

SKEPTICS OF PAST-LIFE REGRESSION

sometimes attempt to invalidate a past life by showing how the date of one life overlaps part of another life.

The assumption is that it's impossible for one soul to have occupied both bodies. Nothing could be further from the truth.

Quantum physics has shown that there is an infinite number of parallel universes. (I refer you to Parallel Universes by quantum physicist Fred Allan Wolf for a more detailed explanation.) In parallel universes, or frequencies, time only appears to overlap. In reality, all of our parallel lives are being lived at the same time in the space-time continuum. The events on each frequency may differ in response to our actions.

Skeptics, especially those who pride themselves on their rationalism, must come to terms with the fact that advanced physics and nonlinear dynamics are now accepted scientific theory. Concepts formerly ridiculed as "metaphysical"—multidimensionality, simultaneity, even reincarnation and karma—now have a scientific foundation.

The story of one of my patients, Ivy, illustrates the principle of overlapping lifetimes. I regressed Ivy to an astounding 46 different previous lifetimes. We discovered that she had lived as an American Revolutionary War spy named Thomas in Williamsburg, Virginia. After Thomas died, Ivy's soul was reborn as Doris, a Philadelphia housewife in the mid-1800s.

On another frequency, Ivy lived as a Polish pianist (Sophia), whose lifetime overlapped with Thomas, the Revolutionary spy. She also lived as Janine, a seamstress in London, whose lifetime overlapped that of Doris in Philadelphia.

Even more surprising, however, was our discovery that Ivy had been murdered in 20 of those lifetimes by the soul of her ex-lover in this lifetime, Johnny.

What is important about this case is that many of Ivy's descriptions of her lives were filled with details that careful historical research could verify. In fact, her most recent life, as flapper Grace Doze, is one of the best-documented cases in the field of reincarnation. In 1994, her case was dramatized in the CBS movie *The Search for Grace.*

Subdivided Souls

In rare instances, an individual can meet with another body that has identical soul energy. That's because many souls originate from a common "ancestor" called the oversoul. You may live in one body now, while part of your original soul lives in another body somewhere else.

How is that possible? Imagine, for example, that one oversoul divides into three subsouls, and each subsoul occupies three physical bodies. In 13 generations, or about 400 years, the original oversoul would occupy more than 1.5 million bodies—and each of those subsouls would share a common soul energy.

Through my work as a therapist, I have learned that most oversouls decide to explore at least five different physical incarnations in the form of parallel lives and parallel universes. Why? To learn and grow spiritually. Nobody grows in Utopia. In order to be stimulated and to be creative, we need challenges. Parallel lives maximize our growth by giving us the opportunity to explore several lifetimes simultaneously.

Parallel lifetimes humble us to a degree. None of us is a purebred soul. Each of us is but a component of a complete

Editor's note: Dr. Bruce Goldberg's column appears this month because John Keel has the flu. Keel's column, "Beyond the Known," will appear next month.

HYPNOTIC HIGHWAYS

DR. BRUCE GOLDBERG



soul, or oversoul. By tracing incarnations back through time, many individuals can relate to a common oversoul. What's more, three or more different people living today can relate to the same subsoul. As a result, we all have "parallel selves" who share our soul energy.

Pleased to Meet Me

Most of us will never meet a parallel self. But when sister souls do meet, the results are often bizarre.

That was the case with a salesman patient of mine several years ago. During hypnosis, he discovered that he had a parallel self—a female "alter ego" living in Cleveland, Ohio.

This male patient had never been to Cleveland, but he did have occasion to go to Cincinnati as part of his sales calls. Since he had learned the complete name and address of his parallel self during his session, he looked her up during his next trip.

Using his salesman's gift of persua-

sion, my patient arranged to meet with this woman. Later, he described a most unusual "date" with himself. The two people ~~chatted and~~ discovered a wide range of incredible similarities, accompanied by "strange feelings." Ultimately, however, they agreed not to meet again. Their similarities were simply too much for them to deal with emotionally.

Live and Learn

Our earthly series of lifetimes is certainly not the ultimate reality, but one of several possibilities. It is our mind, or consciousness, that continues through each one of our incarnations. It contains the memories of all of our past, present, and future lifetimes, through the simultaneous time concept of quantum physics. We are, in reality, energy. As such, we cannot be destroyed. We cannot die. We simply appear to change bodies every 75 years or so. ■

Dr. Bruce Goldberg has degrees in dentistry and psychology counseling.

Llewellyn will re-publish his 1994 book *The Search for Grace in June*. He is also the author of Llewellyn's new *Soul Healing*. Write to him at 4300 Natoma Ave., Woodland Hills, CA 91364, call 800-527-6248, or fax 818-704-9189.

SUPERSTITIONS CAN BE HELPFUL

by Tom Kovach

Nancy Finley, a psychology instructor at Seattle's Central Community College, claims that superstitions can be helpful. Finley, who teaches a class on the power of myth, says that if you believe something brings you luck, you're going to feel calmer, stronger, and more effective. She says the importance of superstitions is in "how they serve people."

Go ahead and carry a rabbit's foot or avoid walking on sidewalk cracks. Not only will you ward off evil spirits, you may also ward off stress and anxiety. ■

The Voice Within!



by JACK YOUNG

deep compassion for our daughter and her family. *I forgot myself completely.* And then it happened . . . Deep down in the recesses of my soul, I heard a voice loud and clear, strong, commanding, "Why dost thou continue to repeat only what you have learned from man? Be still and listen! BE STILL!"

I was stunned into silence and it was then I began to feel my consciousness being raised beyond words! A peace beyond human understanding filled my soul and I knew everything would be all right.

I met our daughter with a strength I did not realize I possessed and felt her draw from this strength. I will always be proud of how she faced the ordeal ahead of her. There have been those who said to me, "Of course, when it was all over, she no doubt went to pieces." How wrong they were and how little they understood.

The strength given to us from spirit is not a temporary thing, nor is it that which is of the flesh. It is not something of the imagination to be dissected and discussed. It is real . . . very real and very blessed.

Raising the the consciousness is nothing more than **GETTING OURSELVES OUT OF THE WAY!** When we constantly think we have to follow a set pattern, an established ritual, a man-created way, we will, if not careful, have difficulty raising the consciousness. Our thoughts, prayers and attempts **MUST** go beyond the spoken word, the limited thought, the conscious level of expectation, in order to have the **TRUE** spiritual/psychic experience.

Man is a creature of habit and lives most of his life in habits that have been established for him—not because he has proved the worth of them for himself, but because he has been conditioned by society, environment and man-created concepts.

Usually, when we begin to really get down to the basics in attempting to discover the greater dimensions of ourselves, most of our lives are over. We cannot continually try to learn everything ~~only~~ **only** through man-created methods, ways and concepts, because these things can very well limit self-discovery.

I now give you a very simple method of how to raise your own consciousness. It is the method my wife and I have used for years. **IT WORKS!** Here is the formula . . .

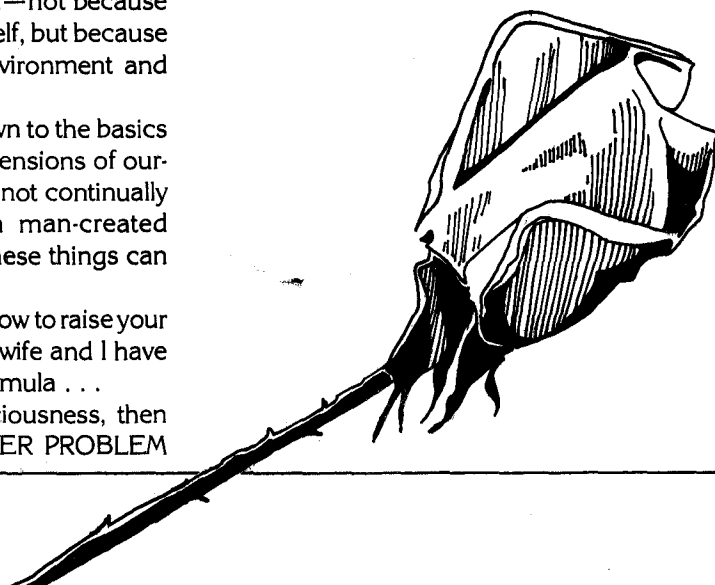
If you really want to raise your consciousness, then **FIND SOMEONE WHO HAS A GREATER PROBLEM**

THAN YOURS AND HELP THEM! Sounds too ambiguous, too simple, not religious enough? My consciousness was raised when I forgot myself, my own grief completely in a compassion for someone other than myself.

Strangely enough, at the same time, it was revealed to me that I was given the gift of healing, and also revealed was the opposition I would have to face. Why? Because I was directed to go beyond formalities, cap and gown, static repetitious ritual. All I can do in my healing ministry is **DIRECT THE CHRIST WITHIN ME TO THE CHRIST WITHIN THE ONE NEEDING HEALING** and, in this, **THEIR CONSCIOUSNESS IS RAISED AND THE BODY, MIND AND SPIRIT ARE MADE WHOLE.** It is as simple as that. When I do this, the one needing healing releases, through me, all thought of illness or need and their consciousness is raised without conscious effort. I do nothing! I am simply the catalyst *through*—not *to*—which the consciousness is raised, and then there cannot be other than positive results.

So many are always trying to raise their consciousness in man-created ways, rituals and formalities, and take no time to **LISTEN**, to **RELEASE ALL THOUGHT OF SELF.** I never **TRY.** **I FORGOT MYSELF** through compassion, love and sincere caring for others than myself.

As I am writing this, I am looking at a beautiful rose picked from our garden. I am seeing its intricate beauty, color and perfection, and my consciousness is automatically raised because of the perfection of the rose. Does it have to speak to me and tell me of itself in terms it thinks I will accept? No. it simply relates to me its own "roseness"



“Your consciousness can never be raised if your thoughts dwell on evil and negativeness.”

(qualities) and my consciousness is raised. If we would only do the same with each other; what a difference it would make.

Just because the psychic is usually thought of in terms of ouija boards, crystal balls, bending spoons, predictions, etc., does not mean that is what it is *all* about. The psychic is actually the VOICE WITHIN which is constantly trying to give guidance and direction toward the fulfillment of the soul. They cannot be separated, though man sure tries. It is the psychic voice WITHIN ME that makes it possible for me to raise my consciousness and to become aware of my SOUL POTENTIAL.

Demonic spirit . . . how often have I heard this? I do not believe in demonic spirit. I believe that God created all that ever was, is now, and ever shall be. When I try to help a soul that is considered to be demonic, I raised my consciousness in love, *SO THAT THE SPIRIT CAN SEE ITS OWN POTENTIAL, ITS OWN DIVINITY*. My consciousness could never be raised if my thoughts and prayers are constantly dwelling on evil, a devil or negativeness of any kind. The consciousness cannot be raised if we allow ourselves to live in fear and guilt. If a spirit, in the seen or in the unseen, needs my help, I never relate to evil, fear or guilt in any way.

When the woman with the issue of blood touched the hem of Jesus' garment, He was immediately aware of it because He lived within His higher consciousness. Did he ask her what her difficulty was? Did he tell her she was being punished for her sins? No, He told her it was her own faith that made her well. Exactly what did He mean by this? He showed her that when her own consciousness (absolute faith) was raised *through Him*, then the illness no longer had any power over her. "Of my own self I can do nothing. It is the Father within that doeth the works." Why are we so prone to ignore the word, *within*? So many of us expect everything to be done *for us* instead of *through us*.

Jesus gave to mankind a terrific TRUTH when He said, *truth is within*, yet that very important word, WITHIN, is given little or no thought. We are conditioned to relate to the word *Father* in physical terms only, and to ignore the spiritual/psychic principle behind it. Man's greatest difficulty stems from his thinking of God, Jesus, the psychic, anything spiritual, as things independent or separate from self. *There Is No Absorbing*. There is such a dependency

on outer things—on man-created ways and demands—we blind ourselves to the Truth that these are but the results of what we are.

We create hovels instead of cathedrals of the mind, and so constantly live in ~~self-created guilt and shame~~. Raising the consciousness has nothing to do with your religious beliefs, with your concept of God, with how well you know the Bible or even if you claim yourself to be an atheist. IT DOES NOT MATTER. When we begin to recognize the limitations we impose upon ourselves, we will discover what "Raising the Consciousness" is all about.

Jack Young is well-known in psychic circles and teaches beginning and advanced psychic development classes at colleges in the Denver area.

The telephone rang. The call was to tell my wife and me that our son-in-law and our grandson had been run over by an automobile while crossing the street. The seriousness of our son-in-law's condition was not yet known, but six doctors were working over our grandson. He was near death and it was doubtful he would live. We felt absolute desolation—grief beyond comprehension.

Our daughter—the wife and mother—could not be reached so it was necessary for me to drive to her home and await her arrival, to break the sad news and take her to the hospital. My wife waited at home in case there were further phone calls.

Driving to my daughter's house was absolute hell. I drove sobbing out every prayer I had been taught from childhood. I found myself repeating prayer after prayer while tears streamed, unchecked, down my face. Although I was praying as I had always been told prayers should be said, I realized my constant repetition was giving me no solace, no peace.

Suddenly, I became aware of being emptied of all emotion in relation to my own grief and was totally filled with a

Street	
Town	
State	Zip

1.992

SYMPTOMS OF PERSONS ABDUCTED BY ALIENS E.T.

These are some of the more common symptoms or occurrences we experienced. It is by no means a complete list.

- Blinking lights
- Stereo switching itself off and on
- Alarm clocks ringing at times not set at, or turned off
- Locks breaking or unlocking themselves
- The feeling of not being alone, feeling another presence
- Unexplainable sounds
- Shadowy movement
- Nose bleeds
- Pressure headaches
- Red patchy marks on the back of the head
- Restless nights
- Sleepwalking
- Vivid dreams
- Missing time
- High frequency sounds that come and go
- Pets suddenly becoming jittery and restless
- Belief in UFOs
- Unexplained scars, marks, bruises.



Other symptoms that may appear as you progress through the awakening process:

- Light shows
- Touches
- Recall of ET memories
- Areas of soreness in the head and neck
- Fluttering sensations
- Body temperature changes

CHANGES

During the awakening there will be changes in every aspect of the person's life, such as changes in

- Personality
- Emotions
- Morals
- Faith
- Psychic abilities
- Habits
- Lifestyle
- Viewpoints

The following letters are from other friends and acquaintances who have also begun this journey with us. Where applicable, pseudonyms have been used to protect their privacy.

Letter from Reginald

March 9, 1991

I have known Bert and Denise well for around seven years and only the last two have involved the awakening. Interestingly enough the first five years seemed to be a very normal and happy lifestyle, with what I considered the normal bumps and bruises; like maybe an occasional flat tire, common cold or low cash that we are all familiar with. But then to have your close friends tell you that for at least the last seven years, you have been picked up by UFOs, probed, prodded, and visited with time and time again makes one think they walked right into the middle of a bad movie without a clue, hence my concerns for them. It didn't make sense, Bert and Denise have a very stable family life and realistic and logical points of view. It wouldn't be like them to make up something like this, so I believe them, which is the best that anyone from an outsider's point of view could do...until one evening while visiting them.

That evening I went under hypnosis and remembered an event that happened with Bert and me. I recalled visions and events which happened while I was out on an errand with him in October, 1984. After the sessions they showed me a transcript of Bert's memories of that trip. Until the night I had my hypnosis, I had not seen or heard any of the details that Bert had recalled through his own hypnosis, yet the two separate accounts were identical. Since then I have called them after having strange dreams of encounters and before I could get halfway through, Bert or Denise were able to finish the last half of my dream for me. I think this is a little more than coincidence. Something is happening to them and to us and I only wish that I could remember more on a more conscious level.

Reginald

Summet: "Aceros del Subud" (Marias, 1960)
 (págs 72-75).

These facts took place in Indonesia.
 ACERCA DEL SUBUD

Los ulemas y letrados acudían en consulta. Cuando entró en la habitación en que estaba sentada rodeada de sus discípulos, con gran asombro de todos, ella se puso de pie y le hizo reverencia, pidiéndole que ocupara su puesto.

Una y otra vez, vio que los instructores a quienes acudía, se negaban a contestar a sus preguntas y declaraban que él no era como ellos. Cuando se les apremiaba, le decían que las respuestas nunca le vendrían del hombre, sino por directa revelación de Dios.

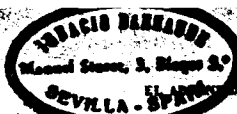
Nada de esto satisfacía a Pak Subuh, pues su mayor deseo era ser un hombre ordinario y vivir una vida corriente.

Reconociendo finalmente que sus pesquisas eran infructuosas Pak Subuh decidió que lo que debía hacer era emprender y cumplir con los deberes del hombre en esta tierra, o sea cuidar a sus padres, casarse y tener hijos, ganarse la vida y ocupar su puesto como miembro de la sociedad a que pertenecía. Se hizo tenedor de libros y trabajó durante 14 años, primero en el comercio y luego al servicio del gobierno local como auxiliar del tesoro de la ciudad de Semarang. Hablando de sus tiempos de padre de familia, Pak Subuh describió el éxito de las diversas empresas a las que sirvió. En su último puesto vio en el transcurso de dos años que una municipalidad que siempre había sido insolvente equilibró su presupuesto y encontró dinero para llevar a cabo varios planes que el bienestar del pueblo requería.

2. EL PRINCIPIO DEL LATIHAN

Al cumplir Pak Subuh veinticuatro años de edad, tuvo la primera serie de notables experiencias que le condujeron a la definitiva comprensión de su misión en la vida. Una noche, en el verano de 1925, paseaba al aire libre bajo un cielo sin luna, cuando vio por encima de su cabeza algo

A new Pentecost on 20th Century. During a brilliant sphere of light descended founded a world-wide religious movement



como una esfera de brillante luz que parecía más resplandeciente que el sol del mediodía. Al preguntarse cuál sería el significado de esta aparición, aquella luz descendió y le entró por la parte superior de su cabeza, llenando su cuerpo con su irradiación. Las vibraciones producidas en su cuerpo y el sabor de esta experiencia, fueron la primera indicación para llevar a la práctica los ejercicios espirituales que habían de conocerse después con el nombre de Subud. Que la aparición de la esfera luminosa no fue una alucinación suya, lo indica el hecho de que la vieron muchos de sus amigos de la ciudad y hasta los de algunas villas a la redonda y vinieron a la mañana siguiente a su casa a preguntar qué había ocurrido. En ocasiones posteriores, otras personas, especialmente su madre, fueron testigos del mismo fenómeno y muchas veces comprobaron y analizaron sus propias descripciones.

Durante casi tres años, tales experiencias se repetían todas las noches, por lo que apenas si dormía, y tenía sin embargo la fortaleza necesaria para cumplir con sus obligaciones cotidianas. Ni le agradaba ni provocaba el trabajo interno, principalmente porque no quería ser diferente de los demás ni recibir cualidades que no fueran para todos los hombres. Trataba de eludir las experiencias yendo al cine, pero advertía que au que no podía fijar la atención en la pantalla, el estado interno volvía y le recordaba que también estaba presente en el otro proceso muy distinto. Trató de evitar sus experiencias internas entregándose de todo corazón al cumplimiento de sus deberes profesionales y de su vida de familia. Durante este tiempo, estudió contabilidad a fondo y le nacieron de la unión con su esposa con quien casó en 1922 cinco hijos, dos varones y tres niñas.

Las visitas nocturnas cesaron a principios de 1928 y en los siguientes cinco años casi dejó de darse cuenta de la acción interna que comenzara a los 24 años de edad. No

three years, since 1.925 to 1.928, every night over head of Mr. Pak Subuh, who more late named "Subud".

los demás? Sentía que más que aprovechar solo él una gracia más valía no haber recibido nada.

Después de algún tiempo recibió claras indicaciones de que se le había elegido como un medio por el cual cualquiera que lo deseara podría recibir exactamente el mismo contacto y pasar por el mismo proceso de transformación que él había pasado. Esto fue realmente lo que ocurrió más tarde; y en esto radica la cualidad crucial y extraordinaria del Subud que lo distingue de cualquier otra clase de trabajo espiritual de que yo haya tenido noticia; o sea que puede ser transmitido íntegramente y sin disminución, de un ser humano a otro. Esto es contrario a la razón, pues parece violar el principio en que se funda la segunda ley de termodinámica y la obra del tiempo sobre los seres vivos, por la que toda acción irreversible tiene que implicar una disminución de calidad o intensidad. Por lo cual el contacto es lo que importa, pues que, a menos que se haga directamente de la fuente, es inevitable la disminución, la adulteración o la desviación. Así se entienden todas las enseñanzas y se comprende por qué Pak Subuh haya querido evitar la posibilidad de convertirse en un instructor, que poseyera el contacto de que los otros carecían.

Cuando cumplió 32 años, Pak Subuh se había convertido aparentemente en un padre de familia normal, atareado con su creciente descendencia y con sus obligaciones diarias. En la noche del 21 al 22 de junio de 1933, ocurrió un acontecimiento del cual hasta parece que no debe intentar hacerse descripción ninguna. Hemos oído a Pak Subuh hablar de ello varias veces, pero siempre en condiciones en que nuestra propia conciencia se había liberado de sus usuales limitaciones. Sin embargo, esa fecha es tan importante en la historia del Subud, que es necesario tomar nota del hecho de que en ese día Pak Subuh se dio cuenta de la verdadera significación de su vida sobre la tierra. Comprendió que

only reprimand or take firm action. White Cloud had already made the inner me aware, but the more physical "I" did not catch on, because I had been writing so much from Webster's and had probably been using my physical brain too much.

3 p.m.

The Bioplasmic Body: physically, bioplasm is somewhere within the protoplasm. It is organic, and probably plays a part in survival after death and in astral projection. Where do the chromosome elements of memory-intelligence fit in? Do they play the same part in both ectoplasm and bioplasm? In other words, do the memory-intelligence elements direct the magnetic withdrawing of bioplasm to form a separate body outside the physical? Where do White Cloud's thoughtforms come in? Is this bioplasmic body so highly refined that we cannot see it even clairvoyantly? Does it become visible clairvoyantly when it is more condensed by the thoughtform, which gives it its desired physical appearance by way of the memory-intelligence element?

*White Cloud, I am tired now. I feel I am on the right track, but that there is much more you are going to reveal.

Friday, 28th November, 1980, 12 noon

No contact this morning. Dr Barendse rang and told me he had just had a call from the press to say that the poltergeist phenomena had disappeared from the house of the coloured family. Merle Cray had done the rescue work. Of course, Merle can do that, she does it all the time. I think she is a good medium, and Dr Barendse thinks she is very good. I am very happy for them. Dr Barendse also said he would leave his books to the Psychic Centre, which must please Merle and Bert very much.

Dr Barendse then went on to say that White Cloud was on a lower level, and knew him, Dr. Barendse, and that the highly evolved Buddhists and Chinese had already found out that sub-atomic physics was the very structure of higher existence. He said that what we were trying to do on a higher plane was not practical, that I should come and work with him on poltergeist rescue work, for that was a practical help to many people. I don't know what he was really trying to say. I became confused, although I did not let him know. I told him that the things he spoke about were all manifestations, the effects, and that we were told by spirit that chromosomes are the basis and that all these aberrations that are manifested have their source within the chromosome. Anyway, I appealed to White Cloud, as I felt that this was some sort of test.

White Cloud's answer was, "All you have to do is give us your trust. Trust us and all shall be revealed to you." He did not say any more because I feel that he thinks there is nothing more to say. White Cloud will not

condemn anybody, but, just like Christ, he will show a better way, and all I have to do is to play that passive part in the seance room at this stage for the higher knowledge to come through.

The society Dr Barendse belongs to is "Life and its Manifestations". With that title, perhaps they too are always concerned with the outer physical effect, not the cause at its source.

Was Dr Barendse trying to throw me off balance with his own success, indicating that that is the one and only way to Truth? Or does he want mediums to work for him, to do research work under his authority? Or is he afraid that an illiterate unknown has means to higher knowledge, knowledge which is far more profound than anyone on earth has ever achieved? Is James right when he says that Dr Barendse thinks he knows it all and expects the spirit world to fall on their knees when he enters spirithood?

White Cloud, don't play with me. My relationship with you is placed on trust. Tonight we will see where that trust will lead us.

8 p.m.

White Cloud's address:

White Cloud: Good evening, friends. This is White Cloud.

Betty & Maria: Greetings, White Cloud

White Cloud: We come to you this night filled with joy and exultation.

We ask of thee to exercise your true faith, to have no fear. We can assure you that all is well. For things have been carefully planned, and we have gathered together this night beings who are possessed of many great and glorious talents. Beings that are anxious to exercise these talents, to use these glorious gifts that have been given unto them.

Thus we call upon you who are yet on the earthplane to give to us your full love and your full cooperation. We ask these things of you, for we have great expectations, and the success of our ventures depends as much upon you on the earthplane as it does upon those of us who are blessed to be in the spirit world. We are grateful for the opportunity that we have to communicate with each other on common ground. We call upon you therefore to relax your physical bodies, to place them in your mind's eye on one side, for they are temporarily of no use to us. Relax also your conscious mind, allow your mind not to be disturbed by the hurly-burly of your everyday existence, so that that field too has been placed on one side. Let us concentrate upon searching within ourselves for that great and glorious spirit, the Real You, that part of you that is also part of God. Let us elevate ourselves. Let us search for pure truth with pure love.

One of these gifts you have received from God is your awareness,



T.A.

the center point creating the triad. I think most of us have heard this time and again and understand it theoretically. The question usually comes up, "What does that mean?" What do we do to integrate negativity and positivity? Doing it isn't just obviously knowing about the structure. My understanding of it is simply that it is no more and no less than allowing negativity to be equally valid to positivity.

Thank you! It is validation. In what you've termed the New Age, there are many that say, "I must be positive, I must always be positive. Negative emotions have no place in my reality." Understand that is, well, taking a past Pleiadian point of view! But it is veering off to one end of the spectrum and not encompassing the all. The template of the reality we share with you is one of polarization – one polarity, the other polarity, and the integrative point. We all have the potential of becoming fully balanced and realized beings. It will not come through saying, "I must only be positive." It will come through allowing each and every emotional experience and expression that you have, to be valid and equal to the ones that are preferred. If you experience something that is not preferred, it is still as valid. It is still as equal, and it is still as vital to your growth as anything else.

Okay, at the same time, I have experienced, expressed and manifested as much negativity as I choose to – (not that I am rejecting negativity, but now my choices are predominantly positive.) I still recognize the validity of negativity, but I choose the positive because I really like it more. That is still integrated, though.

Yes. Every once in a while you will choose a random negative event to remind you that that negativity is still valid. Because you know that you prefer the positive, you will primarily create the positive.

That's why I knocked the beans off the counter!

A random negative event!

What is your connection with Andromeda, and do they fit into the scenario that is going on?

They have been of primary guidance to us in times of difficulty within my civilization. For us, their energy is a primary guide for our race and is beginning to be a very strong guide for the Terran races on Earth. Simply, they have gone through many different evolutionary cycles that both we and you are still completing, and so they have been of assistance because of their knowledge.

Do you use an amplification device to accomplish this channeling?

Only in certain times. If I am involved in activities where my consciousness will be split and I am doing several things simultaneously. I will at times use an amplification device. Primarily, I do not.

Where are you right now?

I am in my home in my room. My home is an area that you would consider to be a rural area. It is one center dome, five domes around the center dome, and a second-story dome. The second-story dome's walls have the ability to turn translucent so that the entire sky surrounds my room. This is the room in which I conduct meditation and connection with this channel. I am reclined on a lounge of sorts, with my eyes closed.

How would you describe your planet?

When you say that, it is emotional for me. It is very joyous, very green, very healthy. We know that sounds rather strange. Upon my world, one has the feeling of great nurturance, health and energy. There are a few wild species. There are even what you consider to be some cities, and individuals will choose where they want to live at any given time.

Do you live with others in your domes?

We can if we wish. I personally live alone. My mate resides in the city and at times we share residences.

Do you have any pets?

Pets are different upon my world. We do not own pets. However, the animals are wild in the sense that they are free to live their lives as they choose, and every once in a while they will come and spend time with us. If one comes to your door, it is understood that you let it in and it stays with you as long as it wishes. Then it leaves and finds someone else.

We have animals that can be considered Pleiadian dogs. They are about the size of your horses, and in size comparison to me that is quite large! They are very shaggy and playful.

Do you ride them?

That is an unusual idea. I have never thought of that.

Do you have any teeth since you live on largely a liquid diet?

Our teeth and digestive system has not atrophied as much as other races. I still possess teeth. You would not consider my smile to be any different. Our digestive system is less atrophied than other races also. Our waste is basically secreted through our skin, though there is a waste elimination system that is used when needed.

I am interested in the domed houses.

You will find on our world that the domed structures are built primarily in the rural areas. (We use the terms "rural" and "urban" though they are not quite accurate.) In the urban areas the primary structures are crystal shaped. The aesthetic reason for this in our symbology is that we consider the domes to be feminine energy – feminine energy being equated with the rural areas. The crystal structures are considered to be more masculine and are used in the urban areas. Understand that my

Before we start reading about "Adamskis" Space Brothers, we have to note, where the whole UFO-matter is placed right now. What is happening in the UFO-field and what and who are the four groups of visitors the Pentagon has found are operating in our atmosphere and on our planet.

The first group is of course probably the "Adamski Space Brothers", because they have been here "always". They are our real Cosmic Brothers - they are those who hold our destiny in their hands.

DARK
UFO

The second group is probably the earlier mentioned negative group of visitors who try to copy the activities of the first group; but who at the same time is spreading confusing and horror. And it may be noted, that their objects are different from the objects the real Space Brothers are using.

The third group could be those diverging visitors - diverging in as well look as in behavior - about whom we again and again receive reports from abroad. But it could also be, that they are robots send down by those mentioned as the second group.

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The fourth group is probably the hardest to identify and understand. They are performing kidnappings, torture and killing of human beings and animals and still it looks as if they co-operate with military like circles in certain countries which makes the mystery even deeper. This group may be a very dangerous group.

If we turn to our own skies here in Scandinavia we find an example of visitors from group number four. The example is the so-called Helge-case (Helge is the persons first name) from Sweden and here is in a very short extract from a very comprehensive report, what Helge himself have said:

"I am sure, that these people told me the truth. I feel that they use me. They are totally without emotional feelings and can witness even the most brutal torture - it means nothing to them. I feel like an animal when I am with them and I often think, if their real goal is to gain control of us from the inside by infiltrating all over.

These people are walking our streets without being discovered just like the "Adamski Brothers" do. But George Adamski claim, that "there were others" who worked for a conspiracy against "The Brothers" and their plan. What a pity, that I were not contacted by Adamskis Brothers".

Seen from this angle we face two groups of visitors - left is then, if we as a starting point count on the american statement that there are one or two other types or groupes.

If so, one of these groups are no doubt one of those who stand behind the thousands of animal anihilations in the USA and in South America and still another group could be the one who is kidnapping people, examine them and sometimes release them and deliver them back to where they picked them up.

And finally (?) we have to calculate with KGB and CIA tests and operations where people by phyhic means are lead to believe that they have had an UFO-encounter. This type of encounters are naturally enough not mentioned or commented in the american statement, so we have to add that group ourselves.

I guess everybody can see, that we live with a very confusing UFO-pattern, and therefore we will - as we have done all the way through - without the slightest staggering only deal with the positive part of the UFO-matter - behind where we find the true Space Brothers who made contact with George Adamski for the first time on november 20, 1952.

They have opened our eyes to a reality so overwhelming, that it is almost unbelievable, that we got that opportunity. Still, all the way along we