

FRANCIE STEIGER

Polarity exists in all things, and it is quickly evident in the works produced from channeling. Channel only those vibrations which accomplish love, wisdom, and knowledge.

Throughout history, several of our great personages have channeled creative energy from the realm of highest vibrations. Jesus, Buddha, and other of the world's greatest religious leaders have spoken of meeting with the angelic beings of the spiritual realm and of receiving their greatest inspirations from them. Countless other saints, philosophers, artists, inventors, and political leaders have spoken openly of their contact with beings of light.

Socrates, one of the world's greatest philosophers, credited his wisdom as having come from beyond. Emerson, the American poet and philosopher, declined credit for his many great works, asserting that an "alien energy" came to him in visions after he placed himself in a meditative state.

The great inventor Nikola Tesla, a colleague of Edison and Westinghouse, developed hundreds of complex electrical innovations, while repeatedly stating that his knowledge originated with "beings from outer space," whom he said he would join upon death.

Robert Louis Stevenson credited his imaginative stories to multidimensional beings. Charlotte Brontë said that her novels were dictated to her by beings from beyond.

Dr. Frederick G. Banting, developer of insulin, insisted that "angelic beings from beyond" provided him with the means by which countless lives might be spared.

George Washington recorded the visit of two angels in his office at Valley Forge, who showed him a vision of the future of the embattled colonies for the next two centuries.

Swedenborg—philosopher, scientist, doctor, advisor to Kings—swore that angelic interaction was a natural state of humankind. Nostradamus, Edgar Cayce, and thousands of other inspired men and women of history

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have attested to their communications with beings of light that exist in the spiritual realm of the highest vibrations.

Those who would be channelers of creative-angelic energy, and who would seek to make such works manifest in the physical world, must understand that they take upon themselves a great and most grave responsibility. They must comprehend that they become vibrationally responsible for all those men and women whom they will come to affect. Whether they affect the lives of others chaotically or harmoniously, they are responsible for the effect.

Remember, whenever we interact with another, we cause a newly formed energy to exist. This energy is patterned by the very experience that brought it into being; and it, too, will be gathered by the creator, and by those who respond to it.

It was given to me profoundly that it was the Divine Plan of God; that caused energy systems to exist, and to extend down into the realm of matter. These spiritual and physical energy systems are thereby to interact with one another to create new energies, which will be patterned, after the very experience that brought them into being. All patterned energies will then be gathered, into the vibrational field of the originator of them.

When those energies that God has caused to exist, have evolved, and returned to the Source, all systems created will bring with them all patterned energies which they have created, and they will be gathered into the vibrational frequency of the originator of them, that of God. It will be in such a way that God will expand, increase in complexity, and experience life in a myriad of forms and dimensions. This is the purpose of all creation, and it is termed the Divine Plan. In our creating new, harmonious energies as a result of our channeling and our harmonious interactions, we are fulfilling our purpose for existing and thereby fulfilling the Plan of God.

As I have said, we are held "vibrationally" responsible for that which we create. The energy that vibrates

UPON A SEA

Upon a sea of glass my fate washes o'er me,
churning and tossing me high and low;
Yet one small ray of hope, a light shines down on me,
showing me the only way to go.

'Tis not an easy trip, my arms flailing o'er my head,
gasping and gulping through tears and strife;
A lighthouse far ahead, towering to the sky,
the only way to save my life.

Will I survive the trip and swim straight, toward my goal,
not stopping or drifting by the way;
Or will I toss up my hands and sink into the night,
never seeing the light of day?

—Francie



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CHAPTER EIGHT

The Purpose of Creation



I remember the day well when I received the vision teachings which told of the purpose of our being—the reason we were created.

I had readied myself for my daily contact, the time when I attempt to receive truths from beyond the physical plane of Earth. I had completed all of my necessary physical tasks of the day, and I had made certain that the time that I had selected would permit me to remain undisturbed.

I closed the thick drapes over the windows and settled myself on the soft surface of my bed. I began to breathe more slowly, taking long, deep breaths, as one might do in the practice of a Yogic breathing technique.

I cleared my mind of all extraneous matters as I gradually focused on the thought that I wished to explore, so that I might share the light of awareness with others. Steadily, I concentrated on the question: What is the full purpose of our being?

I continued to form a pattern of my thoughts as I slowly imaged many people performing tasks of various sorts, from the mundane to the most sublime. As each image flashed before me, I asked the “why” of it.

I imagined, for instance, a woman giving birth and

nurturing her child; a farmer planting and harvesting his crops; construction workers building and maintaining roads and cities; scientists inventing and perfecting new products; creative artists fashioning songs, poems, paintings. In each instance I asked the silent question: "What is the purpose of our existing on Earth?"

Mentally, I visualized myself grouping all of this great variety of images together, as one might concentrate them as if to form a ball. I next imaged myself tossing this ball of images high in the sky, so high that it would continue up into the very heavens. Then I proceeded to envision myself following the image-ball, seeing where it might lead me. I had embarked on a quest, a spiritual journey to discover the vision-teaching that would reveal the truth of our purpose on Earth.

The journey was long, but it was thoroughly enjoyable, as I soared through the clouds, then rose above the Earth and continued on into outer space. It seemed as though I were ascending through layer upon layer of different energies. Each layer contained its own pleasurable sensations, and these bathed over my being, both within and without.

I continued to follow my thought-pattern until I ascended into a realm that was permeated with the most enjoyable sensation of unconditional love. My entire being was suffused with love of the purest quality that I had ever known. It was an energy of love that loved me just for being, and I felt sanctified, purified by its vibrational frequency.

Awareness of all that was around me began to increase, and I could now see before me a massive sea of energy, a veritable cosmic ocean. The power within it pulsed continuously, and I stood in awe of such majesty. Then it was that a thought was caused to enter my mind, and I perceived that I was being shown a representation of the Divine Plan of God, the source of all other energies, and this had been created by God, and it was alive and moving about, and would come to be known as the Christ Vibration. This Vibration had been created in the image of God, being capable of

creating, and remained connected to God by a current of energy that flowed from it and reached out, disappearing into a realm far beyond what my eyes could envision. As I looked upon this ocean of energy, what seemed to be the most magnificent of all sights, I marveled at the multiple complexities which I could see moving within the gilt-edged borders of the image of the great cosmic ocean. I was drawn to look more closely within its pulsating, rippling structure, and I could see an area near its core that had begun to contract and to move in a pattern different from that which surrounded it. This irregularly contracting area of lighter and darker particles began to move slowly forward to the outermost edge of the ocean of energy until, finally, it pierced the wall and came to exist fully outside of the perimeters, as if it had been expelled by a strong inner force.

The newly formed energy was quite similar in appearance to the great ocean from which it had sprung, except that the new creation was a smaller pool of light. Due to its transparency, I could easily see within its structure, and I beheld lighter and darker particles darting about, and I understood that they were as molecular structures. They moved in circular fashion, each almost touching the other. And as these swirls rhythmically began to touch one another, their pool of light became brighter, glowing from within.

Another thought was caused to enter my psyche, and I knew that the teaching of our purpose in being had begun. I was told that the two particles within the pool of light might be considered as positive and negative in nature, and that their relationship with one another was symbolic—each dependent upon the other for its purpose in being, for its reason for existing. I further perceived that this holistically perfect pool of glowing energy represented the first creation of the Source, the first Soul ever created—and its energy was spiritual.

As such a thought continued within my psyche, I noticed that all particles within that had been designated as positive had begun to gather into an area, as had all particles that had been said to be negative. A complete

division between these two groups had begun to exist, and yet they were mated together as one. The division between the positive and the negative particles continued to externalize outside of their former boundaries until there came to be two separate pools of light, and though there existed a distance between them they remained connected through a current of energy.

A movement to the left of the divided pools of light then caught my eye, and I was permitted to see that the great cosmic sea, that of the Divine Plan, had begun to pulsate more rapidly and cause countless other energies of the same essence to be projected from it. These multiple pools of light glowed all around the great sea of energy, as lights in a circular fashion. Within seconds of their nativity they began to separate from within and they, too, divided as the first of them, yet they remained connected to each other by a current of energy, and multiple Souls were formed.

I was led to understand that in such a manner, the Divine Plan of God, the patterned energy God created, had caused the separation of energy to exist so that the plan of all creation might be furthered in accordance to the pattern thereof, the direction of God. All these Souls remained connected to the Divine Plan by golden umbilical cords, through which the energy of God continually flowed.

My eyes were caused to anthropomorphize these Souls, and without my knowing, they appeared as humanlike beings of light. They now appeared as males and females, and I was told that the female was positive and the male negative, and together they could create other energies. That all of creation was in the image of God, being positive and negative in nature, capable of creating energy.

My attention was now drawn to observe the golden umbilical cords that connected the Souls to the Divine Plan of God. These had begun to glow as though a bright current from the Divine Plan of God was flowing through them. As the golden energy was received in the form containing the feminine principle, that same

feminine part sent forth another cord from itself that seemed silver in nature. At the end of each silver cord that was being sent forth, a small crystalline sphere began to come into being. Each sphere, I was told, would represent a lifetime which would be led in the realm of matter.

I was told to watch as an embryo began to form within each of the spheres that had just been extended. Before the birth of an entity, a spirit fashioned from the golden energy of the Source entered its form. The nature of this spirit was eternal, and was in the image of God, capable of creating other energies.

The spirit within the child was tended to by the masculine principle, which hovered over it as if to minister to its needs. The masculine principle, I was instructed, functioned as a guide and a guardian, assisting the spirit within the child in gaining knowledge. The feminine principle, on the other hand, channeled certain personal truths and awarenesses that had been gathered into its energies. Both the masculine and the feminine principles were the emissaries of light to those people they helped cause to exist in the realm of physical matter.

Time was caused to pass quickly before my eyes, and the children within each of the spheres matured to various ages and interacted with all of matter—both organic and inorganic. Newly formed energies, which appeared as sparkling lights, were caused to exist, from their interactions, and they entered into the children and increased and elevated their natural vibrations.

Harmonious interactions with all of matter caused patterned energies of the highest, most harmonious kind to exist. Interactions which were discordant in nature, however, created patterned energies which were imbalanced, chaotic, and destructive. These energies were shown to me as dark, humming forms, whose sound was irritating, like that of static electricity. When these discordant patterned energies were absorbed into the spirit, they brought about a lowering and a distorting of the entity's natural vibrations.

I was caused to know within that the reason and the purpose for our creation was that through our harmonious interactions we, too, would create in the realm of matter. The new energies which we would cause to exist should be of the highest sort, and would contain the pattern of the experience that had caused them to be. In our wisdom, through our balanced interactions with all of matter, both organic and inorganic, in accordance with the Divine Plan, we would gather into our spiritual being those patterned energies of the highest and most harmonious of orders that we created so that we might evolutionize our spirit within.

Upon the death of our flesh, it was shown to me, our spirit within would continue to vibrate with those patterned energies of the highest order if had created and gathered, and would continue to rise, thus joining the high vibrations of the feminine and masculine principles of the Higher Self, our Soul, and that of the other angelic beings in the realm called Heaven. Unfortunately, however, those who in their ignorance had chosen to interact with all of matter in a discordant, destructive fashion, disharmonious to the Divine Plan of God, thereby causing patterned energies of the lowest, most chaotic order to exist, had set their spirits vibrating in the lowest of frequencies. These spirits would enter into a realm of their own creation, a place of chaos, a place of limbo, the place called Hell.

As I continued to watch, time was again caused to pass quickly before me—months, years, lifetimes fully flowered into existence, then withered in transition. Throughout all time passages the feminine, positive principle interacting with the masculine, negative principle steadily sent forth many silver corded energies, forming starlike rays in every direction.

At the end of each cord there existed small, crystal-like spheres, which, I was told, represented each lifetime that was to be led on Earth. Within each of the spheres there formed an embryo, which became a child—sometimes living to an old age, sometimes dying sooner, but always interacting with matter and gathering the pat-

terned energies it caused to exist. It continued gathering awareness, affecting the lives of others, as it matured. Each patterned energy of awareness gathered the vibrations of each lifeform, as well as causing increased contact with its Higher Self, its Soul.

When there appeared to be no more gaining of a particular sort to be achieved from one particular lifetime the energy within the cord ceased to be. At that time, the spirit within the lifeform would either rise to the realm of the highest, most harmonious, of vibrations or sink to the discordant vibrational realm called Hell, dependent on its spiritual vibrations.

I learned then that the feminine and masculine principles provided the vibrational balance within each Soul and that each lifeform in which the Soul expressed itself could be thought of as the multiple facets of one great crystal. As the physical lifeform created and gathered energies of the highest sort, which it achieved through harmonious interactions, it gained greater contact with its Higher Self, its Soul through the silverlike umbilical cord, and did therefore live in greater accord with the Divine Plan of God.

Through our existing in the realm of matter, we cause new patterned energies to exist. At the end of time God will receive our patterned energies, thereby causing it to expand in vibration and to become even more complex than before. Through our harmonious interactions, the Source, God, experiences even more of life through the patterned energies created by our experiences in the realm of matter.

And as I looked throughout all of space surrounding me and was permitted to see countless stars, planets, and suns, I was told that there existed extraterrestrial, as well as terrestrial, life. All lifeforms, whether existing on Earth or flourishing throughout the cosmos, were created through the patterned energy God created, the Divine Plan.

My eyes were caused to focus on a single planet, and I saw that it was Earth. I saw humans interacting with all of matter in ways which were chaotic and destructive.

Humans attacked and hurt one another, sometimes fashioning great chains from the metals of the Earth and enslaving their fellow beings, causing them to conform to their will. These humans were interacting with organic and inorganic matter in a discordant and destructive manner. They were causing new energies to exist which were chaotic and disintegrative in nature, and those vibrations were becoming a part of their whole being, affecting them mentally, spiritually, and physically. (All is holistically interrelated and intertwined on all levels) I knew that such activity was not a part of creation. I knew that such chaotic vibrations were not true to the Divine Plan of the Source.

A great sadness rushed over my being as I understood that humans, with their continual warring and programs of destruction, had made their allegiance to *Chaos*, not to God. We must accept our responsibility for this choice and recognize it as the original sin. We should not delude ourselves or blame others. We must not appease our conscience by saying that God created Satan and Satan created sin. It was humankind, who, through its discordant, destructive interactions in opposition to the Divine Plan of God caused *Chaos* to exist. The ways of God are perfect. It was we who transgressed against the Plan.

I asked further of the judgment of the spirit so that I might more fully explain it to others, and I was told that all spiritual energies which we cause to exist during a lifetime of interactions become a part of our being. All is holistically interwoven, and all the patterned energies which we have created will affect our total self in spirit, mind and body. The "judgment," of which the higher intelligences have spoken to our prophets, refers to self-judgment. It is we who decide our fate. We are the ones who cause the spirit-within to rise to the heights of Heaven or cause it to sink to the degradation of Hell. It is always our choice to create and to gather the energies had from harmonious interactions or to fashion chaos and collect the energies from discordant, destructive acts.

Upon the death of our flesh-forms, those whose spirits are vibrating with the most harmonious of energies of the highest order will rise to the realm of the highest vibrations; those whose spirits pulsate with the energies of the lowest order will be entrapped in the chaotic realm of disorder. I could not help hoping deep within that some dispensation might be given for those so entrapped, but nothing was told me that would alleviate my despair over such a fate for those of discordant vibrations.

I was enlightened, though, on the "End-Times," the so-called end of the world, the time when the Bible speaks of people rising from their graves. I was told that these times of "ecstasy" or "judgment" will not involve a reprocessing of cellular structure. We are not to understand that the bones of the dead will once again come together with former flesh-forms. What will actually occur, I was informed, is a time when all matter will be elevated in energy. It is a time in which all of the life experiences or like vibration, which have been led by each Soul, will be remembered and made known to the spirit that is governing the particular physical body in which the Soul is presently expressing itself, on the "day" in which all matter is elevated.

After I had witnessed the explanation of the End-Times, I was told more of angelic interactions with human beings. I was shown that the Soul is continuously attempting to contact, to interact with the facets of itself which are chaotic and destructive, but complete communication is blocked by the facet's vibrations, his lack of awareness and belief. For those facets who believe in nothing outside of themselves—not in spirits, angels, or God—there is a self-containment of their energy. The angelic Souls are not able to establish contact with their facets which are destructive in nature, for they are of a different vibrational frequency.

The only course of action which the Souls can take is to interact mentally with those facets whose minds are open and whose vibrations are of a similar order. They

have no choice other than to interact with those facets whose frequencies permit the reception of the light of awareness and full knowledge of existence and the purpose of creation, the Plan of the Source, and hope that those they contact enlighten the awareness of others. Souls are also called Angels for their appearance is as one might imagine an Angel to be.

Once the angelic Soul establishes contact with those of similar vibration, those facets who receive the light of awareness do, in turn, seek to share that light with all facets with whom they can. Through the creative arts and sciences, the enlightened facets seek to raise the awareness of the masses by teaching them of ways in which they might more constructively interact with others. Through love, wisdom, and knowledge, they share the Divine Plan of God.

And again I saw that, upon their death, those facets who vibrate with the most harmonious of energies rise to become as one with their Soul and other angelic beings, ultimately enjoining with God. In the end the Source is magnified, glorified, increased in greatness and in complexity, and thus permitted to experience life in a myriad of forms and dimensions in the realm of matter, thereby gaining new energies from all of existence.

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CHAPTER NINE

Life and Its Beginning

After I had received the vision-teaching regarding the reason for our existence, I decided that the next day I must attempt to return to the realm of visions so that I might understand more completely the creation of all living things. Somehow, it seemed, I had been able to understand only a part of the total picture.

After I had made certain that I would not be disturbed, I once again closed the thick drapes to shut out the strong light of the afternoon sun. This time I chose another technique through which vision teachings might be received.

I slowed my respiration rate and took comfortably deep breaths while I pictured myself walking through a beautiful forest. As I visualized this scene, I imagined that I was following a golden light that moved far ahead of me. I saw myself treading a path lined with thick foliage and trees of every size and many varieties. Shafts of sunlight filtered through the branches high overhead, and the look of all was serenely beautiful.

I pictured myself continuing to walk for several minutes, following always the golden light far ahead. As I carried out the process, the images around me became crisp, colorful, and clean in appearance.

This is the reason why some religiously devout individuals pray when their minds are idle. They seek always to prevent the creation of thoughts which will prompt censure, nervousness. They believe that it is far better to fill the mind with prayer and thoughts of love than to permit the mind to wander into deviant, self-destructive behavior patterns.

A third way of preventing nervousness is to learn the art of meditation. In this method, you acquire the ability to empty all thoughts from your mind which are vying for your attention. When this is accomplished, you wait until the mind is totally silent, then you fill it with a single thought—that of making contact with your Soul in the heavenly realm.

When you receive Soul contact, you will become so much more enlightened and aware. You will soar to the Heavenly Realm and receive contact with the angelic beings. Practicing Soul contact will not only teach you mind control, but it will give your mind the sustenance to create thoughts only of a desirable nature, that are harmonious with the Plan of God. Your life will then become more productive, and your nervousness and your destructive behavior patterns will have been banished.

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Developing True Values

Before you begin this chapter, get a large sheet of paper and a pen. Entitle the paper "My Values."

Next, begin to list all those things which you value—your loved ones, your home, your car, the people you admire, the entertainers you enjoy watching, and so forth.

Make your list as extensive as possible. Take several minutes to do a thorough job. Number each item according to the importance which you place upon it.

When you have finished your list, set it aside so that we might delve deeper into the matter of values.

What is the most important thing in life? We would probably answer that question by saying, "Life itself!" If life did not exist, what choices would we have?

But would you say that all of life is important? What about the lives of certain animals, such as snakes, rodents and sharks? What about the lives of certain insects, such as crickets, spiders, and ants? Do they really affect your existence? To see how all of life interrelates, let us go still deeper into the subject.

Consider that each lifeform is as a link in a great and mighty chain. Imagine that this is the Great Chain of Life and visualize it encircling the globe. There is no end

to this great and mighty chain, for the end of each and every link flows into the beginning of another. And the end of the chain is also the beginning of it, as it goes around and around, ever strong, ever evolving, ever continuing its place in the Divine Plan.

Each lifeform that exists is important, for each species of that lifeform is as a link in the great chain. When even a single link of a chain is broken, can the chain remain strong? No link should be weakened, violated, or halted in its purpose, or the entire chain will be affected and all of life will soon cease to be.

Each lifeform is an operating, functioning system of energy in the cycle of life, and one depends upon another for its very existence.

As we view the cycle from afar, we see that the animal lifeforms depend upon the plant lifeforms, and vice versa. The cycle continues so that all might exist. The animals need oxygen and food, and they give off carbon waste. The plants need carbon, and they give off oxygen waste. Both forms give to one another of their mineral content both before and upon their physical deaths.

All lifeforms on this planet, in one way or another, are symbiotically dependent on one another for their existence. Therefore, each lifeform must be considered important and has its place in the scheme of things.

Remember that the purpose of all creation is to expand, to increase in complexity, and to express life in a myriad of forms and dimensions. God caused systems of energies to exist outside of itself and desired that these energies would also create systems outside of themselves. It is the Divine Plan that all energies will one day return to the Source more enriched than when they were sent forth by bringing with them the energies which they have caused to exist. Through God's Plan, the Christ Vibration, the Creator will expand, increase in complexity, and experience life in a multitude of forms and dimensions. We who live in accordance with that vibration, by creating new energies that are harmonious with the Plan are Christ Children. Those who are destructive, those who are wasteful of life, are the

Children of Chaos, the Anti-Christ, for they oppose the working of the Divine Plan.

If it is so that we must never cause the cessation of any lifeform, how may we deal with those forms which are an annoyance to us or which disrupt our way of going?

The only time that certain lifeforms are deemed troublesome—certain insects, certain rodents, certain predators on land or sea—is (when we humans have upset the natural balance of things.) We have committed grave errors in judgment in having obliterated certain creatures which we had judged valueless, for they were acting as energy purifiers on our planet.

All of life is an interblending of systems of energy. There is a need for certain systems of energy to exist in order to purify other lower expressions of energy so that the highest expression of energy in matter, that of human life, might exist.

Each group of lower lifeforms has within its number those which are malfunctioning, deformed, ill, aged, or in some other way do not add to the strength and the continuance of their species. If these lifeforms are not eliminated and returned to energy, they will interbreed, multiply, and proliferate their deformed progeny through the entire species, thereby weakening it. A weakened species will eventually be an extinct one, and the species that depends symbiotically upon it will also perish. As the domino effect continues, humankind itself will be gravely affected and will soon perish, for we too are a link in the Great Chain of Life on this planet.

Each lifeform on this planet must be respected for its place in the chain and for its part in the Divine Plan. No lifeform should ever be violated.

If any energy system violates your own way of going, attempt to remove it from you, if possible, place it elsewhere. Humankind has already created too great an imbalance by its wanton slaughter of so many species of animals. We must humanely endeavor and begin to restore the balance which we have so cruelly upset.

When we partake in the destruction of any lifeform,

we have to a greater or lesser degree gone against the Divine Plan, for we are destructively interacting with organic matter, and the chaotic energies we create will become a part of our vibrational self, affecting us on every level. We must not make generalizations about any other lifeform and pass condemnatory judgment against its continued existence. One entire link in the chain removed will eventually cause the entire circle of life to cease to exist.

We must value all of life to live in accordance with the Divine Plan. We must learn to give respect and to love each and every form of life, for to do so is to love and to respect God from where all of life truly came.

Regarding people—when you consider those people you deem valuable, be they doctors, scientists, politicians, actors, spiritual teachers, instructors of education, ask yourself if they expend their energies in accordance with the Divine Plan of God.

There are admirable and unadmirable paths available in every career choice. There are the scientists and the politicians who devote themselves to the betterment of all of life, and there are those who combine their energies to create weapons which may destroy countless lives. There are the entertainers who expend their energies seeking to bring both enlightenment and enjoyment to their audiences, and there are those who debase the dignity of humankind by portraying the powers of demonic darkness, those of chaos and destruction, as being fashionable and desirable.

In whatever profession or work task we assume for our own, remember that we have the choice to live in accordance with, or in opposition to, the Divine Plan. We have the choice to function as a child of the energy of God, a Christ Child, or a child of the opposing energy, a Child of Chaos.

Those who choose to live in accordance with the Divine Plan seek to produce energies which give of love, wisdom, and knowledge and which aid others in understanding the ways of creation, harmony, and bal-

ance. They are the Lightbearers, those who shed the light of awareness so that others may see their own paths more clearly.

From time to time, each of us must ask whether we admire those who shine the Light or those who seek to darken it. Do the people you admire aid the world to achieve higher awareness?

There really is no middle ground here. For if one does not work for the light, it is certain that the world will one day be totally enveloped in darkness. One cannot choose to do nothing at all, for that is equivalent to voting for the absence of light.

And where do you yourself stand? Do you seek to expend your energies to aid the Divine Plan? Do you strive to gather energies of harmony so that they might permit God to expand, to increase in complexities, to experience varied dimensions of life?

Your way of going reveals your values. The way you expend your energy proves your priorities. Your choice of work or career, and the way in which you perform, reflects your value system. The way you live indicates whether you wish to be a Child of God or a Child of Chaos.

Are you utilizing your energies properly, according to that which you value? Or are you placing your energy against God's energy?

Now recheck your list. Do you still agree with what you wrote down? Do you wish to change the order of anyone or to eliminate anyone or anything from the list?

Go ahead and alter the list in any way you wish. Change it to suit your greater awareness.

Perhaps you might wish to take a fresh sheet of paper and make a clearer copy of your values. This list can serve you throughout your life, and it should be altered and added to whenever your values change. Place your list in an accessible place, so that you can refer to it whenever the need to do so arises.

Whenever you have an important decision to make in your life, you need ask no one for advice. Just refer to

OF LOVE

When you are in love, you are concerned with the giving, rather than the receiving.

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Love's sorrow is to awaken and find ^{love}one you've never known.

* * *

It is better to love than to feel hate, and better to hate than to feel nothing at all.

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You must first love yourself before you can have love to give, and you must first respect yourself before you can respect others.

—Francie

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CHAPTER TWENTY-TWO

Finding Your True Love

The extreme disparity that separated the sexes for thousands of years is rapidly diminishing. The opposite sex isn't quite so opposite anymore.

The stereotypical roles which we were once to assume as behavioral role-models—the career-minded male and the housekeeping female—are no longer being taught and touted as divine and sacrosanct laws. Although one still views the stubborn remnants of such clichés in the various entertainment media, where too often women are lacking in brains and clothing and are willingly subjugated by insensitive macho men, more and more modern females believe themselves to be capable of both careers and motherhood, and increasingly large numbers of males insist that they can function as provider and house-husband.

Men and women are recognizing how alike they truly are in their responsibilities, their needs, and their basic desires. And they are willing to admit openly that they both enjoy sympathy, human warmth, and the support of others.

The extreme polarity so long evidenced throughout society is lessening in its intensity. Soon a balance will be established between male and female, and the ex-

pressions of sexuality will be equalized.

Often things manifest outwardly before the true birth is achieved inwardly. This is most obvious in the contemporary styles of dress, where boys' and girls' clothing become interchangeable. And look at today's social dancing, where there is no dominant partner leading the other. In our personal relationships, as well, the two sexes are coming to share equally in all responsibilities which are allotted to the situation.

As sexual polarities diminish and equality and balance within is even more greatly achieved, men and women will walk hand-in-hand into the future, accomplishing more than they ever did while opposed to one another. Opposites will no longer attract, but likenesses will prevail in personal relationships.

To comment a bit more about the above statement, it was for a time a prevailing truism that those with opposite personality types would frequently be drawn to one another. Sometimes this appeared to be a matter of one of the partners compensating for a deficit in his own personality which he felt the other supplied. The "spark," the attraction, that occurred between opposite personality types was often merely that of an erotic type of fleeting love. Two strangers meeting may sometime precipitate such a spark of physical attraction, but it is not a lasting thing on which to build a long-term relationship.

Erotic love rarely has the opportunity to develop into anything more, for the two people involved generally have nothing else in common upon which to continue their interaction. In its initial stages, erotic love may easily be confused with true love, for the emotions may deceive the receptive heart.

Erotic love seldom lasts beyond the stage of getting to know one another. Researchers assess the average length of time for erotic love to continue is under eight months. Rarely can it exist more than a year.

Erotic love is an expression of passion, an emotional attachment. There is seldom a giving of self, but, generally, only a taking of the other, for the purpose of

momentarily satisfying sexual hungers. Those men and women who become involved in such a fleeting type of love are usually seeking support for a weak, imbalanced personality.

The energy-entity that is created by this type of conjunction will be one that will never mature. It will be misshapen, weak, and spawn disillusionment for those who have created it. Very often one of the partners will, of necessity, become subjugated to the will of the other, until the death of the energy-entity occurs, and those involved part company.

Erotic lovers are those who are not aware of their spiritual selves. They lack the awareness of their Soul, and they exist without knowledge of the Divine Plan of God.

It is tragic when a sensitive, loving, balanced individual falls in love with someone who is capable only of erotic love. Once the intimacy has been exhausted, the conquering partner will lose interest and dissolve the affair. The one who truly loved must suffer great pain, and runs the risk of becoming embittered and reluctant to love again.

Erotic love is conditional love, for there are many stipulations placed on such a fleeting form of love. Conditional love is love whose strength has been weakened, whose purity has been diluted, until little love remains at all. Erotic love is just one of many forms of conditionally given love.

When you wonder just how much love you truly feel for anyone or any living things, you need only ask yourself how many conditions you have placed on your love. In other words, how much love would survive if the object of your affections did not live up to all that was expected of him or her? How much love would remain if your spouse or lover did not live up to your expectations? If he or she did not return the type and the amount of love that you expected him or her to return? If he or she did not perform according to your needs, your wants, your desires?

Conditional love is the breeding ground of chaos, for

an imbalance exists within it, and there is much room for misunderstanding, misrepresentation, and discontent. Many people have conditional love for all living things. They love their friends *if* they act according to their expectations. They love their mates or their lovers *if* they deliver all that is expected. They love their pets *if* they perform according to their desires, *if* they obey all their commands. They love their plants *if* they blossom attractively and bring them the admiration of friends and visitors. But is this truly love?

* Conditional love is a rudimentary type of love. It is a primary love, an undeveloped love. When given by an adult, it is a pretense of love, a mockery.

→ The fewer conditions we place on love, the more we have permitted that love to be strong. Love need never be earned. It should be given freely to all living things.

→ There is a well-known old saying that befits this conditional type of love in regard to friends. There are those friends who are only present when all is well, when there is a certain reward for any energies they might expend. These are called "sunshine friends," for they are only to be seen when the sun is shining. Many people can only give "sunshine" love—love that can only be seen when the sun shines and all is well, and which disappears when troubles creep in and darkness prevails.

• When you think of the type of love you have for another, can you honestly say, in regard to that person, that you love him or her just for being, just for existing? Or do you place conditions on your love? If the latter is true, then the love you feel is immature. Conditional love is immature, undeveloped love. It is the first type of love felt by a child.

In the beginning of our lives we cry and call out for someone to provide our every need. We demand that all comforts and desires be supplied by another. As we begin to mature, we gradually cease in our expectations of others to provide all that we may need and desire, and we begin to obtain these things for ourselves.

The love a child in its primary stages feels is very con-

ditional, as well as natural, for the child is totally dependent upon others. Some people go no further in their ability to give love than they were able to give as children. Their love is still at that primary, undeveloped stage.

It is very easy to witness the conditional type of love that a child gives. We have all observed the anger well up within a child when his or her desires are not met. Many children have been heard to loudly voice their discontent or their hatred for a parent or another who did not live up to their expectations, their demands.

When we expect another to provide all of our needs, fulfill all of our desires, we are as children. The type of love such immature people are capable of giving is conditional love. Conditional love, felt by an adult, is love within that individual that has not been permitted to grow, to mature, to blossom. Instead, the conditions placed upon that person's love act as barriers, as tight enclosures which contain it so that even the growth of the individual is stunted, and love becomes doomed.

Those whose love is contained, whose love is immature and conditional, must learn to permit their love to grow. They must learn to remove the barriers they have erected, the conditions they have placed on their love. We must learn to love unconditionally, openly, purely, and to give unconditional love to all living things.

This does not mean that one who unconditionally loves another need permit that individual to victimize them, to misuse them, or to abuse them while they continue unconditionally, in close proximity, to give love. If any person interferes with another's way of going, if any person obstructs another's path to God and keeps one from fulfilling his or her mission on Earth, one can continue unconditionally to love that individual—but from afar.

In other words, we need not remain in the presence of such an individual, within reach of one so emotionally retarded. We should remove ourselves from his or her grasp and continue to love that person from a safer

distance. We should feel pity for such people whose energies are spent totally on themselves, or in ways of destruction, for they are imbalanced in their thinking, in their way of going, and are incapable of unconditional love. We should pray for such individuals, but we should never permit them to disharmoniously affect our lives.

Love unconditionally all living things, but be wise in your choice of with whom you will closely associate, so that you will not be subjected and victimized by those who do not know of love.

One should carefully consider the danger, the risk, and the small chance of success in matching his or her unconditional love against the love of another who loves conditionally, in the hopes of teaching that person to fully and openly love.

Quite frequently, the one who loves unconditionally will be the victim of the other, and with ensuing despondency and inevitable depression resulting, he or she may feel in fear of ever again unconditionally loving another.

Those capable of unconditional love should primarily seek the close company of others who can also love unconditionally, so that together they may unite their energies, thus becoming stronger, and together expend their efforts toward aiding many others less aware.

In the coming years, those men and women who have awareness will increasingly become attracted magnetically to those who are like them. In addition, they will be attracted to those regions on the globe where balance and vibrations of the highest, most harmonious, order exist.

Those who live in accordance with the Divine Plan, who love unconditionally, will travel to those areas and form major enterprises, communities, and spiritual centers with others of like vibration. Those people who have Soul contact will be drawn to those of like nature so that they might aid one another and others in surviving the difficult coming times of transition. Those

men and women who reflect their Souls will inherit the new Earth that is being born. 14

As we have learned, each person is but a fragment of his or her Soul, so those men and women who reflect their Souls can only become appalled by the behavior of those who live without unconditional love and without awareness of the spiritual self. A true and lasting love is possible only between two people who reflect their Souls, who live in accordance to the Divine Plan of God. Love between two individuals who have attained higher awareness, who have learned of their spiritual heritage, and who have achieved a balance within which leads them to a similar goal, have found a love that is true and lasting. X

Brad and I were drawn together to fulfill our purpose in being. We are alike in our sense of mission, our goals, and our dedication to raising the consciousness of humankind. We seek always to give of the spiritual gifts which have been bestowed upon us. We are lightbearers, and we try daily to reflect the ways of our Souls. It is our everlasting wish to live in fulfillment of the Divine Plan of God and to permit such knowledge to affect our actions and our interactions. We desire earnestly to continue to be children of the Christ Vibration, children of God.

As we have sought fervently to practice the above, our love has been allowed to grow. The energy-entity that was created by our union has been permitted to evolve toward ever greater maturity. We can now begin to take from the marriage in equal measure to that which we put into it, thereby keeping the energy of our union in balance, so that its strength might endure.

As I have said, in the New Age soon dawning, opposites will no longer attract. There will be peace, harmony, and balance between the sexes, and those who reflect their Souls will join in unions with others who live according to the Divine Plan.

The difference between the two types of love which result in either conditional, erotic unions or unco-

tional, true-love unions is depicted in the following poem:

LOVE'S DIFFERENCE

When 'tis not love, but merely passion,
It gnaws with hunger deep within,
And feeds upon the nearest flesh,
And leaves one empty once again.

For want of comfort, stirred the longing,
And fears in life did spur it all,
A seeking of a true love feeling,
And no one answering to the call.

But when 'tis love a glow does grow,
That emanates from heart and soul,
And fills one's limbs in expanding fashion,
Far surpassing normal passion;
And reaches forth as an endless river,
'Til there's no line 'tween receiver and giver;
Scattering itself 'cross all life's scenes,
Fulfilling lovers' hopes and dreams.

—Francie

• • •

On its own, the human facet is without depth, lacking awareness of its spiritual self and its spiritual heritage. Lacking such insights, the human facet is no higher than the instinctually led animals of the field, for its concerns will evolve totally around its needs and its survival. Devoid of such awareness, it will be insensitive to the feelings and the needs of others. It will be given to thoughtless, reckless, or even destructive acts. It would be totally involved with its own ego, its own self-satisfaction.

Regretfully, there are far too many men and women

who fit the above description. Alas, it may be that the majority of people have not yet learned to reflect their Souls, to live in accordance with the Divine Plan, and to practice unconditional love. 15

Love is far more than a state of mind. Love is the highest of all vibrations that exist here on Earth. Unconditional Love is love in its purest form. LOVE ← i

When we believe ourselves to be in love with someone, but do not feel love for all living things, then we do not truly love that person, nor do we know what love truly is. We are practicing conditional love with all of life; love with strictures and rules placed upon it. We are expressing the kind of love that says, "I'll love you if you love me . . . I'll be good to you if you do certain things for me." Conditional love is more a form of bartering, than loving. x

Love is not just a feeling that we have for one person . . . or even for several . . . it is the ability to care truly, unconditionally, for the welfare of other living people, for all living things. Love is the power of life. Love is the highest frequency available to humankind, and it must be expressed toward all living things. Love flows throughout the Christ Vibration, the Divine Plan of God, and nurtures all that it touches. Love is God. *

In order to understand fully the concept of unconditional love, you must first become aware. You must practice meditation in order to attain contact with your Soul. You must live in accordance with the Divine Plan, so that you will be magnetically drawn to others of like interests, beliefs, goals, and mission. You must learn to channel your energies harmoniously, lovingly, before you attempt to enter into a love relationship with another.

Before you will be capable of giving true love, the energy which exists in your mind and in your heart must be unrestricted. Any restriction in your attitude of love will not permit your system to vibrate to its fullest capacity. Such restriction can literally, disharmoniously affect the complete electrical system of your body, creating an imbalance and a malfunctioning of your

By FRANCIE STEGER

glands and your various organs, and disease will ensue.

Unconditional love allows the spiritual body and the physical body to vibrate with health, to become rhythmically attuned, and to function as a totally balanced vehicle of your energies.

Evolved, Soul-reflecting individuals will join with one another, and the joy that issues from such unions is without boundaries. Male and female counterparts truly share with one another and expand in all their thoughts, words, actions, and goals. Such partners go forth to accomplish many deeds together, acts which will benefit them as well as all of humankind, which in turn benefits all of life, fulfilling God's Plan. Mates who are attuned to one another will experience the heights of true ecstasy and will come to understand fully the complete meaning of that oft-spoken phrase: "And they shall become as one flesh," united under God.

When people who reflect their Souls join together, all that they will do will be blessed, and they will be as one.

Rearing the New-Age Child for Tomorrow's World

We tend to raise our children by the standards which are in vogue. As best we can, we attempt to pattern our children according to the general disciplinary attitude that currently governs our society.

There have been times when it has been commonly accepted that a child should be seen and not heard. Children were not permitted to speak their views, and they were frequently exploited as cheap labor who dared not voice an objection. Discipline was exceedingly harsh, and strappings were commonplace. Fathers boxed their sons' ears for minor infractions of behavior, and mothers dared not interfere with what was generally believed to be the proper form of correction.

As a pendulum extends its measured span from one side to another, so have the techniques of child rearing swung from one extreme to another. Following the times of extremely harsh discipline, there have been periods of practically no discipline at all, in which children not only spoke their opinions, they shouted pretty much whatever they pleased, vociferously objecting to their parents' wishes.

Let us hope that such divergent methods are behind us, and let us now strive for a workable middle ground

in the rearing of the New-Age Child.

A realization should be reached by the parents that a child should be permitted to express his or her feelings and to expend a certain amount of energy, but no child should be permitted to lose control of its emotions. Children should be taught to respect the parents' views and the guidelines which the adults will provide. At the same time that the parents are restricting behavior, they should also make their children aware that love is always available to them throughout their entire learning period.

If you are a parent now, or about to become one, you will want your child to be unhampered in its personal realization of life. You want your child to be capable of conversing intelligently, while at the same time expanding his or her concepts and knowledge through interaction with others. And you will certainly wish your child to be respectful and compassionate in all relationships with others.

As a sensitive individual, you are quite aware that a New Age is dawning throughout the entire world. There is a new seedling emerging, and a new generation will come to live, love, and flourish as no other has been able to achieve in the history of this planet. At this time above all, the role of a parent is of utmost importance, for you will have a part in the age that is about to commence. Now more than ever you must observe the ways to guide, to rear, and to aid your child, for it is you who will usher in the child of tomorrow's world, the Star Child.

The Mother cried from Creation's pain,
 "He's mine, all mine! From my body he came!"
 And God spoke: "'Tis but a fragment of life, a part of
the whole. To you, your child. To me, a Soul!"

At once, you, as a sensitive parent, should practice in earnest a chosen form of daily meditation in order to establish full communication and receive guidance from

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 your Higher Self, and your Guardian Angel. And, through such meditation, you will also come to know the angel who guides your child's Soul.

You will also come to understand that your child is not truly yours, but it belongs to the Christ Vibration, to all of creation, to God. You and your spouse may have created the flesh of your child, but you did not create its spirit. *

You and your spouse are the Soul-chosen earthly guides of your child. It is your responsibility to show your child the ways of love and to give him or her lessons in living and in understanding. By teaching the ways of proper living and loving you will aid your child's spirit in its return to the Creator from whence it came.

It is only because of ignorance that we hinder a child in attaining the truths which must be learned. In ignorance we violate our children and thwart their learning processes. Through our lack of knowledge, we fear all that we cannot understand.

We fear the continual changes that are evident throughout life. The thoughts, desires, and freedoms of our childhood pass. The pets we once cherished as a youth have all died. Our childhood friends have dispersed, and we see them no more. We eventually suffer the loss of our parents, our siblings, and we sorrow at the passing of our youthful ways.

All of these painful, even shocking events, cause many of us to desire permanency. We begin to cling to all that is around us—our family, our children, our job, our traditions—for we are so afraid. We also attempt to control our surroundings, thinking that if we had control in our life we would have prevented so many of our sorrows.

Permanence is an impossibility on Earth. All is changing; nothing remains as it began; frustration and unhappiness result for those who are unaware. For those who do not keep in mind the greater plan, frustration kindles the fire of anger; anger is vented toward all that cannot be controlled. Hatred flourishes,

ravages, and destroys the lives of those who are unaware.

Because of fear engendered by lack of awareness, many parents seek to control their family, their spouse, their children. They become commanding and demanding; And they instill resentment and anger. They eventually cease the functioning of the family union and its ability to act as a harmonious, productive unit.

A parent who is unaware cannot be a proper guide for a child, nor can such a person be a proper type of mate. One who is unaware of his or her reason for existing cannot fulfill the purpose for being. Such a person cannot be a part of the Divine Plan, cannot be a Child of God, a Christ Child.

We must never desire to control another, nor should we attempt totally to control our children. Instead, we should consider our role to be that of a guide.

Remember that the feminine aspect, the positive principle, of our mind is that which forms, which creates. The masculine principle of our mind, the conscious-negative principle, embraces and guides the energy of that created thought into being. The primary function of a parent is to teach the child the ways of a balanced mind, the ways of a balanced perspective.

All children to be balanced mentally, physically, and spiritually must receive a balanced training. Both boys and girls must receive encouragement in their creative abilities in order to discover which ways they can best express themselves, and discover their full potential, their purpose for being. They must also be guided toward those types of creativity which are productive, harmonious, and balanced.

Children must be taught to control their behavior, for self-control is an aspect of the governing and discerning facet of the conscious mind. They must be taught to guide their energies into fields of endeavor worthy of their efforts. They must learn to perceive the rights of others. They must learn to interact with all of matter in harmony with the Divine Plan, for such is the way of God.

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Your child is not just a mind that you must teach and a body that you must feed, clothe, and shelter. You must also see to the needs of your child's spirit.

Your child must, therefore, be taught how to make spiritual contact, to channel personal teachings from the Higher Self, to receive guidance from his or her Guardian Angel. In time of need, your child must have established a path to travel that will bring comfort and direction. In this way your child's energies will be spent in accordance with the Plan of God, the Christ Vibration.

When you assume the responsibility of rearing a child, think, then, in this manner:

There will exist in my home a being whose spirit and whose Soul came from God. I have been Soul-chosen to be the guiding light on Earth for this child, so that his or her ways might be governed wisely; so that the creation forces inherent in its mind will be expressed; so that whatever spiritual gifts given to it by the Holy Ghost will be used to bring others the light of awareness and the knowledge of God.

This Soul of this child has chosen my spouse; the siblings whom it does, or will possibly, have; the race that we are; the neighborhood in which we plan to live; the country in which we will reside; and the creating and the gaining of the energies to be had from all the experiences which it will have on Earth.

One day the spirit of my child and that of its Soul will return to the Source, and the way that I have reared my child will be reflected in that return. The responsibility is a great one, but I will do it for the fulfillment of the Divine Plan for the glory of God.

It would be ideal, of course, if such an awareness might be realized by both the mother and the father before the child is born. In this way, preparatory measures could be taken on every level to ensure a more balanced interaction, and both parents would have carefully examined their responsibilities to the family unit.

Your child is an energy-system you both have caused

to exist, and is patterned genetically after the coding of you and your spouse. It will be further patterned by the material climate and the spiritual ways which are practiced in your home environment. Your child is the patterned-energy that comes from the union of the fleshly positive and negative principles.

In the early days of its life, your acutely sensitive baby will be totally dependent upon you and its developing senses for its protection. You must be keenly aware of providing the proper visual and verbal stimuli for your child. Your baby's nervous system is yet uncalloused toward the blaring and discordant sounds of the world.

Music can play an extremely important role in setting tranquil moods in calm environments. Your child should never be bombarded by harsh, loud music. It should, rather, be soothed by soft, gentle music, such as the symphonic strings of an orchestra. Be immediately alert to the fact that shock and chaos are ways of the world which should be avoided if you wish to teach your child of harmony, balance, and love.

The effect of colors on humankind is well recognized. Bright colors show forth in splendor at our carnivals and parties. Somber hues decorate our affairs of state and our funerals.

Certain colors may irritate, while others may calm. In an experiment not too long ago, it was noted that people making telephone calls from booths painted blue tended to make longer calls than those phoning from the booths whose interiors were painted in red. In fact, those people in the red booths were said to have become abrupt, rushed, and nervous in their vocal mannerisms.

In another experiment, both blindfolded and blind volunteers ran their fingers over various colors to determine if they could "feel" the various shades. In several repetitions of this test with numerous volunteers, it was found that red caused a tingling, almost irritating sensation. Blue was described as feeling cooler than most of the other colors. Orange was described as a warm, slightly tingling color, and so on.

A wise parent chooses "calm" colors for their child's

room, as well as its toys and clothing. The stimulating color of red should only be used for toys and play clothes, unless the child gives evidence of being hyperactive, then calmer shades should be used. Yellow is a cheery, happy color, jolly as the sun on a fun-filled summer's day. Green is the color of nature, of life, of healing and regeneration. Blue is cool, soothing, and refreshing. Violet is a color that aids in achieving balance. White permits all the colors in the light spectrum to be reflected. White is a good color for your child's curtains and room, especially if there are large windows which permit sunlight to enter freely.

All toys selected for your child should be chosen with care and with regard for the Divine Plan. Toys provided should be those which stimulate, educate, soothe, and emanate love. Avoid toys which promulgate destruction—rubber knives, guns, weapons of war.

Teddy bears, dolls, and soft, cuddly animals should be given to both boys and girls, for we want our sons to be as capable of tenderness and affection as our daughters.

To repeat a note of caution: If your child displays a tendency to be a bit hyperactive, avoid violent toys; bright, garish colors; loud, harsh music, gaudy clothing. You should also eliminate any fluorescent lighting in your home, and remove food coloring and processed white flour and sugar from his or her diet.

Introduce all toys to your child in a loving, pleasant manner. Take the time to show the child the proper manner in which the toy should be handled and respected.

If you need an occasional barometer of your teaching methods, observe your child playing when he or she is unaware of your watching. Such constructive spying will teach you a great deal about your child's understandings of life. A child who is shoved, treated harshly, slapped or screamed at, will almost certainly respond to their dolls, stuffed animals, other simulated lifeforms, and toys, in a similar manner. If you should observe your child slapping, beating, shoving, or throwing its

toys about, correct him or her firmly, but lovingly. At the same time, begin to watch very carefully your own interactions with the child, your spouse, and all those with whom you might be seen to interact.

Star-shaped, luminous decals are excellent for decorating the ceiling of your child's room. They are nearly invisible by day, but they glow beautifully by night, appearing as a natural starlit sky overhead. These glittering stars serve to attract the eye of the child, thereby preventing it from noticing the darkened corners and shadows.

You may decide to become inventive and place the stars on the ceiling in the shapes of zodiacal signs, the Big and Little Dipper, his or her name, and so forth. In a darkened room, the child becomes sleepy as it peers upward at the decals, twinkling as if they were real stars. Instead of a plain ceiling, your child has been provided with a simulation of natural beauty, God's handiwork.

Love cannot be overemphasized in the raising of a child. It is the lack of love that kindles the fire of resentment and hatred, thereby blocking the flow of compassion that should be given to all living things.

* There should exist at all times the sound of love in the parent's voice—a soothing sound that seems to be saying, "Hi, I love you!"

A smile should always greet the child, sometimes accompanied by a raised eyebrow as if to silently say, "I notice your presence and I am very pleased."

Obviously a frown toward a disobedient child—or one about to disobey—will carry far more weight if that is not the expression most frequently worn by the parent. The only "weapon" a parent need use on a wayward child is a change of expression from an approving pleasantness to a frown, and the cessation of the loving soothing quality of the voice to a slow, strong, monotonous sound. The child will hear and notice each and every word, and know that it is being corrected for a disobedient act.

After the child has ceased the action that brought about the necessary discipline, a flow of love should im-

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mediately return to the parent's voice and a smile of approval should be seen on the face, so that the child will know that the act of self-discipline was as lovingly approved as is the child's ways once again.

When in private, a child should be taken to a room other than the one in which the incident occurred, and the reason for his or her discipline should be carefully and firmly explained, without interruptions. A different atmosphere can aid in calming more chaotic emotion. After a thorough explanation has been given, a parent may ask if there are any existing misunderstandings of that which the parent just explained.

"Whys" should be answered lovingly but firmly when explaining your actions to a child. A game should *not* result from this. After all is understood, the child should then be held and shown love before being returned to the room where the discipline became necessary.

Never embarrass your child in public. No purpose is served by such an action, but an undermining of your relationship with your child may easily result.

Frequent threatening is totally uncalled for and is employed by an immature parent who cannot handle the situation.

If you have become so upset that you have physically taken out your frustrations on your child, show genuine sorrow and ask for forgiveness for such a violation of your child's mind, spirit, and body. Explain that you know that you acted in a wrong, foolish manner and promise the child that you will earnestly try never to behave like that again.

When your child sees a parent bullying his or her child or a child slapping his or her younger brother or sister, you should choose this time to inject many teachings and thoughts of awareness in your child. This can be accomplished by presenting questionlike statements such as, "What do you suppose is the reason she is treating that little person like that? Isn't that sad?", or, "Why do you think he is slapping his brother? I feel so sorry for that poor little one!"

A child who has been reared correctly with love and made aware will answer along these lines: "Because he is unhappy, and he doesn't know what real love is," or, "She is taking out her anger on a little person that can't help himself."

Then ask your child further, "What do you think that will do to the little one?"

And the aware child will respond, "Teach him anger and hatred. See how hurt and angry the little one is acting now." Then agree with your child and lovingly praise him or her for being so correct and wise.

Always keep in mind that a child, observing an angry, bitter parent, has lost much respect for that parent. The child will be further guided the improper way if it observes the same angry parent displaying false behavior when approached by another adult. A child watching such a parent feign a sickeningly sweet manner, listening to him or her pretend an assumed, conjured-up joy, and then observing the disposition of the parent immediately return to anger or hatefulness, upon the leaving of the adult soon learns the ways of subterfuge and deceitfulness.

Even more damaging to the child is to observe a parent fawning over another, and then hear that parent make a disparaging remark as the person departs. Can that child trust such a parent? Has he not learned deceitful behavior firsthand? And has he not seen the guiding qualities of his own parent teach the ways of dual behavior, two-facedness?

It is of utmost value on many levels to raise your child with the belief in God-the-Mother, God-the-Father, and God-the-Child, the Divine Plan, for God is all three, the Holy Trinity of the Mother-Father-Child. Tell your child that he or she is unconditionally loved by God and all the Angels, and must in turn love unconditionally all living things.

Children must be taught that no matter where they may go or whatever happens to them in their life, they always have their Heavenly Father-Mother-Child creator that will love them, they will always have their

angelic beings to assist and guide them. This belief will help to sustain them and to keep them in total balance when you may falter or fail in your raising of them, or when life appears unreasonably cruel.

We ourselves cannot be perfect at all times, for we are trying to overcome the imperfections which occurred in our own rearing.

We should, therefore, emphasize that we are merely the Earth parents and that the child would better pattern him or herself after the Heavenly Parents, rather than duplicating our errors. If we teach the child the balancing perfections of the Heavenly Parents—God the Mother and God the Father—the balance of love given universally to all living things, the compassion and understanding shown to humankind, the ways of Divine Justice, reaping what one has sown, and so forth—we will have offered a better guideline for the child to follow and present a higher goal to attain.

This teaching of heavenly Mother-Father-Child is helpful in many ways. The security and the perfections of unconditional love that exist in the Heavenly Realm, which are available to all who are in need, will provide a retreat and a buffer from life's many storms, thus providing your child with a firm foundation in those situations when it appears that all else has failed him or her.

The New Testament of the Bible provides many loving lessons, for Jesus came in the Christ Vibration, being a Christ Child, a son of God. One need not be a Christian to gain from many of the lessons of unconditional love which are contained in Jesus' teachings.



Francie maintains that with continued practice anyone may learn to establish an awareness of other dimensions. "Soon you will be able to 'thought-travel,'" she promises.

Thought-travel, she explains, is the means by which one will truly reach the dimension where the invisible space beings dwell. Francie shares many additional techniques of contact in special cassette tape recordings which she produces and in her book of channelled teachings, REFLECTIONS FROM AN ANGEL'S EYE.

"The space beings insisted that I write this book," Francie confesses. "And it appears to be helping others as much as it helped me when I received it."

In her consultation work with others, Francie has learned that some cross a bridge before they enter the domain of the space beings. Others speak of a golden temple wherein they are given special teachings. Many tell of a booming voice that inquires: "Are you ready?"

"If you hear that voice," Francie concludes, "say, 'yes,' and you will make contact with the space beings just as I have done!"

STIEGER TELLS SPACE BEINGS

it is going to sleep, but tell your mind that it will stay awake and aware."

Francie says that there are many props which aid in relaxation, such as background music, flickering or revolving lights, and/or luminous stars that adhere to the ceiling.

"In the initial stages, it is very important to focus your conscious mind on an object for a period of time so that you can successfully separate the conscious from the subconscious and learn control of the latter," Francie states. "You must learn to put your physical body to sleep while awakening your spirital self."



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