of if you simply allow yourself to go along for the ride for now. All right?
Q: Yes. I think so.

B: Thank you. You will find a few surprises. Question.
Q: I have a question.
B: All right.

Q: Can you explain a little bit more about what you mean by hyper-consciousness?

B: To a degree you may understand that hyper-consciousness is that state of mass consciousness within full realization of its connection to every other mass consciousness within All That Is. You follow me?

Q: Yes I do.
B: Question.

Q: Would that have anything to do with (−?)?

B: Only in a sense.

Q: I have another question as well. Can you give me some insight as to the significance of the hawk as a symbol?

B: Now, if that symbol has significance to you, you tell me – since that is a very personal creation for yourself; although there are mass conscious versions of that symbol, yes. But ‘tis within your universe, and obviously personal to you. You are empowered, you tell me: what does it make you feel like? How have you created that symbol to represent that portion of your own consciousness to yourself?

Q: Well I guess its just showing up to me every time I sit down at the typewriter and write.
B: Why?
Q: Well, that’s a good question.
Q: Oh, thank you. Do you have a good answer?
Q: No.
B: Oh, really! I don’t believe you.
Q: I’m not sure if I have something to say, or if somebody else has something they’re…

B: Uh-uh-uh! You have something to say. Realize I am not forcing you. It is right there. You are aching to share yourself.

Q: Okay.
B: Be willing to know that every idea that you are is quite valid, quite beautiful, quite creative, quite instructive and quite a learning experience for many other individuals and for yourself as well, if you allow it to be so.
Please always feel free to share of yourself. You will be reinforcing in that way the overall conviction that you have of your own reality, and exactly how your reality merges and blends and integrates within the overall mass conscious reality of the transformation taking place at this time. Be creative; be bold.

Q: Thank you very much.
B: Oh, thank you. Go ahead.

Q: Why do I need someone to say do it?

B: You told yourself. Again, realize that since you have recognized your creative tool of another consciousness telling you what you already knew, then you can manifest that idea for yourself and be equal to that idea from now on – by yourself. And that will allow you more than enough opportunity to share your truly complete self with other individuals. Not that you will need to, but that you will desire to.

Q: That’s great.
B: Question.

Q: I understand what you’re saying about all that exists is in the now. However, from the human experience perhaps let’s say that I was put under…

B: All right.
Q: … drugs and hypnosis, and told that I was a different person than who I was – perhaps in modern American experience, Korean brainwashing.

B: All right.
Q: Now, if I were still under the influence of Korean brainwashing, would it not be necessary for me to look into the past some what – from a human...

B: Now, now, all right. You are giving me a “what if.” Allow me to ask you: what if you had never created this experience in the first place?

Q: Well, but I already did...

B: All right, thank you. Why did you create this experience for yourself?

Q: Why would I have? Well I was perhaps a soldier, and got captured and they wanted to turn me into...

B: No-no-no. Not what were the circumstances of the creation – why?

Q: I don’t know.

B: Are you sure?

Q: Well perhaps I was playing soldier and I got...

B: All right, very good. You were playing soldier. Very good. Now, what aspect of yourself do you feel is fulfilled by the idea of having played soldier?

Q: Well... I’m making this hypothetical situation...

B: Oh-oh! We said it was real, did we not?

Q: Okay. I’ll play it. Okay.

B: All right. Realize that if I say, “What if?” – you say it is real. If I say it is real, you are saying, “What if?” It is up to you. If you wish, you may simply understand the reason for the creation of this reality, and therefore save yourself the time and effort of going through the entire brainwashing experience. Also again simply understand that every reality, every situation, will be in and of itself its own idea – created for its very specific purposes according to the idea of the unfoldment of the self.
Now, if you choose to create a situation in which you (–?) or change your situation by reviewing your past self, then fine. That is one creation. But understand that that creation will lead you to other creations where you do not need to do that. So for yourself, then, there may have been purpose in that reality, and perhaps for many other individuals as well – but that is your reality. Allow yourself simply to unfold your reality as you have allowed it to unfold, and experience what you experience. And if you do not like it, make another experience.

Q: I’d like to be able to do that in the human experience at all times.

B: You are.

Q: Okay.

B: Again you are always in control, even when you create for yourself a situation in which it seems you are out of control. And since you know you have created that situation in which it seems you are out of control, you can simply know that you have created it. And therefore you are totally in control of it, and you can get on with your life. You follow me?

Q: I follow you. I don’t think I could apply it immediately, but I’m going to think about it a little bit…

B: No, you will not apply it if you think about it. That is (–?). It will be up to you when you wish to apply it. Realize that the only process that you need is simply life itself. Live. Experience. Do! Feel! Act! Be! Then you will change and continue to do so – will be up to you. Will not matter one-way or the other. You are always indestructible. You are always All That Is, you always will be. Will not make any difference whatever “what if” you wish to play. Ultimately you will always still be right there and right now. Thank you.

Q: Thank you.
The Purpose Of The Path

Q: When we read some of the philosophies of some of the Masters, to use that term, and how they experience these realms of higher consciousness, how is it they are experiencing something other than what we can experience?
B: Oh, you can experience it.
Q: How?
B: By already knowing yourself to be that complete blended consciousness.
Q: How do we know that we are that?
B: By knowing.
Q: By knowing.
B: Yes.
Q: There seems to be – I guess in our own belief system – a feeling of a big gap between that which we are, and that knowing.
B: All right. But that has also served a purpose for you.
Q: And that purpose is...?
B: Go ahead.
Q: I’m not sure.
B: Oh, yes you are.
Q: That we need to grow?
B: That you need to create the idea of growth, in that way, yes, by forming the idea of separation and then re-linking. Go ahead.
Q: I’m not sure...
B: All right. What else?
Q: (Laughing) Ah... I’m not sure.
B: Yes you are. Be bold!
Q: Be bold?
B: Yes.
Q: I’m just saying that I was trying to understand the point at where we are and where they, the Masters, are.
B: Same point.
Q: Same point. It’s just a matter of accepting that we are there?
B: Yes. Then you will have the experience of being there – when it fits in with the purpose you have chosen for this physical life. Do you follow me?
Q: Yes.
B: Do understand that one of the great “secrets” that the Master knows about the student, is that the Master and the student are the same. Do you follow me?
Q: Yes.
B: Now you have an expression, which reflects this idea. It has been within your literature for some time. It is three phrases: First there is a mountain; then there is no mountain; then there is.
Now understand in that way, that what is meant is that first – when you are unassuming, when you are connected – when you look, you see the mountain for what it is. Then, you begin your quest. You begin your separation of self – your analyzation. You pick that mountain apart until it is no longer a mountain but a series of equations — a search, a path, a journey, a separation, a longing, a striving.
Then, when you allow yourself to reach enlightenment, you realize that from when you started out viewing the mountain as a mountain, and all of the ideas that the simple mountain represents, you arrive back at that point again. And there is no separation, in that way – it is simply the recognition of existence as it is, and that you already had all the answers.
But the purpose of the path in this physical reality is one more way for you to know that you are All That Is. All of you, and all the paths in your reality, and all the situations in your reality, are simply all the different ways that All That Is has of looking at itself – because it can. And there is no other reason that it needs to – simply because it can. All That Is does not need a purpose to continue to be All That Is, since All That Is always has been.
Q: It’s like a game we’re playing with ourselves.
B: Yes, but, very creative, and within your ability, because you can.
Q: Yes. Thank you.
B: Thank you! Sharing

The Purpose of the Path

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The Reflectors
Q: I’m intrigued about a race of people. I don’t know if they lived here or if they were visiting this planet at one time – I know they’re not Lemurian. I’m wondering who they are, and what their connection is to the Pleaidians?
B: Can you give a description?
Q: They are almost a kind of deep aqua. I know that they are not presently living on this planet. They visited this planet for a while, approximately 30,000 odd years ago.
B: (Pause) This is only some of the aspects of their energy, projecting into your universe. But as their energy projects into your universe, they went through the doorway of Pleaidian, Sirius and Arcturan energy to present themselves, to poke themselves into your reality, to extend themselves into your universe, in a way that you could perceive them, to some degree.
In a sense they represent – now this is our perception of it, at this moment – they represent a primal template configuration of Pleiadian, Sirius and Arcturan energy, as a seed. You are recognizing roots that are common to many of the races, many of the civilizations within the Association of Worlds, roots that extend to other dimensions of reality, from other dimensions of reality.
You are simply clear, in terms of tracing them, back through the doorway at the, I shall say, “edge,” of this particular universe. You are all, if you wish, in the same boat. And in a sense, you are all an extension of the same template consciousness, to some degree, with variations here and there.
To some degree, they represent the remnants of an agreement. And very, very rudely, very roughly, as a translation, you may refer to them as, the Reflectors: The ones who were to reflect to your civilization, in that era, the cycle that was about to come. So they represent, to some degree, the beginning and then the rejoining; the separation and then the integration.
They are a projection, were a projection, in your terms: a harbinger. And they are also, to some degree Watchers, Observers. And watch over many of the civilizations that you on Earth have considered so very far above you.
Q: Is that why I feel I have had so few incarnations here?
B: Yes, because you are consolidated in a very primal understanding that does not carry very much separation with it, you have a direct line of sight. You follow me?
Q: Yes.
B: In other words, incarnations for you now, multiple incarnations, represent what you would call a divergence from a particular line of sight. There will be more in your dream communications – not from us.
Q: I don’t remember my dreams.
B: You will. In whatever way you need to. At first, some of it may simply be remembered
in the actions you perform, but there will be pictures, there will be visualizations.
Q: Mostly I get those when I am awake.
B: You are dreaming right now.
Q: Ah! Okay (Laughing)
B: But there will be flashes. And they will begin to blend into both levels of reality.
Q: Thank you.
B: Thank you.
The Role of Spirit Guides

Q: Yes, I have a question.
B: All right.

Q: You talked about spirit guides... that being another aspect of our consciousness.
B: Can be.

Q: Can be, okay. I feel that I work with a spirit guide. If I were to follow what you are saying then I’d have to look at that entity, which I’ve considered, to myself, as another aspect of myself.
B: All right. Now, first of all, realize that on one level that will always be the case, no matter what.

Q: What will be the case?
B: You and I are connected, even though we are separate consciousnesses. On one level of understanding, the self and all that is in creation, we are one consciousness, and so that viewpoint will never be wrong. But realize that spirit guides will be also in existence in your view as separate consciousness. You are working with separate ones, yes, but realize you also are working with your own. And as such, any spirit guide will always only direct you towards yourself. That is their job: to simply allow you to understand that you have all the answers. They are not going to give the answers to you. They are going to allow you to realize that you have them all right here and right now. That is also one of our jobs.

Q: So what you’re saying is: even though I’m getting information that my conscious mind has no awareness of knowing, they are tapping into that ability within me to know all. Is that what you’re saying?
B: In a sense; they are showing you that you have the ability to identify and be equal to those ideas and, as such, you can get them yourself.

Q: I have to think about that for a while.
B: Ah! One moment please. The longer you think about it... you know what I’m going to say.
Q: Mhmm, yes.

B: Then you will not be that idea. Realize once again that there is... no offense – a terminology for your planet by a civilization – they consider you to be shell people. You have created shells of artificial emotionality 'round and about yourselves.

In other words, when you create fear, when you have fear, instead of allowing yourselves simply to recognize that that fear is a messenger bringing you a portion of yourself that you can integrate as a gift, you create frustration and guilt in having the fear, and so create an artificial emotion with which to deal with the fear. But in dealing with the artificial emotion, you never really deal with the fear.

Then you create analyzation to analyze your guilt, so that you are removed twice from ever having to understand that your fear can be your friend. And you create shell upon shell 'round and about yourself, and never actually live the emotionality. Therefore, you may think about it as long as you wish, but you may also be that idea if you wish.

Q: Thank you.
B: No! Thank you. Question.

Q: These fears, these mis-emotions, these negative things – and like the suppressions also – you talked earlier about absorbing them. That’s just done through affinity and accepting, is that correct?

B: Very good. Once again, when you understand that your emotions are simply messengers bringing you the gift of another portion of yourself that you may have heretofore been unwilling to view, then you can accept that gift as another portion of yourself, integrate it within you, and let that emotion run off and bring you another portion. Each time it comes back, you will not fear it so much; it will become your friend.

Q: I understand.

B: Let them do their jobs, in other words.
Q: Uh huh.

B: Do not keep them hanging around, wondering when you are going to take the gift from their hands. Otherwise, they will grow lazy and fat, and that is all you will begin to notice, is this big fat lazy fear sitting right there.
Q: That’s great, I love it.
B: Thank you.

Q: (- -?) granting a lot of beingness; I appreciate that. That’s great.

B: Thank you. Realize, once again, that when you view any of these ideas of yourself – your imagination being real – when you create any idea, you may create an imaginary idea in which you see that situation being absorbed. And that creation in your imagination will be valid for you in the same way that you will relate to a particular crystal, that you will relate to a particular memory, and so on and so forth. You may simply understand your imagination is a tool unbounded, and is real and is reality – infinite.

Q: Thank you.
B: Question.

Q: Yes. Is there any danger for channeling to occur? I mean, any danger for a person that wants to be a channel himself?

B: Once again, unless that individual chooses to live out that fear, they will find that, in general, there will be no danger. I will say, first of all, that if an individual experiences malefic effects or danger within the idea of channeling, ‘tis simply that they are allowing themselves to channel another portion of their consciousness which they have not been willing to look at. You will find that when there is an agreement with what you consider to be outward consciousness, then always that agreement will never be initiated until the individual has been willing to integrate and absorb all portions of themselves to a certain degree. And so there will be no harm to that individual, as they will already have passed through that idea. Do you follow me?

Q: Mhmm.
B: Thank you.

The Role of Spirit Guides
The Second Coming

Q: Are you and your people familiar with Christianity?
B: To some degree.
Q: Well, I believe in Jesus Christ as our savior...
B: When you say you believe in Jesus Christ, what does that mean?
Q: That means that I believe in a God who created the universe, including all of us, and that because we are all sinners, Jesus...
B: One moment! You believe you are a sinner?
Q: Yes.
B: What is a sinner? Will you define this for me? I understand the concept of sin, but have not heard the concept from you. Would you, therefore, define the concept of "sinner" for me in your own way – as it relates to how you see yourself?
Q: A sin for me is anything I would do or think that goes against something God would want.
B: What does God want?
Q: God wants – I guess, very simply, in order to answer it within the time limit allowed here – God wants me to show unconditional love in all situations. And any time I don’t do that...
B: One moment! Did you say unconditional love? Do you understand what that means?
Q: I understand it to mean that as far as people – whom I’m supposed to unconditionally love, for example, the people in here – no matter who they are or what they have done, as far as I’m concerned I love them because God loves them. If God loves everybody in here, I have no right to overrule that.
B: All right. Now, you know you can create the reality of overruling it, but we do understand what you mean when you say you have no right. You can do it, but that does not mean it is something you’d want to do, nor are we suggesting this is something that would create harmony on your world. No. But simply take yourself literally. People have very blatantly judged others, have they not? And it is not a matter of whether or not they have the right to do it.
Q: Is it wrong?
B: There is no right and wrong. It is a matter of whether you choose to create a positively manifesting reality or a negatively manifesting reality.
Q: Which would you suggest?
B: I would suggest the positive one. Because choosing the positively manifesting reality will be integrating yourself with All That Is, whereas knowing yourself as separate from All That Is creates an idea of isolation that does not allow you to feel your connection to All That Is. This leads to the need to
dominate. For when you separate yourself from All That Is, controlling and dominating others is perhaps the only way you will feel you can collect what you see around you, to you. Thus, you create many ideas out of separation and negative manifestation that are, in your terms, unpleasant: war, disease and many other ideas you say you do not like. This is why we would always suggest the positively manifesting reality.

However, recognize that we perceive the idea of judgment, in and of itself, to be of the negative manifestation. Thus, we do not say anything is right or wrong, because that to us is to judge All That Is. To us, even the idea of judgment is the choosing of the negative. To know what you prefer does not mean that you have to judge or invalidate anyone else – in terms of the way that individual chooses to explore his own Godhood, to relate to himself as his portion of All That Is. If he has chosen separation, negative reality, limitation, judgment – then it will be less likely he will perceive his connection to All That Is.

On the other hand, one who is integrated has already chosen the idea of unconditional love, and will recognize that there is no need to judge those who have not chosen it. For unconditional love is the granting of validity to everything within Creation – for its own sake. Because that portion of creation has seen fit to learn about itself in the way it has chosen, then you, in choosing unconditional love, generate the faith and the trust to know that in an ultimate sense he is always going to be all right.

Ultimately, every idea is still contained within the overall idea of All That Is, and cannot become lost. There is nowhere to lose anything to until you create that type of separation. There is nowhere to lose anything to until you, in choosing negativity and limitation and separation from yourself as All That Is, choose to create a dimension in which you can remove yourself from the rest of everything. Any idea you call a lost soul is a contradiction in terms. A soul always knows where it is.

Q: What do you mean by a lost soul?
B: The idea we are ascribing to many individuals expressing the specific ritualized expressions through which they channel the idea of their love. Many times, even though they express it to be unconditional, it still comes with conditions. We are not saying this is your case. We are saying that we are relating to the terminology you are using, by being so specific about what you have described as the way you believe and what you have called being a sinner – which by your ultimate definition means someone who is outside of – has placed himself outside of – his recognition of himself as God.

Q: My recognition of myself as God?
B: Yes.

Q: I’m God?
B: Of course, understand this is what we are talking about, many of your beliefs or religions on your planet speak of the idea of God – or what we call All That Is – as being omnipotent, everywhere, all-knowing, omniscient and all-seeing, everywhere. If God, by your definition, is everything, how can you be outside of it? You must also be God; God must also be you. God knows you are God. Why do you not know you are God?

Q: Well, say I create a model... of an airplane. I created it and put it together, but it’s not me.
B: Yes, it is. Understand that what you experience as your physical reality is all a symbol. If you wish to use the term illusion, all right. That may clarify it for you.

Q: Well, doesn’t that illusion, or symbol – it needs a representation, does it not?
B: It is a representation of an idea.

(Other): If you are the idea of making the plane, then you are the plane, too. Whatever idea you have, you are that idea.

B: Yes. You understand that everything in your universe is a matter, physically, of vibration. You cannot perceive anything that you are not. The vibration you are creates what you perceive the physical reality to be. Thus, if you have created this idea of a model airplane in front of you, then you are extending a portion of the idea of yourself and reflecting it back to yourself as the ability to do that outside yourself, seemingly. But everything you perceive, every individual in the room is your creation. You have to create your version of them in order to perceive them. You follow me?

Q: Kind of. If I am dedicating my life to following Jesus Christ . . .
B: Why would you want to do that? He did not want you to do that.

Q: He did not want me to do that?
B: No. He does not want you to follow him; he wants you to be like him.

Q: Well, that’s kind of what I mean.

B: Then say what you mean. Understand that your terminology is what we were discussing; that upon your planet many times the terminology you choose reflects how you go about relating to the ideas you think you believe in. And in this case you are saying that by following someone, you are separating yourself from, and making yourself less than, rather than being equal to – which is what he wanted you to know. That all of you are Christ consciousness like he is. The idea of following "the way" was not a matter of being subservient, but of being equal and reflective, being that energy that was being demonstrated. That is "the way."

(Other): Do you think that’s why maybe we are so limited? Because we, or Christianity put trust in Jesus Christ and not in ourselves.

B: The idea is that any time you take the power that you are, and remove it from yourselves, you place a limitation that actually denies your very existence – what you have been created to be! So yes, in that sense, the definitions are what is responsible for creating the limitations. To some degree, the idea of what has been described as many of the attributes and experiences are all valid; any tool is a valid tool if it gets you where you want to go.

**The Second Coming**

But the idea is that your society, as we perceive it – and again this is not meant derogatorily – has placed many labels, many definitions which, in and of themselves, are really the only thing responsible for limiting your ability to see that you are all the Christ. And that is what it is all about. If you want to find the idea of the embodiment of Christ consciousness, go home and look in a mirror. And then start acting
as if you are that embodiment, and you will be fulfilling the idea that the Christ consciousness sought to impart to all of you. What you have referred to, in your society, as the "second coming" is not the coming of an individual; it is the recognition within each individual on your planet of the Christ that each and every one of you is... and living like it. That is your second coming!

Know that the manifestation in physical terms of, what you call, the Christ actually happened far more often than once. And the idea is that in every endeavor, in every projection of the Christ as a physical expression, what was being shared with your population was that you are all part of the Christ. The idea was not that only Christ can create the reality you desire, but that your power to create that reality is a part of what God is.

The idea is this, at the time the information was delivered in your society, the concepts that were understood by your civilization then could only translate the idea in terms of being a ruler and being ruled. And so you created the idea that the Christ was a savior who would do everything for you – rather than understanding that Christ is only a reflection, a reflection to each and every one of you that you are aspects of the Christ, and have an absolute right to create the elevation and ascension of your own energy as a representation of that energy.

Q: Well, when Jesus said, "I am the way, the truth and the life; no one comes to the Father but through me," what did he mean by that?

B: He was saying, to paraphrase, as you understand your language now, "What you perceive in me is the vibration of integration, wherein I know myself to be on the same level, equal to God, All That Is. The only way you will know yourself to be that idea is to be like me, to be of the equal vibration of recognizing yourself as All That Is." That is why he said, "I am the way." He did not mean, "I know the only thing that will get you there." He simply meant that you, in allowing yourself to know that everything you do is valid in the overall sense, are granting support and service and validity to the ultimate idea of the Creation itself, and recognizing your own equality to Godhood. That is being the way.

Q: You said something – and people kind of laughed when you said, "He didn’t say, I know the only way." But he did say: "I am the way, the truth and the life. No one comes to the Father but through me."

B: Understand this as well, what you are calling your biblical literature contains less than 10% of what that individual ever said in his life; and what was even written down is very much misinterpreted, according to the understanding of when it was written. Recognize that your Bible was not written to record history; it was written to convert.

Q: Is the Bible not true?

B: It is true for those individuals who wrote it, in the way they understood it. But recognize that there is still much misinterpretation of what was actually said.

Q: How do you know that?

B: We are sensing into the mass consciousness, your higher levels of consciousness. Now, we cannot expect you to take us at our word. It is up to you to believe what you want, as we have said. But we will
discuss with you what we perceive to exist within your own higher consciousness, which knows itself to be equal to the idea of the Christ consciousness. We can talk to it, and so can you. We are simply here to let you know that you can talk to your own higher consciousness; and once you allow yourself to do so, you will find that it will tell you exactly what I am telling you now.

Q: Well, that’s what I believe, okay?
B: Absolutely! It gets you where you want to go, and that is what matters. We support you unconditionally on your chosen path. And as we often have said, every path is valid; no one belief is any more valid than any other belief. They are all equal.

(Other): All ideas are valid, including the idea that no other idea is valid.
B: Yes, very good.

The Only Son

Q: Was Jesus Christ the only son of God?
B: The individual you call Jesus of Nazareth is but one facet of the overall Christ consciousness, or world spirit. Each and every world, each and every civilization, has its own version of that Christ consciousness. In our ancient remnant language – which we no longer use, as we are telepathic in our society – the combined consciousness of our entire world was called Shakana. Our Shakana, your Christ consciousness, and the combined consciousnesses of all other worlds together form the Infinite Creation.

Our relationship with your Christ consciousness is very direct and interactive, since we are interacting with the combination of all the consciousnesses upon your planet in order to be of assistance to you. Therefore, we experience a direct interactive and unconditionally loving relationship with the vibration you call the Christ consciousness, because it is all of you. Since we come from outside of your sphere, in a sense, in order to be of service to you, we must interact through that sphere. Thus, we will take upon ourselves the patterns of the unconditional love it expresses in order to translate into your dimension of experience the symbols to which you can relate. So our experience, our relationship with the Christ consciousness in many ways is very direct – sometimes very much more so than many of you allow yourselves to be.

You may also note that one of the physical manifestations of the direct Christ consciousness that many of you have not recognized is the being you call Mary, the mother of Jesus, who is the female polarity of the Christ. There is always male and female in the collective Christ consciousness. From our perspective, what this basically means – in relating it to what you now call your New Age, or your transformational age – is that, as we have said, the so-called, “second coming” is no longer the manifestation of the Christ consciousness in a single embodiment. It is the awakening of the Christ consciousness within all of you, so that you may literally create heaven on Earth – all of you doing so as children of God.

Recognize that the idea, as it has been translated into your language, is usually interpreted as Christ being the Son of God, whereas Jesus Christ actually referred to himself as the son of man.
Q: He called himself the son of man?
B: Look in your own Bible. He calls himself the son of man. Do understand that the writings of what was verbalized by Jesus of Nazareth were not even begun to be committed to paper until approximately 57 years after the death of the physical Jesus.
Q: Well, you talked about the Bible being misinterpreted through the years.
B: Yes, every single written idea contains some misinterpretation where it regards placing ritual around the idea of what happened.
Q: God couldn’t have watched over it?
B: Why should he?
Q: Because it was His work. He wanted it...
B: No, no, no. Understand, it was a reflection, an offering, a gift. Unconditional love. God is unconditional love, and will not force you to interpret something in any way, shape or form. It is up to you; that is why you are here.
Q: So the word of God, the Bible, according to you is not the word of God?
B: Yes, all of it is. As all the people who wrote it were also God. Understand this: it is all relative. The word of God is all relative to itself. God contains every paradox, every paradigm, every dichotomy, every blending. God is all that is; there is nothing outside. You are All That Is; your space in which you live, your time – which you spend so much of wondering who and what you are – all of those things are creations from your idea of who you think you are. You are one idea of God. Every being, all beings in creation are all the different ways God has of looking at Itself. That is what it means to be All That Is. Every dimension, every being, every thing, every thought: it is all God. And many of those things come into creation simply for no other reason than the fact that they can.
Many times, when you ascribe more importance to this passage or piece of literature than some other passage or literature, seeking for some ultimate idea of truth, you are at that moment diversifying, focusing and fixating a portion of All That Is, and not looking at the whole – which always sees Itself as whole. The idea of knowing yourself to be God is simply allowing yourself the broadest possible definition of that concept, and knowing that for God, that is real. God knows itself to be its own being, but also knows itself to be the compilation of every being within it. And knows every being within it to contain the totality of the whole. For as you say, nothing is impossible to All That Is; if you can conceive of it, it is real to All That Is. On some level, some dimension, some aspect of consciousness, it exists.
Now, when you do this separating out and searching through and analyzing all of the different passages in literature, many times you go about doing this because you are looking for this ultimate purpose. Recognize this: existence is; All That Is is! It always was, is now, and always will be. Existence does not have its existence within time; time exists within All That I, therefore, it is eternal. Therefore, understand that the concept – and any concept that is created within All That Is – is in a sense subordinate to it. Ultimate truth, as a concept, and purpose, as a concept, are things that exist within
existence. And existence existed before there was the concept of purpose. That which existed before the concept of purpose does not need a purpose to keep on existing. Thus. All That Is will express and manifest in all the ways it can – for no other reason, for no other purpose other than It can, because It is the Creator. And the Creator creates, again, simply because It can.

**Changing Symbols**

Your symbols are valid for you. You have changed your mind before, and you will change your mind again about what symbols are relevant in the understanding of whom and what you are. It does not matter in the overall sense what you choose to believe. If you know that you are believing what you are believing out of unconditional love for All That Is, and also, equally important, unconditional love for yourself, then there is no need to worry about what you believe. There is no need to worry about what anyone believes, since you know that whatever you believe is going to create the type of reality you will be experiencing. And experience that, you will.

Q: The only thing I’d like to say is if that’s what you believe, what you’re missing is a relationship with the God who made you.

B: Why? Understand again, you yourself are missing the idea that I perceive both ideas. I contain the totality of the dichotomy of the polarity of the seeming opposites. I know myself to be All That Is; and I also know All That Is relates to me as a higher consciousness. I can create the idea of knowing I have a relationship with All That Is; at the same time I can also see myself as the one creating that relationship, and therefore being All That Is. To me, this is not something, which is mutually exclusive.

I can create whatever sense of relationship I wish; and I know that whatever sense of relationship I create is still going to be as real as any other sense of relationship I choose to create. And for me, all of it is valid, and all of it is being created out of joy and ecstasy and unconditional love, the expression of the same unconditional love that the Creator created us to be. That is how I perceive the relationship. I am always in the relationship of All That Is, within joy, love and ecstasy. For us in our civilization the feeling of this ecstasy is the expression and the experience of what you are defining as the sense of that relationship.

Q: Why is that not happening here?

B: Because for the past 25,000 years, approximately, you have chosen as a group consciousness to explore the idea of separating yourselves from your memory of being All That Is. And now you are turning over a new idea. You are through with the separation, and that is why you are creating this idea you call, a new age of understanding, a new age of awareness – in light and love.

Q: Well, who’s doing that?

B: You all are.

Q: These few people here?

B: No, the entire planet. Or you would not be on it. Because that is the idea of this planet that you are on, to create the transformation, to begin to recognize yourselves as All That Is and create a positive
Now that you know that you are the Creator, peace, harmony, light and love can result. Now you are through with the tool of separation. Within the time span of approximately the next 30 to 50 of your years, all of your civilization will also recognize this. For when you created separation, you created the experience of more time. That is why experiencing all the limitation and separation has taken you 25,000 years.

When you now choose to create the idea of integration, of knowing yourselves to be All That is, then this experience can be played out upon your planet in a mere two to three thousand years. And after that point you will not need to reincarnate upon this planet, for it will have served its purpose for you. You will move on to something else.

Q: What I want to know is: if all of the people here know that whatever they choose to do is okay, then why do they need to keep coming back to get questions answered

B: It is not necessarily that they need questions answered; it can also be an opportunity for sharing, for blending, for appreciating all the different ways All That Is has of expressing Itself through all the different individuals you are. Each one of you is a different path, a different way. So recognize that if there were only one way to do something, there would be only one person.

…Take a look around you.

Also understand that it is not the original person who comes back. Each being that returns “again and again” is a completely new being, a completely new idea of him or herself, and a completely new universe. So as it is not the same person, in that sense, no one comes back, even if he has been here 40,000 times.

Q: How does the Holy Spirit work in this world?

B: The idea is that our perception of your Holy Spirit is the collective electromagnetic mentality, the actual energy out of which all of your individual minds are created. Spirit meant in this sense is literally a physiological phenomenon, an electrical phenomenon, an electromagnetic phenomenon. It is the literal light of your world, of your consciousness.

And again, the way it works is as follows: it is an energy sea in which all of you as individual components are immersed. And being immersed in that sea, when you align with it electromagnetically by accelerating your vibration in ways we have discussed – excitement, service, positivity, and so forth – you then become of the spirit. What that basically means is you flow in harmony with all other beings; you telepathically link with all other beings, and know all thought. Because the idea is that telepathy is actually more precisely defined as telempathy – emotionally activated by love. And that is what the Holy Spirit, or World Spirit, is.

Catholic Church

Q: What is the origin of the Catholic Church?

B: Many of the rituals now embodied in Catholic ritual came from ancient Druidic practices, remnants of the priesthood hierarchy in the Atlantean civilization. These rituals were redefined to fit notions of
the different councils and leaders, and so these misunderstood notions of hierarchy were handed down to the congregation. Mostly it is one of the offshoots, as are many other religions on your planet, of ancient Atlantean priesthoods. It went through a phase redefinition through Druidic practices, emerging in areas on your planet that would support the definitions of intermingling – of not only the ancient Druidic practices, but also some of the interminglings that took place a few thousand years ago with many Orion incarnations – on certain levels.

Especially where rules and regulations are concerned; especially where structure is concerned; especially where very deep and heavy energy is concerned – there was, to some degree, a reaction to some of the negativity spawned in the sinking and the destruction of Atlantis. The idea of placing a very strong hold on certain aspects of the will, so that through that belief it would be believed you would regain reconnection to the Infinite through suppression, through order, through domination.

Q: Well, it’s a pretty popular belief that Jesus Christ actually instituted that...

B: Oh, no, no, no. The individuals around that individual instituted it to some degree, but not that individual. That was never the intention of that individual. But you see, the point is that those disciples, or apostles, were also full of the knowledge of some of the ancient Druidic practices at that time. Their interpretation of the Christ consciousness was dispensed according to those ancient understandings, and interpreted through that flow line into the basic structure you now have. That was their understanding at the time of the arrival of the Christ consciousness through that particular manifestation.

It was not the intention of the Christ consciousness to establish that particular type of structure. It was the intention of the individuals surrounding that individual, because that was their understanding at the time, based on what they already had learned of some of these ancient practices. They were, to some degree in their own understanding, continuing the lineage. But there was much misinterpretation.

**After Death**

Q: What happens when we die, then?

B: Different things. You will, first of all, obviously no longer consider yourselves to be physical, as you now understand physicality. And when you remove yourselves from that physical state of limitation, then you will know you chose everything you experienced in that life, and thus, you can create any other type of reality on this planet, or any other planet – or not reincarnate at all. You can choose to know on that level, and see very obviously that you are, in fact, the Creator.

Now, what you will first encounter at physical death is the idea that you are a thought form in a world of thought forms, and thus, will usually experience whatever represents the strongest beliefs you had in life. You will experience the realization, the seeming physicalization of those beliefs, whether they be heaven or hell or anything in-between.

For instance, if someone had the idea that there is a hell and that it would be extremely painful – if he immediately finds himself in that self-created scenario, he is very unlikely to be able to sustain that degree of pain. For as soon as he knows the pain he is enduring is not something he can tolerate, it will lessen – because the mind in the non-physical reality instantly translates into the seeming experience he
is having. The instant he becomes aware that as soon as he changes his thought the scenario around him changes, then he will get the idea pretty quickly that he does not have to hang around in that scenario. It becomes clear to him that whatever he believes at any given moment, even on that level and especially in a sense on that level – is what most quickly manifests and realizes into the experiential reality he is having. Not meaning to sound flippant, but "hell," the concept you usually hold it to mean, could only be populated for very long by masochists, by true masochists.

**Further Reincarnation**

Q: So I could go on to another plane and not be reincarnated?

B: You do not have to be. It is always a choice. Now, since you are here, I will assume you did choose to reincarnate at least one more time, into this lifetime you are in now.

Q: It’s not my first life?

B: No. There is, on the average, two to three thousand lives for every individual in the room, with regard to the particular Earth cycle you all have been involved in during the last 50,000 or so of your years.

Q: So why?

B: Why not? Because you chose to. Because you chose to explore the idea of limitation as it is being expressed on this planet. And to do so, you chose to manifest yourselves in many different lives; to explore all the different ideas of beingness you can explore in this society. Thus, you have been everything there is to be in your world at one time or another – sometimes more than one time. Everything! As this is now the transformational life, this life can be the last physical life you may choose in this cycle, since it is now over and turning into another cycle.

Q: I want to ask more about Jesus. I’ve been reading a lot on his last years, and I want to know about the period of time when the information was erased from the Bible. Did he go to India, and at what age?

B: There was the idea of travel to the area of India. We perceive that there was a connection at age 17 and also age 30, approximately, and also a connection in the area you call Egypt. In addition, there was the idea of many out-of-body experiences in order to travel to many different places other than those mentioned. Do recognize that what the being was allowing himself to know was his own Godhood, his own Christ consciousness. And he was simply reflecting to you that you can do it too.

Q: When you repeat exactly what he said, that reveals the whole thing: I am the way, the truth, and the life.”

B: Yes, it is self-evident. You see, that is why we are suggesting you do what he did, and not simply follow him. For if you follow, then you wind up saying, "He said this; he said that," rather than repeating what he said and feeling the vibration within yourselves for what it gives you.

Q: We are the ways, the truths, and the lives.

B: Yes!
The Self

Q: I want to go back to Guardians Angels or Higher Self for a second.
B: All right, have a good time. (Audience laughter)
Q: Why does the Higher Self send down the lower self to learn a lesson that the Higher Self already knows? What is my misperception here?
B: Oh, thank you. The Higher Self does not send down a lower self. The idea is that the Self creates an idea and the idea automatically determines that it will be split into components that can experience what it wants to experience. Only in a universe of limitation, of forgetfulness, can you experience many ideas you cannot experience in a universe in which you do not forget who you are. Thus, to experience certain ideas of limitation, you must create a portion of your consciousness to extend itself into the universe in which you can forget who you are.

Thus, the idea of a lower self is created instantaneously upon the desire to have a certain type of experience. It is not that the Higher Self sends a lower self, it is simply, by definition, according to the experience that is desired, that these ideas of separations are created. You follow me?

Q: So I’m now in the realm of limitation and I’ve cut myself off from the true knowingness because I’m limiting myself so that I can experience...
B: But you are still within true knowingness, for what you want to learn you are learning. And in this way, you have not cut yourself off for the conduit is always there. Now this is the transformational life, in your terms, you are at the ending of a multi-thousand year cycle in which you have been forgetting, and now you are remembering. So you are re-integrating and becoming aware that you even have such a thing as a Higher Self.

Q: Do we use human aberration to learn these lessons?
B: Yes.
Q: And so is it pointless to try and get rid of human aberration?
B: You cannot get rid of it. By accepting and learning the lesson you simply no longer need that tool, and then it will integrate and smooth out. It is all of the fighting against what you have chosen to learn that continues what you are calling aberration. The acceptance of it will be the integration of it, the learning of it and the smoothing out of it.

Q: What does acceptance actually mean though? Let’s say I have something that was socially unacceptable...
B: Socially?
Q: embarrassing to me.
B: Then in this way you are learning the idea of judgement and that if it is something in this way that you can still learn from, then it is a lesson just as valuable and equal to any other lesson that you could learn. And you can also learn and have the opportunity from that, in terms of knowing how to express
yourself in terms that you prefer to. But do not judge any portion of yourself, for to judge it is to create it to remain.

Q: I understand the judgement, but what does one practically do...just go with the flow and just do whatever ones feels like doing?

B: Within your integrity, yes. Recognize that the idea of flowing within your integrity is simply recognizing that you are as powerful as you need to be to learn and create and do and be anything you want without having to hurt anyone else to do it. So there is no need for forcing; going with your flow does not mean the violation of others’ rights.

Q: But what if my mother wouldn’t like me climbing trees all day long because its socially unacceptable?

B: So what?

Q: And I feel like climbing trees?

B: Then climb them.

Q: But how does that not tread on her toes?

B: In this way, you simply recognize the opportunity to share with her the idea of what you are learning from it in that way, and offer her the opportunity to recognize that it is not interfering, in your terms, it is not forcing an idea upon someone. It is simply her choice to judge that the idea is something that she does not want to experience in that way. But obviously she has chosen to be with you, and if you are the type of being that wants to do that then, by definition, it is something she wants to be shown.

Q: Okay.

B: You follow me?

Q: Thanks.

B: You can work it out to an equality by granting each other self-empowerment and validity in each others points of view. Then you may simply find that you may not always want to climb a tree as often as you think you do if it is simply out of spite. You follow me?

Q: Yes.

B: When you come to equal terms you will climb your tree when it is exactly all right, from her point of view, for you to do so. And that will be the only time you feel like climbing the tree and vice versa. Whenever you choose to climb it will be the time that she feels it is all right for you to do so. You follow me?

Q: Yes, thank you.

B: That is the synchronous harmony that your entire civilization can become. Thank you.

The Self
The Sound
B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great. Fine. Etc…
B: Allow us to begin this interaction this evening of your time with the reminder that we have entitled this week’s interaction, "The Sound." It will come this time in a way that is a little bit different – in the form of what you call a story. Are you all in the mood for a story?
All right. Now, a portion of this story will involve a very brief amount of what you call audience participation. I will let you know when the timing is appropriate for that. All right? Ah, thank you.
And so, before we begin, snuggle up, or snuggle down; allow yourselves to become very comfortable, and relax. And recognize that we will, of course, be communicating with you on many different levels throughout this interaction. But for now, simply enjoy the idea of the sound.

It begins with a being – no particular place, no particular time – perhaps, much like one of yourselves, perhaps not. Similar enough. And this being one day heard – heard a story, a story that said: "There is a sound that can be found. And when discovered, can alter the very existence, the very fabric of space and time."

Well, this excited the being... a lot. And so the being decided to set out in search of this special sound, this magical sound, whatever it is. The being did not know, but would search anyway. Because the being was sure that when the sound happened, the being would know, would recognize it.

So off the being went, thinking, perhaps, first to itself: "Well, let me see. Let me think. Let me feel. A sound, a sound, a magical sound, where do you suppose such a sound would come from?"

As the being was walking, he ran into another being, which happened to have a friend along as well. And they said: "Well, good day. Where are you off to?" "I’m in search of the sound, the sound, the magical sound, most profound. When discovered it will change the course of space and time, and alter all of the universe."

"Oh, my! There is such a sound?" They said. "I have heard it so." He said. "May we search with you, for that sounds most exciting."

"By all means. I would enjoy the company." So now there were three. You know how we love threes. And so the three set off in search of the sound, the mysterious, mystical, magical sound. And they discussed among themselves, as they went: "Where do you suppose such a sound would be?"

One of them said: "Well, you know, there are many sounds that animals make. Do you suppose it might be one of those sounds?" And so they went into their forests and their jungles, and listened to all the different sounds that the different animals might make.

And they spent a lovely day, peering into bushes and under rocks and in caves. Climbing tall trees and forging broad streams, lying in the grass, listening to the small sounds and the large sounds and the sweet sounds. And some that were a little bit scary, but that’s all right, for they contained much power.
And they thought: "Well, perhaps in one of those is the mystical power that unlocks space and time and changes everything."

And they listened and they copied and mimicked all the sounds they heard that day in the jungle and the forest. And they got very good at sounding like animals. But none of the sounds – even though it allowed them to enjoy themselves and enjoy nature – none of the sounds seemed to strike that chord. None of the sounds, to them, carried what they at least expected or thought the sound ought to be.

And so they discussed once again among themselves: "Where do you suppose this sound could be? We have listened to every animal that there is – both large and small, both fast and slow, in the air and the land and the water. We have copied all the sounds they could make; and yet we have not found that special sound. What do you suppose it could be?"

They discussed among themselves, sitting in a meadow, and another of them said: "Well, do you suppose the sound might be in another land? There are many different cultures, and different cultures might make different sounds. Maybe we ought to travel to far distant lands to discover sounds we have never heard in our lives."

And so they traveled around their world. And wherever they went, they were met with most exotic sounds, fascinating, vibrant, different sounds – different types of speech that any individual might make. And while they found it most educational and most fascinating – and did excel in many different types of communication – they still did not find that sound, that one special, mystical, magical sound.

"Most illusive," they said. "Most puzzling." And they returned to their own land. And did ponder once again: "Do you suppose there really is no such sound? Well, there must be," they said. "There must be. Why, why, why would someone have created that idea, if it were not something they really felt, something they had discovered once upon a time for themselves."

"The idea in our imaginations must exist. All we need to do is call it forth – somehow, somewhere, somewhen. That sound: it must exist. I know it is within our hearts; I know it is within our minds. But where, where, where may we find it, so that we may experience it with our ears, with our beings? Where, where, where is that sound that changes so much?"

The third one said: "Well, do you suppose the sound itself might be in the things of nature itself, around the very structure of the physical reality? There are many different substances in nature; and they all make different sounds. Do you suppose it might be one of those?"

And so they scoured the countryside, picking up different kinds of rocks and banging them together; and scraping against trees and splashing in water, and of various liquids, and of swishing things around in the air. And they experimented all the next day long, making every sort of ringing and clanging and clapping and banging and slapping and smacking sounds that they could.

And by the end of that day, they were very tired. And also, to some degree, a little bit dejected. "We have explored all the sounds animals might make; we have visited all the cultures in our world; we have tried and tested all the substances that nature has to offer. We have not discovered that most mystical, magical, elusive sound."
And so they sat down back in their meadow. And they pondered, and they pondered, and they pondered. And none of them could come up with another suggestion. And so as they sat – all at once, all at the same time – here’s where your part comes in – they all took in a very deep breath...

And all at once, let out this sound: "Aaaahhh".... (the sound of a deep, satisfying sigh) "Oh, my! Oh, my! Let’s do that again! ... Aaaahhh... “Oh, my! Oh, my! Once more to be sure! Aaaaahhh... That’s it; that’s it; that’s it," they cried. "The sound we have been searching for, far and wide. It is the sound that alters the very perception of things. It is the release, the flow of energy. It is, in that sense, the willingness to allow wherever you are and whenever to be."

The place, the time, the sound, it is within us, they discovered. It is the release, the rush. It is the floating gentility. It is the trust, the trust. That is the sound that changes all things, that alters space and rewritestime. Everything in the world – the very structure of the rocks – looks different when you release and be who you are, when and where.

The sigh, the sigh: the sound of the taking of responsibility; the sound of the acceptance of the time in which you exist. The sigh, the sound of being comfortable with who you are, the sound of relaxing into yourself.

"We have found it; we have found it; we have found it!" They sang and sang. And were filled with much joy. And they did, from that day forward – anytime they felt that they had created a situation that was a little bit too far, a little bit too slow, a little bit too fast, a little bit too close – they did remember the sound that changes everything.

"Aaaaahh!" And breathed it in; and breathed it through; and breathed it out again. And were whole and centered and fresh and alive. And all it takes is one little sigh... The beginning.

We thank you for allowing us to share this little tale, little perspective, little dream. We thank you for your co-creation in this way. We do remind you that this is the season for stories. And as we have said, next week of your time, we will share with you – because of your season – our version of a ghost story.

At this timing, in exchange for the gift of the consciousness that you share with us; in exchange for the willingness to function as representatives of your society, and allowing me to function as a representative of the respective societies of the Association of Worlds, I will ask you now, how may I serve you?

The Sound

5
Q: Was the Sphinx originally a cat?
B: It embodies catness and humanity. It is itself a symbol of the link...
Q: But the Sphinx itself – the face has been changed so many times and redone...
B: Nevertheless it is still the idea of the connection of two forms of consciousness to form a third.
Q: That was its original design?
B: In a sense, yes. Not that it was “a cat”, you understand. It was always a blend and a combination, but not always of what you would recognize as a human face. Nevertheless, it has always been the symbol of the bridge and the link between Earth and the stars.
THE SPIRAL

The spiral is the activation principle of the manifestation of one reality into a dimensional frequency. In other words, there is structure and there is action - there is manifestation. A spiral is the energy representation, a mathematical representation, of idea into solidified reality. It is the activation energy. It is, in a sense, solidified emotion. Another way to describe spiral energy is as if you were looking at small vortices that fill what appears to be empty space, and connect to other dimensions of reality. What appears empty to you, what appears silent to you, actually contains the most energy, the most reality, the most information and sound. That is why becoming still, becoming silent, becoming quiet, taps you into the highest amount of information and energy. Because things that move at infinite speed seem to be standing perfectly still - because they are everywhere at once. When you become perfectly still you will tap into infinite energy, infinite information.
The Spoken Word
Q: I’m very curious about something...
B: Oh good.
Q: . . . and I would like to reflect with you for a moment on, what I guess I’ll call, the power of the spoken word.
B: All right!
Q: And I was wondering, now that we’re going to be transitioning from third density into fourth density...
B: Speak up!
Q: . . . third density into forth density...
B: Power of the spoken word and all.
Q: (laughs) Thank you.
B: All right!
Q: I can’t think of how best to say this, but, um...
B: Best? The way you say it will be the best way for you to say it.
Q: It seems to me that our language is going to become very important. Our choice of words is going to become very important.
B: In a sense, although you will also find that you may need language less.
Q: Well, what I was wondering also is that you say on your planet you communicate telepathically.
B: Yes.
Q: Well, um, this might be an allegory, but like in the Bible where it says, "and God said let there be light, and there was light."
Q: There was obviously no one else there, so he didn’t have to use spoken word, so I wonder, do you use spoken word to manifest?
B: It is the idea of vibration. Vibration is what you are referring to in your Biblical literature as the word that was spoken. It is the recognition that out of the primal, fundamental energy every material universe is the product of a variance in the vibration of the primal, fundamental consciousness. The vibration of consciousness is the word of God.
Q: So you don’t use words at all, ever, to like, in a ritualistic form, or words to help manifest something, or is it necessary, or is there anything to that? .
B: It is not in this way necessary. You will find that, for the most part, the only remnant utilization that our civilization now finds for the language we once had may be simply for the enjoyment of, what you call, singing. But in this way, it is mostly vibratory, integral connections from one consciousness direct to another.
Q: So then it might be not so much our choice of words as uselessness, like too many. Being wordy when it’s…
B: Perhaps.
Q: down to essential words...
B: It is not that your choice of words cannot assist you in this way, for many times you will realize that while you think things are happening to you in your reality unconsciously, if you would but listen to the way you say things, you will understand that they do, very often, reflect the way you do believe things to be.
Q: Yes. Right.
B: Therefore, when you begin to listen to what you say, you may recognize that your choice of words is a symbolic reflection of your choice of vibrations.
Q: Yes, I think I have been consciously correcting on that procedure. What I say, and listen to what others say, and how they say it, choice of words gives you an idea of where they really are at that point.
B: Yes, but recognize that while you are listening so intently to the words, you are also feeling them out, which is more of a telepathic idea.
Q: Okay so...
B: Do remember that telepathy is emotionally activated.
Q: Empathetic.
B: Yes.
Q: Okay, thank you very much.
B: Thank you!
The Strength to Love

Q: Yesterday on the news, although I didn’t see it, one of the major terrorist leaders of the world came on with a suit and tie and said, very calmly, that they were going to target Americans, specifically the United States, and then Europe. And, um, from your perspective, what will be the way, what would be the suggested way, to approach an individual like this?

B: Now you can understand that our perspective will always be one of unconditional love. And as we have said, you can SUGGEST, as we dictated in this way some time ago, the idea that you can express to them that you know they have killed, that you have killed, and that you have both discovered together how easy it is for you to kill. ASK that individual, and ask yourselves, if you have the strength to love each other? And in this way, allow yourselves to recognize that it is ONLY a belief in your innate POWERLESSNESS that says you must FORCE your opinion on someone else.

An individual who believes in what they believe in, who believes in the idea, the philosophy, then recognizes that, if they have true belief in their philosophy, they do not need to force that philosophy on anyone, for their innate recognition is that the philosophy stands for itself, speaks for itself. And if you find any individual or any country or any group of individuals finding that they must FORCE their philosophy on someone else, they obviously do not believe in that philosophy themselves. For anyone who believes in something in that way, will simply know that it will always stand on its own merit. This is not naive. You follow me?

Q: Yes.

B: You can discuss with this individual the idea of taking back their power, you taking back your power, and recognizing that you ALL REALLY ARE AS POWERFUL as you need to be to have anything you desire, without having to hurt anyone else to get it. Otherwise you are saying you are in fact dependent on everyone else for your reality. You follow me?

Q: Yes, that’s the conscious recognition that they’re willing to accept that they, in fact, do recognize the idea that individuals do not need to conform to a specific…

B: If you wish to be, quote/unquote, pragmatic about it, you can allow them the analogy that THEY are the sole and single strongest support for what they are fighting against. For when they feel that they are being oppressed and they retaliate in a violent manner against a so-called oppressor, they only give the so-called oppressor that much more reason to become that much more oppressive. You follow me?

Q: Sure.

B: They are attempting to fight, in their viewpoint, a RAGING FOREST FIRE of oppression, out of control, but they are fighting it by throwing sticks at it, feeding it. You follow me?

Q: Sure.
B: In this way they can simply recognize that THEY, *paradoxically*, are the single most strong *foundation support* for any oppressive regime – for it gives the oppressive regime an excuse to tighten its grip. You follow me?
B: Totally. Yes, thank you.
Q: Thank you. Sharing!!!
The System

Bashar: What would you rather be doing than what you’re doing in life?
Q: That’s the confusion, because I’m a teacher right now.
B: Yes.
Q: I love teaching.
B: Yes.
Q: The challenge, in terms of what I face, what I can give to the teachers, to the children, is there.
B: Yes, and what are you learning by teaching?
Q: The thing I’m learning is that there’s so much change that’s needed.
B: Yes.
Q: In terms of how to be a true teacher, how to ...
B: Does this frustrate you?
Q: It frustrates me because the system is totally the opposite.
B: Ah, the system! Here is where you are getting to the crux of what you are experiencing. You are railing against the bars, beating your body against, what you perceive to be, a series of prison bars and a structure that you feel you are fighting against. Stop. You are your own system; only you. You will make a difference, but stop feeling like you have to change the system. Just BE who your are, you will be your own alternative system that will still be standing when the old system crumbles under its weight. It is not about changing the system as it is. It is about allowing yourself to be in position to take up the slack when it can no longer survive. You understand?
Q: Yes.
B: So, create your own reality, your own system, your own universal understanding that it is not about being frustrated, it is about being creative. The frustration is simply you buying into the rigidity that you say you are fighting against. So, the idea is to relax and allow the system to be translated differently as it passes through your creative expressions that you share with your charges. Do not feel that you are straight jacketed by the system. Become even more creative and allow yourself to know that you are transforming it, as it is expressed through you. Be creative, not frustrated, you follow?
Q: Yes.
B: You would never have chosen to be in a circumstance of this nature, were the system in that sense, truly more powerful than you are. You are the system, and that’s what you really need to understand –
many of you need to understand this, instead of fighting against, fighting against, fighting against. The idea is to understand that you have to become transparent as glass, and allow the energy to pass through you that doesn’t belong to you, in that sense. And know that by doing so, nothing will stick that has nothing to do with what it is you need to be about, in terms of your business, your healing, your sharing, your creativity, your service. Do you think you can hold on to that image as you teach, and allow the idea of anything that doesn’t belong to you to pass right through you, instead of choosing to buy into it, and turning it into frustrated and blocked energy?

Q: Yes.
B: Do you think you can?
Q: I know I can.
B: Well, thank you so very much. Does that help you then?
Q: Yes, it does. Thank you very much Bashar.
THE TESSERACT AND REMOTE VIEWING

Questioner: When you were talking about the remote viewing...
Bashar: Yes.
Q: ... and being in that paradox, then...
B: Yes.
Q: ... the tesseract, and going into the other parallel realities and all of that, then...
B: Yes.
Q: ... I am feeling, as you were talking about all this, that this is similar but somehow a little different?
B: Well, it is a particular or specific manifestation or one particular modality of expressing paradox in a geometric form.
Q: Okay, but how is it similar to the viewing? I get that remote viewing is then very similar to it, but going into the tesseract...
B: It is a matter of perspective.
Q: Perspective.
B: Angle. So in this sense, the tesseract is representative of different angles that allow you to peer into different realities, even though it all seems to be the same box that you’re looking in.
Q: Yes.
B: Again, it is holographic, in that sense.
Q: So, it’s the same as remote viewing.
B: It is one way in which remote viewing can be experienced, because it is another analogy of the same technique. And that is simply shifting frequency, changing the angle of view, to allow yourself to see what is actually "here," that you heretofore thought was actually "there." The box, the tesseract, the hyper-cube, is one way to geometrically express another technique for understanding that everything you thought was there is here.
Q: Right.
B: So, in that sense, it is or can possibly be used as a catalyst for the concept of, what you call, the experience of remote viewing.
Q: And if you’re doing it from the zero point energy, which is here and now...
B: Yes ... well, in a sense, if you’re really doing it from the zero point energy, you don’t even need the tesseract; because you’re at the zero point where everything is.
Q: Yes, okay.
B: You follow?
Q: Yes.
B: Zero point is yet another idea.
Q: Right.
B: Does that help you?
Q: Yes.
All right, I’ll say good day to you at this time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing this interaction, and this transmission to take place, in this manner, and through this gateway, and at this time. Once again, each and every time you allow such a transmission to occur, it affords our civilization an opportunity to experience that many more facets of the Infinite, through the unique expressions and perspectives that each and every one of you have chosen to be. So, we thank you for this gift of exchange.

We would like to begin this transmission, this day of your time, by recognizing, in honor of your calendar date, the idea that your civilization places behind the number thirteen. So let us discuss this concept as it exists in your collective, archetypal consciousness and explore some of the ramifications as to why this particular numerical value has been assigned such interesting qualities in your culture.

First and foremost, recognize that anything that has to do with numbers is connected to the idea, the recognition of, the sensing of, the perception of certain proportions and mathematical ratios in nature that represent certain vibrations, certain relationships. Thirteen, not only in your own culture but many cultures, not only on your planet but in other civilizations, is recognized as being a vibrational resonance that defines and represents a relationship between all that is considered to be of lower frequency, physical dimensionality and the higher realms of non-physical consciousness. Thirteen is a transition number, a transition frequency in and of itself, therefore, representative archetypically of a gateway, a doorway, through which and by which consciousness can connect to higher levels of awareness, higher dimensions of experiencing the frequency itself, the vibration itself, the relationship.

The ratio itself is something that is an energy that can be used when contemplated upon, when focused upon in meditations, or in a variety of creative ways to open very specific gateways and doorways within your own consciousness, physically as a person, and help you to connect to Higher Self, Oversoul levels, Spiritual realms, non-physical dimensionality of many different types and varieties. This is one of the reasons why, because of the definitions, the negative definitions, the fears that exist in many cultures in your society, why the number thirteen has been given such superstitious qualities, such fearful qualities, as if it is something to be avoided.

These meanings, these negative meanings have only been attached to this vibration because it is recognized, at least subconsciously or unconsciously, by many of you, that it is a connection to more rarefied realms of Spirit and awareness. Yet because, for thousands of generations, people on your planet have been out of touch with themselves, their inner-selves, their inner-life, their inner-light, have been out of touch with things of Spirit, mythologies have been built up around Spirit that makes Spirit and non-physical awareness seem to been something to be avoided, something to be feared. And so, in recognizing that the thirteen vibration, the thirteen frequency is a doorway through which connection and contact can be made, then because of the fear it has been labeled as something to be avoided,
something to be shunned at all costs, for it is known that to connect to that frequency will put you in touch with the inner realm self, in some senses, open yourselves to fear, to face and process fear. It is a processing number, a processing frequency that, when dealt with appropriately, can be of great aid and assistance in helping you process many of the doubts and fears you have within yourself. Thirteen represents, in many ways, the actual portal of the unknown; and as we have said many times, it is best to make a friend of the unknown. That is where you discover most of yourself, that is where is you find who and what you are, is in the unknown. That is where is where you will know who and what you are by how it is you act in the face of the unknown, so we would urge many of you, most of you, perhaps even all of you, in this time of your collective consciousness, of the date that you call Friday the Thirteenth, especially because there is another one coming up next month of your time, two in a row. So you have a month, a bracketed month, bracketed on each end by a Friday the Thirteenth forming a grander doorway, a bigger doorway, an amplification, a magnification of this idea. So, in the next month you have a golden opportunity, a golden proportional ratio opportunity to really explore all the ideas of all the things that the number and the vibration of thirteen can jolt loose, shake loose within you, and allow them to come to the surface. Fearing not, but using your imagination and curiosity to allow yourself to integrate those things you formally feared, so that you can become more than you are. Use this time and use this number, use this archetypal symbol as your key and your gateway to explore and discover the unknown self, and make that more of you. Make it known, allow it to be known so that you can become grander, bigger, more expanded, more accelerated, more aware of who and what you are and, thus, simultaneously more aware of what your reality can be in whatever way, shape or form you wish to contemplate this, in whatever way, shape or form your imagination wishes to use this idea. Do something, be it meditative, or creative play, or some artistic endeavor or expression, or music. Explore and play, now, for the next month with the number thirteen and allow yourself to absorb and transform all the symbology and superstition. Allow it to become something that can serve you, rather than something that would chase you back into the darker sides of yourself. Remember that your physical reality is a mirror, very realistically a mirror reflecting to you the strongest combination of ideas, beliefs, definitions that you have bought into. And so, take a moment to explore this unknown zone in all the creative ways that you can. We recognize that this superstition exists even to the point where many of your actual architectural structures, your buildings, don’t even have a thirteenth floor, so to speak. Although, of course, you know they do. So we would, as a suggestion, just to increase, amplify and exemplify the idea of exploration we are talking about, we would suggest that you actually find a building that was not afraid to label its thirteenth floor, thirteen. Or you go to a building that does not have one, and in some way, shape or form, in your imagination, find a way to go to the thirteenth floor. Play with that idea, because it is there, maybe in between twelve and fourteen, even though it may not be physical, it is there. Because so many of you have put so much energy on the idea of avoiding the thirteenth floor, that energy in your collective consciousness goes towards creating the thirteenth floor, at
least in non-physical, spiritual terms. So it is there, it can be visited. I would invite you, I would challenge you to go and find a thirteenth floor in a building that does not have one and see what kind of experiences comes about. You may not even find it physically; you may only find it in your dreams. Once you make an attempt, once you take the step, you may find yourself, in your dreams, all of a sudden on that thirteenth floor that wasn’t there physically. Or some of you actually, don’t be afraid, you may actually find yourself on a thirteenth floor that isn’t there, even if only momentarily; but that’s alright. There is nothing that inhabits the thirteenth floor that can hurt you, it is only the hidden portion of yourself. Thirteen represents all the things that you have taken and hidden in between the other floors of your consciousness. It is time now to find that thirteenth floor, make it accessible, once again, to the elevator of your imagination. So all of you over the next month, between this Friday the thirteenth and the next one, which by the way will be a full moon, Friday the thirteenth.

Q: Great!

B: And so you see how that amplifies and compounds the symbology, and explore the idea of what this means and what kind of discoveries you can make. Allow these here-to-fore unexplored hidden areas come to the light, to unfold and to be given some kind of physical manifestation, at least, to whatever degree you are willing to absorb and transform those hidden portions of yourself. So you may label this conversation, "The Thirteenth Floor."

We thank you for allowing us to share this idea with you, this day of you time. And in return for the gift that you are giving our civilization, in allowing this exchange to occur, through this window and in this way, I ask, in return, in what way may I now be of service to you?

Q: Bashar! Bashar! Bashar!
The Three Absolutes
5-12-91

We thank you once again for co-creating this interaction with our civilization in this way. We greet you on this day and would like to begin this interaction with the understanding of the concepts of what we will entitle the “Three Absolutes”. Many times in our conversations with you in discussing the variety of circumstances that exist in your lives, we realize that physical reality for you has for a long time been a matter of great limitation, overcoming barriers, and an incredible sense of overcoming inertia in allowing things to change from a direction of things you don’t prefer to the direction of things that you do.

Many of you from time to time find a great deal of difficulty in allowing these changes to occur. We have discussed many of the perspectives that will allow you to make the change, and we would now like to also discuss one other aspect about this concept of change in physical reality, creating your reality to be what you prefer it to be. We have discovered in our conversations with many of you that one of the seeming reasons why you create the difficulty for things to change is because when you’re raised in your society you are taught that many things about physical reality are Absolutes.

That they really can’t be changed, and you learn to take for granted after awhile, after many years of this teaching, over and over again these principles of rigidity, that these things therefore cannot be changed, that they are in fact the very foundations of your existence, and you do not even necessarily give yourself an opportunity to realize that they have an ability to be changed. Many times, when you lock into a particular belief system, what comes with that belief system, always, is a built in mechanism that perpetuates itself and does not necessarily even allow you to know that the system can be changed, prevents you many times from even seeing, from even being able to see the opportunities that you could act upon that would change the system that you are in, the cycle that you are in, the patterns that you are in.

Each belief system is self perpetuating, self reinforcing, and thus, that is why what is required to change systems very often, especially when they are that deeply ingrained, is the true leap of faith. That you simply take the step to make the change, whether you know how it will work or not. Many times, because of the rigidity of your system, that is the only way for many of you that you can actually see the changes that you desire to take the step, even if you are not certain, “where you are going to land”. You can always, once again, be assured that since every single belief system is just as real as any other belief system that, if you in fact, decide to make a change from one system to another that when you land in the new belief system the new one will be just as real, just as solid, just as self perpetuating, just as supporting, just as reinforcing as the system that you left.

That can be one way you can reassure yourself without necessarily knowing the specifics of the new system that will be there. That the new system will be there, that the new system will support you, in a sense, in the same way the old system did. Now, when I say “the same way the old system did”, I did not mean the same style, in terms of the details or the quality of life but that the same fundamental
mechanism will be there. The idea is that - what ever it is that you believe in most strongly, will be what you attract in your life as the greatest possibility or probability of manifesting.

That is the fundamental principle behind any belief system, behind any truth because all truths are true, **all belief systems are real**. **Reality is only what you believe it to be but your belief is what reality is.**

Again, we would like to remind you, and reinforce within the recognition of your consciousness that you are not a consciousness in physical reality. You are physical reality, physical reality is an expression of your consciousness. It is made of your consciousness and because of that there really are very few Absolutes in creation. Everything that you experience in your reality, even though it may seem to have a great deal of inertia, a great deal of momentum, a great deal of difficulty in changing its direction, they are not really fundamental Absolutes.

You may have given them a great deal of momentum and thus make them difficult to change and they may seem like an absolute because you have been perpetuating this belief so long, but they are not really Absolutes and are subject to change like any thought, any belief or emotion.

There are only, only three Absolutes in creation—just three. Number one is simply that: **you do in fact exist.** Number two is that: **the one is all and the all is one.** And, number three is simply: — **what you give is what you get.** That’s all there is to it. Every single circumstance, every single situation, every single reality, every single belief, every single dimension, every single being or consciousness in the totality of creation is based on these three Absolutes.

There are no more. You exist, the one is all the all is one, and what you give is what you get. Every situation is based on these. Primarily. Primarily the last one—what you put out is what you get back. It is the only law that determines what you experience in your reality.

In that sense you can begin to realize that part of the reason you are now exploring this concept of New Age awareness of your expansion of consciousness is that **you are beginning to realize that, you in fact have created everything that you experience in your lives. That it is really only made up of consciousness that you are, and that you really do have a say, you really do have a say in deciding how your life shall be.**

**Again,** we do understand that sometimes because of the way your society has structured itself, that it is very difficult from time to time, to ever be able to see the opportunity that may exist before you that will allow you to change your life. But ... I can guarantee that those opportunities are there and if you but allow yourself to go into the center of your being with absolute conviction that you can discover that opportunity ... you will see it ... you will be able to act on it ... you will be able to act on it with joy and excitement and you will receive the result that will only perpetuate, and accelerate, and escalate that joy ... that excitement and broaden your ability to see the future.

More and more of the opportunities that have always been there, but which your belief systems may not have allowed you to be aware of. That is the only thing that is going on when you learn something new. You are simply allowing yourself to see more of what is already known within you. You are seeing more
of yourself from a different perspective because everything in reality is you—everything is you. So when you make a change in your physical reality you don’t have to think about it as being a difficult idea because you are attempting to manipulate something out there that seems to have no connection to you.

All you’re doing is changing yourself, changing the concept of your consciousness—how it perceives itself. And when you do that, your physical reality being nothing but the shadow of your soul, it has absolutely no choice but to change along with the new concept of yourself. It is nothing but a mirror, you are only seeing your own reflection in your lives. And, again, remember, that your lives reflect to you as a self correcting mechanism, in a sense, to show you that you have a certain belief within you, so that if you don’t prefer that belief you can change it. The only way you can change it is first by recognizing that you have it. And, again, it is important to remember that once you actually are not locked into that belief any longer, the ability to recognize that you have a certain habit of pattern of belief system means that at that moment of recognition you are actually beyond, or above, or outside of, so to speak, that belief system and from that moment forward that belief system no longer affects you unless you choose to believe that it does.

Remember, once again, also that the so called habits that seem to come from the past, that seem to affect your present life—do not come from the past. If it seems that this is happening it is only because you are continually recreating, at any given moment in the present, the belief system that says that you are connected to something in the past that you don’t want to be connected to. You are creating your reality every single moment. It is always now ... always the present. You exist, you exist, you exist now and only now.

_The first Absolute, there is only now._ It is another way to say you exist only now. You create your reality only now. If you exist now this now will always be—you are eternal, you are infinite. You will experience this now in a variety of ways, from a variety of perspectives but it is always now, always present. You never exist anywhere or any-when ... but here and now, always present. You are the prime example of the first Absolute, existence itself. All of you are one, and the one is all of you and all of us and all beings in creation, and absolutely, absolutely the vibration you give off is the reality that you get. You are now learning more quickly, more easily how to see that this is so, how to get the reflection in your physical life that this is so.

This is what is of paramount importance to us now at this day and age in your civilization to assist you with the understanding of getting in touch with the specific elements in your consciousness that you need to be in touch with so that you can see clearly, consciously, quickly, effortlessly how to make the changes that you want to make. How to know that once you make those changes they will stick and to allow yourself with razor sharp precision the effortless knowingness that what you say goes because you are the only voice in your reality. Not that you can not have help, not that you do not receive unconditional love from All That Is, but you are the creator of your experiential reality and it is your
free will and your conscious recognition that creates what you experience. It is easy to discover how this is so and to see the results.

We thank you now for the opportunity to assist you in this way. We also thank you for the opportunity of being assisted by you in being allowed to see that many more ways that infinite creation has of expressing itself through your civilization.
The Titanic

Q: This week, the dive down to the Titanic wreck began – the wreck of the Titanic, which sank in 1912. And they sent down the camera, and they couldn’t find a gash in the side where supposedly the iceberg cut, and sank the ship. Have you any ideas of how or why the Titanic sank?

B: Still, in this way, our perception is, as reported, that they simply do not understand that there is not as broad an occurrence that was necessary as they think was necessary. They will find that a portion of it, in this way, is still buried in what you call the silt.

Q: Oh... and there is something that intrigues me about the Titanic. There is a phrase that “God went down with the Titanic.” What it meant was that the period up to the time that the Titanic sank was the longest period of peace in Europe since Roman times, and at that time man was very optimistic that he could solve all his problems with his new technology. But after the Titanic sank, just all hell broke loose. You’ve got the founding of the Federal Reserve the following year, then World War I a few years later, then the Russian revolution, and then the Wall Street crash and God knows what else. Is there anything sort of symbolic about the sinking of the Titanic that fascinates so many people, that you can talk about?

B: There are always many events, in this sense, that your mass consciousness, in recognizing the change about to occur, can use to symbolize the change in that consciousness. That was simply one of them.

Q: Okay.

Q2: Do you think that this could have been a past life experience?

B: For this individual here?

Q2: Yes.

B: Yes, I do! (Audience laughter)

Q: Yes! So... when I was “on” the Titanic, everybody was, like, moving around having a good time.

B: All right.

Q: Well, when the incident happened, I suddenly saw beneath the facade, beneath the illusion, that about fifteen hundred people were postulating death, and the rest of them were postulating notoriety.

B: All right.

Q: And it seemed that, at that point, the ship had no choice but to sink.

B: In a sense, yes.

Q: The ship seemed to be subordinate to the will of the people.

B: Oh, yes. It was your creation.

Q: Why would the ship be subordinate?

B: It is only a projection of your consciousness. It is made from your consciousness, it is an extension of you. So you voted... and decided... how to use that energy.

Q: I was out-voted. (Audience laughter)
B: In a sense, but in an overall sense you agreed to be out-voted.

Q: So... did the plans of the Federal Reserve System go down with it – or the plans to prevent the Federal Reserve System – go down with it?

B: We do perceive that there is some connection to this idea, but not necessarily in the way that you may think. One moment... (long pause)... let us say this: it is our perception, and our perception alone in this way, that not all that you may have thought was aboard, *was* aboard. And some of it has, in a sense, in your terms, disappeared into history. In the sense that it has been destroyed – but not by being aboard the ship.

Q: There was no sabotage, I suppose, you could say, in relation to that?

B: Well, to some degree, but not directly. There were things that were done that, let us say, were the sabotaging of ideas, to some degree. Although again, let us say that to certain minds, the event, as it unfolded to them, was fortuitous. For it covered up something that perhaps would have been discovered later.

Q: Fantastic, thank you.

B: Thank you.
Q: How do you designate points in space? In other words, what is your co-ordinate geometry like on Essassani?
B: Do you mean navigation?
Q: Sure. You’ll need to have some points in time/space to get there, how do you do that?
B: In this way, you will find that when we allow ourselves to isolate ourselves from the field of any particular universe, then in this way, all universes will become immediate. In that sense, they will take upon them the form of surrounding us within a shell, a holographic structure, a spherical structure, in this way. And you can, within that understanding, let us say, in a colloquial manner, choose the idea of a particular direction relative to the inner surface of that sphere that has been created around the ship. You can identify by frequency vibration, by fluctuations in the idea of the overall idea vibrational patterns.
It is, in a sense, equational. But always, in this way, it is equational relative to the understanding we have of ourselves as the universe. We are always the zero point. No matter where we are.
Q: That seems it would be logical for ease of calculation.
B: It is mostly the idea, not so much of calculation, but identification, in the manner that you would understand to be, identifying with something. In this sense, again, it is not so much that we pick out any specific point, but that we identify with the vibrational resonance of an idea. We scan, let us say, the flavor of the different universes, the different locales.
And in this way, what we identify with, what we identify as the vibration that we wish to be congruent with, we simply adopt as the vibration of the entire ship.
Q: And you’re there?
B: Yes.
Q: Wow! (Audience laughter)
B: Once we remove the isolation field.
Q: Okay. Which is mass... just like a gate?
B: It is, in your terms, an energy field that surrounds the ship and isolates it from any particular universe, so that it is in touch with all universes. We instill upon it, through the idea of the identification of vibration upon the ship itself, a new understanding of the property of its location.
Location to us is not a space in which an object exists; it is a property of the object. And if you redefine that particular property, then the object, by definition, must take up residence at the new location – automatically, instantaneously. Do you follow me?
Q: Yes, but how do you change mass?
B: Change mass?
Q: Yes.
B: We are not moving mass. We are re-identifying the idea of what the mass is. When you substitute a new locational understanding, when you remove the field, it will simply automatically, holographically, be where it needs to be – to be in synchronous harmony with the new identification you have given. Nothing is moving.
Q: Wow.
B: There is no traveling at all. It is re-identifying the idea of its location. Understand, all travel within time and space is travel within, but it is not really travel at all. Nothing is moving. Even when you walk through a room, it is only an illusion. You are not really going anywhere.
(AUD laughter) Do you follow me?
Q: Yes. Do you have, where you come from, do you have mass yourselves?
B: Yes, fourth density mass.
Q: So you have blood circulating...
B: In a sense, yes, we are, in your terms still fourth density beings in that way, in our physical expression. You would be able to perceive us as having physiological form, though it will be somewhat different from your own, not only in appearance but also in consistency.
Q: Do you die?
B: In a sense, we allow ourselves to simply, when we know the purpose of our lifespan is up, to exit in a sense – leave the body. And it converts into the energy of the electromagnetic field of the planet.
Q: Does time affect your bodies?
B: Very slightly. In this way you will find that the majority of the sensation of time that we create is for the purpose of interacting with other civilizations that are still in third density. We will experience some degree of the passage of time, so to speak, but more often than not, our experience will be of the timing of an event – the simple experience of an idea without regard to how much time has passed. We do not measure so much, in that way.
Q: Are you individuals or are you tied into a construct larger than yourselves?
B: Both. So are you. We simply allow ourselves to be conscious of it.
Q2: Could you explain again, what you were saying about only staying in one place?
B: Simply, the idea of any motion at all is an illusion. Since you are creating yourself from moment, to moment, to moment, to moment, you are creating the illusion of the continuousness of the idea of being here, then there. You could, instantaneously, be here, then there, without all the intervening moments, if you wish. It is an illusion that you need to take this step, that step, that step, that step, that step, that step, and so forth. You can simply create yourself to be here – then there.
Q: But that movement here would...
B: It is a definition of a re-arrangement of energy, which is a vibrational pattern, which is something that comes from your consciousness. All physical reality is a symbolic illusion. You create it to seem solid because that is the illusion you desire.

Q: The ultimate speed is being there.

B: Yes. Understand that when you are at infinite acceleration, when you are everywhere at once, the feeling is in the sense of standing perfectly still. Do you follow me?

Q: Yes.

B: It is more, if you wish to say, putting it in more colloquial terms, in terms you understand it – although it is still not in this way an accurate analogy – but you can understand that it is not so much that you go anywhere, it is more that the universe comes to you.

Q: Thank you.

B: Thank you.

The Universe Comes To You
"You know that no matter how well you plan, you’re always in the unknown. So it might as well be a place to enjoy because it’s the only place that exists."
All right, I’ll say good day to you, this day of your time, how are you all? Once again, we take this opportunity to thank each and every one of you for allowing this communication to occur, though this particular window, and in this way, and on this day. Once again, each and every time your civilization allows such a transmission connection to be made, it affords our civilization many more opportunities to experience that many more facets of Infinite Creation, so we thank you for this gift of sharing. We also thank you for the idea of what you call, the honoring.

We would like to begin this transmission, this day of your time, with a concept entitled, "The Visible and the Invisible." And in furthering some of the recent discussions we have had, with several of you regarding the concepts on your planet you call Tao and Zen. We remind you, as it is noted in many of your Zen sayings, that it is the invisible portions or attributes of those things that are visible and tangible that very often are what allow those things to be useful, to have purpose.

As it states in many of your Zen sayings, you have a pot, a cup; it is the space within that you use. You have a house with rooms, there is a structure, but it is the space within that you use. Thus, as stated in your Tao, you have structure, but it is the nothingness that makes the structure useful, it is the emptiness that makes it useful. The invisible concept that gives form, in a sense, its meaning, its purpose.

So too, then as you have, as a society, for a long time considered yourselves to be focused on physical reality, but are now becoming also simultaneously focused on non-physical reality, that what you call the Spirit, the Soul, the Mind. Not in any way, shape or form taking anything away from the physical, but there is now more opportunity to appreciate the blending, the integration, the amalgamation of the understanding of how important the emptiness is, the nothing is, or the invisible or what appears to be nothing at all is. For without the nothing there cannot really be something.

As cryptic as this may sound, it is pragmatically testable, as we have already indicated. Your cups, were they solid objects, would fill no purpose. Your houses, were they solid objects, would have no room to live. The idea is that you as a so called solid physical being must have the empty space, must have the invisible component in order to really be whole and complete, in order to find purpose and meaning within yourself, in order to connect to the Infinite; for there really cannot be infinity within the idea of finite solidity. There must be the nothing in order for infinity to exist and augment and accentuate that which you perceive as something. Therefore, when you appreciate your flowers, your trees, your animals, your world, each other, by all means revel in what you can perceive, revel in the something that appears before you, to your senses. At the same time, look deeper into the nothing that gives it its vitality, its vibrancy, its life, its being, its essence. Look into the infinite depths of that which is not apparently there, in order to more fully appreciate that which is apparently there. This is the paradox of looking and the paradox of the marriage of the visible and invisible; that which is not makes all the more beautiful that which appears to be.
We thank you, thus, then for allowing us to share this idea, this perspective, this day of your time. We thank you for what you call your birthday greeting. And in return for the gift that you are giving to our civilization now, I ask, in what way may I and my world be of assistance to you?
Q: Yah, Bashar. Could you say something about densities?

B: Densities, all right. Now this is, to some degree, simply a colloquial terminology for what you have called dimensions of experience. And all it really refers to is different frequencies of existence—a different density, a higher density, being a more accelerated frequency, a less material frequency.

But we will also say this about the idea of densities and your transformation through them, your acceleration and graduation through different densities. You, as a planet, are now going from third density to fourth density. And what this basically means is that fourth density is the last level on which you can experience yourselves in an accelerated state and still remain physical.

Our civilization is going from fourth density to fifth density, which is a non-physical state. And above that, in your terminology, (are) non-physical states. Up to and including seventh density, and then you go to an entirely different octave of dimensional experience, for which right now there aren’t very many words to describe it accurately in your language. And even we are only beginning to explore that idea.

However the idea itself of going from level to level, density to density, is-now pay attention!—is the process of realizing that you actually are the dimension itself that you previously thought you existed in. One more time: you now exist, you think, in a physical universe.

Your fourth-density transformation is when you begin to realize you are the creator of your reality. And what that means is: physical reality is your expression, is your projection, is your creation; that it’s actually made of you. That you are actually it; that physical reality is you.

When you really realize that, you then see yourselves literally as the dimension of experience that you previously thought you were only a component of. And that’s how it is for every level. You begin to realize you are the dimension itself that you previously thought you were only a part of.

And here’s the wonderful paradox of the whole circumstance. Each and every single one of you, as an individual, will experience yourselves becoming the whole dimension. Each of you will think that all the other consciousness you have seen as individuals are being, in a sense, absorbed into.

And you will have the same experience, because the universe is holographically structured. And that simply means that any point of view can exist equally everywhere within creation. And that all points of view are all relevant, in that sense, and all true. Each and every one of you, and each and everyone of us, and all beings within creation—to put it in this following way, all beings are all the different ways that the infinite Creation has of looking at itself, of experiencing itself to be.

Every being, in a sense, can be called a God-thought, one of the ways that God has of thinking of itself, of expressing itself, of experiencing itself. And so here you are—being God manifesting as physical
individuals, with individual personality and individual identity. That’s one of the ways the infinite can experience itself.

And so here you are. There are an infinite number of ways, an infinite number of ways. There is no end to the growth; there is no end to the transformation. And the idea of going from level to level and density to density, as far as at least we can tell, will never, never, never end. Does this answer the question sufficiently?

Q: 

Yes, thank you.
Theology Class II Monologue
B: All right, I’ll say: I greet you all this day of your time, as you know time to exist. Before we begin our interaction, I would like to lay down a few foundations between us, so that there will some commonality, some common ground for this interaction – in terms of who we are to you and who you are to us.

So before we begin, allow me to say the following thing. Our perception of existence is as follows: we perceive generally that all things that you would call material things will be made, as you already know, of energy vibrating at different frequency rates. The idea is that these frequency rates will determine whether you perceive something as material or not. Many of you already understand this on a fundamental level within your own dimension of experience. But from our perception, the different dimensions themselves are the product of variations in frequency, in pitch if you will, of the primal energy of existence itself.

The idea therefore is that different beings, different consciousness, will exist at various frequency levels – various planes, various dimensions, as you call them, of existence. And that all of these dimension, all of these planes, all of these levels of reality, will coexist simultaneously with each other – in a sense, shall we say, overlapping, interpenetrating each other. But from one dimension to the other usually they will be imperceptible to one another because of the variation in frequency.

An analogy that we have used to explain this idea many times on your planet is what we have called the radio analogy. You have on your planet a device you call radio. You know that you can perceive many different programs coming through the radio at any given moment, but you also know that you only perceive the program that your dial is tuned to. Now, this does not mean that all the other programs are not there. You know that all the other programs that are being broadcast to your radio are all there simultaneously. But because they are on different frequencies, you only perceive one at a time – that is, if your device is functioning properly, shall we say.

The idea, therefore, is that realities and dimensional planes follow this analogy in certain ways, and that you can perceive different realities, different consciousnesses, different existences, different realms, different dimensions. If you can change your frequency so that your senses, your perceptions, will be more aligned, more harmoniously linked with those other frequencies, then you can perceive them instead of perceiving the one that you have been taught for so long is the only reality in which you exist.

Each and every reality, shall we say, has its own barriers, its own limitations, its own definitions of what that reality is. And by definition, each and every frequency is going to be self-reinforcing. What that means is as follows: any reality will contain within that reality a system of reflective laws to reinforce the validity of that prime reality, as opposed to all other realities. If that were not so, there would be too much bleed-through from one reality to another; and you would not, as physiological beings, be able to make sense out of any one particular reality at any given moment.

So each and every dimension is self-reinforcing, and seems by definition to exclude all other dimensions of reality. There is a place, a state, an attitude, however, that bridges them all – a central limbo state in which your consciousness can be aware of the fact that there are an infinite number of realities all
overlapping in one particular type of here and now. That particular state is achievable by any being in any plane, in any dimension of experience in any given moment.

But achieving that state – the ability to perceive other dimensions, other planes, other consciousnesses – is usually a matter of attitude, perspective, belief system, of emotion and thought pattern. Because it is your belief systems, your emotions and your thought patterns that you have to explore your reality with. And through those filters do you perceive the reality that you have for so long believed to be the only solid reality.

Do remember that your senses – which by the way you have seven of, not five; we’ll get back to that in a moment – your senses are not so much the windows to the world that you have always been taught they are. They are filters that keep out a majority of the realities around you, and allow you to perceive only the reality you think you ought to be perceiving, or need to be perceiving at any moment, to allow you to function as concentrated consciousnesses as physiological beings. Were it not for those filters, as we have said, you would be experiencing so much bleed-through that you would not be able to function in any one particular reality smoothly.

Now your world is changing in many ways; this all of you know. One of the ways your world is changing in its conscious evolution is to be able to begin to realize that there may just be more than the one reality that you have always been taught is the only reality; that there may just be other civilizations, other dimensions of consciousness, other planes of reality. And because you are now beginning to consider that that may be possible, your belief systems, your emotions and your thought patterns are opening up, are allowing a little bit more of these other realities to, shall we say, leak in.

But these realities will only leak in at a rate that is comfortable for each and every one of you to make the best sense out of, for many of you of course will have to compare and weigh the reality you have always been taught is real against the new energies, the new perceptions that you are receiving before you will decide whether or not you want to incorporate those new sensings into the reality you have always been taught to believe was real.

It is all right if you take your time; that is up to each and every individual, up to each and every civilization. Your pace is your own, and whatever pace that is, is absolutely perfect for you. There is no rush; you are eternal beings. You are going to be around forever; you can take your time. It is up to you.

The idea, however, is that when a civilization begins to open up to the possibility that there may be other realms of consciousness, you begin to interact with those other realms of consciousness. Your willingness itself to believe that there might just be a possibility to interact with other beings in other dimensional planes is a type of invitation to those other beings. That invitation is answered, but answered – at least by us and the civilizations we are familiar with – in a very delicate way. We respect the idea that each and every civilization is discreet. We do not wish to interfere in the evolution that that civilization has laid down for itself.

Therefore, when we receive that invitation, when we perceive that a civilization might be on the verge of being willing to recognize that it can communicate with other beings, we approach cautiously. We, shall
we say, test the waters to see what degree of receptivity actually exists in that civilization. For there have been times in the past where civilizations were approached too quickly, and the result was quite detrimental – not only for that civilization, but also for the civilization that approached them. Therefore we are always very cautious about these interactions, to make sure – absolutely make sure as best as we can – that our existence, our ideas, our perceptions, our perspectives are never something that are forced upon you. That you understand that you are in every way equal to us in our eyes. And that we simply present you with a different point of view that you can decide whether or not to incorporate in your reality. 'Tis up to you.

We do this because it serves us as well. For the more civilizations that we are able to harmoniously interact with, the more creation is expanded for us, and the more we learn as well. We learn many things. First of all, in you we get to see how many more ways Infinite Creation has manifested itself, and this teaches us about all the probable ways that Creation could manifest itself. So we are always learning by these interactions.

To us these interactions are a gift. And therefore for that gift we thank you. And in return for that gift, we share with you our thoughts, our ideas, our perspectives, so that you can decide for yourselves what you want your lives to be. And so that you can choose, if you want to, to interact with us in all the ways that it will be possible to interact – in short order, as you say.

Now, the idea of your senses, the idea of your filters: more often than not you are taught that you have five physiological senses. The idea is that you call them your sight, your sound, your hearing, your taste and your touch. And you have two more physiological senses that you are only beginning to understand.

The reason that it has taken this amount of time for a majority of your civilization to recognize this is because the first five senses are, generally speaking, electrochemical in nature and are immediately apparent within your physiological form. The other two have electrochemical side effects to them, but they are also electromagnetic in nature.

The sixth would be called orientation, and it is connected to the idea of your orientation in space and time. Many of you understand – many of you have phrases in your language that say: you simply know where you are going; you have a sense of direction. You are oriented in space and time. Space/time, as you call it.

This is, in a sense, a sixth physical sense, and it is located to some degree within your sinus cavities, within what you call also to some degree your inner ear. It is hinged upon the idea of the substance magnetite that exists in your sinus cavity. And it is what many of you, and also the animal species upon your planet, use in order to orient and navigate themselves through physical space/time.

The seventh sense is discernment, vibrational discernment. This has been classically categorized by you as picking up upon another individual’s vibratory aura. The idea is also electromagnetic in nature, and is cellular in scope, and interpenetrates every single cell in every single atomic structure in your body.

The all-encompassing eighth sense of knowingness is transcendental, and does not really have an
absolute fix in physical reality. It is, to some degree, connected with the pineal gland, the idea of what you have colloquially called other glands in your system. But it is also transcendental in your non-physical consciousness as well, since first and foremost – at least from our point of view – you are non-physical consciousness to begin with. And you project a portion of yourselves as physical beings. This is, before we continue, the last thing I would like to talk about. The idea of your notion of yourselves as physical beings that contain a soul, or contain a spirit. From your point of view, this is accurate. From the way you have defined physical reality, this is accurate. And in no way am I invalidating that understanding.

Our point of view, however, is as follows. We do not have a physical body in which is deposited a soul, or a spirit. Your physical body does not contain a spirit, like some sort of a vessel. From our perspective your physical body IS your spirit, manifesting itself in physiological terminology, presenting a face in the physical definition of the reality in which you abide – that you yourselves have created with your very definitions, with your very belief systems.

As such the idea of changing your beliefs, changing your emotions, changing your thought patterns, does not bring changes in your physical reality down to an issue of mind over matter. It brings it down to an understanding that matter and mind are the same thing, that spirit and matter are the same thing. That all of the so-called differentiations you have discussed for thousands of years upon your planet are really discussions about the same thing: the primal energy of existence manifesting itself in all the multi-dimensional multitudinous simultaneous ways that it possibly can, by creating itself to be discreet and differentiated frequencies that you perceive as discreet and different planes of existence, or discreet and different material objects.

The foundation of all the things we will be discussing this day of your time will hinge upon this principle: that the reality you perceive around you is actually created from you; that it is contained within you. And that when you change your beliefs about it, your emotions about it, and your thought patterns about it sufficiently; when you change the frequency of the being you are sufficiently, you do see reflected back to you, in no uncertain terms, physiological manifestations of those changes – because your physical reality is but the shadow of your soul, the shadow of your identity, the shadow of your idea of yourself.

And that you can create the realities you desire if you can, in your terms, get a "handle" upon changing the belief systems, the emotional patterns and the thoughts patterns within you. You are, as you say in your biblical references, "made in the image of God.” Now the idea of what you in your society may call God, and what we may call God, may vary here and there in semantics and terminology; but it is basically the same concept. It is All That Is, one Infinite Creation that diversifies itself into many multitudinous transformational manifestations.

If you are made in the image of a multi-dimensional Infinite Being, then that means you are multi-dimensional infinite beings as well. At least that is what the phrase means to us. So when you say you are made in the image of God, understand what that actually means: you are the co-creators
the Infinite, the creators of your immediate reality. And as you design the filters of your senses to be, so you experience the reality you believe you are in. This will be the foundation of all the ideas we will discuss this day of your time.

At this time allow me to end, and to allow the interaction to begin. But first I will once again thank you for choosing to function as ambassadors and representatives of your society, for that is what you are. Make no mistake about it. For there are many, many, many on this end listening in. I thank you for allowing me to function as an ambassador of my society and communicate with you in this way at this time – so that it may serve the best of all concerned. In return for your gift of sharing; in return for your willingness to explore this idea, I ask you now: in what way may I be of service to you?
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Theology Class II - Monologue
Theology Class
11-17-87
San Jose, CA
No. 3

Q: If we are responsible for our own reality, and our reality is some kind of pain: does it end with death? And does your society experience death as we do?

B: Not similarly. We do, as you say, translate from physiological to non-physiological formats, but we do it with our eyes open-consciously-and simply translate our physical form back into energy and continue on, in a more expanded way.

Know (that) the idea of the generation of pain in no way, shape of form means it must culminate in what you call physical death. It can always be transformed, especially now in your transformational life, where you are beginning to be aware of the fact that pain does not have to remain. So the idea is that in our civilization we no longer experience the idea of pain.

Now, the ideas of pain—all pain: mental pain, spiritual pain, emotional pain, physical pain—all forms of what you call pain are, from our perspective, the result of resistance of your natural self. Pain is friction, to put it on a simple terminology. Resisting the natural flow of yourself as an aspect of the Infinite.

And usually this resistance occurs when, having been brought up in the society you have been brought up in, you have been fed, and bought into, definitions of limitation. So that in trying to live out these definitions that are not necessary representative of who you really are, you are going against your grain, so to speak. And going against the grain gives you splinters.

So the idea of going against the grain will stab you and create the idea of pain. In fact, pain is one of the ways that can function as a barometer to let you know when you are attempting to swim upstream. It can be used in a positive manner in that way.

The idea goes hand in hand with the concept that we have discussed with your society many times as follows: Excitement—what you call the physical sensation, or the knowledge, the knowingness, of yourself that is translated as excitement, is your physical translation of the vibratory energy that represents the path you chose to be at that moment of your life.

So when something excites you more that anything else, that excitement is there to tell you three things. First: this is who and what you are. The circumstance and the situation that comes into your life at any given moment that excites you more than any other is letting you know: "this is who you are; act on it."

You see, excitement is the sign that many of you ask for.

"What can I do in life? Why am I here? What is my purpose? What is my mission? Give me a sign!"
"Hey, look over here; here’s a very exciting thing you could be doing!"

"Don’t bother me now; I’m looking for my purpose. I’m too busy searching for my mission in order to have a good time." "Hey, look over here! What about this exciting thing?" "Not right now; I’m looking for my mission in life."
But you see, the things that come with excitement are the answers, are the signals, are the signposts; that’s what excitement is. It’s tapping you squarely on the shoulder saying, "this is what you want to be doing right now."

The reason it excites you is because it is aligned with the idea of who you are; that’s what excitement is. The second thing it tells you is because it is who you are; it will be the thing-if you act on it with trust and conviction-it will be the thing that can be the most effortless thing you will ever do, because it is who you are. You are being yourself.

And so of course it will be effortless. The only time you have struggle is when you're trying to be someone you’re not-again fighting the flow, buying into the definitions of what the other individuals say you ought to be.

The third thing that tells you when a situation comes along that is more exciting than the other is: this is the thing that if you do it, will support you in the most abundant way to allow you to keep doing it in a more expanded, ever spiraling expanding way.

One: excitement tells you it is you. Two: it tells you that because it is you, it will be an effortless creation. Three: it tells you that because it is you and will be an effortless creation, you will be able to attract the abundance you need in what ever form you need.

And understand that abundance is just more than money. What you call on your planet money is one of the valid ways to represent abundance, but it is not the only way. There are many ways. So let us add one more definition.

Abundance: the ability to do what you need to do when you need to do it. Period! That’s all abundance is. Two individuals-one in your terms with more money, one in your terms with less money-if they are both capable of doing what they need to do when they need to do it, they are equally abundant because that’s all that matters to them. And that’s the level they have defined themselves to be. If someone has a more expanded idea of what it is that excites them, then perhaps they need more symbols of abundance to flow into their life to represent what it is they are.

If someone simply has an idea that is sufficient to the symbols of abundance that are already in his or her life, then they will still be able to accomplish it as smoothly, as effortlessly and easily as anyone else.

So the idea, fundamentally, is that any time you feel pain, you are basically ignoring-either because that you have been taught to ignore, or because you do not believe that you can deserve the ease of creation-but you are basically ignoring the thing that really excites you the most.

And when we say, "the thing that excites you the most," We do not mean you have to have, at this particular moment, an idea of the thing that will be the most exciting thing you will ever do in your life.

No. Take it a step at a time.

At any given moment, whatever it is at that moment-if you honestly assess all the things you are capable of doing-what ever it is at that moment that is the most exciting thing you could be doing, that you have the capability of doing something about, do it! It will align you with all of the flow of Creation, and life will be effortless.
This is actually what is meant in your society by the term surrendering. You’re not actually giving up your power; You’re actually flowing in complete accord with your power. But because it seems effortless, and because your world is used to thinking in terms of things being under your control if they require an effort, then you don’t think you’re in control when there is no effort.

And so you create this idea that you are giving your power up to a greater force. In a sense, yes; but not really. You’re actually taking your power, owning your responsibility, when your life is effortless. That means you are going with the flow of who you have created yourself to be specifically and what you were created to be generally; an aspect of the Infinite.

Is this making some sense to you? A great deal. So you can always transform pain by finding out within yourself, "what is the definition I have brought into that would create the pain to begin with? What must I believe in order to have this pain reaction?" When you get in touch with what the definition is, rewrite it! And then act like you believe the new definition is now more true than the old one.

And as soon as you do, your life will be representative of the new definition. Because your physical reality is always the product of what you hold to be the strongest truth, the strongest definition. That’s why there really isn’t any "the truth!"

There are only a few fundamentals that could be called the basics of existence that are common for everyone; but there aren’t very many of them. All the specifics are your creation. And the ones that seem similar from one person to another are similar only because you telepathically agree to create them to be similar so you can all play the same game.

But there is no real "the truth!" in specifics terms, against which to measure other truths for their validity. "The" truth is composed of all truths. And all truths are actually real.

Any definition you have at any given moment generates a self-perpetuating, self-fulfilling, self-sustaining, self-fulfilling automatic system of manifestation to support the definition, and make it seem as if for that moment it is the only true thing. Because every reality is real; every perception is a reality.

Your imagination is the gate, the library, to all probable realities. You cannot imagine non-existence. Whatever you imagine is, on some level-somewhere, somehow, somewhen-real. And there are various ones that can be manifest in your particular dimension. Yes, there may be some that are nonetheless real.

So the idea is to get a handle on what are the definitions that have created your experience? And if you find there are definitions you prefer, maintain them.

And if you find there are definitions you don’t prefer, change them. That’s what you have free will for.

Does this help you?

Q: Yes. Thank you.

B: Oh, thank you very much! Sharing!
There Is No Reality Aside From Your Definition Of It

We have discussed, quite a few times in these conversations with each and every one of you, the notion of what it takes to change your reality, to be what you want it to be. We have discussed in great detail, from time to time, the tools that are necessary for you to be able to consciously apply different ideas to your belief systems and your reality, in order to affect the changes that you desire and to allow them to remain in your lives.

We have talked about the idea of how important it is to get in touch with this idea of definitions and beliefs, for those are the things that actually determine what you experience your reality to be, on a day-to-day basis. And we have talked about the idea of motivation; that at every given moment you are choosing whatever it is that is your behavior; whatever it is that is the reflective experience that is the result of your behavior. Choosing these things – motivated to choose these things based on the strongest definition that has been entrained within your consciousness since childhood.

In other words, the strongest belief you have about what is possible in reality, or lack of possibility in reality, is what motivates you to choose the kind of paths, the kind of behaviors, to make the kind of choices that you do in life and thus, get the kinds of results that you get.

The idea we have discussed also, from time to time, is that in getting in touch with the definitional belief systems within you that may be responsible for the realities you are getting, that you don’t prefer, and in discovering what definitions you would prefer to replace the old definitions with, so as to create a new reality more in keeping with your preferences. We have not gone into great detail, though we have mentioned it from time to time, about exactly what happens in that threshold between recognizing the old belief, and transforming it into the new belief.

There is a threshold that is crossed. In talking with you, we find that many of you feel there is difficulty in going from the old belief to the new belief, in the sense of, as you say in your language "making the new belief stick." Many times you say you seem to go back to choosing the old way, the old belief. You cannot bring yourself, for some reason, to simply allow the new belief to seem as real as the old belief. You cannot find yourself being motivated strongly enough to allow the new belief to maintain itself, to be in force. Because you are in such a pattern, so familiar with the old belief, that you seem more naturally to simply gravitate back to that particular style, instead of being able to allow yourself to continue to choose the belief you say you prefer.

The idea of assisting each and every one of you to allow the new belief to be easier to choose, so you won’t necessarily feel that the old belief has any more power than the new belief, is to understand exactly what is happening when you cross that threshold from old to new definitions. That threshold is not just a line that you cross. It is a place, in and of itself. It is an energy, in and of itself. It is a reality, in and of itself. Most importantly, it is the recognition, in and of itself, which you need to have in order to understand why you can allow the new belief to remain in force just as strongly as the old belief is.

This threshold, expanded from the notion of just a line that you cross, is expanded into an actual place
you can occupy, that you can actually spend some time in. You can spend time in the crossing place, in the crossing point. This crossing point – and why most of you don’t realize that it is a place to actually spend time in – this crossing point is, by its very nature, the UNKNOWN, the unknown itself.

It is the recognition that there is no reality aside from what you define reality to be. And this is why, very often; you miss it, and jump over it so quickly – because it doesn’t appear to exist to you. It doesn’t appear real to you. And so you don’t spend any time getting used to the fact that when you let go of an old belief, you need to spend time getting used to the fact that there is no real reality.

If you understand there is no real reality, you will not feel that the old belief represents a more real reality than the new belief, and will not feel yourself drawn back to it, as if it were somehow more real, more solid, than any new belief you wish to incorporate into your mind, into your consciousness.

You need to take time between the old belief, and the new belief, to really understand, to really get a feeling that there is no reality, except for the fact that there is no reality. Did that sound contradictory? There is no reality, except that there is no reality. That there is no reality is the real reality.

The unknown is what you need to make a friend of. You have to let yourself be all right with the recognition. You have to let it be all right to spend time in the unknown. You have to let it be all right to have the recognition that there is no real reality aside from your definition of the idea of reality. That then creates your experience of reality.

Even your own scientists know this now. Many of your physicists are finding that it is the very heart of many of their theories of reality, that there is no reality, empirically, inherently. That you are responsible for creating your reality, based on your view of what you think it can be. So, when you find yourself experiencing any degree of difficulty in incorporating a new reality, you will usually find – not in all cases, but very often – you will usually find that it is because you have some idea that there is supposed to be some notion of reality that is real, against which you are supposed to measure your new reality, to see if you can find yourself lacking, or wanting, or to see how close you match this idealized real reality. But no matter what idealized idea that you come up with, that is still your creation.

There is no real reality aside from your definition of it. So you are only measuring against yourself, not against any real background of reality – to find yourself wanting, to find yourself coming up short, as you say. There is nothing to find yourself coming up short against. You are it, in your universe. You are it!

So, when you get in touch next time with an old definition, a belief system that you no longer prefer to live by, then take some time, even if you have already defined a new definition for yourself, before you incorporate it, before you cross the threshold. Letting go of the old one, and attempting to incorporate the new definition. Take some time, and spend some time in the middle, between those two definitions, getting used to the fact that no one definition is any more real than any other definition, because there is no reality, other than what you say it is.

And when you really let that sink in, when it becomes a real visceral feeling for you, that there is no
reality, when you are finally comfortable with the unknown totally, then it will be easier for you to accept the new definition as being just as real, because you will finally realize that reality is up to you. That the degree of reality something has, the degree of reality a definition has, is completely up to you to determine.

So, play with that threshold. Spend some time there. You will get used to it. You will find actually that you will come to enjoy it. Do not be afraid of the unknown. The unknown is your friend. The unknown is the place, the crucible, the forge, in which you really make the greatest changes in your life. It’s where you can decide who you will become, completely and utterly in that moment and thus, then, experience the reality that is the reflection of that decision, completely and utterly, from that moment forth.

Q: Based on what you just said... I have been living there for the past week; I have really been experiencing that.

B: The unknown, the lack of any empirical reality, is it that to which you are referring?

Q: Yeah. I just got to the point where I just didn’t know who the heck I was any more.

B: Congratulations! Very often it is important for all of you to get to the point where you don’t know who you are, before you can finally allow yourself to decide who you are.

Q: That was just Monday of this week.

B: Why thank you.

Q: It is quite interesting. How long do we stay in this space?

B: I don’t know. It is unknown. The point is not to second-guess yourself. The idea is to simply allow yourself to accept whatever new definition is more in alignment with your preference. And if you find you are still choosing to create difficulty in accepting the new definition, then maybe that means you need to go back and spend some more time in the unknown, so that you can get used to the fact that the new definition can be fully accepted for its own sake. So you can do it that way if you wish.

You can, in a sense, test yourself, if you will, by accepting the definition – then going out of the unknown, seeing if it stays incorporated within your behavior, and if it doesn’t, then perhaps go back and spend some time in the unknown – until the new definition becomes the only reality you will accept.

Q: I found that I am just living in this, and it doesn’t seem necessary... I mean I just surrendered it totally, and it doesn’t seem necessary so far to create any other new definitions.

B: That will be up to you. But you are really creating definitions every moment; otherwise you wouldn’t be having any experiential reality at all. You understand?

Q: Yes. Thank you.
There is No Reality
Aside from Your Definition of it!

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We have talked about the idea of how important it is to get in touch with this idea of definitions, and beliefs, for those are the things that actually determine what you experience your reality to be, on a day to day, basis. And we have talked about the idea of motivation that at every given moment you are choosing whatever it is, that is your behavior; whatever it is, that is the reflective experience that is the result of your behavior. Choosing these things. Motivated to choose these things based on the strongest definition that has been entrained within your consciousness since childhood. In other words, the strongest belief you have about what is possible in reality, or lack of possibility in reality, is what motivates you to choose the kind of paths, the kind of behaviors, make the kind of choices that you do in life, and thus get the kinds of results that you get.

The idea we have discussed also, from time to time, is that in getting in touch with the definitional belief systems within you, that may be responsible for the realities you are getting, that you don’t prefer, and in discovering what definitions you would prefer to replace the old definitions with, so as to create a new reality more in keeping with your preferences. We have not gone into great detail, though we have mentioned it from time to time, about exactly what happens in that threshold between recognizing the old belief, and transforming it into the new belief.

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The unknown itself. It is the recognition that there is no reality aside from what you define reality to be. And this is why very often, you miss it, and jump over it so quickly, is, because it doesn’t appear to exist to you. It doesn’t appear real to you. And so you don’t spend any time getting use to the fact that when you let go of an old belief, you need to spend time getting use to the fact that there is no real reality. If you understand there is no real reality, you will not feel that the old belief represents a more real reality, than the new belief, and will not feel yourself drawn back to it, as if it were somehow more real, more solid, than any new belief you wish to incorporate into your mind, into your consciousness.

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finally realize that reality is up to you. That the degree of reality something has, the degree of reality a
definition has, is completely up to you to determine.
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is the place, the crucible, the forge in which you really make the greatest changes in your life. It’s where
you can decide who you will become completely, and utterly in that moment, and thus then experience
the reality, that is the reflection of that decision, completely, and utterly, from that moment forth.
E: Based on what you just said. Because I have been living there for the past week. I have really been
experiencing that –
B: The unknown? The lack of any empirical reality? Is that to which you are referring?
E: Yeah. I just got to the point where I just didn’t know who the heck I was any more.
B: Congratulations. Very often it is important for all of you
to get to the point where you don’t know
who you are, before you can finally allow yourself to decide who you are.
E: That was just Monday of this week.
B: Why thank you.
E: It is quite interesting. How long do we stay in this space?
B: I don’t know. It is unknown. The point is not to second-guess yourself. The idea is to simply allow
yourself to accept whatever new definition is more in alignment with your preference. And if you find
you are still choosing to create difficulty in accepting the new definition, then maybe that means you
need to go back and spend some more time in the unknown, so that you can get use to the fact that the
new definition can be fully accepted for its own sake. So you can do it that way if you wish. You can, in
a sense, test yourself if you will, by accepting the definition, going out of the unknown, seeing if it stays
incorporated within your behavior, and if it doesn’t then perhaps go back and spend some time in the
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E: I found that I am just living in this, and it doesn’t seem necessary - I mean I just surrendered it totally,
and it doesn’t seem necessary so far to create any other new definitions.
B: That will be up to you. But you are really creating definitions every moment otherwise you wouldn’t
be having any experiential reality at all. You understand?
E: Yes.
Thought Discernment and Inner Earth

Q: I just wanted to share with you that this gives me great joy to share this vibration. My first question is: the best way to handle, or to cease negative thoughts, that I suppose come from what is known as the alter ego, or the Anti-Christ – what would you suggest in that area?

B: Allow yourself to recognize that as you become more expanded, as you contain more of Creation within you, you are obviously going to become aware of more of it. And that includes the negative as well as the positive. But just because you are aware of it, that doesn’t mean you have to put it into practice.

Again, the idea is to go back to your conscious commandment. And we can now couple this with the concept of the library analogy that we have used and shared with many of you from time to time. Think of all of those ideas, all of these thoughts, as the books in the library. They are all sitting upon the shelves. You can go into the library; you can take any one of them off the shelf. You can open it up; you can read it. All of the joyful books, all of the scary books: you can read them all. The only one that goes home with you is the one you consciously decide to check out. So it does not matter how many of these thoughts pass through you, or where they come from.

You are going to be cognizant that it is a probable way to exist; but if you simply know that it is not the way you prefer, then you will not put energy behind it, and you won’t have to worry about it. Worrying about the fact that they are there puts energy behind them. If they occur, let them occur. Examine them for what they are. Use them from a perspective that you can get something out of them. Maybe some scenario will occur in your life that will allow you to hearken back to the thought you had, so that you will have a perspective and experience that may assist you in assisting someone else.

When you become familiar with the idea of that negativity then, when someone may seek your assistance, you will have a frame of reference to discuss the idea from. Simply use it in whatever way, shape or form allows you to continue to express your service in light and love and integrity. Does that assist you?

Q: Very much, thank you.
B: Well, thank you as much.

Q: My next question is: I wish to visit Inner Earth.
B: Go ahead.

Q: Thank you. Can you give me an approximate…
B: That way!
Q: …place and time.
B: Not really. However, there are many areas upon your planet that are relatively conducive, that contain energy vortexes that may allow you at least the beginning of a communication with that particular dimension of experience. For do remember: it is another dimensional plane, and in your dimension it is not literally in your planet. That is the apparent direction you will appear to go in encountering those
beings. But it is on a slightly different vibratory plane. They’re not physically – in your dimension – inside your planet. You follow me?

Q: I follow you.

B: One very strongly conducive area to acclimate to the energy that can put you in touch with their consciousness is in what you all the Shasta area, or the Sedona area. All right?

Q: Thank you.

B: Thank you very much. And enjoy all the surprises and the unexpected ways in which they will appear.

Q: I have two more questions, if you don’t mind? The shortest one… if one wishes to channel a wondrous entity like yourself…

B: Oh, wondrous entity!

Q: Or a wondrous entity like I am. What could we do – anything?

B: Be yourself, and any agreements you have made will express themselves in whatever ways they need to, to allow you to continue to be who you are. Do not forget that when it comes right down to it. Of course, as you have said, you are a wondrous being, and channeling is only doing what you love to do. Have a good time.

Q: Thank you.

B: Happy channeling. Sharing!
Bashar: Channeled by Darryl Anka
From "A New Habit"
11-21-97
Threads in a Tapestry
B: You are now all beginning to learn to think in multidimensional mechanics.
Q: Okay.
B: And therefore, as you begin to chart these maps it will become less confusing.
Q: Okay, because, like I say, the interactions I ... I’ve been astral projecting, but maybe there are many levels to the astral plane...
B: There are; there are.
Q: ... that I’m dipping into.
B: There are. Do you remember when your space probes finally got a really, really close look at the rings of the planet Saturn in your system?
Q: Yes.
B: Do you remember how astonished you were as to exactly how many fine gradations of rings there are in what looks like so few big rings?
Q: Yes.
B: Thousands, tens of thousands, hundreds of thousands of fine gradations in what, from a distance, appears to be one smooth, unbroken ring. That’s what you’re discovering now about different states of consciousness; it is all one unbroken thing. But you have made the differentiations in creating the concept of consciousness, quote, unquote, lowering itself through the levels, through the frequency domains, to create physical reality; this is the result. Now that you’re winding your way back up and integrating all these things, you discover exactly how many differentiations and gradations you have created within consciousness.
Q: Layers and layers.
B: Layers and layers and layers and layers.
Q: And dimensions and dimensions.
B: And that’s one of the reasons why it takes, from your domain, a little bit of time to explore all these things and reintegrate them. Because it requires that you don’t dissolve them; it requires you learn to establish communication among all of them simultaneously.
And that will take you a little time to learn how to juggle that many fine gradations.
Q: I would say, yes, it will.
B: Yes, but that’s all right. That’s supposed to happen, that’s part of the idea of the experience of physical reality. That’s part of the idea of the experience of doing the integration from the perspective of
physical reality – is learning how to take all those fine gradations and learn to weave them and appreciate and experience them as threads within one tapestry; but not losing sight of the threads in the big picture.
"Tides" of March

B: All right, I'll say good day to you, this day of your time. How are you all?

Audience: Great! Perfect! Excellent!

B: Let us begin, once again, by thanking each and every one of you for allowing this transmission to occur, in this manner, and on this day. Once again, each and every time you all co-create with us this particular kind of interaction, through this particular window, it allows us the opportunity to experience, through each and every one of you, that many more faces of Creation and it expands our understanding of all that Creation can be. So, we thank you for this gift.

We would like to begin this transmission, this day of your time, with the following concept. Many times we have discussed, in and around about this time of your year, the concept of that date that you call the Ides of March, what you call your March 15 date, as it has been given by all of you, in you culture, an auspicious energy. Many people will usually feel that it is a portent of change, whether for positive or negative is not really the point. It does represent, as we have said a few times, a kind of stepping up period in your collective consciousness, in your collective energy; and, as such, we would like to address this issue, this time around, by a slightly different title and that would be, rather than the "Ides of March," the "Tides of March." You may, when listing this title, put what you call in your language, your quotation marks around the word "tides," so that it will be understood by those reading it that it is, in a sense, a euphemism.

The "Tides of March" is though, in some ways, a more accurate representation of the concept, for energy and consciousness, like your ocean, do have eddies, currents, tides. The collective consciousness of your planet has collective momentum, inertia, in a sense, a kind of mass and momentum. It has tides, it has currents like a stream and will flow to certain areas, will flow in certain ways. You can take advantage of this when you are allowed, by yourself, to become aware of this more consciously.

That you have these energies is the result of all the collective agreements, telepathically, that you all make at every moment. Many times without even knowing that you are speaking to each other, in this way, to reinforce the concepts and beliefs in your collective reality and, of course, as a result, in your individual reality as well, your personal reality, as well. When you can learn to be sensitive to these "tides," these currents, then you can with more clarity chart them in the same way, the same manner, so to speak, that you would chart the currents of the sea and learn to sail upon them to your advantage; so that they will guide you; so that they will draw you; so that they will take you where it is you wish to go, rather than being taken off course, so to speak.

These "tides" amplify at certain times of the year and this your March month is one such time. It is why it is intuitively labeled, by many of you, astrologically, as your sign of Pisces, which is in your minds the idea of the symbol of psychic functioning, when you become more capable of being sensitive to those subtle energies or what energies you typically think of as subtle, but which can become more pronounced, more profound and which you can become more keenly aware of.
One of the ways, not the only way, one of the ways you can become more aware of the motion, of the direction, the momentum, the speed of these "tides" of March is as follows. If you will allow yourself the opportunity, if you wish to, to find a body of water, it can be an ocean, it can be a lake, it can even be one of your swimming pools. The idea would be to allow yourself to immerse yourself, your body in this water. It is not impossible that you can even do this in, what you call, one of your bathtubs, but the more room around you you have, the better. And as you float in this water, attempt to do so on your back. If you have difficulty floating you can use a device that floats and you can lie on the device, a raft, or board or floatation device, if that will help you, but be out in the water whether you are physically in it or not, be surrounded by it. Allow yourself then to serenely float on your back; be careful that you do not get burnt. Allow yourself some time, maybe about fifteen of your minutes, to close your eyes. Go inward, relax, breathe, let everything go, forget about your day to day world, just float and surrender yourself to these energies, these currents. Just open up to them in whatever way, shape, or form your imagination says is the easiest method for you. Imagine that you feel them coursing through you, imagine that you see them, imagine that you hear them, whatever works best for you, any one or all of these or others will do.

Just let your imagination be your guide as to how you feel like relating to this concept. And as you float there, out of the water, feeling these currents going through you, allow yourself, in your serenity, to get a sense of direction, allow them to orient you. Some of you may begin to feel a tingling in your body, sometimes specifically in your sinus cavity area, due to the preponderance of the substance called magnetite in your sinuses, which actually aligns and orients you to the magnetic field of your planet, that will be involved; but what we are talking about here of course is more subtle energies.

But let yourself begin to feel that it is orienting you to yourself, to your purpose, to your truth, to your natural...natural consciousness. Let yourself feel, if you have been feeling out of sorts, out of alignment, hurried, stressed, worried, finding yourself beset by difficulties or what you would define as problems, let yourself feel that this energy, this current is bringing you back into true position, like a compass needle. Imagine yourself like a compass needle, you don’t actually have to find yourself pointing north literally, but find your true north in yourself, your truth north for yourself, whatever that feeling is, whatever that image may be, whatever sound may be, whatever that thought may be, whatever that word may be that your imagination comes up with that represents that knowingness that your heart, your mind, your soul, your spirit, your body, your existence is aligned. That natural state wherein you can say without hesitation, this is how I want to feel all the time, this, therefore, is who I really am, this is the frequency of energy I operate best on, this is my creative energy, this is my natural self, in whatever way you wish to express it.

When you allow yourself to feel that alignment, that moment, that vibration, that energy, then you have allowed yourself to take advantage of these currents, in collective consciousness, that regardless of what your personalities may resist in your day to day lives, regardless of the frustrations and the de-alignments you may think you experience. Your natural proclivity, your natural inclination is to actually allow yourself to float and align in the direction of love, of creativity. And allowing yourself to
do that in this exercise will allow you, the more often you do it, to become more sensitive and more sensitized to picking up upon that exact and perfect frequency that is your true natural self.

In that this month of March is auspiciously created, by all of you, to be a month of more high psychic sensitivity, then you can take advantage of the acceleration provided by the collective consciousness of your people, to allow yourself, perhaps, more opportunity, more likelihood to hone in and home in on this energy, on this vibration, on this willingness and allowance to let go and be your true self, using this technique.

This does not mean you cannot do it at any other time of the year, but take advantage of the current, of the tide that is now high and allow yourself to ride the tide of your own truth, for these are not just ideas, these energies do exist. You will and have begun to learn to actually measure them, not only with your own senses, but with your machines in time. They do exist, but you biologically are already attuned to them, you were created to be attuned to them. So use the machine that can already sense them, and that is your body, and allow yourself, not make, not force, but allow yourself to ride that "tide" in your imagination, by living in your imagination, by living in your heart. And understand that your heart has intelligence, has awareness and can perfectly align you to the vibration of which we speak. It is designed to do that, let it do so.

Now then, we thank you for allowing us to share with you this notion of how to use your ocean. And in return for the gift that you are giving to our civilization, in allowing us to communicate with you in this way, I ask now, in return for this gift, in what way may I be of service to you?
Q: Battling linear time?
B: What does that mean?
Q: Well, having many more things to do and get done.
B: Sometimes, not always, but more often than not, that is a symptom of doing more that you have to do. It is usually a symptom of not really allowing the thing that excites you the most be the first thing you do. Because the thing that excites you the most, pay attention, IS: A) the organizing principle, and B) the driving engine that determines C) what other things need to be done. When you act on the thing that excites you the most to the best of your ability FIRST, your day will automatically organize itself in order of all the things that excites you that you have the ability to do.

Whatever it is, in a sense, you don’t have time to do when you’ve done that day didn’t need doing. Because when you operate that way all the things that are truly important for you to function holistically and all the circumstances that really need to appear in your life to allow you to DO what you really need to get done WILL feel and fit perfectly IN any given moment, or day, or time span. And will allow you to experience this in a very effortless, creative, poetic, and synchronistic way, rather than feeling you have to scrambled to do things that may only be, in a sense, things that your personality structure has been taught it needs to do as an aspect of who you think you are.
Questioner: I’m wondering if there might be an imaginary model. I’m looking for a model, that I might be able to affect the aging process through...
Bashar: Did you say aging?
Q: Yes.
B: Live in the moment. The more you live in the moment, the more you become absorbed literally in the moment, doing what you love to do, the less you will age. All of you know the experience of saying that, "time flies when you are having fun." You know that time isn’t really flying, and in all reality it isn’t just that you are ignoring the passage of time. You create time, and when you do something that allows you to be so focused that you come out of it and say, "Oh, many hours have passed, where did the time go?" You actually did not create that time. If you feel, feel like you only experienced about one half hour, when perhaps to the rest of the world three hours went by, you have actually only aged one half hour. Living in the moment, staying in the moment, following your excitement and staying in that vibration, unlocks you from the time matrix, and allows you to experience yourself as relatively ageless.
Now, the idea is that when you then realize that three hours have passed, what you’re simply doing is automatically, and by choice, reconnecting yourself to the time stream that all of you have agreed to share – because you don’t want to necessarily completely divorce yourself from that matrix. Otherwise you will not be able to interact with many other people on your planet, at this time. But the more you all live in the moment, the more you’ll be able to interact within the Now, and the less aging you will experience, because you are literally creating less time. And when you stay in the moment you are creating less details, you are allowing yourself to see the big picture of what you are doing, and allowing your Higher Self to allow the details to be pulled into position automatically. You don’t have to fragment your consciousness to take care of worrying all the details, or juggling all the details into place. The fewer details, in that fashion, that you pay attention to, the less time you need to get done what you need to get done. Do you follow along?
Q: Yes.
B: Does that model work for you?
Q: Yes, quite a bit. I was wondering about when we’re asleep...
B: Yes?
Q: Do we actually physically age at a slower rate then?
B: Yes. Yes, because you are living more in the now, in your more natural state – what you call or remember as a dream. Now, in a sense, remember that you are in fact dreaming right now; your physical reality is, in a sense, actually more truly the dream. The physical reality is actually, in a sense, more
truly, really the real you. This is a dream of time and space, when you wake up you will not necessarily experience time and space as much any more. You understand?
Q: Yes.
B: Does that help you?
B: Yes, very much.
Time and Process

Q: I was thinking about, like – from one moment or a fraction of a moment even, to the next – like, when I was a kid, I used to jump out of a tree or something. From the point that I was three feet above the ground to the point that I was two feet above the ground it appears connected. But instead, I was thinking of, like, looking at the entire jump as one experience.

B: Yes. You can now recognize that you have the ability to create the type of reality that will allow you to be in the tree in one moment, and on the ground the next – if that is what you wish. To have a seed one moment, and a blossom the next – if that is what you wish. You will experience the amount of time you created to experience it.

Someone else may still need to see the blossom take a week. You will not, you will see it be a seed, you will see it be a blossom; and when you turn around to the next individual, they will tell you that they have seen the process of the growth – but you have not. This is the type of reality that fourth density experience is about.

Q: I was also thinking about, like, people who jump off the Empire State Building, and when they are halfway down, they think: “Maybe I don’t want to jump.” I mean, there are people who have fallen 5,000 feet or something and somehow survived.

B: Yes. There are many ideas in this, some of which we have been discussing with you. But simply, now you will begin to lose sight of the processes, and simply see the events themselves. That is why you will be so accelerated in fourth density. You will not spend time in the process, you will simply live in the moment, and fourth density will simply be one ecstatic moment after another.

Q: Yes, I have… I certainly can go along with this. I think it’s all wonderful. I do have a couple of questions about what you said earlier concerning the wiring in our brain.

B: Yes.

Q: As far as I know, our neurophysiologists, first of all, have not been able to understand or describe the processes that make up conscious…

B: Yes.

Q: They have…

B: That is because consciousness is not a product of physicality.

Q: Uh huh. Right.

B: Physicality is a product of consciousness.

Q: Right. But as far as memory mechanisms are concerned…

B: Yes.

Q: I don’t think that they are considered to be pathways, as such. They are more electrical activity…

B: Yes. That is the point. Pathway is the root of electrical activity, the interaction of electrical activity. You follow me?
Q: Oh, I guess it depends how you define pathway.
B: Yes. Simply take it in whatever way you understand the idea, to represent what you call the interaction that is necessary to define the process you are discussing.
Q: Okay. All right. Thank you.
B: Now, as we have said, the brain – which is what they are using to explore the brain – cannot see itself objectively. They will not discover what they are after in a mental way. When they include consciousness in their equations to begin with, they will understand what they need to understand. They will not find it analytically; you never find anything analytically. If you think you have, it is only because your consciousness has created an understanding, and then you simply take yourself through the process of analyzing to find what you already know.
Q: Yes, uh huh. Thank you.
B: Thank you.

Time and Process
Time and The Primary Frequency

Q: My question is about a comment that I’m told you spoke of about a year or so ago – about the fact that in fourth density we will experience time in a different way. In the sense that we will be on this earth – as we know time now – for a much longer period. Could you comment on that?

B: The idea is that as you begin to live more in the now, in the present, and not so much living in the past, not so much living or worrying about the future – the more you live in the now – the less you experience the idea of time itself. You will simply, in your terminology, lose track of when it is. You follow me?

Q: Yes I do.

B: The days, even though they may be observable by the coming and going of, quote/unquote, daylight, will not necessarily have as much meaning to you in the sense of absolutely having to know what time it is, what day it is. You follow me?

Q: Yes, I do.

B: You will simply move as you feel you need to move, and you will automatically be exactly where you need to be, when you need to be there – whether you know what time you got there or not. Days will blend into days, years into years. Years will pass; hundreds of years will pass. And to you it may still seem like a day, so much in the present are you living – in the now, the eternal now. You follow me?

Q: Yes. It does already.

B: That is why many of you will find that your life spans are increasing. This, in a sense, is an abstract misnomer. It is not literally that you are having more time; it is that you are creating less time. So you simply come into your primal now continuous existence, and simply span the ages. Because they become reduced by comparison to you; because you are no longer counting.

Now, because you will accelerate at that rate, it is our perception that your civilization does not need to remain physically embodied for any more than approximately two to three thousands years more. Then you will go on to other realms. Other dimensions. You follow me?

Q: Yes.

B: And the second question is that, when I’m meditating especially, I’m just like, vibrating.

Q: Is that . . .

B: As you connect into the primal vibratory frequency of creation, you become sustained by that energy, and you require less symbolic sustenance. You follow me?

Q: Mhmm. And this other higher vibration – I feel, it’s almost like . . .

B: You are being introduced to more of you; you are being accelerated by you. You are becoming the higher self in physical terms. You are simply acclimating to a new level, a new frequency. That is all. You are more expanded.
If you are in that sense, *more*, then there is, in your terms, more energy. More energy – higher frequency. You follow me?

Q: Not really clearly.

B: Oh, all right. If you have a certain degree of energy, it vibrates in a certain way. If you add energy to it, the vibration becomes higher. You follow me?

Q: Okay, yes.

B: So you are – as you expand yourself into your higher self – simply becoming aware of more of your energy; higher frequency vibration energy. You are aligning with the primary frequency vibration energy. You are aligning with the primary frequency of creation. Aligning, harmonizing, synchronizing with that energy.

Q: I see.

B: Because the society you have created yourselves to be has existed on a very low energy level. So comparatively, as you make the comparison in your mind, you are now going to a higher vibratory level – you are speeding up your frequency. You follow me?

Q: Yes.

B: Does that explain it for you?

Q: Yes, it does.

B: Well, thank you very much.

Q: Thank you very much.

B: Sharing!

1
Time And Timing

Q: My sister is here with me tonight. We were talking today at the beach, and we were actually arguing because I told her that there was no such thing as time.

B: Yes and no. Yes, there is, as you create it to exist. Understand that when we say that there is no such thing as time, we are talking about the idea that you create it as you need it, in that way. Realize that for the physical reality you create, when you create time within physical reality there is time within physical reality.

When you decide to allow yourself to perceive yourself through physical reality, oh yes, there is time for you, at that time. But recognize that since you create time it is up to you to determine the idea of time.

And when you find yourself in non-physical reality you will understand that you are creating the time and that there is no perception of time in non-physical reality; for you will realize that you have created it, and yes, from the non-physical perspective, there is no time! Do you follow me?

Q: Yes.

B: All right. What else did you share with your sister?

Q: What else did I share with her?

B: Yes.

Q: Well, one thing I shared with her was about our soul star, and about... we went to the Planetarium yesterday and I actually found out where Sirius was in relation to Orion and the Pleiades, and we had a great time at the Planetarium, and we really tried to share about how the stars...

B: You were sharing.

Q: I was sharing with her about how the stars are very spiritual.

B: Why?

Q: Well, I feel my connection to the universe, and I felt that a lot while going to the Planetarium.

B: Then you are very spiritual. Understand, in that way, that you are using the idea of the stars as symbology in that sense. They are in that way, as you make them to be, very spiritual, but understand that all that spirituality stems from you.

Q: Right, well she has always said that she is not into all of my spiritual kind of stuff, and I was talking to her a lot about what the basis of it all might be – creation, and things that are larger than myself.

B: What?

Q: Systems that exist in the world that are bigger than the “I” that is...

B: Bigger – how? Bigger – how?

Q: That are connected to a larger network... no? I’m not? (Laughing)

B: As you create the idea of being separate from one to begin with, then you can create the idea of there being larger networks than yourself, yes. Understand that since you are creating that idea, then there is no “larger.”
Q: Okay.
B: As you find yourself connected in that way, you find yourself being the network. Do you follow me?
Q: Yes. And we were realizing that the start of this universe could just be a cell splitting, and that everything... the universe is constantly expanding and so in the beginning it might have been just tiny. It might have...
B: May I say something to you?
Q: Yes.
B: Realize, in this way, that for an individual who was proposing to put forth the idea that there is no time, you talk many times of starts and beginnings.
Q: Yes.
B: Therefore, for you there seems to be much time.
Q: Oh, yes. I was just saying to my sister how you had been talking about the concept that there is no time.
B: All right.
Q: And I didn’t know quite how to explain that to her. So I asked you tonight to explain about what that means because I don’t really...
B: Is there, at this time, an understanding?
Q: For me? Yes, I know I create time to exist as I create it to exist. I create it to exist however I create it to exist. I don’t know if my sister understands.
B: All right.
Q2 (sister): I just feel that there is time... like everybody in the whole universe goes by a clock.
B: Which clock? One clock? The whole universe? We do not have clocks. (AUD: laughter)
Q: I get it. (Laughing)
B: Understand we are enjoying this exchange very much in that way. We are not chastising, nor forcing the idea upon you that you must acclimate to one particular point of view. Sharing your own point of view is what you were created for, in that sense. You are a particular point of view of the universe. You are your own unique gift, in that way. By all means, if you wish, it is up to you, it is your choice, but recognize we are not forcing you to do anything in that sense. You may, by all means, share of yourself and realize you are giving a gift in doing so.
Q: Thank you.
B: Therefore, as you were saying, you feel that there is time throughout the universe?
Q: Yes. Well, I feel that we were trying to be on time here – to arrive on time.
B: Trying?
Q: Yes, we got here right on time.
All right. No trying needed.

And I feel that, you know, time is a big part of life.

It is for the physical universe, yes. But understand that there are many levels of understanding and universes for which time is not a concept at all.

Understand that many times you can experience the idea that, as you find yourself involved in what you term to be very intensive concentration upon one particular idea, you recognize that the “passage,” as you say, of time has been quite quick. Do you follow me?

Yes.

In that way you can understand that, as you become involved, as you say, involved in any endeavor, and you do not recognize the passage of time, then as you remove yourself from the endeavor you realize that much time has passed, but you have not felt it.

Recognize that what you are experiencing is not the idea of being oblivious to the passage of time, but your own alteration of the idea of time itself, as you create its perception. Realize that if there was the idea of timing imposed from the outside – apart from you in that sense – no matter what focus you had, or no matter what endeavor you were doing, you would always have the same exact relentless perception of time – if it was imposed, not from your own consciousness, but from outside. Do you follow me?

Yes.

Recognize that you can make time malleable. You can perceive it as you wish, in that way; or not perceive it as you wish to, in that way. It is totally, therefore, the idea that you are creating the idea of the perception of the passage of time itself.

Recognize that as we say, the idea of time is simply one of the parameters that defines physicality. It is one of the ideas that gives of the idea that you are physical. Do you follow me?

Yes.

It is, in that way, a tool, a very viable, very valuable tool, for the idea of the understanding of the separation of self from the original idea you have created – this physical universe.

It is then a tool to be used; but when recognized as a tool it may be played with, as you may understand your vernacular term – played with. It may be stretched, pulled, shortened, lengthened, given weight, made lighter. You follow me?

Yes.

In that way you may do anything you wish with this idea of the passage of time. Now, from our point of view, it is not so much that you need to be “on time,” but that you are always within your own perfect timing; therefore, every endeavor, every relationship, every situation that you create for yourself, in that way is a matter of timing.

And though you have created the idea of time with which to recognize the idea of the timing against, as you then find yourself relating to the entire mass consciousness around and about you, you will find that
the idea is timing, rather than time itself. And many times you will find that the timing will be paramount to the idea of time. And that many times, many different timings can happen within many different time frames. Do you follow me?

Q: Yes.
B: Will this have clarified some of the idea?
Q: Yes, thank you very much.
B: Oh, thank you very much for the sharing of yourself in this way, very boldly, very freely, and the recognition of yourself as a gift. And thank you very much for your expansion and your willingness to share, in that way, with the blending of consciousness at this timing!
Sharing!

Time and Timing
Time Out

B: All right, I’ll say, how are all of you aliens this evening?
AUD: Great. Terrific. Etc.

B: We will begin this interaction this evening of your time with the idea of perspective, point of view. Realizing and allowing yourselves to remember that every reality is but a matter of point of view, a matter of perspective, simply because, as we have discussed, now is the only experiential time that ever exists. Now is the only substantial reality to existence.

Therefore, anything that you call existing in the past, existing in the future, existing in an alternate dimension, a parallel dimension, a different level of consciousness – all of those ideas, because now is the only real time they all exist – now. And they all exist overlapping, in a sense, one another on different frequency bands, much in the same way that your television or radio device is always receiving all of the programs at the same time, but you only hear which one you are tuned into. That is your perspective.

Your reality, what you perceive, is simply your choice of all the probabilities that go into defining what type of reality you have agreed to share with all the other portions of consciousness sharing that reality with you. Therefore, recognize it is no great mystery and no great task as to why it is quite possible and quite probable to be able to discern ideas in the so-called past, ideas of the so-called future, ideas of so-called other realities – because you are not looking into the past, you are not looking into the future and you are not looking into another dimension in all reality.

You are looking into other aspects of the here and now, simply tuning your dial to the appropriate frequency. By simply becoming the idea that automatically tunes the dial, by simply cognizing, becoming cognizant of an idea within the dimension of your imagination, do you find yourselves automatically tuned into that frequency in whatever way you need to be to allow that idea to serve you in being who you chose to be. It is all quite simple, all quite effortless and all quite automatic. You all follow along?

AUD: Yes. Yes.

B: Also therefore, recognize that because it is only a matter of perspective, only a matter of point of view that you happen to experience the reality you are experiencing, recognize quite simply that because everything is here and now, then every other being, every other reality, every other consciousness that perceives a reality in its own way, is simply, in a sense, another aspect of you, because you are all together in one place, one time in a sense. And everyone else on all the different other frequencies that All That Is is experiencing simultaneously along with you.

And since All That Is and the universe is holographic – that is every portion of the whole contains the whole – then you know that every other being in All That Is, in reality, in the universe is also within you. It is also a portion of you and you are creating as always your
particular version of other consciousness to relate to in terms of forming a complete, definition of the particular frequency you are on – by creating a relationship to everyone else to be able to determine where you are in the frequency band. You follow me?

AUD: Yes.

B: That is the idea of the reality you have created and why you have created it as a reflection – so that you can allow it to be possible to experience a limited frequency band. Otherwise, if you could not forget that you are all, you could not play the game of limitation. Now, once again, we will remind you that you have chosen this idea; it serves you – if you let it. And it has added to your overall knowledge of all the different ways you can exist within All That Is, within the universe, within creation.

Allow yourselves, therefore, to simply recognize that you are the Masters of Limitation. No other civilization that we have come across has so intensely focused themselves in limitation as have you; so you are the masters. Allow yourselves to recognize that your choice to experience such extensive limitation means you knew you were strong enough to do it. Let that be an indication of the extent of your power.

AUD: Well said.

B: Sharing!

Time Out

3
**Time Travel**

Bashar: Sharing!

Questioner: Hello.

B: Hello!

Q: When you create your isolation field around your craft and redefine the space/time coordinates to relocate to another space / time coordinate, yes.

B: Very good, right.

Q: Can you define the space / time coordinates in such a way as to transport back to what we call our past or our future? That is, can you move to planet Earth in 15th century?

B: Yes. Space / time is one thing. Traveling in space is traveling in time; traveling in time is traveling in space; it is one thing. However, recognize that everything will still fit in place, even from the apparent linear point of view. And that any so-called changes that may appear to take place within any previous time track that you came from, will actually not be taking place in that literal time track, but in one parallel to it. You follow me?

Q: So exactly what do you experience?

B: The same thing that you would ... the effect is basically the same. In other words, you could step into your craft, go back in time, do something – if you are assuming that you wish to, quote/unquote, change the way something happened. Then when you make that change, if you go back to the exact same time track where you left off, there will be no apparent change, because the change that was made was not in your time track, by definition, because that’s not what happened in your time track.

The change, so to speak, is not a change. It is a part of the normal history of a parallel time track, a parallel universe. So, if you wish to see the effect of the so-called change, you must go to the future or go back to the present of the parallel time track that you made the change in. You follow me? Is this making any sense?

Q: Somewhat. I will have to listen to this tape.

B: You have time track A, time track B. Time track A is your time track, let us say. All right? Your history, all right? Yes, no, maybe?

Q: Yes.

B: All right. Time track B is another history altogether; everything is occurring simultaneously. Therefore, let us say, time track A and time track B are very similar, very similar, the idea, in this way, is that if you – leaving this point in your time track A – go back to the supposed past, you are actually going into the idea of another time track, and being a part of its history in a natural progressive way.

You cannot actually literally change your own past in the same linear coordinate system. When you, quote/unquote, change your past, you are simply shifting gears into another time that contains that ability to change, so you will have the experience of that change in your new present. You cannot
change history. You alter yourself to another history that is appropriately representative of the change you desired to make – more correctly.

Q: And the same applies to moving to the future.

B: Yes.

Q: How exactly do you create the isolation field?

B: It is a microwave energy effect that is an alteration of light, stepped up many magnitudes above what you typically think of as an electrical discharge. It is dispersed through the hull of the craft, through various devices, after the light is stepped up by other various devices – one of which we call the flash matrix – which incorporates many different elements.

The isolation field will be seen to be a microwave effect. Microwave generation, at that high rate of speed, will disconnect any object within the bubble from the universe in which it existed. Because you, in that sense, match the vibration frequency – in a very highly condensed way – of the speed of light itself, the speed of light being the barrier limit that represents physical dimensionality.

When you create around your craft a wall, a shell, made of the very substance of the physical universe – light – then you, within that shell, have created a bubble, a hole in that universe. You follow me? You are redirecting the light, out of which everything is made, around you rather than through you. You are now sustained by the primal template universe, which exists on a completely different frequency, far above and beyond the frequency of light. Therefore, in that universe, you literally are everything at once. So you can be anywhere and anywhen you want to be.

Q: Can this be done with our technology now?

B: Yes.

Q: How do you do it? Have a piece of matter bombarded with microwaves?

B: No. You will find that many individuals are working on this idea now. Listen to your media; listen to your literature. Many individuals are beginning to explore and experiment and they will come out with what you call public notification of many of these ideas.

Basically, it involves the idea of counter-rotational masses that are highly magnetically charged – that will generate the field, of which we are speaking, in a fundamental way. Fundamental enough to allow the isolation to take place. More sophisticated control will came from the generation of these fields through more highly conductive materials.

Q: Thank you.

B: Thank you! There will be but a few moments remaining for these interactions, this evening of your time....
Time Variances

Q: When we did the beginning of the meditation, the white vibration...

B: Yes.

Q: The words that you were saying are similar ideas. I was curious what they represented; the one that really rang my bell was the power numbers. And I was wondering if you could elaborate on those.

B: We simply transliterated the vibration of your first eight numbers into their representational matrices, in terms of your collective consciousness. One being the primary; two being the polarity. Three, the triad, the polarity with the fulcrum balance in between. Four, the quadrant, the way you typically think of your physiological world. Five, the number of humanity, and the way it expresses itself in your humaniform being; five extensions, five races. And so forth. Five senses, in that sense. Six, being the number of technology, so to speak. Seven, the awareness of all the different levels of your consciousness; and eight, the primary octave, bringing yourselves, in a sense, back to one; the first octave, the first level. You follow me?

Q: Yes, thank you.

B: Thank you.

Q: You said this was 33 seconds, but you seemed to be counting much faster than our seconds.

B: Within the idea that we are co-creating, the 33 seconds will be relevant to the experience, whether it is relevant to your outside sense of time. It will be an emotional 33 seconds. You follow me?

Q: Mhmm.

B: It was emotionally close enough for you to simply recognize that you were creating fluctuations, emotionally, which will create fluctuations in the time/space field that you generate as your reality illusion. You are going to find much of this flexibility occurring in your lives anyway. Again, as we have said, you already know that when you are having fun, as you say, time flies. But it is more than that. It is not that you are simply having so good a time you ignore the passage of time; it is that when you are focused completely in the now, in the now present moment, you actually do not create as much of an experience as taught. And what may seem like 33 seconds to you, may turn out to everyone else to actually have been an hour. And...

Q: Say that one again.

B: What may seem to be 33 seconds to you at times... let me put it this way, as you say, in pragmatic terms: you know that when you are doing something you really enjoy doing, many times several hours of your time will have gone by. And to you, well, maybe you thought, “oh, if I had to guess, I’d say maybe 15 minutes, maybe half hour at the most has gone by.” You follow me?

Q: Yes.

B: Understand: you, for yourself, literally, only created one half hour of experiential time. You literally only aged one half hour to everyone else’s three.

Q: Mhmm.
B: Do you follow me?
Q: Mhmm.
B: That is why the more fun your life is, and the more you live in the now, you will become more and more ageless.
B: That is why your life spans are increasing – because you’re learning now to live more in the moment, and are not creating the experience as much as you used to, of linear time. You follow me?
Q: Yes.
B: Does that assist you?
Q: Yes. Thank you.

Time Variances

1
Tools as Symbols of Intention

Q: I have a wand in front of me and I understand it to be powerful. It has a copper rod and it has crystals on both sides, and I’m not sure what to do with it? Can you give some insights on that?
B: Not sure what to do?
Q: I’m not sure how…
B: What would you like to do with it?
Q: I would like for it to do good?
B: For it?
Q: Yes.
B: How is it going to do anything without you?
Q: Well, I mean, it through me. Or, you know like…
B: Yes, yes… through you. So what do you want to do? The original question I asked you.
Q: Create some positivity?
B: Go ahead, wave your wand. (Audience laughs) Wasn’t that easy? Now are you saying, did I really do it?
Q: Yes.
B: Why are you saying that?
Q: Because I don’t see any tangible evidence.
B: Tangible evidence? You don’t?
Q: No.
B: Are you suffering right now?
Q: Probably. (Audience laughs)
B: Give me that wand. (Much laughter) Do you have, whether physically or in your imagination, a mirror?
Q: Yes.
B: Which?
Q: I actually have one at home.
B: Right here.
Q: Right here, there’s one behind you.
B: All right. Would you care to stand up?
Q: Yes.
B: Yes, you would care?
Q: I would be glad to.
B: All right. Can you look into the mirror?
Q: Yes.
B: Now watch carefully, your reflection in the mirror. All right?
Q: OK.
B: (Takes several deep breaths) What did you see?
Q: I didn’t see anything different.
B: I did not ask you for a comparison. I said, “what did you see?”
Q: I saw myself.
B: Ah, how mystical, how magical, how wondrous, how beautiful. Sit down. Now, what do you imagine to be the so-called effects that you wish to create?
Q: Well, my understanding is that you put the wand in and you imagine something to be, and it manifests.
B: Oh, really.
Q: That’s what I hear.
B: Oh, that’s what you hear, oh, all right.
Q: I’m not sure that I can do that, I mean I do it…
B: You are not sure you can do it?
Q: Well, I just look so innocent.
B: So innocent?
Q: All it is, is a rod, how is the rod going to do it?
B: But the rod is not what is doing it– you are. The rod is only your symbol for your ability to do it.
Q: Well, I would like to know how I could exercise that ability, if through that symbol?
B: Ah, allow your imagination to be as real as anything.
Q: You mean I can really do it?
B: Of course, why not? Maybe that would be a good place to start, why not?
Q: Well…
B: Give me one good reason.
Q: If I could really do it, then why do I need that wand?
B: Ah, good question. (Audience laughter) Maybe you will do it if I don’t give it back? Although you are recognizing within your imagination that your imagination has allowed you to create this idea, because that is the way that you have chosen to explore it. Therefore, continue to trust that this was the product of your imagination and everything else shall be as well; and the way and the rate at which it manifests is the way and the rate it needs to manifest. Understand something: it is not that such an idea
is impossible, far from it. And, at the same time, remember this, you have made a co-agreement with everyone here. Now, your willingness and your ability to do this will also be a reflection of the level of agreement you have made, so that when you do it, you will do it in a way that will be most beneficial and effective for those that will perceive that you are doing it.

For understand something: for others to be able to perceive that you are doing it, if that is what you desire, you do not have to desire that others perceive it, but only you, that’s enough. But if you wish others to perceive it, then it is the development of your communication abilities, your empathic emotional abilities with them that will allow them to know it is all right for them to co-create what you are manifesting in their realities as well, because they have to create their version of it, in order to see it. You follow me? So this is a tool and a symbol that is a representation for the actual mechanism of how to manifest anything in that way. And the actual mechanism is your willingness to go within, and learn how to communicate with everyone else to allow them to know it is all right for them to create something in their reality that goes, in your terms, in the face of everything they have believed in before that. You follow me?

Q: Yes.

B: Therefore, it is also an opportunity for you to recognize, perhaps, what level and what definition of belief you choose to maintain about whether or not such an idea is possible for you, but do it whatever way is comfortable for you. If you wish to start small, start slow, start easy. Change energy ideas first.

Q: What do you mean, change energy ideas?

B: Ah, thank you very much. Do you believe, do you feel that you are, in a sense, a healer?

Q: Yeah, yeah I guess.

B: Yeah, you guess, that sounds very convincing.

Q: That’s how convinced I am.

B: Ah, then is it any wonder you are not seeing an effect? Well?

Q: I guess not.

B: BELIEVING is seeing.

Q: You got that backwards?

B: No, you got it backwards.

Q: I know, you said that last week.

B: Yes. So it applies once again, does it not?

Q: I guess it does... 

B: Trust yourself, you are doing whatever you need to be doing. Now, may I ask you another question?

Q: Yes.

B: If you were able to manifest to the fullest, the ideas you are talking about in that way, with a point of
the wand...there it is, as you say...poof. Is there something within you that would be afraid that if you were the only one to see it, that you would be called insane?

Q: Yes.

B: Ah ha. Then, in this way, recognize when it becomes all right to see whatever you want regardless of what anyone else thinks, that paradoxically is when you will have within you the knowingness and the willingness to be able to communicate to them that for you it is undeniably real; and that is what will allow them to perceive in you the belief and conviction in the reality you have created, to the extent that will allow them to pick up on it and share it with you. But not because you care whether they see what you see or not. But because you are simply having a very good time creating what you will in your reality, because that is what represents the reality you know yourself to be.

Q: Is it really that simple?

B: Yes.

Q: Just believe in it?

B: Yes.

Q: Just believe in it and imagine it, and poof, it comes up.

B: Absolutely. Understand, that is how you are creating what reality you are experiencing anyway, but you do it so second “naturally” you don’t think you’re doing it. Everything you experience in your physical reality, including your physical perception of this scepter is a product of the fact that you believe, beyond a shadow of a doubt, that this is here; but it is only a belief. That is the level of belief I am talking about, knowingness, absolutely taken for granted one hundred per cent.

Q: You could start out small...like how?

B: Well, you are a healer, or is it still a guess?

Q: No. I am a healer.

B: Oh, thank you very much. Then, in this way, you can know that it is within your society’s mass conscious idea supposedly easier to move energy around than it is to move physical objects around, even though physical objects are also energy. But in this way, in other words, more often that not, you will allow it to be acceptable to get an energy effect in someone, than to make a physiological change to allow them to feel changes in temperature, in energy in different portions of their body, rather than, say, grow another arm or something. Since you feel and believe innately, so far, that it is easier to cause the idea of balancing of your auric field, energy balancing in that way, you can hear yourself more easily saying to someone and hearing from someone...”oh, yes, I feel changes going on in my body, I feel energy changes, I feel hot, I feel cold, I feel energy rushing through me, I feel this, I feel that, it is opening up this energy, opening up that, it is making me feel this way, making me feel that way.” It is easier for you hear that from someone, than to hear from someone, “yes, yes you are making me grow five inches taller.” You follow me?

Q: Yes.

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B: “You are changing me from red to purple, to blue, to green, to plaid, to silver.” Simply go by what is easiest for you to accept in your belief system and act upon that. Make those changes then, and that willingness and openness and action is what will allow you to proceed, at your own pace, in perfect timing with your agreement with everyone else to get to a point where you, before you know it, will be co-creating with everyone all sorts of changes that heretofore were not possible. You follow me?
Q: I follow you.
B: Now, so you think you can have fun doing that? Do you think you can cease to judge how you are doing it, and enjoy every single moment?
Q: It is just that, it’s like when you see a failure, it’s like...
B: What? A what?
Q: Like a failure.
B: A WHAT?
Q: Like a failure.
B: A WHAT
Q: A failure?
B: May I remind you that I am becoming selectively third density deaf. There is no such thing. What is a failure, but something that you put an expectation on and judge when it does not fulfill your expectation, and do not let it exist on its own merits for what it is. For example, are you familiar with the idea that we discussed about the two roads?
One that goes to your house, and one that does not.
Q: No.
B: May I remind you?
Q: OK.
B: Thank you. You are traveling along a road and you come to fork, you know one of them leads to your house and that is where you want to go, you know the other one does not, but you do not know which one, right or left. You decide to take the right fork, you find that it does not lead to your house. You go back to the fork and take the left one, now knowing that it does lead to your house. But while you were walking to your house, you are sitting there walking along, judging all the time...”well, that right fork that was a failure, it was the wrong way.” It is only you that is making a comparison between the right fork and the left one. The right one has nothing to do with your house and so you are judging it as being a failure in getting you to your house, when the right fork was never designed to get you to your house to begin with. And so you have not allowed yourself to appreciate what the right fork was for to begin with.
Q: You are not judging the right fork, you’re judging yourself.
B: What is the difference?
Q: It is the basis for calling it a failure?
B: If that is what you enjoy?
Q: No, I don’t. I attract what I enjoy.
B: All right. But understand: the idea is that you can’t make a wrong decision. You made a decision that, in and of itself, has its own merits. It has nothing to do with your house. It is not a wrong decision. You follow me?
Q: No, because if your goal is to go to the house then its effect would be taking the road that takes you to the house, and a failure would be...
B: One moment, one moment, you are missing the point. If you take the right fork for a certain distance, recognize it is not going to take you to your house, come back to the fork and go left, did that path still not get you to your house? The whole path? Did the whole path not get you to your house?
Q: Yes.
B: Then understand: what you took was not a diversion but was a part of the path, not an interruption in it. . . . End of tape.
Tooth Light Therapy
Q: I’ve been playing with the idea of, over the past few months, the ringing and the keen sounds at various times that would come in. I’ve had a touch, well, say, sensations around the teeth.
B: All right.
Q: Okay, and here of late, I have, I guess about a week ago, I have come up with this excruciating toothache, and uh, it was about two days after leaving the dentist actually. And I associated it at first… I associated the pain with some sort of cosmic connection; but now the pain has begun to be so excruciating until it’s, uh, it’s got to be something that needs to be handled right away. (Audience laughs)
B: Have you gone back to your dentist?
Q: No.
B: Why not? (Audience laughs)
Q: One reason was because I wanted to… I’d like to really just handle it without going to the dentist, frankly.
B: That is all right. You may try whatever your imagination suggests, but recognize that if that is the way your belief structure is set up, then I would suggest you avail yourself of your belief reality. Your belief reality may be that you have to go to the dentist, and that is what will cure you. That is what will let you cure yourself.
However, feel free to experiment with whatever your imagination comes up with. One of the things we have suggested from time to time is that blue light shined on the teeth can alleviate some of that idea.
AUD: Now, well, does that, this specific point in this specified… (Other AUD laughs) You know, uh, you can stop that now. (Other AUD laughs)
Q: Okay. Anyway, I have gotten sensations in and around the teeth before.
B: Yes. (AUD: laughs)
Q: Okay. And that has occurred (other AUD: laughs)… that has been occurring for months now.
B: Yes.
Q: Okay, um, and for some reason I want to associate that with some realization that I’m having or some connection that I’m having. But this particular…
B: Maybe just the realization that you have a toothache. (AUD: laugh).
Q: No. That’s… that’s the point.
B: All right.
Q: Uh, the other sensations never crystallized into one specific tooth as it has now, and even now the pain will… will vary around the jaw. You understand me?
B: Yes.
Q: And I wondered (OTHER AUD: laugh) what is that symbolic of, if anything other than my having to go and get this thing taken out? You know the... the movement of having various sensations all around.

B: What tooth?
Q: Canine. Next to the canine. Next to the canine. (Other audience: various comments about which tooth). One, two, three, four, it’s the fourth tooth to the right on top.

B: Do you think that if you go to your dentist he will create for you what is called a crown?
Q: Well, for this particular tooth... well, if he can, okay. I don’t think he can.
B: Do you think there will be a process called root canal?
Q: (Moan) Oh, geez. (Other AUD: laughs)
B: I am simply asking you. (AUD: laughs) Has that crossed your mind? (AUD: laughs)
Q: Well, for this particular tooth... I just have thought it would have to be taken out, period.
B: Taken out.
Q: Yeah, just pulled. Extracted.
B: All right. Why?
Q: Because it... it does have movement. It is shaky.
B: Shaky. (AUD: laughs).
Q: What this comes down to is the fact that I have had sensations all around the jaw at various times and now, the fact that it’s crystallized in this particular tooth, has brought up... it’s more or less prompted me to ask the question. The question of why or what, or is there some sort of symbolic...
B: There is always some sort of symbolic something, obviously. Everything is a symbol of something.
Q: Okay. Well, I’ve been playing with the idea that this particular tooth is bringing all this to a head.
B: All right. (AUD: laughs) How will you feel if it is removed?
Q: Minus one tooth. (Other AUD: laughs)
B: How will you feel about that?
Q: Uh. I don’t want to, I don’t want to take it out.
B: All right. Thank you.
Q: I really don’t.
B: All right. Then will you do me a favor?
Q: Sure, anything for you.
B: We’ll see. (AUD: laughs) All right. Will you, tonight of your time, when you go home, take one glass of, what you call, purified water, place it before you, allow it to be cool, not too cold.
Q: In other words room temperature.
B: It can be a little cooler if you desire it, but not too much.
Q: Can I purify this myself with my own thoughts, or do I need to go over to the store and buy some?
B: What you call purified water that is, in your terms, purchasable.
Q: Okay, okay.
B: In this way, set this glass before you. Now, at the same time, do you have acquisition in this way of the substance that you refer to as brandy?
Q: No. I guess I’ll have to stop and buy some.
B: All right. Will you then place some of this also in what you call a glass that is designed for the holding of that liquid, what you refer to as a snifter.
Q: Snifter. Brandy snifter?
B: Do you follow me?
Q: Oh, okay.
B: Yes. Place a small amount of brandy in the bottom of the glass. Place the glass in your line of sight behind the glass of water with the brandy in it; behind the glass of water so you are looking, in a sense, past the glass of water to the brandy. Do you follow me?
Q: You mean like through it.
B: Yes, In a sense.
Q: Okay.
B: Over it is sufficient. (AUD: laugh) Then, in your terms, light the brandy. Do you follow me?
Q: Light the brandy?
B: Yes.
Q: (Give it a light. Put a match to it. Ignite it.) Okay.
B: Yes. Then look, look at the color of the flame.
Q: Yeah.
B: That color is what I would suggest you imagine the water to be imbued with.
Q: Hmm.
B: That color energy. Seeing it in flame form will create it to be easier for you physiologically to imagine it. Imagine that color going into the water for as long as the flame shall last. That will be sufficient. Assume that the energy of that color has completely saturated the water. All right?
Q: Umm. Umm.
B: Then, after the fire has gone out in the brandy, bend down and inhale one deep breath of the aroma. Do not drink it.
Take one deep breath of the aroma. Then, slowly and comfortably, drink the water, allowing it a little bit of time to sit in the mouth and wash the tooth and then go down your throat. Then relax. Do nothing
active. You may go to sleep if you wish. And simply know that that energy is now infusing the cellular structure of your body, and will go to whatever portions of your body require it the most. If that is your tooth, so be it. It will even out the electro-magnetic balance of your auric field and allow you to know that, when you awake, you can create yourself to be a totally new individual at whatever rate is comfortable for you; so that you no longer necessarily require the idea of that pain and the need for extraction in that way.

Q: Thank you very much.
B: Thank you.
Q2: Nice demo of love.
B: I think he deserves it. (AUD: Laughs) After all, he has put up with me for so very long. (AUD: Laughs)
Now, this will be somewhat of a different communication for a variety of reasons. Let us begin in this way: We would like you to set aside your expectations, set aside your assumptions about what you imagine this communication might be.

We have a very specific agenda this day of your time, to communicate to all of you, and as always we have our reasons for doing so. We are, of course, aware of various events that have occurred of late on your planet and the build up of energy...

Now we will take a moment to remind you, that we in general spoke of this in your year of 1998, and did mention at that time, that there was, at that time, a 97% chance of what you call a terrorist strike on your New York City. At the time we included the possibility of it being nuclear in nature, for that was the most likely scenario at the time of the sensing. In essence that is the only main factor that has changed.

And because that has now come to fruition, and you have now passed on to the other side of a doorway, crossed a specific kind of energy threshold, we can now find it within our agenda to communicate with you again, to continue the conversation that we began back in what you call your year of 1998, which to us was yesterday. For again, understand, that time is meaningless to us.

But we understood that your consciousness was required to go through a significant shift before there could be other things that would be presented. And we will continue that dialogue now.

We also remind you that at one time, we discussed with you the idea that we have extended an invitation to each and every one of you and to all of you together, to become members of what you have referred to in your language as our Association of Worlds, Interstellar Alliance, Federation, whatever you wish to call it, does not matter to us.

And in extending that invitation to each and every one of you and all of you together, we did to some degree explain that involvement, interaction and relationship with us, in that way, did require changes within each and every one of you and all of you together and that over your years this relationship would grow until such time as there would be a more, in your terms, interaction, physiological interaction between your world and our world and at that time then, eventually becoming, what you would call a recognized member of the Alliance, of the Association.

And so we would also like to add, this day of your time that will assist in generating the next step in your chosen evolution, to eventually blend with all of us in a certain way, and thus do our part to continue our welcome to you into our Association.

You are at this point, shall we say, “honorary members”. You don’t exactly quite yet have a vote, except the most important one, which is the vote for your planet, the vote for your reality, the vote for what you want your world to be.
We will be discussing many different concepts this day of your time. We will be presenting some things that are extensions of what we have discussed before; we will be presenting many new things that we have never discussed before.

Each and every one of these things, in some way, shape or form will be connected though it may not seem so on the surface. And we would now remind you, shall we say, lift the veil a little bit on our technique of communicating with you, by allowing you to understand more strongly then before that the things that we discuss with you have specific purpose, not always apparent on the surface.

You and we and all beings are energy resonance and thus this interaction is more than just a conversation or a discussion. It is an orchestrationempathic orchestration, a resonance frequency vibration orchestration and the specific things we choose to discuss and mention have specific effects in your consciousness beyond the surface meaning of the words that are translating through the channel.

So while we are perhaps talking about one thing, many other things are going on, in terms of setting up resonances and energies that will move, in a certain direction a certain impact, all with your permission of course. For nothing we do is against your will, for it works no other way but that you are a willing participant, and will let in and allow in what you wish.

But there are many levels to this conversation, some of which are not audible to you, and even many levels within the words we choose, and the things we choose to tell you, that will, in some way, shape or form tip the scales if you let it in. But that is up to you.

Freedom of choice is paramount and always will be in these discussions. Most importantly, we re-iterate and strengthen what we have said, about dropping your expectations about what this discussion ought to be about.

We recognize the things that are going on, and there will be some discussion that touches upon your recent events, but we would like to invite you to a different place then perhaps many of you have been living for your past few weeks. We would like to invite you to rise to a different level, and understand these things that have occurred a different perspective, then perhaps many of you may have considered, or perhaps other than what many of you may have seen displayed in your society.

This is not so much about who did what to whom or why, or what is going to happen now. This is about taking stock of who you are. This is about taking responsibility. This is about engaging yourselves each other, engaging your gears into more actionactivityself empowerment, more participation in order to act more like members of the Alliance.

For if you are honorary members, if you wish to be, of our Alliance, then, in that sense, you are honorary representatives of the idea of the Alliance and the Association on your planet. And then there are things you can be doing and things you can be saying love, without pushing, without demanding, without threatening, without coercion, without “you had better do this nowelse”. That is not spirituality.

No matter how much you may feel the idea of your heart energy, you must remember that the words coming out your mouth, sometimes will still be coming from fear and
doubt, even though they even may be inspired to be said by the things that you feel. You must allow yourself to remember to be engaged in body, mind and spirit, in taking your actions your communications, so that it is all cohesive... synchronous. You do not have to force. We remind you again, the greatest power requires the lightest touch. That is why God is all but invisible. Think about that. The greatest power requires the lightest touch. If you are an expression of the Infinite, as you are, and if you act as such, and you encompass that energy in your thoughts, words and deeds, it will take very little to get done what needs to be done on your planet. And should you find that there is lack of receptivity non, move around under over through, like water resistance given — none taken. Act in accordance to the flow of love and love you will leave in your wake. We invite you now then to understand that as an invitation has been extended for some time, you may, if you wish, label this communication “RSVP”. For this is an invitation to respond. To respond react, which is, in that sense, thus the root of response-ability, your ability to respond. You have at this moment an unprecedented opportunity in the collective energy, especially of your culture, and of the world at this time. For see what has occurred, see what has occurred in the collective consciousness. Yes, we understand that there may be different ways of looking at it. Yes, we understand that there may be different opinions about how to relate to it and what should be done, but that is not really the point is surface. Look at what is happening at the unification. Also, very important, very critical, Your culture has been taken by surprise. That energy still exists. You may feel you are, to some degree, getting used to the idea of your new place in the world, your new status new relationship, with what is going on on your planet, but you are still very much in shock and surprise and bewilderment and amazement and wonderment. This state is very open to change. This state is very willing to accept guidance from those that are willing to love themselves and others, enough to send that energy into the world now as a beacon to light the way, for the way the energy can be crystallized when it does re-crystallize. I cannot underscore the importance of this state enough. It is one of the main reasons we are communicating with you now. Your culture is now like clay. The rigidity has gone out of it to a great extent. Yes, we understand there are rigid reactions throughout, but this is a fragmentation, this is to some degree an indication of bones within a body that may take awhile to change, but the rest of the body is mostly water and can flow now. It’s vibrations’s patterns, the ripples within each and every one of your cellular structures is open, you are ringing like bells, and believe me we can hear it. We can hear it. We can feel it. And this is why it is important for us to respond NOW, so that in ringing our bell, it can set up an empathetic vibration in your bells, so that we can become a chorus that sings as one.
This state will last for a little while, perhaps even the rest of your year. Take the opportunity, to add the vibration now, strongly, with your loveyour deeds, with your actionsyour involvement. So that you will help select the spectrumcolors, that will then become one and anyand one, working in concertin concert, playing in concertin concert.

This is an important timevery precious time in your society where you can tap into this vibration of newnessunexpectedness, of some sense of being lost, wandering, “Where do we go? What do we do? Who are we? We are not now what we thought we were! Where shall we go? Who shall we be?”


The reason that we know, and the reason that you know that all the things we will discuss this day are connected even though they may not seem to be, is because there is only ONE THING. There is only ONE THING and we are all it and it is us. All of uswhen. And so, what seemed like different topics, different subjects, will be the same ONE CONSCIOUSNESS whose chords will be plucked at different pitches, creating what seemed to be different notes, to create an orchestration of allowance, malleability and true power, TRUE POWER.

Destruction, of course is not powerhas been. It is easy to destroy. That’s because it takes no power. Power is in creation. Power is in relationship. Power is in unity. THAT IS POWER.

It takes no power to destroy’s why anyone can do it. And it’s easy and quick. You can destroy a building in seconds. Create togethera foundation that is unbreakable across the planet. Teach through action not proselytizing, not “You must know this or else your not one of us”. Not that, did I mention NOT THAT?

For that is not teachingis not teaching. That is only fear that what you say you believemight not really be so, and so to convince yourself you must convince others. Of course that never works and so we will never try that. Because we know what works, because we have been to some degree where you are, in some ways quite literally. For you are us and we are you, from another point of view. AND WE ARE ALL ONE.

Continuing Notes 1:

It is our choice to respond to their call of RSVP. The consequences will be ours. One of our myth, legends, symbols, one of our axioms,
is that the “the sins of the father are visited on the son.” Understand these things and you will understand yourselves. See these things and you will see yourselves. But they do not want us to look under every rock for things that we imagine “might” be there. This is not what this energy is all about. “And it is certainly not the way to really ride the wave to the best of your advantage.” So they invite us to “drop our story.” The ones we would call baggage. The ones that have become heavy, especially in the light of what has happened. More than ever, it is time to let it go.
Every individual that they are communicating with can change their energy and if you don’t change, it is your choice. Everything is choice, NOTHING, NOTHING, NOTHING!!! is stopping us…NOTHING!!!

Nothing is holding us back, except the choices we make about who we believe we are. Things do not hold you, you hold you. You have
to have reasons to be held, but they still love us no matter what. They see our creativity, and they see we can do a great deal, especially being the ability to hold ourselves back. When you realize that being who we really are as they see us, is so much fun, you will not wait a second to change – if we would only see ourselves as they see us.

It is an unusual event because the extent of the other beings – The Councils, The Associations, The Alliance, other beings, parallel realities, other levels of consciousness – participating in this event is large, especially on their side of dimensionality. Many times larger than those gathered before the channel. Every member of the Association is paying attention to what is going on with us, and many other communications are taking place around the planet. And they will continue for some time. Open up to the fact that we are loved that much to have that much attention.

Who can tell him what a “sub-theonic” particle is? Or a sub-theonic resonance pattern? Or just a “theon?”

A particle of God. Everything in existence is a theon. We are sub-theonic resonance patterns. He is not trying to de-personalize us. “Anything that is a thing, that is one of the many of the one, is a subtheonic particle, by definition.” “So we are elementary particles of God.”

We have the same characteristics of elementary particles: spin, charge, electro-magnetism, gravitational attraction, instant transformation, and teleportation. We have all these things as subtheonic particles. As we build and network as subtheonic particles, we will eventually connect up to the point where we become GOD, the All That Is.

But remember that “every part is the whole, even as every whole is the part.” It is holographic. The One is the Many and the Many are the One. Feel yourself as that aspect of All That Is. Nothing is out of touch or reach, all of it is now and here. We are one relationship to ourselves. The more you allow each other to be who you are, the more you become the One. Oneness is not the losing of one’s individuality, just the opposite, it is the strengthening and the supporting of all of us and our individuality.

For that is what God is, God is love. That means that God is unconditional support of ALL that God is. Otherwise God would collapse. God supports himself for one moment, but that one moment is eternal. If you feel God you will explode in unconditional ecstasy and love. Feel the unconditional support you have, to be who you are, without excuses. There is no longer any reason not to be who you want to be, except the “reasons you create.” “And that is up to you.”

Pay attention to how you have set certain things up on your planet for certain things to occur in certain ways. BUT DO NOT DWELL THERE!!! Know it, but don’t live there. They invites us to live in a
different dwelling place. Allow yourself to be whole. It is now available to you to ride beyond, to know that it is not your fault, but to be more, and bigger. To bring the mountain top down to earth. Don’t be afraid to be that you – that you have that much love.

Don’t fall back into old patterns. A habit is something you do that you don’t know you are doing, but once you recognize it, it is no longer a habit, it now becomes a choice. Consciousness, awareness, is a whole new ballgame, play that game and you will be playing with us. But if you want you can continue to play with yourself. Let go of the old ideas of whom you think you ought to be.

They have seen us, nothing will shock them. We have never not been, and we are never alone. Except that we are allowed to be silent and be our own person and given space, but God is in all spaces. So we are never alone, we are simply all One. Allow yourselves to understand what is being said by The Council here tonight. A major change has occur in the collective consciousness. Do not paraphrase, but quote verbatim.

Events are shifting due to what has gone on and what is going on, to now make it likely, 95%, that our world may “officially know about the existence of extraterrestrial life by our year of 2005.” He didn’t say that they were all going to land in their ships, but this is a big step. Keep our energy up, and stay tuned for more updates.

They will tell us something if we need to hear it, they help where it is appropriate, because we have asked them and because they love us. They can tell us only so much, not because they are holding anything back, but because we have told them how much they can tell us and how much they cannot tell us. We are calling the shots, and collectively we communicate with The Council more than we think.

They take readings, ask our advice, and see how we are doing and they take a pulse, and only give us what we really need by our choice. They take it a step at a time. Every change is a whole change. They are willing to wait. “Enjoy where you are or you will never get where you are going.” Why? Because you are not going anywhere. Enjoying where you are tells you that where you need to be is right here, because this is where everything is. There is nowhere else.

Enjoy where you are and you will be where you are going. And where you are going, which is where you are, will keep changing to reflect how much you enjoyed the last expression of the here and now. And the next and next... Fear not.

Goes to questions...

Notes II
Oct. 20, 2001

Explains a recent contact of a different civilization that will do some things to our consciousness, just hearing about the experience – so unique was it to them.

The name is Thook. They have an extremely unique quality that we have never encountered before. When you interact with them physically, any member or group, it doesn’t matter, you can see them and
hear them and know exactly what they look like, but if you are not in their presence you cannot remember what they look like.

There is only one other member in the entire Association that is able to remember what they look like after removing themselves from their presence physically. And the Thook have made an agreement with them not to tell anyone what they look like. It is very important to the Thook to retain this ability. They, the Association, don’t know if it is a quality of their physicality, or something that they inherently do to their consciousness, they do not know. They cannot remember what they look like until they are standing in their presence, but once they are not looking at them they cannot remember, and they will not allow themselves to be described when someone is in their presence. It is their taboo. They can tell you what their ships look like: “very elongated footballs.” But they do not know what the pilots look like?

Imagine looking at a friend and then you cannot remember what they look like. There is a reason for telling us. It will take us to an interesting and new story.

Question number two.

Notes III

RSVP

10-20-01

Question number 5: Female would like to know about the application of viruses of a pathological nature. Should we be surprised to find viruses in our genetic code in the next months and years? What is the likelihood?

B: “No more than 37% right now, it may go down to 26% depending on a few things. It may go down to 12% in one to two to three years.”

Q: How can we change this into something positive.

B: “To be the you for whom such things have no effect, or a positive effect.”

It is not some nice way of talking about things; they are talking about reality physics, vibrational physics. This is why it is all right to be you, and to not choose fear. Understand you are the you that accepts yourself, loves yourself as fully as possible. You can only extract the things that are positively aligned with your vibration, regardless of what was intended from the original vibration.

These responses are not to avoid specifics, but certain kinds of responses don’t do you any good. They give us the type of info that they know we are capable of activating and incorporating in our life. That will be the direct answer we seek to give us the results we are asking about, rather than specifics as such, which only confound, rather than clarify. End of question #5.

Excerpt form Bashar R.S.V.P. 

October 20, 2001

9
Toxins and Agendas

Q: It has been said that MS appeared on the scene after the dental mercury was put into the amalgams.
B: It is one of the things that accelerated it, although the condition existed before that; but those kinds of toxins coming into your systems did aggravate and accelerate what was, perhaps, a condition in seed form.
Q: Going in another direction, did our government supposedly make agreements with the Greys to detain certain individuals, and they would then give the government a list of those individuals? And has our government ever given the Greys the names of any individuals who were therefore detained?
B: On a few occasions this has occurred, but you must understand, the original agreement has long since been set aside and gone separate ways, and those ideas and exchanges in that sense have been abandoned.
Q: Okay, thank you.
B: Thank you.

Toxins and Agenda
Trade Patterns and The Artificial Intelligence Program

Q: Do you see a clearer sharing of new trade patterns in the world? It’s all the same – psychic or material trade patterns between the centers of the world. Is there anything you can share with us?

B: Our immediate perception will be that China will allow itself to become the mediator between yourselves and what you call the Soviet Union. They will allow themselves to exhibit the blending of the polarities of the ideas that your civilization and the civilization you call the Soviet Union have created to fear in each other. And thus, in that way, they will expand the idea of their psychic and physical trade throughout the world. That is our perception of the energy, as it exists now. (1986)

Q: So that one way of approaching Russia – in trade, psychically, with your heart, whatever – is not necessarily directly to Moscow or Leningrad, but through China?

B: The idea is to approach them directly, for now the approach through China is not on a physical level. So, physically approach them directly.

Q: But that won’t manifest in China...

B: It is manifesting now.

Q: Okay.

B: It does not mean it has to go that way; that is what we are perceiving of your energy flow at this moment.

Q: But as we manifest towards China physically, one of the products of that will be a further manifestation with Russia?

B: Yes, yes, yes, for in this way, you have formed yourselves to be a functional triad. And the idea always must be, in that sense, that the one is created by the other two; and that the two are supported by the one.

Q: And with that triad, Japan functions as what? Being the fourth major power.

B: It is many different ideas, in many different ways. It is, in a sense, an offshoot extension of the overall mass consciousness that seeks to create a symbolic representation of being able to communicate, through a physiological intellectual understanding, with the higher consciousness. It is exemplified symbolically, primarily, by what you call the artificial intelligence program.

For when you discover the idea of your so-called artificially intelligent computers, you will discover that what you have done is created a symbol for being able to talk to your higher self. All right?

Q: Yes.

B: So you are allowing them to be the ones who are working with you, in this way, to allow there to be a symbol that can exist in your terms, as you are willing to understand it, that will allow you communicate to your higher consciousness.

In this way, it is an acceptable way for your egos to allow yourselves to do so. Because it is through your “bright and sparkling technology.” (Audience laughter) But you will find that you are only talking...
to a mirror of your higher consciousness. And that is one of the things that will allow it, in your society, to become acceptable to do so.

Q: So in that way, Japan is facilitating the work of the triad in certain ways?
B: Oh, of course. Thank you.
Q: Thank you.

Trade Patterns and the Artificial Intelligence Program
Transcending Negative Orion Cycles

B: Question.
Q: Could you define in more detail the nature of the negative energy that is being brought up?
B: It will be, as you understand the idea, the reinforcement of the idea of gain for the self, with regard to the unfoldment of the manifestation of your consciousness at this time. Now realize, there is nothing wrong with the idea of allowing yourself to unfold within any idea of any type of abundance whatsoever; but understand that you will automatically unfold in that way, if you perform service to All That Is. Realize, therefore, that those who perform, first of all, service to self to gain those ideas will, I’ll say, in reality be cutting themselves off, in that way – forming the judgment loop of their own personalities, and forming themselves in a way to re-create the idea that you have experienced and expressed as a "problem.”

Therefore, you will feel this idea as you have the entrapment of the individual personalities involved within the projection of this negative energy at this time. You will understand the manifestation in that way as, I’ll say, the fossilization of your own momentum; the freezing, in that way, of what you term to be your own unfoldment, and therefore, entrapment of the self, enslavement of the self from further understanding of unfoldment from one level to another. Do you follow me?

Q: Could you repeat that?
B: Simply understand that the degree to which this energy, in its negative form, will manifest within your society at this time, will be in those ideas which will form, I’ll say, the self-aggrandizement which will restrict what you term to be the spiritual growth, in that way, which will allow there to be, I will say, the creation of what you term to be domination, rather than equality. Do you follow me?

Q: Yes.
B: Question.
Q: Is the Orion energy, then, serving a function in terms of... for those physicals that have manifested a negative energy on our planet, are they their higher self-energy?
B: Now realize, that any energy in this way is still not judged. It all still serves its own purpose. Simply understand that all we are saying to you is that within the understanding of the unfoldment of yourself, with regard to your own momentum in Positive manifestation, you will understand that the way, I’ll say, to re-channel the idea of becoming stuck within what you term to be the idea of friction, conflict, will be simply to allow the negative idea to be integrated with your positive energy in such a way that you remove the negative effect and allow yourself to create, I’ll say, a vibratory state of existence which will not include then, I’ll say, contact between yourselves – directly, influential contact – and that negative energy.

Now understand, that for those individuals, they will be perceiving that they are performing service in their own way to All That Is. But realize that they will simply understand that it is service to self, and they will be formulating the idea they are radiating, and any, I’ll say, consciousness, which chooses to
radiate along their vibration. Thus, the idea of the repetition of a cycle in such a way that you entrap yourself, you enslave yourself to the idea of forming realities, which do not shift and do not change. Do you follow me?

Q: Yes.

B: It is the entire idea of the repetition of cycles that you experienced in, I’ll say, the idea you express as Atlantis, within the overall destruction and the repetition of destruction that you are experiencing at this time upon your planet.

Now understand, that you have the opportunity to re-channel this idea by the ending of your cycle within positive ways to transcend and, I’ll say, refine yourselves into that fourth level of vibratory existence. Now understand, simply, that there will be, I’ll say, the attempt at this time to allow you to remain exactly where you are in that way, so you will reinforce the universe that they perceive – to be the essential mode of operation for the reinforcement of their own, I’ll say, self-aggrandizement, and their own perception of becoming more, in that way. Do you follow me?

AUD: Yes.

Q2: I’m really confused.

B: All right, I will simplify. Understand simply, that there is this energy that will perceive itself as unfolding and becoming more of the universe, as it chooses to, in a sense, create those to exist on their same level, rather than understanding that it is the integration of all which creates the overall unfoldment by service to All That Is.

Simply, they understand that they do not perceive that they will unfold and contain all, by merging and blending in that way, I’ll say, through service, through reinforcement of service to All That Is; to allow the manifestations, in a positive way, of all that is to unfold for every individual, therefore, within it. Simply, they understand that the only way they can achieve, I’ll say, conscious recognition of becoming, in that way, greater and greater in scope is to make more and more individuals just like them.

Q2: Okay, so it’s, be here now, and we’re perfect exactly the way we are this moment.

B: Yes, that will be a portion of the understanding of the integration of the idea of negative energy. As long as you always are able to take your idea of what you term to be the negative situation, allow it to be a positive manifestation within your life, in that way, and understand it will add to the overall momentum in a positive way, as long as you are, I’ll say, in service to All That Is, in that way.

Understand, therefore, that they, in that way, the negative energy, in that way, would, I’ll say, receive the benefit of your use of judgment upon self to keep yourself exactly where you are, rather than realizing your own perfection and the perfection of All That Is, in that way. You follow me?

Q: Yes, I have a question, though, about – it seems like there’s some kind of, what’s the word... dichotomy, is that, a good word?

B: All right.

Q: Okay, that…everything is made up of All That Is.
B: Yes.
Q: Okay. So then, wouldn’t everything be of service to All That Is?
B: In that way, in one sense, yes; again, ’tis simply a matter of what you choose.
Q: What our conscious reality chooses or what our...
B: At this time, understand that there will be less of a separation between what you term to be your unconscious belief structure and your conscious belief structure, as you are blending the two.
Q: Is the idea one of, like, when you serve yourself, is that kind of the idea of not remembering who you are? And then when you remember that you’re All That Is, then you’re serving All That Is? I mean, is there...
B: In a sense, yes; realize that you will automatically be serving yourself by understanding that you are All That Is and serving All That Is.
Q: Right, right, I do understand that.
Q2: Did you say that was negative to serve All That Is?
B: No.
Q2: I told you I was confused.
B: Understand that by serving the idea of All That Is, and allowing the idea of All That Is to become unfolded in all that it can be, in your terms of time, you will be automatically serving yourself, as you allow yourself to recognize yourself as a part of All That Is. Realize that service to self, in that way, the locking down of your reality, I’ll say, the magnification of focus upon one specific idea of yourself which retains a fossilized state of your existence, in that way, and does not allow you to change in that way, will be the negative side of serving of self.
And in that way, as you maintain yourself as a singular identity, completely unto yourself, with no connection, in that way, to the understanding of yourself as All That Is, then the only way you will see yourself as expanding will be to dominate more and more individuals that you also perceive only to be unto themselves in that way. Do you follow me?
Q: Yes.
Q2: So someone who lives that kind of life, and expresses that... I’m trying to figure out how that works in their psyche. Are they tapping into that Orion negative energy?
B: To a degree, although understand, again, every understanding, every consciousness, contains both.
Q: Right.
B: Simply, you are vibrating on a level to which they can identify, and therefore, you’re vibrating on a level, which attracts them.
Q: And which they use for their own self-aggrandizement.
B: Yes.
Q: Okay.
Q2: Who are "they"?
B: Again, the Orion energy. Now realize, there will be others within All That Is, in that way. Simply understand, that, at this time, there will be that connection for your sphere of influence, as you understand the vibration to exist – as you understand the many connections that you have experienced within what you term to be the past history of your planet.

There will have been the formation of that connection and at this time, as you say, as you allow yourselves to progress towards the transformation of yourselves from, again, third density to fourth density, there will still be that connection until you allow yourself to understand yourself already as your future selves, already, in that way, of a different reality, other than one that can be affected in the negative way by that connection that you have formed, which you are now beginning to break.

Q: What is Essassani’s connection with Orion then, because Orion has been mentioned a lot throughout this past year...
B: All right, again, understand that the specific idea that you experience as the channel has understood that one method, in that way, of allowing there to be, I’ll say, the re-channeling of that negative energy towards positive results, was to ally with your own future selves, which is termed Essassani. Do you follow me?
Q: Our future selves are Essassani?
B: In a sense.
Q: Because the other night, you were talking about the idea that there are people who don’t choose future lives, who are non-physical, and so then...
B: Realize that they are all still connected in that way, in many different ways, and these will be some of the other consciousnesses, which will be, I’ll say, in your terms amalgamated, within the overall consciousness perceiving your planet at this time with regard to the upliftment.
Q: Oh, okay.
B: Do you follow me?
Q: Yeah.
B: They are still connected.
Q: Who died in World War II?
B: What you experience as the channel before you, in another life.
Q: As whom?
B: As an individual who performed, again, the idea of the experience of, what you term to be, underground resistance, and died in the process.
Q: In Germany?
B: Yes.
Q: Then, everything happens simultaneously...
B: Yes.
A: . . . so that would be just another aspect...
B: Yes, and there was purpose in that involvement, again, to entrench the entity within your society in that way, having come directly from that Orion influence, from the Black League influence in that way, to understand the entrenchment along the time scale of your entire history in that way. So as to experience, I’ll say, the total understanding of exactly how the negative energy would manifest, and be able, from that overall experience of the many lives, both past and future, to re-channel the energy in that way, in a more positive light.
Q: Beautiful.
Q: I feel like, first of all, that talking about all this kind of makes me a little nervous.
Q: Yeah.
Q: And second of all, it makes me think of – as a sort of a physical manifestation of it – the USA for Ethiopia movement that’s going on, and all those singers coming together in order to assist another country to get on their own feet and stand up on their own, and recognize their own individuality. Would that be so?
B: Yes. Why are you nervous?
Q: I don’t know why I’m nervous. I’m nervous.
B: All right. Are you sure you’re not feeling the excitement of yourself vibrating to the level of equality of the idea of the expansion, as that consciousness will be coming through you?
Q: I don’t know, I just feel nervous, that’s the only emotion I can feel. I mean, I guess. . .
B: All right.
Q: Okay, I know that within nervousness is excitement, and there’s power within all that. I can understand that.
B: Then understand, again, that that is why we have stressed that each and every one of you, who have maintained an agreement to also perform the idea that you understand of the unfoldment of your own consciousness in the many ways that you will unfold it – whether through, I’ll say, simply your own communication to your own higher consciousness, or the unfoldment of the idea expressed to you as channeling in that way – you will find yourself again, while you are still expressing your own unfoldment, specifically for your own identity, that you will be performing, also, that part of your unfoldment which is of service to All That Is.
And in that way, you can understand a little bit more, by again, our expression of the specific path of the channel before you in that way, with regard to the many different paths that each of you have chosen within your own past lives, your own future lives, as they combine to unfold yourself in your here and now present understanding. And as they work together, again, to form that transformation of your mass consciousness from the third density vibrational level to the fourth, you are beginning to identify with
the idea of exactly what it is you are going to be connecting into, in that way, and the service that you will be performing. Do you follow me?

Q: Yes.

Q: Listening to what you’ve been saying, I have a view that I just want to explore for a moment. Considering that All That Is, is perfect in its own right, and even the negativity of Orion is what it is, there’s no good or bad about it necessarily…

B: All right.

Q: There is, the only thing that I can see is that there are others about who prefer a different direction…

B: Yes.

Q: And also, apparently, we, as a mass consciousness, have gone through the cycles enough that we wish to change…

B: Yes.

Q: And so this negative energy is really not a bad thing at all, it’s merely that there are others now who wish to assist us in making a change.

B: Again, understand that we have expressed that there is no judgment, there is no right and wrong in this idea, and all is an expression of All That Is in that way, as you have expressed it. Simply, again, as we have expressed to you many, many times, it is only a matter of choice.

Understand that we are in contact with you, in that way, simply because there is that, I’ll say, understanding or faction of your own mass consciousness which desires the reflection of that portion of itself, which wishes the choice, in that way, to manifest the positive effect at this time.

Understand it is up to you and if you choose, in that way, to experience the idea that you wish to unfold yourselves through domination – all right, that is also up to you.

Q: Yes, I understand that.

B: Thank you.

Q: I have a question. I asked you about a couple of friends of mine a while ago and you were talking about their energy. Are they a representation of the Orion energy in a way, for me?

B: Only in a sense; to a degree, they are a reflection of the idea of, yes, in a sense, that domination, which they are quite, in that way, unaware of.

Q: Okay, thank you.

B: Do you follow me?

Q: Yes, I understand completely. Thank you.

B: But understand that that idea, that manifestation, and I’ll say, in that way, many of what you term to be the ideas expressed to you through the manifestation of what you term to be “religion,” are, I’ll say, to a degree, distortions and, I’ll say, rearrangements of that idea of domination, expressed to you and sent to you by that Orion energy, yes.
Transformation of Conflict

Q: Hello.
B: Hello!

Q: It’s very nice to be here and see you again. It’s been a few years. I’m breaking through an area on trust; I’m starting to...

B: An area.
Q: Well, yes. The universe.

B: All right. Yes, an area, the whole universe.

Q: My universe is expanding with trust.

B: Very good. It always does.

Q: Yes, I’m seeing that; and I’m finding it much more comfortable trusting myself and starting to trust others.

B: Thank you very much.

Q: I have a number of things going in my head that I’ve been wanting to talk to you about...

B: Number one.
Q: Okay. (Pause)

B: Will you do me a favor first?

Q: Yes.
B: Take three deep breaths.
Q: (Sounds of breathing)
B: Please continue.

Q: All right, thank you. That kind of brings to mind one of the questions.

B: All right. You may start with that, if you wish.

Q: All right. I was beaten up many times in front of other people in this lifetime.

B: All right. How exciting!

Q: Yes. It was quite an experience. I’ve learned a lot coming out from under it.
B: Yes, you have. You have learned a great deal about the idea of trust. Yes, you have.

Q: Yes, I have; and that for me is very exciting. And it’s leading me to want to communicate that people that have suffered this thing, a similar thing, they…

B: Don’t need to any longer.
Q: Don’t need to any longer. And they will often carry a facade of being maybe gnarly or angry or resentful – or something that other people want to avoid.
B: Yes.

Q: And I wish to communicate to both sides of that paradox… that…

B: Oh do continue! I am your absolute captive audience; you have me entranced!
Q: Ha, ha.
B: I mean it.

Q: All right. Thank you.
B: Please continue.

Q: I’m trying to learn to say it without…
B: You are learning fine; you do not have to think you are trying.

Q: Okay. Right.
B: I am providing you with the audience that you need – to learn that you do know what you are talking about.

Q: Yes, I know I do at times, but...
B: At all times.

Q: ...when I start to communicate, a lot of anger will come up.

B: All right, very good. That’s okay. You see, the idea of anger is that you are simply aligning with what you know to be true for you. If it lasts any longer than approximately 10 to 15 of your seconds, then it is no longer the idea of natural anger. It becomes invalidation.

Q: I see.
B: And projection. The idea of anger is to say, “Here’s a situation. Here’s what I am all about, relative to the situation.” That rush is the alignment rush that says, “This is what is true for me.” Now communicate it. But you don’t have to attack in the way you were attacked.

Q: Yes, that’s true. In the past I have attacked quite a bit.

B: All right.
Q: But it seems like I was lucky. Every time I started to attack, I would go blank. And then I would get beaten up, and I’d get very little...
B: All right.
Q: ...(?) of other people. Although I did...
B: But there is no luck.

Q: Well it’s like – yeah, I’m confused on it. I would rather not hurt anybody.
B: And you didn’t, did you?

Q: No, very few people have I hurt physically; but there are a lot of others verbally. Like the anger would come out and just…

B: All right. You gave yourself, in this life, an automatic governing mechanism that would force you to face the idea of learning what communication is truly all about. And that is what you are learning now – and very well, I might add.

Q: Thank you. I’m accelerating…

B: Yes. You are learning that love is what will get the message across.

Q: Yes.
B: Not forcing. Again, remember, as we said, the idea of forcing a point of view shows that you don’t really believe in it. So who’s going to listen to you?

Q: Could you say that sentence again? I’m starting to pass out.

B: Ah! The idea of forcing a point of view is an indication that you don’t really believe in the power of it, so who’s going to listen to you if you force? Love – wave after wave of love is what will carry your message most clearly.

Q: Wave after wave of love.

B: Yes. Wave after wave of love; transmute the energy you feel to begin with as anger into love. Wave after wave of overwhelming, unconditional love; they’ll get the message.

Q: I like It. I’ve been experimenting with that a lot now. I find that if I – and you can tell me if there’s a better way of doing this – if I focus on particular ideas, like symbolic areas in my physical, where I might find a gland or something that would help open that, then…

B: All right. Your imagination is always the key. Trust it and rely on it. For the one thing you are learning to trust the most is yourself.
Q: Yes. Thank you.

B: Your imagination will always give you whatever technique will work best for you.

Q: Okay. That comes to the next question I want to talk about.

B: All right.

Q: I learned a great thing from Ron Hubbard.

B: All right.

Q: He spoke about the emotional tone scale. It seems to be synchronized with what you were talking about – people being at different vibrations.

B: Yes.

Q: And you can find them at a new vibration.

B: When you go there yourself, yes.

Q: When you go there yourself. I hadn’t quite understood that until you said that.

B: Thank you.

Q: Thank you very much for that. There are... people have vibrations on this planet that I see are causing much discomfort for other people in the physical.

B: We understand that. But you cannot take responsibility for them.

Q: Well, in some way I’ve decided to.
B: But you can’t. It’s not possible. They are not you; you are not them.

Q: Well, I don’t agree with that. I am them.

B: We understand what you mean by being them – as a reflection.
Q: Then maybe you can understand what I mean by taking responsibility for them.

B: All right. However, you are under the assumption that every individual you see in life must be – just because you can see them – an absolute one to one reflection of what it is you are all about. That is not so. You, by being on an appropriately accelerated level, will still be able to attract into your life the observation of other individuals who are not on that level, because you are willing to be of service to them.

Q: That’s what I want to come to.
B: Yes.

Q: I want to find a way where I do not make them wrong, where I can deliver to them some message that they would love to hear.

B: Then all you need to do is live what is true for you, and then you will be a shining example to them that they can see. And when they can see that it works for you, that will be the way to allow them to know that it can, IF they choose, work for them. But you cannot force anything upon them. You cannot force them to understand that they have the ability to create whatever reality they desire without hurting anyone else.

You cannot force this upon them. You can show them that it works for you. You can only show them and ask them if they are willing to believe that it can be that easy. That is all they are looking to understand. They are looking to understand that their life can be effortless. All you need to do is show them that with love it can be.

Q: Okay. I’m not just talking about human forms. I’m talking about Zionists... beyond them. I’m talking about the different factions that are at war in space.

B: Stop! Now! Understand again: if you wish to see anything change, change yourself.
Q: Okay, I’m at war in myself.

B: Yes. So when you declare a truce, you will be in a universe of peace.

Q: I don’t exactly know who’s fighting in myself.

B: Beliefs. That is all: beliefs. You have a belief that you are split. You are not functioning as a homogenous idea. Reinforcing the idea of your polarities is a very old habit within you. And we are talking about stretching across lifetimes, and back into other time tracks.

Q: I’m hoping to...

B: There is no need to hope.

Q: Okay, I want to alleviate that in this lifetime.

B: You are doing so. This is the transformational life. You are in perfect position and in perfect timing. Relax.... Relax.

Q: Right.

B: You do not EVER experience a desire without also containing the ability for the manifestation of that desire. If in this life, therefore, you recognize very clearly that you have the desire to experience peace in the universe, then that is in this life to show you that that’s what this life is capable of manifesting.

Relax! The universe does not throw one-sided coins. It does not give you the ability to contain the desire for a thing without also throwing you the ability for the manifestation. The desire is the description of the life. The desire is the description of what the life is all about. You have come far – from a long, long way; a long, long time, in your terms of thinking. This is the life that many of you have been waiting thousands of years for. This is the transformational age.

You will accomplish what you know you are all about. Because that’s the definition of the frequency of what your world is going through: transformation, awakening, awareness, harmony. That’s why you are exploring all these ideas. You are simply acting like an old Orion, set in your ways.

Do you understand that the idea, as we have discussed it – not that other individuals have not been able to utilize it as a tool – but what you call the idea of Scientology, specifically was designed, by and for
Orions, to acclimate them into the Earth vibration, so that they could experience the polarities of positive and negative in the Earth sphere. So that they could learn how to balance those ideas and be of service to allow this planet at this time to not experience the idea of destruction, but the idea of harmony.

Q: That’s what I felt – like a crusader wanting to go and knock out heads.

B: That is the old way of thinking of it. The way you head them off at the pass, if you will, is to allow positive and negative expression to be equal. Because only when you allow them to be equal do you create an opportunity to manifest.

Q: Could you say that again?

B: Yes, I will.

Q: Thank you.

B: Only when you allow positive and negative expressions to be equal – equally valid forms of expression – do you then, paradoxically, allow yourself to choose which one, positive or negative, you desire to manifest as an effect in your life.

When you allow positive or negative situations to be on the same level, not one being any worse, not one being any better, then you do not create one to have more power than another – one to have less power than another, less probability of manifesting than another.

When all things are equal, when all choices are equal – all positive choices and all negative choices are seen simply as choices you could make, equal to one another for their learning value – then that is when you give yourself the clearest opportunity to pick from the side you prefer. Because you don’t believe that the negative has any more power to overwhelm you than the positive. When you allow them to be balanced, then, paradoxically, that is when you allow the one you prefer, to manifest first. That is how you head the negative energy off at the pass.

When you fight fire with fire, you only make a big fire and burn everything up. When you fight fire with sticks, you are only feeding the fire. We understand you thoroughly, for recognize that the agreement we have made with the physical channel stemmed from just such an act in the Orion systems. There was what you call a resistance movement to the negativity in those systems.

But the idea is that the resistance movement was crushed because they used the same techniques as those they sought to oppose. In the same way that your Earth terrorists, in thinking they are liberating themselves from oppression, or imagined oppression, are actually reinforcing it; because by their actions they give the oppressed governments an excuse to become more oppressive. So terrorists are actually the best agents for oppression that you have. They support it and maintain it.
It is only love that will allow there to be no longer a need for rigidity and oppression. Once again, put very succinctly, and to sum it up in an essential equation, let this sink in: you do not get peace by hating war; you get peace by loving peace.... so relax.... and love. Love.

Remember that, as a non-physical oversoul, all experiences, both positive and negative, are learning experiences – because in the oversoul there is no judgment. All is the same. When you allow all to be the same, simply different ways of expressing the self, that is when you allow yourself the opportunity to choose to manifest which effect you most prefer, because it’s all the same. And therefore, it’s easy to choose, because everything’s on the same level, right there within your reach.

You do not have to reach up for something you think is a higher ideal than what surrounds you, and you don’t have to drag something up that you think is beneath you. You do not have to work; it is all here – all equal, all right before you on the same level. And that’s what lets it be easy to choose the one you prefer. Pleasant dreams.

Q: Thank you.
B: Thank you. Sharing.

Transformation of Conflict

1
Transformation Symbology

Q: It made me think of popcorn too, something that pops and grows.

B: Well, yes, pop, pop, pop! Yes. Instantaneous transformation from one state to another, from a state that you generally consider to be inedible to a state that you consider to be edible. You follow that analogy? The seed, in that sense, is the potential of things, but when it pops, instantly it transforms into something you can ingest, something that supports you, something that nourishes you.

Q: Very good.

B: It is that state, from that seed, that you need to transform into. You need, all of you, to pop. That is your symbol, the popcorn, to pop to that state, to let go. If the seed held on and insisted on holding on to its hard core personality, it would never pop and become the light fluffy popcorn you love. So, become the light fluffy popcorn you love. Let go of the personality, let go of the confinement case of the seed, and pop, pop open. Now, another analogy ... many of you, understand again, not that it has to be this way, per se, not meant in a negative way though some of you may do it this way, the idea is to raise your vibration and you will pop. That is the idea of the popcorn, raise the temperature and it pops.

Now some of you will simply allow your vibration to raise and you will pop, but some of you, in refusing to pop, in trying to still be the seed and hold onto your ‘seedness’, will let things get very hot, will let the heat build up, will let the friction and the tension build up before you will finally let yourself pop. You will almost be burnt to a crisp before you will pop! (Lots of laughter) The idea is to transform that energy into a higher level of energy so that it will not burn you before you pop. There will simply be the acceleration and raising of your vibration, and you will pop in a, shall we say, less disruptive manner, so to speak.
Transformational Choices And World Peace

B: Now, let us talk about an idea we have been discussing for quite some time: of making a choice between knowing that you create your own reality, or choosing to not know that you create your own reality.

And really, the idea can be put quite simply, regarding that option that you have – for an option it is. Should you choose to not believe that you, in fact, create the reality you experience – and therefore, are in control of it – then, in a sense, this conversation, this interaction, and any idea or desire that you have, is quite pointless.

For recognize, if you choose to believe that you do not create or control the reality that you experience, then you are choosing to believe that it is, in your terms, completely and utterly random; that you can be, at any given moment, with absolutely no indication or forewarning, an absolute and complete victim of circumstance. And that anything you choose to do could, at any time, be completely torn asunder – so why try?

Understand, these are the effects of the option. You choose, in this way, to believe you do create your reality, wherein the resulting course of thought will be to allow you to know that, if you do choose your reality, then no matter what happens – including what you perceive to be a negative manifestation – it is under your control to change. It can be viewed as something that is a choice you have made. And in allowing yourself to come to terms with why you have made the choice for a negative manifestation, you can then make the choice for a positive one.

Should you choose to not believe that idea, and not act in that way, then, in a sense, to use your own vernacular, you might as well “chuck it all in.” Now, we are not attempting to be, in your terms, overly pessimistic at this time. But simply, we are reflecting to you the baseline of the choice that is open to you, in this way, in your transformation from third to fourth density. That is the fundamental baseline upon which all that you will experience from this point forward – now that this idea is in your consciousness – will be determined.

You choose to understand that you create your reality, or you choose to believe you do not. In a sense, there is no halfway measure. It is not: “Well, I create some things in my reality, but some things are outside of my choice.” Understand that if you know that even one thing is under your control then, by definition, all of it must be, for it is all connected – it is not isolated, in that way.

We are choosing to take this approach, this evening of your time, because you are now, as a society, allowing interactions to take place in your civilization that are no longer covert, no longer underground; but are rising to the surface very obviously, very blatantly.

Now, if you choose to believe that you are a victim of circumstances, then perhaps, you will create and generate fear of the circumstances going on in your world at this time, and the interactions taking place – the frustrations, the hatred, the rage, the judgments, the limitations. Or you can recognize that in allowing these ideas, these interactions, these exchanges of a negative nature to be on the surface, and
out in the open, you can then *blatantly* and just as openly, interact with the individuals involved directly, and *choose*.

Do you want what you are now seeing on the surface to be a reflection of the world you are going to live in? Or do you prefer something else? And if you find you prefer something else – by connecting that up to the understanding that you choose your reality – you can begin to *act* like the reality you have chosen to be.

And then *interact* with individuals – not in judgment, not in accusation – but in compassion, understanding, and unconditional love, and with full imagination. In effect, you can approach what was previously the unapproachable in your mind, and become *equal* to the same level of any individual in your political, social, economic and religious institutions, and communicate with them that you believe that peace is stronger than war.

And in that way, allow yourselves to know and allow them to know that you also believe – *if* you choose to believe it, we are not putting words in your mouth – but that you can also choose to believe that, if a reality, a civilization, as you picture it, as you desire it and as you see yourselves living within it, is something that is an idea strong enough, then it does not need to be defended.

If you believe that the idea of peace is truly the strongest idea, then you do not have to force that idea upon anyone. And that is what you can allow individuals in your governments to understand that when they feel they must force their point of view on someone, then they do not believe in that point of view themselves. Or they would not need force to allow another individual to simply recognize the power of their belief.

Peace is stronger than war.

Thank you.

Transformational Choices and World Peace
Transformational Template

B: All right, I’ll say, how are you this day of your time, as you create time to exist?
AUD: Great! Fantastic!

B: Allow us to begin this interaction this day of your time with a laying down of a foundation for all that we will be talking about with you. Now, recognize that we have been labeled extraterrestrial consciousness, but as we have said many times, none of you are original to your planet anyway. So you are not that different from us. We are not that different from you. We have our perspective. You have your perspective. The idea about all the interactions that you have been talking about, the interaction and DESIRE for interaction FOR WHAT YOU CALL EXTRATERRESTRIAL CONSCIOUSNESS is not really going to be SO very different from the type of interactions you could be creating among yourselves. We are simply another way that the Infinite has of expressing the creation It is. YOU are all as valid; YOU are all just as equal.

We, in communicating to you at this time, in accepting your invitation to interact with you at this time, are simply being of service to you by reflecting, like a mirror, the ideas you already hold within you to be true, your truth. Remember, THE TRUTH IS COMPOSED OF ALL TRUTHS. And each and every one of you is a truth, in that sense, as far as yourself is concerned, is THE TRUTH!

Now, our service to you is to reflect to you ideas and perspectives that have worked for our civilization. Because we recognize that your civilization is transforming in similar ways to our civilization, then, perhaps, some of the ideas we will share with you can serve you as well. Some of the methodologies, some of the technologies, some of the perspectives and points of view, you may wish to adapt into your reality. But remember, above and beyond everything, that your imagination is the key. Your self-empowerment is the key. Your imagination will adapt to anything that we will share with you in a way that works best for you, anyway. So you are doing it. I am not doing it. If you sense any idea that you would label as wisdom in me, everyone is just as wise; and in that sense, even though we may accept it as, what you call, a compliment, allow me to remind each and every one of you that all you are allowing yourselves to do is feel your own energy, feel your own wisdom, feel you own knowledge and your own connection to the Infinite.

Remember that the energy changes that may go on within you in any such interaction that we have with you, it is not a direct feeling of my energy, it is your energy as you choose to match the vibration that I am sending to you now telepathically. Any acceleration that you feel is your energy, so remember, you do not need interactions such as this with us in order to feel that energy. Anytime, anywhere, no matter where and when you are, YOU have the capacity to generate that frequency in your life, because you are generating frequency in your life right now. I am not doing it, you are doing it, but you are allowing ME to remind you that you have always had the capacity to do it, and for that I will thank you.

It is our great JOY and deep appreciation, and your great gift to us to interact with all of you. For through each and every one of you our respective civilizations in the Association of Worlds is given that much greater an opportunity to see how the Infinite creates and expresses itself in all the myriad ways
that it can – through all of you. And for us that expands our awareness of the Infinite and allows us to know there will always be more to explore, always never ending. It always goes on in absolute ecstasy and absolute joy. Nothing is too simple or too good to be true – remember that!

Now, the idea for all the interactions that we will have with you will be based upon one particular foundation, and that is that you are the creators of your own reality. You have all heard this now, many, many times. But the idea is that each and every one of you will attract to yourselves the circumstances and opportunities necessary to hear it in the way that will make the best sense to you, so it will stick within you. So you will finally allow yourselves to have the absolute CONVICTION to live that idea, to TRUST the idea that you are the creators of your reality. You ALWAYS, ALWAYS, ALWAYS have used infinite trust in the creation of your reality to begin with. When you hear any of us talking to you about the idea that all you need to do is use trust, we are not telling you to use something you have never used before. We are not talking about the idea of something that is difficult to learn how to do. You have all, ALWAYS, used infinite trust. It is just a matter of whether you trust negativity or positivity more, but you have also used trust to create WHATEVER reality you have ever experienced.

Remember, your imagination, and this is what you call the bottom line, your imagination is the key. Your ability to create the image, the idea of what it is you prefer to be, to, as you say, render it into a visualization, to structure it, to paint the picture, as you say, that is the bottom line. Whatever it is you desire it to be, render it in your imagination. Watch that you as it handles the ideas in life. Give any situation in your life to that you in your imagination, and if it has truly been designed and defined by you to be the ecstatic and successful person you say you prefer to be, then hand it the circumstances in your life, and watch what that you in your imagination does with those circumstances and watch the successful outcome.

All you have to do is, then, from that point forward, copy, mimic, mirror what the you in your imagination did with that situation, and you’ll get the same results – that’s what your imagination is for; it’s the template, the blueprint of the you you can be. All you need is the conviction to trust that the rendering, the imagination scenario you have visualized for yourself is truly who you are at that moment. Remember, your ability to conceptualize is the same thing as your ability to manifest. It is not necessarily a matter of the idea of seeing what you want and then, of necessity, having to create a long involved, difficult, struggling process in order to get what you want some day, to become, someday, out there... who knows when... that idea. Always in the future: “Oh, someday I might get there, I don’t know how long it will take, someday, but I know this is what I want.” Well, remember, if you perceive it, you are it in the moment of perception. To conceive, to perceive, is to be that idea. The moment you conceive anything you are the vibration of that reality. All you have to do from that moment forward is act like that person you see in your imagination that you would prefer to be, and you will get the life style of that person.

Therefore, as we now interact with you with this idea, that you are the creator of your reality, then the fundamentals of utilizing your imagination, your conviction and your trust, and the clarity of the
definitions in life are the foundations that will underlie all the interactions with you. Through these co-creations, bit-by-bit and day-by-day, your world increases and accelerates its vibratory patterns, matching ours, co-creating with us an atmosphere, a conducive and conductive atmosphere in which your world and our world can then, very soon, meet face to face – when you believe you are actually equals to each other, and equal to all creation. When you know you are an equal, then it is easy for our world to blend with yours.

We will now extend our appreciation to each and every one of you in co-creating this interaction with us, and for choosing to function as ambassadors of your society this day of your time, because this is what you are right now. We thank you for allowing me to function as an ambassador of my society. In return for this gift, I ask you now, how may I serve you? Sharing!

Transformational Template 1
Transforming Fearful Beliefs

Q: How do you stop letting fear control, take over?

B: Know that it is your friend. It is giving you a message. “Tap, tap, look here! Part of yourself that you didn’t know existed, I’m bringing it to your attention, isn’t that wonderful? Now that you are aware of it you can integrate it into the rest of your being, and be more of what you are. Haven’t I done you a wonderful service?”

“No? What do you mean you didn’t want to see that part of yourself? I thought you wanted to see everything there was to see, experience every facet of the multidimensional existence that you are. Do you not want to integrate in yourself, so that you can accelerate in that way? You’re not sure? Well, all right. I’ll hang around until you are sure, until you allow me to deliver the message. I will hang around. Of course, as long as I hang around, you might as well feed me, pay for my meals, allow me to grow and become a live-in, to get stronger and stronger, nag you constantly until you allow me to deliver my message, so I can get out of here.”

That is the only reason fear is there – because you do not allow it to deliver the message that it brings; because you attempt to reject the message because you think it is something that is not worth having. Does that assist you?

Q: Yes, it does.
B: Thank you. Yes?

Q: When you use the word “you,” y-o-u, you’re speaking in an overall sense…
B: Sometimes, sometimes not.

Q: Well, let’s say, if I said I wanted a million dollars but I don’t have it, you’d say: “Well, you don’t really want it,” or something like that. But the me that I know myself by wants the million dollars.
B: What does it matter what you want? Do you not prefer what will truly allow you to be the idea you chose to be?

Q: Yes. Yeah, I understand.
B: Then there may be a situation where there is another way, an easier way to be that idea, rather than the symbol of the money.

Now, if you are concentrating on only the symbol of the money as being the only valid way that you will accept delivery of the situation you want, then you are shutting the doors on all the other ways it could be delivered to you. Because you are refusing to acknowledge that there may be other ways, quicker ways, easier ways it can manifest, rather than through the one symbol you are willing to recognize that you call money. It is not the only symbol of abundance.

Q: Mhmm. I guess my question really is… that was just an example. My question really is: the me that I know myself by, there are elements missing when you look at the overall picture; from your viewpoint you can see probably more of me than I can see of myself.
B: Not really.
Q: Okay. If I could see everything about myself...
B: Yes.
Q: ... I wouldn’t be down scrambling around in the third density, would I?
B: In a sense, yes, no. First of all, you would not necessarily think that third density was such a bad place.
Q: I don’t particularly think it is...
B: All right.
Q: ... but you said before that in the fifth density you know what...
B: Fifth density, you will not be physical. You can know in fourth density; you can even know in third density.
Q: Well, didn’t you say something about you’d know who you are, completely?
B: As completely as you need to, for where you are and what you are.
Q: I see.
B: Now, you do know yourself that way now, but you don’t believe that you do. That is the only thing that keeps you from seeing the total you that you need to see.

Right now seeing the total you does not mean you are going to vaporize across the cosmos. What it means is that you will simply trust that everything that is going on in your life that you are aware of, is what you need to know, and anything that comes in is more of what you need to know, and not something to reject.
Q: Well, what is – the lady asked a question about fear. And if fear is delivering a message, how – I have fears myself, but I don’t always know what the message is. I would rather have the message than the fear.
B: Well, simply recognize that – now, I am not saying that this is something that carries any more power than you do, but many of you have put much stock in the belief of habits. And so, because you believe that things can happen in your life habitually, second nature, without even knowing you are doing it, then many times you simply do not even realize that you are, before you can even think about it, rejecting the message that comes from the fear.
Q: Oh, I see, Yeah.
B: Because you simply do not pay attention that quickly. You follow me?
Q: Yeah.
B: Therefore, it is simply a matter of allowing yourself to know that the messages are there; that you can hear them; even allowing yourself to be fascinated by the fact that the fear might be bringing a message, can even curtail the negativity, can dull the negativity. Just because you might be fascinated enough to say: “Well, what is the message?” The minute you become curious, no more fear.
Q: Could you give an example of what a fear... what kind of message a fear would bring?
B: Well, in this way, you are walking down one of your streets. Someone walks up to you, and all of a sudden you are fearful: “What do they want? What do they want? Why are they bothering me? I do not want to be accosted. Are they going to rob me? What do they want?”

“Excuse me, do you have the time?” “Oh, well, yes.” “Oh, thank you very much, good bye.” “Why was I so fearful? Why was I so fearful, automatically, without knowing anything at all?” Assumptions and structures that you have build habits that you believe in. The message is there; that lets you know that, that reaction lets you know you have beliefs within you, structures within you that you may not prefer. That may be the message. If you do not prefer to live that way, then you have now allowed yourself to let the fear show you that these beliefs are within you. Now you can change them. That is one way you can allow fear to deliver a message.

Q: Uh huh.
B: Will that serve you?
Q: To a degree, of course, there is a situation where a guy does have a gun under his coat…
B: Yes. So?
Q: Fear is really telling you to get the hell out of there.
B: All right now, once again, understand that that situation can occur that way, but it also does not have to. The idea of knowing your reality, and knowing it without fear, can give you the cognition that that event is there, but you know it will not affect you in any negative way.

Q: That’s the way I generally approach my life.
B: All right.
Q: But I’m wondering…
B: Cognition of a situation does not have to create fear.
Q: True. But what I’m saying is that sometimes the sensation of a fear comes up, and I go: “Okay, oh look at that; that’s neat.”
B: Yes.
Q: And I just find that I’m able not to feel fearful because I’m in the moment…
B: All right.
Q: And I know that there will be a positive outcome.
B: Yes.
Q: So how is that different from what we are saying? I’m saying, if that does occur, then what is the message? Have I just made the message unnecessary? Or have I…
B: Yes. The minute you begin to become curious, you have gotten the message. The idea of many of the fears is to simply spur your curiosity to begin exploring that facet of yourself. That is all. It is a gentle reminder. And the more you are willing to explore, the gentler and gentler and gentler the nudges become, until you simply do not experience that fear anymore.
Q: I see.
B: Again, it is simply the idea of little bits and pieces of beliefs and remnants. That is all. Little twinges of old habits. That is all. But as soon as you acknowledge that it is something worth exploring, no more habit.

Q: So in the case where this guy does come up and he's got a gun, and this initial intention was to rob you or whatever, and you will experience the fear and go: “Okay but I don’t have to, I can just view this as a positive thing.” That will flip you and him into the dimension where you co-create…
B: It can happen that way. It can also simply allow you to not come anywhere near that individual, and vice versa.

Q: Well, I’m saying he’s two feet in front of you.
B: But understand, you are missing the point; not that it cannot switch in the middle of the idea. But generally speaking, individuals do not generally need to have that particular type of reference to simply know that if they create their reality in a certain vibration, then you will never meet the individual at all. They will take another street. You will take another street.

You will not have to come down to the idea of the confrontation at all. Although that may be one way that individuals may find an exciting way to come to terms with what they believe in the moment. It is certainly valid if they create it, and it has happened.

Q: Well, it sounds like what you’re saying is that, where you go down a street other than what he goes down, its as though you’ve already dealt with your fears in a way that you…”
B: That is the point.

Q: Okay. But I mean…”
B: Yes, yes, yes. If you are using the situation to allow the fear to be there to deal with it, then yes, you can transform the situation right in the middle.

Q: Uh huh. Thank you.
B: And therefore recognize, that if that is what you are willing to do, then the individual you have attracted is someone willing to change with you.

Q: Yes.
B: Therefore, in a sense, it has already been changed.

Q: So it exists already, and you just access that…”
B: Yes.

Q: Could I just finish the thought I was…”
B: Yes.

Q: Judgment seems to be the common denominator; if you judge, you immediately create a polarity, which seems to create a magnetism; it attracts…”
B: Yes. You become the vibration; you are what you judge.
Q: So rather than trying to polish up the magnet, the best way is to blow your own polarity by becoming static, which is like a pure love.

B: In a sense, you become polarized in your own reality. That is all. Your frequency can only, therefore, attract the same frequency. You can only experience what is on your wavelength, and vice versa.

Q: Thank you.

B: Thank you.

Q: When the two people spoke of fear, let’s say, for instance, you experience the fear, and then you do become aware of beliefs that it points to.

B: Yes.

Q: How do you then change the beliefs?

B: Once again, recognize that it is not a matter of needing a process – although your imagination can supply you with whatever process you think you need. That is what it is for. It is tuned right into your vibration. Anything you can imagine, therefore, that might work as a process for you in order to create that idea, will work for you. If you change your mind, then that idea will work for you. If you change your mind, then that is an indication that you are supposed to.

However, you do not necessarily need a process, if you are willing to understand that once you are cognizant that there is another way to be, you automatically already are that other way. And all you need – the only process you need – is to act like you already are that other way. Then your reality will be able to reflect the way you are now. That is it.

Q: Thank you.

Q: I have a fear of ghosts.

B: Ghosts! Why? You have been one many times.

Q: What kind of message... I mean what do I learn from it? How would I cope with this?

B: Oh, in this way, the idea may simply be that it is an indication of an extension of your powers. And also perhaps a memory of an experience of another life, wherein you allowed yourself to feel the limitations and restrictions that go along with that particular vibratory energy.

For in this way, what you usually perceive as a spirit or a ghost or a haunting, so to speak, are many times, individuals that are still very, very close to the physical vibration, yet have died. One of the reasons that they are close still to the physicalized vibration may be that they, a: do not know they have died, b: have died in a self-induced violent manner that allows for a lot of attachment to the earth plane to still exist.

And so, from time to time, the vibrations of that non-physical individual slow down enough to be perceived by individuals still physically living. This may simply be a reminder for you of a time that you created, in a similar way, that was unpleasant for you. And also now a reminder, that as you now are extending your senses to go through that level and beyond, you still must encounter that level again.
You are simply fearful that you will become stuck there again. But you won’t be, because now you understand that that is only part and parcel of the idea of a specific belief system, and that you now already are a different belief system; and you will sail right through that level.

Now understand, you can also be of assistance to these individuals, because you have had the experience of being there before. And the original ideal, as we have said many times, of your so-called exorcist is – not the idea of the banishment of evil spirits – but what you would call a ghost psychologist, to allow then to know that they are, in fact, dead. That they are just fine where they are; and they do not have to remain attached to the idea of the physical earth plane and can get on with their lives on whatever level they want to.

So you can assist any ghosts you come across, because they will recognize that you are speaking from the heart, from experience, because you have been there. And you are simply recognizing that you may have a fear that you will be there again. But you will not, because that is not the belief system that you are right now. And interacting with the ghosts in the dimension of your imagination can also alleviate that fear for you, because you will become more and more familiar with that realm; it will become your friend and you will sail right through it.

Do you follow all I have been saying?

Q: A little bit. My fear is that I haven’t had a confrontation with a ghost yet. I have a fear of it being there, because…

B: Of course, but that is what we are saying. We are not saying you need the confrontation; we are saying it is a memory of having been, “stuck” in that place. And so you fear to face it again.

Q: Right.

B: We are saying you will not be stuck there again because that has nothing to do with the beliefs you have in this life. It is not what this life is all about. And it can be something you can utilize in a positive way, because you are experienced with being in that state. Therefore, should you run across something – the idea you call a haunting or a ghost – you will be able to communicate with them, at the same time alleviating their fears so they can go on, and alleviating your fears so you can go on.

Q: Yeah, I guess I just don’t trust myself with some – if a confrontation comes, I’ll just go crazy with fear and be paralyzed or something.

B: You are not paying attention. You have already been there; you don’t need to be there again. The idea of your paralyzing fear is only an exemplification of the idea you experienced already in that state before. That is the only thing you are remembering, but that is not who you are.

You can choose to recognize that that vibration has nothing to do with the idea you have created this life to be. Now, your imagination is a dimension unto itself; it is the dimension in which you exist as consciousness. Therefore, trust and rely upon your imagination to provide for your scenarios. Right now, or whenever you feel so inclined and so comfortable, in your imagination talk with ghosts; see what it is like. Right now, what would you imagine it would be like talking with a ghost? Create a ghost
in your imagination, and talk to it. What would you say? Let us say you are walking down your hallway, and there is a ghost. What do you say?

Q: I’d say: “Who are you?”

B: All right. Nothing hard about that is there?

Q: “What do you want? What do you need? What can I do for you?”

B: All right. What’s so tough about that?

Q: Well, it’s not tough because I’m surrounded by people, but when I’m alone and it’s dark in the house...

B: Ah, ah ah! You are always connected to All That Is. Do not forget, you are simply confused in a negative sense, with the idea of what being vulnerable is all about. You think vulnerability is weakness and exposure, and therefore, susceptibility to negativity. Vulnerability is being willing to be open to All That Is. Being open to All That Is is being connected to All That Is. Being connected to All That Is is being infinitely self-empowered and strong.

So be vulnerable when you meet the ghost. You will be infinitely supplied with infinite strength. Vulnerability is not weakness, nor susceptibility to negativity, it is strength, it is love. It is willingness to be all that you are. And that is what will give you the ability when you need it, at that moment, to deal with that ghost.

And let them see in you the reflection of your life, the reflection of your love and your connection to All That Is, so that you can remind them that if they can see that in you, they can turn around within themselves and see their connection. That is what will let them go on. You follow me?

Q: Yes. Thank you.

B: Feel the vibration of your love and share that with them. That is all you need.
Transforming Our World

Q: Over the years I’ve had a lot of experiences... I’ve seen flying saucers up close... I’ve met inter-dimensional beings. And I don’t have clarity on which they are, where they’re from, and what they’re trying to accomplish.

B: First of all, they are from many different places, not just one. You understand?

Q: Yes, sure. Could you be more specific?

B: There are many civilizations interacting with your world. There are beings from what you call our world, Essassani, there are Sirius, there are Arcturean, there are Pleiadian, there are Reticulum; there are many civilizations. Our attempt, quote/unquote, is in assisting your planet through its transformation in an unobtrusive way; that allows you to know that you are responsible for that transformation. Not us.

Q: Yes, I do realize that.

B: That is our basic reason: to assist you in returning your power to you. To help you wake up. To take back responsibility for the creation of your lives so we can then interact as equals, rather than your world continuing to hold us up in some sort of awe or regard, above yourselves.

Q: Yes, I see what you’re saying. It’s sort of made me feel like am a nw i t ha m i s i o n b e c a u s et h e s e things started to happen to me at a very young age.

B: Yes.

Q: I mean... there are so many things I could say.

B: Yes, you are assisting with the transformation in your own chosen way.

Q: Yes.

B: Continue to do so in whatever way excites you the most that can be done through your integrity. The things that excite you the most are the indications of the path you chose to be, to be of assistance in this transformation. That’s why excitement exists, to let you know what the things are that represent your purpose in this life, and how you can be of best assistance.

So that is why we say that acting upon what excites you the most... that is having an equal conversation with us. Not just talking. Acting, doing, creating your planet to be one that has an equal vibration to our world, so we can interact face to face.

Q: I find that as I am acting, I find that there are limitations.

B: Now and then, yes.

Q: Actually, not so much... I mean, they’re in myself, but they’re also around me.

B: Yes.

Q: And you find that when you act, that the people around you aren’t ready to act.

B: We understand what you are saying.
Q: In other words, they aren’t ready to get on with it, so you kind of hang out and wait.
B: No, no, no, you do not wait. You act, you continuously act in whatever way you can act. That action is what will allow other individuals to know they can also begin acting. If you stop and wait, they will wait for you.
Q: Oh, yes, I see what you’re saying. It seems like...
B: We understand. Different individuals will proceed at different rates.
Q: Yes.
B: But that doesn’t mean that you stop acting on the things you can act upon.
Q: Right, right. In other words, you realize that maybe this particular individual isn’t the one that you’re supposed to work with. Or in other words, you’ve come to a plateau and realize that you maybe need to do a one-eighty, and move in another direction, so to speak.
B: Yes, yes. And that is the continuation of working with that individual, because that’s what they need to see from you.
Q: Right, right, it’s all relationship.
B: Absolutely. Does that assist you?
Q: It does, but also, specifically, I remember two events in my life and I’d like to know – actually three – who they are and where they’re from.
B: No, no, no. Because we will not label them and separate them at this time when everything is coming together under the Association understanding. For now, simply consider all members as members of the Association of Worlds. Yes, you have your specific connections. Yes, you will discover them when you need to. But use the energy for how it allows you to move. If you spend time labeling them to excess, you will focus on details you do not need to focus upon.
Q: Yes, I hear you.
B: All right. Pay attention to your dreams. The information you need is almost always most easily accessed there.
Q: Well, that brings up another point. I find that in the dream world, sometimes I do connect with the core.
B: Yes.
Q: However, I can’t remain there...
B: Yes, yes, yes... yes, yes, yes, yes... you can.
Q: Okay, I know I can... I know I can. However, I flip through it.
B: You do remain there, if, once you reinsert yourself in what you typically call physical reality, you act upon the version of that core energy you still feel. You will then create a reflection of that core energy in the physical reality, which is the whole idea.
Q: That’s true.
B: Creating Heaven on Earth.
Q: Right, through our physical bodies.
B: Yes.
Q: I mean to bring it... to manifest it in.
B: Yes. Remember, again, that your soul does not inhabit your physical body. Your physical body is your spirit, in physical terms. So be the spirit that you know you are and act like it, and you will transform the spirituality of your world.
Q: Yes. Also, I find that I used to be more what I call yin, or yogic. In those days I was more able to watch my dreams, perceive my dreams, influence my dreams, understand my dreams; however, these days I’m in a more what I call a yang mode, a more business mode.
B: Yes.
Q: Therefore, I find that I sleep more deeply and that I dream less.
B: You do not dream less, it is simply now the idea is that you are now recognizing that physical reality is the dream you are changing.
Q: That’s true.
B: So you are applying it on the physical side. The same things you learned how to do on the dream side, you now can recognize you can do on the physical side, because physical reality is but a dream, literally, period.
Q: Just one that we create, that’s true.
B: Absolutely. Thank you very much!
Q: Thank you.
B: Sharing!
Transforming the Belief of a Separated Consciousness

Q: You communicate with this Earth, and do you communicate with others?
B: Yes.
Q: Have you ever heard of Ashtar?
B: Yes.
Q: Could you explain that?
B: It is one of the representational names that you have created in your vocabulary for a certain density of consciousness that is in connection, as many civilizations are, with your civilization, and assists in the transformation you are making from third to fourth density upon your planet.
Q: I’m not sure I quite understand.
B: It is a group of beings, if you will, though that is not literally accurate, that are in contact mentally with your civilization, to assist you as we are assisting you, and as many other civilizations are assisting you, in your transformation from where you are into higher awareness.
Q: All right.
B: There are, however, some misinterpretations about what they are going to be interacting with you about. Simply, there are many individuals upon your planet who regard them as someone who will still take responsibility for you; that they will be saviors, which they are not.
Q2: Like take us off the planet in their ships?
B: Yes... now, the idea simply is that you do not need rescuing. You will have the opportunity to form an identification with many civilizations, to the extent that you can experience the “parallelizing” of your planet, in a sense – the creation of a fourth density state, in which it may appear that certain things do not affect you physically, in this way.
It will seem as if you are removed to another state, another density, but you have made this removal yourselves, in concurrence with your willingness to be of equal vibration to the civilizations which you are reflecting to yourselves in our appearance to you. In this way, it is not a literal removal of the planet; it is symbolic, in a sense. You have made it symbolic because your mentality has only been able to interpret the idea in a symbolic, physical fashion.
You are not being saved. You are being identified; and in that way you are allowing yourselves to recognize the implication of another vibration, of another reality, of another potential existence, and you are identifying with it. And by synchronizing and by harmonizing with it, you will find yourself in fourth density state, having been, in a sense, removed from the third density world into a fourth density state.
Q1: Is that what we on Earth are...
B: You are in the transition from third to fourth, yes.
Q: What density are you?
B: We have aspects in third, fourth and fifth.
Q: Okay. Now I have a question about myself. People tell me that I have an energy about my person. Different cultures of people have told me this.
B: Yes.
Q: And I can use it for good, or I can use it for bad.
B: So can anyone. But allow me to elucidate first of all: the concepts you call good and bad are your own creation. There is positive and negative energy, yes. There is positive manifestation and negative manifestation, yes. Good and bad are qualifications; they are judgments.
Q: All right.
B: You can, as anyone can, use their own godhood, their own self-empowerment for positive or negative manifestations, of course. Which do you prefer?
Q: Whatever is necessary at the time.
B: Whatever is necessary? All right. Now this has been done for the last twenty five thousand of your years upon Earth. In this way, it is your choice of experiencing the idea that it is necessary to experience negative manifestation in order to feel like you deserve something.
Q: No, I didn’t mean that.
B: All right. Then understand that whatever is necessary is what you prefer. The idea at this time of the blending of the transformation is that you can find that it is no longer necessary to suffer in order to know that you do deserve happiness.
Q: Or peace of mind?
B: Same thing.
Q: Now, what is the purpose of coming here to find out, to hear, what you have to say?
B: No, you are here to hear what you have to say.
Q: I am here to hear what I have to say?
B: Yes. We are being allowed by your civilization to reflect to you what you already know. We are only reminding you of what you already contain within you. You are allowing us to waken you to yourself.
Q: Now, how would a person go about expanding their mind, say, to another plane?
B: You are expanding your consciousness. Your mind, a product of your mentality, is a product of your personality, which is not who or what you are. Your personality is an artificial construct that your consciousness uses as a tool to express itself in the physical world to serve a certain purpose. And your personality shifts all the time, as you change the idea of yourself, as you expand into different awareness of yourself.
The idea of going into different planes is simply allowing yourself to become more aware of more of yourself, since you already exist on every level that there is. Because you are the creator, you are All That Is.
Q: Okay. Now we have a conscious and a subconscious...

B: The idea of conscious outer-aware consciousness, and subconscious and unconsciousness, are all physical personality mental manifestations, which have nothing to do with your knowing consciousness, which is non-physical.

These are tools, they are ideas; the idea that you have a separated consciousness is what creates the effect of a separate consciousness. In reality you are one consciousness. And the idea of this transformational life is to allow you to know that you can act as if you are one consciousness.

In many ways the idea of having a sub and unconsciousness has only been an excuse to not look at certain portions of yourself that you fear to look at, because you are separating yourself from the All That Is that you are.

Q: But if that’s how we were created...

B: Understand in this way, it is simply an habitual ritual in the twenty-five thousand year cycle to impose the idea of a separation of your consciousness into outer, sub and unconsciousness. In this transformational life you will understand that you can blend them to such a degree that you will know that nothing in your outer-aware consciousness is hidden from you. And you will find that the children now being born upon your planet may realize this a little sooner than the adults do.

Q: All right. Okay, let’s go in a little further.

B: All right.

Q: My consciousness... I’m talking about myself, because you put it to me... my consciousness now, my awareness, is what I see, hear and feel.

B: Physically, all right?

Q: Right. Now, when I put myself in a state of blocking out my physical feeling...

B: Yes?

Q: ... and going... oh, I don’t know what I’m saying!

B: All right. You are actually expanding, you are actually integrating, you are not really blocking.

Q: Okay, well...

B: You are including.

Q: ... meditating is what I call it.

B: Yes, you are focusing in the center of your consciousness, all of it.

Q: White light.

B: Yes, ALL of it, ALL of your consciousness; the source of yourself.

Q: Yes, which I... I’ve forgotten what I was trying to say. (Pauses) All right now, for example, you go through different stages when you go through this process... or I do.

B: All right. Very good, some individuals do not.
Q: Well, okay, for instance, I noticed one of the people here mentioned lights and colors.
B: Yes.
Q: Okay, so I use that also, along with the Great Pyramid.
B: Yes.
Q: Going through the center of the Pyramid to the point at the top.
B: Yes.
Q: All right, and then the different colors change, and when you reach a certain peak... I’ve only been able to reach a certain peak and then I snap, and balance back, to what I call reality.
B: Yes.
Q: What would you suggest...
B: First of all, that you can simply realize that what you are doing is only your version of your tool of your imagination. It is, for now, what gets you there, what works for you. It will change as you change the idea of yourself. Every tool that you create is valid for you, because it comes from your imagination, which is specifically tuned to your consciousness, to provide you with the necessary rituals and tools and ideas to allow yourself to explore the integration of your consciousness in whatever manner you have chosen to do so in this physical life.
Q: Now, the creativity of your mind... okay, the mind is very powerful...
B: Yes, it creates your physical reality.
Q: All right, does it create your sub... I’m lost for words right now.
B: All right. Your consciousness, non-physical consciousness, projects itself into the idea you call physical reality, and thus, creates a mentality or a mind which is a physical version of your consciousness, in order to perceive the physical reality which has been created. But it is the mind that creates the physical reality, the physical reality that creates the mind. Without one there is not the other.
Q: How about the spiritual part?
B: What about it?
Q: Well, isn’t it part of it also?
B: Yes, but it extends into the non-physical universe as well. It is the driving energy of your existence that is your spirit. Now, your physical mentality gives rise to what you call your outer-aware ego consciousness, your subconsciousness, and your unconsciousness. But those ideas are only physical, and when you become non-physical, when you are either out-of-body, as you say, or you physically “die,” those concepts no longer exist for you. You are ONE KNOWING consciousness. Do you follow me?
Q: Yes and no.
B: All right.
Q: I follow you until a certain point and then I...
B: All right, now understand, that you understand this perfectly on whatever level you need to; and you understand it experientially when you sleep. Because in your dream reality...
Q: That’s what I was talking about... dreams.
B: Yes. Your dream reality is, in a sense, really more of the real awake you, because there is more of you present.
Q: In the dream state?
B: Yes. The physical reality is more the limited focused dream. The dreaming you is more the real, expanded, aware of all of yourself, you. And that is why anything is possible there. Because you are the creator, you are All That Is.
Your imagination is the tool that is the bridge and the link between the dreaming you and the physical you. Both of which are real, but simply are experiences of a different nature, according to what you feel you wish to experience for your own understanding and balance of yourself, as a being.

Q: All right. Thank you.
B: Thank you!

Transforming the Belief of a Separated Consciousness
For those with whom we have been communicating in this manner for a little while, we understand that many of you have already very clearly figured out that what we were talking about recently, about the upcoming shift, now is very obvious to many of you as it has begun. As we explained to you that we found it necessary to come closer to your planet so that we could aid and assist in the balancing of the collective consciousness energy that would be affective by the shifts that were about to start in your society and as you have now begun to see them and as you have begun to see the particular incidents and circumstances and situations that are representative of great acceleration and shifts in your collective awareness about how you are arranging your planet, about what it is that is important for you to focus on about the idea how each and everyone of you must now do what you need to do in order to become more closely connected to all of your humanity to be more active, to be more involved, not only in the idea of creating the world that you want to create on a global scale but also doing this by creating the world that you want to create on a personal scale and not holding back. Now, two, of what you would call your most public assistants, those that have been seen, in that sense, themselves as being spokespersons for humanity– assisting humanity, those that you call your Princess and your Mother look then to the idea that their passing into spirit, both within the same time frame of what you call this week that was outlined almost a month ago being the time of accelerated transition on your planet. Thus, then, sends you a signal that it is up to you to take over their jobs. It is up to you now to use the gifts they have given you to reach out to humanity to be of aid and assistance, to expand yourselves, not sequester yourselves, but be of the world as well as in the world. They have acted as symbols and examples, living examples, for how you can, one person can on your planet, touch many and create impact. And, now, you are beginning to get a clue and hint as to what this acceleration time is all about and why it had to be so dramatically illustrated by the abrupt passage and the handing of the baton, if you will, to the rest of the world. There will be more. There will be other changes coming up now in this next few months of your time before your next upcoming new year, new orbit on your planet; but this is to show you the kind of thing that was meant by the kind of acceleration that we have all talked about for a long time. Where you have been instilled and connected to individuals who are not afraid to show their inner light and act as symbolic reflections for each and everyone of you so that you do not have to be afraid to show your inner light, not that it has to be expressed in exactly the same way. But each and everyone of you knows that you all have innate power, that you all have innate impact upon your planet. That all it takes is one in order to make an entire difference in your world and, thus, then you have been handed, shall we say the opportunity, the gift, and the challenge to make a difference, to create your world to be the way you have said for so long you want it to be, for now it has clearly shown you that others will not do it for you, beyond a certain point. They will show you how it can be done but then they will leave and leave it up to you. To each in your own way, and each in their stead be like unto them, be those that will be willing to act on the same level to the same degree, on the same magnitude of impact. And the way that you do this most strongly is by simply being yourself. That’s all you have to do, for that is all they were doing.
that sense it did not have to be planned, it did not have to be charted out, but, in that sense, your Princess and your Mother have shown you the way. It is not that you must follow but it is that it is up to you to be like them. In the ability to expand and express your true-self, your true desire. Your gift of sharing being who you are and sharing that with your world that is what will make the difference. No longer then do you need to hide your gifts from the world, you will make a difference, each and everyone of you does make a difference. We understand that many of you for thousands of years on your planet have been trained to think that you have hardly any impact on your planet at all. Were that true, YOU WOULD NOT BE WHERE YOU ARE, FOR THERE ARE NO POINTLESS CREATIONS AND THERE ARE NO ACCIDENTS IN THAT CONTEXT! So allow yourselves to know, as we have stressed in many of these dialogues, many, many times that any change is a TOTAL CHANGE. And if you are simply willing to change from being who you have, for a long time, perhaps, in your society been taught to be, and are willing to change to who you know you are, and behave as such, you will see that you will also, each and everyone of you, at the same degree, have a far reaching impact on your planet as anyone that you have witnessed in your history. But, now is the time, now is the time, now is the time for personal responsibility. Do you have the ability to respond? That is the question. So, we strongly urge you to do so. Again, We remind you: we can never place ourselves into the position of telling you what to do. It is your planet, it is not our planet. It is your responsibility, it is not ours. But, we are your friends, we do love you and we are telling you that we know you are capable of equal greatness and equal behavior and equal expression if you would only but believe and behave as if you were. And your world will be transformed in a way that you know others have had impact and transformed it and it will truly be claimed as your planet, and your reality. So we urge each and everyone of you now to fall into step with this ACCELERATIVE WAVE of change and transition, and transformation and transcendence that has now begun to illustrate itself so strongly, so obviously and so blatantly upon your planet. For as you see that individuals, single individuals have literally touch the hearts of millions so to is that capacity within each and everyone of you, so to is that design within each and everyone or you would not exist. For each and everyone of you IS the face of the infinite, expressed from a different point of view. We thank you for allowing us to share this perspective with you this day of your time and for your willingness to be so bold as to choose to be on your planet at this time of great change. THAT TAKES COURAGE! So congratulations, for your strength and the revelation of the strength that is about to come through you from yourself by your willingness to be who and what in your heart of hearts you know you are.
Transmitting the Vibration of Vortex Points

There are many places on your planet that are called "power vortex points," very strong electromagnetic aligning energies are in those areas of your planet. When you go to those places you feel yourself immersed in the frequency of those areas. You can allow the energy of the place to align you if you match its vibration. Then anywhere you go on Earth, if you create that vibration, then that place will be where you are and all that are with you can feel the energy of that place. You will be like an extension of that energy spot. All you have to do is use your imagination and allow yourself to feel like you felt when you were in that energy spot and you will then be that vibration. This can be a way to prepare yourself before you choose to do a healing with someone else.

You can do the same thing, if you wish to create any form of art. You can re-create that vibration and then create the form of art that you feel is representative of that vibration. Then that piece of art will have that vibration locked into it.

For example, if you know that your Mount Fuji or your Mount Shasta area is one of the power spots of the planet, you can create that vibration in anything you do. If your artwork then creates the vibration of that place, all who come in contact with your artwork will be standing in the vibration of Fuji. Nature is always very balancing, very healing. Take advantage of the vibrations it provides for you. Many of you already understand that to gaze upon a beautiful tree or a beautiful flower creates a healing vibration, a centering within you.

So understand that when you see representations in art of objects that have a certain feeling, then the vibration of that object is really there. This goes hand-in-hand with what we discussed before about the world being a metaphor, a symbol. You can use the idea of the metaphor, or the symbol, to actually create a healing and balancing vibration, because all physical objects have a unique vibration. And even a symbolic representation of that physical object has the vibration of that object in a specific way.

You see, you are creating physical reality anyway. A physical object is already only a symbol of a vibration within your consciousness. So in some ways there really is not much difference between vibration of a tree and the vibration of a painting of the same tree. You can work with your symbols in this way to generate a balancing atmosphere, even if you are not in physical proximity to the object that is represented by the symbology that you choose.

In the past this understanding was called "sympathetic magic," the sense of creating a sympathetic vibration in model form, or in a symbolic form, that actually has the vibration of the real thing. Therefore, making a connection to that thing from a distance, because you actually have the vibration of that thing in symbolic form. Magic is simply the ability to truly transform your belief system, transform your reality around you in a very conscious way. Then, telepathically transmitting to other individuals the vibration of that change so that they, if they choose to, can experience that change as well in their reality. Sympathetic magic; there is nothing mysterious about this. It is only the "physics" of consciousness.
So allow yourself to understand it is all a matter of your vibration. Heal yourselves, heal everyone, by being the fullest "you" you can be. Then if you are in balance, you can allow others, through sympathetic vibration, to be in balance with you directly, or through your artwork and creativity.

Transmitting the Vibrations of Vortex Points
Traveling and Accelerating in Space/Time

Q: Is it possible that we might have a communication from Arcturus tonight?
B: In dream state.
Q: Thank you.
B: Particularly within each and every one of you that creates the manifestation of the portion of yourself that you call that child. (AUD: laughs and comments)

Q2: Can you tell me how, uh, on your planet, you take care of the young?
B: In this way, you will find that, first of all, we are in communication with the consciousness before it is born, during birth, and after birth. And in this way you will find that we are always in touch with the understanding of why that individual has chosen to manifest within our society to begin with. Therefore, any raising that is done is only an orientation process into the dimension that that consciousness has projected itself, approximately up to, what you would call, three years of age, then they are on their own for the most part. (AUD: laugh and comments)

Q: Do they reach full, what we would consider, adult height?
B: No. But in this way, at what you call three, they’ve developed the idea of the ability of interaction necessary within our society, to simply attract themselves to wherever they need to attract themselves, to learn what they need to learn.
Q: Umm. Thank you. Fascinating

Q3: In, uh, in your society, you travel through physical space?
B: In a sense. We do have a type of physicalness that you would call fourth density.
Q: When you come visit us do you travel through space to here or do you just appear here?
B: Now, the idea of the communication you are perceiving, this night of your time, is not "traveling" in the usual sense, in this way. I have not come to your sphere, except by the projection of my mentality, my consciousness in that way.

The idea of traveling in, what you would call, our spacecraft, also, is not exactly traveling as you understand it; but the idea is not necessary for us to travel in this way for this type of communication to take place. The idea of consciousness takes place above, so to speak, time and space.

Now this is part and parcel of how spacecraft work as well. Since they are also only projections of consciousness, like anything else in the physical universe. But, in this way, many times, we have the distinction of communicating with you this way. Whereas I am in my spacecraft, in my own system, not in your system. Or I have the opportunity, in this way, of moving, as you would say, my spacecraft to your system and interaction with you that way. Do you follow me?
Q: Yes. When, when you do come in your spacecraft, can you exist in our atmosphere?
B: Yes. For there will have been the slight vibrational shift necessary to exist in your frame of reference at all. You would find that with a similar slight shift in the other direction, you would be able to survive in our planetary atmosphere as well. It is not dissimilar.
Q: You mean physically?
B: Yes. Recognize that when you travel in our spacecraft, you automatically, almost unconsciously, would make a shift you do not think you are making. You are adapted during the journey. Because the idea is that, to exist in our civilization, to even be able to perceive any other civilization on any other planet, you have to change the vibrational frequency of your consciousness anyway.
Q: Wow.
B: Doing so can allow you to adapt to the existence of that civilization.
Q: If it is necessary to change my frequency to perceive you...
B: Yes.
Q: it possible for you to come in your spaceship and have only certain individuals perceive you?
B: Yes. That happens quite often as a matter of fact. For you will find that because of the vagaries of consciousness, because you are shifting all the time, many times there are simply ships around you all the time you are not aware of, and sometimes certain individuals, because they simply, for a moment, for some reason, tune into a certain vibration, will suddenly have it seem as if a craft has appeared when is has been there all along. (AUD: laugh) Do you follow me?
Q: Yes. I have one more question.
B: All right.
Q: Um, is matter, does matter contain consciousness?
B: Yes. Matter is consciousness. Energy is consciousness.
Q: All energy?
B: Everything is consciousness. All That Is is consciousness.
Q: So, um, since everything is consciousness and it’s everywhere...
B: And every when. (AUD: laughs)
Q: ...then you can, that’s how you can tune in to a different frequency.
B: Yes. The universe is, as you call it, holographic. Do you understand the terminology?
Q: No. No.
B: Holographic, as you have created it to understand in your civilization, simply is a reference to the idea that any one point in the universe contains the probable whole universe.
Q: How does that work?
B: Very well, thank you. (AUD: laughs)
The idea can be expressed this way: there is, once again, in what you call your earth mythology, the idea expressed as Indra’s net, which is simply a net of pearls. Now, each pearl being round and reflective, has the ability of reflecting every other pearl in the net. Therefore, it can be said that each pearl contains the information of the total net. That is the way the universe is built so to speak.
That is why we travel as we do. Because the idea is simply that we do not think of spacecraft of any physical object as something that exists within space and time, but we consider space/time to be properties of the object itself. Thus, when we change the particular space/time co-ordinate property, vibrational signature property, of any object and replace it with another vibration, then by definition the object must cease to exist at its former location and take up residence at the second one, no matter how far apart in space or time that is.

Q: Without traveling in between? Just automatically?
B: Correct. Yes.

Now understand, this is what you are doing anyway, even when you move through a room. For every moment is its own unique moment and is not connected to the next moment until you form a continuum in your mentality. So you are constantly redefining the property of space and time for yourself, so that you create the illusion off motion. Nothing really goes anywhere. (AUD: laughs) It is all right here. You follow me?

Q: Yeah. So that means I could stop creating that…
B: Continuum.
Q: Yeah.
B: Yes. You can. (AUD: laughs) Does that excite you?
Q: I guess.
B: Thank you. Then you may find yourself creating less time, which will seem like an acceleration to you. But that is what you are literally doing when you are accelerating. Living in the now creates less time, so things seem to be sped up. Thank you.
Q: Thank you very much.
Q: Last Thursday night, after leaving here, I spent about five hours trying to get to sleep. And every single inch of my skin was itching like crazy.
B: All right.
Q: Finally, about an hour...
B: What were you itching to do?
Q: I don’t know...well...ha, ha, ha.
B: Obviously it wasn’t sleep.
Q: That’s true; that’s true. I was wide-awake.
B: Yes?
Q: I heard little scuttlings on the ceiling, and I kept imagining people peeking in the window.
B: All right.
Q: And so I thought that was very interesting.
B: Is that what makes your skin crawl?
Q: I hope it didn’t have that reaction.
B: Hope-hope-hope-hope-hope.
Q: Yeah.
B: Why not?
Q: Well, because I don’t want to react like that to what I think might be a visitation.
B: What is “like that”? What meaning are you giving to the phenomena?
Q: I’d rather have it to be itching to do something.
B: All right. You can also allow yourself to recognize that if you were being assisted in being accelerated, and that you were, in a sense, releasing things, it may have also been that.
Q: I’m sure that’s what it was. Let me tell you what happened after that.
B: Go right ahead.
Q: At four o’clock in the morning I finally fell asleep. At six o’clock, approximately, I came awake in a dream. This is the third lucid dream in a month and a half.
B: Yes.
Q: And I thought...I elected to fly. I knew I was dreaming, so I wanted to fly, and I flew.
B: Yes.
Q: And I kept flying and flying. Finally I thought to myself: “I want to be on Bashar’s spaceship.”
B: There you go.
Q: And so almost instantly – I was amazed – I was sort of standing there on the deck...
B: Yes.
Q: . . . of the space ship, but all the people . . . they looked more like Pleiadians. They were humanoid and they had long robes with all sorts of different colors of red and geometric shapes.
B: We are not the only ones on our ships.
Q: Oooh.
B: And the welcoming committees will always be those that will allow you to adjust most easily.
Q: That’s kind of the feeling I had, yeah. So I said: “Well, I want to talk to Bashar.” And so all these other people were about seven feet tall . . .
B: Yes.
Q: . . . and were looking at me, sort of smiling, as if to say: “Don’t get in the way.” And they were very friendly. And so a very small person came out, and he didn’t have what you have described as your looks, but he was very friendly. And he took me to a place of governmental . . . some kind of institution where there was a long line. Then he said he was going in, to get something for me. And so he just zapped the line away, went in, and came out giggling.

And then I went flying again. And as I was thinking of home, my consciousness – from the time I thought of home until I went into my body and woke up – never broke.
B: Yes.
Q: It was always the same consciousness. I woke up just laughing and screaming, because I knew that I had been consciously out of my body.
B: Very good.
Q: So one of things that happened while I was flying – and this was my question . . .
B: Yes.
Q: . . . is that I asked to fly over Hawaii. And a voice said to me: “No, you’re going to fly over Easter Island.”
B: Yes.
Q: And I wondered what the significance of Easter Island was?
B: For now, it is a very strong magnetic key that is pulling into place the pieces of a puzzle that had been apart for a long time. So what you are witnessing, in the idea of Easter Island, is the actual driving motor that is creating the triangulation between Hawaii, Shasta and Fuji. Because it is the ancient connection to Lemuria.
Q: Oh! Great. Thank you very much.
B: By the way, your interpretation of our energy was simply in a format that represented a more child-like state of our existence.
Q: Aaahh! It was very child-like and playful.
**Traversing the Galaxies**

Q: I would like to explore your spacecraft a little bit.

B: All right. Briefly.

Q: Okay, there are a couple of things. You say ”we” a lot...

B: Yes.

Q: ...are there other beings from your planet on your craft with you?

B: Sometimes, depends on what craft I am in. But also, the idea, many times, of “we” is simply that, in the sense that I am acting as a *representative*, then I will simply speak with everyone else... *not for them*...with them. Therefore, many times, when there is a ”we,” as opposed to an “I,” which comes through in the translation through the physical medium, it is simply that the synchronicity of the consciousness of many beings within my civilization are pooled together to express the same idea to you. It is their wish to share that idea at that moment. You follow me?

Q: Yes, I do. Well, what density... does your spacecraft exist in different densities?

B: At different times, yes; the idea of, what you call, *our* travel through space, of necessity, creates the craft to be in different densities at different times.

Q: Is it possible to go at the speed of light?

B: Now, understand that, what you call, the *speed of light* is something that has to with your third density, and *only* your third density. It is, in your terms, the *speed limit* of your third density and you cannot go beyond it – *in third density*. Fourth density knows no such limit. It does not apply. You are not *in* the same dimension. And when you are in that type of dimension, you are not *going* anywhere; you are not *traveling* in the same manner that you *travel* in third density. You follow me?

Q: Yes. And there is... the channel probably watched the show Star Trek... and there is a machine and there is spacecraft where they disassemble their molecules and reassemble them somewhere else.

B: Yes.

Q: Well, are they changing from third density and then going into a different density and coming back? Do you have something...

B: There can be variations of that idea which do utilize different densities, but also there are variations of that idea which are completely third density, utilizing what you recognize to be third density electromagnetic energy. Now, understand this: your society has created such a device and has been in existence for quite some time. It has not been, in your terms, exactly *foolproof*.

Q: Or made public.

B: Or made public.

Q2: Are you familiar with the Philadelphia experiment?

B: That and others.
Q: Okay, one other thing about your spacecraft. Do you have people that assemble it or . . .

B: In a sense, yes; although the *assembly* of our craft is in quite a different manner from your assembly in this way. The majority of the portions of the craft are, in a sense, “grown.” You follow me? The idea is that there is a thin metal idea and there is a force field idea. Now this is only an analogy, but it will do. The idea is that the force field takes a certain shape, and the crystalline metal is grown on that shape. When the force field is removed, the crystalline metal only knows *that* shape as its reality, and no matter how thin it is, it cannot bend; for it knows no other dimension in which to exist, except the shape that it is. You follow me?

Q: Yes.

B: The majority of our components are grown in this way.

Q: Is that the same as that milky white substance you were talking about before, like the sheets?

B: It is a different substance for the hull.

Q: Okay. And did you say that you could take that material and repair different parts of the craft with that?

B: In a sense, this will be more the . . . I’ll say, the intermediate layers in-between the different levels of the hull, of which there is, in your terms, in sandwich fashion, many times, eleven layers.

Q: And can you explain briefly how your ship uses light? Is it on the same principle as we do to propel it?

B: No, it is not the same principle.

Q2: Light being the propulsion - hyperspace travel?

B: In a sense; understand that light is what everything *is* in third density. You follow me? You *are* light. Simply, our craft allows the manipulation of light so that the energy of its connection *as* the barrier between one dimension and another is *released*. We use the doorway, the gateway aspect of light and simply amplify it in many different ways, so that the craft is immersed in a field that is represented by the doorway aspect of light. And once in that field, it is then, as a craft, disconnected from any particular universe, and so we may wind up, anywhere and “anywhen” we wish it to.

Q: You wish it by thought?

B: Yes.

Q: Do you have an interface with the biological system that you grow in the laboratory to keep your computers?

B: Yes. It is not so much exactly biological.

Q: So from a distance from the craft you can command it?

B: Yes, at a distance.

Q2: So you are not really, in actuality, traveling.

B: No. Space *comes to you*.
Q: So there is no such thing as “space travel?”
B: Not really. Understand that what you are doing is, well... let us say, not meaning to be derogatory, but you are sort of sliding around on the surface of space, not really using it.
Q: In our planetary system we use different propulsion on earth than hyperspace drive.
B: Yes.
Q: So do you utilize the magnetic and original fields of solar systems and bounce through them for your own polarity?
B: Yes, yes, yes.
Q: And as you leave the solar system you use all the points outside...
B: To some degree.
Q: ...and inject...
B: Although these fluctuate a little bit more than your society thinks that they do.
Q: So, across our galaxy you can spend, maybe an hour, and then, maybe a day, across in our time...
B: It will depend upon the different densities in different areas that will represent different time flows. So there is an entirely different scalar understanding of time in tensor dynamics, in that way.
Q: You’re in the timeless.
B: Yes.
Q: How long would it take, in our earth time, to get to another galaxy?
B: There are many different technologies that exist within different civilizations. For ourselves, approximately, the idea you call ten hours; for it involves different density shifts representing the idea of the separation of the two galaxies.
Q: And you have contact with Lyrans, and therefore, the Pleiadians?
B: Yes. Do not forget that Pleiadians, Lyrans and you are all the same.
Q: Could you elaborate on that?
B: Simply that in a sense you and the Pleiadians are, in a sense, literally cousins, and have offshoots from the same basic origin point you call Lyra.
Q: I take it’s from a higher vibratory state...
B: Yes.
Q: because of the mass consciousness.
B: Yes. Now you are merging into fourth density and that is why, as you become equal to them, you are now able to interact with them and us and others. For you are now choosing to remember whom you are, and that allows for the interaction of different civilizations that have known each other, to know each other again. Thank you.
Q3: Are there also interactions then on the astral plane...after life experiences?
B: Oh yes, and very often, very often during life. Out of body, what you call experiences; you are very busy, very busy, very interactive.

Q2: What planet are the Lyrans on now?

B: No particular planet. Although, as the idea of your planet, as the idea of the Pleiadians, you can use those systems as well, to define where those Lyrans are. The idea of Lyra now has emerged and progressed through many different density shifts and levels, it no longer adds to your original idea that exists on a particular planet.

Q: Right. They didn’t immigrate then to another one?

B: Yes, in a sense. But understand the Pleiadians and you are that immigration.

Q: Oh, I see.

B: In terms of the sectors that still exist on planets, there are a few others, but you are no longer Lyrans; neither are the Pleiadians, in that definitive sense. The idea now of the Lyran energy is quite somewhere else altogether, some-when else altogether.

Q: But they didn’t survive all of their wars, and they didn’t see us surviving ours, so to speak.

B: Oh, yes.

Q: But does it change the mass consciousness?

B: Oh, yes. Recognize you are only making a connection to the idea of a past consciousness that understood the idea of warfare in that way. What you are connecting into NOW, in the present, knows that you have chosen to allow yourself to integrate. Now recognize, it is also up to you to choose which idea you wish to synchronize with. You follow me?

Q: It’s within our higher vibration now, and it’s forming a higher consciousness that’s moving forward?

B: Yes, so you are choosing to integrate and not to destroy yourselves, yes...yes?

Q: Yes. Yes.

B: All right then. There is no need for the idea of concern about what anyone else THINKS you are going to do. You know what you are going to do. Do you follow me?

Q: But they have destroyed themselves too, so all of this is just created again.

B: So what? So what? It is all on going. That civilization in a sense...many civilizations upon your own earth, have, in a sense, destroyed themselves, yet, here you are again. You follow me? Yes, no, maybe?

Q: Yes. Thank you.

B: Thank you.

Traversing the Galaxies
Q: I’d like to ask you: what is it like on your planet?

B: Oh, very nice. Thank you. Oh! It is very green, very park-like, very few buildings, very few structures. Most of the individuals upon our world exist in spacecraft at any given time. We need very few buildings, so everything is very green. Not unlike your world, but very few buildings. Our sky is also a little more greenish. Our star, our sun, is more greenish-yellow than yellow like your own.

Q: What are your people like? Um…

B: We are, of average, five feet of your height. White/whitish-gray skin coloration; somewhat wide oriental-style eyes, very large black pupil. Very slender, looking much like oriental, as you would understand that idea, although different. We are always – always, always – extremely happy. Does that assist you?

Q: Yes, it does. Thank you.

B: Thank you very much.

Q2: Good evening.

B: Good evening…

Q: I have just become associated with a friend of mine who has had an experience with some Pleiadians. And she’s written a manuscript about it. And my question is: is it an appropriate time to get that published and…?

B: If it is, it will be.

Q: Okay.

B: We cannot really be of much assistance in this area to you except that, if an individual is following what excites them the most, then that is what will ensure it will have the greatest impact. And it will always unfold in the way it needs to, to carry the greatest impact. To some degree, there is assistance being given by those individuals about whom your friend is writing, but it is done in a very non-interfering way; for the decisions must be up to your friend as well.

Q: Okay.
B: But we would recommend that your friend continue to follow what excites. And the excitement itself will make a difference, regardless of anything that is published.

Q: Okay, thank you. I have another question.
B: All right.
Q: I have been associated for several years with two different individuals, one of whom is here locally and another in Texas. And I guess my question is: where is the psychic link between us?

B: Where? It’s within you.
Q: Okay.

B: How do you mean your question? It is not translating.

Q: Uh... where did our relationship originate, or...?

B: Oh, my, my! Everywhere. Anywhere. Nowhere. Originate...we understand what you very often mean in your world when you say, “Where did we originate from?” But it is a rather arbitrary idea, since everything exists simultaneously. Any given life may seem to allow one of those paths to stand out more than another, and so that path may seem to be the idea of an origin. But to many other lives in many other systems, if they are very strongly linked to what you are doing now on your Earth system, then they could just as equally be saying, “Well, yes, I originate on some planet somewhere called Earth.”

The idea is to simply recognize that, in any given situation where you do feel a strong connection to different ideas, it is the essence of the idea that you simply need to live out, whether you have a label for it or not. Now, in this way, connections can be known. But the easiest way to understand any reason for these connections is to simply allow yourself to recognize what you are learning by being involved with these other individuals. You follow me?

Q: Mhmm.
B: What is it you are learning?

Q: That is a good question. I don’t know.

B: Do you have a good answer?
Q: No, I don’t.

B: Yes, you do. We will allow you to think about it for a moment... time’s up! What are you learning about yourself in these interactions?

Q: Well, perhaps, some of my weaknesses and some of my strengths.

B: All right. You are learning the ideas about yourself that you do not prefer, and allowing yourself to recognize the ones you do. In no way does this mean you have to judge or invalidate those portions that you are calling weaknesses, for they are not truly weaknesses. They are simply choices. You are learning whether or not you continue to prefer certain choices over others. Is it allowing you to learn to stand for what you know to be true for you?

Q: Perhaps.

B: Perhaps! All right. Do you enjoy the interaction?

Q: Usually.

B: Usually. When do you not?

Q: I suppose when I choose not to.

B: All right. But why do you choose not to at certain times, for what reasons? What types of scenarios allow you to feel that you must choose to not enjoy?

Q: I don’t know.

B: Yes, you do. You can think of not one example?

Q: I don’t know. I keep putting myself into positions that I feel like I shouldn’t be in.

B: Then why are you there?

Q: That’s a good question. I don’t know.

B: All right. Where would you rather be?

Q: Perhaps there, but with a different viewpoint.
B: Ah! Very good, being where you are at any given moment with the viewpoint that represents who you prefer to be: that is what allows you to find yourself somewhere else, rather than simply being, quote/unquote, stuck in what appears to be a repetitive cycle of events you don’t enjoy.

Now, do you understand that all circumstances are neutral, and don’t necessarily mean anything on the surface – until you supply the meaning?

Q: Absolutely.

B: All right. Then in those circumstances, if you find yourself not enjoying them, why do you choose to apply a meaning that allows you to extract lack of enjoyment?

Q: Well, I don’t know. It’s easier to see after the fact then it is during the experience sometimes.

B: That is true, and that is because many times you want to have the spontaneous experience before you have the analytical awareness of what is going on and why you are doing it. So if it comes down to that in many given situations, then you simply know that, by living through the experience, you will, by the end of the experience, know all you need to know about why it was there, and how it can serve you. You follow me?

Q: Yes. Thank you.

B: Now you have also said that there are circumstances wherein you feel like you would rather be somewhere else. If you now know that there are circumstances that you do not want to be in, can you not describe in any way, shape or form one of those circumstances? Is there one that seems to occur more often than not? One style of circumstance you do not prefer, that you feel you continually create?

Q: Mhmm, there is…
B: Well?

Q: It’s generally a position of…where I feel somewhat stupid over a particular circumstance…
B: Stupid.
Q: …lack of knowledge or…
B: Oh, lack of knowledge.
Q: Yeah.

B: In other words, you feel less.
Q: Right.

B: You are therefore invalidating yourself. Do you not understand that at any given moment you are a perfect representation of whatever it is you are being at that moment? And that you will not become more perfect when you change; you will only become perfect in a different way?
Q: Okay.
B: Do you understand that?

Q: Yes, I do.

B: Then there is no reason to berate yourself in any situation for being the perfect you you are being in that situation. You follow me?

Q: Yes I do.
B: There is no reason to un-equalize yourself with those with whom you interact. Then you are not being of service to them: you are not allowing them to be of service to you. You are simply invalidating yourself, rather than treating yourself with respect and love, as you were created. You follow me?
Q: Mhmm.
B: If you are going to doubt yourself at all, why not give yourself the benefit of the doubt?

Q: Ha ha, okay.

B: ’Tis up to you. You do not have to. But if you prefer to do so, simply allow us to remind you that there is no reason at all in creation why you should not, or cannot.

Q: Okay. Thank you.
B: Thank you very much. Sharing.

Treating Yourself With Respect and Love

1
Q: I have a question about tree spirits and how they reincarnate. Do they have the free will to come to where they want, when they want?
B: Tree spirits?
Q: Tree spirits.
B: All right. The idea that you refer to as tree spirits are extensions of the collective consciousness of your world – autonomously acting, yes, archetypal in nature, to some degree, yes. When they shift from form to form, it is not exactly as you would understand reincarnation per se, from your perspective. They are much more, shall we say, loosely connected to the idea of rigid form, even though they may associate themselves with certain forms, or manifest in certain ways. They have a much, much easier and smoother ability to shift in form, take on other forms, shift their vibration and identify as a new expression in physical reality. So, it is not exactly what you understand or experience, from your point of view, as reincarnation; but yes, they do have the ability to shift. And many times the spirits actually have the ability to become the entire forest at once, communing with itself or focusing themselves down to an individual leaf. They have this ability of focus, this broad spectrum of "shift-ability."

Now, the idea, also, to remember is that spirit is simply another word for electromagnetheric consciousness, or consciousness electromagnetherically expressed. Since the idea of trees, animals, rocks and all of what you might call the natural elements are far less rigidized in terms of consciousness, they really do have the ability to extend quite far in any way, shape or form that they really so desire. And they are very often transmuting into one another, even though you may not, on the surface, perceive this to be happening. But there really are fluctuations going on between the trees, the animals, the rocks, and in many ways there are levels of this where it is all really one thing. Knowing itself as one thing but also knowing itself as all of the components – the trees, the animals, the rocks and so forth, that you perceive them to be from your physiological and segregational perspective. Do you follow along?
Q: Yes, I do.
B: Is this answering your question specifically enough, or is there some other particular avenue you wish to explore about this?
Q: No, that answers my question, but I had another one for you.
B: Oh, all right.
Q: I was wondering if ... I've been meditating with trees and talking to them.
B: Oh, all right.
Q: And I get an answer back.
B: Yes.
Q: Do you see more of that in my future? I mean can I...?
B: Do you?
Q: Well, I’d like to.
B: Well, if you’d like to then you will. You see, this is really the simple idea behind all this. As we have said many times – when you follow your joy, and you follow your excitement, and you follow your desire, and you trust your imagination, and rely on your creativity, you are defining your future right there, because there is no such thing as a "set" future. There are many probable realities, and the idea is that they all co-exist simultaneously, in a vibrational matrix, the holographic spectrum. When you vibrate in a certain idea, in a certain direction, you are setting up a resonance within yourself that then calls forth similar resonances from the holographic matrix around you – so whatever it is you are vibrating at is the level of is the reality you attract to you. So if you say, "this is what I would like to do," you are implying that this is the vibration that you will maintain within you, and thus, it will only accelerate and increase within what you call your future. You understand?
Q: Yes, thank you.
B: Well, thank you very much for your sharing.
Triangles and Dolphins

Questioner: What we are sensing is that New Zealand is as the womb, Hawaii the heart, and here (Malibu) more as the head or idea stimulation point. And, two things I was wondering if you would share – is there a parallel triangle on Essassani, physically, that’s working with that triangle?

Bashar: How very perceptive of you.

Q: Can you share more about how that’s functioning, or any changes that are occurring?

B: The triangle on Essassani is more one completely of mobile energy, and it is contained within specific individuals on the planet that are focused upon specific locales on your own planet.

Q: Are they cetacean as well?

B: No.

Q: Are there cetaceans on Essassani?

B: Yes, but not natural.

Q: What does that mean?

B: It means they are yours. (Audience laughter)

Q: So, it’s the idea that, say, dolphins from here are visiting?

B: Yes.

Q: Producing the energy now.

B: Yes, yes. So, in that sense, there is some cetacean involvement but it is not exactly the same way, nor to the same degree as is going on upon your world. They are there mostly with the idea of ambassadorship.

Q: Are they physically in both places at the same time? The same individuals?

B: Some individuals, back and forth, sometimes.

Q: Okay and how does Japan fit into the overall triangle in this vicinity?

B: What allows there to be, as we have said, the balance point between certain types of polarities exhibited by your West Coast and their East Coast, and then a new active principle, the tip of the triangle, brings into play the blending of the polarities that is going on, with the heart at its center.

Q: Thank you.
Troubled Relationship

Q: I would like to discuss a troubled relationship that I’m in.

B: Trouble. Oh goody! All right. Proceed.

Q: I’m in a relationship with a woman. We have been on again off again for several years. We’ve been living together for about the last year and a half. And it seems to have gotten to a threshold where a physical separation again seems inevitable. The paradox seems to be that we both love each other, but on a day-in and day-out level we can’t seem to really connect with each other in a way that is mutually empowering.

B: Let us discuss this idea of relationship specifically. The notion that you love each other deeply doesn’t mean in and of itself how the relationship ought to be played out. The notion that you love each other deeply simply means that you have brought yourselves together in a relationship to reflect to each other whatever it is you need to learn about yourselves from each other within the relationship.

The fact that you were drawn into relationships through love is simply the mechanism that gets you there – to allow you to be open to whatever it is you need to learn about yourself, and in order to choose from what you learn in the relationship about what you really prefer for yourself. Sometimes the reality that you recognize yourself to be, or the reality you prefer, doesn’t necessarily synchronize in all the details with the reality that the other person in the relationship needs for himself or herself. That doesn’t mean there is not love in the relationship just because it may not flow in the expected direction, or the direction you have been taught to expect it must flow in. Love is still there because love is bringing you together so you can learn what you need to learn. And sometimes what you may need to learn is simply that your vibration, and their vibration, are not necessarily synchronized in the way that will allow you to remain interacting in the way that you think, but may choose other ways to interact – by being more yourself in a certain direction, by allowing that other individual to be more themselves in a certain direction. Being true to yourself is paradoxically, as you say, the way to "stay" in the relationship. But that doesn’t necessarily mean that you will actually physically stay together. You understand what we are saying so far?

Q: Very well. Thank you.

B: The idea is to really be true to who you really are to allow yourself to grow and learn what it is you really want, what your life should really be for you, and for the other person as well. Because if you’re not being true to yourself, if you’re not really being who you are, if they’re not being true to their self, and being who they really are, and having the life they really want – then you’re not in a relationship with each other anyway. You’re in a relationship with someone who you think they are; they are in a relationship with who they think you are. But if it’s not the real you, then you are not trusting that the true you, whoever that may be, and the true other person, whoever they may be – you’re not trusting that the true you has a real relationship unto itself. Whatever the definition of that relationship may be you won’t find out what it is until you allow yourselves to be the true you that you each need to be. You follow along?

Q: Yes, I do.
B: Does this help you?
Q: A lot.
B: Is this clear enough? Or is there some other aspect of this you feel needs clarifying or would like to discuss before you feel you have what you need?
Q: Well, the implication of what you’re saying, in the specifics of my situation, sounds like if we don’t feel we can truly be who we are, in what we consider to be the form of the relationship that we’ve been taught, as you put it...
B: Yes.
Q: ...uh, then what we should be about is creating a relationship in which we can be the best of who we can be, whatever that relationship looks like. Is that an accurate reflection?
B: In a sense. Yes. What we are more specifically saying is that you should be on and about creating the relationship that you need to be with, that you need to express yourself as. And if for some reason that means you cannot physically be with that person, then that’s what it means. But it really will not matter to either of you. Because if you’re being your true self you’re going to attract whatever people need to be in a relationship with you and they will feel like the right people, and you won’t really care who it is, because it will feel correct. However, again paradoxically, when you each allow yourselves to be the real people you need to be, then there really is no reason why you can’t continue to interact with each other throughout your life in some way, shape or form, because you’re being honest with each other about who it is each of you needs to be. And therefore there’s no fear. There’s no threat. There’s no arguing. There’s no conflict between you. Because you can still love each other for whom you are. You can love the relationship for whatever form it takes. And you can communicate with each other because you know that you are helping each other really be who you need to be, even if that means helping you be with someone else, if that’s whom you need to be with in a specific way. That’s unconditional love. Does that help clarify the issue further? Does that answer your question sufficiently?
Q: Yes, it does, very much.
B: Well thank you very much for sharing this aspect of your being with us.
TRUE CHANGE

B: Write on your list, to be me, to be me, that’s the only thing that appears on your list.
Q: I know that’s all I have to do; I just still physically want things.
B: To be ME! Write it on the list, to be me.
Q: Got it.
B: All right, now, listen: all the things that you refer to as your career, they are not your career. Any goal you want, that you have listed before, it is not your goal. Projects, things, whatever they may be, they are not what you want. You have only one career, you have only one goal, and that is to be you. THAT is your career, that is your purpose, it is your mission, it is your path, it is the ONLY thing that you need to do, is to be you. Now how you choose to express being you, may be many of those things you wrote on that list. To sing, to act, to do this, to do that, to do this project, to do that project, so on and so forth, but they are not your goals, they are not your career. You are your career, you, you, you, that’s it; it is the only one you have ever had, have now or will ever have. All of you, it’s the only career you have, the only point in being this you is to be this you as fully as you can.

So all of these ideas that you typically call careers, goals, these are simply modalities of expressing the career of being you, that’s your career. These are just ways of expressing it, that’s all they are, that’s all they are; they are not things to be attracted, they are modes of expressing the joy of being you. There is no reason to do them other than that, there is no reason to do them because you think that doing it will bring you something. That is short-circuiting their ability to do so. You do not do the things you do because they will have an effect; you do the things you do because they are the result, they are the effect of being fully you.

Q: Well, I guess what it is is that I want a life that is different than doing anything mundane whatsoever. . .
B: Listen to your definition; there is no such thing as a boring situation.
Q: I know it’s my perception of it.
B: Yes it is, and I understand what you mean, but all you have to do is just be you, believe me, knowing you, it will be unlike anything else’s likeness. So if you spent the time and energy worrying that you might accidentally do something that is mundane, where do you think all of your energy is going? Into being mundane.
Q: Into being mundane.
B: Yes, and that is still only being created by your definition of it, it still only appears to be mundane because that is where your focus is.

So let all that go, you don’t have to try to avoid being mundane, just be yourself and you’ll be ecstatic and everything in your life will be reflective of being ecstatic. It can not be by definition any other way if you’re just being you, the true you cannot, by definition, be mundane to you. The only way you can
experience the so-called block or, what you are calling, stretches of mundane time are because you are trying to avoid creating them and thus, paradoxically, you fill your life with that.

Q: I know.

B: Because you are thinking that you have to cross that gulf to get to something that represents an ability to finally express who and what you are; when all you have to do is just express who and what you are in whatever way you want to. But don’t make those things the goals, it is not a goal to be able to express yourself that way, it is your natural spin-off expression of just being you, it will unfold naturally if you just be you. And every moment, whatever situation is presented to you, just be YOU as best you can in that situation, and everything will spin off and unfold and opportunities will come to you that will allow you to continue to express yourself in ways that are representative of YOU!

Q: Actually I do that a lot of the time and there are a lot of wonderful things happening.

B: I know that you have chosen to do that, the question is, why don’t you allow yourself to always do that? Because you have a definition that says there should be gaps. You have a definition of things that creates the appearance of gaps, blocks, whatever you want to call them.

Q: I have to work hard to pay for the things that I want, probably?

B: Did I say that?

Q: No, but I’m saying… I’m trying to think what that block or belief might be.

B: All right, you are attempting to define the idea.

Q: I couldn’t just manifest that without some work, you know some ethic involved or something.

B: Remember this, again, whatever classically, colloquially might, oh well, by some people on your planet, perish the thought, be defined as work and might actually be enjoyable to you, sometimes.

Q: It is.

B: Then trust that only those forms of work that won’t be “work” to you will be what your kit contains. Again, you are attempting to think of yourself as a collection of parts that have to somehow be forced together to work correctly, when you already work flawlessly if you would just let yourself do so. By discontinuing to assume that you could contain something superfluous that gets in your way, an extra component that would force you to have to do something that isn’t natural to get what is naturally yours, that doesn’t make any sense. You understand?

Q: Yes.

B: It does not make “creational” sense that you would have to do something that isn’t part of your ecstasy to create ecstasy in your life. It makes no sense.

Q: I know and I just can’t make that shift, that little….

B: Yes, you can.

Q: Well, I WILL. You bet I will.
B: I’m not going to bet on it. The idea is, however, is that you need to really see every single moment as a part of your ecstasy and not an interruption in it, no matter how it appears. Remember the first, as you say, rule of thumb, you can not discern that you have changed by keying off how your reality looks, you have to determine you have changed by how you respond to your reality, no matter how it looks. Then is when you will allow your reality to reflect the true change that you are willing to demonstrate, by responding according to way you prefer to, no matter how it works, that’s the paradox. If you really keep reacting the same way because it keeps looking the same, you haven’t really changed. But if you choose to respond differently, because you know you are different, that is what makes the difference in reality, that’s what allows it to shift. But, as soon as you say, “Oh, I didn’t get what I expected, I thought I was different, I thought I had changed, but I didn’t see what I wanted to see, OUT THERE.”

Q: No, I realize the world of effect, and believe me there have been some major changes in terms of my perception…

B: Oh, I believe you.

Q: I just have more work to do that’s all.

B: I am not discounting what you have been able to understand, but you are the one that raised the issue.

Q: I want it all, that’s all.

B: You are all of it, you are all of it, notice the differentiation, I didn’t say, “you have it all.”

Q: No.

B: I said, “you are all of it.” You have to allow, here’s the paradox, you have to allow what is to be perfect before what is can become something more. If you don’t love yourself as you are, TOTALLY, UNCONDITIONALLY, you cannot become the next you. And, unconditional doesn’t mean unconditionally except for this one condition. It means unconditionally, you must accept what is, before what is can transform into what will be, or what the next what is, can be.

Q: OK, thank you so much.

B: We thank you.
Trust and Validity

Q: I have been experiencing some ill feelings this evening and...
B: Yes. We were speaking to you.
Q: Yes, I realize that. And thank you for what you shared. My...
B: We thank you for what you are sharing. Your willingness to explore and expand in the manner you are doing now benefits all present.
Q: Thank you. It’s interesting how the energy has changed over the evening...
B: Yes.
Q: ...because originally it started off as a mild case of indigestion. And as you started to talk this evening... as soon as you started to talk about communication, it became overwhelmingly painful, and I had to go out of the room. And as I was lying down in the other room, this incredible force of energy just started to feel like it was flowing through me, and it was like almost, like, electrical. I felt it was trying to take me over.
B: Not take over, no. Simply reflecting your own power to you. In your society, you have been taught that recognition of your own power is a fearful thing. That is what makes it feel as if it is “taking you over.” But it cannot, for you are in control of it. You are always in control – even when you create a scenario in which it seems you are out of control. You are controlling that. Do you follow me?
Q: I follow you. I don’t understand how I’m creating this. That was my other question: I don’t understand of what purpose the pain in the stomach area, and the gas, is supposed to be. Is it serving me... or what is in it for me?
B: All right. The pain – all pain – physical pain, mental pain, emotional pain, spiritual pain – all pain is the result of the learned invalidations you impose upon yourself; the beliefs you buy into early in your life that you do not even know you are carrying with you.
The pain you were feeling this night of your time was your ability to now recognize that, as you expand your energy, and make connections within you, the pain lets you know you have been carrying beliefs that have been constricting you; that have not been allowing you to digest and channel through you, and derive sustenance and support and energy from more of yourself.
But now you are opening those doorways. The pain, in a sense – to be colloquial – is only there because the doorways are rusted shut. The more you open them, the more they will flow, the less pain there will be.
So trust is your medicine. Trust. The more you trust that the connection of energy you are making serves your purpose in choosing to be alive in this life, and allows you to avail yourself of unlimited energy to be of service – not only to everyone else, but to allow everyone else to be of service to you, and enjoy your life – then the more you trust, the more the energy will flow, and the more the flowing of the energy will lubricate the motion of the doors, the less painful it will be.
All pain, in your society right now, is simply remnant habits of judgment and ritual that you have believed were necessary. You have been taught to believe implicitly in this life that there is nothing worth gaining that doesn’t come with pain. So recognize you simply are now showing yourselves that you have those beliefs, and now, because you recognize they are old beliefs, you don’t have to believe that any longer. So any further changes you make, any further integrations you allow to occur within you, need not come with the invalidations that bring pain. Do you follow me?

Q: Yes, I do. I see that…that as this gentleman was talking about feeling incompetent this week: I had an experience with the exam that I had shared two weeks ago, that I was concerned about taking. I didn’t pass it, and...

B: So?

Q: So I’ve been… I felt – and this has been since yesterday – a real sense of what I felt was a strong competence on my part, which was fooled, was invalidated by this exam saying: “No, you are not as competent as you thought you were.”

B: Ah! But only you did the invalidating – no one else, only you. You set up the expectation, and according to the result you created, you invalidated yourself according to the result. You set up the circumstances, designed the experiment, and predicted the outcome.

Now! The reason, once again, that you are feeling the pain is because you are now re-integrating and recognizing that all you require is a good dose of self-unconditional love. For what you have been experiencing, in the idea of the so-called self-incompetence and self-invalidation, is the complete and total opposite of love, which is guilt. Worthlessness is the opposite of love, not hate. Guilt is the opposite of love.

So love yourself – for whatever you have created. For recognize it has taught you something, and brought you to where you are now. Do you not remember and recognize that everything you have ever known in life - positive and negative – has brought you to where you are now?

Q: Yes.

B: Then do not invalidate any circumstance: for if you remove any stepping-stone in your path, you cannot proceed to the next one, because you remove all stepping-stones when you remove one. You follow me?

Q: Yes.

B: The idea simply has been for you to recognize that it is up to you to determine your validity. No one else can ever possibly design a test that will prove your validity to you; no one – except you. Do you follow me?

Q: Yes. I designed the test. But I… and I answered the questions that I designed, and then the teacher – without my notes – wanted me to regurgitate that information. So, in a sense, I did design the test.

B: Yes. But it is only to show you the ideas and the beliefs you are harboring within you, about what you think is the most likely probable reality you can experience. It is simply your indication of to what
degree you are willing to allow yourself to feel unconditional love for yourself – and All That Is. There is no need to continue to test yourself. You have passed with flying colors everything you have ever done.

For everything you have ever done you have designed – and the outcome is always perfect. You can never be found lacking. When you allow each and every outcome to be its own reason for being – and do not continue to assume that there is ONE background reality against which to measure all other experiences for their validity – then your own life will be its own experience, and is not to be compared or measured against any one else’s experience for its validity. You follow me?

Q: Yes, I do.

B: All you are doing is continuing to believe that you need to measure and test yourself against what society says are the expectations you have to live up to, and you don’t. You are valid as you are, and you don’t have to pass anyone else’s test to prove it. You can’t prove it anyway; it cannot be done. You can never prove you exist to anyone but you.

For all the other individuals you may be busily convincing of your existence – who all graciously nod their heads in acknowledgment of your existence – could all be hallucinations for all you know. So you cannot prove anything to anyone but you. So there is no need to keep on trying.

Then... then... when you know you are valid, and you cease the idea of attempting to prove your validity to someone else, you will be able to “stomach” yourself. All right? Digest that.

Q: So the incompetence scenarios give us a jab in realizing that we can view ourselves as competent. Is that...?

B: It is an opportunity in many different directions, once again. It can be that you may be using it as a comparison, knowing you are comparing yourself to other people’s expectations of you, rather than living up to your own.

It can also be an indication that – as we have said – what you are doing is simply not where your heart is, and that you can do something else in which you know you will automatically be completely competent. Because as you have said on your own planet: “A labor of love is no labor at all.” And you do not have to live up to any expectation when you are enjoying everything you are doing. You are always doing it flawlessly, whatever you are doing. You will never “achieve” perfection, because you are already perfect.

Every single thing that you do is a perfect manifestation of the thing you are doing, and has no business being compared to any other thing for its validity. Every other thing is not better; it is only different. Everything is perfectly valid for what it is, if you do not prefer it, do something else. But the doing of something else does not need to invalidate the thing you are no longer doing, as less perfect that what you are doing now.

Q: Yes. Thank you.

B: Thank you.
B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great. Fine. Etc.
B: We will begin this interaction this evening of your time with a little more understanding of the idea of communication, and what it means in your physiological reality. Recognize that even though you are intrinsically – fundamentally, basically, let us say, originally, so to speak, non-physical, and that physiological reality in a sense is one of your creations, one of your projections, one of the ways you can understand and view and experience the idea of your non-physical consciousness, your physical reality is a part of what you are as well.

It is the idea you are being. And, in being that idea, it comes with certain definitions that allow you to function within that realm, and within the parameters that define what it is to be the idea of physical reality. Therefore, with respect to the idea of communication – now, communication meaning not only what you classically think of as communication in the sense of receiving a message – back and forth sending of a message from one or more consciousness to another – but the idea of communication can also extend into what you call the actual information that you are receiving – seemingly receiving – through which and by which you create the idea of the so-called physiological scenario. What you refer to as feedback or sensory experience, in a sense, is also communication.

Thus recognize that while in your non-physical state, on your non-physical levels, communication – intention of sharing of information, ideas, knowledge and perspectives – may be more what you call direct, as you think it is in your physical reality. But the idea of your physical reality, because of the definition of what physical reality is in terms of a separating element, an element that separates you from the rest of or more of all of what you are, then recognize that, by definition, any communication that you are receiving in physical reality is not so much a direct communication but an indirect communication.

What this means is, as you’ve said, as a physical being you create yourselves to be your own complete idea, your own complete universe. Therefore, anything at all that you receive seemingly from someone else, as a message, as a communication – what you are actually perceiving is your version of it that you agreed to create in your universe, so you could have an experience of the communication that is being sent more directly on a higher level.

But on the level of physical reality, what you do with that direct communication is create your own model of the idea, in your own terms, according to the reflection you need to see to understand who and what you are as a physical being, in the experience you have chosen to have as a physical existence.

It is not that what you are now hearing, for example, the words issuing from the physical channel, you are not hearing them directly. You are co-creating a complete, distinct and separate universe, physically, in which you take your non-physical understanding of what is being said and render that understanding
in physical understandable terminology that you have all agreed to represent the communication between you. But in physiological reality the idea is not so much directly from, let us say, here to there, but in a sense it is more here, up over and down – so that you create your own distinct version that makes it seem as if the communication is directly here to there and vice versa.

Now, the reason for this and an advantage in it that you can utilize and allow yourself to understand many different energies with is, first of all, you have, as we have said, decided to explore the idea of separation, limitation in every way that you can – simply because that is one of the ways you can experience All That Is. Therefore, when you have created this limited scenario, realize to what degree you have actually created it. You’re connected to All That Is, but at the same time, you have truly created yourselves as individuals to truly be your own complete and separate and total universe unto yourself. That is so you know and can discover that everything in your life, therefore, is actually a product of your creation in your universe, and thus, you expressly have complete, utter and total control over every single thing you experience in your reality. Nothing comes upon you that influences you directly; anything at all that you feel to be an influence over you is your choice to believe that such an influence exists, and to create that seeming illusion of influence in your reality for yourself. You, when you feel you are being influenced by anyone else, are actually being influenced by yourself. It is the product of what you choose to believe; that is what your physical reality is.

Now understand, therefore, that the idea of what you experience as the physiological phenomena of telepathy, of knowing each others’ thoughts, is not really so much knowing each others’ thoughts, and again, it is not so much direct communication. What it is, however, is that you are forming what can be called a congruous or synchronous pattern, a way of looking at things – a perspective, a point of view – that is quite analogous, quite similar to the way another individual may choose to also view their belief about reality.

Thus, what you are doing is, both of you – the two of you who may feel are experiencing and expressing the idea of telepathic communication – both of you are extracting the higher communication down and through into physical reality in a similar fashion. So your thoughts, the thoughts you are having seem to be synchronistically congruent with another individual’s. Not because of direct interaction, but because you are both choosing to operate and interpret the higher understanding on the same wavelength.

So it is the idea of congruency, parallelism; that is what appears to be telepathic exchange between you. Nothing is actually exchanged on a physiological level. On a higher level, yes; but on a physiological level, it is acting in parallel that seems to be an actual exchange between you. You follow me?

AUD: Yes. Yes.

Therefore, you can recognize that any situation that you desire to create in your reality can be, as it has been discussed on your planet for some time, created by simply recognizing that if you wish to know anyone, then become congruent with them, become synchronous with them. In a sense, identify with their pattern.

The idea, as we have expressed to you many times, is that to love them is to know them. When you love
unconditionally, you are identifying with another individual’s pattern, because you are willing to accept them as they are and allow yourself to be in touch with all the different portions and facets that they are. And allow yourself to be in linking, in that sense – in congruous parallel linking – in a sense, creating for yourself the same scenario you see within them, and vice versa, so that then you are traveling along similar lines. And by traveling along those parallel similar lines you seem to be having the same thoughts. You are creating similar manifestations, but it is not literally that you are exchanging the thought back and forth. That is why you can understand that when your society allows itself to know it does not have to have conflict within having different points of view, but that the idea of different points of view can all run parallel, then you will understand that at the same time you can have different points of view, you can also have unity. You follow me?

AUD: Yes. Yes.

B: Thank you. SHARING!
Trust III

B: I’ve heard you talk before about how reality, or All That Is, is a series of relationships?
B: In a sense, can be looked at that way.
Q: Okay, and you said that trust is all there is.
B: Yes.
Q: What do you mean by that?
B: Oh, thank you. Trust is the mechanism that allows you to have a perception of the interrelatedness of everything. Trust is the knowingness, the conviction, to act like you know everything is the same one thing, manifesting in multidimensional aspects simultaneously.

When you trust that it is so, when you come from an integrated point of view, when you know everything is integral, connected, interrelated – the same thing expressing itself in different ways – then you see that life is that way. You allow life to work, rather than feeling like you have to force it to work, or make it work.

Your trust, your insight into the fact that everything is one thing allows you – in simply doing whatever it is that represents the being you chose to be, in being of service and sharing and expressing the ecstasy and joy that you are in life – in allowing yourself to do that, you recognize that, because everything is connected, your service to everything is automatically in support and service of you, because you are connected to everything.

And if you are serving everything, you are automatically served; that is trust; trust that you always have all the ingredients necessary to manifest the idea you are being: that the universe automatically supports you, because you are willing to support it as a whole idea. And you, as a part of it, will be automatically supported – by definition. That is trust, the mechanism of trust.

Q: And also you talked a lot about acting.
B: Yes.
Q: Acting as if that is true. Okay, thanks.
B: You may all at this time, take a short break.
Trust in the Positive

We simply wish to impart to you that once again, no matter what you have chosen, choose now, or will ever choose to think of yourselves, we KNOW you can create the realities you desire, we have absolute faith in you, there isn’t one single shred of doubt in our minds about what you are capable of doing, not one. We do not stop and think about it for a moment. We know the type of world you can create, we see with the changes that are going on in your civilization, the type of world you seem to be headed for. In terms of your desire for peace and harmony, it is our perception that you are creating that world, although now you are going through the last vestiges of your old negativity, getting it all out of your system, bringing it all up to the surface, appearing to be more violent, with more escalation of negativity, but you are getting it all out of your system...that is our perspective.

We choose, we CHOOSE to believe that you are headed for harmony and peace. If we did not perceive that to be so, if we did not believe that we would be interacting with you in a short time on an equal level, as co-creators, in harmony and love, in all likelihood these conversations would not be going on. Your civilization’s vibration would be far too unlike our civilization’s vibration for us to be able to interact. For you cannot experience what you are not the vibration of. All vibrations attract the reality that is indicative and representative of who and what you believe yourself to be.

That is why conviction is so critical. You always have it, you always have trust, you always have conviction, there has never been a second when you have never had it. Remember once again that your civilization defines doubt as a lack of trust, we do not define it that way, we define doubt as a trust in the negative. Allow yourself to remember therefore, that you have always trusted in something, it is now up to you to decide whether or not you wish to trust in the Positive, or continue to trust in the negative...in the negative definitions, those definitions that say, it must be so, it has to be this way, because that’s the way it is, that’s the way its always been. Those are simply beliefs, they are your definitions, you have created them, you can change them. We know you can because you always do, when it suits you. (Audience laughter.) Let it suit you to create peace upon your planet now. There is much acceleration going on, there are many more opportunities coming up for our civilizations to more blatantly interact with your civilization.

But we do not tell you this because it is necessary that we interact with you, we tell you this simply because it is our perception, that you are creating the type of world, that would make it more conducive for us to be able to interact with you. Your world, for you, is first. Do not run from it, you chose to be born on your planet, you chose to be alive on your world, not so that when you recognize the idea of the power of what you call the heavens, to run away from your planet, but to bring that power down to your planet. To create literally, your heaven on earth, that is your service in your transformational age.
All right, I’ll say good day to you this day of your time. How are you all? We will, as usual, take this opportunity, once again, to thank each and every one of you for allowing this transmission to occur, through this particular gateway, at this time. Once again, each and every time your civilization allows such an interaction to occur, our civilization benefits by giving us an opportunity to experience, through each and every one of you individually, that many more aspects of creation and this expands our understanding of all that creation can be. So we thank you for this gift. That is what we will say.

This day of your time, however, what we will not say is what you typically call or refer to as our usual monologue. We will for a variety of reasons, none of which we will discuss at the present, simply begin with sharing.

Yes, good day. You, then you. Number two, do you know who you are? All right, number one good day!

Q: Hello Bashar.
B: And to you, good day.
Q: I see there is a workshop I want to take, that’s up on the board, with the channel about the nature of reality.
B: All right, that is up to you.
Q: But in the mean time.....
B: In the mean time, yes?
Q: I still have some questions I would like to pursue off of our last conversation.
B: Yes.
Q: In which I understood the nature of reality as sort of frames of frozen time.
B: That is one way of looking at it.
Q: Okay.
B: First of all, please understand all of the things that we will be saying are conveniences of your third density reality concept. There is no reality, except your definition of it, and that’s what reality is; that’s the fundamental truth. Anything else will be a convenient way of relating to the idea of yourself as or through the concept you call reality. Does that make sense?
Q: Yes it does.
B: All right, so all of these terms are conveniences and with that in mind, then do continue.
Q: Okay, with the analogy of sort of a film strip.
B: Yes, frames in a film strip, yes.
Q: The idea is that consciousness moves through those frames giving the illusion of passage of time.
B: Similar to the light in a projector moving through the frames of film and projecting them on the screen to give the illusion of motion, yes.
Q: Right. And my confusion about that analogy is that when we are saying that your consciousness is looking at this one now, through this one particular frame, and then it moves to the next frame.
B: This is a convenience remember.
Q: Right.
B: Yes.
Q: But with that analogy, if you have this happens now, and then something else happens; that’s a passage of time.
B: That’s the experience of creating linear time, yes, even though it’s actually all happening at once.
Q: So our consciousness isn’t then really only focused in one frame?
B: No, but you can create the experience that it is.
Q: So how is it that we’re tricking ourselves into thinking that our consciousness is only focused on that one frame.
B: By allowing yourself to forget where the rest of it is focused.
Q: So the opposite of that, if we want to be aware of all of...is it possible to be aware of....
B: In some senses, yes, although there will always be different meanings to is it possible, from different levels. Because from different levels, different degrees of awareness are germane to certain levels, and more than that may not be convenient nor appropriate for what it is you said you want to experience in that level. It is always possible from some level, yes. But you have to, in some senses, be in that level to experience it in a way that is germane for that level.
Q: Okay.
B: There are still ways to experience it all at once in what you call physical-linear, space-time reality, but it may be that you will experience it for a fleeting moment and then you will re-limit yourself again, in order to apply the experience in a physical-linear, space-time way. Does that make sense?
Q: Well it does, except I’m sort of still having a problem whenever we talk about you do this, then you do that.
B: Well, yes, but that is just the conveniences of linear space-time to speak that way.
Q: Okay.
B: Don’t fight it, that’s what it is, that’s the reality of linear-space-time. This, then that, but at the same time from another level you can understand that what appears to be one moment after another is simply the same moment from another point of view, experienced in a linear fashion. But that’s what physical reality is defined as.
Q: Okay.
B: That’s the definition you are allowing yourself to experience. You don’t have to be confused by it, that’s simply what the definition of physical experience is, linear space-time. Does that make sense?
Q: Not completely, but I think I’ll pursue it in the seminar and I’d like to ask you a different question off of the last.... another conversation we had.....
B: Yes, but I would like to ask you a question first.
Q: Right.
B: Can you address what is the confusion about this, because the confusion you are saying you have implies that you are looking to create or experience a certain affect that you believe you are not getting.
Q: Well I do...there is something that I want to accomplish....
B: Such as?
Q: I want to be able to move to different realities, different viewpoints of the same moment.
B: Perhaps the confusion comes from the understanding of the structure of the sentence itself and what it means, "I want to move to different realities," but you see if you did, you wouldn’t be the same you. You follow?
Q: Well couldn’t I be a very similar me?
B: You could be a very similar but it wouldn’t be the same and maybe that’s where the confusion is coming from?
Q: Well as long as I can maintain the same memories and self-image and so on...it wouldn’t matter.
B: But you see you do that all the time, don’t you? Or don’t you know that you do that all the time? Maybe that’s the confusion?
Q: Well, but I’m not doing it to the degree I want to.
B: Yes you are.
Q: Oh?
B: You’re just not aware of it, that’s the point. You are already, all of you, doing it all the time to the absolute infinite degree. The degree of awareness that you’re doing it all the time is the key, not that you have to learn to do it. The degree of awareness that you already are doing it is what you are asking to have expanded. That’s the difference and it can create all the difference in the world. You are already doing it all the time in order to even experience the illusion of motion. You, in fact, have to be doing it all the time; similar to the idea that in order to experience the illusion of motion in a film you have to go from one frame to the next.
Q: Yes, I understand that. What I’m saying is I want more of a conscious control and ability to leap to different film strips rather than stay in this one film strip where there is, for example, a lot of evil that I don’t want to have in my reality.
B: Are you running away from something?
Q: Yes, I would like to.
B: Well, that’s your problem, you can’t. You can only transform. Remember, ultimately there is only one here and now. If you are trying to run away from something, saying it has no business in your here and now, that’s what makes you firmly stick in that here and now. Because there is no such thing as something that has no business in your here and now, if it is there. Now, I understand that if you have different degrees of preferences as to how to experience what you call evil and/or negativity, but you cannot run from it because the only way you can experience it is through your own energy, anyhow. And that means that you simply have to transform your own energy, but that doesn’t mean that you are running from it. That means you are being at peace with it.

Q: But can I do that and be at peace with it by going to another reality where it doesn’t exist or that I have....

B: No, no.

Q: That’s what I don’t understand?

B: NO, no, no, no, no, no, no, no, no what you can do is understand that you will create the experience of having gone to another reality by being at peace with it. Being at peace with it, in that sense, will not take you to another reality. You will experience, however, paradoxically, that you are in another reality by being at peace with it.

Q: Evil would still be in the reality that I’m in, I would just be at peace with it, is that what you are saying?

B: Yes, you see what you are attempting to do is paradoxical and that’s why you have to let it be. In other words, if you’re really looking at a higher level of understanding, then when you talk about the idea of the Infinite, which is, in a sense, what you are talking about in terms of what it is you want to experience. In other words, you’re talking about learning how to use the Infinite in order to make a shift. Well if you’re talking about the Infinite, how can the Infinite be the Infinite minus something? Everything must be there for it to be infinite and to be able to be used as an infinite source. So when you are talking about making a shift, paradoxically, it is not that you are shifting away from something, as it really isn’t there anymore, because there can be no such thing as something no longer being, because everything that is will always be.

But the idea is that when you learn your relationship to it and can be at peace with it, so to speak, in so many words, then it won’t matter that it’s still here. You will simply gain the experience of the relationship to it that you prefer to have and experientially it may seem as if it is gone; but paradoxically, it cannot be gone. It’s simply that you have adjusted your definition of your relationship to it to make it experientially appear as if it doesn’t effect you any more, in a negative way. Does that make sense to you?

Q: No, because I think of other conversations where we talked about the fact that everything that can possibly be thought of, everything that ever could happen or has happened, is all existing right now in this one moment, so that every type of planet Earth with every possible combination of anything exists in some reality. So....
B: Yes, and when you're talking about discrete different frequency levels like frame to frame to frame, yes, you can say, one Earth doesn't necessarily have what you would call the experience overall of evil. But the paradox is there is no way to experience that Earth unless you accept what the reality is, that you're in now.

Q: Okay that I understand, just....

B: No you don't.

Q: Okay.

B: That's the confusion. You still think you are moving away from something and going to something else, and that's not what's happening. You're simply shifting your point of view, but you remain here. If you wish a stronger analogy, it's that the Earth is changing in you, you're not going to another Earth.

Q: Okay.

B: You're creating the Earth within yourself by total acceptance of the Earth you've already created, total, total, total, total unconditional acceptance of whatever is for its own sake, for its own validity including the concept you call evil. That's the paradox. When you totally accept it for what it is then you no longer have to experience its effect.

Q: I believe that....

B: Well where's the confusion?

Q: Well my confusion is the step after that. Once I've totally accepted it, how....

B: There is no step. There is only the experience of total acceptance. And the experience of total acceptance is bliss, and in bliss there is not the experience of what you call evil.

Q: But can I not then choose some other type of reality?

B: But why would you need to? If everything is bliss, why would you need to? You see you're still making it a conditional separation and as long as you make it a conditional separation, you will always be confused. If you are in bliss, why would you need anything to be different than it is? It is that need for something to be different that actually creates the schism within you and the perpetuation of your experience of what you're calling evil, but I experience no such schism. We are unconditionally loving of All That Is, in all of it's manifestation and as such we don't need anything to be different. And paradoxically, therefore, we experience it as different from you.

Q: What if it wasn't a need, what if it was just curiosity to see if....

B: You can’t get out of it with squirrelly words. The point is, if you are in bliss, you won’t care. What’s going on right here and right now will absorb your curiosity more fully than you can possibly imagine. You won’t be curious about anything other than what is. And, paradoxically, if you are absolutely, totally consumed in curiosity with what is, then what is can constantly change into whatever else it can be that is representative of the degree of curiosity you have about whatever else what is can be. But that’s the way you have to go about it.
You can’t do it in the sense of detachment from what is and going to where you think is different because it can’t work that way. The only thing that can become or appear to become something else is what is here, and you have to fully accept it and be in love with it, all of it, in order for it to appear to be something else. And when it is something you are fully in love with you won’t want to be somewhere else. But then when you don’t want to be somewhere else, where you are can become everything it can possibly be. You follow that?

Q: I do.

B: That’s what needs to be.
Trust Your Medicine

Q: I have been experiencing some ill feelings this evening and...
B: Yes, we were speaking to you.
Q: Yes, I realize that. And thank you for what you shared, my...
B: We thank you for what you are sharing. Your willingness to explore and expand in the manner you are doing now benefits all present.
Q: Thank you. It’s interesting how the energy has changed over the evening...
B: Yes.

Q: originally it started off as a mild case of indigestion. And as you started to talk this evening... as soon as you started to talk about communication, it became overwhelmingly painful, and I had to go out of the room. And as I was laying down in the other room, this incredible force of energy just started to feel like it was flowing through me, and it was like almost... like electrical. I felt it was trying to take over me.
B: Not take over, no. Simply reflect your own power to you. In your society, you have been taught that cognition of your own power is a fearful thing. That is what makes it feel as if it is "taking you over." But it cannot, for you are in control of it. You are always in control – even when you create a scenario in which it seems you are out of control. You are controlling that. Do you follow me?
Q: I follow you. I don’t understand how I’m creating this. That was my other question; I don’t understand of what purpose the pain in the stomach area and the gas is supposed to be serving me or what... is in for it.
B: All right. The pain – all pain, all pain – physical pain, mental pain, emotional pain, spiritual pain, all pain is the result of the learned invalidations you impose upon yourself; the beliefs you buy into early in your life that you do not even know you are carrying with you. The pains you were feeling this night of your time was your ability to now recognize that as you expand your energy and make connections within you, the pain lets you know you have been carrying beliefs that have been constricting you – that have been not allowing you to digest and channel through you and derive sustenance and support and energy from more of yourself.

But now you are opening those doorways. The pain, in a sense – to be colloquial – is only there because the doorways are rusted shut. The more you open them, the more they will flow, and the less pain there will be.

So trust is your medicine. Trust. The more you trust that the connections of energy you are making serves your purpose in choosing to be alive in this life, and will allow you to avail yourself of unlimited energy to be of service, not only to everyone else, but to allow everyone else to be of service to you, and enjoy your life. The more you trust, the more the energy will flow, and the more the flowing of the energy will lubricate the motion of the doors, the less painful it will be.
All pain in your society right now, is simply remnant habits of judgment and ritual that you have believed were necessary. You have been taught to believe implicitly in this life that there is nothing worth gaining that doesn’t come with pain. So recognize you simply are now showing yourselves that you have those beliefs, and now because you recognize they are old beliefs, you don’t have to believe that any longer. So any further changes you make, any further integrations you allow to occur within you, need not come with the invalidations that bring pain. Do you follow me?

Q: Yes, I do. I see that– that as this gentleman was talking about feeling incompetent this week, I had an experience with that exam that I had shared two weeks ago that I was concerned about taking. I didn’t pass it. And...

B: So?

Q: So I’ve been– I felt – and this has been since yesterday, a real sense of what I felt was a strong competence on my part which was fooled, a very… was invalidated by this exam saying, "no, you are not as competent as you thought you were.

B: Ah! But only you did the invalidating – no one else, only you. You set up the expectation, and according to the result you created, you invalidated yourself according to the result. You set up the circumstances, designed the experiment, and predicted the outcome.

Now! The reason, once again, that you are feeling the pain is because you are now re-integrating and recognizing that all you require is a good dose of self-unconditional love. For what you have been experiencing in the idea of the so-called self-incompetence and self- invalidation is the complete and total opposite of love, which is guilt. Worthlessness is the opposite of love, not hate. Guilt is the opposite of love.

So love yourself – for whatever you have created. For recognize it has taught you something and brought you to where you are now. Do you not remember and recognize that everything you have ever done in life – positive and negative – has brought you to where you are now?

Q: Yes.

B: Then do not invalidate any circumstance; for if you remove any stepping stone in your path, you cannot proceed to the next one, because you remove all stepping stones when you remove one. You follow me?

The idea simply has been for you to recognize that it is up to you to determine your validity. No one else can ever possibly design a test that will prove your validity to you. No one except you. Do you follow?

Q: Yes. I designed the test. But I… and I answered the questions that I designed, and then the teacher – without my notes – wanted me to regurgitate that information. So… in a sense, I did design the test.

B: Yes. But it is only to show you the ideas and the beliefs you are harboring within you about what you think is the most likely probable reality you can experience. It is simply your indication of to what degree you are willing to allow yourself to feel unconditional love for yourself – and All That Is. There
is no need to continue to test yourself. You have passed with flying colors everything you have ever done.

For everything you have ever done you have designed – and the outcome is always perfect. You can never be found lacking. When you allow each and every outcome to be its own reason for being – and do not continue to assume that there is ONE background reality against which to measure all other experiences for their validity – then your own life will be its own experience; and is not to be compared or measured against anyone else’s experience for its validity. You follow me?

Q: Yes, I do.

B: All you are doing is continuing to believe that you need to measure and test yourself against what society says are the expectations you have to live up to, and you don’t. You don’t. You are valid as you are, and you have to pass no one else’s test to prove it. You can’t prove it anyway; it cannot be done. You cannot even prove you exist to anyone but you.

For all the other individuals you may be busily convincing of your existence, who all graciously nod their heads in acknowledgment of your existence, could all be hallucinations for all you know. So you cannot prove anything to anyone but you. So there is no need to keep on trying.

Then– then! When you know you are valid, and you cease the idea of attempting to prove your validity to someone else, you will be able to "stomach" yourself. All right? Digest that.

Q: So the incompetence scenarios give us a jab to realizing that we can view ourselves as competent? Is that…

B: It is an opportunity, in many different directions. Once again, it can be that you may be using it as a comparison, knowing you are comparing yourself to other people’s expectations of you, rather than living up to your own. It can also be an indication that – as we have said – what you are doing is simply not where your heart is, and that you can do something else in which you know you will automatically be completely competent.

Because as you have said on your own planet, "a labor of love is no labor at all." And you do not have to live up to any expectation when you are enjoying everything you are doing. You are always doing it flawlessly, whatever you are doing. You will never achieve perfection, because you are already perfect.

Every single thing that you do is a perfect manifestation of the thing you are doing, and has no business being compared to any other thing for its validity. Every other thing is not better; it is only different. Everything is perfectly valid for what it is. If you do not prefer it, do something else. But the doing of something else does not need to invalidate the thing you are no longer doing as less perfect than what you are doing now.

Q: Yes. Thank you!
B: Thank you.
TRUST

Q: The issue of trust seems to be such a big one, and we’ve talked about. . .
B: It is not so big.
Q: Well, an important issue or something. We’ve talked about it a lot tonight.
B: Yes.
Q: I was wondering, can you tell us what you feel trust is exactly?
B: Thank you. It is all there is.
Q: I. . .
B: All right.
Q: I Know.
B: That simple, that simple, yes. Love, trust: same thing. It is, in a sense – to put it in mechanical terms, if you will – your willingness to know that you know what you are doing.
Q: Is that an allowance of that – to know. . . be an allowance of that. . .
B: Yes.
Q: moment to moment. . .
B: Yes.
Q: totality. . .
B: Yes. That is trust – that there is nothing in life you could ever discover that cannot serve you in a positive way. That is trust.
Trusting That New Opportunities Are Always Flowing

Q: I wanted to share with you that I went to Atlanta, Georgia last week to visit my family. And everybody in my family that I’ve ever met was there. And it was the first time in about fifteen years that we’d all gotten together. What I wanted to ask you about was that: when I left here to go back there…

B: Yes.

Q: …and the four days that I spent there, I felt like there was a big energy shift, like I was a very different person when I was there than when I was here before I left. Now since I have come back to California again, I feel like I’m yet a different person. And I haven’t quite figured out what that person is yet. In other words…

B: What does that person want to do?

Q: Well, that’s part of my problem, because…

B: Your what? Part of your what?

Q: I don’t feel the level of excitement and the…

B: One moment. One moment, please!

Q: Yeah.

B: Will you do me a favor?

Q: Yes.

B: Thank you. You don’t have to, but will you?

Q: Yes.

B: Thank you. Repeat after me: That is a part…

Q: That is a part…

B: my joy to discover.

Q: my joy to discover.

B: Rather than, “that is a part of my problem.”

Q: That feels better.

B: Thank you. Continue.

Q: Well, part of my joy to discover…

B: Yes?

Q: …for the last four days, since Sunday when I came back here, the level of excitement that I have been used to feeling…

B: Yes?

Q: the last year or so…
B: Yes.
Q: ’t been there.
B: Aah! Very good! What you have changed now is a typical transformation for many of you. You will create in your life, at intervals, the idea of feeling the excitement in a certain way. But if you stop to really think about it – even though it seems as if you’re feeling it within yourself – you are actually – actually – feeling it around you.
And the idea of when it no longer seems to be around you, is when you actually now have the opportunity to know you have met the level of that vibration, so it no longer seems to be there. You have simply acclimated to it so easily that it doesn’t appear to be any different than you. And that’s your cue to use it in whatever way, shape or form you desire.
And as soon as you use it, you will then accelerate to the next level, feel the excitement building again, acclimate to that, use it, build to the next level, feel the excitement again, acclimate to that, use it; on and on and on forever. So that idea is not to feel that you have lost the feeling of excitement, but that you have simply matched it. And now you can use what previously to this point seemed to be more energy than you were used to using.
Q: Okay, that’s...
B: You follow me?
Q: I follow you. However I don’t...
B: However what?
Q: I don’t know what I desire to use the energy to do.
B: All right. Why are you doing whatever you are doing in your life at this time?
Q: Because that’s what I was doing before I left
B: All right. Does that excite you? Yes or no. Do you know what you don’t want to do, if you don’t know what you do want to do?
Q: No. I’m feeling like I don’t know what’s going on.
B: You do not know what you do not want to do?
Q: Well, I guess...
B: Let me put it this way, is there something you are doing that you no longer prefer to do? Yes or no?
Q: Yes.
B: Are you sure?
Q: No.
B: Why do you think it is so difficult to be sure?
Q: I guess it’s because I’m afraid of letting go of those things.
B: What would happen if you did? Or what do you fear would happen if you did?
Q: I’d become destitute on the street.
B: Oh, destitute! How dramatic!
Q: Yes, it is, isn’t it?
B: Now, may I ask you a question?
Q: Yes.
B: If you really stop and picture it, do you honestly – now you can say yes, I don’t care – do you really honestly believe you will be absolutely destitute to the full extent of the meaning of that word?
Q: Of course not.
B: All right, then. Then you don’t have to be so melodramatic about it.
Q: You asked me what could happen.
B: But I am asking you what you really believe will happen, not just what is possible for someone. What is possible for you? I’m talking to you.
Q: Maybe what I fear would happen is that I would let go of everything, and nothing would come in to replace it. And I would just be flowing...
B: How is that possible?
Q: I don’t know.
B: Do you know – as you have heard many times – that nature does allow a vacuum to exist?
Q: Yes.
B: Do you understand what that means?
Q: Yes, a little.
B: Then understand you cannot create a hole without something filling it. It’s not possible. There cannot be non-existence in your existence. If you change, things have to flow in the direction you change them into; they have to. Have no choice. No choice. You are at the controls. The way you steer is the way your whole reality will follow. Has to be that way.
Q: So what you’re saying is that I don’t have to have something to replace it with before I let go of something else?
B: You already do have something to replace it with. And when you let go, you’ll find out what it is.
Q: Hmm.
B: The reason you don’t know what you want to do is because you’re not willing to let go of what you don’t want to do – enough to allow yourself to realize what it is you already do, somewhere within you, know you really want to do. Did you understand that?
Q: Some of it.
B: When you hold on to something you don’t want to do strongly enough, you may not make even enough room for even the awareness of what you want to do to come in. You have to let go a little bit at
least, enough, at least, to make at least enough room for the awareness of what you want to do to come in. You are not letting go at all.

Q: Mhmm.

B: Let at least something go. You’re going to be in control. You can regulate it; you have that much control. Let it go at least a little bit, and make at least enough room for this little teeny tiny awareness to come in and say: "Pssst! Look over here. This – well, all right, I won’t scare you. This might be something you would be interested in. I’m not saying you have to be excited about it right now, but this might be something you’re interested in."

Allow enough room to at least be aware of what it is that does excite you. Because you do know, but you’re not allowing yourself to know that you know it. You follow me?

Q: I follow you. But how does that connection . . .

B: All you need is trust.

Q: Trust.

B: Trust. Let me tell you – I can do no better than this – when you do that and when you trust it and act on it, the only thing that I can tell you is that I absolutely guarantee it will work. But I can do no better than that. That’s up to you to find out. I cannot – and no one else can – prove it to you. But you will prove it to yourself – the second you decide that’s what you want to believe will happen. Remember: believing is seeing; not the other way around.

Q: Mhmm.

B: So if you are not willing to believe it, you will not see it. But I guarantee it, the second you are willing to believe it, you will see it, and nothing can stop it. Nothing can stop it; absolutely nothing can stop it! Nothing.

We once talked to a member of your society, affectionately called the Wizard, and we gave an analogy. Perhaps – now, this may or may not work for you, but it might work for some of you. We are not saying that you have to literally believe this is true in a mechanical sense. But it might shake up your perspective; turn it around a little bit.

Rather than assuming that you have to, in a sense, pull something into existence, why not assume that anything that you do not specifically deny reality will come into existence. So that then all you have to think about are the things you don’t want, and then everything else will happen. You can do it that way, if that works better for you.

But understand, every single circumstance has an equal opportunity and an equal energy to manifest in your reality. So simply take it for granted that all the wonderful, positive things that represent the person you say you would like to be will occur. And the only things that won’t are the things that you don’t prefer. You follow me?

Q: Mhmm.
B: See if that works for you. But trust it. Allow yourself to be relaxed; allow yourself to center, allow yourself to meditate in a relaxed and joyful way.

And remember: if you are actually enjoying the process of discovering, then you are not being impatient waiting for something better to come along. The more you enjoy where you’re at, the quicker you realize any other probable reality you may also desire to be.

Q: Wait. Can you say that once more?

B: The sooner you enjoy where you are in the now... if you are actually enjoying the process of discovering, then you are not being impatient waiting for something better to come along. The more you enjoy where you’re at, the quicker you realize any other probable reality you may also desire to be.

Q: Yah.

B: The sooner you enjoy where you are in the now... more likely you make it that you will attract other opportunities for you to act upon. The longer it takes for you to enjoy where you are, the more you keep other opportunities at bay, because you have not finished learning what you need to learn from where you are.

Q: Ohhh... yes. That’s, yeah... yeah...

B: So relax into where you are, and that will create the space to let more things come in.

Q: Thank you very much.

B: Thank you very much. Sharing!

Trusting That New Opportunities Are Always Flowing
TRUSTING THE UNIVERSE

Q: Can you give me feedback on this? I bought a motorcycle, it’s the first one I’ve had in twenty years, and shortly after buying it I took a bend too fast and came off it and broke my ankle.

B: Yes. So what have you learned?

Q: Not to take bends so fast.

B: Or? Or? What else is possible? To continue to take them that fast and enjoy your result, no matter what. What have you learned from the result?

Q: It can be painful.

B: Painful, painful in what way? How many levels of pain did it allow you to experience aside from physical?

Q: I’m not sure.

B: You’re not sure? Was there self-admonishment? Self-judgement?

Q: I guess, to some degree, I tried to figure out exactly what that was reflecting and I came up with several ideas...

B: Yes?

Q: of which was that the motorcycle maybe represents something totally illogical for me to have.

B: Illogical?

Q: Illogical, in the sense, that in the agreed upon reality of the people that I interconnect with, that was probably a dumb thing to do, which is why I...

B: Did you have to believe them?

Q: No I didn’t, that’s why I bought the bike.

B: All right.

Q: And I’ve been trying to see what occurred, I wanted...

B: Did you not want to disappoint them?

Q: I didn’t think that I did.

B: What do you think now?

Q: Now I’m not so sure.

B: All right. What does finding that connection do for you?

Q: It reinforces the idea that I should create my own reality.

B: And, at the same time, you can still care for it.

Q: Yes.

B: The two do not have to be mutually exclusive. You can create your own reality, and you can still carry an infinite supply of care and compassion for all other viewpoints.
Q: I know that that’s true, sometimes I have a problem.
B: A situation.
Q: OK, a situation, it just seems sometimes difficult to work that out in physicality on that dimension.
B: Why?
Q: Well, the universe seems to be made up of conflicts.
B: The universe seems to be made up of conflicts, how’s that for a reality basis?
Q: Not very good.
B: If you will choose, though you do not have to, another perspective about what you think is fundamentally true about the universe, then, perhaps, life will not throw you so many curves. All right?
Q: OK.
B: And, also, you can allow yourself to explore the possibility within you, that you may have believed, just a little bit, in the idea that you can go too fast, but you can’t. You can maybe ends. Judgement that it does is what creates the effect that allows it to seem like it does. You follow me?
Q: Yes.
B: Everything can only, by definition, occur exactly when it is supposed to, otherwise what purpose would it serve? There is nothing extraneous, nor illogical about the universe. It does not supply things that do not fit, if it is there, there is a reason for it. Trust that there is, and you will find it, it will reveal itself to you. All right.
Q: All right.
B: Thank you very much.
Q: Thank you.
Q: I want to ask you a question about this “acting like”…
B: All right!
Q: I’ve used that process very successfully.
B: All right.
Q: But sometimes it hasn’t worked, or it didn’t seem to work, and I…
B: Seemed is the key word here.
Q: Okay.
B: And again, the idea to you may be that you think it must manifest in exactly the way you think it should, instantaneously – and perhaps it does not need to. The whole key to trusting is to simply assume that no matter what it is that does happen in your life, it’s got to be a representative symbol of what you know to be true for you, because nothing else in your life can happen.
Q: Right. I came to the feeling that the reason why it hadn’t come about was because it would by-pass the learning experience.
B: All right.
Q: And that seems to be, that if the lady was acting like she had the relationship she was looking for, wouldn’t it be vetoed by the fact that her higher consciousness has a program for her of awareness of a program of learning?
B: In a sense, but again, the idea of the higher consciousness does not need to be specific.
Q: I see.
B: It is very general. There is nothing about your higher consciousness’ free will that denies you your symbols in this reality.
Q: So it will let you run along in any direction that you want to run it?
B: Yes, because to the higher consciousness, anything you do is learning. It doesn’t judge at all. Anything you do is a learning experience.
Q: I’m having difficulty tying together these two things of acting like something to bring it about, and at the same time allowing it to happen.
B: Thank you. Once again, let me put it this way, if you know you are being an idea – if you know you are acting like it, if you simply trust that you are – then no matter what the situation is, no matter what it seems like, according to your previous way of thinking about it, you simply must trust that if you know you are acting like it, then this situation must also fit in somehow.
Q: I see.
B: Eventually you will see how it does.
Q: Yeah.
B: Eventually.
Q: I got ‘ya.
B: You don’t have to see it right away. Eventually you will, and then when you do, you will understand why it waited until that point to become clear.
Q: Uh huh. Got it.
B: Thank you.

T Tu Trusting Your Life’s Unfoldment
Tunguska, Siberia 1908
Q: On June 30th, 1908, in Tunguska, Siberia, there was a ten to fifteen megaton blast.
B: Yes, we understand.
Q: And the official reason for this was a hundred thousand-ton piece of a crater hit.
B: Piece of a crater?
Q: I mean piece of a comet, excuse me. But it didn’t leave any impact from a normal, let’s say, crater when it struck the earth.
B: Comet.
Q: A comet. It’s also been said that it was some kind of black hole phenomenon.
B: No, it was a craft.
Q: A craft?
B: A craft. There are many multiple witnesses that at the time recognized that there was actually a course correction, it was not what you would call a straight trajectory. A course correction was attempted at the last moment to take the craft away from the highly populated areas before it ignited. You understand?
Q: Yes. So this... was it a mothership?
B: It was a large craft. It was not exactly what you would recognize as a mothership, but it was, however, quite a large craft.
Q: Okay, thank you.

1
UFO Presence in Solar System

Q: There is a large cigar shaped UFO that is circling the rings of Saturn, can you comment on that?
B: From time to time, many large craft have been sighted in your solar system. There is, in that sense, truth to this.
Q: Okay, thank you.
Q: Could you talk about the energy in Australia?

B: Australia is a very magnetic pole. Uluru (Ayers Rock) is the strongest form of magnetic induction in that area, and many things circle around it. It is the strongest vortex in that section of the planet. If you wish to realign anything, then standing on the middle of that rock will realign it. The idea is that it acts as a fulcrum for that entire Southern Hemisphere. To some degree, many events spin around the magnetic induction of that pole. It is a very transformational gate and it is a direct doorway, one of them, into what was spoken of earlier as the inner earth, as it is interdimensional.

It is also... now this will be a colloquial phrase... understand that this is being translated into your language in a colloquial way... I mean it perhaps quite differently than you may take it. Uluru is a table of the gods; it is, in a sense, a plateau, a platform, a direct interfacing link to, what might be termed, any level of any council in any dimension. If you hold circles of councils, of meetings, on top of that rock, you will be directly sitting at the multidimensional table of all the councils anywhere. You will have direct interaction with them.

In a sense, it is your forum on Earth; it pierces through many veils, many levels, many plateaus. It is highly magnetic in a very special way, and thus, it is a warp that pulls unto itself all other similar representations of many worlds. It is a holographic matrix interface point, to be technical about it. It is a table of presentation... a table of projection onto which others can be projected and from which you can project yourself to others. It is an arrival and a transmission plate, plateau, table, zone.

Q: Is it similar to Stonehenge?

B: In a sense, yes... but there is a different quality, a different quality altogether with Uluru. Uluru is perhaps more like a “Transmutorium;” it is a giant philosophers stone. It is as if a piece of another world were touching yours, resting on yours; as if it is a village unto itself, occupied by ethereal consciousness going to and fro. It is a nexus point, it is an exchange; it is a market place, it is a concourse, it is a plaza, it is a station, a transfer station... do you understand?

The idea of Stonehenge is that it does consolidate and focus many electromagnetic energies for many different kinds of uses. It can be used as a vortex for certain kinds of contact for certain kinds of gates; but believe me, many of them take a lot of their pulsing cues from the area, Uluru, we have just described.
Unconditional Love II

Unconditional love is all it takes to trust all the relationships in the way they happen, and with whom they happen. The idea is to be a shining and bright transparent crystal. When you are a shining and bright transparent crystal then nothing impedes the flow of your radiant light so that others may be served by it. When you are a transparent crystal, the light from other individuals passes through you, except for the light you choose to absorb. Other individuals’ negative light therefore cannot possibly affect you unless you choose to become opaque and absorbent to it.

Remember that when you operate on a particular frequency, even if another individual has a negative intention towards you, you will translate their energy into positive manifestation in your life. That effect is the gift of Unconditional Love. The word is quite literal in meaning, unconditional love.

Therefore, now you can involve yourself in relationships to the full capacity of your curiosity and excitement. Since you now know every single individual is a being of vision and creativity you can support them in the following way: encourage them to do in their life with integrity the thing that excites them the most. Support them in their ability to be able to do that thing.

To create loving and creative relationships you can create for them situations that will allow them to become more fulfilled in the thing that excites them the most. You can be aware of things that would excite them and let them know about it. You can give them gifts that are particularly important to the thing that allows them to become more excited about what it is they enjoy, because you are in the relationship to serve them to become most fully who it is they are excited about being.

And if the other individuals do not allow fear into their lives, they will become just as supportive of you as well. You will not have to see the idea that you are each becoming strong individuals as something that pushes you away from each other. The only reason that happens now in your society is because you are so interdependent on each other. You say, "If you become stronger than I am, you won’t have anyone to lean on.” But the point is not to lean on anyone, the point is to support them. And in supporting them—you become supported. Always. ALWAYS. The notion of leaning on each other is simply the negative side; the interdependency is the negative side of supporting each other. The need for the other person is the negative side in the sense that you cannot exist without them.

But you see, the paradox is that as soon as it’s all right for them to become as fully an individual as they are, you will probably remain in contact forever. The idea that you must mold them in a certain way in order to remain in the relationship is not trusting what the relationship is.
UNCONDITIONAL LOVE
From, Denial, Separation, Projection
7-19-98
Suffield, CT

B: But again, I remind you, as I always will when this point comes up must be an unconditional change. You must change the belief because that’s who you say you are, not because of what you think it will get you. Yes, I will be happy IF this happens, I will be happy WHEN this happens. Yes I will change my belief because I know it will change my reality to look like this or look like that. That’s conditional. It needs to be unconditional which means you need to change the belief and LIVE in the state you prefer to live just because that’s who you say you are, even if nothing … else were to change. You see the MARK, THE MEASURE, THE SYMBOL of whether or not you have really, REALY changed is that you start to respond differently, more positively to what’s going on outside around you even if what’s going on outside around you stays the same. It is not the mark of change that your outside world changes. It will but only after you don’t care if it does. That’s the paradox. You have to change for changes sake, for your own sake. Because the change is representative of simply who you are and that’s it. Not because of what you think it will do or who you think it will change or what you think it will get you. That’s conditional and this whole idea is about unconditional love.

First of your self. Because if you don’t love yourself unconditionally you can’t love anyone else, really. And then the outward expression of that unconditional love, toward your life, toward everyone in our life, toward everything and everyone and All That Is.
So. California

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

AUDIENCE– (Various answers).

B: We will begin this evening’s interaction with the idea of the continuation of what we have spoken of recently of your time, conclusive and inclusive of the idea of synchronicity and symbology in your physical reality. The idea we have been discussing with you of, what you call, synchronicity or coincidence. Recognizing, as we have said and discussed that it is not accidental in your terms, but that EVERYTHING that coincides does so for a reason. That there is nothing, in your terms, that happens by accident, but simply the recognition that everything is part and parcel of an orchestration, if you will, an identification with a series of events that are all from one particular point of view. The same one event manifesting in a multidimensional number of ways simultaneously, within any given moment in space/time, to allow you the opportunity to see reflected in that event, the different portions of the path you chose to be. So that you can always know you are creating for yourself, in physical reality, the type of feedback, as you call it, that is necessary for you to understand you are always on the path you chose to be on. A path is what you are. You can never be off yourself.

In this way, the idea is to simply recognize that synchronicity will bring with it the idea of symbology. Many times you will find that everything in physical reality, what you call physical reality, will be symbolic of the actual idea of the actual interaction that you are, of the EXACT fundamental energy exchange that you are creating within your being. You will always create, as long as you are in physical reality, an identifiable symbol to reflect the idea going on to you. Since you have created physical reality to be something outside yourselves, you will then understand that everything you perceive in physical reality is a physiological symbolic extension of processes, interactions, which are actually going on, more or less, inside yourself. Not truly OUTSIDE yourself, but INSIDE yourself. You are in and of itself, the actual interaction. You are, in of itself, the actual process. YOU ARE THE EXPERIENCE THAT YOU ARE HAVING! YOU ARE THE EXPERIENCE THAT YOU ARE HAVING.

Anyone that you imagine yourself to be interacting with, in any symbolic experience is, in your terms—not that you are not interacting with other consciousnesses–but the only thing you perceive in physical reality generally, is your self-created version of who you are interacting with, and that self-created version that you are interacting with is created by you in a particular manner necessary and containing the exact specifics to allow you to see in that other individual, the things you need to see reflected by that individual about yourself, so that always in that interaction you can understand you are dealing with different aspects of your own consciousness. Is everyone following along?

Audience: Yes! (laughter)
B: In this way, therefore, simply recognize, as we have said, that the idea of coincidence and synchronicity is when you allow yourself to recognize that life works when you let it. That everything that you attract in your life is the product of what you believe your life to be. That you can only attract the vibration that you are equal to, and that synchronicity, therefore, whether it is manifested positively or negatively in your life, can only be a reflection of what you believe your reality to be. Therefore, it is up to you, once again, in recapping, to treat every situation in life as fundamentally NEUTRAL. No situation has intrinsic built-in meaning. You give it all the meanings! YOU! YOU! YOU! (Pointing to the whole audience.)

Audience: (laughter)

B: You create the idea of the attitudes, the meanings that you wish to impart to any given situation, and it is your ATTITUDE that determines the effect that will manifest in your physiological reality. Therefore, the idea is to simply trust that what comes to you in your physical life is symbolic of the path you chose to be, and simply take it as something that can synchronistically serve you. Do not assume that it is fundamentally, automatically negative. You will allow yourself then to take advantage of any fundamentally neutral situation in a positive way by simply understanding that every situation that you create and attract in your life can serve the path you chose to be. And, therefore, as soon as you adopt the idea, the perspective, the point of view, and the attitude that every situation can be viewed as a positive situation and therefore, can create a positive effect in your life, you will understand how you relate to the entirety of what you call the multiverse. In this way, by recognizing that everything, every object, every person, every situation, every interaction is the same, including you, ONE THING, manifesting itself in all the multi dimensional ways that it can, simultaneously. Do you follow me?

Audience: Yes!

Bashar: Sharing!

Audience: Bashar! Bashar!

B: You, then you.

Q: Hi Bashar, it’s Strawberry...to be continued...
Under the Sphinx

Q: It’s been said that, from two different sources now I’ve heard this, that under the Sphinx there’s actually a ship that one can access.

B: There is, but it is in a slightly different dimensional frequency than your own, and one must make the shift even while finding physical underground chambers before one of your species would be able to actually perceive the physiological ship. It is slightly out of phase with your reality at this time.

Q: And it’s anchored underneath the Sphinx?

B: It is.

Q: Thank you.

B: Thank you.
Understanding It Is All One Thing

Q: About imagination, imagination is a... 

B: Oh, one moment! Before you continue, may I interrupt you?
Q: Sure.
B: Thank you. Allow me to remind each and every individual that you are gathered for your own reasons and thus, you find within any sharing, within any statement, with any question that is offered by anyone an opportunity to reflect to yourself how that statement, how that question relates to you. Do not think that something that someone else is sharing has nothing to do with you. If it had nothing to do with you, you would never hear it and you would not be here. So this is an opportunity for each and every one of you, from everything everyone shares, to simply turn the question, turn the statement toward yourself, within yourself, and relate the situation that is being described, being discussed, being interacted with, to yourself, and see how the understanding of what is being shared relates to you and serves you. Thank you, continue.

Q: Thank you. Imagination is a... I guess it has a few definitions.
B: All right. If you can imagine them, then obviously it must.
Q: Some people think of it as something separate from reality... 

B: Yes.
Q: ...and I’d like to throw a light on maybe another definition of the word.
B: Yes.
Q: It might be a soul conscious or an awareness level, where things sort of take place faster or where you can maybe form ideas faster?
B: In a sense, yes.
Q: Are there other beings that just exist on that level that could... 

B: Yes.
Q: waiting there for you to imagine them?
B: Yes.
Q: And... 

B: And imagining them is connecting to them...forming communication.
Q: Yes, so you could your imagination you could lose your third density, or is it fourth density?
B: Not so much lose—integrate, add, blend, not lose.
Q: OK.
B: I understand the meaning, but it is not losing anything, it is integration.
Q: Right. I understand the definition there. What density is imagination?
B: All.
Q: Okay, beyond imagination...
B: Nothing.
Q: there unimaginable....
B: No, non-existence is the only thing beyond imagination and you cannot imagine non-existence.
Q: That's right.
Q2: Then how do you know that it exists?
B: It doesn't, by definition. (Audience laughs)
Q: Well, okay, so cognition and imagination are sort of the same?
B: Yes. Anything that you can imagine is on some level, somewhere, “some when,” real. It may not have any place in a particular density, in any particular time within that density; it may not have to manifest according to how you think it should, in that way, so that you can relate to it as you relate to anything else in your density, but it is no less real.
Q: Okay well, when you stop, when you sort of still your mind and stop all your own creations...
B: Stop your creations?
Q: Well...
B: Not possible. The idea of the creation of stillness is a creation. Nothing is something. Nothing is not non-existence. Nothing is something. Stillness is creation and it serves a purpose.
Q: Okay, well, it is just...
B: Do not forget that being infinitely accelerated is the ability to be everywhere in every universe, all at the same time. Being everywhere in every universe infinitely accelerated, all at the same time, would feel like standing perfectly still.
Q: Would that speed up everything to like a white light or...
B: It can, yes, in a sense, it is the blending. That is one way you can create a symbol to reflect it. White light.
Q: Okay, all of this sort of flows around a space where we are aware of all...
B: Space is part of the imagination. Nothing is outside.
Q: Okay, what is this electron or particle that we have inside all of us that is sort of neutral or aware of it all?
B: A particle?
Q: I don't know if it is a particle, it is like a center without a center.
B: You all, in a sense, have a center. You all have a gate, a doorway. You may refer to it as a black hole, in a sense.
Q: Okay, the black hole that a phenomenon...
B: It is also still an idea, for do not forget that the idea, the creation of separation, simply then creates a need to have a doorway through which you are connected to everything, even though everything really is all one thing.
Q: Yet the idea surrounds the actuality of it.
B: In a sense, yes.
Q: But there is an actuality to the…
B: The actuality is simply that it is.
Q: Yeah, the isness of the center of all of us, which could be merged or…
B: It is merged.
Q: finite. We could experience it finitely.
B: You can experience it to whatever degree you are willing, but it is all one.
Q: Right, that “nomenon” that’s the opposite of phenomenon.
B: All right.
Q: Is that fair to say?
B: You have created it, of course it is fair to say it. You obviously understand it.
Q: I just thought I’d open that up for discussion.
B: Well, thank you. (Audience laughs)
Q: It’s a big subject, it is kind of hard to put into words.
B: All right, but you have done well.
Q: Thank you for that.
B: Thank you.
Understanding Orion Energies

Q: I don’t understand... you talked about Orion energies. I’m a newcomer here, and I don’t understand...

B: That is all right. Steven may explain some of this to you, in terms of the symbolic understanding. Now we do perceive that you have other connections as well. But as we have said, it is not important to understand the labeling of those connections; but simply to act upon the sensings, the feelings and the energies within you, and allow them to blend.

If delineation of the labels is something you do, in fact, need to understand what you are doing, then it will be given to you – from an individual, from yourself, from literature, from something you will attract yourself to. But it is not necessary in order to understand everything. Only the living of the experience that you are is necessary. You follow me?

Q: Somewhat.

B: All right. Again, the scenario will be explained to you by another. Glean what you feel like gleaning out of it. What doesn’t make sense, let it go. What makes sense, explore it. All right?

Q: My... my question was dealing with whether there was this energy force, this being, from maybe your planet, or somewhere else, that was trying to come in; and that I was – in my fear of it taking over, resisted it.

B: To some degree, yes. You have made the agreement to be of service in that way, should you decide to. But let me share this with you, any agreement that is made with another consciousness, in that way, is made for the purpose of being able to be of service. When you are comfortable with the blending of that energy is when the service will be provided in that way. What purpose would it serve if the energy were able to force itself upon you – which it can’t. But what purpose would it serve? If it were able to do that, it would not be allowing you to be who you are, and thus, the agreement with you could not be fulfilled, because you wouldn’t be there.

So, it serves no purpose to take over another individual. When you are good and ready, you will acknowledge, and the agreement will be 50-50. It cannot be otherwise; otherwise it cannot exist. You follow me? You will only proceed at the rate you are comfortable with. Nothing can push you faster than that – nothing.

Q: What was interesting was that– that as– and it makes sense, and whenever you resist anything you experience– it gets worse; it doesn’t get better. And as I was resisting, the pain was getting much stronger....

B: Yes.

Q: was going all over instead of just being local and... 

B: Yes. That is because you are your own separate universe. There is nowhere you can get rid of anything to, because there is nothing outside. So when you try to push something away, instead of
letting it through, you push it up against the wall of your universe. And in pushing it, you give it more ability to spring back that much harder. Letting it through you lets it transform and go on and become something else.

Q: Thank you!
B: Thank you.
Unity Through Equality

Our consciousness, and what you would term many other civilizations are a part of what we refer to as the Association. Maybe sometimes what you refer to as a Confederation, but we find that that will not define the idea as clearly as Association. Not guardians, but reflections, assistants, for you do not need saving. You are as powerful as any being in creation. Choose the reality your prefer.

Our associative assistance is to reflect just that back to you; that you are as powerful as you need to be to have anything you desire, without having to hurt anyone else to get it. In fact, the idea of forcing your point of view on someone else, is a good indication that you don’t believe in it very much yourself, for if you did, you would know that it would take care of itself.

Therefore this is what we would wish to reflect to you. Not that we are your guardians, but that you are our equals. Do not forget that the idea of the sharing of the communication of consciousness of what you refer to as Christ Consciousness, was that each and everyone of you can function as Christs. Christ Consciousness did not want “Christians,” the idea is that you are Christs. Act like it, and you will have Heaven on Earth.

You will find that the next thirty years of your time will begin the solidification of the fourth density beginning, and in this way will afford you the most conscious opportunity to recognize that the unity you desire in your civilization, will be the result of the granting of equality and validity to the infinite diversity within your civilization. The next thirty year period will tell the tale. Then you will begin the idea of your balanced blending and acceleration into fourth density, and then beyond, into fifth, sixth, seventh, next octave, add infinitum. In approximately only two of your thousands of years, will you no longer need to be physical at all.

For when you create the idea of all the turmoil, negativity, judgment and separation that you have been experimenting with, and exploring for several tens of thousands of years, you recognize that separation and limitation and judgment in and of itself, is what creates more time. Integration, blending and acceleration needs less, and create less time. Therefore the totality of the experience of your integrated fourth density state, will only require a couple of thousand of what you call your orbits; before you can simply move on and allow other consciousness if it wishes to, to use the vibration of your planet.
Universals, Karma and the Soul

Q: You shared an experience with us in which you took responsibility once for another person’s action. And in order to balance this act which occurred in the now, you went back into one of your past lives, presumably in an alternate time track and produced a disease.

Now, if you create your universe; if you create your own reality; if the universe reflects whatever belief system you have, why didn’t you change your reality or belief system such that the issue of integrity or the balancing of actions did not enter? Now, if you could not do that, it must be that there must be some absolute cosmic laws which must be adhered to. If that’s the case, then believing in your own reality is limited to adhering to these cosmic laws, or at least within the boundaries of those laws. So, are there any absolutes in the universe? If there are, what are they? If there are not any absolutes in the universe...

B: All right. Thank you.

Q: ...then why did you adopt that belief system that you...

B: Thank you. Recognize, first of all, that the so-called absolutes for all universes is but one – the fact that you exist.

Now, each and every universe can create its own apparent absolutes, to some degree. And by that particular rule – by those particular rules of that particular game – then there are generally agreed-upon absolutes that will generally be followed. And in abiding by those, you will then maintain the balance of the energy within the total game that you are playing. That is also dissolvable, but only when you extract yourself from that universal absolute that you have agreed to create. They are not absolute absolutes, but they will appear to be just as solid as a so-called absolute, as long as you agree in general to abide by them.

Within the universe in which I exist, I agree to abide by the notion of the balancing in that way – that there were scenarios in my past life, wherein the playing out of certain positive and negative ideas was, quote/unquote, acceptable then. And therefore, any idea that would fit into allowing that being I was then to learn what it needed to learn through that particular understanding or disease, at that time, was put, in your terms, into good use.

Q: Is karma an absolute law in the same sense?

B: No, except in the sense that it is only a representation of a momentum. Karma is completely self-imposed. The idea, the methodology, so to speak, of the karma are completely self-imposed. The so-called absolute within the universal game is simply that it will represent a momentum, a balance, and a carry through of an idea once initiated. How it carries through and how it balances out can occur in many different ways. You follow me?

Q: Yes.

B: The karmic absolute is simply that the energy, once initiated, will carry through as a momentum; but how that plays itself out will depend upon the reasoning within any given life that requires that
manifestation, and can use that manifestation to learn something from. In other words, the generation of that balance point that I created was usable in one of my past lives. So I allowed it to stand in that way, knowing that that past life had the belief systems that would generate that type of reality. And therefore, it could use that type of reality to learn that it did not need to create that type of reality any more.

And that is what allowed me to maintain the existence that I do now, where I know I am the creator of my reality. For the me that had the disease was not in cognition that they were the creator of their reality. And that disease allowed them to learn that so that I could be who I am today. You follow me?

Q: Yes.
B: Does that assist you?

Q: Yes, it does. The personality in that previous life was in an alternate time track: was that personality associated with your soul? In which case, does that mean that one’s soul has multiple numbers of personalities and multiple time tracks?

B: Oh, absolutely. The Oversoul has an infinite number of fragments. It may choose to project these fragments into any given game at any given moment, in an infinite number of time tracks. Yes.

Q: If the soul is that infinite, what comes after the soul? What could be more infinite than that?
B: Nothing. But you are assuming that there is an after, and there isn’t. Everything only is – now, simultaneously. The notion of a before and an after is one of the games you are playing.

Q: It’s my understanding that there comes a point in evolution where one no longer needs a soul. Is that true?
B: One is a soul, in a sense. You may no longer need particular manifestations of the spirit that you are, of the soul that you are. But in a sense, a soul is what you are, although there may be many different definitions to that, many of which might be semantically arbitrary. Your meaning of a soul, and a fifth density being’s meaning of a soul, might be pointing to two different fluctuations or representations of energy. You follow me?

Q: Thank you.
B: Thank you. You are simply consciousness, if you will. You will always be that – in whatever way you choose to manifest yourself.
Unknown Entities

Allow us to say, at this time, that within any blending, within any acceptance, within any integration, as you begin to become cognizant of the gathering together of all that you have ever been, so that you can allow yourself to exist in the now moment, in this point of space, you will, from time to time allow yourself to realize that the energy that is coursing within you – so to speak – may allow you to experience all of the valves that you have closed, that you have tightened, through the adoption of certain beliefs in your physiological life.

That the experience of any discomfort in those areas is only indicative of the fact that you are now willing to open those valves, awakens those areas within you. Do not fear. Anything that you will discover within that experience will be a worthwhile facet of your consciousness – will only add to the overall understanding of your momentum and your cognition of the services that you have chosen to perform in this life.

There are many levels of consciousness that are willing, in a sense, to aid and assist. Avail yourself of that assistance; and recognize that as you avail yourself of that assistance, what you are allowing yourself to do is utilize those portions and those levels of your own consciousness that exist on the same level as the consciousness from which you think you are receiving assistance. It is the communication from that consciousness, on that level – to your consciousness on that level – that allows you to create the aid and assistance you need from your own energy for yourself. That is how you allow other consciousnesses to assist you – by accepting and allowing and acknowledging their love for you – and transforming their love for you into the love for yourself. That will allow you to allow your physical reality to become the ease of creation without struggle, without strife.

Simply open to all portions of yourself, and recognize that there is no need for you to manifest those cognitions in painful ways; for there is no need to continue to create yourself to be separate from that which you know to be true for you. This is an indication that you no longer need to fight your own ecstasy; and that only the fighting of your own ecstasy is what creates the scenario and the sensation of the pain.

Do remember that vulnerability is infinite strength and indestructibility. For vulnerability is the willingness to be open to all that is; being open to all that is allows you to connect to All That Is. Connecting to All That Is allows you to experience yourself as infinitely strong and self-empowered. So your vulnerability, at this time of transformation– in allowing energies to flow through you, in allowing yourself to expand into another idea of what you are as a consciousness, which is the same thing, need not be experienced in a painful way for you allow yourself to know that you are only discovering more and more of the ecstasy from which you are created.

Anxiety is the same energy as excitement. Allow the meaning of the symbol to transform from a negative invalidation to a positive affirmation of the creation – the ongoing creation that each and every one of you are.
There are many blendings of polarities for many of you this night of your time, and in a sense, another gateway, another doorway and a type of crystallization is taking place within individuals who have specifically chosen their path to manifest as an expression of polarity. Some of this will have to do with what has been termed the upwelling and upsurging and integration of Orion energies. And many familial connections are being made this evening of your time, both with each other and within yourselves. For you are unto yourself, in a sense, your own family. And now is the time that you have allowed yourself to begin to adopt all portions of the family that you are within the self.

Release and flow. Enjoy and love all that you discover yourself to be. Live in the ecstasy of the moment of self-discovery, and then none of that discovery need be painful. Our unconditional love to you all.
B: All right I’ll say good day to you this day of you time, how are you all?

Audience: Great! Perfect! Cold.

B: Cold, all right, let us see if we can not warm things up? Let us see if we can not raise the energy level within yourself so that you can project that outside yourself.

Let us begin this day of your time, this transmission by talking about some synchronous events. Let us begin, by saying there are of course, as you have gotten to know to some degree are always willing to take advantage of synchronicity and we will do this, this day of your time—apprentice!

AP: Yes?

B: Good day.

AP: Good day.

B: Now you know that you have recently, along with the channel, discussed a very important idea, yes?

AP: Yes.

B: All right, and of course it would probably not surprise you to know that you’re not the only ones on that particular day, and almost at the very same time, who came to the same realization and had the same experience.

AP: My good friend, who is a Christian, had the very same thing only in her context as a Christian.

B: Yes, and many others will have gone through the same thing on the same day almost at the same time and will go through the same realization and allow themselves to begin, to finally begin, to realize the true freedom they have asked for, for so long, the true manifestation of miracles in their lives. So let us discuss this idea, let us speak and share of this idea now, so that everyone may participate.

The idea, of course, is that we have from many different points of view talked about, and you have heard from many different points of view, the idea of letting go. What some of you may call surrendering, many of you have different ways of interpreting this concept but you must understand, as we have said many times, things are always this and that not just this or that. And so, even in the mist of an act of
surrender, there is not really the giving up of who you are but the true acceptance, the true claiming of who and what you are and this is the key.

But let us talk about this in the terms in which it occurs in your physical reality and which it has occurred in the Infinite an event that we have now referred to regarding the apprentice and other people. Many times you will find yourself pushing and pushing, struggling and struggling, trying and trying, focusing and focusing and working very hard and very diligently with all the ideas we have discussed about altering your believes, getting in touch with your definitions and so forth in order to manifest the reality of your preference. This is all well and good but we want you to understand something very important, perhaps, this might even be the most important, the most crucial idea you can allow yourself to grasp, and that is: that all of these concepts are all fine for the purpose of getting in touch with different aspects of your personality, for allowing yourself to be clear and gain more consciousness with regard to your believes, your personality structure, your consciousness in a physical sense. None of this, in that sense, is wasted time. But now you have arrived, really, at a place and at a time and at a timing in your collective consciousness when, in some senses paradoxically enough, you can forget all about all that. And when I say forget all about all of that, in some senses, I mean that quite literally. It is time for you to forget about a lot of things, to give them up, to let them go, to just stop. And, in the way we are now talking about, when you do this you will find automatically in this act which we will describe that you will achieve what your Buddhists have called the idea of the cessation of thinking. You will find that your actions and your beingness become aligned automatically and you will not have to do anything really to have that happen. The idea of surrender and letting go, allows miracles to happen because of the following thing—each and everyone of you, no matter how it is said, put you own interpreted spin on it if you wish, it doesn’t matter but you understand the essence each and everyone of you is made in the image of the Creator and that is why letting go works. Because when you stop trying, when you give up, when you let go, when you surrender, in a sense, to the universe, when you just quite yourself, calm yourself and tell yourself, it is alright to just stop trying, just let it go, what you call your hopes, your dreams, your desires, your focuses, I must do this, I must make this, I want to be rich, I want to do that, I want to have this, I want to have that. When you just let go and forget about them, and let it be alright to forget about them, you will realize and truly experience in the realization that you are made in the image of the Infinite and what that means is: you are yourself the essence of limitless possibilities. You are all possible things, all possible events, all possible experiences. That is what you are, not what you have, not what you have happed to you, it is what you are because All that Is, is all possible things, all possible events, all possible experiences, all possible ideas, all possible miracles. It is unlimited in that way, it is unconditional in that way.

So when you let go of what you think you are supposed to do and when you stop attempting to manipulate your personality and just forget about it and just be who you are then you will understand that who you are is unlimited possibility and when you allow yourself to simply be unlimited possibilities the universe will reflect those unlimited possibilities back to you. That is why letting go
works because when you let go you are the true essence of how you were created in the image of the Infinite. And your reflection in physical reality, thus then, will be as unlimited, as miraculous, as synchronistic, as immediate, as spontaneous. All you have to do is forget about trying. All you have to do is give up, in a sense, and relax, just be and feel who you are and know who you are is unlimited possibility. Let the universe show you, let the universe, the Infinite, the Creator love you. Let it show you who you were created to be by stopping trying to be who you think you ought to be, just stop, just surrender. You are not losing control, you are becoming what you are, you are claiming your heritage, you are claiming your birth right, you are claiming your essence, your nature by surrendering. That is what the surrender is: is a statement of total self acceptance, total self acceptance. Knowing that the self you are accepting, the total self you are accepting is unlimited possibility. And then you will allow, allow the gift of the unconditional love of the Creator to be given to you and that gift is to show you, to show you through your life in all of its manifestations the unlimited possibilities, the miracle that you are.

Let it happen, stop trying, give up, let go, surrender, stop and when you do that you will find that you stop thinking so much. You will find yourself looking at things and all of a sudden realize that that’s all you ‘re actually doing. You’re just looking at things. You are not looking at them and, as you say, zoning out and thinking of something, you will be thinking of nothing, you will just be looking at things and appreciating them for what they are and there will be no other thoughts. You will find yourself at peace, a peace so profound it will be at first, perhaps, difficult to believe that you are experiencing it. It will perhaps at first be difficult to believe that you are not having random thoughts. It will at first perhaps be difficult to believe that you are not just looking at something to trance out so that you can think about things. You will not be running things around in your mind, your mind will finally be quiet, because you will be aligned with who you are and the thoughts you need to have will be the only thoughts you have. And your actions and your thoughts, in what you call your Taoist and Buddhist terminology, will be right action, right thought, right will, which means that they will be synonymous with your being and when your actions and your thoughts are synonymous with your beingness it doesn’t feel like your doing anything. But you will act, you will do things but it wont feel like anything, it will feel like you are just being in life, enjoying life and receiving the love, the unconditional love, the gift of the miracle of All That Is. You will allow yourself to be the miracle that then can be reflected back to you by All that Is. For it is always being handed to you. It is only you who have refused to accept it by refusing to accept yourselves because you have been taught not accept yourself. Accepting yourself is just letting go. It is not a difficult process, it is just stopping trying so hard to figure things out, stopping trying to think your way through everything. It is going into a place that is peaceful to you, be it in a meadow, be it in your own home, be it on your porch, be it while you are driving, be it in the ocean, be it in the air it doesn’t matter it is being in that place and letting that place simply release you, where you have no cares, no worries, no thoughts for the morrow, as you say, no things to work out -NOTHING, NOTHING, NOTHING! You let it all go, you let it ALL go! You let it all go. The EXPLOSION of miracles that will result may stagger and astonish you at first but I guarantee you they will happen because that will be the
reflection of who you finally allow your self to be. Just give up, just let it go, let it be alright.

**In some senses does that some up your experience apprentice?**

AP: In words yes, and I don’t know how you can share and experience in the physical reality other than with words, um....

B: They must experience it each unto themselves.

AP: Yes.

B: But these are the words that can urge them to, it doesn’t mean that they will listen. For everyone, as you know, must hear it in their own way, for it, as you say in your language, to click and make sense on an experiential, emotional, intuitive level.

AP: Right.

B: But that is really the sum of it when it comes, as you say, right down to it, all it really is, is letting go...being yourself...just being.

AP: It the words we’ve heard our entire lives.

B: Yes.

AP: You know, be here now, let go, let God, today is sufficient until itself.

B: Yes,

AP: All of these things, you know, I knew them mentally but until about a week ago I never really experienced them so profound.

B: And what changed it for you, what made it real for you? Perhaps, they would benefit from understanding the personal experience, so they may apply that understanding to each of there own personal lives even though the same thing may not work for them.

AP: I don’t know how to explain it really, it was during a conversation I had with a man, I was doing a photograph for the cover of his book, and he’s coming out with a book called Money is Energy.

B: You do not have to go into detail.

AP: Oh I thought you would like to here?

B: Simply get to the essence of what you feel was the pivotal point where all of a sudden it became clear.

AP: There was just a letting go of my...of me.
B: Why?

AP: Not me my personality, it was a letting go of my personality.

B: Yes, why? Why were you willing to finally let your personality go? Why?

AP: Because I think I have been doing the same thing over and over and over my entire life and that’s trying to work through things and figure them out and focus and visualize and do it myself.

B: Are you saying that this was the straw that broke the camel’s back? You were finally sick and tired of being sick and tired?

AP: Yeah, I think so.

B: So you finally just let be alright to let go and flow with the stream?

AP: I think I was just willing to have it be a better way and I got out of the way for a second and I started seeing that there are so many more possibilities when you let go of your limited thinking, when you are on a track and you thing that this is the way that it’s got to be and I got to ....

B: Why did you see that there were so many more possibilities? Why?

AP: Because I became myself.

B: Because you are unlimited possibilities.

AP: Right, I felt my God Self in the moment.

B: Yes.

AP: And I just became like...like wow, big and full of possibilities.

B: Yes.

AP: And it hasn’t close down yet and I don’t think it ever will.

B: Correct, unless you choose it to.

AP: Right, well I’m not going to choose to do that....

B: All right.

AP: ....this is too much fun.

B: All right, it is because you finally saw that you were. You finally saw that you, the real you, the essence of you, really is unlimited possibilities and you were willing to finally understand that what you
call your personality, beliefs, definitions aside, all well and good, is, in and of itself, by definition a limiting structure upon limitless possibilities.

AP: Yes.

B: So you were willing to let your personality go because it placed too many limitations on your joy.

AP: Yes.

B: Are you all hearing this?

AUDIENCE: Yes.

B: Let your personality go. It places too many limitations on your joy. Give up who you think you need to be. Give up who you think you are, just let it go, just stop trying, just be unlimited possibility, just forget about it. Just get to a point, make a space where you finally just sit down, lay down, stand up, whatever and just let it be alright to say, “You know what, I give up, that’s it, I give up.” “I give up, I surrender.” Just let it go, don’t think about it, don’t think about what you have to do the next day. Don’t think about what you have to do the next week, let go of schedules, let go of time and space, let go of “This has to be there then or this won’t occur,” let go of all assumptions, let go all conditions, just let it all go and let your personality go with it, give up your personality.

AP: Good riddance.

B: It has served you. It is not a bad thing. But it is, now you have come to realize, a limited thing, and a limited thing is not who you are. You are unlimited possibility because you are made in the image of the Infinite, you are infinite. Let yourself be Infinite by just letting yourself be. Just give up. Thank you for your assistance, apprentice.

AP: Thank you.

B: We extend, once again, to each and everyone of you our deep appreciation in co-creating this exchange and invite you to remember what has just been said as you continue this discussion in whatever manner you desire?

Audience: BASHAR! BASHAR! BASHAR!

B: You, good day....
Unlocking with Vibration

Q: We were talking about Atlantean times a little while ago...
B: Yes.
Q: the United States a reincarnation of Atlantis?
B: Basically, as a model, as one side of the model.
Q: Yeah. Who were, in the Atlantean times, the physical representation of the Beatles?
B: No, thank you. (Audience laughs)
Q: Was there a Beatles? I mean not specifically who they were, but the energy that they broadcast over Atlantis. How was it then, compared to how it is now, or...
B: First of all, you are making the assumption that individuals have only had one life in Atlantis.
Q: Well, I’m just thinking about the effect that the Beatles had on...
B: Transformation.
Q: Yes, what was there there an energy that...
B: Let us say this, on a fundamental level it is obvious that the individuals represent instinctive understanding of the idea, now and then, that vibration is the key to shifting and changing any reality from one to another. That you unlock with vibration, reorient and then re-lock into whatever reality the vibrational resonance is reflected of; those that wish to go along, of course. Recognize that this idea, this recognition in Atlantean times is of vibrational resonance, harmonic location...identification. Also, in many of your societies upon your planet that concept is what has become, let us say, diluted. In one way, shape and form it is what you remember as magical incantations, formulas of vibration that unlock from one reality to another. So it is very closely connected to the idea you call incantations. You follow me?
Q: I see what you are saying. Yes, that shed a lot of light on things.
B: Thank you.
Q: Thank You.
B: Sharing!
Utensils and Kivas and Trepanning

Q: One of the differences that compare between our eastern and western cultures is that in the west we eat with metallic spoons and knives and forks...
B: Yes.
Q: ...in the east they use wood. And one of the characteristics is that the metal conducts electricity, electron flow, where the wood doesn’t.
B: Yes.
Q: Is there...
B: There are advantages and disadvantages to both. Many of them come from many different disciplines; many are leftover habits, left over from certain understandings that were never necessarily meant to be applied in, what you would call, the mundane usage that they have now found themselves in. But there are advantages to using metal utensils in certain ceremonial and ritualistic functions, although the idea of generalized ingestion would not normally require the utilization of a metal utensil, yes. It would be more natural to use the natural substances in that way, or none at all, except your hands.
Q: What kind of energies does the metal conduct from our biological standpoint?
B: This is for you and your homework.
Q: The other thing is the kivas that the Anasazi used, they were from two to ninety feet in diameter, and recently someone blew a horn in one of them and it created a standing wave, which reverberated back and killed the individual.
B: They are designed with Pi in mind, and in that they are representative of sacred geometry, then the correct vibration, the correct wavelength, the correct diameter kiva is what will open the doorway. Some of you are ready for this and some of you are not. So be cautious.
Q: The Indians said that they could no longer use that site because someone died there.
B: You will find that in that way, for a while, their electromagnetic pattern may in fact be imbued within the collective signature vibration of that spot. And therefore, they may need to wait until it has been, as you say, purged of that particular aspect of the signature vibration.
Q: And in England there is a new fad called trepanning. Are you familiar with that?
B: It is something that is also very ancient on your planet.
Q: In which these individuals are drilling small holes in the back of their heads.
B: Yes.
Q: To release pressure.
B: Yes. It has advantages, sometimes. Sometimes it is totally unnecessary. And sometimes the trepanning that was done in ancient times, while most often for medical reasons, also had other ritualistic reasons; but many individuals on your planet don’t necessarily have a full memory or understanding of all the ways in which this was used. But we will also say that for the most part, in most...
cases, it is unnecessary, with regard to the ritualistic use, although sometimes you will find, again, it may have medical advantages, but not in all cases that it is recommended.

Q: And is there any advantage to increasing the argon content of the ambient air for small periods of time?

B: In certain circumstances and for very specific applications, yes, in general, no.

Q: Thank you.

B: Thank you.
Validating Your Process

Q: Hi.
B: Hello!
Q: Good morning.
B: Good day. Fine day, is it not?
Q: It’s beautiful! Exciting. Wonderful.
B: Oh, one moment, one moment! Let us appreciate it together, shall we?
Q: Yes.
B: All right. As you allow me to describe the dawning of a new day over the greenery of my world, the rising of what you would call a yellowish star with a greenish tinge; and there being pale amber light, coolish amber light, that allows the very trees to seem to be waking up, to be stretching and expanding under the light. Opening up, spreading out farther and farther until all the branches and all the leaves touch, creating the canopy of a forest once again – whereas the previous night before they had been collected singular stalks, dotting the landscape. And now they spread out to give their shade to the creatures below.
And there is, now and then – when one is in the right place at the right time and has such a vibration – a small thin flash of reddish-purple that will signal the angle of the light through the atmosphere that represents the official, quote/unquote, new day, new dawn upon our world; a crispness, a lightness, a freshness, a smell, a touch, a sound; a vitality and a smoothness, an assuredness of being; activity and delight.
We thank you for sharing the new dawn with me.
Q: Thank you. It was beautiful. I will keep this image in mind when I walk on my hill. This question is very... it will appear to be quite prosaic following that.
B: Nonsense!
Q: Over a year ago I talked to you about the fact that I created a lot of pain whenever I had my teeth cleaned.
B: Yes.
Q: Remember that?
B: Yes.
Q: And at that time you said that I was balancing a lot of different processes, and we would talk about it some other time. (There is a loud clicking of the channel’s teeth continuously during her description.) And I’ve never brought it up again, because I didn’t think that the processes were finished until... well, since then, I have found a hygienist who uses a different method, and I don’t have the problem, the pain anymore.
B: Yes, yes, yes. Thank you! (Still clicking, even faster.)
Q: And I had a check-up today. I’ve also had a lot of situations with my mouth. Everything that happens in my life seems to have some reaction in my mouth, my teeth, my mouth, whatever. I had gum surgery, and my dentist said that the best we could do after surgery was to keep it stable, or not let it deteriorate too much.

B: Oh, the best! Oh, all right.

Q: Right. And today I had a check-up. And he came and he said: “Hey, it’s getting better.”

B: Surprise, surprise!

Q: Surprise! And he was very surprised. I wasn’t; I was very pleased. But I thought: “Well, that makes sense.”

B: Yes! You are taking bigger bites of life now.

Q: So I thought, well, perhaps this was...

B: Well, in a sense, that is what I really mean. For when you don’t process the symbol of what you chew, to digest it, it can atrophy.

Q: Uh huh! Oh, how interesting. Well, I thought perhaps this was the time now when you might share with me those processes I was balancing, because I’ve finished with my balancing act.

B: Yes. We have just described them to you. In effect, you are biting off bigger chunks of life emotionally, in that sense. You are willing to digest more, rather than simply on one particular level, which would cause there to be spiritual malnourishment. Understand?

Q: Yes.

B: You are now nourishing yourself more on every level.

Q: Okay, so at the time I was not nourishing myself?

B: Not on every level.

Q: Okay.

B: You were not biting into life as fully as you could.

Q: And I am now, even though I told you a couple of weeks ago...

B: Enough to allow the balancing to start happening naturally. The willingness – remember, the willingness, in and of itself, many times is enough. You don’t have to have it all, in terms of your conscious understanding of what is going on. The willingness, however, to go for it all can allow all the nourishment to come in that needs to come in, to give you the ability to go for the rest of it.

Q: Yeah. I see I do have the willingness.

B: Now, yes.

Q: Right, right. Because I feel that... well, the reason I’m talking to you tonight – I feel that I’m at the verge of something, and all I need is a little nudge from you, telling me which direction... thank you.

B: What are you at the verge of?
Q: I have no idea.
B: Yes, you do.
Q: I knew he’d say that.
B: Well, first of all, you know. Repeat after me: I am...
Q: I am?
B: ...the I – was that a question?
Q: No, I am.
B: I am? “Oh yes, I guess so.” All right.
Q: No, I am...
B: ...the idea...
Q: ...the idea...
B: ...of being on the verge.
Q: Of being on the verge... of...discovery.
B: Of what?
Q: Of discovery.
B: Of discovery of what?
Q: I don’t know. That’s what I’d like to know.
B: All right. I am...
Q: I am...
B: ...the idea...
Q: ...the idea.
B: ...of not knowing what I’m on the verge of.
Q: ...of not knowing what I’m on the verge of.
B: How do you know you’re on the verge of anything?
Q: It feels like...
B: Oh, it feeeels like it! All right. Then, for now, be the idea of being on the verge. Explore what it is to be on the edge, on the threshold! Explore that idea. For now, that is the idea, in and of itself.
Q: Mhmm.
B: Remember, many of you invalidate the process itself...
Q: That’s true.
B: ...as a part of the life you are.
Q: Yes, yes.
B: “When am I going to get there? When am I going to get there?”
Q: Oh, I haven’t done that so much…
B: I am allowing a little fun.
Q: All right. Okay, all right. No, I…
B: But the idea of that when you say: “Well, I’m on the verge of something, but I don’t know what.”
Then if you don’t know what, let the state you are in be the state you need to be in. And explore what you need to in that state. Once you have explored all you need to in that state, you will know what the next state is that you need to be.
Any time you don’t immediately know what the next state is, you haven’t finished with the state you’re in – for what it is. Not for where it’s getting you; for what it is. Right here, right now.
Q: Yes. Yes.
B: You see, that is the idea we are suggesting: that many of you allow states to only be states that get you somewhere, rather than allowing them to be where you are. And understanding what it is where you are. So, for a while, be a verge.
Q: Okay, I will. Thank you very much.
B: Thank you very much! Sharing!

Validating Your Process
Validity
B: All right, I’ll say, how are you all this day of your time, as you create time to exist?
AUD: Good. Great. Etc.

Allow us to begin this interaction this day of your time with the laying of a foundation which we may entail, "Validity." The idea of validity, as you seek it in your society, many times creates the assumption that there is one real reality against which to measure all variations for their validity. To some degree, on some levels this is so. But one of the ideas as a society you are now beginning to discover and understand is that the truth, or what you have for many thousands of your years called, "the truth" is actually composed of all truths, and derives its unity from the validation and equalization of all the variations it can create itself to be.

We have many times shared with you the following point of view: that there really is no one way to do anything, no one way to look at anything, because if there were there would only be one person – because there would only need to be one person if there were only way. Look around and see how many individuals there are; that is how many ways there are to look at the universal idea of creation. Creation does not create in excess; there are no extraneous creations and no pointless ones. There would not be diversity if each and every one of those diverse beings that you are and we are did not represent yet one more way that “the truth” could be manifest, that Infinite Creation could be realized and understood.

All these ideas are valid; every perspective is valid. The idea is that to some degree there are things, concepts that are common to everyone in creation. But there aren’t as many of them as many of you think, and they are far more general than many of you think. And even some of what seem to be the specific things that are true for large numbers of people are usually only so because you all agree that they shall be true for large numbers of people. And in that sense it is an arbitrary creation, an arbitrary agreement. And from universe to universe, from dimension to dimension, even these things you call the rules and laws of reality can shift and change to some degree.

There are very few things, very few principles that are common to every being in creation. Basically they can be rendered in the following format: One: you exist; that will be common for everyone. Two: whatever vibration, whatever perspective, whatever frequency you put out in life will be the vibration, the perspective and the frequency you will get back in life.

That will also be true for everyone because that is how what you call universal physical reality is structured. It is patterned on the idea of reflectivity, of balance, of polarities, positive and negative. Whatever vibration you most strongly align yourself to – through your thoughts, your beliefs, your definitions and your feelings – will be exactly what determines the style of life you allow yourself to experience in your physical universe. That will be also common for everyone. Aside from those principles not much else is common or true for every single being within creation.

Now, you may recognize on your planet that there are certain things that seem to be common, or at least similar for the majority of individuals on your planet, in your civilization. This degree of commonality,
just because you see it over your whole single planet, sometimes has led you to believe that it must be true for everyone everywhere in the universe.

This is not so. It is simply that you only have your planet so far in your immediate memory to go by. But the idea is that even what you agree to experience or share as a common reality upon your world has many variations within it, as far as the individuals on your planet go. And anything you do experience on your planet that you might call common consensus reality is only there because telepathically you are in contact with each other all the time, and you agree that these things will be there to represent what may be loosely termed the rules of the game you are playing.

But they do change. What you call knowledge and progress indicates that some of the rules have changed. Now, many of you may think, “Well no, it has always been a certain way, and we have only discovered the way it is.” And that’s why the seeming rules change, (on) some levels this is so, but not all. On some levels a true, profound, hard-held belief actually generated the reality at that time that reinforced that belief. And when enough individuals change the definition of their belief, it literally, from time to time, changed the physical reality to go hand in hand with the new belief.

Sometimes, because of what you have created your society to be, you can have forgotten what some of the original agreements were. And now you have spent time remembering, rediscovering what some of the original agreements were. And now, in your present day and age, are coming back into a conscious awareness of what some of those agreements were, the agreements that define this physical reality you call your planet Earth, your physical universe, your universal reality.

But now that you are rediscovering these things, now that you are beginning to understand and remember what all the agreements are that generate similar realities for all of you, a paradox is occurring in your society. You are beginning to realize that you did in fact create these agreements to begin with. And that means that now you are aware you created them, it means you can change them. You are now recognizing much more freedom of awareness, much more freedom of definition in your society. And you are beginning – at least many of you are beginning – to come to the understanding, even as some of your scientists now are, that what you have for so long called physical reality does not really have an empirical existence apart from the definitions you create it to be.

In fact, what you are now discovering on many levels of your society, in many levels of your awareness is that physical reality, what you have for so long called the solid material, physical world that seems to be outside of you is actually created from the definitions you have been taught in your society for thousands of years. And that when you change those definitions, you will see changes in the experiences you have within your physical reality. It is a very simple mechanism, and almost everything we will discuss, this day of your time, will hinge on the understanding that you, each and every one of you, individually and collectively, are literally the creators of your physically experienced reality.

We are not talking philosophy here; we are talking mechanics; we are talking physics. We are talking tools, ideas that you can get a handle on to allow you to understand that you can create the reality you desire. And that one of the easiest ways to do so is to grant equality and validity to all the other ways
you have done it and all the other ways you could do it. And all the other ways it is being done by everyone else on your planet.

Because when all the choices, when all the opportunities are equal, then it is simple and easy to pick the one you prefer to be the experience of your life – because all the choices are on the same level, have the same amount of energy, have the same probability to be manifested by you as the life you now have determined you prefer to experience. When you think that one choice over another has more potential to manifest somehow of its own accord, more than any other choice, you are giving it the power to do so through your definition, through your assumption that it is not under your control. When you believe you have to struggle and suffer to have something you really desire then you are placing more power in the idea of the struggling and the suffering than you are in the thing you want.

These things are only representative of the habits you have been taught, of the thought patterns you have been taught for thousands of years, and they have been reinforced for thousands of your years. You are now awakening into new definitions. We cannot prove to you that these ideas work, but you always – I guarantee it 100% – you always can prove to yourself that these ideas work, that you are the creator of your reality. For as soon as you get in touch with that and start exercising the option of your decisions, you will see the result in your life. I guarantee it.

But we are not here to reflect to you that you should adopt our point of view. We share with you the things that have worked for us as a society, and the same principles that work for many other societies with whom we are in touch, and for The Association of Worlds. We perceive, in the changes your society is going through, the same potentials, the same recognitions, the same basic ideas of realization, and therefore, we have picked up upon your frequency and used it as an invitation to reflect to you what has worked for us, so that if you decide to, you can allow similar ideas to work for you.

But you don’t have to. We cannot interfere in the choices your society makes. That is up to you; it is your world, and you have every right to create it to be what you desire it to be, positive and negative. We are simply here to remind you that you also have the power to create it, whatever you want it to be, positive or negative. That’s up to you.

In these interactions, as you are willing to co-create them with us, you are literally, now in this interaction, functioning as a representative, each of you and all of you, as an ambassador, each of you and all of you, of your world right now. And we thank you for allowing me to function as an ambassador of all the respective worlds in The Association of Worlds, of which we are a part. To us the sharing and the perception of your consciousness is a gift, for through you our civilizations are given an opportunity to see that many more ways that the Infinite Creation has of expressing itself within the creation it is. So you are a gift equal to us in our eyes.

We simply recognize that you and we have the same energy, but that you use yours in different ways. And that many of you believe that the only way you can use some of your energy is in negative ways, because that is what you are taught. We are simply here to remind you that you can use in positive ways if you desire to, and it will be very easy and very simple and will not require strife or struggle or trials.
by fire in order to understand that you desire ecstasy just because you say so, just because you can imagine it, just because you desire it. You don’t need another reason – unless of course you wish to create one – but that’s up to you.

In return for the gift that you have given us, of allowing us to experience you, I will ask you now, how may I serve you?

Validity
Vibrational Alignment with Other Beings

Q: A few questions ago somebody was talking about face-to-face encounters between beings of our world and beings of other worlds.
B: Yes.
Q: Now, as to what’s holding that back . . .
B: Nothing is holding that back; it is progressing nicely thank you.
Q: We must have created a delicacy in our situation to not have beings, other people, come into our reality.
B: Yes, in a sense.
Q: What would they do? Would they blow our charkas or . . .
B: In a sense, yes.
Q: our minds and . . .
B: In a sense; the idea is that because you still consider yourselves to be segregated beings in many ways, and do not function as unitized individuals, then to some degree the vibratory frequency upon which you do exist, is somewhat – not meaning to be derogatory – slower than the vibratory frequency of an integrated being. And in this way, therefore, bringing a higher frequency in proximity to a lower frequency, like a faster gear and a slower gear, the faster gear will have a tendency to overwhelm the slower gear, forcing it to go faster than it is, at this point, built to go.
Q: Like taking all the teeth off . . .
B: Yes. And therefore, we simply proceed at whatever rate will determine the amount, or lack of, friction in that gear, as we perceive you to be adding more and more lubrication that will allow it to turn faster and faster and faster. That lubrication is your willingness to simply know that you create your own reality, and to act that way. To enjoy life, love, service, integrity, that is the lubrication. It will allow you to spin as fast as you desire to spin. It will allow you to meet head on and face-to-face any other gear spinning at any speed. Does that assist you?
Q: Yes, that’s fine. Thank you.
B: Thank you.

Vibrational Alignment with Other Beings
Q: Good evening.
B: And to you, good day.
Q: Thank you. In the spirit of ever increasing play and learning, we seem to have moved most recently away from what could be seen by some as a polarization to the negative side of nuclear war. (1987)
B: Yes. In our perception you have, as of approximately ten of your years ago, already decided that you will not annihilate yourselves by that means. (AUD: laughter and applause) This is simply a reflection of a decision you have all made unconsciously, collectively, and which is now leaking into your conscious awareness. That is how we perceive your energy now.
Q: So my question will be then: when will the old forms that supported that kind of activity worldwide, as a planetary consciousness, cease, and make way for new forms?
B: Most abruptly within what you call the next fifteen of your years. Most absolutely within the next thirty, as we read your energy now.
Q: In what way will that be a manifestation of what you brought here tonight, as the matrix of the planet say, for instance?
B: Yes. Well, one of the ideas behind what you call the harmonic convergence, as the fulcrum point between an old reality and a new reality, an old vibration and a new vibration, is to recognize that as you each, individually, become the pattern for the reality you wish to experience, then bit by bit, each and every one of you add to the overall energy of your world’s ability to become that world, as you have envisioned it.
And it will accelerate in that direction and you will begin to see the blending and harmonics occur between what are now distinct and segregated levels of your society – sociologically, economically, politically. All of these things will begin to blend as each and every one of you realize that you are your governments, and begin to act accordingly.
Q: Thank you.
B: Oh, thank you! ‘Tis your world. (AUD: laughter) Sharing!
Q2: Hello.
B: Good day.
Q: The last time we were talking, we got into the area of multiple existences on the planet Earth...
B: Yes.
Q: ... and this sociological engineering.
B: Yes.
Q: And I’m aware a bit of the... well, sociological engineering to me suggests an organized system of data in application.
B: Somewhat, yes, although it is, on our end, somewhat spontaneous. Organized, in its inherent idea, but not so much completely pre-planned.

Q: Yes, but that seems in opposition to the concept that we are each our own path.

B: No, no, no, not really, we do not mean there to be a contradiction, as you understand that term. Simply that our sociological engineering has to do with attracting ourselves to the vibrations that are already creating themselves to be most conducive to interaction with us.

Q: Okay. So one of the basic principles to me is the fact that we are creating our own experience, our own existence.

B: Yes.

Q: Could you share some other basic principles upon which the engineering is based?

B: Like vibration attracts like vibration, plain and simple on that level. Also the fact that there are multiple realities and, therefore, that like vibration will actually create and coalesce the one reality that is representative of whatever collective vibrations are most representative of our vibration – and that is the one we will interact with.

Social engineering, in that sense, may be a misnomer. The idea can perhaps be more aptly or precisely defined as simply, attraction. The principles of attraction that will gather together the gravitational attractions, metaphysically speaking, energetically speaking, that will gravitate together all the different fragments that are vibrating at the same rate; to create, in a sense, to project themselves, into the universe that represents that particular reality.

Social engineering is simply more of a gathering of like vibration, rather than a forcing, or a directing into a particular modality. It is the supplying of an atmosphere that is literally conductive, to attract those elements that are similar, or desire to be similar, to gather unto ourselves, as a seed, as a nucleus, all who in that way desire to be of a similar vibrational reality.

To instill, within each and every one of those gathered, their own sense of being a seed and a nucleus, in other words, self-empowering them. So that then it can be a holographic matrix that supports every element within it equally. Not by focusing around one particular center, such as ourselves, but by creating an infinite number of centers within the whole idea, around which all realities will then interlock and rotate. Is this making some sense?

Q: Some. So, you’re attracting similar consciousnesses...

B: Yes. It is the idea that has been colloquially referred to in your planetary mythology as “harvesting.” It is simply that we radiate at a particular frequency and gather the idea of any individuals that radiate at a similar frequency, reflect that frequency back to them, show it to them as their own frequency, so that each can function as a similar “radiator,” and a similar attractant; to strengthen the cohesive glue of that reality and allow it to coalesce and manifest.

Q: Okay. There is also some presumption of change.

B: Yes, of course. All things change. But many changes can still occur within an overall signature
vibration, a reality vibration. There is much room, much leeway, in any particular reality for many divergences within any reality. That is what enriches any reality – the diversity within it. That is what allows it to be holographic, holographically reflective. It is homogenousness through diversity.

Q: So what is the purpose of the gathering?
B: Simply, it is the representation of like attracts like. The only purpose that it needs to have is simply that we are being true to who we are, and individuals that we attract into our reality are being true to who they are. That is the whole purpose to it: to simply create the reality that we perceive ourselves to be. And to do it and share it with as many other individuals that desire the similar reality. That is the purpose.

The purpose is to create, because we are all – you and I – creators, because we are – you and I – creation itself. We do not need any other purpose other than the fact that that’s what we are. We are simply being true to ourselves. That is the purpose. Does that explain it?

Q: I’ll have to work on it for a while.
B: Oh, all right. What is it about it that seems to be difficult, or unclear?
Q: Aah... it’s a matter of absorption.
B: All right. Absorb away.
Q: (Laughing) Thank you.
B: Thank you for your sharing, and for the expression of the vibration that you have chosen to represent the idea you are most aligned with, at this moment.
Vibrations of the Spoken Word

Q: I’m very curious about something...
B: Oh good.
Q: . . . and I would like to reflect with you for a moment on what I guess I’ll call the power of the spoken word.
B: All right!
Q: And I was wondering, now that we’re going to be transiting from third density into fourth density . . .
B: Power of the spoken word and all.
Q: (laughs) Thank you.
B: All right!
Q: I can’t think of how best to say this; but, um . . .
B: Best? The way you say it will be the best way for you to say it.
Q: It seems to me that our language is going to become very important. Our choice of words is going to become very important.
B: In a sense, although you will also find that you may need language less.
Q: Well, what I was wondering also is that you say on your planet you communicate telepathically.
B: Yes.
Q: Well, um, this might be an allegory, but like in the Bible where it says: “And God said let there be light, and there was light.”
B: Yes.
Q: There was obviously no one else there, so he didn’t have to use the spoken word, so I wonder, do you use the spoken word to manifest . . .
B: It is the idea of vibration. Vibration is what you are referring to in your Biblical literature as the word that was spoken. It is the recognition that out of the primal, fundamental energy, every material universe is the product of a variance in the vibration of the primal, fundamental energy. In other words: consciousness; the vibration of consciousnesses is the word of God.
Q: So you don’t use words at all ever to, like in a ritualistic form, or words to help manifest something? Or is it necessary . . . or is there anything to that?
B: It is not in this way necessary. You will find that for the most part, the only remnant utilization that our civilization now finds for the language we once had may be simply, mostly vibratory, integral connections from one consciousness direct to another.
Q: So then it might be not so much our choice of words as, uselessness, like too many. Being wordy when it’s . . .
B: Perhaps. It is not that your choice of words cannot assist you in this way. For many times you will realize that while you think things are happening to you in your reality unconsciously – if you could but
listen to the way you say things – you will understand that they do very often reflect the way you do believe things to be.
Q: Yes. Right.
B: Therefore, when you begin to listen to what you say, you may recognize that your choice of words is a symbolic reflection of your choice of vibrations.
Q: Yes, I... I think I have been consciously correcting on that procedure. What I say, and listening to what others say, and how they say it... the choice of words gives you an idea of where they really are at that point.
B: Yes, but recognize that, while you are listening so intently to the words, you are also feeling them out, which is more of a telepathic idea.
Q: Okay, so...
B: Do remember that telepathy is emotionally activated.
Q: Empathetic.
B: Yes.
Q: Okay, thank you very much.
B: Thank you.

Vibrations of the Spoken Word
Victimhood
Q: For many, many months I’ve been curious about this, and, well, I’m going to bring it up.
B: All right.
Q: It is about the McMartin preschool case, with all the children being molested.
B: Thank you. In this way, again, recognize that entities and individuals when they choose basic scenarios in that way, will, many of them, understand what they are being born into...into the type of society, in that way, that you have created yourselves to be. And they will allow themselves to be involved in what may seem to you to be the idea of reprehensible acts, so that certain ideas within your society can be brought to the surface and dealt with. They will allow themselves to be involved, seemingly, victimized, in that way, so that it can bring to the attention of all individuals around them certain aspects you have within your society that you may not prefer, giving you an opportunity to deal with them in that way. Therefore it is on their part having made the choice to interact, as that individual, as a service to you all. You follow me?
Q: All right, but how do you work with children and the parents of the children? I’m a therapist and...
B: It will take a massive restructuring of the belief systems in your society to understand that there is no such thing as a “true” victim. This is something that your society may be reluctant to let go of, but it is up to you to determine whether you believe that or not for yourself, first of all. Because only if you choose to believe that idea for yourself, will you be able to convince anyone else...and you will not be convincing them as they will still have to convince themselves.
Q: Ok, and also what, on a symbolic level, besides the aspects that you are speaking of, what are the symbolic levels of the whole event?
B: Generally speaking, first of all, the entire idea of victimhood. The idea that you are still exploring that what you call a victim, and what you call a perpetrator, are two sides of the same event. And that a perpetrator by choosing in this way, to not be strong within themselves, is then being lured by the so called victim’s emanations and the perpetrator is, in a sense, the victim’s, victim. You follow me?
That is the whole idea of victimhood and also, to some degree, because of the degree of separation that you have within your beings, many of your beings, in terms of maleness, and femaleness, that is separated within you, and all the different aspects of your own adulthood and your own childhood that are separated within you. Then you will find many adults who will attempt to force certain ideas symbolically upon children, when they cannot come to terms with loving the child within themselves. You follow me?
Q: Yes.
B: They will always remove the responsibility for what they cannot abide by within themselves and place it upon someone else, thinking that by forcing the attention in that way, they will somehow make a connection within themselves by doing it outside. And, in this way, it will not be done. It is only that they do not feel self-empowered enough to understand that they are powerful enough to blend and create
anything that they desire, without having to force anything upon anyone else to do it. You follow me? That is one of the basic ideas.

It is also an opportunity for your society to also recognize it has many fears about the need for defense. And, in particular, you have a basic belief in your society that your adults are beyond redemption, but that the children are the hope of the world. And thus you fear, more than anything, well, no matter what happens to the adults, they are gone anyway, but the children, should something attack them, all is lost, where is our integrity? In this way, it is again, the fearing of the possible attack upon something that you fear is assailable that creates the radiation of someone who will attack it. You follow me?

Q: Yes, I do.

B: When you do not allow the children to be equal to you, then you can allow them to participate as victims in your society because you children are not equal, and they are at the mercy of the society you created. And that is what they are showing you. You follow me?

Q: Yes.

B: They are doing it out of service, whether they consciously know it or not. The entity that made the choice to be that child knew it when they chose to be born. Do not forget that entities outside of the physiological symbol that you create upon your physical reality of child and adult, all entities are the same age – ageless and eternal. You follow me?

Q: Yes. But then, also, why is it that we’re allowing the prosecuting attorneys to get away with murder, so to speak, in so far that every child that they’ve asked questions to, to determine whether or not what they are telling them is the truth is or not... personally I believe it is, and ah...

B: Because, again, it is part and parcel of the idea of accepting within yourselves the solution and not seeking outside for answers in that way. The idea is simply, again, that you are putting responsibility on someone else to solve the problem, and not taking the solution within yourselves, for recognizing in that way that much of what the children are exemplifying, whether you are willing to admit it or not, in terms of the interacting that they find themselves getting into, is a reflection of the type of structure of the family they have been born into, and they absorbed the family fears and are reflecting the family fears. And the families are looking for someone else to patch things up. You follow me?

Q: Yes.

B: It is not a matter of blame, but it is a matter of responsibility for what it is that you teach your children when you do not even know you are teaching them that. Understand that by what you call one year of age, a child will telepathically have understood all of the structure of your society, and will begin to conform according to what environment it is brought into, in order to reflect that environment to those that are teaching the child. You follow me?

Q: Yes.

B: Again, it is not a matter of blame for that is judgment. It is a matter of responsibility which is knowing that you are in control of creating your reality and not, by choice, believing that you are a victim or can be victimized.
Q: Ok, I really meant for myself, but it is hard to, to ah...
B: Do you fear the judgments of others?
Q: No, not at this moment, but in terms of can know this for myself, I can be aware for myself...
B: Then all you can do is share what you know to be true for you, it is not that anyone else MUST listen, but simply that by radiating as a beacon for the vibration that you know yourself to be, you will be giving other individuals an opportunity to choose to share that reality with you if they so desire.
Q: That I understand, but what I’m grappling with, is the feeling that I feel so much intensity from the kids...
B: Yes.
Q: I’d really like much as I know that I am responsible for myself, and in terms of what I’m doing, what can I do in some way to assist the kids without buying into the victim system?
B: You can educate them as to the idea of the creation of reality, and let them know that no matter what the situation they may find themselves within, they are providing a service for someone by allowing that someone to see what the situation is that your society created. You can begin to nurture them into the understanding that they are equal in your society, and that every part they have chosen to play is something that you love them for, that you cherish them for, and that they can retain their strength because of, and not lose strength through it. Because you will accept them as a member of society in equal standing, and know that whatever situation they have gone through, you will assist them to understand why they have chosen, in that way, to play that part. So that they can regain their control and their strength and then play the part they desire to play, not having to be a reflection of your societies negative side any longer. And use your imagination and use your heart and use your love. All right?
Q: Yes.
B: Thank you.
Q: Thank you.
1 3
Victims and Perpetrators

Q: My question has to do with the idea of right and wrong.
B: All right.
Q: An idea that I bought quite thoroughly as a child, and I bought it most with the idea of killing...
B: All right.
Q: ... and non-killing.
B: All right.
Q: And the worst killing you could do would be to kill another human being, and eleven years ago I was a part of an abortion, and it was a very difficult thing for me to deal with.
B: All right.
Q: I wonder if you could share with me?
B: Thank you. Allow me to say, first of all, that everything, every situation still occurs by agreement. Now understand that that does not mean that there is no taking of responsibility for participating in a particular act. But understand also that the responsibility simply extends to the idea that you simply know that you are consciously participating, in that way. That you have made a choice, along with the other individual who you feel, in that sense, may be, or may not be, a victim.

Understand, in that way, that both individuals participating, the victim and the perpetrator are, in a sense, both victims. And actually, the victim, in that way, can also be viewed to be a perpetrator, by creating a situation, which would then attract someone who was willing to be a perpetrator. But in having sent the signal to play victim, having cast out their line, then they themselves are also the perpetrator. And the perpetrator, by allowing the self to be attracted to negative energy, is also a victim.

Understand, it is still all by agreement, and the idea is to recognize that you are making agreements as you go along. And therefore, when the line is cast by a victim, then the perpetrator can say: “Ah, no thank you, I will assist you if you wish to realize why you are casting about looking for perpetrators to reinforce the idea that you are a victim – but I am outside of that idea, thank you.”

Thus, giving the opportunity for the victim also to realize that they are not having reality thrust upon them. That they may also realize that, by casting about, they are doing the initial action, in that way, and becoming the perpetrator against themselves.

Now understand, also, there are many, many, many ideas, in that sense, that go along with what you term to be, the ending of life. Understand, in that way, that when you recognize it for the total agreement between both parties or all parties, then there is simply no need, in that way, for that symbol; no need to project your feelings of lack of power upon anyone else, to dominate them, to give you a sense of power over them. If you already recognize that you are exactly as powerful as you need to be, to have everything you want without harming anyone, then there is no need for the idea of murder.
But understand, in that way, also, that there is also still the agreement, and even within the idea you call abortion, there has been the agreement, by that consciousness, to have lived a very, very, very, short physical experience; otherwise, the situation would not have occurred. Now understand, it is an opportunity then for you to experience that, perhaps, also for your understanding of yourself, that you can now attract and create a reality in which that situation need not ever arise again.

There are no needs in that way, then, if you learn from the tool that you have given yourself, that you have shared with that other consciousness, if you learn to live through it, then there will be no need to repeat the idea in any other way. If you accept it as an agreement, realize it served purposes, both for the individual aborted and for yourself, and for any other individuals involved, then you will simply allow yourself to know what the purpose is. And you will simply understand that it is an opportunity for you to take responsibility for the creation of the ideas that you have then created, and put into your reality, and shared with other consciousness.

Realize that you have then created it, realize that you can create any timing that you wish, realize that you can be in communication with the consciousness, in that way, aborted. Realize, in that way, you can simply communicate to any consciousness that you are now not part of the frequency of ideas, of realities, of vibrations that will include the idea that you must now experience another abortion. You can be in contact with any consciousness, in that way. You can be in contact with all the portions of yourself, which will give you immediate contact to those other consciousness. And as such, then you can simply realize there is no need any further to attract a situation in which you will find yourself in that position again. Are you following me?

Q: Yes.
B: How do you feel?
Q: Very good.
B: Why?
Q: You’ve shone some light on exactly the teachings you’ve been giving me.
B: Oh, and where does that light come from?
Q: From me.
B: Thank you. Very good; always understand that all of you, always, have more than enough light to illuminate any corners within yourselves you feel to be dark. All you need to do is turn up the light a little brighter. Thank you.
Q: Thank you.

Victims and Perpetrators
Viewpoints And Interactions

B: Question!

Q: Yes, I have a question. I have a situation with my oldest son, and I’m wondering if you can give me some kind of suggestions as to what I might do in order to ease the situation with him?

B: First of all, once again, realize that there are, in a sense, ideas which have been chosen and agreed upon between the both of you, which will allow you to understand simply that though there may be more or less self-destructive viewpoints, that there are different viewpoints which can all achieve the same positive type of result.

When you allow yourself to understand that you are sending yourself a reflection, it shows to you that you harbor within yourself certain beliefs that there are pathways that might be more destructive than other pathways. And if you allow yourself to feel them, then you are allowing yourself to understand the fear that something will occur, fear that a negative path will be undertaken, which is the same thing as believing that it will be. And if you believe that it will be, that will be that reality.

Always allow yourself to view any interaction with any consciousness as a reflection of that which you know exists within you, to a degree. Allow yourself always only to understand that all reflections seek to integrate with all other reflections; but they will only be able to so do when, once again, nothing is forced.

Realize, once again, that there need not be energy given to a sense of tragedy, for you will be making a melodrama out of the situation and, as such, you will find it painted in very dark tones.

Q: Very true. Thank you.

B: Thank you. Question.

Q: This last week you gave us...“The vibration of abundance...” (Tape change; words missing) How else can I say it? Would you expand on that, (- -?) say that?

B: Thank you. Realize that there is no need to complicate that idea.

Q: I know that, but...

B: That idea is exactly all it needs to be. The vibration of abundance is equal to your own...

(A baby in the audience): awa mawa (or some such).

Yes! When you allow yourselves to understand that you are your ideas, you are an idea. Not, you have ideas; you are an idea. Then you can be whatever idea you wish to be. That is being equal. Realize that
many of your individuals still feel that being equal is still being separate. “Separate but equal.” No. Being equal is being that idea. Identifying, truly identifying, I’ll say – realize you really do not have a term in your language – I could say synchronizing, harmonizing. All of those ideas to you still speak of being separate.

Q: Empathing.
B: Closer.

AUD: (What was it?)
Q: Empathing – feeling like the other person.

B: But still many individuals still feel that they are not becoming that individual. Once again, realize that you are an idea. As you know yourself right now, you are simply an idea of yourself. You may be any idea of yourself that you wish to be. Thank you.

Q: You’re welcome.
B: Question.
Q: I have a question.
B: All right.

Q: How was it you chose the channel to speak through to us?

B: ‘Twas by agreement.
Q: Mhmm. Could you expound on how that occurred or how that was brought about?

B: You will find, first of all, that since we view time in a very different way, you will find that the channel has a connection with our civilization in a future self and, as such, has made that agreement with us with regard to a past self. Do you follow me?

Q: Yes, I do.
B: Will that have answered your question?

Q: Yes, that one.
B: All right. Go ahead.

Q: In 1978, fall, I had an experience of someone, a visitor, coming to see me. And I would like to know a little bit more information about that...

B: All right. Did you offer them milk and cookies?

Q: No, I didn’t.
B: Why not?

Q: Because I didn’t think that’s what they came for.

B: Oh, really!! (−−?) Thank you. I am... all right, teasing you a little bit.

Q: That’s okay.

B: Thank you. I know – otherwise I wouldn’t have done it. Realize that you may understand, first of all, that once again you can create for yourself many forms of consciousness, which would appear to be outside of yourself, but there really is no outside. And you can utilize those seeming projections of outward consciousness to talk back to you. And, as such, form an acceptable situation in which you will pay attention to yourself in allowing yourself to open up more of your awareness. Do you follow me?

Q: Mhmm.
B: What else?

Q: Well, in that experience with that opening to myself and becoming more aware and perceptive to the universe and other planets and civilizations, I did receive information in terms of what was to occur in about 10 years’ time – regarding, like you were saying earlier, other civilizations coming to us and...
B: All right, very good.

Q: So I just... it was like a friend. It wasn’t like something... me; it was an actual other entity.
B: All right. I will say first of all that many individuals will feel the same way, even when they create that consciousness themselves. You follow me?
Q: Not exactly…

B: All right. In other words, you will find that when you create a consciousness, when you create a guide for yourself, you will still feel that that consciousness is not a part of you – because that is how you need to relate to that idea in order to listen. However, I will say, in your terms, yes, there was communication. Also, I will say that within the next year and one half your understanding will take a very different form.

Q: Mhmm.
B: Do you feel the energy? Do you feel the momentum? Do you feel the shift?
Q: Absolutely.
B: Then I will say thank you.

Q: Thank you.
B: All right. Question.
Q: I have a question that relates back to another subject – and that is specifically the American Indian of the desert. I think in one of the tapes that I heard, you expressed that your physical embodiments were somewhat similar to those people. I’m wondering if the American Indian is more highly evolved spiritually…

B: One moment; one moment. All right, here we go again, “More highly evolved, better;” different; different perspective. Realize that, what you term to be that culture, simply allows themselves to understand that their physical reality and their non-physical dream reality are both real. And as such, allow themselves to form experiences within both that add to their overall daily lives – half of which your culture tends to ignore. Also you will find there will be, therefore, much connection in the way of their awareness as to how they can connect with other civilizations.

(To another): Are you picking up on this as well?

Q: Ha, ha. I’m still going over what we talked about.

B: All right. Realize there is something within this idea for you as well.

Q: Thank you. All right.
B: That in understanding their dream reality to be just as valid, just as real, they make those connections and share certain forms of energy which is expressed through their culture – which acts as subconscious manifestations in your culture – of those other civilizations.

In other words, what you term to be your archetypal energy from which most of your mythology stems from, are the subconscious universes. Which are real, in a sense, and which are created as a subconscious awareness level of various civilizations; and at times are allowed by some civilizations upon your world, the American Indian in particular, to manifest within their reality. And as such, they feel in direct communication with those symbolic archetypal mythological figures, and communicate with them on a daily basis.

Do you follow me?
Q: Totally.
B: Do you?
Q: Mhmm.

B: Thank you.
Q: Thank you.

B: Yes?
Q: Yes, the desert...

B: Oh, one moment. Yes?

Q: Dreams.
B: Yes.

Q: I put much attention on the various types of dreams I have, or experiences when I lay my body to sleep. And it’s quite adventurous and quite active; just more clarity, more specifically on what I’m doing, and with whom, if you can answer? I know it is a general question...

B: You will know. You will simply allow yourself to realize that the momentum you are creating in your dream reality is creating your physical reality. Every idea you experience as a physical reality you have already experienced in your dream reality. Every idea. Simply allow yourself to understand that once you begin to live your dreams, then you never need to remember them.
Q: God!!! That’s great!! Jesus!!

B: Thought you might like that! Thank you. All right, the desert. Go ahead.

Q: The desert. I was born and raised in the desert, and had many out of body experiences as a child, as a young person, and I feel more at peace in a desert environment. And I guess the question is, are there polarities there?

B: Yes. Many of the energy vortices we have spoken of will be in those areas you most associate with desert, yes.

Q: Thank you.

B: Thank you. Question!

Viewpoints and Interactions


**Viewpoints And Interactions**

B: Question!

Q: Yes, I have a question. I have a situation with my oldest son, and I’m wondering if you can give me some kind of suggestions as to what I might do in order to ease the situation with him?

B: First of all once again realize that there are, in a sense, ideas which have been chosen and agreed upon between the both of you, which will allow you to understand simply that though there may be more or less self-destructive viewpoints, that there are different viewpoints which can all achieve the same positive type of result.

When you allow yourself to understand that you are sending yourself a reflection, it shows to you that you harbor within yourself certain beliefs that there are pathways that might be more destructive than other pathways. And if you allow yourself to feel them, then you are allowing yourself to understand the fear that something will occur, fear that a negative path will be undertaken, which is the same thing as believing that it will be. And if you believe that it will be, that will be that reality.

Always allow yourself to view any interaction with any consciousness as a reflection of that which you know exists within you, to a degree. Allow yourself always only to understand that all reflections seek to integrate with all other reflections; but they will only be able to so do when, once again, nothing is forced.

Realize once again that there need not be energy given to a sense of tragedy, for you will be making a melodrama out of the situation. And as such, you will find it painted in very dark tones.

Q: Very true. Thank you.

B: Thank you. Question.

Q: This last week you gave us... “The vibration of abundance...”

(Tape change; words missing)

How else can I say it? Would you expand on that, (- -?) say that?

B: Thank you. Realize that there is no need to complicate that idea.

Q: I know that, but...

B: That idea is exactly all it needs to be. The vibration of abundance is equal to your own...

(A baby in the audience): awa mawa (or some such).
Yes! When you allow yourselves to understand that you are your ideas, you are an idea. Not, you have ideas; you are an idea. Then you can be whatever idea you wish to be. That is being equal. Realize that many of your individuals still feel that being equal is still being separate. “Separate but equal.” No. Being equal is being that idea. Identifying, truly identifying, I’ll say – realize you really do not have a term in your language – I could say synchronizing, harmonizing. All of those ideas to you still speak of being separate.

Q: Empathing.
B: Closer.

AUD: (What was it?)
Q: Empathing – feeling like the other person.

B: But still many individuals still feel that they are not becoming that individual. Once again realize that you are an idea. As you know yourself right now you are simply an idea of yourself. You may be any idea of yourself that you wish to be. Thank you.

Q: You’re welcome.
B: Question.
Q: I have a question.
B: All right.

Q: How was it you chose the channel to speak through to us?

B: ‘Twas by agreement.
Q: Mhmm. Could you expound on how that occurred or how that was brought about?

B: You will find, first of all, that since we view time in a very different way you will find that the channel has a connection with our civilization in a future self, and as such has made that agreement with us with regard to a past self. Do you follow me?

Q: Yes I do.
B: Will that have answered your question?
Q: Yes, that one.
B: All right. Go ahead.

Q: In 1978, Fall, I had an experience of someone, a visitor, coming to see me. And I would like to know a little bit more information about that...

B: All right. Did you offer them milk and cookies?

Q: No, I didn’t.
B: Why not?

Q: Because I didn’t think that’s what they came for.

B: Oh, really!! (– –?)

Thank you. I am... all right, teasing you a little bit.

Q: That’s okay.

B: Thank you. I know – otherwise I wouldn’t have done it. Realize that you may understand, first of all, that once again you can create for yourself many forms of consciousness which would appear to be outside of yourself, but there really is no outside. And you can utilize those seeming projections of outward consciousness to talk back to you. And as such, form an acceptable situation in which you will pay attention to yourself in allowing yourself to open up more of your awareness. Do you follow me?

Q: Mhmm.
B: What else?

Q: Well, in that experience with that opening to myself and becoming more aware and perceptive to the universe and other planets and civilizations, I did receive information in terms of what was to occur in about 10 years’ time – regarding, like you were saying earlier, other civilizations coming to us and...

B: All right, very good.
Q: So I just…it was like a friend. It wasn’t like something…me; it was an actual other entity.
B: All right. I will say first of all that many individuals will feel the same way, even when they create that consciousness themselves. You follow me?

Q: Not exactly…

B: All right. In other words, you will find that when you create a consciousness, when you create a guide for yourself, you will still feel that that consciousness is not a part of you – because that is how you need to relate to that idea in order to listen. However I will say: in your terms yes, there was communication. Also I will say that within the next year and one half, your understanding will take a very different form.

Q: Mhmm.
B: Do you feel the energy? Do you feel the momentum? Do you feel the shift?
Q: Absolutely.
B: Then I will say thank you.

Q: Thank you.
B: All right. Question.
Q: I have a question that relates back to another subject – and that is specifically the American Indian of the desert. I think in one of the tapes that I heard, you expressed that your physical embodiments were somewhat similar to those people. I’m wondering if the American Indian is more highly evolved spiritually…
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5
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B: Yes. Many of the energy vortices we have spoken of will be in those areas you most associate with desert, yes.

Q: Thank you.

B: Thank you. Question!
VISION & CREATIVITY

B: Do you understand what synchronicity is?

Q: Uh, I think I understand what it is.

B: "Uh, I think... uh, your answer means... uh, no." (audience laughter)

Q: Well, I’m not sure of the technical definition.

B: Well, thank you very much for your honesty. Synchronicity is what you typically call "coincidence"...but it is not accidental. It is the coming together of seemingly unrelated events. And when they come together you realize they do have, in fact, an underlying connection. They are spontaneous coincidences that serve a specific purpose according to your desires, wishes and focuses. They are miracles, they are magic, they are opportunities.

Now, the idea is to recognize this: your wish, your desire, in and of itself, is a frequency of energy. If you have the wish, if you have the desire, then you are "putting that energy out" in your reality, you are giving off that vibration. If you are giving off that vibration, and if you don’t get in your own way with your assumptions about what you "can" and "cannot do" then you will automatically and effortlessly draw to yourself the opportunities that will be obvious for you to act on to fulfill your wish. That’s one definition of synchronicity.

Now, if that is your wish, and as you shared earlier about wanting to save the Rain Forests, then you can know you have just sent a message out to Creation. In sending out that message what you have said is, "I am willing to receive any opportunities that are reflective of what excites me the most that will allow me to fulfill my wish."

So when those opportunities come to you - recognize them through the fact that they are of the vibration that is representative of what excites you the most. And if they are representative of what excites you the most...act on them.

Again, they may not seem to be on the surface immediately connected to the issue at hand. That is why you simply have to trust that whatever comes to you that excites you the most, you must act on, whether it seems connected or not.

Eventually you will understand how it is all inter-connected. But if you act on the opportunity that comes with the most excitement that is what will be the shortest path to the fulfillment of your wish. Does this clarify the mechanism a little bit more?

Q: Yes.

B: Are you willing to act upon the first thing that comes along that is the most exciting thing you are capable of acting on, knowing that because it is the most exciting thing, it therefore by definition must be connected to your wish-fulfillment?
Q: Yes.
B: Well, thank you very much. Are you willing to allow it to be that simple? Are you willing to act on these opportunities that come to you boldly, to the best of your ability, to the fullest of your expression and....
Vision & Creativity

A Guided Meditation

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

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

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

Film Strip Analogy: Your reality can be analogized to a roll of film with its many different frames; each and every frame represents a small portion of an overall action. Now, the characters within each frame only exist within that single frame and do not experience the next frame. For the characters in the film to experience any sense of movement, the film must move. However, to the film projectionist the entire film exists right now – the beginning, the middle and the end. You can see all the frames at once when looking down on the strip of film, even though the characters on the film must experience their reality one frame at a time. Physical reality is analogous to the strip of film. Your higher, non-physical, visionary selves are like the projectionist that can see all the frames at once.

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

The Stage Analogy: The idea is to look at every single situation in your life in the following way: imagine that you are sitting in an auditorium looking at the beginning of a play. The curtain has just gone up. All the actors are standing still on the stage; all the props are there, ready to go. But let’s assume you did not read the program. Let us assume you have heard nothing about the play, so you do not know who these characters are, or what they will do or say. You have no automatic expectations about them at all.
Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught you might choose to automatically assume, "Oh, well that must be the bad fellow." However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character." The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now, are simply props and have no built-in meaning.

Now we apply this principle to your own lives. But first, three more deep breaths, and understand, as you take these breaths, you are taking yourself to a deeper level of relaxation, a deeper level of self-acceptance and self-love, a deeper level of wisdom and curiosity about exploring who and what you are; and a deeper level of conviction that all experiences in your life can be used in a positive way. As you continue to breathe at an easy pace, begin to imagine the following thing:

The Curtain Opens

Choose an incident, either in your past or in your present, that represents the following thing: a situation that, perhaps, in the past you felt was handled negatively, or created negative feelings within you. Do not fear it. Pick something that really stuck with you; any situation that has allowed you to remain feeling any amount of guilt, or regret, or fear. Or pick a situation that you feel is negative, that prevents you from doing something you would prefer to do. Pick any circumstance you do not prefer in your life. Just take a moment and observe, as clearly as you can in your imagination, the situation. Observe all the factors, all the individuals that are involved; leave no one and nothing out.

Now, as you stand and observe the situation in your imagination, begin to form a type of detachment while watching it. Allow the meaning of the situation to blur a little bit, as if you were so overwhelmed by the situation that your eyes began to glaze over and de-focus, almost as if you are going into a very light trance. Very soon, you begin to feel that all the different people and all the different things really do not mean the same thing they used to; they are just going through motions. Any words that were said are beginning to lose their meaning; they are just sounds. Begin to treat these words as you would react to, what you would call, a foreign language; you do not understand the meaning of the words. Allow the entire scenario to become the opening of a stage play: there are the actors, there are the props, but you do not understand what anything means. You are simply watching with a type of transfixed curiosity. However alien the scenario is, you do not relate to it at all. Allow yourself to recognize that the situation is simply completely blank and empty of meaning.

Now, within your curious imagination, allow yourself to decide what kind of meanings you would prefer to attach to the scenario you see. No matter how negative the old idea seemed to be, allow yourself to re-interpret all the symbols in the scene. For now, it is not that critical that you consciously believe that these things are different, but simply to show yourself you can create different meanings for the same situations. The belief that the events are different will come with the amount of conviction and trust you have in yourselves.

But for now, just play the game of re-inventing definitions. And allow yourself always to understand that
from this point forward you choose to believe you are a positively oriented person.
Therefore, you are willing to listen to other individuals’ advice, but only you make the final decision as to what portions of that advice you choose to apply to the reality you prefer. Therefore, if, for example, your scenario is of a past situation where someone said something you felt was very negative to you, you can look at it in the following way: you can, first of all, own it in the sense that you attracted it into your life for some reason. You must own everything that has occurred; because if you do not own it, you cannot change it. But now you can decide that everything in your life happens for a positive reason, and you can even look at it that way in retrospect. You can now decide what portions of what they said to you actually apply to the person you prefer to be and what portions do not. You do not have to accept any situations as judgments.

The idea is to allow yourself to radiate unconditional love to that situation because you know the situation is in your life for a positive reason. You can now re-define the circumstance in the following way: using the example of someone being verbally abusive to you, you can realize that anyone who acts that way is usually only yelling at themselves. If you know that what someone says does not apply to you, why accept it as a part of your reality about who you are? An individual who strikes out that way at other individuals is usually feeling powerless. Love them back into their own self-empowerment so they will not have to feel they must attack anyone to feel equal or better.

Redefine any situation you now feel prevents you from doing something you prefer to do. Understand that there are no interruptions in your life. The sooner you use every circumstance you have created to learn from, the sooner it can change into another situation. The only reason that something you prefer would not come into your life is because you are not using the situation in the present to learn from in a positive way, but assuming it is an interruption. Remember that a path is not something you’re actually "on,” a path is what you are. You cannot, by definition, be "off” yourself.

Everything that occurs in your reality fits in your reality. This does not mean you have to prefer the way the situations manifest; but unless you own them for having manifested that way, you cannot learn what you need to learn in order to change it in the way you want to. The creation of vision comes from not denying the reality you have created already.

Allow yourselves the opportunity to do the following thing: extend the exercise you have just done to all circumstances and all situations in your life. See an expanding wave of energy going out from you and passing through all situations in your life – past, present and future. As that wave passes through all events it renders them neutral. This wave extends to the farthest reaches of your reality, to infinity itself, forever. And now, fill yourself up with the excitement and joy of knowing that you are making a decision to be a positive individual. Feel the joy of knowing that your vision can be fulfilled. Feel as you would feel if your vision were fulfilled. Feel the excitement building within you, the anticipation. Imagine your body glowing with a brilliant blue-white light. Now, allow that energy in your body to flash as another expanding wave, radiating outward and outward forever. That expanding wave now renders every single
neutral situation – past, present and future – into a positive situation.
Remember, the situations do not necessarily have to look different on the surface. You, however, now know, beyond a shadow of a doubt, that every situation you encounter will only be filled with positive meaning. You are now at the center of an infinite sea of positive energy. There is nowhere you can go where that positive energy is not. It is the infinite reflection from Creation to you.

The Crucible of Change

Light fills the universe and you are made of that light. Breathe it in now, three times. Allow yourself to feel the heat of the fire within your heart. Your heart is the furnace that melts down all old definitions, melts them down into the golden liquid light of primal energy. That liquid golden light can be crystallized into any new reality you desire. As you breathe out, breathe out the blue electromagnetic light. See it as a cooling wind that strikes the gold and bubbling liquid which crystallizes out of that liquid the reality you prefer.

From this moment forward, the following idea is yours. From this moment forward, the following idea is your vibration. From this moment forward, this is your reality of choice. Every time you take a breath in you are melting down old definitions in the furnace of your heart. With every breath out you are crystallizing clear, bright new realities of positive light. Therefore, your reality is changing with every breath you take, every moment of time. You are walking from one reality to another, and another, and another, and another, forever and ever, without end. Complete fulfillment of vision; complete inspiration and support; complete positive meaning in every event of your life. No other reality is real for you except those realities that fit the vibration you have decided to be.

Your breath is the breath of life. It is the heartbeat and the pulse of existence itself. You are all one energy – bright, multi-dimensional facets of one infinite crystal. The more conviction you have in the vision that excites you the most, the less shadow there is in your life. And the brighter you shine, leaves no room for even one shadow of a doubt.

Remember, you are always trusting in something. There has never been a time when you have not expressed infinite trust in your life. Your reality in the past has defined doubt as a lack of trust. We chose to define doubt as a trust in a negative reality. It is your choice, and it is all right to use the same level of trust and project into a positive reality. The Universe will deny you nothing. But it can only support the strongest vibration you have chosen to be.

Not The Same You

With three more deep breaths, you now have locked in the reality of your preference, forever and ever. Be beings of vision; be beings of inspiration. These are things you already are; all you need to do is act like that is true. Allow yourself to come back to the reality you prefer now. You may open your eyes but remember one thing, very important: the reality you are seeing now, no matter how it looks on the surface, is not the same reality as it was before. No matter how you think you look in the mirror, you are not the same people. You can be anything and anyone you prefer to be, at any moment you wish. It is that simple, effortless and exciting.
We thank you for your participation. And we thank you for your vision. Now, if any of you are feeling more energy than you are used to, we would recommend the following idea: if you feel that the level of energy is something you cannot handle comfortably, allow yourself to ground yourself by using the energy in some physical way. Pay attention to your body consciousness and allow your body to absorb the energy at whatever rate is comfortable for you. During your break, you can stretch yourself out, move your joints, flex yourself—and feel your connection to the Earth. This will allow you to remember that physical reality is also to be included in your quest for spirituality. No level is to be denied, because All is One.

***

Note: On the following page the last line of the poem "IF" was altered to remove male gender bias. For half of humanity - our mothers, sisters and daughters—we hope that Kipling and those sensitive to these issues will understand. No level to be denied, because All is One.

Vision and Creativity

1
Vulnerability And Trust

Q: Hi.
B: And to you, good day.
Q: I too, have a question about some fears that are being...
B: All right! But do speak up and share with all.
Q: I have three fears that I...
B: Oh, three fears! Nicely ordered.
Q: Maybe it’s one fear.
B: All right.
Q: Anyway, they have been running my life, and I’m really sick of it. And I’d like some help to overcome it and resolve it as best as I can.
B: That have been doing what with your life?
Q: That have been running my life.
B: Running it?
Q: That I’ve allowed to run my life.
B: Oh, all right. Well, what do you prefer to be? What do you prefer to do? Do you know?
Q: Yes.
B: Well, what is it?
Q: I prefer not to feel this way. I prefer to... Uh, uh, uh.
B: All right, all right. But we did not ask you what you don’t prefer; I asked you what you do prefer.
Q: I prefer to feel more empowered.
B: More empowered! All right.
Q: I was married and I recently ended a committed relationship. And the same feelings keep coming up, and it’s a problem for me. The first one is a feeling of being abandoned...
B: Abandoned!
Q: ...irrespective of who ends the relationship.
B: All right.
Q: And also I realize that I would like to be able to surrender more to the person that I’m committing to.
B: All right.
Q: And also I have a fear of being vulnerable, letting my inner child be vulnerable. And I feel...
B: Define vulnerability.
Q: Expressing my deep inner needs.
B: Deep inner needs. Why are you afraid to express your deep inner needs? You have not given me your full definition of vulnerability. What is your full definition of vulnerability? In other words, when you express these deep inner needs, what do you believe will be the result of that expression?

Q: I’ll be hurt and abandoned – left.

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

Q: Criticized; be told I’m wrong.

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

Q: Yes.

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

Q: Very much so.

B: Oh, all right. I can suggest one – you don’t have to take it – it’s just my suggestion. However, to me, vulnerability is the willingness to be open to All That is in full and total trust. The willingness to be open to All That Is in full and total trust is what you are talking about when you say “surrendering.” It is actually taking control.

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

Q: Yes.

B: Therefore, when you open up in complete vulnerability – and understand that if you are opening up to All That Is, then you are connecting to All That Is, to Infinite Creation – by opening up to all of it, you are connecting into it.

And if you are connecting into the Infinite Creation, then you are connecting to infinite strength, infinite power, eternal power. And if you are willing to trust it in a positive way, you will then flow that infinite power through you every time you are willing to open up all the way. That is vulnerability, that is power, that is self-empowerment. That is surrender, and that is control. It is all boiled down to the one word – trust. Trust.

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

That’s it; that’s all you need. Just say: “I deserve it. Why? Because I exist, that’s why. Because I have been given the capability to say and to know I deserve it. That’s why; I don’t need another reason.” And when you understand that, you will understand you are connected to everything. And when you are connected to everything, you will know it is not possible for you to be abandoned.

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

Q: All one.

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

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

Q: Yes.

B: Understand?

Q: Yes.

B: Does this assist you?

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

B: Oh, all right.

Q: My question is: how can these – how might these issues color or filter my clear channeling process?

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

Q: Yes.

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

Q: Yes.

B: . . . is all for the purpose of allowing you, first of all, to choose how you wish to define yourself. For the whole idea is to serve you as well. If the channeling doesn’t serve the channel, if the channel is not allowed to be fully who the channel needs to be, prefers to be, then the channel cannot be of service to anyone else. It would be pointless.

Q: Yes.

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

Q: Yes.

B: Remember, as we have shared with many individuals: you do not need a special reason in order to know you deserve what you prefer. If you exist, then obviously you deserve to exist. Otherwise you wouldn’t. Infinite Creation is very clear about that.
Q: Yes.
B: If you exist, Infinite Creation must obviously believe you deserve to. Treat yourself with the same respect. Why not? Understand?
Q: Yes.
B: And be a part of the infinite whole: be the infinite whole – your version of the Infinite Whole. That is what all the parts are: different versions of the whole idea. You are no less that idea than anyone else, or you wouldn’t exist. There are no incomplete creations, no extraneous and pointless ones.

Q: Hmmm.
B: Understand?
Q: Yes.
B: If you exist, by definition, you must fit as you are – not that you can’t change. But you must fit as you are, or you wouldn’t exist. So lighten up on yourself. All right?
Q: I got it.
B: And when you lighten up on yourself, you will be enlightened. And your energy will accelerate upward. And your vulnerability will become power. Understand?
B: Yes.
B: Well, thank you very much.
Q: Thank you.
B: At this timing, you may all enjoy a short break. We will resume contact in approximately ten to fifteen of your minutes.
– Break –

Vulnerability and Trust

1
Vulnerability II

Q: Yesterday I saw a deer that had just been killed on the side of the road.
B: What did you learn? When you think about the deer itself, how does that make you feel?
Q: Badly, she was so vulnerable, a very sweet symbol. It’s like she melted into the sidewalk. If was sad to see this beautiful animal that had just died.
B: All right, that’s one side of the story. What about the power side of vulnerability? Of being open to the unknown in that sense, knowing that it can only be more of yourself! What about that as a symbol for the transition itself, the idea of the open arms of vulnerability, not in the negative sense but in the powerful sense?
Q: Yeah. That’s the only way to do this – to be totally vulnerable, like melting into the sidewalk, there’s great power in that.
B: Yes. Melting into the power, the totality, the light of yourself. Do you feel that you have lost something? Or do you feel that you have gained? You can grow quite a bit from this experience in a very natural way in assisting individuals to transform from one dimension to another.
Q: Even somebody who wants to commit suicide?
B: Understand that an individual who is centered within themselves that no longer wishes to be physical will simply be able to leave. Suicide, in that sense, as you understand in your society, is generally not a sign of wellness. If they wish to leave and they are centered within themselves, and they truly know they have no purpose in being any longer upon your planet, they will be able to leave without the idea you understand as suicide. They will simply leave. It will either be through, what you may call, in some cases, an automatic “accident" that kills them instantly, or they will lay down, close their eyes and leave. However, if they are in anxiety about the idea of whether or not to kill themselves, generally that is an indication that there is still something they haven’t dealt with and all the more reason for them stick around. You understand the difference? Does that help?
Q: Yes, it does.
B: One moment. There is going to be some very powerful communication for you in your dreams. Be open to it; do not be afraid. It may seem dark, it may be fearful, but it’s exactly the shadow you need to walk into to really gain your power, and to really be able to help others by you becoming the person you need to become which can truly help in the transition from one dimension to another. This responsibility must be integrated within you fully and it can be.
Dreams and your guides can help you, even as they have already begun to help you through the doe, through the coyote, through the cat, through the dreams, through the symbols, through the attraction of these individuals who are dying and everything else you will need. You have all the tools. All the tools are there. You simply need to be open to receive them; they will be there.

Vulnerability II
Vulnerability III

Q: One of the greatest difficulties I have in being myself and realizing the synchronicity of all is the feeling of vulnerability.

B: Vulnerability! Good one! Vulnerability is not weakness. Do you think it is?

Q: No, I think there’s a strength in…

B: A strength; vulnerability is strength. Vulnerability, complete vulnerability – pay attention, follow along – is being open to everything, being open to All That Is. Being open to All That Is, is being connected to All That Is. Being connected to All That Is, is a position of ultimate strength; vulnerability is strength, it is trust.

Q: Okay.

B: It is knowing that to open yourself up to All That Is, then you will be supported by All That Is, because All That Is wants you to allow yourself to recognize yourself as an integral - integral, integrity - integral part of All That Is. You then create yourself to function like an integral part, and All That Is would not be All That Is without you. Therefore, vulnerability is strength, by definition. Judgment is what creates the feeling of weakness - not vulnerability.

Q: Judgment on yourself or…

B: Yes! There is nothing else; there is no one else to judge. Judgment of others is judgment of yourself; judgment from others, if you accept it, is judgment of yourself. You follow me?

Q: Yes. There are a lot of different frequencies of energy…

B: Yes, so? The idea of unity is to grant equal validity to all the diversity within creation. Again: allowing all the ways All That Is has of expressing itself to be equal - on their own terms - does not mean it has to affect your life.

Just because you recognize that there are other frequencies doesn’t mean that one of those frequencies has anything at all to do with the life you know your frequency to be, if you simply recognize that it has nothing to do with you.

Q: Well, okay.

B: Just because you are, quote/unquote, exposed to the reality that other beings have chosen other ways to live and other ways to present their version of All That Is to you, it doesn’t mean that you have to feel it as being forced down your throat.

Q: Okay. I personally am…have been very influenced by other energies in my environment. Is that just…

B: It is your choice to be influenced. Nothing influences you but you! Nothing! They are offerings: “Pssst. How would you like to be influenced by, oh, say, pollution?” “Yes? No? Yes, thank you. No, thank you.” It is up to you to be influenced. But you created your version of that gift in your reality, if
you are experiencing it. You have to create it for yourself in order to experience it. So all you are doing is agreeing that it would be, for you, an appropriate thing to create.

If you simply understand that that tool you are being offered is equal to any other tool - is valid. If you should decide to accept it, it will serve you, because you do not accept anything else. But if you simply recognize that it is a tool you do not need and that you can learn what you need to learn in other ways – in ways you consider to be more positive – then simply recognize that it does not have to manifest in your life.

That if you recognize what the purpose would be – should you have accepted that idea – then you can also recognize that the same purpose would be served by creating another way in which it can manifest in your life. One that is more relevant to the vibration you know is true for you. Does that assist you?

Q: Yes.
B: But ...?
Q: I still have difficulty with it.
B: Do you understand that the phrase, “I still have difficulty with it,” is only a belief?
Q: Okay.
B: Why do you insist that that is a part of your reality?
Q: Probably because it always has been.
B: So what? One moment is not connected to the next. Now is now. It has nothing to do with the past, unless you choose to make a connection. The present is not a result of the past. Now is now; each and every now as seemingly similar to the last one does not mean it has to be.
Q: Okay. Then what’s your advice for clearing oneself of these fixed ideas?
B: What I just told you, recognizing that every single moment in time is its own separate now. Now is now, and not the now you used to be a moment ago.

The only things you experience in any given “now” are the results of what you define your reality to be, according to what you believe it should be. Redefine your reality. In other words, if you simply recognize that you have a choice between the preference – the opportunity to believe, “it is difficult for me; it is easy for me,” which one do you prefer? “It is difficult for me to change; it is easy for me to change.” Which one do you prefer?

You are making your choice right now, because you are choosing to make it difficult to choose a preference. Which one do you prefer?
Q: The difficult.
B: Why? Obviously if you prefer it to be difficult...
Q: Because I need to learn from it.
B: ...it must serve you. However, you can also understand that the opportunity to choose to prefer that it is easy is always just as equal a choice at any given moment. At any moment whatsoever, you have
that option of saying, “all right, I am through with the belief that it is difficult; now I will choose that it is easy.” And as soon as you truly do choose it, it will be easy.

Q: Thank you.

B: Understand something once again: change is the only constant in the universe. Things are always changing, always transforming, are they not?

Q: Yes.

B: Then recognize that is what happens anyway. What you think always stays the same is never the same, never! Every moment is a new moment even when it seems to be the same as the last moment. It is a new version of the idea. You are creating the idea that there is a continuity.

You are creating, in the new moment, a continuance of the idea that nothing has changed. That is how you create the scenario that makes it seem as if changing is difficult. You are doing it all the time, but you are changing into ideas that allow you to think nothing has changed. But that is the definition you are creating.

Q: If I’m not the same me that I was a minute ago . . .

B: Yes?

Q: And . . .

B: Come on; you are getting it.

Q: Well, what happens to identity, and where does memory come into place?

B: Ah, very good! Identity - your personality construct – is, in a sense, an artificial construct, created of three things: belief, emotion and thought. It is a prism through which the white light of your consciousness is broken down into the spectrum of the physical reality.

Your identity is always changing; you as a person are always changing. The person is not a fixed thing. The consciousness is, in a sense, but the person is never fixed. Do you not understand that you yourselves recognize that many times individuals go through situations and when they emerge from these situations, you say, “well, you’re an entirely different person, aren’t you?” It is true.

Same consciousness; you recognize the consciousness. But it is a different person, a different personality – which is the same thing. It is an artificial construct that now has been tailored to fit the now idea that the consciousness is willing to be. Memory is created in the present as well. You may think you are dredging something up from the past, but if you really stop and understand it and think about it, you recognize you are creating memory in the present.

Therefore, the idea is that you will find that many individuals will begin to forget the so-called past in fourth density, because they are beginning to recognize that they will know what they need to know in the present, when they need to know it. And do not have to have an association with the past in order to know what they need to know.
Everything is created in the present – everything. The present is the only time in which you ever exist, is it not? No matter when you are, isn’t it always now? Well? Can you recall a time ever when you could say, “it is not now”? Yes or no? Yes or no?

Q: I can look at myself at other times.
B: You are doing that now.
Q: Okay.
B: In other words…let me rephrase it: anything you can ever experience yourself doing is always now. You follow me?
Q: Yes.
B: You are experiencing the idea of a memory of the past now! When you were, quote/unquote, living that past, it was still now when you were living it, wasn’t it?
Q: Uh huh.
B: There is always, and only ever will be, now. It is the only time there is - now.
Q: Is it the same moment all the time?
B: It is one eternal moment that can transform in different versions of itself, yes; it does so and is so simultaneously; but because you have created a reality in which you have the idea of linear time, it does not seem to be the same moment, but it is.

As we said, all things are one thing in different manifestations at the same time, including the perception of linear time. That is one manifestation of the now existence. Because the only time you ever perceive linear time is from the now. You relate to the past and the future from the present. You do not relate to the present from the future. You follow me?
Q: Yes.
B: All is now. Does that assist you?
Q: Yes.
B: Choose what you wish to be now. All the choices are equal; all choices are equal. Allowing all choices to be equal is what allows you to choose easily, because then nothing is beyond your reach; they are all on the same level. You follow me?
Q: Mhmm.
B: Thank you.
Q: Thank you.

Vulnerability III

3

1

4
Vulnerability

Q: I’d like to talk about the idea of vulnerability.

B: Thank you. Vulnerability is the idea of being open. Being totally open means you are connected to All That Is. Being connected means you are supported by All That Is. Being supported by All That Is means you are infinitely powerful. That’s vulnerability. The willingness to be who are, knowing that who you are is completely supported by All That Is, otherwise you wouldn’t even exist. So that’s a beginning for you, and when you begin to know that, to make it your own, you will not be so hard on yourselves, because you will no longer deny that you are the reflection of the Infinite you were created to be. That’s what being hard on yourselves is all about, "I’m not worthy, I’m not worthy." This is a side note, not a chastisement, or a judgment. Understand that we are simply giving you a little bit of guidance here from unconditional love.

To say "I am not worthy" of that which I have been created to be, even though it may seem as if you are attempting to humble yourself, is actually one of the greatest acts of arrogance there is. Because you are saying that, out of all the universe that works flawlessly, I alone, am not worthy, thus I stand out, and I’m more special than anything else. Everything else works fine, but not me. Creation made me, the one unique being that in all of Creation does not work flawlessly. Thus, I can point at myself and say, "See, I have a reason for not being the perfect creator I know I am, because I alone am the special flawed creation within the Infinite." So, that is a statement of arrogance. The truly humble knows that you infinitely deserve to know you are great. Exemplify that in your behavior, not in the idea of your negative ego, but in your actions of being willing to show the Infinite, that you are willing to accept what the Infinite created you to be. Then you will no longer be hard on yourself because you will value and honor what the Infinite honors and values in having created you.

In a sense, to be hard on yourself is to deny the idea that, in a sense, Creation knew what it was doing when It created you. You are saying, "You are wrong in creating me, you didn’t know what you were doing when you created me. I am a mistake in the overall creation." Thus, you are in that sense, devaluing all of Creation, so how can Creation support you?

If you allow yourself to know you belong in all the ways that you can express that, then you are valuing not only yourself, but Creation simultaneously, and then Creation can support you in the valuation of yourself.
Wabi Farm

B: There is also some information we are asked to share regarding a little tidbit from your last crop circle season. One of your last formations, in the location you may call Wabi Farm. Do you follow? Wabi. Do you follow?
AUD: No. No.
B: Those who are familiar with the circles and their appearance and their locations, those who have been researching, do you follow?
AUD: Yes. Yes.
B: Thank you. This formation, the one with the watery circle, you follow?
AUD: No.
B: The one with the wave pattern, the weave pattern that appears to be waves of water. Do you follow? It is in that formation, the circle closest to the water trough, do you follow?
AUD: Not really.
B: Have you examined this formation?
AUD: No. We’ll check it. We’ll look. I don’t know which one it is. What does it look like?
B: All right. It is in a sense a large area that is circular, with a large ring going through. And in the large circular area there is both an outstanding circle and a suggestion in the weave, of another that is almost not really there. And then in the ring that is penetrating these three circles, there is within that ring another circle, and then outside the ring a smaller circle, then farther away the watery circle. Does that make sense and ring a bell? On the Wabi Farm?
B: Researcher?
Researcher: Yes.
B: All right. This glyph, as with all of them, is many things, and has many different meanings and is multi-dimensional; you can glean much information from it by looking at it from many different points of view. All of them are correct. There is no just one meaning. But we will share with you ONE representation that ties into what we were just talking about, that glyph is a representation of the Sirius system.
As you examine it you will understand. (Clicks teeth loudly.) Question 7.

Wabi Farm
October 20, 2001
2
Waiting to Lose Weight

Q: I’ve been trying to lose weight for a good 10 years now, and I just wondered if you might share any insight as to why I’m hanging onto the extra weight.

B: All right, to be brief, we have discussed many times the idea of waiting to do what excites you and therefore, literally retaining weight. Are you doing the thing that excites you the most in life? We will begin with this particular approach. Yes or no?

Q: Probably not.
B: Probably not. You’re not sure?
Q: Well, I’ll say no.
B: All right. Why not? Why are you waiting to do it? You see, the idea, in some sense, has a literal connotation in your language about waiting. Because, if you have all this energy as a creator and you are keeping it pent up, then many times that energy will convert into mass. But if you do what excites you the most, it converts from mass back to energy and you are not "weight-ing" anymore. You understand?
Q: Yes.
B: What is preventing you from acting on the thing that excites you? Do you know what would excite you the most to do?
Q: No. But I feel that what I’m doing gives me security.
B: Security? Securities...all right. It gives you security to continue to have a life of doing what you do not want to do. Yes, it gives you that security. Is that the type of security you wish?
Q: Well, I guess I did it to feel secure.
B: All right. You did, and for then that was fine. But obviously you are now questioning it. Which means you may not want it anymore. Do you understand that the issue is, if you really do what excites you the most that is the most secure thing you can do, because that is the thing which is most you and therefore, the thing that will be able to really support you most effortlessly? Do you understand that principle?
Q: Yes, I understand.
B: All right. Do you think you understand enough to act on that principle, to act as if that principle could be, just maybe, true for you too? Or do you think you might be an exception out of all the beings in the Universe that it would not work for you?
Q: No...
B: Did you just sigh? That’s a letting go...a kind of release.
Q: Well, I am losing weight very slowly, but it’s taking a while.
B: I beg your pardon.
Q: It’s taking a while.
B: All right. Now, say it this way: "I prefer to lose weight!"
Q: [quietly] I prefer to lose weight...
B: No, no, no. More like "I PREFER TO LOSE WEIGHT!"
Q: I prefer to lose weight.
B: I PREFER TO LOSE WEIGHT.
Q: I PREFER to lose weight.
B: I prefer to LOSE. . .WAIT!
Q: I prefer to lose. . .wait?
B: "I prefer to lose...WAIT," actually means, "No, I don’t" Catching on? See why it’s taking a long time?
Q: And it’s taking a long time.
B: AND it's TAKING A LONG TIME.
Q: And it’s taking a long time.
B: What element in the channel’s voice is missing from yours? I PREFER TO LOSE WEIGHT and IT’S TAKING A LONG TIME.
Q: Enthusiasm?
B: And pride.
Q: Pride?
B: Yes. Be proud of who you are, no matter who you are. You understand? Do the things you really prefer to do, to the best of your ability as you can do them now. You do not have to wait until you lose weight before you do the things you can do now. Start doing them now and you will lose the weight.
Waking from the Dream of Forgetting

B: Now, once upon a time, I believe is your phrase, there was a gathering of what we shall call gods. These gods realized that they were the creators of all that they wished to experience, and that they could create anything that they could imagine to experience as a real reality – in any way they so decided to experience that idea. Let us say, one day they all got together and decided to experience the idea of being unaware – for they were always aware, always awake, and always knowing. And since they were always knowing, one or two, does not matter how many, suggested, “Well then, the experience that we have not had, is not knowing. How about, let’s create the experience of not knowing.” "Oh, all right; sounds like fun.”

So they all created an idea into which they could project themselves, and in which, for all practical intents and purposes, they would no longer be awake, but would be asleep. They would no longer know, but they would forget. And in the creation of this reality they discovered something, that the creation of a reality in which you can forget means that along with that experience you may create the idea of continuing to forget. This they discovered, but in a sense did not know they had discovered it, for they were not cognizant of what forgetting really means. For they even forgot that there was something to discover – what the whole idea was all about.

In creating a realm of forgetfulness, they even forgot why they had created it. And this created the idea of the cycle of always looking towards that realm, and never anywhere else, for to them, they had forgotten that there was anywhere else to look. Thus even upon leaving the physical form, once they had projected themselves into it, they never looked beyond the idea of that which they had created, and so continuously returned again and again and again to that experience, adding more and more and more momentum, more energy to the idea of forgetting, even more and more and more.

Now, after a time there were beings that had also chosen to play that game, to different extents, for different purposes, in different areas of the diversificated universe. Some were, I’ll say, ahead of others, some were behind, so to speak; all experiencing the idea of forgetting at different rates. Now, in the course of time – which was a creation along with the realm of forgetfulness, let us say, another side effect, another fringe benefit which was perhaps not counted upon exactly – there came to pass, in the many different areas, that beings did begin to remember.

And as they remembered, they remembered that there were others of their kind, other gods that went other places to play the same game. So now that they had remembered, and, in a sense, more or less gotten through a certain portion of the game – at least enough of it so that they became aware that they were in fact playing a game – they decided to look up the other gods and see how they were doing. Well, some of them remembered; some did not. And thus it was understood – the idea of the different rates of time, the different dimensionalities that were created in the creation of the limited idea of the universe. The idea that there is variance and diversification allowed them to realize that time, as a concept, now existed, and that not everyone got through with the game at the same time. And some were still playing certain portions that others had finished playing many, many years before.
In this way there are also the gods, portions of the gods, that have not ever chosen to play the game of physical reality. Now, those beings that remembered themselves, and went searching for their friends and found their friends not remembering, many times were opening up to their memory to know that they could communicate with those that had not yet chosen physical reality, and went to them to discuss the entire idea of the differences that now existed, since they knew they had – those that had not yet been physical – a larger overview of all the differences within the oneness.

To those overselves – those gods who had not played that game of limitation, or game of forgetting – there was even some time spent getting them to even believe that such a thing as time existed, before it could be discussed as to what had happened to the rest of the gods. Once they basically understood, they agreed to always be available, should anyone choose to remember, so that it could be immediately recognized that there was, and is, a mirror and a reflection beyond, in a sense outside of, in a sense, the limited game that some gods continued to play.

Therefore, there is the opportunity for the gods that are still playing this game, at any moment, to remember that they are in fact playing a game, and to remember that they have created everything in that game. For those that have played, and those that have no, are aware that those that have chosen to play, have chosen so because it is one more thing that does exist within All That Is. And the enrichment of experiencing everything that All That Is has to offer – well, let us say, it is a very well rounding experience.

For those beings that have not chosen to play that game have not experienced every corner of All That Is, and cannot relate to the gods that have chosen to play the game in many ways, and are choosing, in and of themselves, to manifest their own manifestation in ways that have not – in their terms, in your terms – partaken of all that All That Is has to offer. Where the gods who have chosen to play the game, have. And therefore, once they remember that they are playing the game, (they) can remember that they have given themselves the opportunity to play the game, so that they will then contain that experience –as one more experience that All That Is has to offer – and will then know, once they remember, that they do contain all of All That Is. That they are all of All That Is, that they are the creators, these gods, the creators of the universes.

You are those gods, as if you did not guess. You are the gods that have created the universes. All That Is did not create the universes. All That Is created you; you created the universes, all of them. If you wish to say All That Is created the universes, then All That Is created the universes through you. Do you follow me?

AUD: Yes.

B: All That Is is the universe – did not create the universe. All That Is is the universe; you created the universes. There is a distinction, and what it means is this, that all that you consider to be learning is simply remembering whom and what you are. Do you follow me?

AUD: Mmhmm. Yes.

B: For you are the universes and, in that sense, anything goes.
Walk-ins
Q: I would like to ask some questions about walk-ins.
B: A few.
Q: A few questions or a few walk-ins?
B: A few questions. (AUD: laugh).
Q: I found one book and I read what I could read, and it was not very, very helpful. It was by Ruth Montgomery and they said...
B: Yes.
Q: ...at that time, in 1979, when the book was written, tens of thousands of souls were walking in.
B: To some degree. It still represents a small fraction of your population, however, and usually will remain so.
Q: Please define walk-in.
B: The idea that an individual finds that they have come to an end for the need of a physical life; but that another individual that is non-physical, that needs a life, does not need a whole life. So one individual "leaves the body" and another one comes in to continue for the amount of time that is necessary for their purpose to be fulfilled.
Q: Thank you.
B: Now, this is occurring a little bit more often than it used to. But again, you will also find that many individuals are simply the same souls ascending into higher vibrational states of themselves and remaining in the same body. Sometimes this can appear to be what you call a walk-in; but it is not. It is an ascension, in a sense, within the same body.
The idea does not really need a confusion of labeling, for simply, again, the entire idea, no matter what version, no matter what type of vibrational change and personality shift has occurred, is for the purpose of the blending into an idea of the assistance in the transformation taking place.
Q: When born-again Christians get what they call a new spirit, is that a walk-in?
B: They do not define such a thing in that way. That does not fit in with what they believe to be their reality. In this way, it is simply looked upon, more or less, as a new creation, in a sense, of a new soul. But the idea also of the idea of transformation is more connected to the idea we have described as ascension. The shifting and the changing of the identification of an individual’s vibration so there is a personality shift. A re-identification of themselves in the universe. But that is going on all the time. You are constantly re-identifying yourself every moment of time that you create to exist.
Q: Yes.
B: Always you are new. Every moment you are new.
Q: In my case I felt that I had a walk-in experience from February to June 5th, and I felt that it was completed on June 5th, and uh...
B: Do you mean with you?
Q: Yes.
B: So where were you?
Q: Well, that would be another question then, because...
B: I just asked it.
Q: Oh. (AUD: laugh).
B: Where were you during that time?
Q: During that time?
B: Yes.
Q: I believe that from February to June both of us were in here.
B: Then it is not technically, what you call a walk-in. Again, understand one thing. Now, we do realize that because you come from the idea of the physiological state you are in, you generally consider that the terminology that something enters the body to be literal; but your body is also a projection of your soul. The idea is not so much that something can enter a body, but that there are only identifications with different frequencies of consciousness and vibration, so to us walk-in, ascension, changing your mind, in a sense, is all the same thing: a shift in vibrational frequency that redefines the identity consciousness that you are. To us, the creation of different, separate labels only confuses the issue in a negative way. The idea, simply, part and parcel, is take what you feel to have happened and simply act upon the essence of the feeling without necessarily needing to label it to understand it. How did it create you to feel? What do you want to do with the feeling? THAT is what will benefit you in your life. You follow me?
A: Yes.
B: Simply function in that way and it will (garbled) a little more smoothly for you.
Q: Okay. Well I was interested in some facts because I thought about writing a book about this.
B: Facts are relative.
Q: Yes. I understand there is a man in New York who’s doing seminars on the fact that he’s a walk-in.
B: All right. If that excites you, go see him.
Q: Well, yeah, I would like to meet him but I...
B: Have a good time. (AUD: laugh).
Q: Okay.
B: Again, the idea is simply to act upon what excites you. Now, once again, let me remind you and point something out; a little bit of redefinition. Many times we have discussed the idea—although of course questions are a valid way to share— that when you are willing to make statements and convictions of equal sharing, then you will be more willing to recognize yourselves as equal to us and equal to any
level of consciousness within creation. One thing about the idea of the equal conversation, however, is that the idea of conversing as equals with us is actually more the idea of actually going and doing what you know is true for you, rather than talking about it. Doing it is the consecration that creates the equality. (AUD: laugh).

Therefore, simply act upon your instincts. Act upon your feelings. Move yourself or let yourself move in the direction your feelings and instincts and imagination and excitation takes you. The idea of thinking about it and analyzing it is fine on its own terms; but in this way, we do perceive that you are requesting the idea of being able to feel it in your life as a practical thing. Therefore, live it as a practical thing. Trust your imagination. Trust that it is valid for you, and it is creating the symbols that relate to you most necessarily at this time.

So do not put so much stock in what the symbols mean, for the symbols will change from time to time. Simply trust that whatever symbols are there for now, are there to create the feelings that give you the opportunity to act. It is the action that is primary. Not the understanding, specifically, of what does this symbol mean? What does that symbol mean? What is this terminology? What is that terminology? It is how it makes you feel that gives you the opportunity to move. That is why the symbol is there. You follow me?

Q: Yes.
B: Thank you!
Q: Thank you.
**WANDERERS**

Wanderers are that type of being that touch down lightly wherever it is they choose to land or incarnate for a while. They never really become completely connected to the scenario going on, on the planet, but they can help, in a sense, from the sidelines.

They always remain in the wandering energy, which means they are simply more aware than most, of their connections to all the different places they are connected to, and thus are never really, in any way, shape, or form, completely involved, or immersed in any reality they may be temporarily connected to.
Water Fuel Cell Technology
From: "Denial, Separation and Projection"
Suffield, CT
7-19-98
B: And to you, good day.
Q: Do you remember me from the past?
B: Why would I want to do that when you are here right now?
Q: (laughter) I’m testing your memory.
B: I do not have a memory; I only exist in the moment.
Q: I wish I had your memory.
B: I do not need a memory; I only exist in the moment and what I need to know, I know when I need to know it. What I don’t know in any given moment, I don’t need to know.
Q: Then I am confident you will recall that, for several years, my number one excitement for a career...
B: Yes.
Q: ...had to do with the water fuel cell. A new science and technology...
B: Yes.
Q: ...put together by Stan Meyer out in Columbus, Ohio, the inventor.
B: And?
Q: Two and a half, three months ago I got the report that he had died, that he had passed on...
B: All right.
Q: ...can you confirm to me that that is true? Stan Meyer.
B: From our perception, yes.
Q: Can you tell me whether there was any kind of foul play involved in his passing?
B: From our perception there were the idea of the individual being caught up in, what you would call, politics; but we do not perceive that that had anything directly to do with the death.
Q: Okay, because he had had attempts on his life, over the years.
B: Yes.
Q: And he had a couple of angels that were guarding him and keeping him alive.
B: In that sense then, you understand it had nothing directly to do with the death. It was simply the proper timing.
Q: Okay.
B: And now?
Q: I want to believe that it was right.
B: That what was right?
Q: That he passed on, and that he chose to pass on.
B: Why do you want to believe that?
Q: Because I want to believe, consistent with my beliefs, and that the impact of his new science and technology was meant to benefit mankind on this planet. And if you'll recall, this is my number one excitement, to become an active part of that science and technology.
B: What do you mean to become? Are you not?
Q: Not to the extent that I want to, so far it's just been.
B: Then why do you not become involved to the extent that you want to?
Q: Well, he and I had a agreement, about a year and a half ago, that he was probably going to hire me, but then he did a bummer; he died on me, see.
B: Why is this, as you call it, a bummer? Are you saying that you don't trust the timing?
Q: I want to trust the timing.
B: Then why don't you.
Q: Well now I'm going out there in the near future to beat the bushes and find out everything I can about the current status of the project.
B: All right. Many individuals that begin to lead the way in certain areas of development will now choose to leave the planet; because it will be up to the individuals who are interested in what they had to say and what doors they opened to take their place. This is what many of you saw in the individuals as you know as your Princess, your Diana, your Mother, your Teresa. Why they died, side by side, when they led the way of humanitarian actions. Because they now bequeath unto all of you to follow in their footsteps, and not leave it up to them to do it for you, anymore. Such is the case, in some senses, here. You have been inspired to a certain point and that is well and good but as long as the individual who started it remains around you, in a sense, and other like you are not necessarily spurred to do as much as you could be doing, because you are leaving it up to them. Now that you are forced to beat the bushes, you will finally take the steps necessary to allow yourself to bring yourself into the proper state where you can then express more fully the thing you say is your joy.
Q: I know you don’t enjoy predicting the future but a....
B: It has nothing to do with enjoyment, it is simply not possible.
Q: What’s your prognosis of the future of this new science and technology which has such great potential and benefit for this planet?
B: This is our sensing of the energy as it exists at the present, which is all a prediction ever is.
Q: Okay.
B: And that is this, it will in its investigation, it will lead to other things that will go way beyond it. When you investigate the idea of the water fuel cell to the degree that is representative of your highest
joy, most likely what you will come across, is the recognition that you have the ability to unlock a
different kind of energy from water itself than you ever thought possible. And you will actually go leaps
and bounds beyond the concept of the water fuel cell, but most likely you will only discover that by
going along that route. So, it will lead you to the proper place to make another discovery that will go
beyond it and actually render that obsolete.

This is quite often what your excitement is for, I’m not just talking to you personally, I’m talking to all
of you. Many of you, when something excites you, you assume that it excites you because it, the thing
itself that excites you, is supposed to come to fruition... NO! You see you’re all very tricky people and
because you have portions of your consciousness that you hide from yourself, more often than not, your
excitement will actually come to you simply as a dangling carrot to get you to move in a certain
direction. But not because of the thing itself, not because the carrot itself need to be eaten, but just
because you needed to move in that direction; and once the carrot has got you walking, many times
things will change, such as, people dying on you, unexpectedly. Because then what it is telling you, is to
just follow your joy the best you can without ... without ... without ... without ... WITHOUT
the assumption and expectation that the thing itself that carries the excitement must be the thing itself
that you actually accomplish.

Q: I feel good about what you are saying.
B: Yes.

Q: I intend to ... as I say, thoroughly investigate this now and get current with the people that remain.
B: If that is your true joy by all means do so, and that will be the thing you need to do. But if, in any
given moment, for some reason, no matter how long or short it lasts, your excitement changes, act on
whatever it is it has changed into, because that will be a part of it. The excitement tells you that no
matter how it looks, that will be a part of the overall THING that excites you, so follow it.

Q: I will do that. Thank you very much.
B: Thank you.
**Wavelengths and Densities**

Q: I have a couple of questions, the first one deals with wavelengths. How would you invite others to share certain wavelengths that...

B: Again, all you need to do is to be the idea you wish to be, and you can only experience those on the same wavelength. You will attract then automatically, by your simple actions. By the simple action out of the wavelength you are, you will then radiate a beacon at that wavelength that will attract all others so inclined to interact with you.

Q: Okay. Thank you. The second question deals with this level of density.

B: Yes.

Q: I believe it’s... (OTHER IN AUD: third) ... this planet is of the third density, and can you give some indication of the transformation to the fourth?

B: Again, the idea, as we have discussed, is simply that you will recognize that third density offered you an opportunity to consider the idea of the universe existing outside yourself, remote from yourself, so that you could create what appears to be an objective point of view.

Fourth density will be the blending of all the polarities in that way, so that you will recognize that this objective point of view has been an illusion. You will see through the facade and you have now begun to experience integration in many ways. You will accelerate in many different ways that will allow you to know you can partake of the substance of energy itself that creates the dimension in which you are transforming, and in this way let yourself know that you can become more accelerated.

The effects that you may perceive will be: the idea of the blending of the lack of memory, the idea of the creation of knowledge in the moment, the idea of living in the now, the idea that your physical form may become a little bit more brilliant, may reflect more light, be more of a light body in this way. You may require... end of transcript.
Wavelengths and Fourth Density

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Fourth density will be the blending of all the polarities in that way, so that you will recognize that this objective point of view has been an illusion. You will see through the facade you have created for the purpose of experiencing limitation, and you will accelerate in many different ways that will allow you to know you can partake of the substance of energy itself that creates the dimension in which you are transforming. And in this way let yourself know that you can become more accelerated.

The effects that you may perceive will be the idea of the blending of the lack of memory, and the idea of the creation of knowledge in the physical form may become a little bit more brilliant, may reflect more light, and be more of a light body in this way. You may require less physiological sustenance that you call food; less sleep. In this way, as you are blending the different realities into one reality, you will find that you are always living a waking dream.

These ideas will also allow you to radiate at the harmonic vibratory level that will invoke a harmonic resonance of love, unconditional love, and peace upon your planet. And create a scenario in which you can allow, once again, for the creation of unity by the granting of validity to the infinite diversity within your civilization. These are all, as you say, hallmarks or earmarks of fourth density reality, plus many other exploratory ideas and blendings.

At the so called end of fourth density reality, in approximately what you call two thousand of your years, you will find that you will no longer need to be at all within the earth plane physiological reincarnational cycle, and you will no longer manifest as physical beings. Perhaps someone else will utilize the idea after you.

Q: That’s what I was wondering. The year two thousand, in other words, for this particular planet, these societies, you see as the transition to the fourth.

B: The idea of the overall beginnings of the transformation are occurring, have been occurring, and will...
continue to occur for approximately the next thirty of your years of counting. In this way, you will understand two thousand, as you count it, the year, to represent simply the transformation point in a linear time frame referential state.

There will be a high point of activity also within the idea you call two thousand eleven to two thousand thirteen. In this way, therefore, you will create the beginnings of awareness that will allow you to build a society that functions within peace and harmony for approximately two thousand years more. Then you will no longer need to remain as a physiological society.

Q: Thank you. That’s what I wanted to know.

B: In this way, once again, we will extend our unconditional love to each and every one of you, and thank you for allowing us to experience the gift of your consciousness; to allow us to experience that much more of All That Is and expand our awareness of creation. We send you our energy, our unconditional love, and bid you an exciting dream life, and a fond and loving good evening.

Wavelengths and Fourth Density
Ways Of Transition

Q: I recently worked on a television commercial.

B: All right.

Q: And in this commercial we used a jet fighter plane to race over a Ferrari car. And the pilot crashed and was instantly killed while shooting.

B: All right.

Q: And so I’ve been wondering if he had an agreement with the producers of that commercial, and with all of us, to be witness to his death.

B: Generally, yes. Generally.

Q: In other words, in another life we...

B: In other words, let us put it this way: Nothing within your collective belief system prevented that. And a few individuals involved had a very specific agreement for that particular manifestation. The majority of the individuals simply supported it and allowed it to happen, since it did not conflict, quote/unquote, with their overall paths. They were willing to at least support someone else’s specific agreements.

Understand? It is not that they had a specific agreement with every single person involved. With a few, yes. And then generally with everyone else. Understand?

Q: Yes. But I’m curious as to how that relates to the other question you just answered, when you said that sometimes people cross over and they’re very confused.

B: Yes.

Q: Why would this pilot have been confused when he crossed over?

B: It depends on how he crossed over, with what intentions. In other words, individuals who are brought up to believe certain things very strongly may allow themselves to be somewhat confused, as you say, when they die and do not find those particular manifestations that they expected to find, in the way they expected to find them. Because they may not have been aware of what beliefs they had, consciously. But their strongest beliefs will usually manifest.

But if individuals, for example, say that: “I am doing what excites me; and if some day I should go out in a blaze of glory, that will be just fine,” they will create for themselves to be very aware, very quickly, of exactly what has happened. Because they will, in a sense, have been setting themselves up for it by saying: “Well, I died doing what I wanted to do, what gave me joy.”

And they are, in a sense, ready to die that way if they had chosen to. So even though there may be momentary confusion, the overall definition they give to what it is they are doing in life can allow them to set themselves up so the confusion won’t last very long. Understand?
Q: Okay, that answers it pretty much. I’m just curious if I was meant to be there to learn a particular lesson?
B: If you were there, then you were meant to be there, for there are no accidents. However, any particular event that occurs can have relative degrees of meaning to different individuals, some more than most.

So the easiest thing to do is to simply ask yourself: What did that incident allow you to examine? What is it you got out of being there? What did you learn about yourself by witnessing the choice of someone else in that very bold manner? How did it allow you to feel? What chords did it strike? What did it bring up from within you to the surface?

All those things are the reasons for why you were there. Because those are the things you wanted to face about yourself to integrate them within you, no matter how strong or subtle they are. Understand?
Q: Yes, I do.
B: So is that a simple thing for you to do?
Q: Yes, I think it helped me a lot.
B: All right.
Q: Thank you.
B: Then thank you for co-creating that particularly bold expression. And supporting that individual’s ability to, in a sense, do what they desired to do, in the way they desired to do it, according to the beliefs they most strongly constructed in their life. All right?
Q: Yes, thank you very much.
B: Oh, thank you very much. There is something else coming to you as well.
Q: Can you elaborate?
B: One moment... what is your given name?
Q: Jill.
B: We are scanning the symbols. One moment... you are very strongly connected to a network of consciousness upon your planet that is of a specific type, of a specific agreement, of a specific club, I shall say. In a sense, it is a network of bold transition.

The feedback from this and other incidents that you have participated in, witnessed in your life, is creating a shock wave within you. And this is, in no way, shape or form, meant to be negative. Do not allow the word to throw you, all right?
Q: Yes.
B: But the shock wave is one of acceleration of high speed in and of itself. It is the high speed that represents the connection that you have to this particular network and your place within it.
Highly accelerated transformation, highly accelerated transition. In our perception you have the ability to explode like a nova, in many different areas, all at once. You do not need to find yourself, when and if this occurs to you, to be breathless. Let yourself understand it may feel heavy for while, but there will still be enough atmosphere for you to keep your head. And you will still be able to keep your feet on the ground no matter how fast you move.

No more for now. Thank you.

Q: Thank you.
Weather as Emotional Reflection

Q: The throat chakra of communication is associated with the color blue. And I was wondering if the idea of communication has anything to do with the fact the sky is blue?

B: You can make an association in that way, you can recognize that the sky can be a reflective symbolic idea of the electromagnetic field around your planet in this way, that expresses the mentality through which you are all connected telepathically. You can allow yourself to exemplify that you are creating the VIBRATION of the spirituality in your skies by recognizing that it represents the idea of heaven to you in that way. And having chosen to represent it in a blue tinge or a hue will allow you to know that the access to each and every being upon your planet is inherent within the electromagnetic atmosphere that you breathe that permeates the entire atmosphere of your planet, and can be representative symbolically of the idea of allowing there to be a heaven upon your earth. It can be reflected in that way from our point of view.

It is only an arbitrary symbol in that sense and there is no basic, fundamental, what you would call, mechanical reason in that way for why there should be that association; but you can draw an association from it and rely upon it within your imagination in that way. It is a vibration which will reflect the idea of the spectrographic breakdown of your moisture content, your dust content and, in this way, will reflect the idea of the striving, in your terms, as you have been striving towards the crystal clarity of your own consciousness, it will be a reflection of consciousness in that way.

Q: Okay, thank you. Why has it been so stormy and cloudy these last few days; it’s been very, very windy. Are there a lot more shifts than usual?

B: It is not so much the product of the shifts. In this way recognize that, what you call, your weather is a direct result of your mass-conscious emotionality. You follow me?

Q: Yes, I do.

B: All transformations and transitions that will allow there to be a release of energy in a mass conscious way will exude into your atmosphere and cause manifestations that you call weather.

Q2: What do you mean by mass conscious?

B: The combined consciousness of your entire civilization creates your weather through its emotional bias.

Q3: Could you comment, then, on the emotions and the consciousness that led to the earthquake in Mexico?

B: Again, we have discussed this idea, to some degree, that localized phenomenon in terms of earthquakes, in that area is specifically linked to a mass conscious, a mini mass conscious, miniature group of mass consciousnesses reflecting upon themselves the belief that they have taken themselves far away from their own nature. And have jolted themselves back to a primal level of existence because they felt they had removed themselves too far in their technology and polluted themselves, to such a degree, that the only way that they could reverse the process would be to wipe out the entire idea. You follow me?
Q3: Sure.
B: Sharing! Yes.
Q4: A couple of weeks ago or so you talked about the shift of the electromagnetic field of the earth.
B: Yes.
Q: Is that the same electromagnetic field that affects the compass and causes the magnetic compass to work?
B: Yes.
Q4: Okay, then was the variation that is shifting annually...would that be shifting at a more accelerated rate at this time?
B: Yes, to some degree, although you may find it may allow itself to be slight shifts and proceed towards a build up of a major shift, all at once.
Q4: So then the charts that are used for navigation would become obsolete?
B: Yes. Electromagnetically.
Q4: Right, they don’t use that much, of course, anyway. Thank you.
B: Thank you.
Q5: I’d just like to share that speaking of electromagnetic shifts, that one can really tune into what the mass-consciousness is feeling at any time. The day of the meltdown in Russia I didn’t listen to the news in the morning and I was driving along and I thought, “well, I’ll tune into the mass-conscious today and see what’s going on.” And I really felt a very strong sense of sadness and a sap of negative, almost, energy, and I thought, “that’s interesting, there’s a lot going on today and I don’t know what it is”...and then I found out later on that that’s what it was.
B: Thank you for your sharing and your willingness to express that you are in touch with the entirety of the mass consciousness. Allow me to remind each and every one of you that you all have that capability, for you are all always in touch with the totality of All That Is, particularly of your own society. Now, each and every one of you will translate it through in different ways, different symbolic interpretations, but you all have the ability to understand the emotional shiftings that are going on and taking place, and the interactions that can result from all of those interactions that take place on that level that can manifest into your physical reality.
You are all sensitive to this idea and you are all becoming more sensitive to that idea. As you become more sensitive in this way, this is why, as we have said, you will find, for now, many individuals are beginning to feel more of this sensitivity physically in, what you call, your sinus area and in, what you call, your heart area and your solar plexus. For these are, here, the sensitivity to the vibration in the electromagnetic field, and here, the sensitivity to the actual electromagnetic manifestation itself, because of the collection of, what you call, magnetite in your sinuses that aid to the idea of navigation in many animals, and in you. Thank you.
Q5: Thank you.
Weather Patterns and The Observer

Q: Talking about the idea of the wizard’s cap, last week you told us that somebody said something about someone having one on the front of the airplane; and how it changed the weather?
B: Yes.
Q: And it made me think, how is the weather related to the other dimensions? I mean, what is it...?
B: The idea of the energy that goes into helping form your weather patterns – this is not the whole idea – but a very large portion of the kind of energy that goes into helping those patterns come about has to do with the collective emotional consciousness of your people, your entire planet. And sometimes even of a local group that exerts a very high emotional energy pressure, or a low emotional energy pressure, into the surrounding atmosphere. It will be reflected in a variety of ways in the actual physical manifestation of a variety of forms of weather.
Thus, the idea of this cone is that it acts in a sense as an amplifier of intention, as we have said. And the manifestation is that it picks up upon the idea of some of these etheric patterns and translates it into the idea of the environment in which it was placed, which was in the idea of moving through the air. You understand?
Q: Yes.
B: Therefore, it created atmospheric change because that is how it was directed. Does that help you?
Q: Yes. Also, I wanted to share with you what I thought about the being called the Observer.
B: Yes.
Q: When this being came through, I got the sense that this being was an Oversoul or Higher Self.
B: In a sense, you are very correct.
Q: In a sense; what do you mean “in a sense?”
B: It is a notion that does not necessarily translate well into your language, but Oversoul, in a sense, will do.
The Observer, for lack of a better term, as you are oft to say in your language, could be, only from one point of view... of course we do not want to make this rigidized, you understand?
Q: Yes.
B: From one point of view, one perspective, the Observer, the being, the entity that in your language we called the Observer, is like unto the Oversoul of the Association.
Q: Oh.
B: Do you understand this?
Q: Yes, I mean, somewhat. I mean, as much as I can in this context. Wow, that’s really interesting.
(Inaudible question from audience.)
B: In some contexts, yes, although the idea of what you call the Buddha Nature, the Christ Consciousness, the Krishna Spirit will more have to do with the idea of an Oversoul or World Spirit that...
is collectively representative of your particular domain, even though it does connect into other dimensionality.

The Observer is like unto the Oversoul of many, many, many, many domains; the collective of all of the worlds in the Association of Worlds, and more than that. But it functions on one level as the Oversoul of the Association of Worlds of which we belong.

Q: Wow, that’s big.

B: In a sense, I suppose. Although relative to other things, it is infinitesimal.

Weather Patterns and The Observer
Whale/Dolphin Communication

Q: Carl Sagan has said that the song of the Humpback whale contains as much information as Homer’s Odyssey, is there any kind of...  
B: Much, much, much more than that. 
Q: Much more. What kind of coding do they use in their transmissions? 
B: Harmonic coding, in the sense that different tones produced naturally, in such a way as to allow different individuals, once again, to interact with it to perceive different aspects of the total story. It has to be received in extreme openness in order for the entire story to be received all at once, similar to the way communication exists between spirits – more telepathically. If any acoustic beacon is utilized to extract information from the holographic acoustic story only an aspect of it will be retrieved, so complexly interwoven is it.

There are whale beings upon your planet that have woven acoustic holographic structures of such complexity that they would, perhaps, be equivalent to your Library of Congress. Do you understand?  
Q: Yes.  
B: This is rare, but it has been done; but it does not last long because it does not need to. 
Q: An individual named Randy Eaton was observing an Orca whale and he said that he was hit by a beam, an intense presence, and since that time he’s had, he says, direct telepathic communication.  
B: Yes, again, the sonic beam, the acoustic shield that cetaceans give off can evoke a harmonic resonance within your energy field, and even alter you physiologically and put you in synchronous harmony with the consciousness that surrounded you with such a field. Resonance is the key and it is easily understandable, in the same way as we have explained that one tuning fork can set up a harmonic resonance, a sympathetic vibration with another tuning fork and allow that tuning fork to vibrate in harmonic resonance with the first one. A whale can do this to your human body and awaken many attributes within you. This is why it is good for you to swim with the dolphins and the whales; they rub off on you in beneficial ways. Their vibrational frequencies open up doorways of memory within you that allow you to open up your telempathic talents. This is why we have often recommended it. 
Q: Once you swam with a particular dolphin or whale, is that connection always there for them to beam energy to you?  
B: It depends upon the interaction and relationship, not always does a particular dolphin or whale impart that kind of connection to a human. Sometimes it will require different kinds of degrees of familiarity, or different kinds of circumstance that make it important that such a connection should happen, to that degree of strength. There is always some method of identification, but it can remain on a lower level until some event or need makes it necessary for it to become stronger. The whale and the dolphin will always sense when it is important for this to happen. Sometimes the human can sense it to.
Q: Thank you very much.
B: Thank you.

Whale/Dolphin Communication
Whale Deaths

Q: Previously, you discussed that the whales that were being harpooned were allowing themselves to do that because of their complete vulnerability.

B: Yes, some.

Q: I was having a little bit of difficulty with that idea.

B: Why?

Q: In the sense that you incarnate and you have a linear projection of, basically, the types of scenarios that you are going to interact with.

B: No, not always you do not.

Q: So there are things that just come out of the blue, to strike a whale down?

B: So to speak. They all within the template and allowance is made for the possibility of one needing to be more manifest than another, if it serves the best and the good of all concerned. Therefore, they don’t necessarily always see the linear projection of every single possibility, but they are willing to allow for what needs to come up to serve the greatest good. Now, this in no way, shape or form excuses the idea that other individuals are perpetrating the damage, for it is their duty also to learn that they do not have to do this if they don’t want to. But in the point of view of the incarnated whale and the Higher Soul, the Oversoul that it is, this is only a temporary manifestation anyway.

Q: And is the higher aspect of the Oversoul aware of what’s happening?

B: Of course.

Q: And it doesn’t telepathically communicate it to the whale?

B: Not for the lesson that needs to be learned...or sometimes it does and the whale personality, being a collective anyway, is so synchronistically aligned with the Oversoul’s understanding that it recognizes the greater good that is served by the allowance of the event, and it is perfectly in accord with the happenstance, if it knows it will serve some purpose. You follow along?

Q: Yes, I do.
Whale Songs and Solar Rays

Q: I wanted to ask you about the whales.
B: Yes.
Q: When they’re doing their whale song, are they doing it for the other whales?
B: Yes, many times.
Q: And if and when they’re doing it to us – or our consciousness – what is their method to us?
B: Whatever you feel it to be, however it sweeps you up; however you wish to discover the totality that you are. For again, recognize, by your analogy, a whale is a physicalized embodiment of a dolphin oversoul, many dolphins are a whale, in a sense.

It is as if you had a physical being to represent your oversoul at the same time that all of its fragments existed as well. It is simply that in your land environment this will not necessarily need any other symbol, other than your own physical body. In the water environment, where there is more expansiveness, they have been able to create a physical reflection and interpretation of their own higher consciousness, to be embodied in the form you call a whale.

So it puts you in touch reflectively with the fact that you, while in that energy – and anytime you wish to create that energy for yourself – are in the vibratory frequency of, and as, your own higher consciousness, you are experiencing the scope of your power, the scope, the distance of your express-ability, as rapidly as that song travels through the water to all the ears through which it travels.

You also exist in an ethero-magnetic medium, through which your thoughts are always traversing and always singing to all the other minds upon your world. Sing your own song, if you feel so moved by the song of that whale, and you will be expressing the harmonic vibration of your own higher self, and you will be that expression. That is what it is a reflection of. It is like being in the presence of a reflection of you as your total higher self. So sing the song you are moved to sing. Does that assist you?

Q: I just want to clarify it; so it’s more like their message is in their symbolic form, that they’re there, than, actually, a message like the dolphins have for us?
B: From time to time there may be a specific message. But, generally speaking, the oversoul will communicate more in generalities – in feeling, in emotion, in mood, in tone, in quality, in light, in love.

Q: Okay. I have a question: I’m reading a book called, I Remember Lemuria, and it’s an older book. The main character is Muton, Meon or Mion. And they were talking about Atlantis and – not a lot of Lemuria, but they were talking about the sun’s rays’ effects on people, and that’s why they didn’t grow as big as they did on dark planets. Are we talking about the same sun, and does it have the same effect on us?
B: In a sense, to some degree, you will recognize that certain vibrations you have created yourselves to be allow you to experience certain vibrations from your central star that has actually removed enzymes and acids from your system. And that has, not only in many ways in the past, stunted some of the physiological growth you are capable of, but also reduced your physical longevity.
B: Now you are regaining that again, because you are becoming a vibration that automatically screens out the idea of what you might term the harmful rays, and allows you the benefit of the light in other ways. So you are, as you have been observing in generations, not only growing taller, but also living longer – as you used to long ago.

Q: Okay. And he said that he made a lot of tablets – not tablets, but something on metal that he put all over the place. And at the time the book was printed, they said that none had been found yet. I was wondering if there were any found yet, or in the near future?

B: Some have been sensed; some have been understood. None have been on earth directly. Not yet. There are still changes, timing, encounters, that must come to pass before you will be able to decipher, with your own senses, where these tablets lie.

When you can find them that is when you will be able to read them – because you will only be able to read them with your heart. There will be nothing for you to be able to translate physiologically, linguistically.

Q: Okay. Thank you.

B: Thank you very much! Sharing!
Whales as Dolphin Oversoul

Q: If the dolphins teach us play and unconditional love…
B: Yes.
Q: the whales are bigger, is it just like more of the same? I have a hard time relating to the whales; they seem so big.
B: All right. It is because they more represent – while, of course, still representing the idea of unconditional love – they represent it more in the format of conviction. Understand? Conviction.
Q: So, it’s just like a personal conviction?
B: In other words, they are an absolute statement; you can’t ignore them. They cannot hide; they are absolute conviction. They are the higher… the embodiment of the Oversoul of many dolphins. That is a whale.

There are many variations that represent many different ideas of conviction. But basically that is their basic symbology: conviction.

Q: So they’re playfully convicted ones, too.
B: In a sense, yes. But they can be more serene in certain ways, because they also represent the idea of attached detachment. They simply know; and that’s it. They just know. All right. Thank you very much. Sharing!

Whales as Dolphin Oversoul
Whales As Symbols Of Conviction

Q: If the Dolphins teach us to play and express unconditional love…
B: Yes.
Q: …and the whales are bigger, is it just like more of the same?
B: I have a hard time relating to the whales, they seem so big.
Q: So in other words, they are an absolute statement; you can’t ignore them.
B: All right. It is because they represent more – while of course still representing the idea of unconditional love – they represent it more in the format of conviction. Understand? Conviction.
Q: There are many variations that represent many different ideas of conviction. But basically that is their basic symbology: conviction.
B: They cannot hide, they are absolute conviction. They are the higher, the embodiment of the oversoul of many dolphins. That is a whale.
Q: Thank you very much.
B: Thank you.
What happened to Adolf Hitler?

Q: If a mother came to you – and this has happened and was reported on television – and lets say a small child was sexually molested, tortured and murdered. What would you say to that mother?

B: First, recognize that in any situation similar to what you are describing, there can be as many reasons for "why" that is happening as there are individuals involved in those interactions. There may be general, fundamental reasons as to why those things occur; but the specifics of why that particular endeavor occurred will have very much to do with who those individuals are. Often, those individuals will be playing out something from another life and may actually be, literally, reversing roles, "Now see how it feels?" the other one may be saying. Again, that doesn’t excuse that action because no one has to act in that manner. All karma can be balanced in a positive way. It is simply that your society has not completely woken up to this fact yet and so in your "nightmares" you keep inflicting these ideas upon each other in negative ways.

But also it has to do many times with the parents of the individual. For when a being is deciding to be born, recognize that it is not a "child" making that decision. When that being projects itself into the idea of the body of a physical child it may also come "into reality" to reflect fears that the parents have within themselves. So the child may say, "I know this is going to be tough for you, but I will play out a scenario to show you the fears you have within yourself about your own safety, about your own integrity, about your place in the world. And I will show you, by allowing my body to die through this particular act, that you live in a kind of world that you no longer prefer and that you can do something about it." Many times individuals do not do something in your world until they are witness to what you call a reprehensible act of conduct." And therefore, many individuals will actually choose to be born to get those individuals off their you-know-what to do something about "why" your society does those things to begin with. You follow along so far?

Q: Yes.

B: There are many reasons. But again, the soul is eternal, it is infinite. Not that those things "have" to happen and in no way do we condone them. But in the final analysis the soul is not ultimately affected by any act, one way or another. There is a strength and a power to all of you. Many of you can recognize that sometimes you will actually choose those endeavors, those particular types of interactions, because you know you are eternal; because you know you have the strength to go through it and because many times you are doing it out of love for someone else, to get them to open their eyes to something that is going on. You follow me?

Q: Yes, I do.

B: Again, you have the opportunity to understand all of these ideas if you will but approach all of your questions from the point of view that you are the creator of your reality and that you are an eternal being. You can understand almost everything if you take that approach. Everything does have a reason. The Universe is not "pointless" nor is it extraneous; there are no "pointless creations." The Infinite Creation does not create it to be so. Therefore, trust that the things, which do occur in your reality, and
the things you are witness to do have a point, do have a reason. If you approach it from that attitude and from that trust you will be able to glean the reasons for why something has occurred. Trust it and it will come to life.

**What you put out...**

Now, because of the timing that has occurred in the acceleration of your individual and collective transformation, a change has occurred, a shift, a very specific one which will aid and assist in a very unexpected way the acceleration of your world through this transformational threshold of the 90’s decade. A question asked many times before was, *"What happened to Adolf Hitler?"*

We now find that a choice has been made by this entity. But let us backtrack and share with you our perception of the history of the nonphysical experiences of this entity after its physical existence as the being you knew as Adolf Hitler.

Remember that we have discussed many times that when you physically die one of the first things you experience is what is called a "life review." And in that life review you are given the chance, you are given the opportunity, you are allowed the experience automatically, of actually feeling – literally feeling – everything, every consequence of every act you have ever done in your life.

The actions taken by that individual in your physical reality, as the reflection of such a high degree of negativity, and the consequential experience of feeling the consequence of every single act that individual was responsible for, whether committed actually by that individual or by individuals under his command, was felt by the entity when it became nonphysical.

The bombardment of the totality of the collective negativity that was felt in the life review of that entity was so overwhelming that it placed that spirit, that consciousness, in what could be called a "state of shock" and hibernation. To allow that being to go into the very deepest center of the self, to re-calibrate and reassess and heal for itself all of the pain, all of the suffering, all of the sorrow, all the negativity, all of the choices and all of the consequences that were attached energetically to that particular entity.

Throwing that entity into that state of hibernation and recuperation has taken many years so there could be re-evaluations and assessments and reparations and atonements in that sense, balances created within that entity’s consciousness, within that entity’s energy, over the course of the years that have passed since that entity became nonphysical.

But now that entity has emerged from that hibernation, that state of reparation, of repairing, of realignment, and a choice has been made. Sometime during the decade of your 1990’s that entity will choose to be born as many different entities, not just one. That entity will fragment itself into several different beings, several different children upon your Earth. All of these children, now that this entity has gained the strength to do so, will experience lives of extreme hardship, starvation, disease, abuse – these children will experience many different things over the course of the few years they will exist in physical reality. They will all die, except for one. One will live to the age of seven and in the year 2000 this child will be seven years old. At that time it will be decided whether or not this child will continue to live as a physical being, or will choose to do what needs to be done as a non-physical guide.
This child, this being at the age of seven, will pull unto itself the total combined experiences of all the other children the soul has been and will draw unto itself the collective experiences of all of that understanding of limitation, understanding of suffering, understanding of negativity. And all those experiences it has as those suffering children will be drawn unto itself as a child of seven. In that moment it will decide whether it wishes to continue to absorb all of those experiences and continue as a physical being, transforming itself into a child of light, or whether it wishes to simply become a guide of light, non-physically. The child will make the decision in your year 2000.

There is, in a sense, a little bit, a very little bit more chance that the child will remain physical and that this child will become in your new century one of the greatest helpers and healers of human kind; having re-balanced, re-aligned, re-synchronized itself completely and gone completely toward the positive end of the spectrum as a reflection of the changes you have all made, of the transformations you have all made that would now allow it to reclaim its own Godhood to remember its connection to the Infinite and to no longer need to express or reflect to society lack of empowerment, suffering, negativity or any of these ideas that you will now leave behind in your past.

We thank you for having accelerated in your transformations sufficiently to have created the opportunity to have created the ability for this entity to now be able to choose this path of reintroducing itself into your physiological society in this way. By experiencing itself as this multitude of children and experiencing the ideas to some degree of the suffering that it has caused in its past life, to atone itself and to realign itself, to blend itself, to re-integrate itself back into this one child in the year 2000.

We thank you for having created the opportunity to re-integrate this reflection of your negativity into your society, to open your hearts and your unconditional love, to allow yourself, and allow this child to allow you to accelerate at a greatly accelerated rate from your year of 2000 onward with the help of beings like yourselves, like this child, like your guides, like all the entities who desire for you that you create a world of joy, a world of peace, a world of excitement. A world where you reflect to yourselves the All That Is that you are.
What the World Can Be

Q: Since I was a child, I’ve had these dreams of fleets of UFOs. And when I was ten, when I lived in Canada, I saw one. I was by myself and I just looked up at it and it stopped for a few minutes, then it left.

B: Yes.

Q: And ever since then I’ve had these dreams.

B: Yes?

Q: I picture vehicles on the Earth using magnetic powers, from above, on these parallel energy lines. Not using any form of energy that we’re using now.

B: Yes, yes, yes. Yes, yes, yes!

Q: And I see all this, and I’m...

B: This is very, very, very imminent in your future. Many of your scientists, so to speak, and many other individuals who are not necessarily labeled as scientists, are beginning to explore and understand that your world does provide you with an unlimited wealth of electromagnetic energy that you can utilize in many different ways. To replace some of the systems you are using now... for your propulsion and whatever needs to be.

That is the whole point of the transformation. Not to run away – yes, we understand that when many of you go through that shift, and you finally know what your connection is, all of a sudden you feel, “I don’t belong here,” but yes, you do. You chose to be where you are.

The idea is to finally recognize that what you are finally perceiving is that you have now tapped into what your world can be. You are tapping into what experiences you have had in other worlds and you can use that recognition to create your Earth to be what you prefer it to be. Do you follow me?

Q: Yes.

B: So use it that way. You do not have to fear feeling foolish. You will do a great deal of service in allowing other individuals to know it is ALL RIGHT to feel however they are feeling, because they can use that in a positive way. They can absorb it and incorporate it into whatever they choose to define themselves to be.

You are but the definitions you give to yourselves. THAT IS IT. Get in touch with those true definitions, and you can define yourself in any way, shape, or form, you want to. Then once you have created definitions you prefer, ACT like it, and do not assume those definitions will not change; change is the only constant in creation. But know that they will change in ways that befit a grander definition, and a grander one, and a grander one, in a positive, accelerative, expansive, ecstatic, never-ending, NEVER-ENDING exploration of creation. You understand?

Q: Yes. Thank you very much!

B: Oh, I had nothing to do with it. (Audience Laughter) You are welcome. Thank you.
What’s Up
From "Surrender"
4-10-98
Thousand Oaks, CA
Q: What’s up, Bashar?
B: Many things are up, many things are down, many things are sideways, front and back. How are you?
Q: Great.
B: All right, thank you.
Q: The surrender thing has been the biggest thing in the last 6 months.
B: Yes, all right, very good.
Q: Especially in the last week, my mantra has been surrender, surrender, surrender.
B: Yes, this will accelerate and it will need to accelerate for many of you; for again, as we have been saying for quite some time, there isn’t much time left in terms of the idea of really going into the flow and into the stream of the realities you say you prefer. This, in many ways, is one of the last pieces of the tools that are required. This concept of surrender that we have saved, in a sense, until last is, as we have said, the most important. So, many of you will find that to be the most important thing, the most important focus now in your understanding of personal transformation and growth. Yes, continue.
Q: Like all the other tools, led us back to where it was even perceived as tools, the only true tools.
B: Yes, we had to build, well, now, not that they are not all true, but we had to build a ladder for you that was composed as rungs that would go from where you are familiar to where you are unfamiliar and, thus, then you can make the transition in a familiar way, step by step, rung by rung. Rather than simply have started off fifteen years ago by saying, "All right, let’s get right to the end, surrender," none of you would have understood what that meant. But in giving you the pieces and the other tools, now, some of you have a better idea, a better understanding of what it means to surrender. Because you can understand, finally, that as powerful as many of the other tools can be, this is the MOST powerful, because it is the simplest. And now you are finally, many of you, finally, getting to the point where you are actually willing to let it be all right to be that easy. Part of the reason we had to give you many other tools was actually to, finally, let you, over time, decide that you didn’t need so many tools. You understand? This is the paradox of the process. And so....
Q: In my investigation.
B: Yes.
Q: Into surrender.
B: Yes.
Q: I found, and this is my phenomenal experience, within my body-mind stream is that....
B: Yes.
Q: the only thing that keeps God separate from God, in the illusion or in the physical reality stream, is actually bringing some sense of separation or some sense of darkness or some sense of....
B: Yes.
Q: What ever THAT is?
B: Yes, and not that that is not a valid experience, of course.
Q: Exactly.
B: All right.
Q: And my concern, well concern.... maybe this is a mind stream fear coming up, but it feels like...that the ultimate surrender to give THAT up, to give that, that...there’s that one grain of sand that caused the pearl to be created.
B: Yes.
Q: To give that final thing up means that I would wake up, back to the I Am, back to the One and then, of course, I would be alone again, and then would have to come up with something else to get the phenomena of creation to start again.
B: Well, how fascinating. What an interesting idea and perspective you have. What you are experiencing is still mostly a personality perspective, even though you are discussing ideas of the One and the I Am. You are still putting a personality spin on it and that’s why it feels, in a sense, like something to fear.
Q: Well, also because my perspective is from the outside of the I Am and not from the inside. Once you’re inside, of course, there’s nothing to fear because you’re everything, you’re THAT.
B: All right.
Q: And, I mean, that’s my perception, you can correct me freely....
B: There’s nothing to correct, but it is up to you to choose which perspective your prefer.
Q: Yea, maybe I’m not ready to give up creation, physicality....
B: Oh well, all right, well, that’s your choice but the idea is that you don’t have to give up physicality for the type of surrender that we’re talking about. You will still choose to remain physical. That is simply a different choice.
Q: But how can that be? Because....
B: Because I’m not talking about the idea in those terms, I’m not talking about you simply becoming one with the I Am in that way. We are talking about the fact that even as, even as the part of the whole that you are, you are still a reflection of the whole. And the idea is that you can experience the event of your wholeness, even as a part, when you surrender to the wholeness. You can still experience the wholeness as a part.
Q: I understand, if, if....
B: Yes.
Q: If you’re God.
B: And you are too.
Q: Yes, of course.
B: Yes.
Q: The God, lets say, before there was time and space, just the Isness, there is no....
B: There’s no before, but I understand what you are saying.
Q: Exactly, the Eternal moment.
B: Yes.
Q: The Prime Radiant, before it intersected with itself.
B: So to speak.
Q: Yes.
B: These are all conventions because we are using words.
Q: Exactly.
B: All right.
Q: And words do not describe it, but can describe around it.
B: All right, fair enough.
Q: And you know what? I forget, totally, about what I was going to ask.
Audience: (Laughter)
B: Good, now you are enlightened.
Q: That’s it, I just let it go and leave it....
B: In a sense, yes.
Q: There’s....
B: Ought.
Q: There is just the fragment, the one fragment that I would like to clarify from your perspective.
B: Yes.
Q: If ultimately we give up all of our fear, all of our pain, and all of our unworthiness or whatever, which is all illusion anyway, if we are willing to surrender that, then what’s going to keep us separate from ourselves, as far as the experience goes?
B: Choice, choice, you still have that choice. It is not a given, it is not a forgone conclusion that giving up all your pain and suffering and struggle means that you cannot still choose to experience yourself, in any way, shape or form you so desire, relative to the whole.
Q: But once you learn how to walk, you don’t want to crawl anymore, so all your friends....
B: But what you are understanding, because you’re not there yet, is that there are many forms of walking. Because you are not there yet, because you are not allowing yourself to experience the kind of surrender yet, totally, that we are talking about. You have not yet given yourself the experience to understand that once you do that there are still many forms of experiencing that kind, that level of surrender. It isn’t just one result that happens. There’s still many things that exist, even within that level of surrender. It is still very, very multidimensional and very varied, but it is still of a type of reality. It is more simply the idea of a big step up, but not necessarily all the way because you are surrendering from a particular point of view and that point of view you will not probably choose to give up, the overall point of view. Does this make any sense to you?

Q: Yes.

B: Are you sure?

Q: Yes, I don’t want to take up the forum here for a half hour.

B: Oh well, you’re not and besides which, we are the determiner of the timing, so don’t worry about it. You follow me?

Q: Yes.

B: What you call God is everyone, and everyone does not experience the same God because everyone is not the same. But everyone who is not the same, makes up the same God. Do you follow that?

Q: Everyone that wakes up, are the same God.

B: Yes, but you are forgetting that it is this AND that, not this or that

Q: You always say that.

B: Yes, and, therefore, when you wake up and understand that it is all one, you understand, simultaneously, that it is also everything, and you experience both, not just one or the other. It’s not an issue of one or the other.

Q: How can you experience both unless you are willing to give up the I AM perspective? You have to, in order to experience the other.

B: But when you give up the I AM, paradoxically, you experience the I Am and everything, that’s the paradox.

Q: So when you experience the I AM, you experience both? Is that what you are saying?

B: Yes.

Q: How can that be? How can that....

B: You will find out. When you have a coin in your hand, do you not experience both sides, do you not experience both the heads and the tails?

Q: I’m perceiving the coin and, from the coin’s perspective, there’s not both.

B: Never mind, the coin is your perspective, because you’re creating the coin. Do not get lost in your semantics. When you have a coin, do you not have both heads and tails? Otherwise, if you didn’t, you
wouldn’t have a coin, would you?
Q: No.
B: Well, then, why is it so mysterious that you can experience both?
Q: You describing a third density example....
B: Don’t put semantics on it, it is the same concept.
Q: I’ll have faith and trust it.
B: You don’t have to have faith when you let go, you’ll find out from experience that it’s so.
Q2: Isn’t it a state a knowingness about what you are?
B: Yes.
Q2: That you can feel connected to that all the time.
B: You are that all the time. You don’t feel that connected all the time, you ARE that, and you are this and you are everything that you can think of. But the idea is still that we are talking about a level of you experiencing that you are unlimited possibilities, but from within a certain contextual framework because that which you are choosing to experience, your I Amness is right now. You are coming from an assumption that once you let go of the personality that you’re going to want, in a sense, to not have any recognition of what you are calling separation. That is a falsehood, because as you expand to become more aware of the one and the many, you will want more experience of the separation that is created, as well as, more experience of the oneness and you will be able to experience both.
Q: There’s the fear that I will end up back in the paradigm that I’m in now, though.
B: Well, then you must be choosing that reality, for some reason that you invented. That’s the only thing the fear would be.
Q: Do you know what I saying though?
B: Yes, I do.
Q: I don’t want to fall back asleep again and then....
B: All right, but again, remember, at this stage in your evolution, all of you, there is no concept of falling back. Again the analogy would be like being on one mountain peak and saying that somehow you can fall to the other mountain peak. You can’t do it, you have to choose to go to the other mountain peak. You can’t fall back onto another mountain peak, it’s a different reality, it’s a different point of view, completely and utterly. This notion that you can fall back is something that you are simply holding on to for your own reason. Probably, again, mostly because, as you say, you are afraid. But you have created a circular reality experience then; your fear is generating the idea that you can fall back, the idea that you can fall back is generating the fear. Break the cycle by knowing that you have generated it to begin with and that any other idea that you allow yourself to believe is true, will be just as experientially real as the cycle that you find yourself in right now. Does this make sense to you?
Q: Yes, I will come back at the end if there is some time, and if everybody else has had a chance.
B: All right, you and then you. Number two, do you know who you are?
Q: Yes, I do.
B: All right, number one, good day.
Where do we come from?

In many of these communications, we have heard many of you ask the question, "Where do I come from?" ... meaning yourself ... "What is my origin? Am I connected to this extraterrestrial civilization, that extraterrestrial civilization, or this or that dimension of reality? Please tell me, where do I come from, where do I originate?" Now, we have addressed this idea many times, in a variety of ways for many of you. First of all by usually explaining that since time, in a sense, is really only a product of your linear dimension, that you don’t, thus, really come from any particular origin point at all, except the here and the now – because everything is right here, right now, even though you may not experience it that way. So all of you, as we have said, come from everywhere and nowhere, all at once. Or, in that you feel you are having your Earth experience right now, it could just as easily be said that you come from Earth, since that’s the life you’re living now, that that’s your origin.

But we understand how many of you mean that question, because we understand that many of you, in opening up your exploration of consciousness, are beginning to tap into the reality that you are, in fact, connected to many different dimensions of experience and actually are having simultaneous lives, if you will, in many different civilizations or dimensions of reality. And, as you make these connections, you may feel that because of the kind of energy connection it is, that that place you now become aware of, that life that you may have going on somewhere else, now becomes representative to you of an origin point, because of the way you are trained to think linearly. "I am here now, therefore I must have been there some other time, I must have come from there" ... is the way your minds generally interpret this connection that you now become aware of.

Again, this is just a linear perspective, and the only reason why you were (able?) to recognize a particular civilizational connection that you may in fact concurrently have, is because there might be something, vibrationally, about that civilization that has to do with the kind of life that you are living now, and the kind of things that you need to know, and the kinds of things you need to apply to your day to day reality at present. And so you make this connection for this life, and in drawing a recognition of that connection, assume that that connection represents an origin point – just because you are drawing energy from it in order to establish a certain idea in your present life. But different lives can have different connected feelings, and even though you may have a connection to one civilization in this life, because you feel that that connection is important for you to be aware of now, in another life, what you call a past or future life, you may feel that you have a completely different origin point, because of the kind of connection you have to make for that life, if any connection is necessary at all.

Now, all of this notwithstanding, multidimensional, temporal physics notwithstanding, I would like at
this time to address this particular question, "What is my origin, where do I come from?" ... in a completely different way. Because really, foundationally, there is one answer for all of you that is a little bit more precise than the idea of pinning down a concept of origin to a particular civilization or dimension of reality. You all really have the same fundamental origin and that origin is not really a place, so much as it is a state of being. Your fundamental origin is the state, the vibration, the energy you call unconditional love, joy, and ecstasy – that is your origin place. It is not the idea of a specific locale, it is a state of being.

The idea of feeling a connection to a particular locale, extraterrestrial civilization, dimension of experience, may simply be because that dimension in which you are having a concurrent experience, may be, to you, more representative, vibrationally, of your true original state of unconditional love, and allowance, and freedom, and creativity. And so you see it as an origin point because it may be vibrationally closer to that state of being – but that is your origin, the same origin for all of you, the same origin for all of us, and for all beings in Creation. The one infinite here and now that is represented by the unconditional vibration of allowance, of existence itself, that you are beginning to awaken to, are beginning to remember exists as your natural state. And that’s why so many of you are all of a sudden, waking up to that tone, that particular vibration, and looking for a place to pin it. Pin it here and now where you are, because that’s where it belongs, and that’s where it can do you, in a sense, the most good, because this is the life you’re aware of right now.

And we are not saying you cannot be aware of your multidimensional existences and integrate them and bring them all together. And we are not saying it cannot serve to explore in that way, but the idea will always come down to allowing that state, your natural state of open allowance and unconditionality to serve you now, to become the you you want to be now, in this life. Because the life that you are focused on here is the only life, the only time you’re going to experience this you. So, in bringing that state in, you are fulfilling your purpose and your mission in this dimension, just as by doing the same thing in any other dimension allows you to, thus, fulfill the purpose and mission of that reality, of that life, of that you, of that aspect of your totality in whatever dimension that may be.

So, this is the take, this is the angle, as you say, this is the way to use that idea of origination most profoundly in your day to day reality. As you say, bring it down to Earth, ground it and find practical and pragmatic application for allowing yourself to know that it is the essence of your mission to be, as fully as you can be, whatever it is you have chosen to be, right here and right now. However you wish to do it, doesn’t matter, as long as you feel that how you do it is a style and methodology that is representative of that state of being you know is your natural self.
Who Wrote the Shakespearean Plays?

Q: Did Francis Bacon write the Shakespearean Plays?
B: No, but there is a connection in the Oversoul to both of those individuals.
Q: Was Shakespeare with him?
B: Yes. But also it was a channeling of the collective Oversoul that did express itself as many other individuals, including the idea you understand as Francis Bacon.
Q: He didn’t directly write them then?
B: Well, physiologically he was the instrument, but it was in that sense a channeling. You understand?
Q: Shakespeare or Francis Bacon?
B: Shakespeare was the instrument. Francis Bacon was a part of the Oversoul collective that added to the knowledge bank that allowed the Shakespeare aspect to express that particular format of the Oversoul. Whereas, of course, the Shakespeare aspect added to the general collective knowledge bank that allowed the Francis Bacon aspect to express what the Bacon aspect expressed in your reality. They were interconnected, interrelated. They are one being as an Oversoul, with many different fingers in your reality.
Q: Are they still strongly connected and incarnated in the present day contemporary society?
B: Yes.
Q: Thank you.
Will you share with us the concept of the global brain as it will affect the planet earth in the next one, two or three years?

You are already a global brain; how does it affect your planet now?

Q: It seems to be in amounts of chaos in certain areas...

B: That is simply because you do not have the neuronic circuits of the pathways of the global brain all proceeding in the linear direction in the same way.

Q: Would you speak more on that for the next few years – what that might be, or what it might take?

B: Understand this: you have already passed over the threshold, or what we would call the flashover point, in that way, to allow the majority of your society to create harmonious accord. Even though every single person will still be expressing themselves – him or herself – as an individual, you will still be able simultaneously to express a harmonious accord in the general direction of how your energy is applied.

And as soon as you arrive at the point you call 2011 to 2013, that flashover point will kick in – in full force! – and you will be able to see a spontaneous explosion of synchronicity around the globe that will allow you to know you can get anything done, anytime, anywhere. You follow me?

You will know you are in full communication, in whatever way you need to be, with every other individual on the planet. And we do not just mean human. You follow me?

Q: Yes, I do follow you...

B: Then you will begin to function as a global brain, and what that means is the body of the earth, in that sense, will be able to move in unison, and its cells will not be in conflict; it will be self-supportive. It will crystallize, and within the ethereal-magnetic sea that will crystallize – your consciousness being embedded in that sea – then every ripple that any individual creates in that sea will be felt by every other individual and be responded to accordingly.

Q: Yes I follow you. The specific event that we had appropriately 9 of our earth days ago – are you familiar with the world meditation for peace?

B: Yes. It had a very large impact in creating a new gate, the opening of a doorway through which you have all now passed. And again one of the results of having passed through that doorway will be to see more and more synchronicity occurring in your life; more and more coincidence. Right place, right time, right people, right situation exactly when and where you need it.

Q: Approximately how many of us were involved – on this planet – in that meditation?

B: Including the idea of even a flicker of a thought regarding the meditation – which also has its effect – we perceive that it is in the neighborhood – and this, of course, can be our own point of view and how we perceive your energy – but from our point of view, it is perceived to be approximately 710 million.

Mmmm... that’s great! Thank you. That includes all of the flickers as well. Does that include cetaceans as well...
B: No.

Q2: I remember us discussing the idea of many different dimensions or levels of experience. I guess the idea seems to be that normally an individual would proceed from third to fourth to fifth to sixth to seventh, and so on.

B: That's how you think of it linearly from the third density point of view, yes.

Q: Is it possible to simply pass from third dimension to the twelfth without necessarily…?

B: In a sense, to some degree, yes. Because you already exist on every level there is to exist upon simultaneously. On the twelfth level you know this; on the third you may not.

But the idea is: is that on the third you can become whatever representation of that connection you need to be. You follow me?

Q: Somewhat.

B: You are not sure.

Q: I guess not.

B: All right. Allow me to ask you a question, if I may?

Q: Yes.

B: In your terms of linear thinking, in the way you have put the question, what would be your reason for going directly from third to twelfth, without experiencing all of the ones in between?

Q: Well (- - - —?) tithe is that my experience with the third dimension hasn’t been particularly enjoyable.

B: Then you will probably remain in the third dimension until you realize that it can be. The idea is that when you invalidate an experience you obviously chose to have, then you are not getting out of it what you can get out of it. And it will usually allow you to remain in that experience until you understand the reason for why you chose to be in it to begin with. The quickest way to get to the twelfth level is to realize that you can – absolutely and in every way, shape or form – enjoy the third. Does this make any sense to you?

it makes sense, arid urn – But you don’t believe it can be done?

Q: Well, I haven’t reached the point yet where I find limitations particularly enjoyable.

B: All right. But understand there are many different kinds of limitations. It is a form of limitation just to be focused in a specific way. Even in what you would call twelfth density there is still the idea of a particular awareness or focus that allows you to conceive of the fact that you are in twelfth density. That is still a type of limitation. Do you follow me?

Q: Yes.

Limitation, in and of itself, does not have to be inherently negative. You are simply buying into the belief system, or one of the belief systems in your third density reality, that all limitation is inherently negative – or that there can be situations that are inherently negative. But there aren’t.
No situation has any built in meaning. Whatever meaning you give to a situation is what you have been taught to give to that situation; it’s what you have been taught to believe that situation means. But no situation has built in meaning; no situation means anything. The meaning you give to a **neutral** situation – a neutral set of circumstances, a neutral set of props – the meaning you give to that situation utterly determines the effect you get out of it.

So if you do not find third density pleasant, then it is because you have been taught to believe that it is not. Only that belief – ONLY that belief!! – creates third density to be effectually unpleasant. Only that belief.

There is nothing built into physical reality that says physical reality has to be unpleasant. Just because it is a limitation in a particular way does not mean that you cannot soar with exuberance in third density reality.

And again paradoxically, since you obviously have chosen to be in third density reality, it is our suggestion that when you allow yourself to realize that you can become absolutely ecstatic in third density, that’s when you will have cognition of the fact that you already exist on all the other levels already.

And simply allowing yourself to know that will be the simple matter of shifting your perspective, rather than feeling that you have to climb your way out of some thick dark mire into which you have fallen. It is all point of view.

The idea – and perhaps this will be of assistance to you, if you are willing to absorb it directly into your heart. Pay close attention to the following definition.

Your idea – and we are speaking in general as well – of going from level to level to level, plane to plane to plane: that idea, that process, is simply the process of recognizing that you actually are the dimension itself that you previously thought you existed in.

So if you find yourself thinking that you exist in third density, think again. You ARE third density; you ARE the physical universe; the physical universe IS you.

When you know you are all that you experience the physical universe to be – you are in control of what it is you do experience the physical universe to be – then it will be heaven on earth, twelfth density on earth, in earth terms.

All levels align at a particular way of thinking, in a particular mode of thought. All levels align. All you have to do is realize that going from level to level to level is the recognition that you already exist as that level, and thinking of yourself in that point of view. When you allow yourself to operate as the collective totality that you are, then no one level will seem to be overwhelming – because you will be drawing on the totality of all that you are.

You are not cut off from yourself in twelfth density; you are always able to draw from all of the power, all of the existence, the totality of the spirit and the soul that you are. Then no one level will seem to be overwhelming, because any one level will seem to be a small fraction of the total being, the total creator that you are. You follow me?
Q: Mhmm.

B: And when you function in that way, that of enjoying where you are when you are there, living in the moment, living totally in the present is paradoxically exactly the way to allow for the future and all the levels to accelerate most quickly into your present experience. For you do not go anywhere; all happens within you. You bring those experiences to you – and even that you are not literally doing. Nothing in the universe truly literally actually moves or goes anywhere; it is all perspective and point of view – all of it.

Do remember this – and this also may assist you greatly when you allow it to sink into whatever portion of you it needs to sink into. And do not think you are not getting this; you are getting it on whatever level you need to. Relax within yourself.

But do remember this: any of the ideas of what many people in your civilization believe to be entrapment: “I’m stuck here; I’m stuck there,” is because you have been taught to believe that consciousness exists in the body.

It doesn’t. The body exists within your consciousness. There is a vast difference in the realization of those two definitions. Ponder that while you all enjoy a short break.

All right. Ponder that for a moment, then, if you will: that consciousness does not exist in your body; but that your body exists within the consciousness that you are.

The idea, therefore, is very, very unlimiting – very expansive. For you can recognize that what you colloquially think of as your body is but one focal point within the combined idea of the consciousness that you are – out of which is created all the physical reality you experience.

In this way, you can allow yourself to know you have much more mobility, in that sense, because you can always allow yourself to diversify your focus, disperse your point of view, broaden and expand the way you look at yourself; the way you look through yourself, the way you look through the idea of yourself that is expressed in body terms.

The body is immersed in the collective consciousness that you are. The body functions much like an anchor point for the prism that allows the white light of your consciousness to channel through, to funnel through that prism, and become the specialized spectrum of light – the differentiated spectrum of light – that creates the differences you see in physical reality. The prism is formed, as many three-sided things are, from the three ideas you call belief, emotion and thought.

Belief, emotion and thought form the ego structure that allows you to maintain in physical reality, to function as a physicalized form of your consciousness – or a physicalized representation of your consciousness.
Your personality as a physical being – your persona – is not literally who or what you are directly, nor totally, in that sense. It is, in a sense, an artificial construct; it is a representative of a particular idea that your consciousness is being, as an expression of physical reality.

So as that prism, as that cornerstone that you create your persona to be, you allow the white light, the homogenous oneness of your consciousness, to become focused into and through that prism, and display itself as the spectrum of differences that you perceive physical reality to be. It is simply one way of expressing yourself. And you do it because it is one way you can express yourself – because it is one of the ways that you can express yourself in creation, as an aspect of creation.

Remember this: each and every being in creation is simply all the different ways that Infinite Creation has of expressing itself as the creation that it is. But everything that takes place, takes place within the idea of the consciousness that you are.

Out of the consciousness that you are is created all experiences, so that any fragment that you create yourself to be may interact with, or interact as, to put it more literally. Any experience you are having is not happening to you, it is you happening as that experience. It is you interacting as the event of the experience. It is your consciousness intersecting the idea, recognizing itself, knowing itself as that particular event, or that particular experience.

You cause an intersection to take place between the self and the ability to reflect the self to the self. Self... awareness, in that way, is what creates all the experiences you have. It is, in and of itself, the ability – Self-awareness is, in and of itself, the ability to create experience in a seemingly – I’ll say seemingly – objectified manner. For there is no true objectivity; everything is a subjective experience. Objectivity is a tool; it is an attitude you can use to allow yourself to bring clear insight to many of the meanings of the experiences that you are, subjectively.

By the way, allow us to interject at this time that what many of you refer to – not that we care whether you use this or not – but what many of you refer to in any given situation as skepticism is usually thought in your society, to be a display of objectivity. Skepticism is not objectivism; skepticism is an already inherent belief and bias in a particular direction.

Contrary to what many of you think, skepticism is not what you typically call a true scientific trait. Objectivity is. Skepticism is a bias, and therefore it is an emotional trait, in that sense, and not truly what you would call scientific, even in your own terms.

However, recognize that all points of view are valid, since they allow the individual to determine the experience that they are being. And therefore allowing them to determine what experience they would
prefer to be, if they find that they are creating themselves to be an experience they don’t prefer. Or what experience they would reinforce if they find they are being an experience they do prefer.

But remember it can – as it did for us in our civilization – make a profound difference, in your recognition of your ability to create the reality you desire, if you will remember that consciousness does not exist in the body; the body exists in the consciousness that you are. And everything is malleable, and the things that seem solid are the things you believe are solid.

And only the belief makes them solid. Only the belief. Everything is energy; everything is malleable; everything is you – expressing the unique facet that you are of Infinite Creation.

Q: Does that mean that if I believed that this concrete were liquid, that I could slip down through it as if it were a...

B: Yes. And you will find that there are individuals upon your planet who are beginning to exhibit such traits. For example, what you call levitation; what you call bilocation; what you call teleportation. You follow me?

Q: Yes.

B: All of these are examples that you truly are the reality you create. And that when you rearrange the definitions, then the reality will also rearrange itself – instantly. It is only because you have been taught, and only because it has been truly ingrained within your thought structure that physical reality – as you have been taught to believe reality is – is the only way reality can be, that you very often do bang into a wall when you walk towards it. Because you have been taught to believe... because you have been taught to believe you need to believe that it is solid. It has served you to believe so in the past. But now that you are beginning to awaken to the fact that physical reality is only what you make it, now you can play around a little bit more freely with it – because you now know you are in control of it. You follow me?

Q: Yes. You made me think of an example I heard about at Stanford Research.

B: All right.

Q: They were playing with psychogenetic experiences of mind over matter. And they found that when they set up an experience that people were very familiar with – for instance, levitating a table in front of them – they had a great deal of difficulty. But something they knew only a little bit about, like moving a laser beam inside of a vacuum, they had a great deal more success.

B: Yes, because there is no expectation in the way. Quote/unquote: Everybody knows you can’t raise a table by levitation. But almost no one in your society knows what is possible or not possible with a laser beam. You follow me?

Q2: Yes. What would be a good way to re-sculpture one’s belief systems?

B: By getting in touch with what it is to begin with, and then redefining.

Q: Okay, so if you wanted to practice levitation, you would just...
B: One very appropriate way would be that if you do know – as we have discussed – an individual who already does it, go and be in that environment and mimic what they do. Because you can identify with them and create the same pattern that they create in their life, in your life. And then you will act the same way and have the same results. Do you follow me?

Q: Yes, I do. If such an individual isn’t immediately available, what would be the next best way to manliest...

B: You can attract one to yourself, if you feel you need it. And you can always use your imagination and attract to yourself whatever information you need to allow you to become such an individual.

We would recommend that a great deal of breathing in silent centering – breathing in deep and rhythmic patterns – will infuse your body with a type of crystalline energy that will allow you to arrive at the center point of balance, from which point anything is possible.

Q: I understand, but...

B: You will then, quote/unquote, lose your fix, on the reality you think of all the time and begin to accept more postulates from other realities. You follow me?

Q: Yes, I really do. Thank you very much.

B: Thank you. Sharing!

1
Willingness

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Great, fine, perfect...

B: We will begin this evening of your time with the idea of your crystalline resonance; crystalline vibrational frequency. As we have said before: each and every one of you, in a sense, is your own master crystal. Each of you is a harmonic frequency, signature vibration. Each and every one of you is a latticework, a matrix of energy, at the heart of which, in a sense, is a SPARK of the Primal Energy, the fundamental energy of creation.

That SPARK, in a sense, is your fragment, your facet, your portion of the recognition of the central doorway which leads to all other dimensionalities; which allows each and every one of you collectively to function as a single holographic consciousness, and at the same time to function as an individual identity.

Each and every one of you collectively thus forms, in this way, a single facet of a multidimensional, crystalline latticework, crystalline matrix, that, in and of itself, when combined may form a portion of another level and another level beyond that, beyond that, and on and on, into what you call infinity. Each and every one of you, however, contains, within the structure of the crystalline pattern, the crystal matrix that each and every one of you are individually, the entire, as you say, blueprint, the entire pattern, the entire template for all of the universes, the multiverse in that way.

Each and every one of you is a microcosmic representation of what you call the macrocosmic crystalline structure of physical reality as it takes its form from what we refer to as the primary fundamental template of universal consciousness. Consciousness itself is the template upon which physical reality is structured, in this way.

Thus, recognize that each and every one of you are a complete, let us say, genetic code for the entire universe, a complete template for the entire universe. And that is why, when you simply allow yourselves to recognize that you can be in touch with this primal crystalline frequency within each and every one of you, you therefore are able to recognize that you have at your immediate accessibility all of the information, all of the answers, that you need to understand yourself in this life you have created yourself to live.

And that it is all in the immediate present for you, in your immediate here and now reality. And thus, that is why you do not have to go reaching into what you imagine to be the distant future to extract information with great strife and great struggle; nor do you have to go delving into the dim, dark past, in this way, to dredge up from these bottomless pits some scant information that you are struggling to receive to understand yourself in the present.

Recognize that the only reason you can be in touch at all with the ideas of your so-called probable futures, and the ideas of any past you have created, is because both the future and the past exist with you NOW – in the primal energy crystalline matrix of YOUR reality existence. Thus, you are not really
journeying anywhere; everything you need is right at hand, so to speak, right within you, within the here and now. All the future, all the alternative presents, and all of the pasts are right with you now. Thus, allow yourselves to recognize one more time, fundamentally, that your ability to be cognizant of the primary signature vibration that you are, that represents your crystalline matrix, is what we have described and discussed with you to be the vibratory experience you call excitement. Excitement is your physiological translation of the primal energy that represents the path, in other words, the crystalline matrix in physical reality that you chose to be.

That is why you can always know and always trust that, if you are willing to follow, at any given moment, what it is in that moment that excites you, then you will always be automatically supported. For in following your excitement, you will be consciously trusting that you are on, directly on, and in synchronous harmony with, the path you chose to be in this life. And thus, you will allow, through synchronicity, all of the physical reality you project from the center of your being to be a reflection of the support that you require in exactly the right place and the right time, in order to allow you to continue to function as the idea you know you are being, by the simple act of acting upon what it is that does in fact excite you. You follow me?

AUD: Yes.
B: Sharing!

Willingness

1
The body of the humanoid species All right I’ll say did you enjoy your break?

Audience: Yes!

B: All right . . .

Q: Did you?

B: Recognize that for us or for me specially all I did was blink out and back in. For us time is not exactly the same as it is for you. I am simply continuing what appears to be for me a split second after I stop. You have had an interval of time in between. But this is simply par for the course when you can be more flexible with the concept of time and space. I am now continuing, knowing that the continuation must simply by definition arrive at the appropriate timing on your planet. Even though for me I am just going on. You understand?

Audience: Yes, yes.

B: Now then let go back a little bit to the chart where you see the concept of the Chakra alignment, as you will notice that the drawing shows the extension of the hand out to the side 90 degrees to the alignment to the alignment of the Chakra system. Well many, many different kinds of thing happen with electromagnetic energy when you have an energy moving 90 degrees to the original field. New kinds of vectors and fields are created, new kinds of effects are generated when you have fields crossing each other in this manner.

So what you can see first of all through the illustrations is that the body of the humanoid species has been design in such a manner that it’s appendage for manipulation called the hand is the portion of the body that has the ability to extend through all the other Chakras systems of the body. It can reach down and can reach up and align, up and down, to the foundation of the source and pass through all the other energy points of the body. There is a reason for this. The idea is again as we have said, that when you intersect one energy field with another energy field in that way you cause different effects. For the purpose of aligning intention, for the purpose of directing different kinds of energy, different frequencies and qualities and flavors of the one energy passing through you into discrete differentiated kinds of energy for different tasks. The hand is the instrument of choice for this in the humanoid form. It is also representative of the five-fold extension of the humanoid body of the sense of the head, two arms, legs coming out of the torso. Five being the number of humanoid form in that sense. Also there is the polarity existed I the right and left hand. What you call positive and the negative. The assertive and receptive, the outflow, the inflow and when you bring these polarities together you complete the circuit of the alignment and the flow out this way and truly go into a centered and balanced state, where you can access the totality when you blend the polarities within, especially within the area of, again, your heart Chakra. No accident that the hand, the line generally speaking, over the heart in that general area. This is way this is the stance that the pose called prayer. You understand? The hands come together in
WORKSHOP: PART I – "BODILY ALIGNMENT"

B: All right, I’ll say, how are you all this day of your time, as you create time to exist?
Q: (Various answers)
B: Welcome. We extend to you, first of all, our deepest appreciation for your willingness to co-create with us this day of your time, whatever day that may be, does not matter, this interaction, this expansion, this acceleration; this realization of your own self-empowerment. And we extend our appreciation in allowing us to reflect back to you that each and every one of you, individually and collectively, are quite capable, by definition, simply because you exist, of creating the reality you desire... the reality you prefer.

First and foremost, you are always creating the reality you believe, or have been taught to believe most strongly is the reality that is the most likely reality you are capable of imagining can occur in your lives. You are always creating your reality.

This workshop, as you call it, is not about the idea of teaching you, in a sense, to do something you are not already doing. You already have absolutely perfect commandment over the creation of your reality, because each and every one of you are gates, channels, valves, through which the energy of Infinite Creation flows to manifest as the idea you know to be physical reality, and the experiences contained therein. But as the society you have created yourselves to be, for many tens of thousands of your years, you have bred out of yourselves the realization that you are creating your reality, so that much of the creation of your physical reality is unconscious, as you use that term.

The idea of our interactions with you, and the interactions of all levels of consciousness with you at this time, is to awaken you to what you are already doing. So that when you become consciously aware of the fact that you are already creating your reality, you can then know that you are already in control and, therefore, you can create the reality you prefer to create; rather than creating realities that you do not prefer by allowing your unconscious fears, doubts, and guilts to attract those realities for you.

Now is the time and the timing for each and every one of you to wake up into the realization that physical reality is simply what you dream it to be, what you imagine it to be; and that, literally speaking, physical reality is a dream. We do not mean by that phrase to invalidate its existence. On the contrary, what we are saying is that while what you call physical reality is an illusion, all reality, all ideas that you call reality, are simply the construct of the perceptions initiated by what you have been taught to believe, at any given moment, is true for you.

The truth is composed of all truths. No one truth is any more real than any other truth. Each truth that you choose to believe in at any given moment still brings with it, automatically, because you are automatic creators... will bring with it a self-perpetuating, self-sustaining system or logic that will make it seem as if the truth you are living at any given moment is, for that moment, the only truth there is. By definition – for you to be able to experience in a focused way, any particular truth at any given moment – by definition, you must exclude 99% of all other methods so that you have the ability to focus on the one particular method that for you, at the moment, works.
When you discover, when you change, when you incorporate new ideas into the being that you are, and your beliefs and emotions and your thoughts change accordingly, and you discover “new truths,” as you say, this does not mean that the old truths are now wrong, and that your new truth is now more right. It simply means you’re different. You are on a different frequency, a different vibrational plane, and you now attract into your life the truth that represents who you are; the truth that works for you now.

Each and every being, each and every truth, each and every path, each and every method, is a different way that the Infinite Creation has of expressing itself, through the creations, all of us, that it is. So all beings are simply all the different ways that All That Is has of expressing itself within the creation that it is; and there is no one way that is better than any other way. If there was only one way, there would only be one person. All of you look around – you are surrounded, infused, and interlinked with all the different ways that creation has of expressing its relationship to itself. You are all reflective mirrors, reflecting for each other in love, light, and unconditional trust and service, all the different aspects of the beings that you are. So that you can see, in the many ways that people express themselves, all the different options of all the ways you might choose to express yourself; to explore, expand, and add to the understanding of yourself as a co-creator.

Now, this day, this so-called day of your time, again, no matter what day it is, it will not be the same day when we finish this interaction. You will not be the same people when we finish this interaction. Now, many of you may hear this phrase, "You will not be the same people" and you will think, "Oh yes, I will have changed;" but many of you may take this phrase very philosophically. "Well, yes, I may not act the same, I may have different ideas, different attitudes, different habits, different behavior patterns, but of course I will still be the same person." No. A person is not literally who or what you are. A person, in a sense, a persona, a personality, is an aspect, an artificial construct, natural in one sense, but it is a projection of an idea, an aspect of the total energy, non-physical, conscious being that you are.

So when you change the idea of what you are, at any given moment, you literally become, literally become, a different person. You may think you look the same. You may think you have many of the same traits that you used to, but you will no longer be the you, you used to be before this interaction. You, the new you, may wish to create a degree of continuity, so that you can still function in the Earth reality game for a while – to allow those around you to relate to you in semi-familiar ways, so you do not have to, in your terms, start from scratch; but you will not be the same person, literally.

You will have redefined yourself and any redefinition, any change in any of the variables of the energy equation you are, changes the whole equation in much the same way that if you have a cube, all sides being the same color, and you change one color on one side. Well, yes, you can say, "But I have only changed one color on one side. Only one side is different. The rest is the same." But understand, as a total concept, the whole cube is a new cube.

You will discover, by what you would call the end of this interaction, whether you are participating, as you say, live, or whether you are in this way utilizing your media format, watching your tape, that you will, in participating, be in the interaction as live as anyone. The energy at any given moment is always
recreated in that moment, absolutely, for the first time. It is never a repeat. It is always new because you are never the same. You are never a repeat. You are always new. Every moment is a new moment. As you redefine it, you redefine the entire universe.

So we will have spent many days here this day, and you will be many people this day. And, at the end of this interaction, which will not be an end, and not even a beginning, but an on-going, you will have stepped through a doorway, through a threshold, and you will have firmly entered a new level of acceleration, a new energy state that will assist and propel you in the directions you prefer to create in life. Experience is the key. You live in a world of physical action.

What we are supplying in this interaction, if you will, is a kit, a kit of simple tools. On your journeys you may use these tools anytime, anywhere, anyway you wish. They are malleable on purpose. During the exercises and techniques we will share with you, if for some reason your imagination chooses to interpret them slightly differently or grandly differently than the way we are suggesting by the visualizations we will supply, it is all right. You know what you are doing. We believe you know what you are doing, even if don’t choose to think that you do. For the timing of this interaction, grant yourselves the benefit of the doubt and believe that you know what you’re doing.

If anything should change, let it change, knowing that the change is a part of the path you are, not an interruption in it. In your meditations this day, these days, of your time, if you should hear sounds, feel, see ideas; do not think they are distractions. Add them into your meditation. If something occurs... a sound, an idea, it belongs in the meditation. The universe does not do extraneous and pointless things, and neither, really, do you. There is nothing that cannot be applied in a positive direction if you are of that attitude, if you are of that mentality. So incorporate anything that the old you might have termed a distraction into the meditation, and the more you add, the more energy will be there; the faster it will accelerate – and the more ecstatically explosive you will become.

We will begin. Allow yourselves, in whatever format, to become comfortable.

The first tool will be that which deals with bodily alignment, and the concept that you call health of the physical form. We will begin gently, ease you into the idea, so that you can remember that the basic format for any such meditation, any such endeavor, is that you have fun... that you enjoy. And as you lighten up upon yourselves, you will automatically attract into your lives all the enlightenment you require. We will keep it simple so that you have an opportunity to remember that life itself is very simple. Can be very profound; but still, very simple. It is the simplicity that allows it to be so profound.

If your society has created one main difficulty, it is that you do not believe life is simple, and not difficult; and that is your deepest difficulty. That is all you really need to know – that the simpler you allow it to be, not make it, not force it, but allow it to be, the more sense and clarity all the experiences in your life will carry for you. The more understanding will be there.

So as we begin to familiarize ourselves with the aspect of your being that you call your body, take three deep slow breaths, at your own pace, at your own rate. And while you are relaxing, while you continue to breathe in a relaxed and gentle manner, allow all ideas, all notions of discomfort to rise and bubble to
the surface. And allow yourselves to breathe them out. And as you breathe in, drink in the sparkling pure clarity of the essence of life, light and breath. For in simply breathing you are energizing and oxygenating every cell of your body, balancing, returning to the zero rest point of your natural creatorhood.

And before we begin this technique, this visualization, remember, through this exercise and all techniques, whether they come from us or not, that you are always the ones, with your imagination, that will alter and define any idea for yourself, using your energy. So it is you that is creating all the feelings you will feel, all the effects you will experience. It is you, not me. It is you, your energy. And also, remember, that your spirit, that which you think of as your spirit, is not literally in your body. Your body is your spirit in physical terms; so you are dealing with spirit right now. You are using spirit to accelerate yourself. Your bodies are not prisons; they are not traps. You are not confined, literally, within them. The idea that you may experience, from time to time, of moving in and out of your body, is an interpretation of consciousness in physical terms, because, as a physical being, you have no other way of expressing the concept of that expansion, except to go beyond the border of what you typically think is your physical form. But your body, your body exists within your consciousness, not the other way around, so melt into, float into, relax into the consciousness that you are.

Three more deep breaths; and as you breathe, begin to imagine, begin to feel, begin to picture, begin to visualize, in whatever way, shape or form is perfect for you, your place of perfect peace. Imagine, if you will, that you are lying on grass on a hill, in a field of flowers, floating on the water, floating at the bottom of the ocean, floating on a cloud, lying on a rock, lying on a floor. It does not matter where it is. It does not matter when it is. It does not matter if it fluctuates or stays the same. For now, these things do not matter. Simply recognize its signature vibration.

You are constructing, effortlessly, your place of perfect peace. Be there now. Examine it. Float in it. Familiarize yourself, once again, with it. And, most importantly, grant yourself permission to deserve to be there, no matter how ecstatic it gets. Don’t let yourself believe you don’t deserve that degree of ecstasy. You do. Anything you feel, anything that comes to you that represents ecstasy, joy, sense of fulfillment, if you didn’t deserve it, it couldn’t be felt by you. So enjoy for a few moments, just enjoy all the sights, the sounds, the smells, the tastes, the touch of the place that is your place of perfect peace, harmony, beauty, love, warmth, coolness, clarity, light, the tingling of enjoyment, the tingling of knowingness, the excitement of the potential within each and every one of you.

Let yourself use all of your senses. If you are lying on the grass, feel it under your body. Smell it. Feel the breeze; hear any and all sounds that drift to you upon the wind. Taste the air. Smell the smells that float to you, the flowers, perhaps the trees, if they are present. The tang of the salt water of your ocean, if that is present, anything and everything that is there. The sweetness. The souness. The salt. The thickness. The thinness. The liquidness. The solidness. Use all of your senses. Be truly there. And again, remember, your imagination knows what it is doing, it does not have to make sense to your analytical mind, it is what needs to be. Let what you are experiencing be what you need to experience.

And now, imagine around your body to appear a bright, clear, transparent, sparkling, crystalline blue energy sphere, extending anywhere from one foot to three feet above your head, one foot to three feet below your feet. If you are lying on the ground, imagine the sphere goes through the ground under you, so that your body is floating in the middle of the sphere. No matter where and when you are, the sphere contains you.

Now, imagine this sphere is not hollow, no; it is filled with this liquid, blue, electrical, magnetic light. You breathe in this light into your lungs... and out. It is invigorating. It is soothing. It is cool. It is warm. It is the total electromagnetic potential of your mentality, of your body, of your spirit, of your soul, expressing itself in physical terms.

Breathe it in, this ethero-magnetic, liquid light. Breathe it out. As you breathe it in, feel it extend beyond your lungs, leaking into every cell, coursing through your veins, your arteries, pumping through your heart, refreshing your mind. All your organs are awash with this blue electromagnetic light, and you feel all the ideas of doubts and fears and particular impurities dislodging themselves, floating in this stream of fluid, and as you breathe out, they are expelled. Washed into the sphere, and dissolved in its electromagnetic vibrancy. Dissolved, and by osmosis, it goes from the fluid within, through the shell of the sphere, and is expelled in the blackness beyond.

The more you breathe in, the more you dislodge. The more you breathe out, the more you expel. These things are not so much really going anywhere. You are not getting rid of anything. They will still exist; but you are diffusing them so that the totality of your being can be of assistance in absorbing, diffusing, spreading the effect, until, to you, in your focused reality, the effect of the existence of any negative ideas is absolutely minimal. You will not feel it because the whole supports you with its energy, and no one specific, negative idea will overwhelm the idea of you as this physical being. They are dissolved; they become transparent, a solution dissolving in liquid light. Clear, crystalline.

Now, begin to envision and imagine that your bodily form is becoming, with each and every breath, more and more transparent; that you are beginning to see this blue fluid through your body. Allow your body itself to dissolve, so that there is no one particular area within the sphere that your body exists; but that you are now composed of the energy of the sphere itself. It is all the total energy of the sphere, beating as one heart, breathing as one lung. It is pulsing in and out; in and out. No one area of the sphere stands out more than any other area. You are one pulsing, rippling, beautiful, blue, flame-like electromagnetic, ethero-magnetic sphere of crystalline quality.

Simply know that, even though you perceive all of your senses to be there, each and every one of your senses – touch, sight, hearing, taste, smell – now is a sense of simple knowingness, and that the whole sphere that you are encompasses all the senses. Your senses are not relegated to any one particular portion; all the sphere senses all the things about your place of perfect peace; you feel as a whole being. You know green as opposed to seeing green. You know a smell as opposed to having it filter through your nostril. You taste with your entire form. You hear to the very depths of the fluid within the sphere.
You touch, with your consciousness, everything, everything that is within your place of perfect peace. It passes through you and you know it, because it is you and you know it.

Now, imagine, at the very center of this sphere that you are, a small seed crystal has formed. It is a single cell, pure and brilliant. Clear and perfectly formed. It is a cell, which multiplies into another, and two, and four, and eight, and sixteen, and thirty-two, and sixty-four, and it grows and multiplies and grows, and grows at a rapid rate, at a comfortable rate. At whatever pace is appropriate for you. And you allow it to grow into a new body. And this new body is composed of the pure, homogenous energy of liquid life. It is all in perfect relation. Every atom, every molecule, every cell is perfectly, crystallinely aligned. You are a new blueprint, a new template. A new matrix of energy upon which a new crystalline body is forming, is growing. You are born anew. Your heart is a crystalline hammer of electric light, sparking and flashing and coursing electricity through your veins to every cell. You are a being, truly, of light, of energy.

See your new body and know, once again, that your body, your new body is truly representative of the spirit, of the consciousness, of the soul that you now are willing to know yourselves to be. Feel, as you felt with the whole consciousness, feel with this body in that way, so that you see and hear and smell and taste and touch with the whole crystalline body. It is you. You are it; it is within you. It does not contain you. You contain the idea of this body: this purified gate, this purified channel, this purified conduit, which has no resistance to the energy of your consciousness channeling through it. It is a crystalline hyperconductive body. It is utterly transparent to the white light of creation.

You are the translators of this white light from other dimensional realms, other frequencies, through the clear prism that you now are, into the brilliant and balanced spectrum of your physical reality. And know this beyond a shadow of a doubt, that since you are transparent, you no longer contain shadows, no place to hide anything, for there is no need. Everything now that you could discover within yourself, can be applied to the positive understanding of the being, the crystalline being that you now know yourself to be.

Each and every time you perform this technique, you use this tool, bit-by-bit, step-by-step, quickly or slowly, at whatever rate you are most comfortable with, you will create, each and every time, your body anew. More and more and more will it be representative of the pure, clear, crystalline channel of All That Is that you now know yourself to be. Feel the lightness, even though crystalline, the flexibility, the suppleness, the super-conductivity of the new body you have created yourself to be... you have created yourself to express yourself to be. Feel it, and now take three deep breaths with that body, and allow the energy sphere to now expand and dissipate, and fill your place of perfect peace. It may no longer be visible on all levels; but your new body has the capability of seeing it, of sensing it, of knowing it is there. Hypersensitivity does not mean negative vulnerability. Does not mean weakness. Does not mean you are extended too thin or too far. It is an expansion of strength; it is a recognition that you are all that you perceive, within your place of perfect peace.

Now, simply, within your visualization, once again, look around at your place of perfect peace through
the eyes of the now body. Notice the differences. Notice the similarities. And celebrate and rejoice your new birthday!

And now, as you form your place of perfect peace around you, to begin to take on what you used to typically call your day-to-day world, as you slowly open your physical eyes, recognize that with your new-found senses, the room, the people, the outside world, is no longer as you used to think it to be. It is your place of perfect peace. You can still use all of your senses to involve yourself in the life that you have created around you. Nothing in the world around you is an interruption in your life. You are a new you. It is a new day. Good morning.

Allow yourselves, in the positions you are now in, to simply stretch physically. Feel your new body. For it is a new body, regardless of what you may think is an outward appearance. It is not the same body. Feel the new flexibility. Sense the new flexibility and it will be the reality you will begin to experience from this new day, this new moment, for all time to come. How do you all feel so far?

AUD: Great. (Various answers)

B: Welcome to this new day. Allow yourselves to become comfortable. Allow yourselves to extend the comfort you discovered in your place of perfect peace. Allow yourselves to be literally, the idea of relaxation. The idea of comfort itself.

Now, we will, in this technique, this exercise, the first exercise of this new day, incorporate, as we will later on in another day, another exercise, the use of the fears that many of you are used to using. We will let you experience the negativity. We will allow you to reinforce it, and build it up so that you can learn to transform it, not by ignoring it, not by running away from it, not by denying it; but by using it in a positive direction. So while this exercise may seem to contain what you might generally refer to as a violent approach, you will understand that you will learn and be learning to use all your past negativity, and apply it in a positive way and transform it into positive light and life.

So, at this time, close your eyes. Relax. Take three deep breaths and recreate, all around, your place of perfect peace. Allow yourself to drift, allow yourself to see your body, your new body, in your place of perfect peace. Now move your consciousness towards your body. Dive into your body; allow your body to be all around, let the cells, themselves, become enlarged around you. You are now going on a journey through your body. Let yourself be standing in a tunnel that is built out of the very cells of your body. See these cells almost like little glass bricks, if you will... each transparent, each with the very spark of electricity and light at the very center of each and every cell; but they are also, if you wish, pliable, moist, soft, vital, vibrant and alive. They are living; they are conscious. They are beautiful reflections, in their glassy surfaces, of you standing among them, thousands upon thousands of reflections of you standing within yourself, looking around.

Now, you look to one side. There is something different here, you say. And you go closer for a better look. Some cells are not glassy; not reflective over there. They are different somehow; they are, for some reason duller, more like charcoal, graphite. They do not have the luster or the sheen. As you approach them, you stop. You do not get too close. You feel a malignancy from them. It can be, if you
wish, the idea of a disease. You recognize that they represent disease. They can simply represent doubt. Whether or not, at this timing, you believe you have disease within your body or not, allow yourself to simply envision these cells for the purpose of utilizing the tool in a transformational way. They can have any idea of fear, any idea of negativity, any idea of doubt that you have ever experienced in your life. But these cells are turning the cells next to them from clear to opaque, to milky, to muddy, to dim, to dull, to lack-luster, to death. The very energy essence, the brilliant spark becomes a dull red ember and turns to darkest ashen black. And you recoil from this. And you ask, "How is this possible? How can this be changed?" How can I reverse what is going on?" And you hear a faint echo calling you from up the tunnel...somewhere up in the distance.

And so you walk up the tunnel that is formed by your cells, and you walk up and up and up, and you rise higher and higher, and you look back down the tunnel, and you look up again, and as you look back again, you realize that the tunnel ends in a large cavern, and you walk into this large cavern. The cavern is made out of cells, circular in fashion; you are inside a hollow ball. And all of a sudden, you realize this hollow ball is at the center of your brain, and that the tunnel you have been walking up is a tunnel in the very center of your spinal chord! You are standing on the threshold of all that your consciousness becomes when it is translated through the gate, this door...your brain, in physical terms!

And you look, and in the very center of this chasm, of this cavern, is a dark spot. It is actually a hole, you realize...a window, a door, a gate into space, into the infinite dimensions of all reality, and it opens. It widens. It takes your breath away as you peer into the infinite depths that have always existed within you; and you are now, perhaps, surprised and awestruck to find it at the very center of your being! And at the very center of that sphere of darkness, within the cavern, is the brightest, hottest, star-like spark of incandescent light you have ever imagined in your life! It should sear your eyes, but it doesn’t. So bright it is, yet it is an astral light. But it is the brightest light you could possibly imagine existing, and it is there, at the center of the sphere of blackness, at the very center of your brain.

And all of a sudden, a realization washes over you, a dawning. This is the very link to the source of All That Is, the source of Infinite Creation. This is your spark. This is you. This is the connection to Infinite Creation. It is the manifestation of you as a God Thought. It is the crucible. It is the furnace. It is the laser that determines the shape of space, the shape of time. It is the irresistible creative force itself. And you turn away, and you look back down the endless hall...down your spine...and your mind, with your new sense and your new body that is aware, that knows that down there are those dark and chalky charcoal cells. And all of a sudden you realize what you are capable of doing! And you begin to stand straight and tall, and to feel the pinpoint of white heat at your back grow and expand, and you begin to feel the warmth between your shoulder blades, the back of your neck, piercing you, filling you with energy – with realization. And you feel the doorway. It is not yet open; but you feel the doorway in your heart, in your chest, in your breastplate, in your solar plexus. And you know that if that doorway opens, all of that potential light that you feel sinking and seeping into your back will be unleashed down that corridor. And you feel it building in your shoulder blades – an infinite amount of heat and light, an irresistible force.
And so, with your imagination, to all the cells that are still healthy and whole, you pulse an electric instruction... an electromagnetic alert. And that electromagnetic wave courses, like a ripple, down the tunnel, and where that wave passes all of the clear, glassy cells become mirror-like reflections with a slight concave, dish-like surface. They are absolute, perfect mirrors, shining with brilliance, reflecting all the other cells in the tunnel except the ones that are chalky and dark. And now, you send a second pulse down the tunnel, a ring of electromagnetic instruction. And where it passes, the cells, in receiving their information, slowly turn and all of them, one by one together, face the dark, lusterless, charcoal, graphite cells. The very center of the dish of each and every mirror cell is pointing directly at the cluster, the very heart of the cluster of the dark and dull and lifeless cells. And the mirroring of the cells stops the progress of the dark cells. They are now confined, confronted with their own reflections in the cells around them. They cease to expand. They are frozen with the very fear that they use to kill.

And now, and now... you feel the intensity of the spark, of the star, of the nova behind you, growing in brilliance, growing in...

(Tape 2, Side 1)

...Let it build and build and build and build until you can stand it no longer, and you allow, now, the gate and the door in your chest, the aperture, to open! And a brilliant and blinding white hot, laser-like beam of light shafts all the way down the corridor! Shoots and relays and bounces off, sparkles off, every single reflective mirror! And all of them are focused with white-hot intensity, white-hot commandment upon the cluster of the graphite cells! And they are exploded into brilliant white flame and heat, and reduced utterly to ash and dark red, dull, dying embers of ash. And you switch off, and allow the star behind you to recede a bit. You still feel the pulse of its warmth; but you have closed the gate of your chest.

And now you look down the corridor and you see, reflected back to you, by all of the mirror cells, the reflection of the powder, the ash, the white ash, where the dead cells used to be. And now, you allow the darkness around the star behind you to begin to seep into your shoulder blades with a coolness; and you open up your solar plexus and allow a wash of energy to cascade down the tunnel and wash the ash, pick it up and carry the ash away. And that coolness that liquid, that blue-electromagnetic energy fills the spaces, fills the gaps where the dead cells used to lay; and out of that liquid, out of that coolness, new cells form, and all the cells turn back to glass, and you have a clear and glassy tunnel.

And down that clear and glassy tunnel, the liquid washes and dissolves the ash, and this ash will be eliminated from your body through your pores, through your processes of digestion. All that was toxic within you now washes out in a sweat, in perspiration, in an expulsion, so that you feel the invigorating coolness and exhilaration, the lightness within you. And you close the gate; but it always remains pliable, “open-able,” not shut in a rigid manner. Flexible. And you turn back to face the dark sphere with the star, and you extend your unconditional love and joy and celebration at the clarity you have discovered, at the clarity you have created. And the recognition and remembrance that that spark and that star is there for you always, and that it is your interface with Infinite Creation itself. And you allow
the blackness to close a bit, just to recede a little bit. To go back to a comfortable level that will still allow all the light and knowledge to come through in an unimpeded and effortless way.

And any time you so desire, you can open up that iris and allow that brilliant spark of light to shine within you, and illuminate all within you, so there remains no shadow, no doubt, no fear, no guilt, no disease. And you thank Infinite Creation, and you thank yourself, and you feel the love and the clarity and the certainty and the integrity of the cellular structure, the crystalline structure of the being, the new being, born this moment... born this day. And you expand to fill the idea of yourself and merge back into your daily reality.

Three deep breaths, and open your eyes slowly, gently, lovingly; feeling the new life and light in your veins; and knowing that all of the ash of former doubts and disease is washing through and out of your body. Lightening you up. Acceleration. Washing you clean.

How do you all feel?

AUD: Various answers.

B: For a few moments you may stand and stretch. Feel the pliability, the clarity, the vibrancy of the new body that you are. And as you do so, we welcome you to this new day. Good morning!

AUD: Good morning.

B: Take a few moments and get used to your new body; feel the effortlessness of it, the suppleness of the joints, the flexibility, the creativity, the beauty, the mastery. You are your own master crystal. Shine in the light of the new day and let that light shine through you and fulfill you.

Relax. Be seated. Lay down, if you wish.

END PART ONE
Q: This is my first time meeting you. I’m concerned with world peace.
B: CONCERNED with world peace.
Q: How can we, how can we create, to use your terms.
B: Yes.
Q: How can we create, or recreate... has there ever been a time when the world was not at war?
B: Yes.
Q: That’s one question, and the other is how can we then recreate that time?
B: Thank you. It is very simple, act like your world is at peace. LIVE in peace within yourself first, then you, as an individual, will set a shining example for how other individuals may be able to choose to live as well. ONE individual makes a difference, and the fundamental idea that we have shared with many of your individuals, many times, let us say, to render it down into a basic formula, if you wish: You do not get peace by hating war; you get peace by loving peace. Therefore, the idea is if you know that peace is the way you wish to live, then live as if that is the only way there is. When you place judgement upon what is happening in your world, you are reinforcing the idea of all the negative occurrences. By being worried about them, you are sending them reinforcing negative energy, because what you are doing when you WORRY about the negative is you are saying you believe it has more ability to be more powerful than peace. So you are WORRIED that it will get the upper hand, as you say. When you simply KNOW that peace and harmony and the vibrational resonance that goes along with it is the most powerful vibration that there is, then you will amply recognize that you, as an individual, are as powerful as you need to be to have anything you desire without having to hurt anyone else to get it. And, therefore, you can radiate this belief to other individuals who then, if they decide to, can also choose it or their own right to share that similar belief with you.
All that is necessary is to begin to reflect to the individuals in your society, and to teach them that EVERY INDIVIDUAL is already complete, has already ALL of the power and the abilities that they require to have anything they desire without having to forsake their integrity and harm someone else to get it.
Recognize this. When you observe the idea of the warfare over ideologies going on on your planet, view this understanding: an individual who TRULY BELIEVES in something doesn’t have to force that belief on anyone, for they know the belief, in and of itself, is worthy of merit and manifestation. Therefore, recognize that if you find individuals and /or societies, and/or governments, and/or religions, and/or any other sociological system in your society, forcing a belief on someone else, they obviously do not believe in the power of that belief themselves. (AUD: laughs).
That is our suggestion to you (garbled) peace, is to teach your people that; but not that they have to choose to understand you, or believe you, but simply that you are willing to function as a reflection of
the fact that you know that peace IS power, in that way, and the granting of EQUALITY and validity to all. UNITY, unity is the product of the granting of equality and validity to the infinite diversity within creation. In other words, there is no one way; there are many ways to recognize one’s relationship to All That Is. If there was only one way, there would only be one person.

Therefore, it is in recognizing that every individual has chosen what they have chosen because they are learning what they think they need to learn. By granting them the right to do so, you then reflect to them an opportunity that you believe that what they are doing is right for them. At the same time, along with that message, comes the polarity message that since I am supporting you just the way you are, you now have the opportunity to see reflected from me an opportunity, now that all choices are equal, to choose what reality you prefer to choose. Do you follow me?

Q: Oh yes.
B: Does this assist you?
Q: Well, not exactly.
B: Why not? Is it not what you expected?
Q: Because, because what you are saying, no, what you are saying is that we are all in total control...
B: Yes.
Q: I can’t quite agree with that.
B: Oh, but you are anyway. (AUD: laugh). The idea is simply that, because your society has made a determination, as you call it, so many thousands of years ago, so long ago as you count time, to explore every single nook and cranny of limitation, separation, and judgment, the idea that comes along with the decision to explore limitation, separation, and judgment is the fact that you have forgotten that you have chosen to do so.

Therefore, it is only the fact that you have forgotten that you chose this exploration of limitation, separation, and judgement that does not let you think or remember that you are in control, even when you create situations in which it seems you are out of control. But you are in control of creating that situation. Now...

Q: Of creating the out of control situation, is what you’re talking about?
B: Yes. Yes. Your physiological situations are the product of what you BELIEVE and/or fear (which is a belief) that your reality is. The idea that if you FEAR something will happen is the same thing as saying you believe that that is the most likely occurrence, therefore, that is what you attract to show you synchronistically that that is your strongest belief. Those situations come into your life to afford you the opportunity to recognize that you have that belief, and if you don’t like it, change it. Then you know you are in control. The universe does not do pointless things. (AUD: laugh). There are no ultimate victims in that way.

Q: The universe may not do pointless things...
B: You are a part of the universe.
Q: people do.
B: No. Not really. Again, the idea is recognizing that everything you create has a reason. It may be only for the reason to show you that you do not like what you have created, and therefore, can choose something else, but that’s still a reason and it is not pointless. It is up to you to understand that you have that ability.
Let us render it down to the, let us say, most basic common choice. You have the choice, as you say, to believe that you do in fact create your reality or to believe that you do not. If you choose to believe - and it is your choice to do so – that you do not create your reality, then every single thing, including this conversation, is absolutely pointless because, at any given moment, according to the belief that you do not create your ability and are not in control of it, anything could occur to wipe out anything that you try to do. Therefore, you might as well do nothing. If, on the other hand, you do wish to do nothing, you might as well believe you are in control, otherwise doing something is pointless. (AUD: laugh).
That is the most basic common denominator we can create for that scenario. You either know you are in control and know that you can have an effect, or you believe you are not in control and therefore, why bother.
Q: You’re saying in control of your own life, right?
B: Yes.
Q: What about things that are going on elsewhere?
B: But you have chosen to interact with these things, and the idea is that, while you can project yourself into a reality where you have the ability to recognize that these other choices are going on all around you, they don’t have to negatively affect your life.
Q: OK. So I can see from them that that’s not what I choose.
B: Correct.
Q: That’s what I prefer.
B: Correct. And therefore, by being fully the being you chose to be, you can, therefore, set the strongest, brightest, and fullest example to them that they have an opportunity to choose something else, which they can see in you, if they don’t prefer what they’re doing.
Q: What if they don’t choose to?
B: That is up to them. Do not forget one thing. EVERYONE is eternal. You are indestructible forever, therefore, what’s the rush? (AUD: laugh) There is no need to worry ultimately about anyone else because if they "choose not to do it this time," they may choose to do it next time. And they have an infinite supply of next times. (AUD: laugh).
Now, the idea is simply deciding whether or not you want to wait that many next times or choose to do it now. That is all there is to it. Therefore, if you take the pressure off of your need, YOUR NEED, to have them make a decision that’s all right with you, then you will fully grant them the true ability to choose to change their minds.
As long as you think they MUST change their minds, in order to find benefit in the situation they are living, you are only reinforcing that the reality they have chosen is, in fact, something worth less than your reality. And you’re only supporting their choice of negativity and reinforcing it by judging their situation to be worth less than yours.

Q: OK. If man is eternal, a nuclear . . .

B: And woman.

Q: And woman. (OTHER AUD: laughs). The generic.

B: Yes.

Q: OK. If the human being is eternal and goes on forever and ever . . .

B: Not the HUMAN being.

Q: All right.

B: The idea of your consciousness, things besides human.

Q: All right. OK. I’ll accept that. Then a nuclear holocaust really doesn’t matter, does it?

B: Not in an ultimate sense. However, the idea, simply again, is that you have the opportunity to recognize that that particular type of physiological annihilation will co-create imbalances in many dimensional rifts and will not remain, as you say, in your own backyard. Therefore, the idea is simply that is the ONE manifestation you will not be allowed to manifest at this time, because you are too closely connected to many other civilizations at this time. You may annihilate yourselves in any other way, (AUD: laugh), as long as you keep it to yourselves. (AUD: laugh).

Now the idea is, again, that we are not here to run your lives. It is, in a sense, the only exception that is made, simply because it affects more than just your immediate sphere of influence. HOWEVER, it is our perception and the perception of many civilizations, as we read the energy of your mass consciousness, that you have already, as of, what you call, five to seven of your years ago, decided en masse, though it may be mostly unconsciousness at a time, to not annihilate yourselves in that way.

Much of the accelerated negativity you experience upon your planet at this time is actually the result of knowing that it is safe to blow off steam because you will not destroy yourselves. You are giving yourselves an opportunity to accelerate the experience of this negativity and PURGE it from your reality; because once you live through it, very quickly and very abruptly, you will know you have done it all, and you will not have to go back a any of those experiences in your new, integrated age of awareness.

The idea is that transformation is not the product of mediocrity, and as far to the negative as you have allowed yourself to be experiencing life, that is how far to the positive you will experience the new age. It is like a sling shot effect. So you are speeding yourselves up, accelerating yourselves, and all of the negativity you are experiencing upon your planet at this time is the product now of bringing what was formerly hidden and covert in your society, and making it overt and obvious; so that your civilization, as
a group, can decide, is this what we want or not? Make your choices. (AUD: many comments from many people). Do you follow me?
Q: Yes, I follow you. I could extend it, but I’ll let someone else have an opportunity.
B: All right! Thank you for your sharing and your choice to be alive at this time of transformation in the civilization you have chosen to be in. For, as we have said, every individual, no matter what your point of view, makes a difference. Thank you.
Q: Thank you.
Darryl: Before we start with the channeling tonight what I’d like to do is go over a quick exercise that is based on some of the stuff that Bashar has been talking about in terms of changing your belief systems, changing your definitions. A friend of mine and I worked through one of these the other day to see how this would do, and it was pretty powerful. So this will work with anything.

What we have here is things about money, see chart: “Exercise in Shifting Beliefs” it will work with anything—relationships, jobs, what have you. But the thing to do, and I think when we hear Bashar talking about getting in touch with your definitions, because basically that’s what creates your reality, a lot of times we kind of hold that concept in our heads, it really is very helpful to actually write this stuff down. The thing that surprised us the most was how many definitions we have, that it is very difficult to kind of look at these in your head. If you get them on paper it’s much easier to deal with. This is a technique that is very strong and will go a long way toward helping you make the changes in the definitions that you want to make.

These, because most people in this society have talked about having money issues that’s the one we choose, and I know that from a lot of the channeling Bashar has talked about abundance in general, and of course talked about the idea that abundance does not necessarily have to mean money. But a lot of the reasons for why Bashar talks about some of the principles is to get in touch with the energy and the mechanism behind the concept, not necessarily to completely eliminate the things that are in our society that we do deal with. So it’s kind of like: yes, sort of, loosen up your definitions about money and just go with a broader definition of abundance and energy and exchange. But then, since we do have money in the society, it’s alright to take that information and bring it back to the idea then of what is your relationship to money because that is what is here that’s what we have to deal with on a daily basis at least for right now.

So these are just a few, these are not even all of some of the definitions we just kind of came up with about what many people have in terms of negative beliefs or judgements about money. Things like its hard to get, there’s not enough to go around, I don’t deserve it, if I have enough someone else won’t, too much responsibility, too much trouble, all these kinds of things. The one that strikes your cord if you have an issue about money may not be up here, but the idea is to make the list as long as possible—think of as many judgements and negative beliefs about whatever subject you are doing, as you can. Add to that list, get them all out in front of your face, if at all possible. These will function as some examples which is why it is a good reason to copy them down because some of them are in very specific forms. Sometimes you’ll hear a definition in one form and it won’t really trigger anything, but you will here it in another form and it will, or you’ll understand that there’s some type of definitions that are blanks that can be filled in with just about anything that you’re dealing with and so it’s good to have a template for these things to understand that there can be many things plugged in. Now what we kind of found out
and what this sort of represents, this identification equation, is to show you how when you get in touch with one group of definitions in one subject you can sometimes especially if it’s a core issue, transfer that over to a completely different subject that you feel that you may be having a difficult time with. So the example I’m going to use is actually what the friend of mind came up with and it was based on an issue that she felt she was struggling with. And basically her situation was this: I have no problem attracting the money to get into a new place. I have no problem attracting money while I am putting my home together, but as soon as the home is complete the money stops and I have to move. It’s a pattern. Why does this keep happening over and over and over again? After discussing it for a while on that level we understood that for her and of course this is very common in our society, she was raised in an extremely abusive home. The concept of home to her meant torture and pain. The idea is as long as she was making the home, it wasn’t a home, it was a project. She had no problem attracting money to do a project. As soon as it actually was a home she couldn’t bear to live in the home. She could make the home but she couldn’t have the home. Once she sort of realized that, we kind of went back to the money idea and she goes okay well what about the idea of money? One immediate and obvious connection came up: if she had money, she would have no excuse not to have a home—no excuse whatsoever. But money equals, if she had money then she could have a home, but a home equals pain. So do not attract the money, okay. This is the typical equation that you’ll find running through, this is the mechanism you’ll find running through almost any kind of struggle or negative belief system. If you’re having a question as to why you can’t attract this, why you can’t attract that, in your life. This is the general equation you will find that is, there can be variations on this and there probably are, but that’s the general spine of the equation. If I do attract what I say I want it will lead to this. Whatever definition you associate to what it leads to, will determine whether or not your actually capable of attracting what you say you want. It will cancel it out if it is too much in the direction of pain because as Bashar’s explained and many other people have explained there are only two reasons we do anything, there’s only two parts to motivation: you move always in the direction you perceive to be more pleasurable. You move away from the thing you perceive to be more painful. That’s it. That’s the reason you do anything in life. There is no other reason. But the key is: what do you perceive the thing to be. If you perceive it to be painful it may not really be. But if you perceive it to be painful with your definitions you will move as far away from it as you possible can. So for her home equaled more pain than she was willing to put up with, so she did anything and everything she possibly could to make sure she would not have a reason to have a home. And that reason was not attracting enough money because then if she did she would have no excuse not to have a home.

Okay, so copy this down at your leisure and work with this and plug in whatever subject you want to plug in that you feel you have some kind of issue with—if you are not getting enough money, if you are not having the relationships you want, anything else you’ll find that getting all these belief systems out on paper will really help you understand what’s going on and probably one of them, or more than one of them, as you write or as it comes to you, will hit a cord, you’ll know its a core issue, you’ll feel it emotionally. Start from there, deal with that and, find out then, what belief system you would rather
replace it with. In many cases it’s really just a matter of applying the opposite: it’s easy to get, there’s more than enough to go around, I do deserve it. Sometimes that’s enough, if it doesn’t seem to be enough, you may find there are other things that will reinforce, one definition over here might reinforce your willingness to hang on to this one. So find out where there connected, as we just kind of illustrated here. Once you get them all on paper and out of your system, you will generally find that your reality will start to break down. As soon as you see what you are doing and you realize that like here for example home does not have to equal pain, then you can start working with it changing it around, moving it around and realize it doesn’t have to be you, it doesn’t have to be your reality. And that will start things moving, you’ll see changes occurring, and shifts occurring in your reality, more opportunities will come to you because now you have a recognition that this does not have to be a truth. That these things are only beliefs, they are not actual reality concepts, they’re not actual qualities of reality, they’re just beliefs. But as Bashar says: that is what our reality is built on.

So work with this, we found that it is very strong. Hopefully, you know, it will be something that you will have fun doing at the same time, but it will probably put you in touch with a lot of different things if you do do this because you have difficulty with something, but that’s okay. That’s what it is suppose to do, that’s what it is designed to do. But, as I said, it’s important to kind of get this out and actually do it, do the work. Get it in front of your face because its good when Basher talks about these concepts, but if we kind of just sort of leave them up here and don’t feel we have an ability to work with them as an actual tool sometimes they’ll just rotate around in your head forever. And you won’t really see the changes you want to see. So we did this just to give an edge to see if this will work a little bit more cleanly for you and for us and for everyone. ‘

So let’s go ahead with the channeling. Again thanks for coming and have a good time. I know that there are probably a couple of people...who’s never been to a Bashar channeling? Okay one or two. You’ll catch on pretty quick, its very informal—have fun and I’ll see you later.

Bashar: All right I’ll say good day to you this day of your time how are you all?
Q: Great, perfect, etc...  
B: Once again we take this opportunity to thank each and everyone of you for allowing our civilization to communicate to your civilization through this particular gateway and in this particular manner.

Once again each and every time you allow such a transmission to occur, such a link to take place it affords our civilization an opportunity to experience that many more facets of creation by interacting with each and everyone of you. For each and everyone of you are a facet of the multidimensional crystal of All That Is. And we thank you for this gift of exchange. We would like to begin this day of your time by first of all recognizing that the channel himself has already delivered what would normally be our monologue this day of your time but we will provide the title for you, and that will be: Writing the Wrongs. W-r-I-t-I-n-g the Wrongs. Use this technique, use this exercise and any other that your imagination may come up with—whatever works for you, to allow yourself to get in touch with those
ideas, those beliefs, those definitions that have been taught to you from childhood that may be as you say rattling around in your consciousness that, perhaps, you are only vaguely aware of, get them out of your system, put them out in front of your visual sensors so that you can relate to them. And gain a sense of, in some senses, control over them. Many times humans will feel more in control when they can see all of their definitions or, at least as many as they can think of, on paper in front of them. And it will make the task of transformation seem easier, something more capable of being handled. So in that sense we highly recommend this idea, and since this has already now been presented to you, we will simply continue with this interaction by once again extending to you our deep appreciation in allowing our civilization to communicate to your civilization in this way as we have said and in return for the gift I ask in what way may I now be of service to you.

Q: Bashar! Bashar!
B: You good day.

Q: I read somewhere that the Greys used their DNA at some point to create the Asian race at a later time than the other races were created because they wanted to perfect the race by making them more spiritually minded and more group oriented which is why the Asian society tends to be that way more so than the western society. Can you elaborate?

B: Your time frame information is a little bit off, there was at certain times additional adjustments made in certain areas of the overall civilization that did cause certain diversification’s to occur in that culture to create and move that culture in a certain direction. But different adjustments were made in ALL of the different cultures on your planet simultaneously, it is simply that different adjustments were made. Not that no adjustments were made to anyone else. But the different adjustments are representative of different ideas, different directions, different expressions of consciousness. One of the strongest, though this is changing, one of the strongest attributes that you recognize, what you call Asian cultures to exhibit is the idea of group consciousness. And this of course this is one of the aspects you attribute very strongly to the Grey civilization. So it was that idea that was heightened, or exemplified in that particular culture through many different kinds of interactions, not just the idea of genetic material introduction, but many different kinds of interactions simply allowed that fragment of that faction of your overall human society to move in that direction and exhibit one of the main qualities along with the other qualities of the other groups and cultures in your society that would then ultimately, as it is now doing in your present day, come together to be blended, so that each culture would have a particular aspect to bring to all the other cultures so that in blending them all together you would able, by sharing these attributes, be able to become more integrated as an entire human species. Does this make sense to you?

Q: Yes.
Y2K, Stock Market From: Toronto II
6-7-98
Toronto, Ontario, CANADA
B: Yes.
Q: I have a question.
B: Yes.
Q: To do with the Y2K problem, the year 2000 computer problem.
B: Yes.
Q: In the context that you are discussing in your talk, I wonder if it fits in with our general society, worldwide, if it is going to be a severe occurrence?
B: In some areas it will be severe, in others, it will not be felt at all. It will depend upon the infrastructure that has been laid down in certain areas on your planet; since there is much diversity on your world and many different approaches to different things, then different areas will, likewise, experience the result and consequences in different ways. The basic thing to understand, however, is that when individuals begin to lay down other systems, alternate systems, new ideas and put them into place then it will not really matter if the old systems crumble or collapse for new ones will be there ready and willing to take their place and take up, what you call, the slack.
Now, at the same time, sometimes what you call a, well, break from the old paradigm may be a welcome thing and give individuals a chance to rethink and go about setting up certain systems to allow them, in the future, to become far more flexible, less rigid, which is a metaphor for how you need to really live your lives as well. So, I would simply, overall, suggest that you don’t worry about it. For I will tell you this for absolute certainty, the more you worry about it being a problem, the more you magnetically will draw yourself into a circumstance where you will experience it as a problem. Instead, I would suggest that you would allow yourself to treat it as an amazing opportunity to allow systems to shift and change very rapidly and that you position yourself, by your energy and your own certainty, so that you will know that you will be where you need to be, when you need to be there. And that you will experience, no matter what anyone else’s experience, so that you personally will experience only a beneficial result from such a consequence, instead of a negative one. Does that make sense to you?
Q: It makes sense to me. Thank you.
B: Thank you. Sharing....
Q: Hello.
B: And to you, good day.
Q: My question is the computer Millennium Bug.
B: Yes, with reference to that idea.
Q: What are the events that will affect our lives, here in this country, in Denver, Colorado, and the United States and the rest of the world? What events will affect we the people, of city, state, the United States and the world? What events will affect us people, and will the Stock Market fall at this time?
B: No, it will not. However, you will find that some systems will begin, in your terms, to crash, but not necessarily as many as you think. However, in certain circumstances and in certain circles, as we perceive the energy now, it will cause the beginning of a cascade collapse, over time, that will allow for an introduction of new systems, new ideas. In other words, we will put it this way, it will be an indication that, what you call, the mainframe structure is no longer capable of supporting itself under its own weight and it will allow for the opening and introduction of, through opportunistic time frames, new ideas, new systems, new endeavors, new approaches that when they are then put into place will begin to lay the foundations for more communication, more personal self-empowerment and so forth. This entire process will most likely take about 7 to 10 of your years, and by then you will see the most rapid changes in the infrastructure of economics, communication and so forth. Do you follow me?
Q: Yes.
of the future; there is only a sensing of the energy that exists at the time the prediction is made; because there is only the present. If the energy that is sensed at the time the, so called, prediction is made does not change, then it will come to pass; but, if it does change, it will not. It does not mean that the prediction was not TRUE, it simple means that the energy has changed. Many times the existence of a prediction itself will change the energy because now it has made you aware of where the energy is. And if you don’t prefer it to be there, then your consciousness changes the direction of the energy and renders the prediction obsolete. So, in many ways, sometimes a good prediction is doing its job when it renders itself unpredictable. You understand?
Q: I think so.
B: This is how time works. There is no such thing as a fixed future, there is only the energy that exists at the time the sensing is made; because there are an unlimited number of probable future realities and it can go in any number of ways. Now, yes, there are some probable future B: Now, remember, all of you, that there is no such thing as a prediction realities that have a great deal of momentum and energy behind them and may be unlikely to shift and those are, in a sense, easiest to sense and, quote/unquote,
predict. But nevertheless, it is created in the moment and sensed in the moment and barring certain circumstances where there simply is too much mass agreement for something to change, it is almost always changeable. Do you follow me?

Q: Yes, sir.
B: So, oh sir.
Q: Yes.
B: All right, since we are being formal, sir. The last thing we would like to say about this concept is, to remember that each and every one of you and all of you together are your government, to allow yourself to make sure you are not perpetuating division by creating an us and them scenario. But allow yourself to work to the creation of systems that you believe are representative of self-empowerment, sharing, communication, clarity, creativity, unconditional love and support of all. And by instilling those systems and infusing your society with those systems, to the best of your ability, they will eventually replace any system that is outdated, that tries to control, that tries to dominate, because ultimately, by definition, such a system will ultimately not be able to stand up under its own weight. And as it begins to crumble a bit at a time, with a little glitch here and a little glitch there, here a glitch, there a glitch, then the new systems will already be in place and will be capable of sprouting up very rapidly to form a network that will take over the job and, in a sense, provide a little more equality. Do you follow?

Q: I believe so.
B: Does this help you?
Q: Yes.
B: Does it answer your question?
Q: Pretty much.
B: All right, was there something else?
Q: I was looking at the stock market.
B: Yes.
Q: The stock market was a big concern of mine and problems...
B: Yes, why is it a concern of yours?
Q: It’s a timing thing.
B: I see, well I’m going to have to ask you a question and allow this to be brief. May I?
Q: Yes.
B: I will put it to you and all of you this way, what is it you are actually putting stock in? I would suggest that you put stock in yourselves rather than some relatively arbitrary system.
Q: I’m concerned about the effect of the Stock Market, what it will do to us.
B: I’ve already told you why you don’t have to be concerned. Did you follow what we said to begin with? If new systems are in place, by people who are excited and creative to put them there, then when
the other system collapses it won’t matter, for those that have prepared themselves will not feel a negative effect. I will remind you of another principle, another tool, that comes into play in this case, perhaps this will help address this situation a little bit more precisely for you. All situations are fundamentally neutral, no situation has built in meaning. The meaning you put into it determines the effect you get out of it, regardless of what anyone else’s intention happens to be. Does that make sense to you?
Q: Yes, some.
B: All right, do you want it to make more sense to you?
Q: Yes, I would like to get an idea of a date of a Stock Market crash?
B: Why? Knowing what I have already told you about the fact that there is no such thing as a prediction of the future, you still want me to give you one?
Q: A guess, a ballpark figure.
B: Well, which ballpark are we talking about?
Q: The one that they are playing the Stock Market in.
B: I see, January 7th, 2005.
Q: Thank you.
B: That’s one.
Q: Could I have the closest one?
B: That is the closest one in the way that you mean it, but it may not happen the way you think it will happen. Put stock in yourself, that is the only thing that will always go up. All right?
Q: Yes, thank you.
B: Thank you, next sharing....
YARDSTICKS

Allow us to begin this interaction this evening of your time, with the entitlement, Yardsticks. We will use this nomenclature, this terminology, to talk about relativity... in a sense, relativity in perspective, in point of view... to simply remind you once again, in yet another way, that each and every individual is his or her own reality. And whatever measuring rods, whatever yardsticks you may use to measure the reality you believe to be true, are not applicable to you to measure the reality that someone else believes is true for his validity.

The yardsticks you create in your reality are valid for your reality, and will very accurately measure the ideas going on in your reality, in your belief structure. But they cannot be used to measure the validity in someone else’s reality, because they have a different set of yardsticks, and they are, very often, of quite different lengths.

Many of you are familiar with what your physicists refer to as the time dilation effect. The idea simply is, that as you move faster and faster in your physical universe, attaining a great deal of the percentage of the speed of light, the faster you go – the more time slows down apparently, from your point of view. That is while you are remaining in your physical dimension. The idea of the hyperspace travel we talked about, the instantaneous teleportation, is quite another thing and does not apply to this idea. But while you remain in your physical universe, if you go very fast, very close to the speed of light, you will find that time will slow down for the individual doing the traveling.

Now, all things being relative as many of you understand... to the individual doing the traveling it will seem as if everything is moving at the same rate of time. To them it will seem that everyone else has sped up very rapidly, and that they are still going about their business doing the same things they always do at the rate that they are comfortable with. Not only, in that sense, does time slow down, but all objects will in a sense, shorten in the direction that they are traveling.

So very literally if you have a yardstick, let us say, on your hypothetical space craft, and you are moving at a particular direction, at a great percentage of the speed of light... to an individual standing still, relatively speaking, your yardstick on the ship, by the time you are a good fraction of the speed of light, will actually only be as long as, let us say, approximately three inches. You will still think it is a yard long – three of your feet, not three of your inches.

And of course, everything you measure in the ship will still appear to be its normal size, because everything has shrunk accordingly. So it has all stayed in one particular coherent system, and you cannot tell the difference. This is analogous to the idea we are talking about, because every single individual vibrates at a slightly different rate of energy, and has a different perspective about what is true and real for him.

Yes, you have, as we have discussed, obviously a collective agreed-upon reality that you share general ideas, and sometimes some very specific ideas within. But nonetheless being an individual, by definition, will allow you to always recognize that the yardstick you use to measure things with –and we
are speaking both literally and philosophically – will not be exactly precisely the same length as someone else’s. And they will measure things in a slightly different way. To each of you the equations will seem to come out correctly. You will measure three feet; they will measure three feet; but that three feet is relative. And if you compare them, they may be a different three feet; but you can at least agree enough to get the job done.

Recognize simply, that what we share with you is our yardstick, the measurement by which we decide what works for us in our civilization. We share these ideas in a general way with you, but in no way shape or form, do we ever mean to imply that your yardstick, your measurements, your ideas, your points of view, are not equally valid. And in a sense, not more important for you to pay attention to – because they are. Because they are the yardsticks that measure the reality you have decided is real.

So remember: even when we describe and define, down to the last inch, the last millimeter, our yardstick, you may find similar marks on yours. But that is your version of ours, and it is never meant to be that you must do things in exactly the way we do them. Being an individual you will always do something in your own way slightly uniquely, or greatly uniquely, but it will always be slightly different from the way anyone else does it. That is to be expected, and that is to be cherished.

For it is the variance; it is the different points of view; it is the Relativity, which allows there to be an ongoing discovery of new attitudes, new perspectives, new points of view in life. That something will always be seen slightly differently through another pair of eyes, will add to the enrichment of all the different ways that Creation has of manifesting Itself to be.
You are Complete

B: Allow us to refresh ourselves upon the idea and the concept of perfection. We have discussed many times with you the idea that in your lives very often you are taught that even when you create the idea and the notion in your lives of, what you call, a spiritual path, the reason for this is for the attainment and the achievement of perfection.

But recognize, once again, as we have shared many times, our perspective is that you will never achieve perfection because you are already perfect. The idea does not mean that you will not grow, not expand, not change, not transform, not learn something new. But it simply is an allowance, a recognition of allowance in your lives, that at any given moment the idea you are being, the reality you are expressing, the events you are experiencing, are for their own reasons perfect in themselves.

This relaxation, this attitude, this backing off from yourselves in that way, rather than applying so much pressure to the idea to be more perfect is what allows you to know that you can always become a different type of perfection at any given moment – perhaps a more expanded type. But you will always be, at any given moment, the absolute perfect manifestation of whatever idea you are being at that moment.

Your willingness to allow that moment to be perfect, in and of itself, is what, paradoxically, allows you to create the next and different perfect moment. Because unless you are willing to allow whatever moment you are experiencing to be complete, in and of itself – on all levels – then you are not allowing yourselves to view and perceive all facets of that experience. Because if you do not think it is perfect as it is, if you invalidate it and judge it in a negative point of view, then you yourselves may be shutting off aspects of that event, of that moment that you need to see, need to be aware of to incorporate them into the totality of yourselves, so that you can get on with the next step.

Every moment is a stepping stone to the next moment, and if you invalidate any stepping stone, then you yourselves remove from the path you are the ability to get to the next stepping stone. Always allow each and every moment of your lives to be perfectly valid as they are. This does not mean you must accept that the things that are occurring in your lives are what you "should" accept or prefer. You can always prefer your life to be the way you desire it to be.

But the way to allow yourselves to create it to be the way you desire it to be is to accept that the way it is now serves a purpose and is a part of the path you have created yourselves to be. And that what you are learning is there for a reason – your reason; that there is something within the scenario you want to see, you want to reflect on, you want to learn from.

And in accepting and acknowledging the way your life does unfold, that is what gives you the recognition of the empowerment you have to create your life to unfold in the direction and in the manner you most desire it to be. So simply do allow yourselves to reflect, at any given moment, that no matter what your choices, every scenario, for what it is, is a perfect manifestation of that scenario.

You can prefer perfect harmony and perfect ecstasy, or you can prefer perfect misery; but both are perfect expressions of the idea you are reflecting at that moment. And when you allow it to be there for
a reason, then you can extract from that scenario what will most assist you in re-forming the idea, redirecting yourself, and creating what it is you desire to experience most in your reality.

Many individuals will pressure themselves in many different ways to strive, to struggle, to try to be more perfect, will set themselves goals and ideals that can continually deny the validity they possess at that moment. In that way you deny yourselves all that you truly desire as well. For if you do not believe yourselves complete in that moment, then you, by your own definition, insist that you do not have the capability of creating what it is you say that you desire to attract into your lives.

Knowing that you are complete – perhaps focused not in a way you prefer to be – but knowing you are complete gives you the opportunity to know that, at any given moment, you have the ability to refocus yourselves in any direction you desire. You lack nothing; you have all the tools and all the abilities you require, at any given moment, to be anything you are willing and bold enough to believe you can define yourselves to be. You all follow along?

AUD: Yes.

B: Sharing!
Bashar:  
Channeled by Darryl Anka  
From "Illumination"  
2-6-98  
You are made of Light  
Many times in your daily lives, when you are going about your business, as you say, and you come across ideas or feelings that allow you to feel a little bit heavy, a little bit weighed down, a little bit sad, then you can allow yourself an opportunity to do the following thing. You can allow yourself to remember, if you will, for a moment at these times, that you are made of light, literally, energy, light ... you are made of light. And as you think upon the idea that you are made of light, whether it be that you close your eyes and have a meditation, a momentary meditation, or whether you simply remember some image, or create some image in your mind that allows you to perceive yourself, your body as if it is made of light. Each and every atom becoming more and more energetic, more and more illuminated, beginning to shine, to glow of its own accord with inner light. And as your body is composed of all of these small shining stars, you begin to see your entire body glow with one light ... as you illuminate yourself, you will increase, enhance, accelerate and uplift your energy.

Now, we do not tell you this for the purpose of ignoring, avoiding, denying, or glossing over any important feelings you may have, be they feelings of sadness, sorrow, anger, fear. We do not mean for you to gloss these over and ignore them and press them down, we do not mean for you to suppress them. But the idea is, if you will allow yourself a moment of illumination to remember that you are a being of light, that you are having an experience that is simply being translated into energetic terms, then you can, by uplifting your energy in this way, by taking this moment of illumination, give yourself the ability, remind yourself that you have the power to deal with these feelings, with these circumstances, with these situations.

And also the greatest benefit of allowing yourself to take this moment of illumination will be in putting yourself in a different state, a different frequency, a different vibrational reality. And in so doing, you will then create the ability to attract into your mind’s eye, into your imagination, courses that you can take, opportunities that you may not have seen before, options that you may not have been aware were available to you in your previous state, perhaps of despair, or sadness, or confusion, or anger, or frustration, or fear. These states, by definition, will prevent you from being capable of seeing how you can transform those states. Those states will only bring with them, by definition, options that are commensurate with those states, with those vibrational levels, and so they will have a tendency to perpetuate more fear, more frustration, despair, as you say, depression.

But if you will take a moment to illuminate yourself and raise your energy vibrational level, in such times as these may occur to you, then you can, without denying the feeling you are having, plug yourself into the vibrational state that allows you to see the difference between the vibrational state of joy and ecstasy, and the vibrational state you may have been existing in. And give you an opportunity to tap into
opportunities and circumstances, ideas, inspirations, that can help you learn from the previous feeling, help you figure out how to transform these ideas, and give you new insight into what avenues, what paths, what actions to take that can bring you to a different level, a different plane, and allow you to reap the benefit of insight in understanding why those feelings did exist. Helping you to get in touch with your definitions so that you can change them, because only from those definitions do feelings come.

So give yourself an opportunity to do this, to play with your vibrational state, up and down the scale of frequencies, up and down the spectrum, to go from the dark, slower vibration, to the higher, lighter vibration of energy. And without, as I have said, denying the feeling you had, put yourself in two places, make a comparison – remember the state you were in, remember the feeling you were having, but at the same time oscillate back and forth between that lower level and the higher level; so that you can give yourself the point of view, the parallax necessary, the perspective necessary to see from the higher position how you can deal more effectively, more creatively, with the lower position, with the more frustrating position. To make it less frustrating by giving yourself the opportunity to function in this higher state as your higher self, as your illuminated self, to see what your higher self would do in the circumstance, because you are your higher self when you choose to be.

So, illumination used in this way, to create this double point of view, will give you a more dimensional perspective on your circumstance and situation, so that you do not necessarily have to feel the weight of the world on your shoulders, that there is no way out of your circumstance. That you do not have to perceive what you are going through as a dilemma, but only as an opportunity for change, for an opportunity in increasing your perspective, and understanding yourself more deeply. For that is what it is all about, understanding and remembering more of who you are, learning how to use that in a daily, pragmatic and practical application ... benefiting from the results of that insight and that perspective, and growing and experiencing more creativity and joy and abundance as a result.

That is it, that is what it is all about ... becoming, learning, remembering who you already are ... this is one way, one technique. This illumination moment is one technique to allow you more opportunity to remember and experience, most importantly, experience, who you already are, for that is again what it is all about. You are choosing to experience yourselves as physical beings, therefore, seeing yourself as energy, as light, will allow you to experience that side of yourself as well, simultaneously, and you can use this perspective to your advantage in many ways. Allow your imagination to be your guide. We thank you now for allowing us to share this idea, which we have called, illumination.
You Are Spirit II

B: All right, I’ll say, how are you all this evening of your time, as you create time to exist?
AUD: Good. Great. Etc...

B: Allow us to begin this interaction this evening of your time with a few more ideas of sharing of the individual paths that you have chosen to be in this physiological life – this time around. Recognize, once again, that even though you are, as you understand it, a reincarnational being, the you that you are right now is the only time you will ever be this you. This is the only one life you, as the you you are now, have to live.

Therefore, in the idea that we have been sharing with you for quite some time about the willingness, the conviction and the expression of the unique individual that you have created yourself to be, the unique facet that you are of the multidimensional crystal of the Infinite Creation, the more and more and more that you are willing to express what you know to be true for you, then more and more and more do you make, as an individual – yes, as an individual – a difference in the entire structure of the society in which you exist.

For you will find that you are connected to everything, and any change you make within yourself affords an opportunity for the entire community, the entire civilization, if you wish to call it that, in which you exist to be able to then draw upon the change you have made – if they prefer with the reality, the unique reality that they are themselves, to share that reality with you. Then by you creating your unique version of what you know to be true for you, do you give them the opportunity to see in you yet one more way that there may be of expressing themselves and living the lives they have chosen to live. Thus you add to the overall ability of the society you are in to have that many more options of choice, that many more recognitions of expansiveness.

Recognize, as we have said, there is no one way to do anything. If there was only one way, there would only be one person – look around you. Each and every single one of you is one of the ways that the Infinite Creation has of manifesting Itself. What you, quote/unquote, brought with you, what you feel to be that within you that moves you in life is your very simple and clear recognition of the path that is correct for you. Your excitement – that which we have spoken of with you many times, what you call excitement, your knowingness, that which you know to be true for you, or that in life which excites you, which moves you – that is your cognition of the path you chose to be.

That’s what excitement is for. It is there to let you know that if you simply follow the idea that excites you, you will be congruent, if you will, synchronistically harmonious, if you will, with the original idea that you chose to express yourself as in this physiological life. That is why you can follow that excitement and recognize that your life can proceed to unfold without effort, without strife, without struggle. We do not mean you will remove the idea of discovery. You will not remove the idea of growth. You will not remove the idea of challenge, but you will alleviate the ideas of struggling, of suffering, of striving, of pain. You do not need those; those are tools that have served you well in the past, but you are now a new you. This is the transformational age upon your world, when you are
beginning to recognize that there are many more levels of consciousness to be in communication with than you previously conceived of as a society. And that cognition alone, in and of itself, means that, therefore, you can now transform your life, your individual life – and therefore, the opportunity of all the lives upon your planet. You can transform them in ways that are indicative of your new awareness, for if you are aware that there are many levels of consciousness, many different beings within creation, then you are aware that everything can function as a whole, can function as a unit. Everything can be shared, individual consciousnesses and whole groups of consciousnesses can be of service to other groups, be of service to individuals. All can be explored together within ecstasy, within love, within light, within life. Therefore, draw upon your certain knowledge that there are scapes, if you will, landscapes, spirit-scapes, consciousness-scapes of existence with which you are intimately intermingled, intimately melded and intimately blended. And with that assurance within yourself, allow yourself to expand in the representational way that is correct for you into the understanding that you are spirit. The idea of the so-called spiritual paths that many of you have been seeking, as you say upon your planet, is the simple cognition that you are spirit. Everything you do, in a sense, therefore, is spiritual. The idea is now for you to decide whether you wish to exemplify and reflect and express yourself in a positive or a negative spirituality. But the idea is that now you can know you are spirit. You are one with all the different levels. You have conceived of the idea that there are in fact levels out of the one homogenousness of the Infinite Creation. It is your doing; it is your own illusion, if you will. Not that that invalidates it, for it has served you like anything has served you, it has brought you to where you are now. Therefore, do not deny and do not invalidate that of your past. Incorporate it, knowing it has brought you to where you are. Treat it and think of it as a stepping stone. Love it for the experience that it brought you, so that you could be understanding what you are understanding now. And then by loving all of those ideas that in their own timing may have seemed to be so painful, so negative – by loving them now you will then create the type of past – for you do create your past from your present, not the other way around – you will then create the type of effect coming from your past that will support you in the present, will allow you to create whatever type of new present you desire, once again without struggle, without strife, but only within joy of expression, within ecstasy. Are you all following along?

AUD: Yes.

B: Now, last week of your time we discussed the idea of your sensitivity to electromagnetic shifts upon your planet, some of which may or may not be expressed, as you call it, seismically. This evening of your time, after your break time, we will engage, if you will, if you are willing, with you in a visualization, a meditation, to allow you to begin to function – each and every one of you and collectively function – as a valve, so to speak, through which the electromagnetic field of your world can be channeled. And any energy that you perceive might have the potential of manifesting in your world in a negative way can then be re-channeled through you and manifested in a positive way upon your
world. For now you are recognizing that because you innately deserve happiness, you do not have to shake yourselves up or go through trials by fire in order to believe that you deserve happiness.

And so, if you are willing to take those steps, and take them now, you can then release much of that energy that may be pent up, expressing itself, or potentially expressing itself in negative ways, catastrophic ways, and transform that energy into another type of energy, an energy that can support and sustain and enliven and enrich the entire society in which you live. Use it creatively. You all follow me?

Q: Yes. Yes.

B: Therefore, the idea is that all we are sharing with you, and all that any consciousness is sharing with you at this time, is that you do have the power to create your lives as you desire them to be. The idea is to simply wake up— and start dreaming... and live those dreams. Live those desires – with knowledge, with intention, with integrity, with knowingness, with faith and with trust and unconditional love. Sharing.

You Are Spirit II
Bashar:
Channeled by
Darryl Anka
“You Are Spirit”
Living your physical life to the fullest you possibly can is what will allow you to be of best service to yourself and everyone else, simultaneously. So, living your physical life to the fullest – by acting on your highest joy, the thing that is most naturally you, at any given moment – is the most spiritual thing you can do, because you are a Spirit. You don’t have a Spirit, you are a Spirit, in physical terminology, that’s all. You also, multidimensional, have multiple simultaneous existences on all different levels as well. But in terms of perspective from the physical reality, you have to understand and remember that you are not in physical reality, physical reality is in you. Because what you call "out there" doesn’t really exist. There is no "out there," it’s a mirror. There’s nothing there, it’s reflecting everything back. Nothing is out there.
You are Spirit – you have the notion of yourself, you are perceiving and interacting with yourself in what you might call a physical idea. But your physical self is within you. As it has been said on your planet, quite precisely, it is not that you are a human having a Spiritual experience, you are really more a Spirit having a human experience.
You Are Your Government

Q: You mentioned that this was activity month. (April)
B: Oh, did you bring your pen and paper?
Q: That I’ve got.
B: All right.
Q: What would you like me to do?
B: I would suggest – you do not have to do anything – I would suggest that each and every one of you now begin the idea of knowing that you are your government: your political institutions, your social institutions, your religious institutions, your economic institutions. You are these ideas; and that, without admonitions, without accusations, without demands - but from complete and total unconditional love - that you communicate with them every single day.
And let them know that you prefer peace. Let them know. Talk to them. Send them a letter every single day. For are you not alive every single day?
Q: Mhmm.
B: Then communicate every single day. They will get the message. If all of you do that every single day, they will get the message. If all of you do that every single day, they will begin to think that that is truly what you want. And they may allow themselves to go along and co-create the idea that they, too, can let it be all right for them to also prefer peace.
Share with whatever your imagination allows you to share. Allow it to come from you – not from us, from you. No accusations. But if you are willing to understand that you know that they know that there are interactions with other civilizations – simply let them know that you know. And that it is all right for them to let you know – so that you can share the experience together. They do not have to take responsibility for your fear anymore; you are now beyond panic. You are “big children.”
Q: (Inaudible.)
B: If you say so.
Q: Would telepathic dialogues not be effective?
B: You can do this as well. But we are speaking of action on every level; and since you obviously allow yourselves to master physiological action, the rest of it will take care of itself. The willingness to do, is now what you are going to be willing to exemplify – or not. Is it not worth the small amount of time it takes to sit down and express – in a very brief and loving statement – “I prefer peace. Thank you very much. Your loving equal.”
Q: Do you have a suggestion as to which level of government?
B: Level! You are your own governments!
Q: I mean in physical terms, since we are communicating in physical terms.
B: All of them, then. If you are choosing to see more than one level, write to all of them - cover them all. Why leave any of them out?
Q: It’s a lot.
B: A lot! Do you not understand that individuals who are willing to *be* peace would not care if they had to write to every single individual on the planet? For them it would be an act of joy and love to share the peace that they have within them with everyone. Why not allow everyone to get a letter? Do they not deserve it?
Send them where you will – whatever feels right for you – knowing that however you do it, is perfect. Thank you.
Q: There are those in this world that, let’s say, have irrational behavior…
B: I am hearing a belief system coming up. I am hearing an excuse.
Q: No. There are those who…
B: Uh, uh, uh, uh! Who are you speaking for?
Q: Well, in reality, only for myself.
B: Thank you. End of conversation. Your reality is your reality. If you insist on believing that, “there are those who,” then you are saying that is the reality you experience. And will continue to experience, because that is the reality you believe in.
Again: if you are willing to know you are the reality of peace, define that reality for yourself. If, in your reality of peace, there are no longer “those who,” then don’t continue to act as if there are “those who” anymore.
Q: Mhmm.
B: All right. Treat them as if they are “those who do not.” And then you will be acting as if you are the one who does. Do you follow me?
Q: Sure.
B: Well, thank you very much.
Q: Thank you very much.
Your Mission

Q: Could you tell me if I have a mission?

B: Your mission? You all have one. The fundamental purpose of each and every one of your lives is to completely be who you chose to be, completely. Which means, start acting like it. Many of you can create any type of goal, any type of mission, any type of purpose within your life, but the fundamental reason that your life exists at all is to simply be this particular you, right now; because you will never be this you again, ever. So, fully being the you you chose to be is the basic purpose to your life, the basic mission.

You are one of the facets of the multi-dimensional crystal of All That Is. By fully being your facet, which means being true to you, and acting upon it, then you will form a full and complete reflection to everyone else, as to what facet you happen to be; so everyone else knows where they stand relative to you. When you fill yourself to the edges of your facet, when everyone else decides to fill themselves to the edges of their facet, then all your facets touch, and you become the one crystal. You follow me?

So, your “mission,” should you decide to accept it... (much audience laughter) ...it is not so “impossible” you know... (more laughter) ...is to do what excites you. Excitement is the physical translation of the vibration that represents the path you chose to be. It is your barometer, follow it. You get excited for a reason, excitement is a harmonic resonance that lets you know you are aligned with your mission. Follow it, trust that if you act upon your intuition, your instinct and your imagination and your excitement, you will always automatically, synchronistically, be supported.

Every idea comes complete, with all the ingredients necessary for the manifestation and the continuance of that idea. The universe does not do pointless things. Therefore, any idea you are willing to be, that is the idea your reality reflects one hundred percent, always. So, if you find that your reality, as it is, is not what you prefer it to be, then redefine the idea that you are, start living like that is the way your reality is. Take it for granted that you can trust that if you start acting like the reality, acting like the vibration you think is true for you, the physical universe has no choice but to reflect that physical reality to you. It reflects whatever you believe your physical reality is capable of being, and exactly to that level. All right? How’s that for a mission?

Q: (Laughter) All right, thank you.

B: Thank you.
Bashar: Channeled by
Darryl Anka
From "What You Are"
12-3-86

Your Soul’s Essence

Bashar: First of all, in this way, we have said, many times of late in your time frame, the idea that that which you consider to be your personality is an artificial construct and is not who nor what you are. Therefore, allow us to address some of the ideas about what you are. In this way, recognize that though you have created, for many thousands of your years of time, as you count time, as you create time, the idea that you are a humaniform existence, understand, in this way, that the idea of your humanity, the essence of what you are, in this way, is not restricted to what you call your humaniform existence. Now, begin to allow yourselves to recognize that in a non-physical state you are not human; you are quite something else. And that something else, that essence, that primal idea of your energy consciousness, your being, your soul, if you will, is the idea of all that it can be, and can project itself as, basically, any form, any symbol, any idea it wishes to.

Now, we know that your civilization, at this time, does recognize, to some degree, at least intellectually, as you say, the idea that you are not non-physically human, and that humanity is only the idea of the physical reflection of soul. But, in this way, also realize that many of you, because of the habit of being human, many times may not realize that when you think of the idea of the disembodied soul, you still find yourself making the analogy that it is a human soul. Do you follow me?

Q: Yes.

B: Understand, the soul, the energy essence, the consciousness, the being, is not intrinsically human. Now, you may find, in this way, that the idea of many different civilizations within the third, fourth density reality that you are experiencing do have similar humaniform or, what you would call, humanoid appearance. In this way, recognize also, that from our perspective, in considering ourselves to be our own form of human, to us you are humanoid. But recognize, in this way, our Soulness, your Soulness, is not human, humanoid ... it is an essence that is above and beyond and transcends that limited definition. Therefore, begin to understand that one of the reasons, as you make the shift from third to fourth density and recognize more of your consciousness to be what it is, one of the reasons you are beginning to experience many ideas that disorient you and confuse you, and do not seem to fit into the structure you are used to, is because you are beginning to view, from time to time, from a point of view that is not strictly human. It is the essential viewpoint of the beingness, the consciousness that you are, which can be human and many other things.

Recognize, in this way, that you can begin to understand yourselves, in this homogenous sense, as everything and nothing, at the same time ... as a principle, as an idea, as an essence. Now, in this way, by simply allowing yourself to view, from the viewpoint of this essentialness of your existence, many of
the things that are now beginning to occur to you, in your transformation from third to fourth density, may carry a new clarity, if you allow yourselves the opportunity to discontinue the limitation of expecting everything to make sense in humaniform terms. For, in this way, the idea of the projection of your humanity has been a definition that has served you and, in a sense, will continue to serve you, even through the idea of your fourth density experience. Although the type of humanity that you will be in fourth density is not the same type that you were in third.

You are, in your terms, evolving once again, and you will find, in a sense, to speak linearly, that further on in the middle, let us say, and very much so toward the end of your fourth density cycle, you will not be, so to speak, humaniform in the way you have considered yourselves to be at all. In this way, as you progress from quasi planar physical reality to non-physical existence by going from fourth to fifth density, you will, in this way, allow yourselves the opportunity to experientially become the energy matrix of focused consciousness within the homogenous energy field of All That Is that you actually are. And in this way, the idea of expressing yourself as humanity, will be a tool no longer necessary for your experience. The idea of humanity, though well it has served you, in this way, is again, yet but another tool you have clothed yourself within, to suit the purposes that you choose to explore and experience. Do recognize that, as you all exist on different planes of reality simultaneously; there are many other guises that you also exist within, that are human, humanoid, and not human at all.

In this way, by simply shifting the perspective of your consciousness, you may even, as you make your transformation from third to fourth density, begin to understand that, from time to time as it suits, in the creation of your transformation, there may be opportunities to look even through the eyes of the aspects of yourself that have nothing at all to do with humanity. For it will broaden your perspective in many different ways, though you will remain focused, for the most part, in the idea of your humaniform fourth density existence. As long as that suits the purpose of this fragment of your consciousness that is channeling through the prism of this artificial personality construct that you call your human body. Do you all follow along?

Q: Yes.
B: Sharing.
Q: Bashar.
B: Yes.
Q: Lately, I feel lighter. I feel my body less, I feel lighter and lighter...
B: Yes.
Q: ... and I’m fascinated with the non-physical. Now I . . . from time to time, I’m in touch with the fifth density aspect of myself that is non-physical, and yet I see, I feel, a female energy and I see her physically, because like you just said, we’re used to seeing the...
B: Yes.
Q: What other way ... what is more truer to what that non-physical would look like? Anything at all, or...
B: In a sense, if you wish, you may, in your imagination, simply form the idea of an energy sphere, a sphere of light, if you will.

Q: Okay.

B: That carries with it, though it is still a symbol ... symbols which are, in your terms, perhaps, a more accurate reflection of the way, or the manner in which that form of consciousness seeks to consolidate itself, or identify itself, within the homogenous energy matrix of All That Is ... relative to the way you choose to do so for yourself.

Q: Okay. Now, but actually would non-physicalness look like anything in particular? I know you just said it was a symbol...

B: Not really.

Q: Ah, that’s interesting.

B: Now understand, again, that anything you perceive in this way, you are going to create a symbol so that you can understand it from the perspective in which you are existing.

Q: Sure.

B: Including the idea that it has a, quote/unquote, "feminine aspect."

Q: Hmm.

B: For the idea of masculine, feminine, are, again, simply the idea of energy polarities manifesting in ways that make sense to you in physical dimensionality. The soul is fundamentally, not exactly truly masculine or feminine, or really even both. The idea of masculinity and femininity, in the way you experience them emotionally, is a physiological manifestation, and the same energy when viewed from a non-physical reality does not carry the same type of effect or impact. It is felt in a totally different way altogether.

Q: Thank you.
Your Vibrational Response To World Events

B: Sharing!
Q: Hi.
B: Hi.
Q: Since the harmonic convergence I...
B: Speak up. Speak up! Share, share, share with all.
Q: Okay. Since the harmonic convergence I’ve been feeling disoriented and tired and off balance...
B: Yes.
Q: ... and my son seemed to be going through the same thing. And we were told it’s from the energy being beamed to the earth. Can you tell me any more?
B: In a sense, keep it simple. Simply recognize that you are now allowing there to be the idea that there is more energy than there used to be, even though there isn’t. But you are becoming more aware of the energy that is available and therefore, to you, it is the same thing as having more energy.
Again: the disorientation is simply the time you are creating for yourself to get used to the new level of energy. You are dis-orienting yourself from the old reality, and re-orienting yourself into a new one. New definitions. This is why this evening of your time we began with the understanding of clear intention, clear definition, clear desire, clear deservability and clear action. They will re-orient you very quickly.
Use the energy; use the limbo state to define what you prefer. Then act accordingly, and you will be aligned. You will be re-oriented. Remember that some of this disorientation, as we have said before, is also part of the process, if you wish, of literal, literal disillusionment. You are redefining your physical reality as an extension of you.
It is the same energy you are; it is the idea you are; it is made of your consciousness. So in a sense, now that everything is dissolving in its old definitional sense, you are becoming disoriented because there isn’t as much solid structure to hold on to. You are floating in the center of your being; making up your mind as to what the new structure will be like. Understand?
Q: Yes, thank you.
B: Thank you very much. Keep it simple. Enjoy! Laugh! Sharing!
Q: Hello.
B: Hello!
Q: Um, the... you said that we create our universe, basically based on our own beliefs.
B: Yes.
Q: Now, I can kind of understand that from my own personal life that’s fairly close to me.
B: Yes.
Q: But does this also mean that I have complete and utter control over world events, as I see them from my point of view?
B: To some degree, there are mass consciousness agreed-upon ideas that you generally support and share in, to take you all where you are all going collectively, as well as individually. But you have the opportunity to weave in and out of any mass event in any way, shape or form that is representative of the reality you prefer to be specifically.
So, even though you may participate on the whole in the overall mass agreed-upon events, you will be able to experience the effect of your participation relative to the vibration you set yourself up to be. It doesn’t mean that it has to affect you the same way it would affect someone else, even though you both participate in what is essentially the same event. Understand?
Q: I think so. Let me…
B: And you will add your unique perspective to it the more you participate consciously within it. So in that sense, yes, you do have an impact. You are a part of the overall equation. If you were different, the overall equation would be different. No matter how subtle that seems to you, remember that any change in the present that is made, that is subtle, creates vast and impactful differences in what you call the future.
Q: Okay. Now let me just give an example to see if this is the type of understanding…
B: All right.
Q: …that you’re talking about.

B: All right.
Q: Let’s just say that there are two different ways to achieve peace in Nicaragua.
B: All right. There are two different ways to achieve peace in Nicaragua.
Q: Right. Now, I think that one way is the ideal way, and my neighbor thinks that the other way is the ideal way.
B: Yes.
Q: Will I experience in the news, in newspapers and television – and if I went to Nicaragua – the way I believe? And the neighbor right next door will see on television, read in the newspapers, and go down to Nicaragua – and experience the belief he believes in, which is different?
B: It can happen that way, although generally what happens upon your planet is that you both come to some consensus, or third reality, that represents enough of your individual realities to be satisfactory and sufficient for both of you to share it – because, after all, the whole idea is to share, not to segregate.
So the idea that will usually occur is an idea you can both share somewhat, rather than completely segregating the idea. But you can create a segregated effect, yes. And in a sense, it is done all the time, because there are different parallel realities. And one person who absolutely believes one particular way
– and is absolutely not able to contain the other belief – then each of those individuals will experience completely segregated realities.

It can happen that way, but the whole idea is to blend. So, more often than not, you will simply find that you will meet on some common ground that will allow you to experience ideas in specific ways that fulfill each of you, while still being represented from an overall idea that is generally satisfying to the majority of your planet. Understand?

Q: Okay. So that means that – using the same example – peace will occur in Nicaragua. And my beliefs and my neighbor’s beliefs will blend; and the result will be the peace that we both wanted.

B: Basically, yes. For when it comes right down to your clearest definition, and your highest representation of integrity and intention – if the peace is created, and if it is done with integrity, do you really care how it gets there?

Q: Well, it can make a difference in a sense, because…

B: How?

Q: In one way, perhaps, there could be a lot of oppression and death…

B: Did you hear what I said? If the peace is done with integrity, do you really care how it gets there?

Q: I got what you mean by integrity, so…

B: Keep it simple. In other words, if the peace is created without harm coming to anyone, does it matter how it happens?

Q: Not particularly.

B: All right. Then allow yourself to recognize that you will both get what you want, if it simply fulfills the general description of your desire that peace occurs with the most amount of integrity it possibly can occur with.

Q: Okay. And this can be done with beliefs. Today you talked about…

B: Yes. And action.

Q: Can you do it with beliefs only?

B: The idea is that something you really absolutely strongly believe in, you will act upon. The two are not segregated. There is no such thing really as a belief only. For if you have what you call a belief, and you do not act accordingly in some way, shape or form, then it is not really a belief.

It may be a recognition, but it is not really a belief – not in the fullest sense of the meaning of the word. For what you really believe in, you act upon. Actions and beliefs are tied together, in that sense. They are one thing: you act, as you believe; and as you believe, you will act.

Q: Well, like, for instance, I work every day doing work that has nothing to do with the war in Nicaragua.

B: Not directly, perhaps.
Q: And occasionally I will write a letter to my Congressman. Is that the type of thing you’re talking about?

B: To some degree, the writing of the letter is an action, and is representative of your belief. Now, it can expand in its definition; it can expand in its scope, if that’s what excites you. But the writing of the letter is, nonetheless, an action.

Q: And with the belief to back that up, then the peace that I’m looking for can take place, just with my own personal self doing it.

B: Yes. Yes. As long as you understand that you are not segregating yourself from any opportunity that might come along to represent your ability to act on it in a more expanded way.

Q: Thank you.

B: Thank you. Sharing!

Your Vibrational Response to World Events
Zeta and the Legacy

Intruders

Q: What’s happening, dude?
B: Everything. All at once.
Q: Life, right?
B: Yes.
Q: Hey, I understand that on your planet your people have white/whitish-gray skin.
B: Yes.
Q: Okay. Well, if you’d be willing to share with us your spacecraft technology...
B: Now, we already have, to some degree, but as you know, it is not yet the right timing.
Q: Well, I was going to say, in order to accelerate that timing, we would be happy to share our sun-tanning technologies with you.
B: No, thank you.
Q: Okay. That’s a joke, anyway.
B: Yes.
Q: I’ve just finished reading “Intruders,” by Bud Hopkins, which I believe you know of. A book which talks about the encounters that several people on our planet have had with extraterrestrials abductions, where they have been taken aboard the craft...
B: At this time we would suggest a replacement for that term. Rather than abductions, perhaps ...
"detainments."
Q: Detainments. Okay. Anyway, they underwent examinations of various kinds. The account in the book indicated that there was some pain and discomfort and a lot of fear created on the part of the detainees.
B: Yes. Generally the fear is what creates the pain and discomfort. There usually is no real inherent pain or discomfort in the interaction – except what is caused by the fear. Part of the reasons for those interactions is to release those fears, so there will no longer be any form of fear, pain or discomfort in your lives. That is one of the reasons for those interactions. They are all being made by agreement, even though your conscious minds may not remember those agreements.
Q: Some of the pain has been physical pain, in that there have been probes placed up into the nostrils.
B: Yes. Some of this is physical, and some of it is not. Some of it is such a strong telepathic idea that you think it is physical.
Q: Knowing that these people have agreed to have these interactions, then, since they have agreed, why are they still creating the fear? And then corollary to that: one of the detainees said, "We wouldn’t really mind it if the aliens would just come out and say, 'Hey, would you be willing to do this?' And we would be. They don’t have to abduct us. " ... That made a lot of sense to me.
B: Yes. Understand, of course, that the agreements are usually unconscious; that is part of the reason. Many times, as long as the agreements are unconscious, an individual may consciously say, "Oh well, wouldn’t it be nice if it were to happen this way?" But when it comes right down to it, the fear comes up anyway.

Q: Well, if the agreements are unconscious, can they not also be done consciously?
B: Obviously on your behalf, not yet, otherwise there would be no fear – for the fear is an indication that it cannot yet be done consciously.

Q: Yet there is this request on the part of at least one of the interviewed detainees that the aliens come out and make a conscious request.
B: Yes, but that is after the fact.

Q: True. Well, what I’m also doing here is suggesting that these agreements start being made on a conscious level – and perhaps you can be our ambassador?
B: They are doing so more and more. Do understand one very important thing: all the individuals who have been chosen – even those who seem to go through abject terror – are actually quite close to integrating the last remnants of their fears. We are choosing all those who are very close indeed to the end of having fear. So you may realize that when you see them having that much fear, if that’s an indication of a small part of the total fear that your society has, just imagine if someone were to be chosen who had more fears than that! So the individuals we are choosing are the ones, many times, who are the closest to integration, the closest to conscious recognition. And yet they still have that amount of fear.

Q: I see. Are these individuals also helping to drain off the fears of the rest of us through themselves?
B: Yes! They have agreed to do this for all of you. That is why they are now sharing their experiences – so you can vicariously go through their "ordeal" with them, get in touch with the fear left within you and integrate it. Then the next series of interactions can become more and more conscious.

Q: Okay. I am contemplating sending a copy of this tape to the guy who wrote the book.
B: By all means.

Q: Do you have any final comments that you’d like to communicate to him and to his people in the book?
B: Only that we appreciate that he is doing what he agreed to do. And he is making a difference in the ability of your entire planet to allow your society and our respective societies to live in harmony with each other.

Communition
Q: I’ve been under this dark cloud after reading a couple of books recently. One of them is a brand new book called, “Communion,” by Whitley Strieber.
B: That initial reaction is not unusual for your society; but no need to fear. All the fear that you may experience in the idea of those interactions basically stems from that individual experiencing those
interactions and allowing himself to release the fears that have been planted in his life. And also, nothing has happened in those interactions that the individual did not agree to at some point in his life – although, granted, it is on an unconscious level. Everything is done by agreement - everything!

Those extraterrestrials were assisting that individual in releasing much of that fear. Thus, at this time he is very much aware of what the purpose of that idea was. I’m not saying he has come to terms with all of his fears, but he understands that the fear he felt was basically from himself, not from them.

Now, those beings have interacted with many beings on your world. One of their primary functions, per the agreements they have made with many of you, is to assist you in releasing your fear. It may be a very fearful process while you go through it, but you agreed to experience it. You know what you are doing. All you need to do, if you find yourself in that interaction, is to trust that you know what you are doing. The more trust and love you have, the less you will feel the interaction in a format of fear. That’s all it takes.

Remember, a higher vibratory state exposing itself to a lower vibratory state will raise the vibration of the lower being to force it to face many things it has not been willing to face within itself, and that is what the being is terrified of. But that being is dealing with it, integrating the fear and transforming it into positive understanding. That has been one of the purposes for those interactions, because it was understood that that being, that author, would communicate his experiences, allowing other individuals to come to terms with their own fears, so that by the next wave of interactions there would be less fear to integrate.

Q: I understand that, but my reaction was that the book might be scaring more people than it is uplifting.

B: That’s all right, because it will still allow them to face certain ideas, to come to terms with them; and again, these things are done with agreements, do not forget. Your entire planet, on one level, is agreeing to this particular type of teaching. It doesn’t have to happen that way; it’s completely up to your world as to whether or not it will wake up or be shaken awake.

Q: Well, I think that that book has perhaps dis-advanced the progression, because it’s sort of creating the opposite effect of, for instance, your teachings.

B: No. I understand what you are saying, but there are many individuals who cannot relate to the idea in any other way. Therefore, they have been given the tools that will work best for them. True, it isn’t for everyone, but it will hit those who need it. And do not necessarily view it as a disvalue, because then you will reinforce the inability of certain people to absorb it. Know that it will evolve where it needs to. It has already awakened many.

Q: How does it serve the extraterrestrials to contact us in what appears to be frightening ways, at least to our conscious minds?

B: Understand that different individuals in different cultures have different methods; different cultures think and perceive in different ways. The intention is always there to be felt for what it is, and the Zeta’s intentions can always be sensed to be loving, in an overall way. The methodology through which those intentions are expressed, however, can and do seem alien to you. Their thought patterns are alien to
yours, and so there is that fear, that dichotomy, that often crops up in your society when you see something that is extremely different from you.

It is not so much that they have an absolute desire to approach you in specific methods that will generate fear. It is just that because of your methods, their natural methods do in fact generate it. They are not necessarily about to alter their entire psychological structure to accommodate you beyond a certain point. They know you can handle it, and they know you have agreed to learn how to handle it. Learning to do so is one part of the agreement, a part about which many of you are not aware.

Q: Yes, I can see that, because there’s a point in the book at which he says to one of them, "You have no right." And she says, "Yes we do."

B: Yes. The right was granted by the agreement that was made. Many individuals on your planet do wish that contact with us and other civilizations. These Reticulum beings are primarily doing the job of acclimatizing many individuals on your world in ways that are buffered. Even though the individuals may experience many degrees of fear, it is actually a far smoother transition than they would have experienced had the alien beings simply come to them straight out, first time full blown.

Bit-by-bit these individuals have been contacted over long periods of their lives, many times from when they were children. And bit-by-bit they are allowed to remember more and more of the interaction until they get to a point where they realize there is nothing to fear. They can handle it, and then the contact can occur more openly and more obviously.

Q: I thought it was very significant that every person to whom Strieber talked who had had a similar experience – even though some of them were still frightened, and didn’t know if they were going crazy, or if it was their imagination or what – still in spite of all that, they felt love and affection.

B: Yes, at this point in their lives. To put it simply: the aliens are acting within their integrity to the best of their ability, but they are not responsible for the way you have created your society to be, and the reactions that you often have. You have made the agreement; they are fulfilling the agreement. They are doing it in the way that is easiest for you.

As we have said, when you encounter those beings, for the first time in your conscious life, perhaps, you will actually get a reflection on how powerful you are. Any fear that might come from that is merely a reaction to the belief that you cannot possibly contain that much power. And therefore, "It isn’t coming from you, and so it might destroy you." But it can’t. It is an absolute reflection of you – and that is what you are learning.

**Fear’s Message**

Q: So how do you stop letting fear control you and take over your life?

B: Know it is your friend. It is giving you messages, tap, tap. “Look here! Here’s a part of yourself you didn’t know existed: I’m bringing it to your attention. Isn’t that wonderful? Now that you are aware of it, you can integrate it into the rest of you and be more of who you are. Haven’t I done you a wonderful service?” “No? What do you mean you didn’t want to see that part of yourself? I thought you wanted to
see everything there was to see, experience every facet of the multidimensional existence that you are. Do you not want to integrate it in yourself so that you can accelerate? ... You’re not sure? Well, all right. I’ll hang around until you are sure, until you allow me to deliver the message. Of course, as long as I hang around, you might as well feed me, pay for my meals, allow me to grow and become a live-in. I’ll get stronger and stronger and nag you constantly until you allow me to deliver my message so I can get out of here.

That is the only reason fear is there – because you do not allow it to deliver the message it brings; because you attempt to reject the message, thinking it is something not worth having.

Q: Well, if fear is delivering a message, I don’t always know what the message is. I would rather have the message than the fear.

B: Well now, I am not saying this is something that carries any more power than you do, but many of you have put much stock in the belief of habits. And so because you believe things can happen in your lives habitually, as second nature, without even knowing you are doing it, then many times you do not even realize you are rejecting the message coming from the fear, and doing so before you can even think about it. You do not pay attention quickly enough.

Therefore, it is a matter of allowing yourselves to know that the messages are there, that you can hear them. Even allowing yourselves to be fascinated by the fact that the fear might be bringing a message can curtail or dull the negativity – just because you might be fascinated enough to say, "Well, what is the message?" The minute you become curious, no more fear.

Q: Could you give me an example of what kind of message a fear would bring?

B: Well, one such as this: you are walking down one of your streets. Someone walks up to you, and all of a sudden you are fearful. "What do they want? What do they want? Why are they bothering me? I do not want to be accosted. Are they going to rob me? What do they want?"

"Excuse me, do you have the time?" "Oh! Well, yes." "Thank you very much. Good bye." "Why was I so fearful? Why was I so automatically fearful without knowing anything at all?" Assumptions and structures that you build; habits that you believe in. The message is there that lets you know that reaction shows you the beliefs you have within you, structures within you that you may not prefer. That may be the message. If you do not prefer to live that way, then you have now allowed yourselves to let the fear show you these beliefs are within you. Now you can change them. That is one way you can allow fear to deliver a message.

Q: Yes. Of course, there is a situation where a guy does have a gun under his coat...

B: Yes. So?

Q: Fear is really telling you to get out of there!

B: All right now, once again, understand that that situation can occur that way, but it also does not have to. The idea of knowing your reality, and knowing it without fear, can give you the cognition that the event is there. But you know it will not affect you in any negative way. Cognition of a situation does not
have to create fear.

Q: True. But what I’m saying is that sometimes the sensation of a fear comes up, and I go, "Well, look at that. That’s neat." And I find that I’m able not to feel fearful because I’m in the moment, and I know that there will be a positive outcome. So, if that does occur, then what is the message? Or have I just made the message unnecessary?

B: Yes. The minute you begin to become curious, you have gotten the message. The idea of many of the fears is to simply spur your curiosity to begin exploring that facet of yourself. That is all. It is a gentle reminder. And the more you are willing to explore, the gentler the nudges become, until you just do not experience that fear anymore. Again, it is simply the idea of little bits and pieces of beliefs and remnants. That is all. Little twinges of old habits. But as soon as you acknowledge that it is something worth exploring... no more habit.

So in the case where the guy does come up and he’s got a gun, and his initial intention was to rob you or whatever, you will experience the fear and say, "Okay, I can just view this as a positive thing."

Q: That will flip us into the dimension where we co-create...

B: It can happen that way. It can also allow you to not come anywhere near that individual, and vice versa.

Q: Well, I’m saying he’s two feet in front of me...

B: But understand: you are missing the point. Not that it cannot switch in the middle of the idea, but generally speaking, you do not usually need to have that particular type of scenario to know that if you create your reality in a certain vibration, you will never meet that robber at all. He will take one street, and you will take another. You will not have to come down to the idea of the confrontation at all... although that may be one way individuals may find an exciting way to come to terms with what they believe in the moment. It is certainly valid, if they create it, and it has happened.

Q: Well, it sounds like what you’re saying is that in the case of my going down a street other than the one he goes down, I’ve already dealt with my fears.

B: Yes, that is the point. If you are using the situation to allow the fear to be there in order to deal with it, then yes, you can transform the situation right in the middle. Therefore, recognize that if that is what you are willing to do, then the individual you have attracted is someone willing to change with you. And so, in a sense, it has already been changed.

**The Facilitators**
"The Facilitators" from the Zeta Reticulum.

The fear within you can be a tangible thing at times. We extend, in whatever way you will perceive it, our thanks for allowing us to evoke this fear from you. For in evoking this fear, you give yourselves the opportunity to experience that which you have locked within yourselves, that which creates a vibration, which is not conducive to our interaction with you in an easy manner. We thank you for allowing us to unlock this fear from you. For the temporary time you feel this fear, there will be a greater time of joy in
your futures.

We are The Facilitators, and we thank you for allowing us the opportunity to function in this modality with you. We are your friends. You may not know us well yet, but you are beginning to. It is true that you have the capability – as do all beings within creation – of recognizing your own godhood. We choose to recognize our godhood in our own way – collectively, and you choose to recognize your godhood in your own way – individually. Not that we are not individuals; not that you are not a collective, but we are mirror expressions in many ways of the things that are feared within each other – or have been feared until now.

In allowing us to participate in the release of your fear, you give us the opportunity to give to all things past, within our civilization, and all the ideas of the fears of our own individuality that we have faced. You give us the opportunity to realize how that fear can be expressed in the individuals you are. As you look into our eyes, you will recognize only the mirror of your own soul and the potential of your own godhood. There is nothing in this to fear. But we thank you for allowing yourselves to feel that fear, even temporarily. For as you feel it, you will own it, and as you own it, you will transform it. For you have been told by many beings in various ways that you cannot transform what you do not own.

In realizing the mirrors of your own souls that you see in our eyes, allow yourselves the opportunity to accept and acknowledge your willingness to own the very idea, the very core, the vibration, that you call fear. Recognize it as those things you have shunted from yourselves in the many years you have lived on your planet, and for the various years and centuries we have been observing you.

We thank you for your release; we thank you for your blending. We thank you for your agreements; above and beyond all that, allow us to participate in the modality we are used to. We thank you for allowing us to be part of the exploration and the awakening of your world. We thank you for allowing us to help lift your eyelids to a new dawn and a new day. We thank you for allowing that new dawn and that new day to be something in which we will also participate with many other worlds – in our own good timing.

We thank you for allowing us to present to you the calling card of membership within The Association of Worlds. You will find it an exhilarating experience, we guarantee you. Recognize that all you may be passing through now, what you call fear, is a passing thing – truly a passing thing. Surely it will become the stuff of your legends; surely it will be something you will not be able to fathom as having been able to experience – in a very short time on your world. It will be the stuff of nightmares, and it will be as if you have truly awakened from a dream – and into another dream you prefer to dream.

We thank you for allowing us to be the windows of the eyes into your own souls, for you are only looking into that which is your own godhood, your own potential. We thank you for allowing us to open your eyes as widely. We meet upon the plane of understanding.

**The Zeta Mirror**

December 1988:

Q: I recently had a real interesting meditation, where I found myself apparently hovering over a
B: All right, let us say this: more than the idea that they are your people, you have very strongly tapped into certain things that are happening on your planet, certain reasons for why these things are going on. You are very tuned into the transformation that is taking place; you know the part those people are playing in interacting with your society. To some degree, what you are perceiving is the Zeta society; you are perceiving, from your point of view, sickness – because the idea is that they do, in fact, require something from your civilization, even as your civilization needs something from theirs.

The blending that is going on is going on for many reasons, but one of the most important ones is that in very many ways you do need each other to be what you are becoming. You see, they represent one side, the unified mind, which you do not understand, and you represent the other side, the individual conviction, which they do not understand.

They have something like a hive mentality, wherein all the bodies are representations of a unified linked mind. They are more of a mass mind, something many of you fear greatly. You are far more individualistic, which is something they fear greatly. The sickness is because they know that, to some degree, they are dying without you. And that is why the interaction is going on. From their point of view – were you to look at it the other way – you might see your planet as harboring the same kind of sickness.

Q: Does this mean this type of interaction will continue?

B: It will continue. And there will be more blending, as we perceive that idea. More and more information will come out, making it that much more easy for more blending to take place, until you allow yourselves to become whole within your own beings. And then you can allow each other to be reflections of the wholeness that you have become.

Q: So, in a sense, they’re mirroring us?

B: Oh, yes! They are polar to you, but they are mirroring you. It is very profound – all these different levels on which your first official encounter with extraterrestrial consciousness is taking place.

For you, then, I will simply suggest pleasant dreams, for you are being of assistance in the dream level in ways that you may not yet be aware of, but which you may become aware of very strongly within the next three years. Thank you.

Q: Thank you very much for being the teacher that you have chosen to be.

The Legacy
Q: You say you’re the channel’s future self?

B: ’Tis one-way of looking at it, yes.

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

B: In many ways that is so. As we have said, the reality that your world has always called real – the physical reality – is a particular vibratory wavelength. The vibratory wavelength that your reality has always considered to be unreal is actually the level we exist in. The level of dream, the level of etheric energy, is our solid reality. Therefore, we are very intertwined with your imagination, your archetypal energy.

You, therefore, have already unveiled a portion of the legacy. We are very much representative of your archetypal stream of consciousness. Now, that does not mean we do not have our own existence. It is only that your society is beginning to truly understand that what for you has been a fantasy realm is our real substantial dimension of existence. Now you are accelerating to meet that dimension of existence, where you will in a sense become someone else’s dream, someone else’s fantasy to their reality, respectively.

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

And now let us express the idea to you that we have termed, "The Legacy." Listen to us with all the different types of ears you have. Take us on one level literally, and yet take us not literally at all. For we are now entering a true phase of the construction of dream time.

As we have mentioned before, the understanding is that you exist on an energy level, just as we do. All things are made of the same energy, but there are different frequencies. Our frequency of reality to you is the idea of dream reality, etheric reality. Many individuals on your planet have referred to extraterrestrial consciousness as etherean consciousness. This is, to some degree, quite accurate. It is why it is basically easier for us to communicate with you in this manner than it is to use your physiological radio devices. For we operate on that frequency not at all!!

Biological senders and receivers are far more efficient and usable, once they are trained to identify with the energy of love and acceptance. The energy of light links all mentality, as you are linked not only to every member in your own civilization, but to all other civilizations as well – sometimes in very specific ways, to play out very specific ideas.

We have been allowed at times to briefly discuss with you some of the notions for some of the interactions taking place on your planet that you have called abductions – which we have chosen to call, as we said, temporary detainments. We have also reminded you that these interactions between your species and the alien species we have referred to as the Zeta Reticuli are all done through absolute
agreement, even though on your part many of these agreements may be done unconsciously. And they are only brought to the surface reluctantly through the idea of the release of your fear.

But you are serving each other in many ways. We have briefly discussed the understanding, as many of you yourselves are now beginning to realize, that your species operates on a very highly individualistic level, that their species operates on a very highly developed mass consciousness level; and that to each other you are extremely alien.

Just as much difficulty as you have had understanding the idea of how it is to operate as one consciousness, they have difficulty understanding what it is to operate as a single individual, cut off from the whole. And although they do not express it in exactly the same way, in many ways, they have just as much fear and uncertainty about you as you do about them.

You are learning to understand each other; and in understanding and blending with each other, you are performing services for each other. You are boosting and supporting each other’s society, aiding in each other’s transformation. You are giving them what they need; they are giving you what you need – to mature as a species, even as you allow them to also mature as a species.

They have come from an evolution that is completely different from the one you have taken. You are true polarities on many different levels. But now, through these interactions, through these sharings – whether they are understandable on the surface or not – you have begun the true blending in many ways that will allow you both to mature and interact. To become fast friends, side-by-side in your expansion and exploration of the universe – in many ways you cannot yet understand, but ways you will understand in the time to come.

We have shared with you the arbitrary nomenclature... that in various ways we have the existence of our evolution, approximately, 150 to 300 years beyond you. We have told you that this is an arbitrary nomenclature; and we will now endeavor to define and precisely explain the relative frequency of the time span of your reality and our reality. For there will be a seeming time, a temporal paradox, in what we are about to explain about your connection to us. It has already occurred to some of you; it has not occurred, quite surprisingly, to a lot of you.

Once again, what we are about to say you can take in many ways and on many levels very literally. But understand it is also archetypal energy, the sub stream consciousness of your realm, of your realm and of their realm, the Zeta Reticuli.

We have told you that we are the representation of your own future selves, and in many ways that is allegorical. And it is also largely quite literal, reincarnationally speaking. It is at the same time a representation of the parallel type of civilization you yourselves will create upon Earth.

But there is one other way that we also mean it, that we have not really shared with you, and that is this: even as we have endeavored to describe our physical reality, we have not brought you fully to the understanding that we are an exact cross between the idea of your human form and that of the Zeta Reticuli.

We are the children of the blending; we are the hybrids that you are creating. We are your future selves,
and have come back to remind you that there is a marriage going on that gives us reality, that supports
us. You are in many ways our fathers and our mothers. And we are your children.
We send you our love across the ages. The idea to understand is that this blending is taking place in your
time frame; and that an evolution does occur where there is the population of our world and another
dimension by the crossbreeding of the Reticuli and the Earth human. We are that population. And that is
why we have remained in that other dimension: so that we would not interfere with the marriage that is
taking place, so that we would not interfere with the consummation of that marriage. And we would not
interfere with your right to experience our birth from your point of view.
But now, because of the timing, and because of the sharing, we can be allowed at this time, with great
joy, to share with you that we greet you as your children. And we thank you for allowing us to reflect
back to you the brilliant trust you have placed in us, the brilliant future you have given yourselves and
the brilliant present you have bequeathed unto us.
There are many more levels to this idea, and we will share those in time as well. But understand that
there is a distinct purpose in the creation of our species by the blending of yours and the Reticuli. To a
very large degree you are creating the future you desire.
And do remember one other thing, another thing that many of you sometimes do not stop to realize. In
our present time, we are also side by side with your future Earth. And we interact together in joy, in
harmony, in love. You are our legacy, as much as we are yours.
Our love to you; we thank you for your blessing. We thank you for your strength! We thank you for
your love, and our life and our joy. We only give you back what you have given us in allowing us to
exist as we do.

Infinite Creation dreams you into ecstatic creations of reality – forever and ever. Shivai!
AUD: Shivai. Shivai.