



KEEPERS
OF THE
GARDEN

BY DOLORES CANNON

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OF THE
GARDEN**

by

Dolores Cannon

**OZARK
MOUNTAIN
PUBLISHERS**

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*We have found a strange foot print
on the shores of the unknown.
We have devised profound theories,
one after another, to account for its origin.
At last we have succeeded in reconstructing
the creature that made the footprint.
And lo! It is our own.*

SIR ARTHUR STANLEY EDDINGTON [1882-1944]

Space, Time, and Gravitation, CH. 12 [1920]

THE DISCOVERY OF STARCHILD

EXTRATERRESTRIALS ARE LIVING NOW ON EARTH. They can no longer be considered as aliens existing only on distant stars or cruising around in spaceships. They are everywhere, among your friends, neighbors, even your relatives. We are all interrelated, for they are our ancestors. Their blood flows through our very veins. We are as much a brother to the beings from the stars as we are to the animals of the Earth.

This was revealed to me through a year's intensive work with an actual starperson. Our contact was made through hypnosis. I am a regressionist and I regularly take trips through time and space to visit Earth's past and learn about history as it is being lived. But until my work with Phil D. began I had never visited other planets. I had always wished to. I thought it surely would not be any more improbable than what I was already doing. Surely some human being had experienced life somewhere else besides Earth. The idea fascinated me, but so far the proper subject had never crossed my path. I thought this type of person would be rare. But as I work with so many people I assumed that the odds were that sooner or later I would find one, or they would find me (which is usually more accurate). I had no way of knowing that the odds were greater than I thought. But these people are not easily recognized. They are very cleverly disguised, even from themselves, by the protective subconscious.

When I started on this totally unexpected journey I was preconditioned, as we all are, to think of anything alien as being frightening and bad. Anything we can't understand we naturally fear. I was quite surprised to find a totally different picture of these creatures than has been presented by the movies and TV and science-fiction stories. It

took quite a while to overcome the brain-washing of several years and to think that deep within us, our spiritual side, there is no difference, only misunderstanding.

My work with Phil began quite by accident, if anything can ever truly be called an accident. I take appointments from many different types of people who want the experience of hypnotic regression into past lives. There is really no true "type" of person that this method works best on. My subjects are truly a broad cross-section of humanity. They all have their own reasons for wanting to explore the possibility of reincarnation. I often go to their houses for the sessions because people are more comfortable in a familiar environment and they do not feel quite so threatened by the whole idea. I have conducted hypnotic regressions in almost every conceivable setting, from the grandest to the simplest type of residence, in motel rooms and even businesses and stores after hours. I have had to learn to become adaptable and feel at ease even under awkward circumstances, because I believe that the comfort of the subject is the most important ingredient in developing trust. My work in this unusual field had taken me to some strange locations and I finally had to draw the line. I was traveling so far afield that it was taking me longer to drive than to do the work. So I set a limit, I would travel no farther than about 50 miles. Anyone who lived farther away would have to make arrangements to meet me at a friend's house. I was afraid to turn anyone down because that one person might be the one I was looking to work with. The one that would be able to supply information needed to start off on another exciting journey. There is no exterior way to tell and I never know what I am looking for until I find it. These are normal, every-day people with no outward clues to the adventures their souls have experienced in other lives and times.

I had an appointment with a young divorced business woman and I had driven almost to my limit (50 miles) to have a session with her in her home. Twice before she had set up an appointment but had canceled out at the last minute. I often suspected she was not yet ready for regression. It can frequently be too revealing. Maybe she was subconsciously afraid of what she would find if she began to probe into her hidden past, and these excuses were her way out. I did not rush it, I had far too many others to work with. As I drove into the small town, I thought she was finally going to go through with it this time because she had not called to tell me otherwise.

But when I turned into her street and neared her house, I didn't

see her car. Instead, in the driveway was an unfamiliar yellow truck with the advertising of a local electronics repair shop emblazoned on its side. My first thought was that she had forgotten our appointment and was having work done on her TV. It would have been typical of her, and I knew I could not conduct a hypnotic session in such an atmosphere. As I got out of my car I noticed a note on her door. She had been called away on business but she had arranged a replacement so I wouldn't have made the long trip for nothing. The note said that my subject, Phil D., was waiting inside. It was her nature to do something like this at the last minute, so I was not totally surprised.

Thus my subject would be a total stranger, not an ideal arrangement. I did not expect a lot from the session. New subjects can often be difficult to work with, especially if they have no former knowledge of hypnosis. His guard would probably be up, and I supposed most of the session would be spent establishing trust and rapport which is so important in a working relationship of this type. I fully expected that this would be a one-time experience and I would probably never see Phil again.

Phil turned out to be a nice-looking dark-haired young man, 28 years of age, quiet and I suspected rather shy. I found later that this was merely a quiet self-assuredness. He had his own electronics repair business which he operated out of his parents' garage. He was from a large family, one of five children and lived at home. About the only thing unusual about him was that he was an identical twin. In the course of time I found out much about Phil. He seemingly had little interest in girls and had never had a serious relationship, which was surprising because he was quite attractive. He had spent some time in the Navy where he had learned electronics. One of the first things people ask me about an excellent subject is what their religious beliefs are. Somehow they assume that in order to display these abilities the person must have had an unorthodox religious upbringing. This is far from the truth, every religious belief is represented. It seems to have little influence on the type of information I receive. Phil was raised in a strict Catholic environment and served as an altar boy in the local church, participating in masses, funerals and holiday observances. He attended a Catholic school under the instruction of nuns until the seventh grade so he was well indoctrinated with the catechism. This was hardly the atmosphere to encourage thoughts of reincarnation. He had an interest in the occult, had done much reading, and wanted to try regression out of curiosity. He was very

amiable and seemed at ease with me and the idea of hypnosis from the beginning.

The first session turned out as I suspected it would. Although he went easily into a medium level of trance, he was not communicative. His voice was mumbling and his grunting answers made it very difficult to tell whether he was answering yes or no. This is a common problem and often happens when the subject is so relaxed. Their answers come slowly as though they are lazily talking in their sleep. They become very absorbed in what they are seeing but will volunteer no information unless directed to do so. I do not like to work this hard any more. I prefer a freer flow of communication, and this is one reason why I search for somnambulists.

PHIL RELIVED THE BORING AND UNEVENTFUL LIFE OF A MAN wandering around in the desert. At one time he was searching for water and later when he awakened he said he could really feel the thirst, the hot, dry climate and the combined misery of those around him. This was quite typical of a first regression. It is very common to relive a simple, ordinary life as the subconscious explores this new experience. Upon awakening he said that the impressions he received were quite vivid but he was so relaxed that it was a real effort to try to talk to me. He said he now knew what it was like to be old, because he really felt that way toward the end of the man's life-old and tired and dragged out.

He was exhilarated by the experience and eagerly wanted to try it again. I wish I could say that I was enthusiastic also, but at the time I was not excited about working with him again. It was too difficult to get answers from him. I prefer to work with people who are more spontaneous and talkative. But if someone wants to do this type of work I generally agree. I don't like to refuse anyone because I have no way of knowing what insight the individual may be getting out of the session. So I reluctantly set up an appointment for the next week. I assumed that after a few sessions his curiosity would be satisfied and I could resume looking for more productive subjects.

In my technique I use many different procedures and I try various ones until the subject finds one they are the most comfortable with. One method utilizes an elevator. When the subject feels they have arrived at the correct floor and the elevator door opens, they feel a desire to get off and explore whatever they see. This method was tried during the second session and proved to be Phil's favorite. We are still using it and it has turned into a very valuable tool in contact-

ing the various places and levels that we have visited.

During the second session he was a little more talkative. He told of a lifetime in Munich during war-time Germany. He and others were Jews employed by a civilian sector of the government. Although their families had been murdered, they were allowed to live because they possessed skills that could be utilized. They had to wear identifying armbands which he considered insulting. He was a draftsman named Karl Brecht. He and the others were involved in some secret work concerning the designing of submarine bases, but because it was restricted information he was reluctant to talk about it. Even though these Jews were useful to the German cause, they were humiliated and treated badly by their superiors. This made him feel bitter. He spoke of seeing Hitler once in a parade and thought the man was insane. Phil's alter ego, Karl, died when he and another man were flying in a small plane near the French border. They were en route to the site of the submarine base and were mistakenly shot down by enemy anti-aircraft fire. They crashed in the middle of a small village.

Upon awakening he said this session had meaning for him. He had had a very vivid dream that was quite similar to the death scene. The dream had made a strong and lasting impression on him. He had thought he was in the German military and was shot down in a fighter plane because he had seen swastikas on it. But now he realized it was a civilian plane. What had bothered him the most in the dream was the total apathy of the people in the town where the plane crashed. They just stood around and watched him die. Apparently the people were glad the plane had been shot down. They didn't seem moved by what was happening and did not try to help at all. Their animosity made him angry, but he said he felt more emotion in the dream than while watching it under hypnosis.

During this session his answers were still slow and difficult to hear at times but it was improving. He was now becoming comfortable with me.

The third session concerned mainly the reliving of a life as a woman in an ancient culture that centered around a huge pyramid and seemed to be located somewhere in South America. A lot of information came through involving the priests and the worship conducted at the time. He told of an interesting ceremony that occurred when the queen died. Her women assistants were given drugs and then stabbed through the heart. This was considered to be an honor as they were all buried together so they could follow her into the after life. During this regression Phil relived the experience

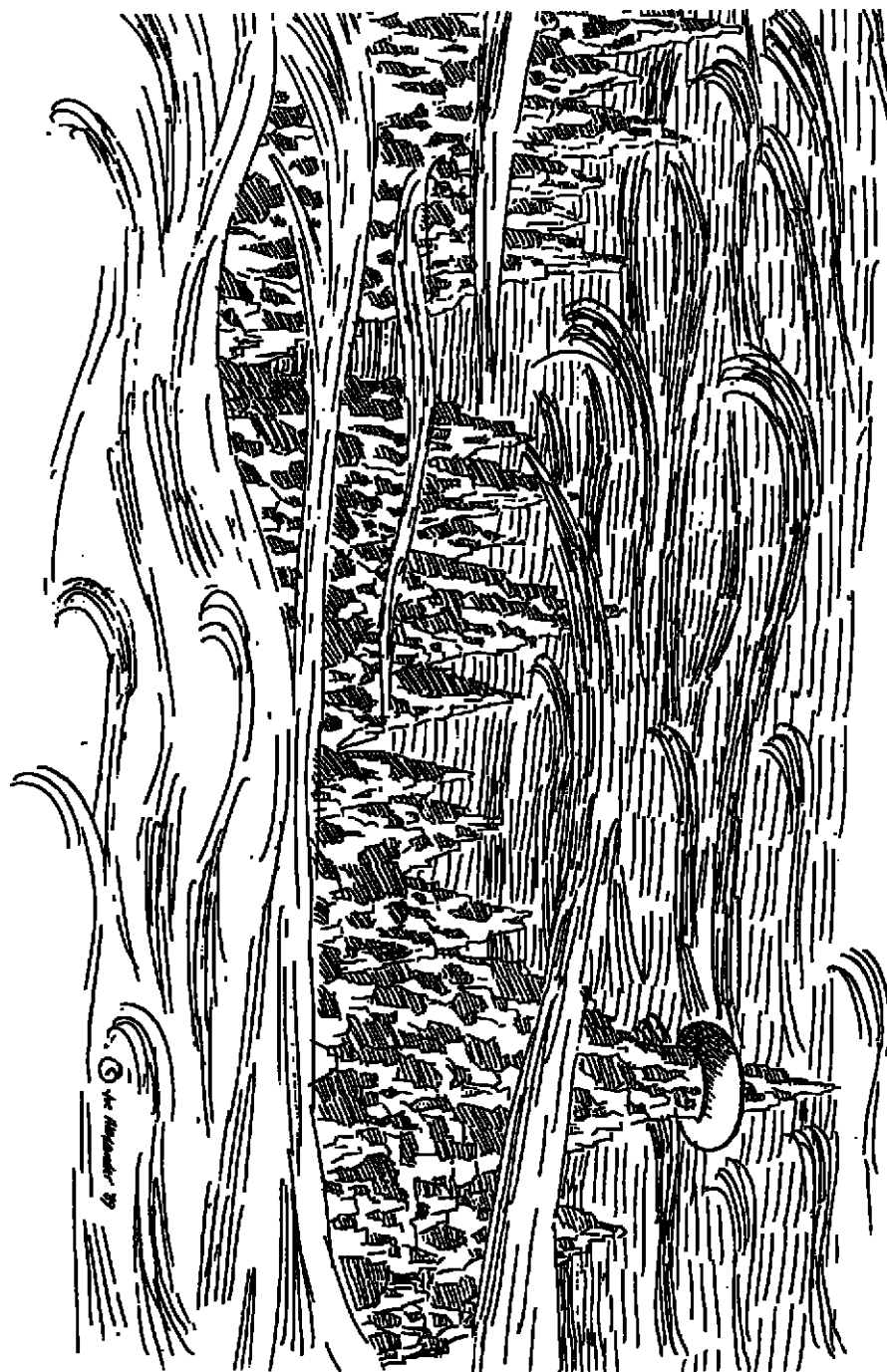
of having a baby. It was a strange phenomenon to watch as a man went through all the emotions that a woman experiences during childbirth. He (she) died when a group of Spanish soldiers invaded the village and began murdering the people.

These are the types of lives that people usually relive in the beginning. I am so familiar with them that I no longer find them unusual unless they offer some type of information that could be important. I have collected hundreds of these and although they may be useful to the subject in some way, they are only useful to me as an accumulative overview of history.

However, something strange happened at the beginning of this third session. When the elevator doors first opened, he saw an unfamiliar silhouette on the horizon. The silhouette of a jagged, rugged terrain against a red sky. When he saw it, for some reason it made him feel uncomfortable. It bothered him and he rebelled from it. He didn't want to explore it and asked to get back on the elevator and go somewhere else. I never ask anyone to do anything they feel uneasy about, so I let him go where he wanted to. This was when he wound up standing at the base of the pyramid. This is part of the building of trust when I allow the subject to do what they feel the most comfortable about. It shows them that they really are in control during the regression. I feel that if there is something of importance there for them to see, they will eventually do so if they are not forced. I was curious about the scene because the strange landscape didn't sound like anyplace I was familiar with. Upon awakening, I asked him why he didn't want to explore it.

He said he had no idea where it was either. There was a strangeness about the landscape that he didn't understand. The horizon was not smooth like trees, just jaggedness that disturbed him. On the right he had seen a spire or something similar with a circular aspect to it. The only way he could describe it was that it looked something like a large donut encircling a monolith near the top. (*See drawing.*) "There was something about the scene that was uncomfortable," he said softly with a far-away look in his eyes. "A twilight feeling, a darkness about it ... a darkness that didn't seem to change." His gaze shifted back to the present, "I'm very glad that you didn't force me to explore it, that you gave me the option of returning to the elevator. I don't know why, but I felt safer there."

There was something unearthly about the scene. Where was it and why did it disturb him? Evidently his subconscious was allowing



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the first rumbling of flashes from another world to seep through. It would be several weeks before we could discover the meaning of this scene and the reason for his reluctance to explore it.

In subsequent sessions he seemed to be drawn to the German life even though there were feelings of bitterness there. He felt a great deal of emotion stirred by these memories. There were vivid feelings of anger, frustration and unhappiness. He wanted to let these out very badly while in trance but he was afraid of offending me if he showed emotion. He admitted he had great difficulty dealing with emotion in his present life also. He felt compelled to keep it inside. He would not even allow his family to see his feelings. I assured him that that was what I was there for, so he could safely let it out. This release can oftentimes be very beneficial.

During the sessions that followed, he occasionally saw more scenes that bothered him. Glimpses of a strange city with lots of towers and cars that flew like planes and hovered in the air. The whole appearance of the city was of a colorless, gray sameness with white lights showing through. Each time this scene appeared he withdrew from it. He would ask to return again to the safety of the elevator and go elsewhere. I was intrigued because the scenes definitely sounded other-worldly or at least futuristic and I was anxious to explore them. But I knew from experience not to let my curiosity intervene. It was best not to rush the subject, to let them discover these abilities and lives at their own pace. In my work, patience usually pays off.

Phil was puzzled. "I have the feeling there is something just beneath the surface that is trying to come through and it almost did a couple of times." He felt whatever it was could be contacted through the elevator if he could only find the right floor or level and had the courage to explore it. I sensed it was somehow associated with the various scenes of the jagged horizon and the strange city.

We were building trust and rapport and I continued to have sessions with Phil in addition to the others I was working with. His answers were becoming more spontaneous and because of these odd scenes I thought something might possibly emerge that would be worth exploring. They had certainly aroused my curiosity. Little did I know what adventures lay in wait for us.

CHAPTER 2

THE LOST COLONY

AFTER SEVERAL WEEKS, Phil came across the same scene again when the elevator doors opened. He saw the jagged, desolate and somehow forbidding silhouette against a red sky. Apparently his subconscious thought it was time for him to face that life and it kept allowing glimpses of it to sneak into the sessions. This time he decided to get off the elevator and enter the scene. To explore it and find out what there was about it that bothered him. He had already learned that if he was not comfortable with something he saw, that I allowed him the option to retreat. This gave him a feeling of security even in such an alien environment. Thus he allowed himself to step into the scene and was immediately overcome by a feeling of great sadness. He described what he saw.

P: It's windy ... sandy and dusty. I feel it and see it. The sky is somewhat reddish-orange tinted. I'm standing outside a spacecraft. There's a clearing where we landed. I'm looking at the spire. It's to my right

I had thought from his first description of this scene that it did not sound like anyplace on Earth. It had a definite other-worldly flavor to it. Now with his mention of the spacecraft I was certain that he was seeing a past life when he lived away from Earth. At last it appeared I would get my wish to explore other worlds.

The spire apparently was the strange monolith that he had described before. It stood out from the rest of the sharp peaks because of the odd-shaped, donut-like structure which surrounded the point. He continued with his description.

P: There are some shacks or huts to the immediate right which were supply or storage areas ... (sadly) which are now empty.

D: *Are there others with you?*

P: (His voice had a somber tone.) Only those on the ship. We're here to resupply and to check on the welfare of the scientists on this planet. They're colonists from the planet we're from. Our regular routes are on established trade routes. This is off the "beaten path," so to say, in an isolated part of this galaxy. This is an isolated testing, mining and scientific colony here for scientific purposes only and not mainly for colonization.

D: *Do you know how long they have been on this planet?*

P: Time doesn't correlate to earth years, but it has been ... seven chronometers, although I can't explain what chronometers are. They have been colonizing and testing for seven.

D: *Is that a long period of time?*

P: For being on a planet, yes.

D: *Has it been a while since you have been to this planet to resupply?*

P: We come approximately every two chronometers.

D: *Did these people volunteer to do this work?*

P: Yes, all the work is voluntary. There is no conscription.

Although I was interested in obtaining the story and finding out the reason for Phil's sadness, my curiosity took over and I asked for a physical description of the people on the ship. He said they were small in stature with large bald heads, light-skinned and not very muscular.

D: *Are they physically like humans with a circulatory system, or are they different?*

P: They are similar, yes. They have two arms and two legs, and eyes and ears and a mouth, but they have no nose. There is no need for a nose. This was part of the evolution. The mouth is but a mere slit and its only purpose is for drawing air. There is no tongue or vocal cords for speaking because the entire process of communication is telepathic.

The physical description sounded a little revolting but it did not seem to bother Phil to look at them. He said later he felt very comfortable with these alien beings.

D: Do these people eat food?

P: Yes. It is inserted into the slit

D: Are these people male and female?

P: We are androgynous, all are who are of this race.

At the time I knew vaguely what the word meant I wasn't exactly sure whether it meant a being which had both sexes such as a hermaphrodite, or one having no definable sex. Obviously it meant a creature that reproduced by some other method than the one we are familiar with.

P: We're more of a combined or a combination of both sexes in one, which is a blend of both male and female characteristics.

D. I'm curious about that. How would androgynous people reproduce? Or do they live long periods of time and have no need for reproduction?

P: There is a longer life span; however, it is not permanent so there is the need to procreate. There are roles which are played. The divisions however, are not nearly as pronounced as what we are used to here on Earth.

My curiosity being temporarily satisfied I returned to the story.

D: You said you have come to this planet to bring supplies to these scientists? Where are the scientists?

P: (Sadly) All except one are buried in the ground. There were a total of twelve who are all now, except for the one, buried. The last survivor took the duty of burying the others. It was a shared responsibility until the last and his remains lie with the others, only it is on top of the ground.

D: Do you know what happened to these people?

P: Yes, the monolith, the spire contained the telepathic records of what occurred here. They died of starvation and thirst, or its equivalent. A very slow and painful death.

Was this the reason for his former reluctance to look at and re-experience this scene? It seemed to be painful for him to speak of

it. I gave suggestions that it would not bother him to think about it and discuss it. I told him it is often very helpful to get these memories out

D: Did these scientists have any way of growing food of their own?

P: There was nothing on the planet to support natural growth. Imagine, if you will, a garden in the desert southwest. It would be the same. The rocks and the land are barren, as barren as any you can imagine on this planet Earth. The area was full of minerals however, and it was for this purpose that the scientists were there. They were miners.

D: You said "thirst or the equivalent." In other words, there weren't any fluids or liquids either?

P: That is correct. Everything ran out—it would never have happened if we had come on time. The ship which was to carry the supplies broke down shortly after leaving the port, which was a space port and not on the home planet. The problem was massive, far-reaching. The malfunction was of such proportions that it could not be locally repaired "on the spot." It was necessary to return to facilitate the repairs. It was this return that caused the extreme delay. Because at this time we work on distances, as you on Earth do now. Our speed is much greater, however, so we can cover greater distances in less time. I'm speaking of terms of 1984, both in standards of time and distance. There is a necessity to integrate these two times, you see, because I am still the person I am here in this room. It becomes necessary to delineate or to explain the differences, because this is something I am—we are—learning. And that is that we are all of these things at once.

This was a strange occurrence for me. I had never had a subject in regression be able to compare the time period he was watching with the present lifetime, unless they were in very light trance. In light states they find what they are seeing confusing and often try to justify it or compare it to something they are familiar with. This does not happen in the deeper states, thus I was taken off-guard. Normally when they are as deep into trance as Phil now was, the present ceases to exist for them. They are totally immersed in what they are experiencing. But I was soon to learn that I was dealing with a totally different type of energy from any I had worked with before. It would continue to become stronger with each session. I eventually found

these comparisons very helpful. Otherwise I might have been lost with nothing familiar to identify with. This was something I had not even considered when I yearned to explore lives in outer space. The fact that the subject might not be able to translate what he was seeing due to lack of comparisons.

D: Well, even though the delay caused the deaths of the scientists, I want you to understand that it wasn't your fault. There wasn't anything anyone could have done about that.

P: No, but the burden is still carried. It's not a burden of guilt, it's a burden of sorrow. Regret and sorrow.

D: What do you plan to do now?

P: (Sigh) We were debating whether to return the bodies to the home planet or to leave them. The consensus was to leave them ... for their sake, to let them lie, as it was felt they would have wished this. It was felt they would have given their lives proudly for such a mission and so the decision was to allow them to remain. And the twelfth member was buried. The records and samples which had been collected to that point—only those things which were of importance—were gathered to be removed from the planet. The feelings are shared among the seven, which has given rise to a consensus among us, that no colony should be dispatched from such a distance that this could happen again.

D: But you know how pioneers and explorers are. They always want to go farther.

P: We are not the ones who would dictate to those who would want to explore at those distances. The scientists will do as they wish and we are in complete support of them. But it is our consensus as being the ones to supply, that it should not be allowed any farther than is necessary.

I did not want him to bring any of these guilt feelings forward into his conscious life. I am very careful not to allow anything from past lives to seep through and unduly influence this life.

D: I want you to realize that it is through no fault of your own that this thing happened. You know that, don't you? It was nothing that you yourself were personally responsible for.

P: That is understood.

It was already obvious that a load had been lifted from him, a load that he had not even been consciously aware of.

It was interesting to me that although these creatures appeared strange in comparison to earthlings and undoubtedly would have frightened us if we had come across one of them, they possessed very human emotions and admirable traits that we can readily identify with. I don't know what I was expecting. Because of our conditioning, I don't believe I expected them to be so human. Many stories seem to portray these creatures as having no emotions at all and this idea makes them appear even more alien to us.

I thought Phil might be repulsed by the idea of having once lived as such a strange-looking creature, but surprisingly it did not bother him. He said it was a very profound experience because it felt so real. He felt very close to the people on the spaceship, he knew they worked very well together. So the reason for not wishing to explore this scene had nothing to do with their appearance or the fact that he had had a previous existence as an alien being, but the emotions the incident carried.

CHAPTER 3

THE SPACESHIP

MY CURIOSITY SURFACED AGAIN. I had always wished to have someone regress to a life on another planet and I would certainly not pass up this opportunity to find out about beings from outer space. So in order to take his attention away from the painful memories, I asked about the spaceship.

P: It's round and silver. There's a dome on the very top, in the center. It's not for guidance; it's used for viewing, looking around. To the left is a window and a control panel. To the immediate forward of the hatch there are some tubes. The ship has two levels. The one area upstairs is all one room. The navigation equipment is on this level. There are four sleeping rooms and a science lab downstairs.

The main area was a round room approximately 30 feet in diameter. A ladder or crawlway was used to go from one floor to the other.

D: What type of material is the ship made from?

P: This material is a very dark, dull gray; it does not shine. It is much harder in nature and more resilient than is the material used for building on the surface of the home planet. This is not metal from the planet, it is imported. The trade routes which are established bring this metal from other neighboring planets where it is mined and smeltered.

P: Not at this time. It might possibly in the future, but it is not equivalent to anything here at this time. The texture could be

compared with the strongest metal that could possibly be made on Earth. I could compare it to a diamond in strength, but this would not be accurate. The diamond has different visible properties which make its strength. Even if it were possible, a diamond would not hold its strength were it put into a sheet.

D: Are these ships constructed on your home planet?

P: (Pause) This is hard to say. I don't think I can answer that right now. This is not something that is allowed to be talked about... for some reason. This is not so much a disallowment as a lack of knowledge, as I am not familiar enough with the manufacturing process.

D: Can you see how the ship is operated?

P: The controls are operated by touch.

D: Is this the way it is steered or guided?

P: This is the way the commands are given. This is not how it is accomplished. There has to be an interface between those who are guiding and that which is guiding, and this interface is touch. This allows the operator to tell the equipment what it is supposed to do. There are areas on the console which are touched for a given command. It might help to clarify the idea of the touch controls by illustrating how some appliances here on Earth today react to touch. There are what is called in the technical circles, touch-sensitive devices, which are not moving parts. They are sensitive to or are changed in their nature by touch. Are you familiar with this? Have you seen TVs, televisions which change channels merely by touching?

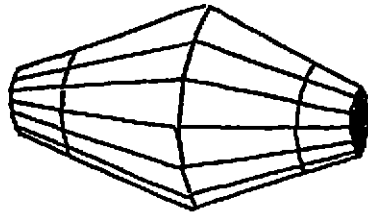
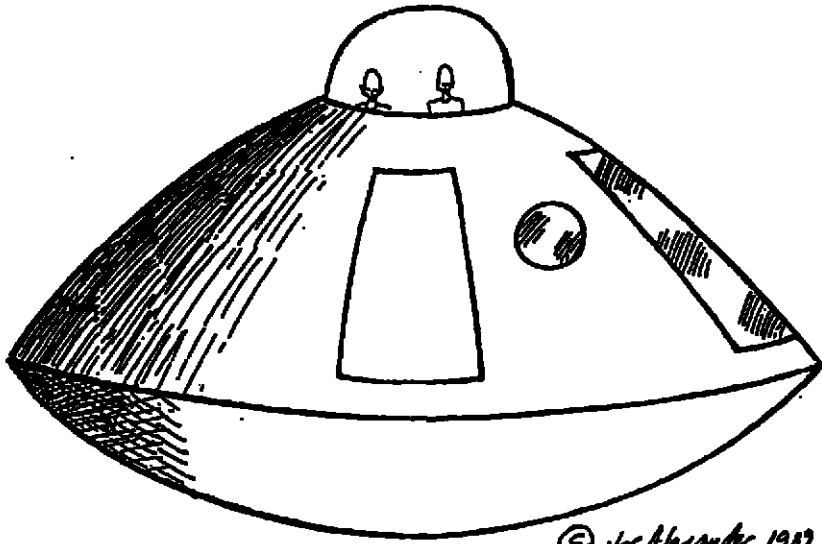
D: I think so. Those are the new ones.

It was obvious that Phil was drawing on his knowledge of television repair for comparison with the devices he was seeing.

P: The fuel of the ship is ... It uses crystal power. The crystal is the channel or a filter which focuses cosmic energies and directs them to generate thrust. The crystal is approximately two feet tall and somewhat more around. It's in the shape of two circular pyramids base-to-base with the points pointed outward-trapezoidal.

D: Are the pyramids round with smooth sides or do they have facets?

P: The sides are faceted. And they are flat on the very tip-top ends of the funnels.



When he awakened later, I had him draw a picture of the crystal to try to determine the shape more accurately. The tips of the pyramids were not pointed, but had been squared off. (*See drawing.*)

P: These are natural crystals which have been shaped for their specific function. They are made or cut specifically for this purpose. Different functions would require a different shape. In fact, we are doing this on this planet Earth now in a small way. The knowledge was lost and is now returning.

D: *Where is the crystal located in the ship?*

P: The crystal is in the exact center of the ship, on the first level.

D: *Can you see the crystal, or is it enclosed in something?*

P: It's supported, but you can see it

D: *Is it safe to be around the crystal?*

I remembered from the Jesus material (*Jesus and the Essenes*) that people had to stay away and not touch the giant crystal at Qumran. I thought maybe this crystal might be capable of burning or harming people near it.

P: It's not safe to touch it or to mess with it while it's being used because it will change the emanations. Not that it would harm anyone physically, but would cause the ship to alter its course. The emanations are directed and moving the crystal would change the emanations.

D: *Where you are from, do they use the crystals for other things?*

P: For all kinds of things—for heating and cooking and travel—for as many uses as you use your power sources.

D: *And for each use it is shaped in a different way?*

P: That would be a rough analogy, yes. Once a crystal is shaped, it's set. Except for a few special incidents or circumstances, it would ruin it to try to reshape it. It is the same type of crystal, but it can be used for different energies. The propulsion energy is different, it is another type of energy from the cooking and heating energy. The difference between heating in general and cooking in general would be a more central focusing. In cooking, the focus would be much more defined.

D: *If a crystal could be used to cook and heat, wouldn't that type of crystal be dangerous to a physical person?*

P: Certainly. The continent of Atlantis on this Earth was destroyed

by a crystal. That should give you an idea of the power that is available. Any energy can be used for good or not, depending on the user. Certainly, people can be harmed by these energies, but in a more positive light they can be helped tremendously.

D: Does the crystal on the ship create its own power or does it draw it from somewhere else?

P: It simply focuses the power that is in the universe. It is all around us now, even as we speak, so you can see that it doesn't harm anyone to be in this power, for obviously it's not harming us now. It's not a power source which any of us on Earth have any experience with at this time. It comes from many sources. From suns, from the energy of the universe which is and could be called God. The God energy which permeates everywhere and everything. There are cosmic energies, astral energies, focal energies; there are many kinds of energies which can be used for many different purposes.

This was becoming confusing to me, so I changed the subject

D: What type of position do you have on that ship?

P: Crew member. Not captain, but one who assists in the day-to-day functions of the crew. My job would be making sure that the different systems of the ship are operating as they should. In other words, watching the machinery and not the charts, which would be a navigator.

D: Are there lots of machinery on the ship?

P: There is enough equipment to do the job and that's all that's necessary. It is not crowded. It is not uncomfortable to be on the ship.

D: Is the equipment mechanical, electrical?

P: It's physical, yes. It works off energies: electrical, hydraulic, pneumatic, static, dynamic. As many different ways as a ship nowadays in modern times would have here on Earth. The same physical principles.

D: But if something has moving parts, it is capable of breaking down.

P: Very definitely. The sometimes break down and it would be my job to repair these broken parts or replace them if they cannot be repaired. We carry those items which are needed to fix. Our parts don't break down that often. The manufacturing process has been defined and refined to such a high level that defects are

rare. However, they do occur and this is unfortunate because this was what happened in the case of the scientists on this mining planet. This was such an incidence.

D: Are there systems on board the ship that you especially take care of?

P: For the most part the navigation and thrusting equipment, the crystal and its support systems, are my job.

D: This is mostly just one system? It doesn't run throughout the ship?

P: There are several systems. Several different systems which accomplish these multiple tasks. But they are pretty much located in one part of the ship.

D: Could you look at some of these systems and describe their functions?

P: The one in the center, the crystal, it has a two-fold purpose—guidance and thrust. In other words, this crystal can sense direction and position, and also generates thrust. There are support systems which allow this to be accomplished. But the crystal itself does the actual functioning.

D: I'm trying to visualize the way these things operate, and try to understand as best I can. Are there wires connected to the crystal?

P: No, there's no direct connection. There are energy fields which convey the power and information, so to say.

D: Do you use the principle of electricity in the ship?

P: Not as it is known here on Earth. There is the use of energy, but it is not the equivalent of electricity.

D: What about illumination on the ship?

P: These are done through crystals also, or types of crystals, which give off light when stimulated by certain energies. These are not separate, individual crystals. There are many pieces of... (he had difficulty explaining). The closest equivalent would be the phosphor in a fluorescent tube. But this phosphor's equivalent is not in a vacuum. It is on the ceiling and in the ceiling itself. The energy is directed through the ceilings to cause these crystals to give off their light. So, effectively, the whole ceiling becomes a light.

Upon awakening, he said the light on the ship could be understood as looking like powdered glass sprayed on the walls or ceiling. The crystals were that small—many tiny pieces—and when the energy went through them it caused them to glow.

D: Would there be anything in the ship equivalent to a computer as we know it?

- P: Not in the processing aspect. The computer here on Earth takes information and processes it. The systems on the ship take energy and direct it. There is not processing or a changing, but merely a directing.
- D:** *Would this type of ship be a vehicle that uses anti-gravitation, anti-gravity?*
- P: The term "anti-gravity" is for the most part, accurate. However, the substance is not anti-gravity. By this, what I mean is, anti-gravity is accomplished. The energies used are cosmic energies. There is not a force which is the reverse of gravity. There is, or are, forces which can be used to defeat the pull of gravity. However, these are not the dark side or mirror images of gravity.
- D:** *That is what I have heard; that these craft would have to somehow repel gravity in order to fly.*
- P: Not so much repel as overcome. It would be more along the lines of magnetism where a pulling or a pushing would be affected. Do you see?

I really didn't. I was trying to gather information that someone else who had more knowledge about these things might be able to understand.

- D:** *I'm assuming these are the same type of craft that people have seen in our Earth's atmosphere.*
- P: There are many different types of craft seen around this planet. Some are three dimensional, some are fourth dimensional. What is seen is not necessarily the same each time.
- D:** *People can't understand the tremendous speeds that these vehicles have been observed at.*
- P: This is accomplished by riding circuits of energy. There are circuits of energy which connect different parts of the galaxies to each other, and by merely putting oneself on these circuits and by proper direction of the energies, one can be propelled at extremely fast speeds. These craft use the principles of levitation and common space travel by the solar winds or rivers. There are between systems of stars and planets vast rivers of energy which flow through the universe and so it is a simple matter to align one's craft with these vast rivers and to simply "go with the flow," so to say. Not unlike the concept of using river navigation on this planet Earth.
- D:** *Their incredible maneuverability is by these different currents?*

- P: That is right. The equivalent would be a magnet. Riding a magnetic field.
- D: *I imagine it will be a long time before the people of Earth can duplicate these feats.*
- P: Not so long. Not so long as one might think. There are people working with this energy right now. This is not so far away in Earth's evolution. There is a train in Japan which uses a rough analogy of this phenomenon. It is suspended on magnetism. It is propelled along a magnetic field. There are magnets where the conventional tracks would be, they hold electro-magnets. And the magnets are alternatively turned on and off, with the magnets always moving toward the destination, which allows the train to be pulled along. The magnets on the train are repelled from the magnets which make up the track, and will this way propel the train or rather its magnetic field toward its destination.
- D: *Then your ship operates on a similar principle?*
- P: Somewhat similar. There is a pull on the end of the ship toward the destination and a repulsion on the end of the ship from the point which has just been left. So that these currents naturally pull the ship in the direction that the ship is polarized.
- D: *Then it is not a magnet, but it is similar in principle.*
- P: That is correct.
- D: *What do you do when you take these flights with the ship?*
- P: We do explorations, colonizations, supplies, helping, teaching. There are regular routes. There are the exploratory routes, the teaching routes. There are manufacturing routes where there are manufacturing-companies is not the right word-there are manufacturing facilities on other planets.
- D: *Do you mean you transport these finished goods back and forth?*
- P: The finished goods, yes. There are trade routes, which should not come as a surprise. The cosmos is populated much more than the common person has any inkling of, or any idea about. The cosmos is extremely populated and well-traveled and utilized. The area of our home planet is more populated in what would be called "inhabited" planets. There are more inhabited planets per sector of space. In other words, it's a crowded place there. It really is.
- D: *I was wondering if the Earth was on one of those routes.*
- P: No. They were not even aware of the existence of this planet at that time.

D: *Was it too far away?*

P: It simply was not in the immediate area of our explorations or transportations.

D: *I suppose it would be very much the way we are unaware of other planets. Probably we are not aware of the one that you are from.*

P: Very much so. We here on Earth are so far off the beaten path and added to this fact our technology here has not progressed to the point where we can see this activity or detect it.

We had opened the door, or perhaps it would be more accurate to call it a "floodgate," to allow memories from outer space to come through. The initial experience had not been quite what I expected it to be. The description of the workings of the spaceship was too technical for me to grasp. I hoped by my fumbling questions that I was able to uncover something of interest to someone who would be able to understand this type of thing. The rich information which I have been able to receive in regressions with other subjects has always rested on my ability to question exhaustively about the time period or country or the event we encountered. I began to wonder whether or not I would be able to think of appropriate questions about such strange topics. Without the correctly worded questions the answers will not come forth or they will come forth only in fragments.

CHAPTER 4

THE STRANGE CITY

I KNEW WE WERE MAKING PROGRESS when he had been able to relive the life as the crewman that visited the planet of the lost colony. He was finally allowing these buried memories to surface. His subconscious was seeing that no harm was being done and the information had come fast and furious, not haltingly as it had before. It was as though the barriers were being torn down and he could hardly wait to tell me everything. There was no holding it back now-it was gushing forth.

Thus at the beginning of the next session when the elevator doors opened and again revealed the strange city with the towers, he no longer had any hesitancy to explore it. He eagerly stepped off the elevator into another world. I immediately grasped this as an excellent opportunity to interview an alien and find out about his life on another planet.

P: I'm standing outside of the city again. There's green grass and I can see a short distance into the city. It's a downtown or living area in this city. I have lived here before, many times in another existence. The buildings are circular towers, this is the general architecture, but of all different sizes and heights. And they're connected laterally in places. They have windows on the sides at different levels. All are round and grouped in clusters, but the buildings are not all alike. Some are warehouses or storage areas, and these are squat and round. (*Seedrawing.*) The taller ones are dwellings for the inhabitants. The exteriors are made of a silver metal which is mined in the planet. It is not the metal silver but it has a silver appearance. It is a shimmering color which shines

and reflects in the sunlight. When it is purified to the level that is used for construction, it is malleable, easy to shape and work with even in the atmosphere or room temperature, as we would say here.

D: Does it have a counterpart on Earth?

P: Aluminum would be a component of this metal; however there are other contingents, minerals on this planet that do not exist on Earth. But aluminum would be closest to it. This is strictly for the exterior. There are more rigid and heavier metals for the frames of the building, which would be equivalent to steel. There is the interior framework or the skeleton which is then added to-to produce the walls and floors and ceilings. And then the exterior is added to give it a shiny appearance.

D: Why do they want it to be shiny?

P: They have no reason to reflect. This is the current architecture and it is attractive. There is great conformity in the society. It is a general consensus that this is the way it will be done and it is enjoyed by most everyone, not everyone. And so this is the way it is done.

D: It sounds beautiful, but I thought maybe it had a functional reason.

P: The functionality of it is secondary to the appearance.

Since he could describe the buildings so well, it was time to find out more about this planet. I asked if it had a sun.

P: Yes, it does. It's much like this planet here, in fact. Not so many hills. There are plains, for the most part level plains. The planet's birth was not near as violent as was Earth's. We're a two-moons planet. The sky has a greenish tinge, much like Earth has blue. There is water and wind and plants and trees. And a social structure, a [word unclear: nefer?] structure. We would call the inhabitants "human." Technically, they are of the human race, although they don't look a lot like humans here. They are terrestrials. In other words, they are beings of the physical nature instead of spirit or energy nature. These are physical beings incarnate in physical body in this physical planet. They walk upright and they have the same or similar circulatory, respiratory systems.

D: Do they have arms and hands and legs?

P: Yes-two legs, two arms and hands with five fingers. Very similar

in form to human beings on this planet but with elongated, slender fingers by our standards. However, their "packaging" is different. Their bodies are tall and slender, bald with somewhat pointed ears. They have a shimmering skin, somewhat leathery or tough-textured by human standards but very supple and pliable. The color is very light in nature, very light and shimmering. They have a much greater brain capacity and so their foreheads and upper head or cranial area is exaggerated by human standards. This is owing to the increased mental capacity. The eyes are very round, set close together and very good in darkness.

D: Do the eyes have pupils like humans'?

P: They're brown-they're all brown and beady but they operate basically the same.

D: How do the people communicate? Do they speak?

P: There are words for emphasis or connotation, but the majority of communication is mental. Actually, empathic would be a more accurate term. It's like setting up vibrations in each other. A ringing feeling which many people nowadays on Earth are beginning to instill in themselves. These people are very telepathic and very aware in all senses, especially touch.

D: Do you mean their hands are very sensitive?

P: Yes, and not only their hands but their entire being is very sensitive. The skin area as a whole is more sensitive than by human standards. More so in the hands, for these areas are directors of energies. (I asked for an explanation.) Energy is directed through and received in the hands. This is similar to a chakra, simply using the hands as nodes of energy.

D: What do they use this energy for?

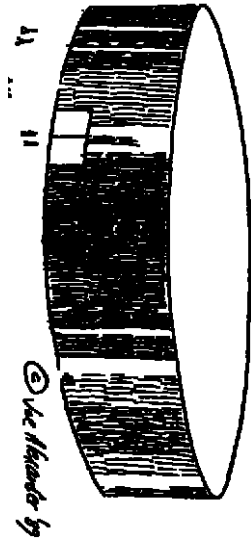
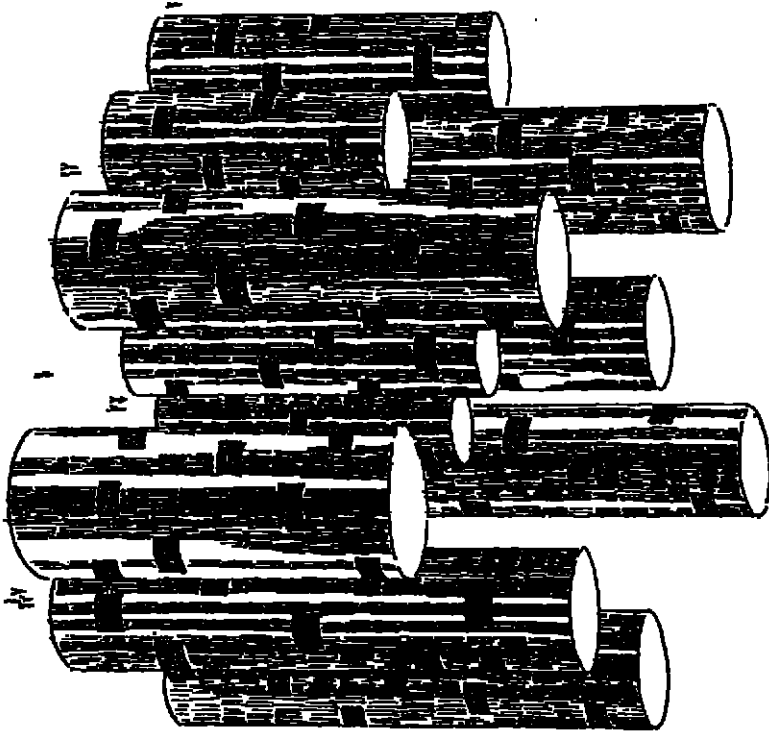
P: Many things-healing, communication, manifestation or physical movement. Many sensing perceptions are sensed with the energy through the hands.

D: You said "communications with the hands," do you mean their mental communication is directed through the hands?

P: Not so. For this is telepathic in nature and emanates from within the head. However, sensing at a distance can be accomplished through the hands. There is also the ability to move things at a distance with the energy directed through the hands. A manifestation of movement.

D: You mean similar to levitation?

P: That is correct. Telekinesis.



D: Is it accomplished over a large area, long distances?

P: It can be accomplished most readily in the immediate area. However, with proper training and attunement this could be accomplished through great distances, even stellar distances from off the planet.

D: You said they have respiratory systems similar to ours?

P: This is true. Similar, but not exactly, or not equal to these here because of the content of the gases. The lungs here on Earth take in oxygen from the air and breathe out carbon dioxide. The entire physiological structure on the planet is different because the atmosphere is different and the structures are different. Therefore, the mechanisms or the air-face between the atmosphere and the systems, the interface, is different

D: Would the types of gases they breathe have an equivalent on Earth?

P: There is helium, nitrogen, oxygen, carbon dioxide. However, the important point is that the relative volumes of these gases are different. There is more of a helium content on Earth than there is on that planet. The gas which is exhaled would be a gas which is unknown at this time on Earth. I'm not completely or totally familiar with this science because that is not my chosen field of endeavor.

D: Then apparently someone from Earth would not be able to breathe on that planet.

P: This is correct. They would suffocate from lack of oxygen.

D: Do the bodies function much like human bodies?

P: That is accurate. There is an intake of food, processing or digestion and removal of waste. There are reproductive systems. There are many of the same types of functions found in human bodies on this planet today.

D: Is there anything different about the way the body functions?

P: Body chemistry is somewhat different. However, there is no significant differences. The minor differences could be attributed to the different atmosphere and the different combination of elements in the planets which would constitute the makeup of the physical body naturally. So there would be somewhat of a difference in the physical composition of the bodies.

D: Are there male or female or their counterparts?

P: There are male and female. They are sex creatures. They procreate to sustain the race. In the non-childbearing stage or age, or period of time when not in childbearing, they are very similar

in appearance because of the fact that there is no hair, which here on Earth makes a most distinguishing feature between the sexes. Here the males have a coarseness which is derived in an extent from the profuseness of hair, and feminine genders show a lack of hair. So with a total lack of hair on both sexes, they become very similar in appearance except during childbearing, which, of course, you can see would become very obvious.

D: Then a child is born similar to the way it is on Earth and grows from a baby?

P: That's right. We are human and they are human.

D: Would humanoid be a more correct word?

P: Similar to humans, same difference. They are of the human race—we all are. But this type of person or creature would stand out dramatically in this environment. It would be a scary experience to see one of these people walking down the street on Earth.

D: Because of their height mostly, or...

P: Their height, their demeanor, the way they carry themselves. The whole mentality is different because their race-consciousness has evolved to such a high point that they have no defensive mechanisms in their manners and gestures. We here on Earth are so used to body language of a defensive nature that it would be uncomfortable to see someone, or be around someone with a total lack of defensive body maneuvering.

D: In other words, they are very open to people and vibrations? Is that what you mean?

P: They are open to each other—extremely open. They would be intimidating to humans here.

This was a rather difficult concept to understand. Apparently they had a psychic awareness that would allow them to perceive the truth about anything. There would be no pretenses or facades. In dealings with this type of person, the main requirement would be total honesty. There would be no way to hide anything. This would be intimidating to us because we are not used to someone knowing our every innermost thought. Human beings would surely consider someone like this a definite threat. Our defensive attitudes have been integrated into our genes from our primeval ancestors. It would be a very difficult character trait to unlearn.

D: I think I can understand what you mean. About how long do these humanoids live?

- P: One hundred and twenty years would be an average; some much longer, some much shorter. Disease is still prevalent although not near to the extent as here on Earth. The process of selective breeding has insured that the race has become close to its physical limits, as far as health or evolution is concerned.
- D: *Well, when the body ages, are there changes that take place in the outward physical appearance?*
- P: Yes. The skin wrinkles and sags. The bones lose calcium. There is a form of arthritis although not quite as severe as here because the gravity of the planet is somewhat one-sixth of this Earth gravity. So you can see the weight of the body on itself would be not near as much. But there is a definite aging.
- D: *You spoke of some diseases that have not been conquered. Are there certain types that were worse than others?*
- P: Do you speak in the past tense or the present tense?
- D: *Well, either way. Were there some that were severe that you have conquered?*
- P: There was a disease which was picked up on a planet that was being explored and colonized, which we had no biological defenses to. And this caused consternation, to say the least. A good one-third of the population—one-fourth would be more accurate—one-fourth of the population died in a horrible death because of simple carelessness and inattention to details. This should be a lesson. The cause was isolated. It was a germ which had grown on another planet under a sun which had a different light spectrum or light output. This germ was undetected, very virulent and *very* potent to the physical systems of the visitors.
- D: *They would have no immune system against something like that. Do they take precautions now against the possibility of something like that happening again?*
- P: Yes, of course! Of course!
- D: *You said that there were sicknesses that have not been conquered?*
- P: That's right. These, for the most part are due to carelessness and inattention to diet and proper health procedures. If a person is attentive to their nutritional needs and exercises—as we would say here, if they're health conscious—they will have a healthy life.
- D: *But under normal circumstances and paying attention to these things, they all live to be about 120 years old?*
- P: That's an average age, yes.
- D: *Do you have hospital and use medicine?*

P: Yes. There are still, despite our best efforts to eradicate them, some diseases and malfunctions, some organ breakdowns and accidents, as always. These necessitate the need for devices and medicines to promote healings.

D: *Do you use such things as inoculations against disease?*

P: Yes, even as we here would know them on this planet. Shots would be a rough analogy. The exact delivery would be different, but the idea ... in other words, to inject or to place the medicine in one's system is the same.

D: *You mention organs breaking down - do the practice the transplanting of organs?*

P: No, this is not done. This is an area which has not been undertaken. I don't know if it's technically impossible. I wouldn't think it would be morally impossible. It's simply not done.

D: *What about using artificial organs?*

P: There are machines which can be connected to supplement the functions of a diseased or damaged organ. However, I have no knowledge of any transplanted or implanted machines for that purpose.

D: *Then you have doctors and nurses?*

P: The equivalent, yes. There are those whose chosen profession is in that area, and they could be called doctors and nurses. However, they are not quite as revered as on this planet. Doctors seem to have an aura of godliness here on Earth which is conspicuously absent on that planet. They're taken to be people who have chosen that field of endeavor and are knowledgeable in that endeavor and that is it.

Since they communicated telepathically, I wondered if they also used the mind for healing.

P: There is, yes, definitely use of energy healing which is one area of use open. However, that is not the ultimate answer. It is as valid as any other, but it is not the only method. It is used when it can be used, when it would be useful to be used. It would not be practical to try and heal a severed arm by mind energy, for example. This is an example of an invalid use of mind energy. The level of evolution on that planet at this particular time is not such that instantaneous healing can be accomplished through the mind. They simply have not progressed to that level.

D: *You said that death does occur among these people. What happens to the body when they die?*

P: The bodies are buried and returned to the native soil. They are not embalmed and entombed as they are here. It is a great honor to return to the planet those chemicals, minerals, those elements which one has borrowed from the planet to house or to use as a vehicle. This is simply a returning to the planet of these energies and materials to be used again.

D: *What about cremation?*

P: That is valid, it can be done. In some instances this is desirable. There are some diseases which can live in the ground, and if one has succumbed to these diseases this is the practiced method, in order not to contaminate that ground.

D: *I see. You spoke of the metal buildings. Is any wood used in construction?*

P: No, we do not use wood. The trees are not set. There are plants, yes, but they are not suitable for construction because the wood is not dense enough to support. It's flexible, you see. The gravity on this planet Earth is the reason trees make building materials because their evolution has dictated that to withstand the gravity they must be much more rigid. The gravity on this planet is only one-sixth that of Earth; thus the trees are not as dense. They grow very large, very full, too. But they are somewhat spongy in comparison to trees on Earth. They have the equivalent of leaves and foliage. They have the process of photosynthesis, which is turning the sunlight into nutrients to be used by the plants.

This reminded me of banana plants. They grow very rapidly but their stalks do not have the proper consistency to be used as a building material.

D: *Do you have any form of food that is produced by the trees?*

P: There is not food produced from *these* trees, not from which we are speaking of now. But off other plants there are fruits and vegetables, much as on this planet Earth. Many of the plants are more of a vine nature. These are indigenous to the planet. There are some varieties of fruits and vegetables which have been imported to the planet from other systems, however.

D: *Are they similar to vegetables that are grown on Earth?*

P: There are some varieties which are similar. Tomatoes, for instance, have a counterpart. But there are a larger variety of

types which would be totally unknown here on Earth. There are ample crops grown, for many are of farmer nature who raise the vegetables. We don't eat meat at all. This is simply not done. It would be considered unhealthy to eat meat, so we eat only a vegetarian diet.

D: Do they drink liquids?

P: Yes. There are, for instance, some plants which give off a liquid which is a very nourishing treat or substance. This is a plant, not a counterpart, but it is an analogy of the way we receive milk from cows here. It is a fluid which is derived from a plant and is very tasty.

D: But the only building material that you use are those that are mined from the ground?

P: There is the equivalent of glass. There is electrical wiring and its conductors. There is a conductor which is not copper but which serves the purpose very well. Copper is not used on this planet. It is not available in the quantities to make it useful. Copper would be a somewhat semi-precious metal and would be for decoration only.

D. I see, then you use electricity. Would there be an equivalent of the metal you use as a conductor?

P: Again, aluminum would be a close analogy; however, it is not an equal analogy. It would be close. It is a very common metal. It is used in much of the industry on the planet because of its combined attributes of lightweight, malleability and plentifulness.

He had been so open in supplying information on such a variety of subjects that I was surprised by his reaction to my next question, one which I would consider quite mundane.

D: Do you have furniture as we know it?

P: (Pause) This is not a suitable area of discussion. Simply because of the wish to censor some material which would be uncomfortable to translate.

This seemed strange to censor material dealing with furniture. I could not imagine what would be uncomfortable about such an ordinary topic.

D: Hmm. I wonder why it would be uncomfortable? Do you know?

P: It's simply not comfortable to translate.

D: *I'm not pressing you. I was just curious as to why furniture would be an uncomfortable subject. (No answer.) But if you don't feel right discussing it that's fine.*

P: That is accurate.

This seemed strange, but since he would discuss it no further, I had no way of finding out why this information was censored. I had to change the subject.

D: *What about entertainment?*

P: There are plays or the equivalent thereof; stories, songs, scenery. Many things which we find here on this planet in abundance.

D: *So you think you were on this planet in another existence?*

P: (He had a hard time trying to form the sentence.) There is somewhat confusion in the suggestion "think," for this vehicle (Phil) was indeed an inhabitant of this planet several times at some point in his past.

This is an example of how literally the subject in trance, their subconscious or whoever is doing the answering, takes my questions. You must be **very** clear about what you are asking.

CHAPTER 5

THE SOCIAL STRUCTURE OF THE ALIEN PLANET

D: Do you have a government on that planet?

P: Not so much a government as here, as everyone is pretty much self-regulating. The laws of the land are unwritten and unspoken. It is simply known what to do and not to do, therefore there is not the equivalent of politicians and law enforcement. There is commerce, however.

D: Do you have a leader?

P: There is no singular leader or nation. It is a global community. There are councils of individuals who set policy. They are picked by common vote, the consensus of the population.

D: Wouldn't that be a form of politics?

P: Not really. This voting is one aspect of politics here on Earth, one facet of the whole picture. Whereas, the entire picture on that planet is a consensus. There is competition, yes, but there is not the-I'm trying to think how to explain this. The job or the purpose is a common goal. There are no political parties. There is no bickering, no back-biting or mud-slinging. It is consensus in form, so in that respect there is a difference. Do you see?

D: I'm trying to understand the concept. Do they serve for a certain length of time?

P: This varies with the position. Some are, quote, unquote, "in office" until they decide they have done enough or they wish to do something else.

D: Do you ever have cases of the people wanting to remove someone from office, from the council?

- P: This has happened only very infrequently. It was most unusual in nature but it has occurred.
- D: *Then the council is what rules the planet, if you would want to use that term "rules." Guides?*
- P: "Rules" is not an accurate term. More precise would be "guides," yes.
- D: *You never have any problem with anyone accepting their guidance to speak?*
- P: Disagreements, in other words. This is what you're asking? It is possible to have a private disagreement. However, the rules, the unspoken rules of living state that one does not "buck the system," so to speak. The popular consensus is for the betterment of all, so it would be self-defeating to have a private disagreement.
- D: *It's a little hard for me to understand people being so easy going. We have so much fiction.*
- P: The heart rules here and not the head. The inner planes are much more attuned; therefore the common good is expressed much more easily.
- D: *Do you have any religion on that planet?*
- P: There is no such thing. Religion and politics do not exist. There is no need. Religion and politics were invented for a need. If there is no need, there is no device or whatever.
- D: *Well, do you have a belief in a Creator or God?*
- P: Certainly. It's more than a belief, it is a knowing, an awareness, a consciousness. However, that bears little resemblance to what we call "religion" here on Earth. Religion is a political entity, for the most part, on this planet Earth at this time. The association with a Supreme Being or Creator knowledge is what seems to elevate religion to its lofty position. But it is no more relevant than being Democrat or Republican, you see.
- D: *Do you mean you are close to God?*
- P: Closer is not ... It is not that anyone is closer to God. The awareness is the factor here.
- D: *Is that because of your ability to communicate with your minds?*
- P: That goes hand-in-hand, but it is not a cause-and-effect idea or situation.
- D: *Well, do you have anything like schools on that planet?*
- P: Certainly. There are groups of those who wish to learn, in all different age groups and they learn many different things. There is no segregation according to age. Those with a common interest are grouped together and taught. These teachers may come from other planets or systems and are qualified to teach. There

are many different areas which are taught, such as alien cultures, histories, manufacturing processes, different sciences.

D: *Is education compulsory? Here it is compulsory that a child attends school from a certain age onward.*

P: This is a totally alien concept because everyone naturally wishes to learn. That is their personal evolution. It does not need to be a mandatory situation. Everyone wishes to learn because that is the growth, as surely as physical growth. Education is eagerly asked for and given. Because of a different outlook on education; education here on Earth is not looked at equally.

D: *And if someone doesn't wish to learn they don't have to?*

P: No, this is not a compulsory situation. An equivalent here on Earth might be a choice to become a cast out of society or one who cannot relate to other people. This is strictly an analogy, in that everyone wants to have friends and be respected and liked. This is an inherent natural drive on this planet, and on that planet it is the same situation. There are those who, through no fault of their own, have defective minds; or you might say, are retarded. And the drive is not evident in these unfortunate people, which is, as I said, no fault of their own. It is simply that it is that way.

D: *Are these people allowed to function in normal life or are they confined anywhere...*

P: This is dependent somewhat on the level or the severity of their dysfunction. Those who can find a niche in society are encouraged to. Those who are unfortunately not even able to do this, are sheltered and cared for. This is something which has been worked on for many, many years. Many thousands of years to elevate the race through selective breeding, to rid the population of these unfortunate specimens.

D: *So this is not a planet of perfect people. Do you have the equivalent of policemen? Anyone to enforce laws?*

P: No, there is no equivalent because everyone is self-enforcing. There is no need for armies or police. A military or law-enforcement atmosphere is simply not necessary when everyone is self-policing.

D: *Then you have no problem with negativetypes of people?*

P: There occasionally are inferior people and there are occasionally times where someone who is functioning quite well will become-not necessarily non-functioning, but ill-functioning.

Mental illness would be the equivalent here. There are those who because of circumstances simply self-destruct or lead themselves to experiences where they become ill-functioning.

D: You mean, where they might harm other people?

P: Not so much others as themselves. They are helped as much as they can be and given all the love that they can accept, in order for them to undertake their ... mistake. And then they are helped to a recovery.

D: Then you have nothing like prisons or jails.

P: No, the equivalent would be hospitals. These people, these poor unfortunates are hospitalized and given special attention. There is no punishment, however, because this is not a willful wrongdoing. This is simply misunderstanding.

D: Then you do not have cases of willful wrongdoing among your population ?

P: This is to be so rare and infrequent as to be nonexistent. If it has ever happened, I am not aware of it, of it being intentional.

D: Then they have evolved above that.

P: That is correct, it is an evolutionary concept

D: Are there any other races?

P: There is a class of creatures which are inferior, which are used benignly for tasks and menial labor. They are not really inferior. They are not looked down upon. They are not considered lesser but they are simply considered less developed. They have an inferior mental capability but are very useful. They are miners of the metal that we use. They are "servant," quote, unquote, but are much cared for and looked after. They are a race which was indigenous to the planet before the arrival of the superior race and were integrated into the uplifting of the planetary consciousness. They are bestial in appearance, covered with hair, smaller in stature and somewhat stoop-shouldered. The little people, as we affectionately call them, are loved and cared for as brethren.

D: But they are used for different tasks?

P: They are not so much "used," as ... (he paused, as though searching for the right word). This is hard to translate because there's no concept of this here to translate into. The closest available translation would come out as "slavery," but this is not at all accurate. It's a total integration. They know their place, we know their place and there is acceptance. There is harmony, which there is so little of here on Earth. They have accepted their

station with much dignity. The occasional malfunction or—as we might say, breakdown, of the creatures is not intentional. They do get sick, as do others. This is not intentional though it does cause hardship. The intent here is what is important, but there is a lack of intent. There is only striving to serve. Because of their bestial nature, if they are overworked or prodded, they have the ability to become violent and so have to be tended carefully. However, even this is not intentional. This is an emotional reaction to circumstances. The stimulus needs only to be removed and the over-reaction will disappear. If they are not prodded or antagonized, they will not show this reaction. What I am speaking of are possibilities. These are very rare, but they are possible. They do not happen that often, as I have said, because for the most part the race has "cleaned up its act," so to speak.

D: Then you have no need for weapons of any sort?

P: There is no such thing as weapons for person-to-person combat. But there are reptiles in the woods which are of enormous proportions, approximately 30 feet tall, similar to dinosaurs on this planet. If one is in the wild on the planet, they would need protection from these. Under certain circumstances, if someone is disturbing their nest, they will attack in defense of their young. They can be repulsed by electric charges. The stunning device is round and tubular with a control on the end of it to vary the charge. It is carried by the shaft (uncertain of that word) and one end is pushed onto the body of the animal which one wishes to repel. This particular device is for protection, a defensive weapon, not offensive. It would not kill the animal: it would repulse it. They learn quickly not to mess with the rod. They learn that they would not care to be any closer after they have been stunned. After being that close to something that generates that much pain, the animal immediately turns the other direction. But not all the creatures are so huge. Most are not much larger than the people using the rod. These live in the dense, unpopulated areas away from the cities. Most are reptilian in nature, but not all. There are furred or hair-covered creatures as well. And these rods work quite well on fur or reptile.

D: But you would never have to kill anything?

P: We could reach that point. If it did, it would be done but it is always tried to repulse the creature. The charges do not have

enough power to kill. There is the equivalent of guns. These are weapons that use the same things as bullets. It would only be used if need be.

D: Why would people go to where these animals live?

P: There is still exploration on the planet and there are those who choose to live in that environment

D: Are these the only types of wild animals?

P: They are for the most part the only dangerous ones. There are animals or creatures from very small to very large. Many different varieties, although not as many varieties as on this planet Earth, however. For the most part those in the wooded area are reptilian and vegetarian in nature. There are plains on the planet which have furry creatures. There are the equivalent of fish or those creatures which live in the water, and those creatures which live in the air.

D: Do you have domesticated animals?

P: There are pets for the most part. There are horses or their equivalent, which can be used to draw, as in pull, you see. These are the only kind that are used. There are domesticated animals that are similar to monkeys. There are some that would appear as very strange creatures if they were here on Earth and which would terrify a youngster. But they're quite harmless and lovable, too. They're like little friends. All the animals look different from the animals here on Earth. There are similarities, but as far as I know there are no exact equivalents. There are differences in characteristics from the animals I have experienced. But I have not experienced all the animals on this Earth so I cannot say that for sure, for certain. But from the ones that I have seen there are not the equivalents. There are some more like others than others, for instance, as I said, the horse has a rough equivalent on that planet. The cow has not really any real equivalent

D: Then you wouldn't use milk or anything like that from the animals?

P: There are animals which give milk, but this is not consumed.

D: Were these creatures on the planet whenever it was first colonized?

P: Some were and some were brought from other systems. There is much here. We have cities, we have country, we have waterfalls, birds, trees and picnics. We don't have cars and pollution, or billboards. These are manifestations of Earth culture at this time which is simply nonexistent in that place.

D: What kind of transportation do you have?

P: There are vehicles which travel along the roads on their own. Vehicles which fly through the air, and there are vehicles which travel on the water.

D: *What type of power would these use?*

P: The vehicles which fly through the air often times use crystals for their propulsion. There are also hover craft which work on magnetism. The shells are made of the aluminium-type materials. These are small vehicles which would glide on energy currents or pathways. These pathways being set up much like highways on this planet at this time.

D: *Do you mean something like electric currents?*

P: That would be a rough analogy, yes.

D: *They couldn't go **of** them?*

P: That is not correct, for there is the ability to travel independently of these. However, it is most efficient to use these paths for it does not require an external energy source, as it would require to travel off the path.

D: *I see, they just go with the flow, and they use another type of energy source if they want to go off. What type of energy source is that?*

P: This is a storage cell, equivalent earthly to a battery which stores this selfsame energy, which would be then directed through the vehicle polarizing it to the planet's magnetic lines of force. And so the travel would be accomplished by simply polarizing according to the intended direction, whether it be at cross angles or in line with, or in any combination.

D: *Is the vehicle steered in any way or is it automatic?*

P: There is manual control, yes. Very similar to the steering functions in automobiles on this planet at this time. There will be information given to the planet Earth at a time in the future for the construction of these craft, for these are useful of the energies inherent in the planet. These energies are not of the type which uses nonrenewable resources such as coal or oil. But they are of the type of energies which are never-ending or quite abundant and quite efficient. These are to be used and would be non-polluting to the environment. These are universal concepts which shall be brought to this physical level of the planet Earth at a future time.

D: *Do you have seasons of the years?*

P: No, we don't. There is a gradual change over a period of years of the climate, owing to the large orbit around the sun. A much

larger orbit than is described by this planet Earth around its sun. The seasons are much less dramatic however, or in extreme, as it tends to go from warm to hot. Or to equate, to experience on this planet, to go from early summer to August or late summer and back to early summer.

D: You mean it never gets cold like in our winters?

P: That is accurate. You see, the change of seasons on Earth is caused by the tilting of the axis. Much as your moon never shows its dark side to the Earth, this planet never tilts its axis and is unable to change the seasons. It is always pleasant or hot. To equate to this experience, it would remain warm or pleasant and then to hot or very warm. This is simply a translation for it is not perceived as uncomfortable on that planet. However, in order to translate the experience, it must be compared to known temperature variations on this planet. The planet is in fixed evolution and revolution such that the weather stays the same. There are not different seasons but there are different climates on different parts of the planet. However, they don't change from that part of the planet. The dark side is more dense or uninhabited. The population, for the most part, is on the light side of the planet.

D: Is it older on the dark side?

P: Somewhat, but not drastically. There is an internal heat source which generates heat for this entire planet.

D: Then it doesn't depend totally on the light of the sun for heat?

P: That is correct.

D: Have you ever been on the dark side?

P: I have ventured into that area. The vegetation is much more dense. The topography is not appreciably different. The planet as a whole lacks mountain ranges or elevation extremes.

D: I was wondering how the plants could grow on the dark side without the sun.

P: Are there not plants which grow in the dark here on Earth, on the bottoms of the oceans? Then there is a precedent. These plants grow from the gases in the atmosphere. They are not dependent on the light for their food which they get through the soil. Light is only one way plants process.

D: What about the animal life on the dark side, would it be different?

P: The dark animals do not go into the light because they have evolved to adapt themselves to the dark. They would, in this respect, be different. There are some animals which can go back

and forth and be in the light or dark equally well.

D: Are both of your moons in the sky at the same time?

P: They revolve. There are times when both are in the sky at the same time, and then there are other times when one or neither is in the sky.

D: What about rain? Do you have anything similar that falls from the sky?

P: Not so, not like on Earth. The rain on Earth is caused by gravity. As I said, the gravity is one-sixth. On this planet, it's much more like fog with large drops. It's an extreme case of humidity. This occurs during certain shifts of the winds and such as this. The weather is much more stable, but it does change. It does ruin a picnic. We have fun, we have vacations, we have birds to contend with and ants.

D: So you have insects then. Are there rivers or oceans?

P: Yes, that is accurate. There are rivers and large bodies of water; however, not to the extent as on this planet. The climate is much drier, as there is not near as large bodies of water. They are able to grow their crops all year round, much less moisture is required.

D. Do you have days and nights? Here they are caused by the rotation of our planet.

P: The answer is no, there is no change in day on that part of the planet. I have a feeling of almost sadness that we don't. One part is forever twilight, one part is not. This is because of the planet's evolution, you see. It was not quite as traumatic as Earth's evolution.

It occurred to me later that he had said the people of this planet had eyes that could see extremely well in the dark. This may not be a contradiction because he also said that his people had colonized this planet and were not indigenous there. Only the "little people" and animals and plants were indigenous. Maybe this would explain his sadness, a remembering through the genes of night on the original home planet.

CHAPTER 6

THE ENERGY DIRECTOR

- D: You spoke of commerce. Would you tell me more about that?*
- P: There is commerce between those on the planets and those who are from other planets and other systems. Some of the metals which are mined on the planet and are abundant are needed in other areas where these metals are not so abundant, and so commerce is established in mining.
- D: Is this the main thing that you export or would that be the right word?*
- P: That is an entirely appropriate term. That is not the only thing however. There are vegetables and fruits which are also exported
- D: What kind of things would be imported, that you don't have on that planet?*
- P: There are some metals imported which are useful in construction and which are not indigenous to the planet. There are medical supplies as well. There are other systems which have reached a very high state of medical technology and they import their "medicines," quote, unquote. There are also knowledge and techniques of living which are imported, knowledge of how to make life better and how to make life easier.
- D: What do you use as a medium of exchange when you import and export?*
- P: There is no money as such. This is a barter system. Five pounds of ore could be exchanged for five pounds of knowledge. This is an example only and not to be taken literally.
- D: Because it would be hard to weigh knowledge.*
- P: Exactly.
- D: Do you ever have any problems with anyone trying to cheat in this type of a system?*
- P: That would be impossible because of the openness with which we deal. We are completely honest, as we have discussed earlier. We

are on a level which precludes cheating or hiding, trickery or any of the dark, baser instincts such as selfishness or personal gain.

I could conceive of this race having these characteristics, especially since they communicated with their minds. But what about the people from the other planets that they dealt with? Were they all of this same high level of development?

P: In the immediate area of the planet I am speaking of there is a uniformity of evolution. It, you might say, is an evolved neighborhood of the universe. There are planets which are dealt with which have not evolved to that high a level. But the advantages are with those who can see through the deception. It is much easier to see through one who is deceiving when one comes from a level which is above deception. There would be no use in even trying for the deception is transparent.

He made it all sound so easy, logical and conceivable, even though the idea is foreign to our way of thinking.

D: You spoke of having trade routes and using ships that fly through space. Would your people also have the knowledge of traveling through time?

P: Time is not something which can be traveled through. Time, actually, does not exist. Time is a concept, time is not a ... (he searched for the words) an existing material or function. It is simply a concept. If one can travel through a concept, then, yes, it would be possible. This is not however, on our level, accomplished.

D: People on Earth always think of traveling backwards or forwards into their past and their future.

P: This delineation or laying out of events is strictly for the advantage of human comprehension. Everything is simultaneous, so everything that did happen or will happen is happening. Time is simply a concept which humans have devised in order to better understand or to bring to their level that which is around them.

D: It's very difficult for me to understand a concept like that because we think of past events as influencing present and future events.

P: This is simply a way to understand. If it works that is fine. It suits its purpose. If it is uncomfortable to try and perceive what is not, then don't try to perceive that. Stay at that level which is comfortable. As you desire to know more, seek it and it will present itself,

in dreams, in happenings in your life, in people you meet. Certainly there are many ideas foreign to this planet which are in vogue in other areas of the galaxy. The truth is what you make it.

This concept of simultaneous time has always bothered me because it is so difficult to comprehend. So I brought the questioning back to more mundane matters.

D: Well, if you have no money or any system like that, what does the ordinary person do about food and material things?

P: Everyone does something wherein they can barter their usefulness. There are so many different things that can be done. It is simply a choice of each individual to do something, and in that way, they have their bartering potential. There are those who farm, there are those who teach, there are those who heal, there are those who construct. Pick an occupation and you have a way or a method of obtaining food, clothing, shelter. This is on a strictly personal basis. We don't have money, therefore we don't have supermarkets or businesses in this vein of commerce. This is not existent on that planet. There are those that raise food, so if you need food you go to those who raise food.

D: What type of clothing do you wear on that planet?

P: The general description would be **tight-not** tight-fitting, but close-fitting-shimmering, silver-colored garments. Like a jumpsuit but closer-fitting, more like long underwear in one piece. It's elastic and stretches so that it can be entered through the neck by stretching the neck and then pulling it up over the legs and onto the body. The material is a metal, a type of shiny, silver-looking metal. Yet it's as soft to the touch as any fabric here on Earth.

D: Wouldn't that be hot?

P: No, these clothes are for modesty and decoration rather than heat because there is not so much cold on the planet. As I have said, this planet is, for the most part, temperate in climate. It exhibits properties unlike those here on Earth because of the difference in the sun's solar spectrum. The rays of the sun are not as intense, or to be more accurate, do not affect it in the same way as on this planet.

D: Then the clothing is not to protect against the weather.

P: The clothing is to protect against the weather, but the sunlight is only one aspect of the weather. There are particles in the air

which can be blown by wind which could injure a person's body if they were struck without protection. These could be rock particles, glass particles, there are many different kinds. They don't fall to the ground as readily as on this planet because of the lower gravity and are therefore more susceptible to being carried by the wind. They would be considered projectiles.

D: Are these particles naturally in the air?

P: Some are, some are generated through accident

D: What about the face? Is that covered in any way?

P: Were it extremely necessary there are masks. This clothing is worn generally in a casual manner. If one were going into a wind-storm, there would be added protection.

D: Well, how does this affect the person's breathing? Wouldn't they breathe these particles in?

P: This is only meant as an example. For the most part breathing is no more a problem than on this planet. If you were in a duststorm here, would you not have trouble breathing? The answer would be "yes," and the same is very much true there.

D: I thought you meant the particles were always in the air.

P: No more than there is always a duststorm in the air here.

D: I see. -Do they wear anything on their feet, like boots or shoes?

P: Yes, there is clothing for the extremities, but this is dependent on the particular taste of the person and also the environment in which they find themselves. It is perfectly acceptable to walk around one's habitat or house with no shoes on at all. In public it is customary to wear clothing on the feet

D: Do men and women dress alike?

P: They are very similar in dress, yes.

D: Do you have a name that we can call you, that you would use on that planet?

P: I would not wish to give myself a name at this time. There are phrases which are attached to individuals which can denote levels of accomplishment or particular achievements. But for the most part we don't need to pin a label on everything like is done here, names included.

D: Do you know the name of this planet?

P: Since communication is telepathic it would be impossible to translate it to an equivalent sound energy.

This is a strange concept to understand. On Earth we are so used

to having names or labels on everything. It is hard to conceive of a place where names are not necessary.

D: Would this planet be in a galaxy or a system that we on Earth know of?

P: It would be in the Sirius constellation. It would be in an area of the sky which has been observed, but the boundaries of this system have not been observed. There are no physical boundaries. There are—and this is not a correct translation but one that would be understood—political boundaries or rather spiritual boundaries of influence. Because there is a hierarchy of spiritual realms which is for the most part unknown on this planet Earth at this time.

D: Is most of the trading carried on in the area of the Sirius constellation?

P: This is simply the closest to what one might call a busy spot in the sky from Earth's point of view. There are many trade routes which stretch over many galaxies and from other universes. However, Sirius would be the closest point of an inhabited system.

D: This would be one of the busiest places?

P: No, it would not be right to say it's one of the busiest because there are many which are far busier than this. But this is simply the closest that this planet Earth would be near to. But there is no activity observed from this point of view.

Notice again his demand for complete accuracy which is displayed in his answers. It was a need that remained constant throughout the sessions.

D: Would Earth be able to pick up radio waves or anything similar that would show activity there?

P: There are some lesser-advanced planets which are distant even from Sirius which might possibly be able to be detected. This is not probable, but it is possible. The communications which are carried on between planets at this level are far in excess of what any on this planet has capability of perceiving through his machines at this point in time. It would be very possible to upgrade the knowledge on Earth to receive that communication and it would be received with very strong signals.

D: The scientists on Earth are trying to pick up signs of life by listening for radio waves.

P: They're trying to pick up signs of life as they know it or at a level

which they are on. If they knew how to try and pick up signs of life at a level far in excess of what they are on, they would be pleasantly, maybe, surprised. They might be quite startled to understand even a portion of what is truly going on.

D: Do you mean they have no way of communicating on that level?

P: Not at the present time, but progress is being made. The fault with science on this planet is that it is closed to any idea of something which is foreign to that which is observed on Earth. In other words, that which exists is only that which can be perceived through the instruments available at this time.

D: Then these signals, if that would be a proper word, cannot be detected on their instruments.

P: That is correct. So the assumption is that they don't exist. This is a stumbling block for the scientists on this planet.

D: By using their present methods with radiowaves, are they even close to finding out?

P: They would never find out using the present technology because it is not the same type of radio wave.

D: Could you give me any kind of an equivalent so that I might understand how it is communicated?

P: The communications are using natural forces such as gamma rays or cosmic rays which is taking advantage of a natural phenomenon and not generating it, as scientists on this planet are doing now. Do you understand?

D: Vaguely. Then they would have to have a way of intercepting these rays and interpreting them?

P: The scientists at this point can detect these rays, these naturally occurring rays in their natural state. For example, tuning a radio between stations you get static. The background cosmic radiation is, one could say, this static. The scientists have not developed the ability to demodulate the signals in this naturally occurring phenomenon known as cosmic radiation. Gamma rays, x-rays, this type of thing, the communications going on are using these, this band-width or this spectrum of radiation to communicate. Therefore to receive that here on Earth, the equipment would have to demodulate or detect the communications in this spectrum of energy.

D: Even if they could detect, would they be able to understand it? I mean, would it be like a voice?

P: This is hard to say because that would be like trying to predict the

answer to a problem before the problem has ever been solved. Whether they could understand it or not, it is very possible that it is not in the same, exact form of communication as Earth speech.

D: If they heard it, would they recognize it as communication?

P: Most certainly. It is not background noise. This would be far different from the naturally occurring noise. There would be no doubt that it would be perceived as a form of intelligent communication. There would be a pattern to this. However, whether they understood the pattern is another question.

D: Would it be similar to our Morse code?

P: There is not an intentional masking of information here. (Which is the literal translation or meaning of the word "code.") It is simply that that is the form of communication which is in use in that area of the galaxy. There would be no need to disguise the communications. If you were hearing it with your ears at this time, the sound you would hear would be of tones, multiple tones. (Phil called on his experience with electronics to try to explain and illustrate.) There is a similar type of communication now in use here, which is called Frequency Shift Keying, *FSK*, which is simply modulating a tone, a fixed tone, and communicating by varying the frequency shift of that tone, which is called "frequency shift keying."

D: Then it is a sound like a machine or a computer would make?

P: It could be thought of as that, but that would not be exactly accurate. There is no equivalent. There is no noise being carried in the methods of communication at this time on this planet which would be equal to it. But there are some that can be used as an analogy, which would be as I said, *FSK*

Later when Phil had awakened, he said he had an idea that the tones were more similar to musical chords rather than one single tone. A chord with the different notes shifting in frequency and pitch.

D: Do you think anyone has ever heard these sounds and did not know what they were?

P: There has not been any machinery on Earth to receive this. It's possible there are those from those planets who remember, but it is not being received at this time.

D: Then something new will have to be invented.

P: New to this planet, yes.

While I was putting this book together, I came across an article in the newspaper that indicates that the scientists may be attempting to look in the right direction by searching the microwave spectrum:

"MASSIVE EFFORT BEING PLANNED
TO SCAN FOR LIFE IN OUTER SPACE.

"The most ambitious and sophisticated effort ever is being planned to scan the heavens for signals from outer space, but one expert doubts humans will be smart enough to understand the messages even if they hear them.

The project, when finished, will search for alien signals through the end of the century. Jill Tarter of the University of California, Berkeley, said at the annual meeting of the American Association for the Advancement of Science.

"These are the first initial steps of what will be a grand exploration of the microwave system, looking for evidence of an artificially generated signal. Our civilization, for the very first time, can contemplate undertaking, out of pure curiosity, a search that may not bear fruitful results for many generations," she said.

"Tarter said the extraterrestrial search is in the third year of a five-year research and development program.

"The program, financed by the National Aeronautics and Space Administration, will eavesdrop on microwave radiation that reaches earth from space.

"Machines and computers will listen for microwave patterns that nature never produces but that humans, with their crude technology, often do. The program will break the microwave spectrum into 10 million or 100 million channels and search them systematically."
(The article appeared in a May 29, 1986 newspaper.)

D: *I know the scientists are most anxious to communicate.*

P: They really have nothing to say. The people on Earth would export very little of use to those who are on the other planets.

D: That's probably true. But I think they are looking for knowledge, if they could ever understand it.

P: They are looking, yes, but this knowledge could be used in harmful ways. That is essentially the whole gist of the situation at this point. This planet must evolve in its awareness before this knowledge can be brought and implemented. Many here on Earth think we are alone. Much as a hermit who was raised alone in the woods or the desert, isolated, would naturally think he is the only one. For the hermit in the desert would learn no lessons as a hermit were he walking down the streets of the city. And so yours is a hermit planet. Many lessons are being learned by the individuals who live on this planet, of such things as the feeling of being alone in the universe. Your world evolution is such that it was necessary for this planet to be isolated for the lessons to be learned. Many people are born in this world who live a life of loneliness and of alone characters in order to learn these lessons. And it is simply the same on a planetary level for each civilization has its own lessons to learn. Your lessons as a civilization are to learn the lessons of the loner and then to step into the real world, so to say, and to use these lessons of being a loner. The Earth is in the backwash of the universe, not in the mainstream at all. This is no coincidence, this is intentional. It is intentional that this race is in this backwash, not that this is a backwash. We mean no offense. We would ask that you not see this in a derogatory manner. We simply meant to say that there is not much happening around here. This race was placed here in isolation for its own progression. You see because we-I speak "we" now because I am with you. We, the human race here, is a neighbor or a race which is growing. It is not the only race. It is a race, whose destiny is to evolve on this isolated planet in order to become a universal neighbor, which is eminent.

D: Do you know of any other planets in our solar system that would have life, that we might communicate with?

P: Well, first of all I would have to wonder why one would want to, given the state of affairs on this planet now. But secondly, I would have to ask, do you mean a planet at a similar level of evolution?

D: I think this is what scientists are looking for; something they can communicate with.

P: There are planets which are far below this planet in evolution. The intent of scientists at this point is merely to grasp anything

that would be considered proof of other existences. However, this is somewhat ... I hate to say ludicrous, but it's a sad state of affairs when you consider the condition of this planet at this time. Better, far better to try to learn to communicate with each other on the planet, than to try and take on the added burden of learning an alien culture.

D: *Yes, but are there any planets in Earth's solar system that are more highly evolved?*

P: No, not in Earth's solar system, no. There are, as I said, planets which are in the Sirius constellation which are more evolved than Earth. These would be closest to Earth at this time. However, if you would consider the mentality here as a disease, one would not wish to contaminate himself by mingling with a diseased person. This state of mentality is a very serious obligation of mankind's part. This is not taken lightly in the universe. The core of man's existence is affected by this mentality and his entire evolution is stunted by this "disease," if you will. However, no, there is no other intelligent life in this particular solar system at this time. Down to the microscopic level, you might say, I have no knowledge of there being any others. It is possible, but within my personal realm of existence, this is not correct.

D: *Then they will have to look elsewhere.*

P: They, as we said earlier, could look in places they have never looked before. But, far better to clean up the act here than to learn a new act elsewhere.

D: *Yes, I can see what you mean, but it is still difficult to keep the scientific mind from searching. It sounds like your planet that you've been describing is really very highly evolved.*

P: Comparatively. There are certainly many planets that are far more evolved than that planet. But compared to Earth, yes, it would be considered highly evolved.

D: *You said earlier, talking about the farming that you didn't know much about it because this was not your chosen field of endeavor. What is your field of endeavor?*

P: My personal field has always been a scientific area, such as what I'm working in now on this planet. On that planet I was involved in working with the energies, channeling these energies and using them for different purposes. Energies such as can be used for communications or navigations or industrial purposes. Everyone has a particular field of endeavor they choose. This is the particu-

lar field I chose, which certainly doesn't mean that it is any better or any worse than any other. It is simply my personal choice.

I directed him to look at that time and see himself performing in that type of occupation. I had no idea what kind of work this could possibly be.

P: This was in the role of an energy director. One who would manipulate the energies for use elsewhere on the planet. A receiver and distributor of energies. For there are many energies, cosmic and planetary in nature which can be directed and sent to those who would wish to use them.

D: *Do they have laboratories or places where they work on things like that?*

P: Yes, there are areas which are research areas. There is never total knowledge of this physical level. There is always knowledge to be found, even on far advanced planets. There is always the new, the newest thing, the latest thing to find or discover.

D: *Even they don't know it all then. You would think that they had learned every possible way to use energy.*

P: The beings which are on the God level, the ultimate level, the Creator level, could rightly claim that knowledge. We, however, are far removed from that level and must, by your own toil, discover that.

D: *Do you work in a building?*

P: There is an area set aside, yes. A somewhat low and round area with a raised-translating here-altar, which would be the exact center of the vortex. For it is a vortex of energies on the planet at this time. It is simply a matter of being in the vortex and directing the energies to those individuals who wished to participate in the use of these energies. Hence the round shape, so as to not delineate any one direction.

D: *I'm trying to get a mental picture of what it looks like. Do you sit or stand in that center part?*

P: There is an altar-raised area, and the priest-translating here-would simply place himself in this vortex and mentally direct the energies to those individuals who wished to receive them.

D: *Do you use anything physical in doing this, a machine or panel or something of that nature?*

P: There are instruments which assist, yes. They would be of the order of crystal instruments or made basically of crystals and

crystalline materials. However, the work is more in mental nature than physical.

D: Would you be able to draw a picture of some of the instruments when you awaken?

P: There could be drawn a rough sketch of the altar. However, it would not be appropriate at this time to try to translate into drawing that which is of the instruments' nature.

I gave Phil posthypnotic suggestions that he would be able to draw a picture of the area where he worked. (*See drawing.*)

D: Do you go to this place every day to work?

P: There are occasional periods where the work is necessary for long periods of time and other times when it is not needed. And so it is on a demand basis. There are others in other places in other vortexes who are of the same nature and are capable of assisting as well.

D: I thought maybe it was something that had to be done constantly.

P: That is not accurate, for it would not be healthy for the director to stay in the vortex continuously, for it would cause rapid deterioration of the vehicle's body or aging.

D: Did this take a lot of training to learn to do this?

P: A high amount of... (a long pause-he had difficulty finding the word).

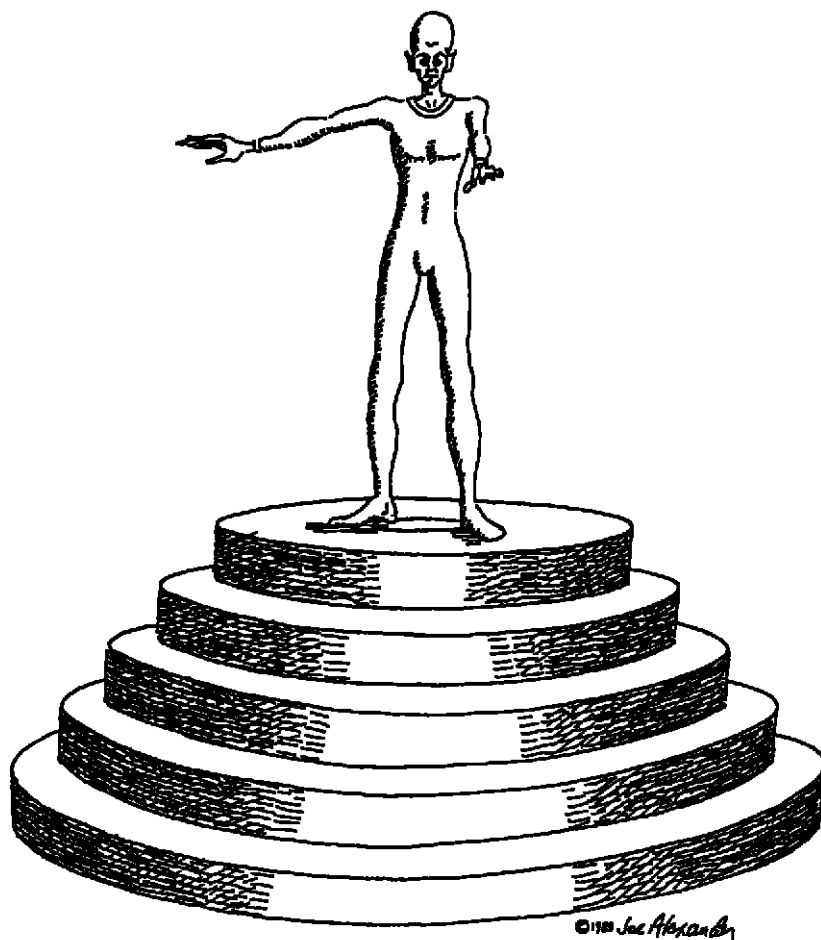
D: Schooling?

P: Moral character in the purest form, in order that the energy be as pure as possible. For the sender could mar the energies if he were not of the highest moral character. This is an equivalent translation. It is somewhat lacking in breadth of understanding. However, it would suffice to say that the senders must be of absolute character. There was an apprenticeship under one master teacher. Those who showed high aptitude for this were recognized at an early age, and were... (had difficulty again with words) tested or screened for ... appropriateness. This was a high honor for those who would persevere, for the regime was very rigorous and demanding.

D: Did it take a long time to learn?

P: It would take most of the youth or into early adulthood, an equivalent of grade school through college.

D: Did you have to live at a certain place to learn these things?



- P: There was the remaining at home with the family. However, the school was taught in a centralized area. For it was noted it was necessary for the individual's rounded personality to receive formal training of domestic matters and in nurturing matters from the parents and to be raised with the brothers and sisters or siblings. This is not so unlike Earth culture at this time.
- D: *I thought maybe you had to leave your family and go somewhere else.*
- P: That is not accurate. There would not be the necessary healthy growth of character such as is taught in the home.
- D: *Did you enjoy this type of work?*
- P: It was most rewarding, yes, for in sending the energies one was also attuned with the receiver and so was quite capable of mental or telepathic communications with the receiver. And in so doing would receive gratitude and simply sharing of energies through telepathic means.
- D: *Was this energy stored in any way in order to amplify it? Or was it just sent directly?*
- P: No, there was no need for this, for there is a never-ending supply of this energy throughout the universe. The energy was flowing as it is on this planet, from within and without the planet. It was a matter of channelling the streams of energy to those areas in which it was desired.
- D: *It just takes certain types of people who know how to use it and direct it.*
- P: That is accurate.
- D: *What did you do during the time when you weren't doing this?*
- P: There was family to participate with in many interesting and fulfilling endeavors. There was family life as is on this planet and time to be with loved ones.
- D: *How did you die on that planet?*
- P: This was caused by being in the energies. The physical life of a director was shortened because of being in the intensity of the energies. However, this was known before accepting the responsibility and was a small price to pay for the service.
- D: *It caused stress and wear and tear on the organs, I suppose.*

This entire account of what life was like on an alien planet would undoubtedly seem dull and bland to a generation accustomed to being bombarded by science fiction. But to me, this is exactly what gives it validity. Phil is a normal, young man who has grown up with *Star Wars* and other similar type movies and TV shows. There was

certainly enough very fertile information in his account of the planet that, if he had been prone to do so, he could have woven a very elaborate fantasy. Instead, he seemed to have lived a normal, mundane existence similar to the average person on Earth, except for the more highly developed moral and mental capabilities. This, to me, gives it the ring of truth and plausibility. His subconscious was not trying to impress me in any way, it was merely recounting what was deposited in its memories.

CHAPTER 7

THE FOURTH-DIMENSIONAL

AFTER THE DETAILED DESCRIPTION OF THE OTHER PLANET, I was anxious to explore other lives that Phil may have lived in outer space. I had no idea that some of these may have been in places that were not three-dimensional or physical, such as we are accustomed to here on Earth. Since these are the only kind we are consciously familiar with, I had never even considered the possibility of being able to live in other dimensions. We have been taught that there are only three dimensions in our material world: length, width and depth. The only other dimension I had heard of was the fourth-dimension called "time," which would definitely not be physical or solid. Exploring outer space was turning out to be more complicated than I had first thought. We were to go into areas that were difficult for my mind to comprehend. Phil would not have been expected to depart from familiar ground and go wandering into such strange concepts. The area of science fiction would have been much safer. But at least it was never dull as these new and challenging ideas were presented. I never knew what to expect next.

DURING THE NEXT SESSION, when the elevator doors opened Phil saw the outline of tall, jagged, pointed spires against the horizon. I immediately thought he had returned to the same scene that had previously bothered him, the planet where the scientific expedition had died. But he said this was a city. However it did not sound like the same city with the towers and the strange vehicles which he had seen in the other sessions.

P: It's a silhouette, the outline of the city buildings. They are spires but they are different heights.

When I asked him if he wanted to get off the elevator and explore this strange place, he agreed. His subconscious had seen that the other sessions had not consciously disturbed him and it apparently thought it was time to start releasing information at a more rapid rate.

He found himself walking on the street level. He was approaching someone he seemed to know, who waved at him. It was a bald person wearing a dark blue, tight-fitting one-piece suit with a high collar. When he looked down at himself, he saw that he was wearing the same type of clothing.

P: We seem to be on the outskirts of the city. I don't think I live in the city, but I go to the city. As if I live in the country but work in the city.

I counted him to where he worked and asked him to tell me what kind of job he was trained to do.

P: It seems to be an oval or circular area and it's got ridges in the walls ... going down from the roof. I get the feeling of velvet or some kind of softness about the walls. There's a podium for one who speaks and there are benches for an audience to sit on. It's a chamber, I get the impression of a council chamber. It's for dispensation of justice ... of some sort, or mediation possibly.

D: Are there other people who work here with you?

P: Yes, there are assistants. There are others who carry out the-I don't want to say "menial" because their jobs are as important, but their tasks are not as complicated.

D: Do you have any kind of title to the job you had to do?

P: Advocate of something. The job would be to settle arguments, where there's a differing viewpoint. To assist both sides in seeing the rightness of the other's position. In assisting both to accept a common agreement.

D: Do you have any kind of badge of office or anything that would distinguish you? Some way that other people would know who you are?

P: The personality would be a badge of sorts, because the personality would reflect the job. You can instantly know who someone is and what they do by meeting them. People here on Earth wear

uniforms to say who they are because you don't have this ... instant recognition. If you were to meet a policeman and you instantly or intuitively knew that he was a policeman, you wouldn't need the uniform. Do you see what I mean?

Apparently we again were at a place where mental communication and intuition were commonplace and highly developed.

D: You said your job involved the settling of arguments. Is this a difficult thing to do?

P: Sometimes, yes. Sometimes the issues can be very complicated.

D: Do the others always listen to you?

P: For the most part, yes. They respect my authority or wisdom. There wouldn't be any advantage to disagreeing. The whole purpose of mediation is to solve the problem. And to argue against the mediator would be self-defeating in its purpose.

D: You know how people are, it's hard for them to agree on things.

P: People here are that way. This is not the same because the people there would be more accepting of another person's viewpoint.

I asked if he would be able to give me an example of the type of argument he would be called upon to settle and he related the following case.

P: There is in the Signus constellation at this time a—we hesitate to use the term "war," for that is not appropriate. There is a strong disagreement between the race of entities who are... The vehicle has no reference points on which to translate this. We have no background with which to manufacture the concepts here. We will simply try to give the situation.—There are two races here concerned. This is a disagreement over who has territorial rights to a system of inhabited planets. One race feels that it has claims because they were the first to explore this system. The other race feels claim because they are descendents of this system. The situation is thus: There was transmigration from this system to other planets. And the transmigration resulted in a race of beings which soon developed into an interstellar fleet or had the capability of such. The civilization had lost track and had soon lost knowledge of its inheritance from this system. And so after

discovery by the first explorers, they realized their kinship in this system and are now claiming title as descendants.

D: You said it is like a war?

P: It is not a war, for there is no violence being enacted. There is simply very intense argument and disagreement. There are councils being met... meeting at councils with representatives of each race trying to reach a form of consensus to arrive at some middle ground wherein both parties will feel they have achieved their goals. There are mineral rights at stake here in the issue. There is also the caretakership of the inhabitants of these systems, who are not as developed as those who are arguing over the system. And so there is to be a caretaker position assigned to one or the other or both, whoever assumes responsibility for this system. The descendants are being led by one who is of leadership stature and he is much admired and revered by his race of people. He is their leader. He is pressing for total sovereignty over the entire system by right of kinship and is accurate in his claims. The one side feels that they have right by kinship and they feel they have the rights because it is their ancestors and the lesser developed inhabitants are their people. And the others are claiming that they have the right because they were the first to find it.

D: Would this erupt into a war if they didn't get it straightened out?

P: They don't go that way. They have disagreements and very heated discussions on this, but they don't resort to violence. They have sent representatives of each side and they must come to an agreement.-The disagreements are valid in both respects for in this area of the galaxy or the universe, territoriality is by precedence: claimed by first discovery. The concerns of the descendants are for the safety and well-being of their ancestors, which is not to imply the discoverers would abandon their responsibility for the safety of the inhabitants. For this is not the case. It would be as if your ancestors were found living on an island claimed by another country. And so you would naturally have a vested interest in safety and concern. This is the situation at this point.

D: This sounds very similar to the Indians having claim on territory and the United States having claim at the same time.

P: This situation has occurred in many places throughout the universe and is not a new occurrence. The system, as was mentioned before, is rich in mineral deposits. There are vegetation growing

on some planets which are desirable in the manufacture of medicines. So there is a vested commercial interest as well as an ancestral interest. The decision at this point is that the responsibility be shared. That is, the discoverers being responsible for the commercialization and exploration of this system. And the ancestors or kinfolk being responsible for the social and cultural well-being of the systems. Always harmony is desired and in this manner we see harmony being achieved. But it must be agreed upon by each party.

*D: Would you ever **hae** to give out punishments of any sort?*

P: (There was a long pause.) I can't speak on this.

*D: Do you mean you're not **allowed** to talk about that?*

P: This is something I ... simply have nothing to say about. Apparently I don't deal with anything like that.

D: I just wondered if your society was free of punishment or if you didn't have problems in that area.

P: It wouldn't be the same as in this society, it would be different.

I am always trying to pinpoint where we are with names, dates and places. This comes from working for so many years with normal regressions into earthly lives. When I asked him about the name of the city or planet, he again informed me that it was impossible to convert these things into verbal sounds.

P: Names cannot be translated as they have no equivalent vibrational translation in the earth language.

I should have known it would be the same problem with answering questions about time, but habit prevailed.

D: Do you have any way of telling time where you are? Such as, do you have years as we know them?

P: No, we don't have time because we're on the fourth dimension where there is no time. There would be no need to measure something which does not apply.

This was a strange development. I had never had anyone tell me they were from the fourth dimension before, but then I had never spoken to anyone from another planet before either. I had assumed we were speaking of a three-dimensional physical world because of

the sample case he presented. It appeared that complicated disputes were referred to the fourth-dimension courts for mediation. Maybe they were considered less biased.

Under these circumstances, where the entity was describing another dimension which I have absolutely no knowledge of, it becomes difficult to formulate questions that would make any sense to the being I am speaking to. The concepts would be foreign and there is nothing to compare or relate to.

D: I see, then your body would have no age in years or anything similar that you would judge things by. Is that true?

P: Things change. This is difficult to explain but there is a definite change with what you would call time.

D: Does the body start out as a baby and then grow from there?

P: It is formulated. It is not born. It is composed as necessary to do the job that it was meant to do and as time progresses, as you would say.

D: In other words, it is formed already fully grown. Would that be correct?

P: No, in the respect that learning is not accomplished at the beginning. The idea or the purpose is learning. So that at the beginning or the formulation there is a lack of learning, which would come through experience. And through the experience the body will change, which would reflect the changes in personality.

D: Okay, I'm trying to understand this. In our society you start as a baby and the body grows gradually to become an adult. This does not happen in your society?

P: This is true. The difference is: here on Earth the physical body changes and grows and to some extent reflects the growth of the soul inside as it learns. This is a physical aspect of this third dimension.

I was still confused by these aspects but decided to continue with my questions and hopefully enlightenment would occur later, when I had time to study and think on this strange development.

D: Do you have males and females as separate sexes in your society?

P: No, sex is not necessary because we don't procreate as humans do. Do you see?

D: I'm not sure. Then how is the creating done? Is it done in a separate place or something?

I suppose I was thinking of a laboratory condition such as cloning. Since I didn't understand this concept I was grasping at straws.

P: This is all mental. It is thought energy which is projected. If a need arises for a body a body is, and then becomes a vehicle for that person to use to do or to learn the lessons which that person needs to learn.

D: *Then the soul can enter the body at that time when the body materializes?*

P: No, this is not a physical materialization. This is all energy. The soul is the body. Do you see?

D: *This is a concept that is rather foreign to me but I'm trying. If the body then is made up of energy and is mostly just the soul, what about the surroundings, are they physical, material?*

P: They're energy. Everything is energy. Energy can be moved and manipulated just like physical matter. It takes only the realization that this is possible in order to do it

D: *Then the group together materializes their needs?*

P: This is true. Their karma is met through their group efforts.

D: *Then you still have karma to work out, too?*

P: This is true, everyone does.

D: *Then in this type of society, you don't have any kind of family, so to speak.*

P: Yes, we do, because we are the same there as we are here on Earth. It's not a physical family, no. But we do tend to stay with familiar people, as you might say. We, and I speak generally of all living beings, have friendships and familiarity between entities.

D: *Then even in a state where you are pure energy, there still is emotion, feelings.*

P: Definitely. Exactly. Love and empathy are part of existence's personality.

D: *What about food? Do you have to take nourishment in any way?*

P: No, food is not necessary. We have entertainment and what could be called "food" which is for entertainment. However, it's not necessary because this is not a physical realm or existence that I'm talking about. You've got to understand that this is pure energy. Whereas, in the physical world your physical bodies require food because of their biological processes. But in this existence, energy *is*... it doesn't require sustenance.

D: *I've always thought of the other planets as being like our planet. They would still have to have physical requirements.*

P: On three-dimensional planets, that's true.

D: *I'm trying to relate this to what I have learned about between lies states, the so-called "dead" state. When people are in the realms between their physical lies. In this condition a body is no longer needed and the soul is freed from the body. Is this different from what you're talking about? Or is your fourth-dimensional word similar to living on different planes of existence between lives?*

P: Well, it is. It's not similar, it is the same thing, yes. When someone dies here, they have the option of living on another planet if it meets their requirements. There's no difference here or there, it's strictly a matter of being on one plane or another.

D: *I see.*

I really *didn't* understand. These strange concepts were making me dizzy. I was having difficulty thinking of questions that made any sense.

D: *Then how would you die if you pure energy?*

P: You don't die as such. You disformulate your vehicle. For instance, when someone's usefulness has expired or they have met their lessons there's no longer a need for that vehicle. So it is disformulated and the energy is returned to ... wherever it is needed. However, the entity's personality remains separate.

D: *It would seem to me that if you were in a society where you could not die, that people would want to remain there forever.*

P: No, you would be bored very quickly. For instance, if your lesson of the third grade is over, why would you want to stay in the third grade for the rest of your life?

D: *Some people have such a fear of dying, they are so afraid of the unknown that they'd want to stay where they know...*

P: (Interrupted) It could be comfortable, but there would be no learning.

D: *No challenges?*

P: That's true, that's true.

D: *We were speaking of the city. Do you use vehicles?*

P: Yes. These are vehicles which are pure energy as everything on the fourth dimension is. They can be formulated and disformulated as the need arises.

D: *What I'm trying to understand is, why would you need vehicles if you have the ability to use pure energy and pure mind?*

P: It's no different from here, from using a station wagon or a

pickup truck. You're using three-dimensional material to work with three-dimensional material. It's the same there. You need fourth dimensional-not material-but items to work with fourth-dimensional items. Just like the bodies that are formulated. They are tools in doing the work. It is not much different from this existence here on Earth, except that it is fourth-dimensional instead of three-dimensional. On higher planes, higher dimensions and existences, the need for this is lost, to the point that all is thought. These spirits on higher planes don't have this need and so they merely exist in thought and thought only.

D: That's what I'm trying to understand. I thought that beings that were just pure energy would not have any need for anything else. Apparently this is sort of in between the purely physical and the purely mental. They have earned to control the mind to where they can materialize their needs.

P: That's true. We wish to tell you that you will be shown many things. You will be given access to much information and records. Some of it may contain difficult concepts to translate but we will try to make it as easy to understand as possible. However, I'm sorry to say there are areas which we cannot go to. But it would not be helpful to you or me. And in fact, could be harmful to us both.

This unexpected announcement surprised me and also aroused my curiosity. While my first concern is always for my subject, the human side of me wondered what could possibly be out there that would be forbidden territory. I had never been given a warning like this before. I never attempted to find out because I would probably be overridden anyway. Some things are probably better left alone.

P: The idea is to help, so this is not to be allowed. However, there should be plenty of material to satisfy all of our curiosities.

D: Okay, we can leave that to your discretion.

P: It's not so much my discretion as to what is the... "wrong," if you will. It's not a conscious decision on my part. There are records which I simply do not have access to because of that fact. There are those who are much more powerful than me, who can watch out for us. Who are, in fact, watching over us now in this room and guiding us in our questions and answers. Our guides, as such, and even higher.

This made the hair on the back of my neck stand up, for I often feel the presence of invisible "others" in the room when I do my work.

P: They are pleased because they see this as helping the people of Earth. If they saw any harm in this, it wouldn't be happening. They would not allow me to speak. It is that simple. Therefore, there will be "forbidden areas" that we cannot enter and of which I will not be allowed to speak or have access.

I assured him that although I was curious and wanted to gain knowledge about everything that came across my path, we would never want to do anything that would cause him harm or discomfort.

I was quite excited to learn what kind of information would be allowed to come forth in future sessions. This one had already stretched my mind by presenting a strange new concept and dimension hitherto unknown to me.

CHAPTER 8

IMPRINTING

THIS TALK OF OTHER DIMENSIONS was confusing to me and made questioning difficult. I hoped for a reprieve, a time to gather my thoughts, by directing him back to earthly lives. There I would be once again on familiar ground. But I was to find that now that the door had been opened to other worlds and strange existences, we would not be able to cross back to the mundane and safe familiar world. The reason was the most startling I had ever encountered and temporarily shook my foundations and beliefs in what I was doing. Maybe it is true that nothing really is as it appears.

D: Have you had very many lives on this planet Earth?

P: This is my first physical life, my first true incarnation on this planet. I have had imprints from many others and been assistant to others. However, this is my first true physical incarnation on Earth.

Wait a minute! What did he mean? Earlier he had said that he was new to this earthly realm, that he was more familiar with the area of other planets and other dimensions. But how could this be his first life on Earth? This was confusing because when we first began working together we had touched on about four other lives that had definitely taken place on this planet. What was going on during those earlier sessions?

D: Then the other ones we discussed were not real?

P: They were imprints and assistances, they were not true physical incarnations.

This really threw me. I had never heard of an imprint. In my work with regressions, either you lived a life or you didn't. The only other alternative is that the subject was fantasizing or imagining the whole thing. I have always prided myself on being able to tell the difference. In everything I have read about possible explanations for the memories of other lives, I had never heard of anything called "imprinting." Phil was throwing me a whole new ball game. But I reminded myself, I must remember that I was not working with the common Earth-oriented energy. I was confused. If a life is not considered to be a true physical incarnation, how would I ever know what I was dealing with?

D: Do you mean that some souls when they come into a life, rather than having lived these exact past life experiences, they take...

P: They can withdraw information from the Akashic records and imprint this information into their soul, and it will then be their experience.

Other researchers have said that the Akashic records contain no mention of time, only the record of events, emotions and the lessons learned.

D: Well... Can you tell me how can I tell the difference when I do work like this?

P: No, because even I can't tell the difference. If I am in an imprint, that imprint is as real as if I had actually experienced it. All the emotions, the memories, the feelings, virtually everything about that life is in that imprint. So from my point of view I would be unable to tell because I would be completely absorbed in the experience. This is the whole idea of imprint. This is the ability to live thousands, hundreds of thousands of years on a planet and actually never to have been there before.

D: What would be the reason?

P: If one were to come to this planet from another planet or dimension without the aid of imprints, one would be totally lost. One would not understand customs, religions, politics, or how to act in a social environment. This is the necessity for imprint. In the case of star people coming to this planet, there is no previous earthly experience of human existence in their subconscious. In order for this person to feel comfortable and at ease, there must be something with which to draw on and compare those day-to-

day experiences which one is encountering. For if this were not so, the feeling of total out-of-harmony would be virtually present every single day, until there arose that time when one could look back and see some semblance of history. That is in the later part of life. However, the confusion and disharmony from having to experience this, would negate any learning, for always there would be the disharmony, which all learning would have to filter through. All learning would be colored with this disharmony and would be, in effect, no learning at all. So there must be this imprinting to allow the vehicle to feel comfortable in his new surroundings and in those experiences which would be totally alien. For even such simple things as an argument would become so terrifying to the vehicle as to render him totally void. The star people have no experience with anger or fear as you know it. It would incapacitate them. It would paralyze them. They would be totally traumatized.

Many people believe that all this is conditioned by the environment anyway. That a baby's mind is totally fresh and all information is learned and absorbed as it grows and lives its life. Apparently we rely more on our subconscious memories than we realize. It seems to be like a computer bank from which we constantly draw comparisons in our daily lives. According to this new idea, an alien coming for the first time into an earthly body and facing a strange new culture must have something in their past memories to orient themselves and give them something to relate to. This whole idea was startling to me and opened up an entirely new way of thinking. It could change my whole outlook on reincarnation.

*D: But, is there any way when I **work** with people that I can tell if they are remembering and reliving an actual life or an imprint?*

P: We ask why you would wish to know?

D: Well, it's probably to help prove whatever I'm trying to prove?

I laughed inwardly, because it boiled down to: What am I trying to prove anyhow? He seemed to read my mind.

P: And what are you trying to prove?

I shook my head and laughed in bewilderment, "That's a good question."

- P: We will shortly show that you will answer your own question.
- D: *Well I'm trying to prove the reality of reincarnation, because many people don't believe in the concept. By having someone go through a life and being able to prove that that person did exist in that time period, I am trying to verify these things. But if someone was remembering an imprint, would we also be able to verify it?*
- P: That is correct, for the experience was actually lived, even though it was not lived by the vehicle you would be presently speaking to. However, all the information would be the same, as if you had actually been talking to the very soul which had been in that vehicle at that time. Imprints become in reality a part of that soul and are so carried with that soul.
- D: *Would this be an explanation for the theory that sometimes more than one person appears to have lived the same previous lifetime? For instance, several Cleopatras, several Napoleons. Would imprinting take this into consideration?*
- P: Absolutely. For there is no... (he had difficulty finding the right word) proprietorship to these imprints. They are open to all. And so it becomes useless to try to pinpoint who was actually that person, for it is meaningless.

I have never had this happen, but it is one of the arguments presented by skeptics.

- D: *This is one of the arguments people have against reincarnation. They say if we find so many people with the same lives then it can't be true.*
- P: They are being challenged to widen their scope of knowledge. They are given facts which contradict their short-sighted beliefs and are so challenged to expand their awareness.
- D: *Then it doesn't matter if someone was the actual Cleopatra or whatever. We still have access to the information of their life.*
- P: It can be verified as easily with the actual soul or with one of many hundred others who experience the same imprint. It makes no difference.
- D: *But would different people perhaps perceive the imprint in a different way? If one person was questioned who had the life as Cleopatra, and another having the same life, would their concept possibly be different?*
- P: A very good question. We would say that human experience is like a filter and colors these perceptions which pass through it. So if an experience in that Cleopatra incarnation was found

objectionable to the conscious of the person relating that, it would either be deleted or changed in order to present it in such a manner as to not cause the disruption of the entity.

That sounds like self-editing. Could this then explain errors that sometimes crop up? Wouldn't this be similar to the way people understand and use research for their own purposes and to prove **their** own various points of view?

D: It would nonetheless be true, it would be just different ways of looking at it.

P: That is correct. It would be presented in the most accurate portrait possible, but also in the most comfortable one.

D: Would this also explain the question of parallel lives, two lives apparently occurring at the same time or overlapping each other?

P: Yes, this is how the paradox or the contradiction arises about parallel lives. It is simply a matter of acquiring societal experiences, law, regulations, customs, in order to carry out effectively in one's incarnation.

D: Then it doesn't really matter if it can be proved or not, does it?

P: Exactly. What is the point? One could go for millennia in tracing one's "past lives," quote, unquote, and in this respect, it would be totally useless. However, there is much that can be learned from these recalls. Not only from a personal point of view for the regressed but for those who read and hear of this. Much knowledge can be shared so there is much use for everyone.

D: By reliving past lives, some people receive a lot of benefit in their personal lives, such as understanding their personal relationships with others.

P: Yes, that is true.

D: How is it decided what imprints you are going to have or someone else is going to have? Are certain imprints chosen for certain individuals?

P: The imprint is determined by what the incarnation's goals are to be. For example, if one were to become a leader, a president, for example, one might have imprints from various levels of leaders from tribal leaders on up through possibly past presidential leaders, maybe a mayor, maybe a leader of thieves. If the emphasis is on leading, many imprints of a leading nature could be used so that the entity is familiar with the aspect of or the idea of what the job of leading is. There is also the secondary and even tertiary advantage of learning humility, patience, **fun** and entertainment. All of the multitudes of experiences are in these imprints. The

method of imprinting is beyond me. The effect is to experience multiple lives, maybe simultaneously, maybe serially. But the effect is to learn lessons from other people's experiences. The lessons are shared. The experiences each of us are having in this lifetime now will be available at the end of these lifetimes to be imprinted for use by anyone who would have a use for them. It's simply borrowing books from a library if you would consider each life a book and reading and understanding it instantly.

- D: Are you saying then that the energy of life is as though stored in a book and placed in a library and is available to be imprinted into other people's lives if they so desire to use that information?*
- P: That is accurate. There is not a limitation on how many can use one particular life. Thousands of people could imprint the same experience simultaneously.
- D: So it would be possible for me to regress more than one person to a particular life if it just so happened that the imprint was available to both individuals.*
- P: This is true. The imprints are chosen before the incarnation. There is a method which is far too complex to understand. But you can say that there is a computer, a master computer which has access to all the lives, every one previous. And so the information is fed in of what is to be expected of this life and the appropriate imprints are then selected and overlaid. There is a hierarchy of spirits whose job it is to do this. A council which oversees this. They assist the soul. This computer or council is given all the information regarding the mission and the past experiences of the vehicles with which to draw from. And so there is the choosing between that previous lifetime which has been deposited into the records and a match between that which pertains and the experience which is about to begin. All memory, all thoughts, all senses, everything that a real existing life would have is there intact. It is a hologram, a three-dimensional summation of that lifetime. All experiences, remembrances, emotions are imprinted into that soul and become a part of that soul. This information is then carried after the incarnation is over and is a gift from having lived in this realm of existence and so then becomes part of the permanent record of the soul.
- D: Wouldn't it be proper to say the imprint is like a pattern? Would that be another word? That you pick these patterns and use them to try to pattern your life after?*

- P: That could be used.
- D: *I just had an interesting idea. It is kind of liked doing research in a library, isn't it?*
- P: Yes. You are given books on many subjects and with that knowledge in hand you carry forth.
- D: *But when a person really lives a life they gain much **from** the day-to-day experience of living that life. Would they gain the same value, so to speak from the imprint?*
- P: You speak from a karmic point of view and we would say this is not accurate. For the imprint simply gives reference from which to draw on. It does not assist in working off any karma. It simply is an added tool with which to work off karma. Were everyone to receive imprints then there would be a standstill in which no one would be experiencing true lives. And there would be nothing, eventually, relative to imprint from. So there is or must be real lives being lived with which to add to this record library.
- D: *Yes, after while the soul would **prefer** the short to the actual experience.*
- P: For some souls the shortcuts are appropriate, for others they are not. For this vehicle is now living a lifetime which is appropriate. It could be said that he could have simply waited for someone else to have experienced an incarnation at this time and then received that imprint, could it not? However, the actual experience would not have been learned. The free will of the soul is here, in that the imprint is made by the free will of the soul and not someone else's free will. All relative information is given into this computer and those appropriate incarnations are then given for imprinting. The imprints are available from this source but the individual makes the final decision. The soul has the power to reject if he finds an imprint which is not acceptable to him, for whatever reason. If he simply decides to use his authority to say, "I do not wish to have that one," then so be it.
- D: *This is causing me a little confusion. Are you saying then that there is no such thing as reincarnation as we know it?*
- P: Let me say, there is the progression from body to body. There is also the imprints. Someone may have lived actually five lives, but yet have the experience of 500. It's a combination of effects.
- D: *In other words, that is information you have at birth and it's utilized by you during your life.*
- P The imprints are complete at the time of birth. But extra imprints are also available whenever necessary. This would be

similar to packing luggage for a trip and finding during the trip that one has forgotten something. And so, there are stores along the way.-Are you familiar with map overlays? For example, you might have the physical boundaries of the United States with no political boundaries such as states or counties. But these would be on transparencies. Each transparency is then laid down in succession and a complete picture is given. This could be used as an analogy to imprints. The imprints may be overlaid in many different ways, one being in a dream or a physical experience of some sort. A traumatic experience such as a death in the family or a loss of one's job or any time where one is open from within by some experience. Be it joyous or grievous or anywhere in between, the opening of oneself is the key here. And that imprint which is necessary will be neatly fitted in, with no notice whatsoever by the entity.-But the fact is you can also actually live many lives without ever having an imprint. Imprints are simply aids. They are not necessary for everyone, but they are absolutely imperative for star people.

Apparently Phil's subconscious was using another protective device when I first began working with him. It allowed the imprints to come forth first in regression so that Phil would not learn of his other-worldly connections until he was ready to accept and understand them. If I had not continued to work with him, the stories of his lives on other planets would never have surfaced. This can also be said of other subjects. There would be no way for me to know, and they themselves certainly would not know that we were dealing with star people. It was a very unique protection device. I have observed this while working with other subjects. The best information only came after working for a long period of time. Rapport must be established in order for the subject to release it. This work demands much patience. If I had tired and given up too soon, I would never have received any of the stories I have written about in my books.

D: Do the starpeople or the other extraterrestrial people ever come to Earth without being born as a spirit into a body? I mean, do they ever come to Earth and manufacture or assimilate a body in order to mix with the people?

P: That is correct. It has been accomplished many times and will be again. It is a very simple matter of assimilation of Earth energies to represent that which is desired to be seen. No great task.

- D: Would it be a real solid body or just a visual body?*
- P: It would have aspects of both. It would not be as dense as an actual physical body for it would be sustained by mental energies.
- D: Why would they do this?*
- P: This would be in order to impart some special message, perhaps to some special individuals or to someone who is actively seeking to commune with these people.
- D: Would they ever assimilate a body and stay on Earth for a while?*
- P: If it were necessary it could be done indefinitely. There would be no time delineation on this. The time spent would be determined by the mission undertaken.
- D: I see. We've heard stories that maybe people could be living among us and actually not be humans, so to speak.*
- P: It is entirely possible.
- D: Are these people who come and assimilate bodies and live among us of any danger to the human race?*
- P: They are of as much danger as the human race is to itself. They are even less so for they are here to help and assist. Their mission is simply one of enlightenment and if this is not considered help, then there *is* no help for the race.
- D: Is there any way that we can recognize star people?*
- P: We would not wish to have some distinguishing characteristic published, for there is none. In fact, they are as real and flesh and blood as any other human. There are clues which would be taken as an indicator. However, this, we feel would be unappropriate to give out. For it would create a witch-hunt atmosphere and would invade the privacy of those who have not yet realized their heritage. It would cause them much concern or grief unnecessarily.
- This is true. There must be many people out there who, like Phil, have no indication that they are originally from the stars.
- P: For if an individual looking about for such people were of the mind to be prosecutorial in nature, he would have himself a witch-hunt, and we wish to have no part of this. We would not encourage baiting individuals with this information that they may pursue some deviate desire of their own at someone else's expense. They would see them as aliens and not as humans. Any individual who now walks the Earth has been given the right to do so.

- D: *Well, we **are** conditioned by our movies and TV that anything alien must be bad.*
- P: That is exactly right, you are conditioned. It is not fact, it is simply conditioning. We would feel that it would be most appropriate to express in your book why you did not include information about distinguishing these people and bring this aspect to light. For many would not even consider this. There are those, as we said, who would love nothing more than to find someone to hunt, "human bounty," so to say. There are laws against things such as segregation and open racism, *etc* There, however, are no laws at this time protecting star people and these would be open game, so to say. There is that mentality.
- D: ***Well** these people who come and assimilate bodies and live among us for a while, they wouldn't have emotions like us, would they? Or they wouldn't have the imprint knowledge?*
- P: We are not speaking of assimilations here; we are speaking of regular star persons. They would have the imprint knowledge of what emotions are and how to deal with them. That is exactly why there are imprints. We would say as to the assimilations, this is another matter. These are not of the imprint type material. These are special individuals who have studied the human race to the extent that they feel very comfortable and can mingle without apparent discern by those around them.
- D: *But they don't have any emotions to fall back on. They just have their observations?*
- P: We would disagree with this, for they are very human and can stomp and snort just like the best of us.
- D: *I believe that's what humans think, that aliens would not have emotions but would be more or less like robots. This idea is what frightens people.*
- P: They would be most pleased to observe a gathering of planetary races for a celebration of the new order. For there they would see many emotions, such as crying and laughing and singing and dancing. For these are not strictly earthly experiences. The human being always seems to feel everything they do is entirely original. This is, in part, what is meant by universal brotherhood, in that even emotions are shared by the universe and are not simply a part of human experience. For there is joy throughout the universe. There is sorrow throughout the universe. There is anger throughout the universe. There is fear throughout the universe. However, these are differently manifested in these

different realms. The human equivalent of anger and fear is black. This translated to other vibrational frequencies is not equivalent, for in this respect the Earth is unexcelled. Mankind has been in the chains of fear for too long and it is now time to break the chains of that bondage and release man to accept his own responsibility and to become a universal brother. For were this bondage released to the general population of the universe, this fear would spread. So you are contained in your backwash to deal with this fear in your own way. When you have contained and dealt with this fear on your own little planet, then you will be allowed to wander the universe and meet other civilizations who have never been bonded by this fear. For fear is contagious and we wish not to cause fear among these delicate creatures who would be devastated by a mere thought of fear, which they have never experienced in your terms. For they are truly full of faith and have no need for your type of fear.

D: Fear is strictly a human trait?

P: It is at this point on this planet, a disease. It is a quarantined disease which keeps you in your own little corner of the universe. It is not a disease in other areas. There is the overuse and misuse of all energies or the possibility of such and this is one example of the misuse of the fear energy on this planet. It is destructive and is not constructive. Therefore, it is misused. It would be difficult to find a proper analogy for this because it would be impossible to allow you to understand fear in a constructive manner. When this disease has been conquered, then the gates will be opened and you will be allowed to visit other planets and so forth.

D: How long have these beings been coming to our planet?

P: There have been occasional appearances throughout the Earth's history. There have always been visitations by those who never incarnated but visited and there is a distinct difference. The visit could last a day or it could last years, but would never be an incarnation. The beings who are incarnated are more recent. Their major influx was recently started in the last several decades.

D: Then is the theory true that people from other planets came and influenced our ancestors to learn new things and better their lives?

P: The fact is that the human race would have never evolved. There would be no such human race, were it not for visitors. This was from the beginning of the human race and before.

CHAPTER 9

DEATH IN A NEEDLE

AFTER THIS IMPRINTING SESSION I was confused. I had been given a great deal of unusual material to try to absorb, digest and understand. I would have to re-evaluate my entire line of thinking and see how this fit into the information given to me by hundreds of others. It is a shock to have your belief structure threatened. But I realized you must be flexible, for we truly don't know it all. We are probably lucky if we can even understand the tip of the iceberg. By clinging to the theories I was comfortable with, I knew I would become as prejudiced as certain religious dogmatics who insist that their way is the only way. To maintain an open mind is extremely difficult but it is the only way to search for ultimate knowledge.

Phil also sat in deep thought. Because he remembered a lot of what he said during a session, I did not have to try to explain this to him. I doubt if I could have at that time anyway. After several minutes of reflection, he said, "You know, I think for the first time I'm beginning to understand many things that have happened in my life. I don't have it all yet, but a lot of it is beginning to make sense. This is an explanation I would never have thought of in a million years."

I told him that was the important thing, if he got something out of a session that would help him, no matter how weird it sounded to somebody else. Hypnotic regression is an extremely personal and private thing. He decided to confide in me and tell me some of his strange experiences that few people knew of, experiences that had no rational explanation till now.

When I work with a subject over a long period of time, a personal relationship naturally develops, otherwise we would not have such access to the subconscious. I usually become a "Mother-confessor"

type of image, a listener, a sounding board for them to bounce off of. I never pry or ask questions about their private lives. I also never judge them. Whatever occurs outside of our working relationship is none of my business. Maybe this is all part of the trust and rapport that gradually builds between the subject and myself. But over the course of time they often do confide in me, mostly because they know it will go no further and it often helps explain things in our work that would be confusing. These confidences are usually spontaneous when they occur. Often they are triggered by an especially revealing session.

Phil spoke of his growing-up years when his closest friend was his twin brother, Paul. He was aware that identical twins usually are supposed to have some kind of psychic bond, but he never felt anything out-of-the-ordinary. There was the natural competition for the attention of his father, in which his brother Paul excelled. The twins had totally different interests. Paul was athletic and interested in sports and all types of outdoor activities such as hunting and fishing, which were the same interests as their father. Phil was the exact opposite, more introverted and interested in books, reading and mental activities. This may have been the origin of the out-of-place feeling. He only knew that he always had a vague feeling of not belonging, of being different, of not feeling "right." He couldn't remember any singular event in his childhood that had happened to bring on this feeling. It just seemed to be always present. He became accustomed to it—it didn't really bother him, it was just something he was aware of and he didn't try to examine it or delve into it very deeply. He said it was a feeling of not being in touch with this place but it didn't really seem to cause him any problems. He was afraid of emotions and could not openly express himself in that way. Many things confused him, especially human behavior. He couldn't understand why people behaved the way they did, why they said the things they did, why they were able to hurt each other as though it was nothing to them. All through high school he tried many times to fit in, to act the way the others did, to behave in the same manner. But inside he knew it was only pretense, only a facade. He just couldn't be like them and the attempts only made things worse. He became more confused than ever. He dated girls, but didn't allow any of them to get very close to him—he feared emotional involvement. His relationships during that time and later were very superficial. I believe he was afraid of being hurt if he made any type of commitment.

AFTER GRADUATING from high school, the extent of his education, he moved to Kansas City for a time and then joined the Navy mostly for the experience of being on his own. He enjoyed these different experiences and the vague feelings were pushed to the background and did not bother him during that time period. The pulls of home were very strong and he always returned to the house he had grown up in. He always had a feeling of isolation when he was away for very long.

The climax of his life came when he was 22 years old and he had moved to California to live with his sister. About that time he began to experience strange dreams and out-of-the body trips. He had read of such things but had never discussed them with anyone. He believes now that things might have been different if he had had someone during those days to share these things with. Someone to tell him that these experiences were not unusual but were shared by many others.

One of his first out-of-body trips occurred spontaneously one afternoon while he was trying to take a nap. With a strange tug he came out of his body and found himself floating upward out of the bed. He then drifted up through the ceiling and through the apartment above. He explained that the experience had a strange texture, a grainy feeling-like being in water with sand stirred up. Then inexplicably he found himself in the presence of a woman who was reciting something. He said, "It was like a litany or a history. It was the history of my soul, my existence or existences. And of it all, the only thing I really remembered was that she said, 'You were something greater in another universe.'" It was not frightening, but instead was a very pleasant experience.

He had several after that, mostly journeying back to look in on someone at home, his brother or friends. His dreams became more real, more vivid. They were becoming more powerful. "It seemed like here I couldn't communicate with people the way I could over there. The words were so inadequate in expressing things because I wasn't a very expressive person to begin with. And when I was back in this plane I always felt so restricted and cut off from people. I mean, over there, it's total. A thought is received and felt totally. You know all of the nuances and everything that go with that thought. And here, words express such a small portion of the whole thought. One dream that I had was like seeing *this*. We look at dreams in our awakened state here, but in that dream I was aware of seeing this

plane from that perspective. And it was not even black and white, but just gray. It was like this was so shallow compared to the depth of realism that is on the other side. I felt really disappointed in this whole plane of existence. And I just didn't want to stay here. I began to read a lot about these things and the more I found out, the more I wanted to leave here."

The idea of suicide was not entirely new to him. It had come into his thoughts several times during his life, but only in passing, never as anything to be taken seriously. But now his periodical depressions were becoming more frequent and lasting longer. He described it as, "just a vague kind of haunting feeling. Like this life, it's amusing and can be very trying and frustrating, but it really didn't hit me like this is where I'm at, where this is my home. I've never felt like this was home to me." Instead he began to feel a longing, an odd type of homesickness for this other plane that he had been allowed to glimpse. Since none of it made any sense, confusion and depression became his companion.

During this time he decided to return home to pick up his motorcycle. He had everything going for him. He shared an apartment with his sister, and had a very good, responsible job in a management position over several other workers. He did not lack any of the creature comforts which we consider to be necessary to our lives. But it was not enough.

He thought the trip home would make him feel better but the depression was still present. His twin brother decided to return with him as he hauled the motorcycle back to California. No one in his family was aware of anything being different. Phil had always been quiet and moody. But as he loaded up his belongings he picked up an unusual object, a hypodermic needle that his family used to give their animals shots. He stuck it into his suitcase, giving himself the excuse that he might have a use for it someday. This demonstrated that some part of his being was searching for a method of suicide and preparing a way, even without him being consciously aware of it.

There was something about California. He felt so isolated and cut off out there. Even in a crowd he felt alone. When he returned there the depression became stronger until it was all-consuming and encompassing. Even the presence of his brother and sister made no difference. The feeling of being out-of-place, of something not being 'right,' was gradually getting worse. "It was always there, but before it was never something that I felt like I couldn't handle. It wasn't a

constant thing. I'm a very moody person. I feel my moods very intensely. For no reason I would just start feeling very blue and melancholy. But at that time I was feeling it especially strong out there in California. It was all of that tied together and the depression, and I decided that I really just wanted to go over to the other side and stay. That I had lived enough life and had seen enough that I was ready to call it quits."

He went to work that day but he began to feel very emotionally drained, very depressed and drawn out. He knew he couldn't do anything at work; he didn't *want* to do anything at work. He made the excuse that he was sick so he could take off and go home. It was nothing physical, it was all emotional and mental, but he really wasn't feeling well at all.

At home, the plan that had been forming in the back of his mind began to surface. He found the shot needle and after rummaging around in the kitchen, he found a bottle of PGA (Pure Grain Alcohol) a very high alcoholic content whiskey. He filled a pill bottle with the whiskey and stuffed it and the needle in his pocket

Phil rode aimlessly on his motorcycle with his mind only occupied with his plan. "I've heard of people doing it in a very flashy way like jumping off of a building with a big crowd and all that I didn't want anybody around. I thought that it was a very private thing that I wanted to do, and I was looking for a very isolated spot to do it in. I was serious about it. I'd made up my mind that I had had enough. I was just tired of living ... just *tired*, period."

He really had no idea where he was going, until he came across a small winding, overgrown path that led down to the beach. There was a chain across the entrance and just barely room to slip his bike through. The path was so narrow that it would have been impassible for a car. It led to an abandoned group of cottages in an isolated cove. Years ago it had probably been a summer resort, but now it was just 12 small cabins that had become dilapidated and were rotting away. The cove was surrounded on three sides by high bluffs, and on the fourth was a very clean, sandy beach. The only entrance was the narrow winding path. The setting was perfect, complete isolation, no other living soul. He would be alone with his thoughts and his purpose.

For a while he lazily explored the deserted cabins, strolled along the beach, skipped stones into the surf and just enjoyed the sun. But the haunting reason for his being there would not lay dormant. It

resurfaced and his mind kept returning to his plan. He told me resolutely, "I got the vial out, and loaded up the syringe with the whiskey. I sat down on the sand, staring at the needle and thought about it for awhile. I wanted to be sure if that was what I wanted to do. I didn't want to feel like I was being pressured or, for some reason, I was doing this wrong. I decided I had the place and the stuff to do it with and if I was going to do it, there would never be a better time. I was very firmly committed to going through with it."

Some people have said that injecting alcohol into the vein might not be enough to kill. Others have said that it depended upon the strength of the alcohol, the amount injected and the body weight of the person and other variables. So this point is debatable. Phil said it never occurred to him that it would not work. He never even considered that possibility. I believe the important thing is that he had made a commitment to kill himself. The method, although unusual, is not the important issue. He had picked an isolated spot, so isolated that this body probably wouldn't have even been discovered for a long time. The fact that there was no one around to stop him showed how serious he was about it. No, the only way he could be stopped from taking his own life would be if something other than a human, physical agency were to take a hand.

"I put the needle in a vein in my arm ... and had my thumb on the plunger." He paused as he remembered the event. "And then I thought of my brother, my twin brother, and that's really what stopped me. I thought I had considered everything, all the possibilities and weighed all the pros and cons. But suddenly I saw my brother's face. It wasn't any particular thought. It was just thinking of Paul and whether I really wanted to leave him or not. Whether I could do that to him. What would he think of me and how would he feel afterward? And so ... I pulled the needle out. I looked at it and I felt shame and **disgust**. I felt like I had betrayed myself somehow by even going that far.... And I threw it all, both of them, the vial and the needle, out into the ocean."

Phil felt cleansed, relieved, somehow reborn. But this was not the end of that story. When he returned to his sister's apartment, he found out that another drama had been played out a few miles away on that same beach at the exact same time that he made his life or death decision.

His brother, Paul, had been scuba diving and had gotten caught in a rip tide. He was being pulled under and was drowning. Then

by some miracle he could never explain he was barely able to climb out of the surf where he collapsed on the beach in exhaustion. Was it coincidence? Phil does not think so. He said, "I truly feel that if I had decided to go ahead and leave, that he would have drowned too. But I don't know. It could have been the other way around. Maybe I was putting myself in a situation to be ready in case *he* drowned. We've been very close, being twins and all, but we have never really been all that psychically connected. It's like we had both gone all the way to the very boundaries and turned back at the same time."

Coincidence? Who knows? There is one theory that identical twins are parts of the same soul. I have learned through my work that before entering into a life, certain contracts and commitments are made with other people, especially those within a family group. They may have agreed to stay here only as long as each mutually wanted to do so. Whatever it was, it had a definite influence in changing Phil's mind about leaving this life.

Another strange experience happened that night. Another incident to cap off a very unusual day. When he went to bed he had a very powerful out-of-body experience. I came up out of bed, saw myself and went up through the sky and even up way past the earth. I remember looking back and seeing the Earth behind me growing very small. And then I don't remember any more. But I can remember waking up and I knew that I had been somewhere. It was like I had taken my full consciousness somewhere else. Whatever occurred that night, I knew then that I had to stay. I don't remember what happened out there but I knew that it wasn't time to leave. And that I shouldn't make myself leave. When my time is up, it'll happen. I've never really felt that I have some particular mission or goal in life, other than just being here and doing whatever I'm doing at the time. I feel like I'm supposed to just *be* here. There's no doubt that just knowing about these other planes enriches *this* life and helps in dealing with it. But yet at the same time you're acutely aware of the shortcomings of this life. It pulls you up by the bootstrings and forces you to become more responsible. Once I made that decision to stay here, I had to accept this life with all its shortcomings—this plane of existence. So, in that respect, I'm very glad that I did what I did. That I came that close."

I thought that Phil was making an important point. There must be other people who have the same kind of feelings. He said he never suspected that he was any different than anyone else. He just

felt uncomfortable most of his life. Finding out he was alien was a surprise, but not a shock, because he felt it helped explain his life and maybe at last he could understand why he was living here at this time.

It would appear that if imprinting is a fact, then it is not a fool-proof system. There must be many others who have committed suicide that could not be traced to any traumatic event in their life but simply because of these vague, out-of-place feelings. Like Phil, they could not understand these emotions well enough to describe their dis-ease to someone. This may be more common than we think.

These sessions had been full of surprises for me, but if Phil was gaining insight and help from them, then they were important.

CHAPTER 0

THE BREAKTHROUGH TO THE THEE SPIRES

MY WORK WITH PHIL was progressing quite well and each session held many surprises. I had never worked with a subject who regressed in the manner that Phil did. My best work had always been with somnambulists, the type of subject who can totally transform themselves into the past-life personality and remember nothing upon awakening. Their conscious minds are completely suppressed, they are totally immersed in the past personality and time period and nothing else, especially the life they are currently living, exists for them. My work with Phil had been unusual because he was able to disassociate his conscious mind to a remarkable degree and answer questions objectively in the manner of a somnambulist. But the trance state was not absolute and he could still relate to his present life and draw upon his conscious experiences for comparative information and analogies. He remembered a great deal of what was going on during the session whereas a somnambulist remembers virtually nothing. This type of hypnotic trance where information comes through a vehicle (body) as though directed from another entity or group of entities has become known as channelling. I had heard of it but this was my first personal experience with it.

I asked Phil what he felt when this was occurring. "Do you feel like you are being pushed aside and merely watching with no control over what is being said?"

"No," he answered after pondering the question and trying to think how to explain. "That wouldn't be accurate. What I feel like when this is happening is not that I'm being pushed aside, but that I'm being expanded. My awareness is being expanded, and yet

centralized. So that I'm tuning in very closely to these impressions that are being given to me, and then I interpret from a concept to spoken words. I've noticed that my speech pattern is different when I'm doing this. It's like I don't have to stop and think what I'm going to say because it's all already there. It's given to me in a lump sum and all I have to do is to interpret the concept that's being given. In that respect it makes it a lot easier than normal speech. Because you don't have to stop and think about words to use, or you don't have to think of the concept that you want to say. All you've got to do is find the proper words. It seems to be a very spontaneous thing. I don't believe I could *make* it happen. There's something else, another process at work here. But when it's happening I can only interpret the things that are in my ... vocabulary, my life's experiences and my familiarity with words in the English language."

"I believe it's much more complicated than people think it is. Do you ever feel that this is only coming from your imagination?"

"In the beginning I wondered about that a lot, because I have a very vivid imagination. All the while I was seeing it, I was questioning whether this was imagination or a dream or just something that I was making up to satisfy your wanting to know something."

"But if that were the case, why would you bring up scenes that you didn't feel comfortable with and didn't want to explore?"

"I didn't even think of that. It never occurred to me. I was just questioning where it was coming from. I feel it would be very easy to give an entirely different interpretation and embellish if I wanted to. But for some reason I can't do that. It's as though I *must* interpret as accurately as possible what I am seeing. I couldn't change it and inject my fantasies even if I wanted to. It doesn't work that way. There seems to be a very slight difference between what *this* is and what imagination is. It's very difficult to tell if you're imagining or creating this in your own mind or if it's being spontaneously produced. But with practice you can tell when it's being spontaneously produced. I don't think there's any way I could describe it with words. It's just that when someone starts experiencing it, with trial and error you begin to feel the very, very subtle difference between the two. It's a matter of really ... letting go. I don't know how else to describe that. But it's like just trusting what it is and not trying to rationalize anything, just saving what I'm seeing. And let it come out without trying to offer any rationalizations or justifications or anything like that. You have to just go with it and just trust it."

"Yes, I would think that if you were imagining, you would have more control over it and be able to mold it into what you wanted to see, like when you were having a daydream."

It was obvious from his description that he was certain this information was not coming from his own imagination but from somewhere else, a somewhere that he did not have control over. He also said that when he was shown a scene, there was a great deal more in it than he could relate to me, a vast amount of detail that he did not tell me about. He felt he could only answer my questions literally. He often wanted to volunteer information about what he was seeing, but if I did not ask the proper question, the answers would not come forth. I believe this also shows that his imagination is not at work or he would want to embellish and embroider everything he told me. This proved to me something that I have known for a long time: that the entire process rests on the questioner. The right question must be asked to obtain the right answer, and thus the type of questions which are asked become extremely important. In the case of regressive hypnotic research, questioning becomes an art.

I also suspected one reason Phil behaved differently from any other subject I had worked with to this point was because he was a different type of soul energy, one from the stars and other dimensions and not primarily of this earth. Maybe this was one reason he would not allow his conscious mind to become detached completely.

Each session was allowing the other energy to become stronger and more memories were being awakened, both to his surprise and mine. Phil was also becoming more intuitive and psychic in his everyday life. I don't know how long we would have gone along getting the type of otherworldly information in the past chapters, but again, something unusual happened.

My friend, Harriet, a fellow hypnotist who had worked with me on several occasions in my regression work, was present during this session. I was always aware that her energy somehow added the significant "something" that was missing. Good and strange things have always happened when she attends a session. She is like a battery, supplying extra energy for both me and the subject to draw upon.

As the session began, the additional "something" that her presence contributes worked well. Maybe a little too well, for the extra boost caused Phil to break through to a very emotional scene. As the elevator door opened, he saw three towers or spires. He described them as tall, smooth-sided and pointed, standing side by side. They

were arranged in graduated sizes with the taller one on the right (*See drawing.*)

I did not immediately realize the significance of what he was describing until I noticed tears had begun to flow from his eyes. He had never shown any emotion in regression before, and this is always a sure sign that something of importance has been encountered. But what could there be about three spires that could cause an emotional reaction? He spoke the next words with great feeling in a quivering voice, "This is *home!* This is *my* home!"

The words sent chills through me. This was definitely something very important to him. I asked for a description and hoped he could reply in spite of the feelings that were welling up inside him.

P: I'm looking from a distance across a green field at the towers. They're by themselves. They're a monument... to this civilization.

His voice bore no resemblance to Phil's normal voice. It was the voice of someone who had come home once again from a long, long journey. I was hoping to talk him past the emotion so he could explain why this place was affecting him so much.

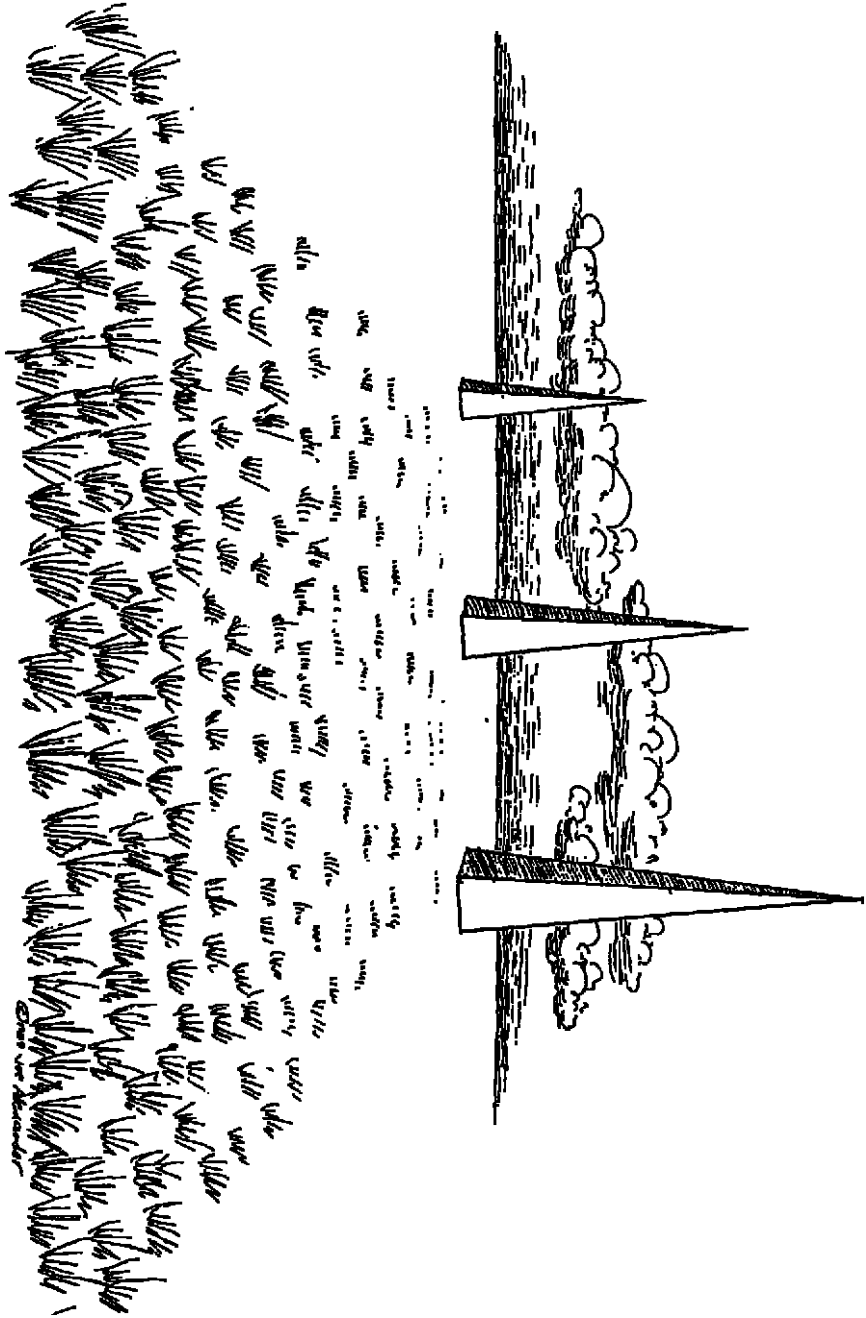
D: "This is a monument?"

P: (His voice quivered and he had difficulty forming the words.) This is more than a monument; it's an antenna of sorts. This is a focal point for planetary communications from this planet. This is the focal point for me, for what I would focus on for this planet

I still could not understand what he was trying to say. Why were the three spires so important?

P: This is my home! This is where I ...

His voice broke down. He was crying and obviously experiencing something very significant. Later when he awakened he said he felt such a strong rush of love and longing for this place that it overwhelmed him. He knew beyond a doubt that he had returned home, and the word never had such a beautiful meaning. He knew it was his true home and that subconsciously he had missed it very badly. In a rush of intuitive knowledge he knew why he had always felt so out-



of-place. Earth was not his true home; but instead this strange planet with the three spires. The breakthrough for him was tremendous.

D: *Do you feel like talking about it, or do you want to remove yourself from it?*
P: I would like to experience it. It's just difficult to talk about.

I always give the subject this alternative when they encounter something traumatic. They can experience it or not, as they choose. If they feel uncomfortable or bothered by what they are seeing, I allow them to back off until they feel they can handle it comfortably. This had already worked successfully when Phil first encountered the scenes of other worlds.

D: *If it bothers you, you don't have to look at it. Do you think there is something to be learned from this, by talking about it?*
P: (Very emotionally) It's a homecoming!
D: *If you want to experience it as an observer, you can do it that way.*

He objected strongly. "I would rather feel it!" This was out of character for Phil. He had always had difficulty openly expressing his emotions. He tended to cover them up and would not even allow his family to see this side of him. This was strange behavior and I decided to proceed with caution and allow him to experience this since it seemed to be very important to him. But at any sign that he could not handle this strange place, I would have immediately removed him from the situation.

D: *If you feel you want to talk about it, that is good. It must have a reason.*
P: I'll just explain what it means to me. You can make of it what you want. This is...

His voice broke down again. I gave comforting suggestions. He began to breathe heavily as though he was trying to hold back deep feelings and not cry openly again. I told him it was good to talk about things and get them out and try to understand them.

P: (Still sobbing) I'll be okay.

Somehow I had to get him into an objective position removed from the emotions.

D: *Were you happy there? Is that why it's a special place?*

P: Yes! (Sobbing the words) I've missed this place intensely for a long time. It was a wonderful hour of parting. But it was for the good of... all. For me it's very important! ... This was and is, my home! A planet where I ... or a place where I am a part of.

D: *I think we all feel that loneliness sometimes. We all have places like that that we miss. Is this the same place we spoke of before?*

P: This is not a place you and I have touched on. This is ... my... home!

Every time he mentioned those words he became emotional. His feelings were intense.

D: *Is it a three-dimensional place? (Yes.) Is it in the same area as the other planet we talked about?*

P: Somewhat.

D: *Why don't you describe it to me—that way you can be less emotional.*

P: Much like Earth. As I said before, I chose to be here because this planet Earth is similar to these other places I have been. It's possible to go to another planet which is or could be alien or different.

D: *That makes sense. You would want to stay in surroundings that were fairly familiar to you.*

P: The area where I'm speaking of is a plain, a green flat plain with the three spires. They're square, four-sided and rise to a sharp point I'm not sure of the material. It's off-white, dull white. There is nothing else in the immediate area. They stand alone.

D: *You said it was an antenna, but it's also a monument? Do you know what it is a monument to?*

P: It has a symbology for the three evolutions of this race. Each evolution higher or more advanced than the previous. There will be a fourth added at a certain point as the next progression is made. So this is a monument to the progression of this race.

D: *They know when they have reached the point of evolution when they should build a monument?*

P: It's understood. It's intuitively known.

D: *Could you describe the people who live here?*

P: They are not physical three-dimensional sex creatures. The need for procreation is a physical aspect of incarnation. The necessity of it is obvious: in order to sustain the population, procreation or

mating is necessary. On this place it is not necessary because the physical bodies are not housing the soul energy. The energy exists without a physical body, therefore it is not necessary. This is an energy planet. A three-dimensional planet but one which is inhabited by energies. This is an example of energy-bonding, wherein energy forms create the environment in which they wish to or need to live, in order to sustain their purpose. This is simply a form of procreation.

This sounded different from the fourth-dimensional city he had described before, because there, everything, even the planet, was fourth-dimensional or energy.

D: I didn't think that occurred in a three-dimensional physical place.

P: The planet itself is three-dimensional. The beings which inhabit the planet are of a spirit nature and use the planetary energies in whatever manner they need to, to accomplish their purpose.

D: Then the bodies are not true physical bodies as we know them?

P: That is correct. There is no corpuscular aspect to this being. It is an energy complex, of which there are many different forms, even on this planet. The form is a reflection of the purpose to be completed or the job that needs to be done. It is a uniform, if you will, of the job that is in progress.

D: I'm trying to understand. I thought if a person was pure energy, they would have no need for a body or a form.

P: There is a misunderstanding here. There is such a thing as an energy body, if I can elaborate. The entity itself may draw many various energies around it to form a body of energy, which is not the same as a physical body. The energy body would have no physical dimensions or properties. It is pure energy. The energy which surrounds the entity is not the entity itself, it is a shielding or a vehicle of energy for the entity which is also energy. Does this clarify the picture?

Again I was drawn into a line of thinking that was complicated and over my head. I could not comprehend it, so I chose to change the subject.

D: Then your population would be fixed?

P: The population varies because of some coming and some going.

There are those who visit the planet also. You can use the analogy of immigrants to this planet Earth or this country. The population varies because some natives leave and some foreigners come in. So the population is always in flux.

D: Are the foreigner the same type of beings as you are?

P: You mean, are they of the same energy level? They would be of the same levels, but they would be from other areas. They would be visitors.

*D: Would that cause any **problem** with them adjusting to your way of life?*

P: There may sometimes be problems because of a new way of doing things, so to say. But it's for the learning experience that it happens, so it's good that it does happen, even though it may cause discomfort. The word "stranger" does not apply on this planet. The general outlook would be that anyone you meet is a brother or a sister. You may not be from similar backgrounds but there is no animosity to someone you are not familiar with. This is the idea behind unconditional love. You may not know them from Adam, but you love them.

D: When the foreigners come, are they also without the need for a body?

P: Yes, that's true.

This concept was difficult for me to grasp. I was glad that Harriet had a question.

H: How does one know another person then?

P: If you or anyone in this room were sufficiently intuitive, each of you could be blindfolded and put in a room without seeing who you were in the room with. The intuitive recognition is the force at work here. There is on the energy level a universal awareness of the identity of other energies. Without any physical features or identities, it is and would be possible to recognize who you are with. We perceive each other as personality. The concept is difficult to relate, because all concepts must be based on a physical reference of which we are familiar with. It is very difficult to base a spiritual concept on a physical reference. But it can be said that there is a total recognition instantly. It is not a physical sight, but an all-encompassing knowing, a blending or recognition.

H: That's what I was wondering if you saw each other the same way we do.

P: It is much more than merely seeing. It is a merging of sorts, of becoming or sharing the energies and not merely observing.

H: Was this planet your home for a long time?

P Yes, I was there for many eons. An eon is simply a description of a large amount of time. This description is simply to try to give you some idea of being on the planet for much time—a long time. This is somewhat inaccurate because there was no concept there of time passing. It would be more accurate to say there was much involvement for me on that planet, a working relationship with the civilization. I have worked there in many different forms and in many different ways on many different levels.

*D: I'm **tring** to understand the properties of this planet. Do you have cities that you live in?*

P: There is nothing. If you were to find yourself on this planet, you would see no cities, no buildings, nothing but natural vegetation like grass and a small amount of scrub or brush. However, this is insignificant because the whole point of being there would be missed. There is far more that you couldn't see than there would be that you could see in a mortal sense. You must think of this in terms of energy. This is not a physical civilization, this is an energy civilization. The planet itself is there, it is three-dimensional. You could reach down and pick up a handful of dirt on this planet. The spires are physical. They are three-dimensional and made of material from the planet. However, the civilization which inhabits this planet would be invisible to mortal eyes. You would be walking through the civilization and never know it. You would be in the midst of a civilization and never know it. Even as we are right now. There is a civilization of spirits and energies around us right now in this very room in this very place as we speak. We are unaware of it for the most part.

H: Do the spires serve another purpose on that planet besides being a monument?

P: These are, as I said, two-fold. There is an antenna effect of the spires, similar to the pyramid affect on this planet. The energy is of a much higher level which necessitates the physical shape of the spires. I don't know if you will understand, but in electronics the shape of the antenna is designated by the frequency of the wave or waveforms which it transmits or receives. The higher the frequency, the shorter the antenna. And in the same manner these spires are antennas exactly like the pyramids here on Earth. But they are for or of a different frequency and so they are spires instead of pyramids. They are specifically for the planetary

communication of which we spoke earlier. The secondary purpose of these and a minor aspect of it, is a tribute to the evolution of the three civilizations that preceded. It is a tribute to the struggle or effort of that civilization—much as the skyscrapers are a tribute to the evolution of humankind's technical prowess on this planet. The idea is the same.

D: When the civilization first began to evolve on that planet, was it in different form than it is now?

P: The civilization did not start on this planet. It had started in three-dimensional form on another planet and had progressed to the point of never needing to be in physical form again, and was then moved to this planet.

D: Then these spires are monuments to the times that the civilization evolved to that point.

P: In a secondary sense, yes. Earth is progressing in the same manner. There is coming a time where the souls of this planet will never need to incarnate in physical form again and will move en masse to another planet in order to continue their progressions to the Creator. This is what Earth is progressing to or through now.

D: Why would we have to move? Why couldn't we accomplish these things on Earth?

P: Would you like to stay in your third grade classroom and take fourth or sixth grade classes? Or would it be better to be in a new environment and start with a new frame of mind? If you were left in the same classroom, you would tend to think in the same terms. The frame of mind is very important. Rather like graduating to high school and then going to college and changing buildings each time. The physical move to the other buildings does affect the thinking and the attitude toward learning.

D: If you stay in the same environment, you don't grow. Is that what you mean? You need the challenge of something new, a new place, new surroundings.

P: New surroundings are very important to progression. Reminders of the past inhibit looking to the future.

D: Well, what about what you're doing now by remembering; is this going to bother you?

P: Certainly not. We are not in our past here. We are in our future but looking back, which is healthy. To remember the past, however, one need not relive it nor dwell on it.

D: Try to learn things from it and go on from there.

- P: This is an experience for me wherein my past is integrated with my future. This is my integration on this planet Earth.
- D: *Then the other planet we looked at before, although it seemed to me to be highly evolved, was not anywhere near the planet you're speaking of now.*
- P: That planet was an abstract of the relevant ideas. It was not time to recall totally. It was based on fact; however, it was not the ... total truth. It was the edges of the cake, so to say, without having the whole cake. The crust versus the cake and it satisfied its purpose at that time.
- D: *(This puzzled and surprised me.) It was not really an untruth, it was just...*
- P: The truth in measured doses. It was pieces of the whole picture. It was important for Harriet to be here before I could recall the whole experience. She supplied the extra needed energy. I was not whole until now and so, it was not time without being whole. The information was of actual places, yes. The experiences are true. The idea of it being in another place is an effort on your part to condense this to black and white. Please think of it in terms of gray or different shades. Information was asked for. There could be no total or whole disclosure, so only as much was released as was allowed at that time. It was accurate in part, but not in whole. If you need a label of truth, it is truth. It may be partial truth; however, it is in itself truth. Does this make sense to you?

It really didn't. I am used to things being black and white and not having gray areas.

- P: If someone were to describe a story of an actual event of something which happened to them but they only told of certain details of this event, of only the parts which they felt comfortable talking about, would the parts in themselves be truth? The pieces of the story which were told were in fact merely pieces of the whole story. The perception, that is how you or each of you would perceive, is beyond my ability to diagnose because that is something only you can determine. All I can say is, it was merely pieces of the whole story. How you perceive them is entirely up to you and your experience or knowledge or feeling at that time.

Thus it would appear that the story Phil had given me of his life in the strange city was truth to a point. But there must have been

much, much more beneath the surface that for some reason he was uncomfortable relating to me. This would have been especially true in the beginning of our work when his subconscious was just starting to allow the release of information. It allowed only those things to come through that it felt Phil could comfortably handle. We never did return to that life to discover just what it was that he had kept hidden. We had many other avenues to explore. I returned to trying to understand this energy civilization on a three-dimensional planet.

D: Then I am correct in assuming that the evolution that that civilization (Three Spires) has presently reached, they would need no food or clothing or housing of any sort. They have evolved beyond that.

P: Not entirely. As we discussed earlier, there are even within the civilization itself, levels of advancement where some are more advanced than others. The civilization as a whole could be taken to be more advanced than the human civilization at this point. There are achievers in all civilizations where some evolve more quickly than others. And so the slower or less achievers tend to need, possibly, things like food or shelter or clothing and they create that which they need. So it is not entirely accurate to say that they don't eat, they don't drink, or they don't breathe because their experiences are very real. They are not three-dimensional, but they are no less real.

D: These beings that need these requirements, are they aware of the other beings?

P: Certainly. Professors are aware of illiterates, and the illiterates are certainly aware of the professors.

D: I see. I thought they might be different in a way that they wouldn't know each other was there.

P: The race is conscious of itself. There are levels above that race that they may be conscious of but unaware. They may know that these exist; however, they may not perceive it, and so it goes to the level above them and the level above them.

D: This is getting a little complicated. But if they need food or anything like that, they can create it with their own minds. The more highly evolved find no need to create these things?

P: That could be said. However, a want for food is not necessarily an indication of evolution. It may simply be a pleasure and there is nothing wrong with pleasure. Entertainment is also healthy. It need not be considered damaging to one's evolution to be entertained. If food is entertainment and not necessary or craving, so be it, to each his own.

- D: Then the *beings* there would not be born, as we understand it.
- P: Exactly. There is no physical birth or death, simply a growing in awareness.
- D: Is this what you meant when you said before that they merely formulated and deformed the bodies when they wished to go on?
- P: In the fourth-dimension that is accurate.
- D: Some people want to live forever. So I couldn't see why anyone would want to deformulate if they had the power to continue in that form. Why they would want to change, to die, so to speak, and go on to something else.
- P: Do you understand now?
- D: I think so. As you said, it would get boring, there would not be the challenge anymore.
- P: Yes, if the lessons you were learning were finished, then there would be a casting-off of the experiences which taught those lessons. And an assuming of new experiences to learn the new and more advanced lessons. It is simply climbing ladders, if you will, where each level of experience is in growing in awareness from the one below it. And so the surroundings which will be the catalyst for these experiences will be discarded as the new experiences are needed.

I began to feel that I would be unable to come up with any more questions. I was unaccustomed to speaking along these lines. I feel more at home delving through history, looking for something that can be checked and followed up on. In this way I feel more in control and can plan the course of future sessions. This metaphysical dimension with its strange and unfamiliar concepts was out of my range. I had no idea of what direction the next sessions should take. This was the reason for my uncertainty as I asked my next question: "What would be the purpose of pursuing this line of questioning?"

- P: Have you been made more aware of what's going on in the unseen worlds?
- D: I think so. It will take time to absorb it and by to understand.
- P: Then the purpose has been made.
- D: Would there be a purpose in continuing?
- P: Certainly, if one wishes. If one wishes not to, then so be it. There is no dictate or command or law which says one must do this or that. It is what one wishes to do or feels comfortable with. There is much to learn and we have much information we can give you. You have more questions than can be answered, but they must be

from within and not from without We would hope that this does continue.

It would appear that Harriet had unknowingly allowed Phil to tap her energy, thus acting as an excellent battery. Maybe without her backup, this breakthrough would not have been possible. Harriet occasionally sat in on other sessions but her presence was never absolutely necessary again.

When Phil awakened, he sat thinking about his strange emotional reaction to the sight of the Three Spires. It did not bother him once he was conscious, but he felt a lingering feeling of melancholy. He tried to explain what he felt. It was very real. But in a way I am sorry I tapped into that. I don't know quite how to describe it. It is a very bittersweet feeling. On the one hand I have the very strong feeling of being there, and I'm sorry I remembered that feeling because I had forgotten it and the pain had ceased. But yet on the other hand, I am so glad to have been able to recall that. ... I suppose you could compare it to seeing someone whom you had loved very dearly and had a very close and very loving relationship with years ago. Like two people could have been very, very deeply in love and then through some situation they had split up or had to go their separate ways. You've completely forgotten about them and gone on with your life and experienced a whole bunch of other stuff. They have been way back and you never even thought about them in years. And then, out of nowhere, you see them and meet them again and all those feelings come right back. Yet, in a way, you feel very sorry to have seen them again. But in the same breath, you're very glad to see them again. Of course, I haven't ever experienced anything like that but it was that kind of a feeling. I feel sad, but now I know I can go back. I mean, I have never really left there. In one real sense, it is like I have left there only in my attitude. And I feel happy to know I have found it again."

This had been a strange session. His reaction was totally unexpected. Normally the sight of a scene containing three towers would not emotionally affect someone, unless of course they had strong personal ties to that place. This adds validity to the regression. Even his explanation of his feelings is complex and not the type that would ordinarily be fantasized. I believe Phil actually did unearth a real place where he had experienced many "lifetimes." It seemed more of a home to him than Earth ever could. Maybe this was the place he

was unconsciously trying to return to that day on the beach when he almost ended his life. If so, he now realized he had not **truly** lost contact with it. He could return to it any time he wanted to with his mind. Even though the initial feeling was bittersweet, he had begun to find peace at last. He was beginning to understand himself.

We had opened the door and we were to return to the planet of the Three Spires many times to gain information of much importance. The way had been cleared for the fluent exchange of knowledge.

CHAPTER 11

RUSHING TO EARTH'S AID

PHIL'S ABILITY to enter into deep trance and answer a variety of questions had become more and more evident. The presence of other people such as Harriet seemed to provide the boost that was needed to really open up his facilities. He seemed to become more at ease and more lucid the longer we experimented. But he was leading into areas that were foreign and confusing to me and I was running out of questions to ask. I was used to exploring history through past lives, not dealing with abstract, philosophical ideas and totally unfamiliar concepts.

During this time we all had been attending meetings with a group of people who were interested in psychic and metaphysical topics. These meetings were held quite informally at a private residence. There often was no scheduled format and those attending would discuss whatever subject happened to be brought up. Since Phil knew the people, I thought he might feel at ease if I put him under during the regular meeting. He was not seeking notoriety; this was a very personal thing to him. Thus very few outside this group even knew what we had uncovered. My suggestion to put him into trance in public was not intended for the purpose of putting on a show. It was mainly to help me get a different perspective of this new phenomenon. I thought it would be interesting to see if he could answer questions from a group. This would give me a chance to sit back and evaluate and think of the direction our work should take. This session was an experiment and we didn't know what kind of questions to expect, or what kind of answers either.

As might have been expected, many of the questions asked by the group were of a personal nature. People took advantage of the situation to see if they could get answers for problems in their lives. And

Phil was like a baby beginning to take his first steps, groping to discover what he could do and how far he could go as he became comfortable with this new-found ability.

There were about ten people at this first session, but later the group grew to almost 30 as curiosity-seekers learned of the experiments. I didn't know at the time that Phil would become so popular at these meetings that it would be many months before we would be able to have a private session again. By the time we again met in private, I was looking forward to it because I had found the group sessions were not the conducive atmosphere for my type of work. There was no chance to expand upon an interesting idea or question that someone had brought up. I could only make notes of things I wanted to pursue at a later date. At least I became more at ease with this type of channelling.

The following is some information pertinent to this book that came through during the group sessions.

When the elevator door opened and he saw the strange planet, Phi. again exclaimed, "It's home! It's my home!" This time he was not so emotional. It was just an accepted fact, a welcome one. He was asked to describe and explain the meaning of the three spires.

P: The Spires represent three separate levels of achievement for the peoples on this planet. There was a transition from the physical to the spiritual. For the entire population no longer needed to be in incarnate form and migrated en masse to the other dimensions. The migration was from the physical to the ethereal or spiritual. The population remained on a physical planet; however, they no longer needed to be in physical form. This is the meaning of the first spire. The second spire is a level of achievement on the spiritual plane. A graduation from the lower to higher energy levels. This is not something that would be apparent to physical entities. The third spire is the achievement which has been accomplished at this point in time and is simply another graduation.

D: *Did something happen to trigger this? Something that made them decide to "graduate"?*

P: Not so much triggered or made, but accomplished. The evolution was a by-product of the graduation, or an effect.

D: *They no longer felt the need to be physical or to be encumbered, so to speak? And they shed their physical bodies and became pure energy?*

P: Exactly.

D: Can you tell me what type of energy you were?

P: There are many different types of energy. A discourse into the details of the peculiarities or differences would be meaningless.

D: I have heard many people speak of light beings, energy beings of light. I wondered if it were similar.

P: A being of light is an energy being who must present himself in such a way as to become apparent to a mortal. In other words, to present himself in a way that can be detected by the mortal's senses. This is a manifestation of their outward appearance. The energy is of the universe. Types of energy are as varied as races of people or as grains of sand. Many different energies can be a being of light. This is merely one aspect of the perception by the mortal from a physical point of view, thus an energy can appear as light. A being could also be a being of touch or hearing. A being could be a being of snow, which is not unknown. Light is simply one of the five senses available to allow the human to know he is in the presence of an energy being.

D: Could these also be detected by our so-called sixth sense?

P: Certainly. There are many levels which the human has available but is merely unaware of. The light beings are simply using one manifestation which is common and convenient and familiar with humans.-The human will eventually reach a stage such as this, but it is not immediate. There is a climbing or acclimation which is necessary in order to shed the mortal customs or familiarities, and to become more accustomed to a being.

D: If you were so happy there, why did you feel a need to leave that planet?

P: The feeling was not of need. There was no needing or necessity, but a desire to assist. It was simply a choice, a free and voluntary choice. This was a mission which many have undertaken to assist. The purpose is the same as that of all others who have been drawn here: To uplift, to enlighten, to assist in any way at any time. We could use parables again. When a son or daughter leaves home for college, it is sad because home holds such an emotional tie. But it's also beneficial to leave even though the attachments are so strong. So this would be an analogy of leaving home to go to school. This is a learning experience.

D: The spirits from your planet were told to come to Earth to inhabit the bodies here and help the planet?

P: To be told is not accurate. It was entirely voluntary by all who are

transmigrators. There is not a single star person on this planet who did not wish to be here. It was completely voluntary. The situation was presented. It might be described as an opportunity which was presented. Many chose, many more would have liked to have chosen to participate, but were unable to, for whatever reason. Some reasons were because of situations they were in at the time. They had not finished their work at that time, or there simply were not vehicles ready to accept that number of volunteers.

D: If the star people are coming onto Earth in such increasing number at this time and inhabiting human bodies, where are the native Earth spirits going to?

P: There is the assimilating of information on the spirit side, which is somewhat of a holding pattern for the entities. It is now time to let the star people into the physical. And so raise the consciousness on the physical level while those on the spirit level assess and increase their awareness of that side. So it could be said that the natives or "home team," as far as the individual vehicles they use, are in the dugout while the visitors are at bat.

D: Then they don't really go away, they just go into a holding pattern?

P: That is correct, or into the spirit envelope of the Earth.

*D: Well, wouldn't it be more or less a **come down** to enter back into a physical body?*

P: It would be different. This is a new and very worthwhile experience. It is not a matter of inferiority. It is simply a new adjustment to a new environment.

D: I thought it might be like going backward to come back into a very limited physical existence.

P: The experience here would not be undertaken if there would be no growth. So in this respect any hardship or discomfort is simply part of the experience or growth. Let me give an example. You're comfortable in your car on a hot, muggy day, and you've got your air conditioning on, or it's possibly raining. And you come upon a stranger with a flat tire. You might stop and get out of your comfortable surroundings, roll up your shirtsleeves and change that tire for the stranger who may be unable to change his own tire. You have assumed a somewhat more primitive environment than the one you have just left. However, the purpose is what is important here. The helping of the stranger advances not only your status but that of the stranger's as well. And so you may both continue on your journeys. If you wish to

paraphrase, Earth has a flat tire at this point, and there's a galactic effort in changing this flat tire. Soon Earth will be on its way, as will all of the helpers—These concepts may seem to be very advanced. If this will help you understand, paraphrasing or analogies are a useful tool in understanding these concepts. So if you wish for me to paraphrase, please ask.

D: That would be very helpful as some of these things are over my head. You said there is a galactic effort to help Earth at this time. Does that mean that there are other planets and other peoples also involved in this?

P: Certainly. Ours is not the only planet involved. This is a galactic effort. Earth's neighbors are rushing to her aid. The friends of Earth are many indeed. There is a common knowledge among Earth's neighbors of what is going on here. It is entirely voluntary to do this. There is a communication between planets of what is going on in different parts of the galaxy. And this experience is in that communication.

D: Can you explain what you mean?

P: Similar to short-wave radio, if you wish to use that analogy, where you can tune in to other countries and hear news of what's going on in that country.

D: Does this communication use a machine of any type, such as a radio?

P: There are machines which will do this. However, on the spiritual level one need only be attuned.

D: Earth isn't in this circuitry though, is it?

P: Earth is; however, there are no machines on this earthly level which will attune. It is possible to build these machines. There are many here who will have the knowledge channelled through them, but it is not time right now for this to be channelled.

D: Is this the same machine you spoke of earlier that used gamma rays instead of radio waves?

P: Yes, the gamma rays or cosmic rays are the medium of these transmissions. These are the, quote, unquote, "radio waves."

D: Yes, you told me before that our scientists were looking in the wrong direction trying to pick up communications.

P: The direction would be accurate, but they're looking on the wrong level. They're looking on the far lower end of the spectrum from where they need to be.—The vehicle (Phil) would also like to state at this time on viewing the three spires, what you might find an interesting piece of information. For your planet has a spire on it identical to the design of these three, and that

is the Washington Monument. The Washington Monument is functioning, as are the spires, as a transmitter. That is the purpose of having the buildings in Washington, D.C. no taller than the spire. For then the spire can be seen, and through the visual contact it is in communication with these individuals in Washington, D.C. (This was certainly a surprise.) The method of communication works like this: The spire is in conscious or subconscious view, as in peripheral vision and a link is made. This person's energies are then ... we hesitate to use the terminology "transmitted" or "received" by this monument. The true picture may be drawn as saying that this spire is in communication with the person's energies. It relays these energies outward from the tip and in this way those attuned with this spire are aware of the mood of the country. Washington, D.C., being the capital, is aware of the situation in the country, much as the mind or the brain is aware of the other parts of the body. Thus the capital then is the brain of the country and is constantly assessing its condition. This assessment is then sent out and an assessment can be made of the situation of this country from a distance.

D: Who is picking up these vibrations or whatever they are?

P: Your brothers in the universe are reading these messages. This is the universal transmitter on this planet, or *one*, to be exact. For the pyramids are of another nature but are one and the same, a transmitter.

D: Is it significant that both of these transmitters, the monument and the pyramids, are built of stone?

P: That is correct. The stones are ... we have trouble finding the proper terminology, but they are adequate in channelling the energies which are native to this planet. They would not be adequate for energies which are not native to this planet, for example.

It is interesting to note that the top of the Washington Monument is really a small pyramid.

D: Does the shape, the point and the four sides coming together, have significance?

P: That is correct. For there is a focusing effect which is achieved by varying the proportions of the sides to each other. In this way a focus is made, much as a lens or a prism would direct out its side

that energy which is directed into it from another.

D: *Were the builders of the Washington Monument aware of this when they built it?*

P: Not on a conscious level, for this was channelled energy.

D: *Do you mean the plans for the Washington Monument came to the builder subconsciously? He had no idea what he was really building?*

P: That is correct, for in his perception it was a work of art. He, in his mind, saw the shape of what he wanted to build and then endeavored to construct it to reflect that image which he had in his mind. And you can guess where the image came from. (Ah-ha!) That is how channelling works. An image can be planted in one's mind and then this person sees it and perceives it as his own idea or imagination. Often times it is merely imagination. Other times, in such a case as this, where the outcome has been already decided and is decreed, then one is used as a channel in order to accomplish the outcome which is desired.

D: *Then it was destined to be built. There was no way any human being could have stopped it. Is that what you mean?*

P: That is not correct, for as you can see through your history, many things have happened which stopped and retarded the forward progress. There is always the free will. However, in this case there was no attempt to block this endeavor and so it was accomplished.

This was an intriguing idea but it gave me the uncomfortable feeling we were being spied upon, or that they were eavesdropping on us. I wondered if other towers, such as the Eiffel Tower, were also transmitters.

P: It is to a degree, a transmitter also. However, it is not the same nature. It is not constructed such as can be received from a distance.

D: *What about Russia and the other countries; do they have transmitters similar to this?*

P: There are none others that serve to this extent. Not in the same manner as the Washington Monument. It is a transmitter for the world. For your country is aware of the situations of every other country, is it not?

D: *Yes, they think they are. They hope they are.*

P: We speak not so much of an intelligence gathering effort but of conditions such as weather, of humanistic conditions such as

starvation, torture, love, sympathy and kindness. An over-all picture of the world condition is transmitted. Were the world one universal planet of love and compassion an entirely different signal would be sent. So from this transmitter the brothers of the universe can watch as events unfold on your planet. During the assassination of your President Kennedy this signal went out and was received on distant planets. This is merely an example. It was of importance to all of our universe, for not so much personal reasons, but because it underscored the condition on your planet. So we looked with sympathy and heavy hearts on your planet.

D: *Then this is like a monitoring system so they can keep track of what's happening on Earth?*

P: That is correct.

I had been doing research on the atomic explosion at Hiroshima for the book I was writing at that time: *A Soul Remembers Hiroshima*. I wondered if the message also went out when that horrendous event happened and how it was viewed.

P: That was not only viewed, that was felt. For the atomic explosions disrupt the energy channels. Imagine if you will, a flowing stream, and suddenly a boulder is thrown into the stream which blocks the stream and causes it to change its path. This is somewhat of a crude analogy. The vehicle (Phil) would like to say that the boulder merely interrupts the stream, and so we shall say that the stream is temporarily diverted and blocked. This is an analogy to demonstrate the effects of atomic blast, how these work on levels far beyond merely the physical. For the entire universe is aware of these events. As in the energy streams of the sun, they are in balance and there is harmony. These nuclear blasts are pinpoints of disharmony which echo and reverberate throughout the universal energy as distant pings. It was sensed all throughout this local universe, and to a lesser extent on the more distant universes, for the effect fades with distance. These things are common knowledge through the communication circuits which are in place throughout all the universes. It is not limited strictly to planet to planet, planets and galaxies and universes, but from universe to universe as well. There are several levels of communications and these are capable of receiving these levels.

D: *You said "communications between the universes"? This is a new idea to me. I've always thought of one universe. Can you elaborate please?*

P: There are many universes. Many, many universes. Ours is one particular universe, or the universe we are in here now is merely one universe of many. There are many, many different universes. They are in physical space. The concept demands a very broad imagination to conceive of the distances involved. There are political ... political is not an accurate term, but is one which can be understood here. In each universe there are governmental levels which govern the individual and collective universes.

D: *Would this be equivalent to what people call God?*

P: The God, the concept of God is the sum of all, of everything. We are God. We are collectively God. We are individual pieces of God. God is not one, but God is all.

D: *Well with many universes, do you mean each has its own God?*

P: All the universes put together makes God. Each universe does have the awareness of God, although the awareness would be different in different universes as well as different areas in one universe. The concept of God would be different. The reality of God is unchanging in all universes, in all creation. God is, we are a part of God individually. But all of us together taken as a whole is what God is.

D: *Is this the force that created everything?*

P: That is correct. This is merely a manifestation of God.

D: *Do you know anything about the creation of the area we live in?*

P: The universe we here live in now is somewhat young. It has had a more than usual violence attributed to its makeup. Violence in a purely physical sense, regarding evolution on a natural level. There are many different ways universes are formed. This one was formed in one of those particular ways. In order to understand the different ways, a discourse on many different areas would be necessary because astronomy is involved, astrology, geology and many other sciences.

D: *There is one theory which they call the "big-bang" theory. It claims that our universe was developed all in one moment in an explosion. Would that fit in with what really happened?*

P: This was roughly true. It was not simply a big-bang because there was existence before the bang. The bang was merely a part of the whole creationary process. This big-bang was merely one aspect of the continuing evolution of the universes. The oscillating

universe theory is most closely or is the most accurate theory proposed on this planet.

D: *How are the methods decided as to how a universe will be created?*

P: These are sometimes determined for a specific purpose. The knowledge of how and why and when is far above any concepts we could discuss on this level. But there are levels of awareness which deal with these realities quite easily.

D: *What about us as individual souls? Do you have any information about how we **we** first created?*

P: Could you clarify what the aspect of your question is Which aspect of the creation are you asking?

D: *Well, we as individuals. I consider us to be individual souls. You said we were all a part of God, but do you have any information about how we came into being as individual souls?*

P: We were merely given personalization. We are merely pieces of God whom He has given personalization to.

D: *Why did **edivide off from** God, if that's a correct term?*

P: This was merely a part of the over-all plan. The grand, divine plan which only God Himself knows in fullness. Many know small details but none except He Himself knows in completeness.- The sum of all knowledge is God or the God concept. Merely being aware and open to this, one has access to unlimited knowledge. This knowledge simply is. Those of you in this room who would wish to open yourselves to this could receive this same knowledge at any time.

D: *Is it sort of **like** tying in through the subconscious?*

P: Through the human mind, that is accurate. Knowledge simply exists everywhere all at once. It is inaccurate to say that the information is kept here at the planet of the Three Spires. I am merely receiving the information from this point. This is my home planet from where my energy is manifest. The energy or information is universal and can be as easily received here on this planet by those who are receptive and open, at any time and any place. It is available to all creation.

D: *Did your planet and the other planets go through a series of evolutionary steps in the same manner that our planet is?*

P: No, not in the same way. Not with as much ... friction, so to say. It was an easier evolution. Not easy, but easier.

D: *It seems as though there would not have been as many challenges on your planet. It would be like a perfect world.*

P: Not at all. The challenges may not be the same, but they're challenges, nonetheless. They were just simply not the same as here. Perfect worlds really just don't exist for all practical purposes. In the evolving planes there are perfect worlds that do exist, but they're not evolutionary. The whole idea behind evolutionary worlds is to reach perfection. And once they reach perfection there is no need for evolution.

D: *Would that account for one of the reasons why you volunteered to come here? Because you did not have the same circumstances in your own evolution?*

P: This was something I didn't want to experience, but it is helpful.

D: *When you were on that planet you were pure energy. This might explain why you are more open to this information than those encumbered with bodies.*

P: This is true. The incarnation does tend to close off one's sensitivities. This can be overcome, however, with practice and training and faith. There are councils, for instance the universal council which is available for reference or questions.-There are many on other planets who would wish to experience and be a part of Earth's rebirth, who, however, cannot due to other commitments. So **many, many** others on other planets are vicariously experiencing each of our earthly experiences from a distance. This correlation is collected and distributed to many so that they may benefit from these experiences. We are players in a movie, so to say.

D: *You mean they are watching us?*

P: More so than merely watching, but experiencing. And so we are experiencing not only for our good but for the good of the universe.

D: *Why are they so concerned with us?*

P: Concerned is not accurate, interested is more accurate. Many could not be here who wish to be, and so the opportunity to observe and experience is made manifest. This is a great undertaking for Earth and this universe, a grand scheme in God's plan. This is merely one aspect of the whole scheme, but should not be underrated, nonetheless. Many other planets are observing with great interest what is happening here.

D: *Is that why they are sending these other energies (entities) here to assist?*

P: Yes, it's strictly a voluntary effort to assist a neighbor who is floundering (foundering?).

D: *How will these beings that are coming here be able to help us? Can you be more specific?*

P: The effort is subtle. We don't come in and knock heads and say, "This is the way to do it!" because that wouldn't help anybody. It would frighten and defeat the purpose. The reason for incarnating is to show an example from within the population and to work within the population, so that the effect is very subtle, but very complete. There are those who don't want help, who cling to the old ways. But that is entirely their choice.

D: *You said they know **what** is going on on Earth. What is going on on Earth? What is happening that they are so concerned about? Can you elaborate?*

P: The race is at the crossroads or the juncture of annihilation versus evolution. This human race could, without help, easily annihilate itself at this point in time. This, then, is the reason for the rush to help save a civilization. If your neighbor were about to commit suicide, would you not rush to help him or her? If you were at all capable, you would try everything you could, because you know that that is not the thing to do. Earth is at a point of suicide, or was headed to that point before the help was sent. And so there is a stabilization of this condition now occurring.

D: *Do you think they have the power to do anything to help Earth? Human beings are so stubborn.*

P: So are we! (Laughter from the group.)

D: *But if Earth were so stupid as to annihilate herself, would this affect the others?*

P: The other evolutions would continue, yes. So in that respect there would be no effect. However, it would be impossible to stand by and watch, knowing that one could do something. One's own sense of higher morality would dictate that one at least try to help, whether it be successful or not.

D: *Has anything like this happened before? I am thinking of the destruction of Atlantis in ancient times.*

P: There was a difference in that. There was not the threat of annihilation during the Atlantean times. There was ... shall we say, "discomfort" made in this home on Earth, but it was not as critical as it is now. This point we are at now is the brink of annihilation, of total annihilation of the human race, of destroying this planet, of literally killing this planet and all life on it. This was not the case in Atlantis, and so it was not necessary for the

influx at the Atlantean time. If no help were sent, can you guess where your destiny might lead you? In other words, do you have any idea what would happen if you weren't helped?

D: *Not really.* (The group made similar agreeing remarks.) *Can you enlighten us?*

P: The path that this civilization was on was total destruction by nuclear war. All-out, total nuclear war. The technology was spreading and is spreading still, to even tiny, underdeveloped countries. It doesn't take much imagination to see what would happen if one country, or even one person in one country started the war.

Even though this whole prospect was frightening, I decided to theorize. "Well, what difference would it really make if the world was destroyed? Wouldn't we just become spirits again?"

P: The time has not come for this world to be destroyed. There is a time, but it is not now. There's much learning, much good, much helping to come from this planet before it's time.

D: *Then there is a time when it will be destroyed?*

P: Certainly. But it will be a natural effect. This planet was not meant to be destroyed by its inhabitants.

D: *Are you saying then that when the end time comes, it will be another evolutionary step rather than mass destruction?*

P: Exactly. When the time comes everyone will be ready. This is nothing to worry about because of the time span. It will be thousands and thousands of years in the future. This planet is to be a springboard for all of us here, to jump off to other areas. When this planet's usefulness has run its course, it will be destroyed in a natural cataclysmic explosion.

D: *But the danger lies in humans doing it before the natural occurrence happens?*

P: Exactly.

D: *What would be the difference? It would be an explosion both ways, wouldn't it?*

P: We all die in our physical bodies. When we consider our time is up in far old age, it's time. A child of 12 years old obviously is not ready. It happens sometimes because of prior agreements before the incarnation. But, as a rule, 12 years old is not an age to die. The Earth would be as if 12 years old now. It's not time! It's not the method; it's the time. Earth has not matured. Earth is in its adolescence as far as civilization goes. It has not even reached

- adulthood. There's much to come from future generations. When the time has come, it will be prepared.
- D: Were Earth to have an early demise, how would it affect the other galaxies and planetary systems ?*
- P: There is interference in the order and cosmic scheme caused by nuclear war. This would cause interference in systems throughout the universe. Plans would have to be changed. The ultimate goal would still be met on a universal level, but individual goals would have to be changed.
- D: Are there many planets that are sending entities to the Earth in this manner and for this reason?*
- P: There are many, yes.
- D: Do we have any bad influences coming from such sources?*
- P: I wouldn't say bad influences. There are those who are more of a good influence. There are not those coming to defeat the purpose. There are those coming who enhance the purpose more than others.
- D: Then from where do we get the influence that would cause us to speed up the destruction of the world? Where does this come from?*
- P: This is from the energy, the thought energies that are on this planet. They're related to this planet.
- D: Then the evil influences originated with us.*
- P: Evil is not an accurate term. It's simply... misguided, that would be a more appropriate term. These energies are simply not evolved. They're energies that live on this planet. We are all energies. You are an energy, your soul is an energy. These are the energies I speak of. We could say "souls."
- D: Then where do these negative thoughts originate?*
- P: A thought is energy. Your soul manipulates energy. Thinking is manipulation of energy. These thoughts occur because of past experiences and environment and will. Thoughts are not conditioned, thoughts are a by-product or a product of a willful act. A thought is a willful act.
- D: Would this go along with the idea that thoughts are things?*
- P: Exactly. Thoughts are energy. Thoughts are real manifestations.
- D: You mean, by people thinking about these bad things happening to the world, they are actually creating these things ?*
- P: This is true. Thinking of hell on Earth will bring it just as surely as going out and building it by the sweat of your brow. It may not occur in the same way but it will, surely, just as surely occur.

- D: *Then by thinking of these things (nuclear aretc.) and fearing them, people are creating a thought energy that is powerful enough to cause these things to happen.*
- P: We will say that the acceptance of the possibility creates that open door which allows that possibility to enter. If the mental energies were directed that that possibility were impossible, then it would be so. This is why it is so important to clear the energies of the possibility or the acceptance of nuclear war, for that in turn creates that very scenario. So the purpose is to bring in fresh energy, energy that has not been contaminated by these thought patterns. Energy with new ideas, new hope and new direction—the star people.
- D: *Yes. These new energies coming in from other worlds would not be ingrained over many, many lifetimes with this destructive thought form.*
- P: That's exactly right. It's an infusion of new blood, good blood. They are to clear the energies, to give new energy, new ways of seeing things. To show how to clear the energy for those earth souls who have never been shown. For were it to run its course, all would be eventually be channelling negative energy, and the ultimate destruction would be the result.
- D: *(The light dawns.) Oh! So that's the reason. That makes a lot of sense.*
- P: Learn your lessons and apply them in your daily life. Show by your examples and you then become ambassadors in exactly the same way that those from other planets are ambassadors.
- D: *I think one of the problems is that people on Earth have been taught to fear people from other planets. They have the idea that anything that is alien and foreign must be bad.*
- P: This is because of imagination and uncertainty and unfamiliarity. People are always afraid of what they don't understand.

The thought occurred to me that in none of the past lives (or imprints) that Phil had brought forth, had he created violence or caused harm to others. He was always the recipient of violence and a victim of negativity. Maybe this was the reason. He had not been programmed to understand this type of thinking. This apparently was also true of the other star people energies that have been sent as the infusion of new blood. It could explain a lot of things, the anti-war protesters, those that have anti-nuclear leanings, those against violence. The peace-loving nature has been programmed into them before their entry into this world.

CHAPTER 12

STARSEED

IT IS AMAZING how I am led into these stories, often through only chance remarks. It doesn't take much to spark my curiosity and by picking up on something that is said and expanding upon it, the door is often opened on a new adventure into the unknown. Once the door is opened, the path can often lead down strange and wondrous byways. Such was the chance incident that led to the discovery of the seeding of our planet Earth by people from other worlds. I will let the reader experience the adventure the way I did, from a completely foreign idea into the realms of fascination. Even though the concept is strange, beneath it flows the soft murmur of truth. It could be, might be, is possibly the true story of our beginnings. I don't claim to know, but at least read with an open mind and allow for the faint possibility that there is more truth in this version than we could ever imagine in our wildest dreams or fantasies.

It happened during a session when Phil was speaking from the level of the Three Spires where he supposedly had access to all knowledge of the history of the Earth. This access could be tapped into from this point through the communication system he mentioned earlier. Since this was his home planet, he was compatible with its energy and it gave him great capabilities to find the records. We had been exploring and trying to find answers for the mysteries of Earth and he mentioned races from Atlantis. I suddenly thought of a question that had frequently come into my mind. I have often wondered where the different races came from originally. What we call the black, the yellow, the red and the white. They are all so different. What was their origin?

P: The skin pigments and physical traits you describe as races are an evolutionary process. When travel was not so easily accomplished in those early years, one clan of people would possibly settle in one area from generation upon generation. And so their physical appearance would reflect the environment in which they found themselves. This is how the races were to come about. There were several races known to Earth. Of which there were those who had green skin and those who had blue skin, who are in earth terminology, extinct. The green-skinned were jungle dwellers who dwelt in forests and green areas and adopted the green skin.

This was certainly not the type of answer I had expected.

D: *Do you mean like a chameleon would adapt to its surroundings?*

P: No, it was green from birth and remained so. The blue skin was the same-blue from birth. This was a genetic mutation which occurred. There was a violet or purple-skinned race of humans as well. These colors can be seen in each of us today at certain times. People may be said to be "green with envy," then may turn "blue in the face" or they may be "purple with rage." These are not coincidences that these colors are ascribed to skin colors.

D: *Then, you mean they are all possible with the physical makeup of our bodies?*

P: That is correct.

D: *Did these races also have different hair colors?*

P: Those with the green skin had a dark brown hair color which was wavy in texture. Those with the blue had a lighter, almost blond color of a straight texture. The violet race had red hair and curly, kinky curly. Quite a sight to see.

D: *Yes, those were really different colors than we see today. Is there any possibility of these races coming forward in our present day as what we call "throwbacks" in genetics?*

P: There can occasionally be seen a birth defect which will appear as a purple blotch or violet patch. This is a reminder of that time. Imagine, if you will, a person with the entire body covered with such a pigment and you have one of the violet race.

D: *That makes it much easier to imagine. I have seen these, what we call "birthmarks."*

P: Yes, they are small reminders of a previous time in Earth's history.

D: *Then, did these colors disappear through interbreeding or what?*

- P: Through the history of this planet there were those who did not survive ... that is all. They were not as aggressive as the others. They were of a more genteel nature and were of a spiritual-like and not of an aggressive physical-like.
- D: *This was one of the reasons for their... extermination, so to speak?*
- P: For their ... not so much extermination, as extinction. It would not be accurate to say extermination. The word does not imply the correct meaning.
- D: *Then the other races we have today are the ones that have survived? - The yellow and the red, the black and the white, Caucasian.*
- P: And the brown.
- D: *Do you know on what continent the races began originally?*
- P: There was a seeding in the area of the Nile River. The conditions were right. The life was seeded at that point and encouraged to grow. That was the original life forms: cell, cellular life forms which then evolved and grew to more complex forms.
- D: *Evolving into all the animal and the human forms?*
- P: Yes, that is correct.
- D: *Could we then consider that the birthplace of the human race, the birthplace of life on Earth?*
- P: The area described was one of several. One area in particular cannot be given the distinction as the origin. For there were several places over the planet's face which were simultaneously seeded.
- D: *Can you explain that a little better? When you say "seeded," it sounds like someone sowing seeds in a garden.*
- P: You have the idea exactly.
- D: *I don't understand. The seeds would have to come from somewhere.*
- P: That is correct. Where would life spring from if there were no life here to begin with? The origin had to be somewhere.
- D: *Well, the scientists and theologians have so many theories of how it all came about. Do you mean that, in the beginning, there were no cells or anything? No grass, plants, anything - it all began with a seeding?*
- P: That is correct. The point at which the environment became conducive to life was the original point at which Earth received its life charter. There was work to be done to bring life to this planet. And the event was duly noted and registered in the annals of the history of the universe. Nothing is per chance.
- D: *What do you mean by our "life charter"?*
- P: Earth was chartered as a life planet, a planet which could support

life. There is a distinction between a planet which has no life at all and a planet which does carry life. It is a step up in the evolutionary process of the planet.

D: Who decides when it is time to do these things?

P: There are those in the spirit and physical who work together and assess the point to which the planet has evolved. And after studying the environment, it is determined that the environment has become conducive to supporting life. And so life is given to the planet. And note, I say "given."

D: We, where did the cells originate? I think they must have come from somewhere to begin with.

P: They were brought from other planets which were already in a high state of evolution. For, at the time of Earth's life charter there were many populated planets in the local universe. And so the cells were brought from some of these other planets.

D: Do you mean they were cultured similar to a laboratory condition?

P: More like a garden. A garden in which new seeds are planted and are tenderly watched and cared for and supported.

D: How were they transported here?

P: Through spacecraft.

D: Would this explain why I have the suspicion that the people from space look after us?

P: That is correct. For we are still in the garden stage and are now reaching the seeding stage. Consider the garden ready to produce fruit.

D: And will we produce the right kind of fruit?

P: That is determined by the garden. No one tells the garden what fruit to produce. Simply, the garden is given the ample opportunity to grow. There is not a charter which says, "This garden must produce this or that fruit." For the history is of Earth's own choosing. This is where free will comes in.

D: Then you think that the time will come when we will pass on these seeds, so to speak, that we will seed other planets?

P: It is being prepared for at this time. Even as we speak the preparations are being made. The garden is ready to produce.

I was thinking of our space explorations, and I wondered if this was what he meant. Whether we would try to produce life on another planet in our solar system.

D: Do you mean that there are people on Earth experimenting with this?

- P: It is on both physical and spiritual levels. However, the work is, for the most part, unseen on Earth.
- D: *There would be many people who would really have strong opinions about that. Is the work being performed by NASA or different space scientists for example?*
- P: We speak of a spiritual seeding as well. The seeding is of the bringing of light to the planet, the knowledge, not necessarily a physical transport. The enlightening of individuals is a part of this entire process.
- D: *But do you think there are scientists working on the possibility of seeding other planets in a physical sense?*
- P: There are those who entertain the idea of colonizing other planets. And there are those who are actually planning and engineering such an accomplishment at this time. They are in no more or less a position than we who are in this room. Everyone's job is equally important.
- D: *Do you know if they have a certain planet in mind that they would like to try this on?*
- P: Because of the technologies and the available planets to choose from, two planets at this time are being looked at. One is the moon which, to be technical, is not a planet but is being considered for population. Mars is seriously being considered for colonization because of the technical limits of man's technology at this time. Those would be the only possible choices at this time.
- D: *Well, I am assuming that by colonization they would have to perform seeding to have food to live on. Is that what you mean? Or a seeding that would be the beginning of life as we know it?*
- P: These are the first steps which an infant would make in its path toward adulthood. These are the first futile or attempted steps and are not to be considered the beginning of the journey, for the walk has not been made.
- D: *It will happen someday just as it happened on our planet?*
- P: That is correct.
- D: *What of Venus? That is as close as Mars, I believe.*
- P: When the technology reaches the proper level, these planets will not be needed to be considered, for it will be possible to travel to other galaxies where there are much more hospitable planets than those which are in this immediate solar system.
- D: *You said the moon was not a planet, that's true. What do you know about the moon?*

P: What would you ask?

D: *There's always been questions about its origin.*

P: The moon was ripped from the Earth during a collision with a wandering star. It was during the molten stage of Earth's evolution and was ripped from the mass of Earth by gravity from a passing star.

D: *Did the moon ever contain life?*

P: No, for it never had an atmosphere. The material of which it was made at the time it was separated from Earth was never conducive to holding life. Which is not to say that life has not visited, as one can attest by man's own achievements.

D: *I have also heard that extraterrestrials might have had bases there at one time.*

P: They were known to be on the face, that is correct. They were not there in bases but would visit. It was a convenient rest area, so to say.

D: *There are people who claim they can see things on the moon through telescopes that look like man-made objects. Do you know anything about that?*

P: The claims are just that. Other than those items that were left by the space program of this country, there was no physical evidence of previous visits. And this is no coincidence, for any traces were very carefully removed so as not to betray the presence of previous visitors. For this would be a traumatic discovery to the Earth, were there garbage left on the moon from visitors from another planet.

D: *Then what the people claim they see are only natural phenomena or natural structures?*

P: That is correct.

D: *Are there any extraterrestrials using the moon now in this manner?*

P: There are still occasional visits, but no more so than before and in no different manner.

D: *Do you think that Earth will at some time colonize the moon or put a base there?*

P: That is possible, very possible.

This session opened up an interesting avenue of thought. Our scientists have come so far in our space exploration attempts, I suppose it should come as no surprise that they are thinking of the possibility of creating life on a barren planet. When and if this should succeed, somewhere in the dark reaches of future time the resulting creatures would consider us their God, their Creator. Why then is the

idea so foreign that it may have already happened here on Earth at some time in the distant past?

I thought the whole concept was interesting but I did not realize at the time the full importance of what Phil was telling me. It was just another topic sent through the Three Spires. I had not planned to pursue the subject further, but the forces (or whatever you want to call them) that were directing the channelling of this information had other ideas. They intended it was time for the full story to come forth.

CHAPTER 13

THE EXPLORES

SEVERAL WEEKS FOLLOWED during which we returned to the Three Spires many times and asked questions about unusual places on Earth, and allowed participants in group sessions to ask questions. This session was such a case, and there were many people present who had never witnessed this phenomenon. They had heard about what was going on from friends and came out of curiosity. We all expected to ask questions about different Earth mysteries, things we had always wondered about. And I was sure that several observers had also prepared personal questions. But the forces who were directing this did not intend for this night's session to be along these lines. They had something else planned. This time when the elevator stopped, it was not on the planet of the Three Spires. Instead Phil said he saw trees.

P: There is a silver craft to the right which is waiting for the three crewmen to return from the forest.

Was Phil choosing instead to explore a past life? This normally did not happen during group sessions. He had gone into trance expecting to answer questions. What he saw did not sound like the same scene as the lost expedition. The planet that that had occurred on was barren. Apparently the forces that were controlling this phenomenon were directing us to a place they thought we should go, regardless of the wishes of the others in the room. I had no choice but to follow along with it. I asked for a description of the craft.

P: It's silver and round. It's oval in cross section and is supported on four legs with a ramp or door opening from the bottom.

D: *Is it very large?*

P: Approximately 30 feet in diameter.

D: *That does sound large.*

P: Not so large, for the mother ship from which this craft came is much larger. This is a scout or expeditionary craft and is used only for short flights.

D- *You said you could see trees. What does the landscape look like?*

P: The landscape is of Earth. This is a period when this planet Earth was visited by this entity (Phil) in another period in this entity's history.

So he was looking at one of his real past lives, not an imprint.

D: *You said there are three people or three crewmen who are going toward the craft?*

P: They are in the forest at this time. They are taking samples of soil and vegetation, for the planet is soon to receive its commission as a life planet. Before this planet will be seeded, studies must be made to determine the appropriateness of the conditions on this planet. Conditions must be conducive to supporting and sustaining life. This is the purpose of this expeditionary mission, to try to determine whether conditions are supportive of life at this time.

D: *There's one thing that confuses me. If there are trees there, that is a form of life, isn't it?*

P: That is correct. We are speaking of human life, or animal life which requires a different set of parameters in order to sustain. This is the time of the mineral and vegetable kingdoms, predating the animal kingdom on this planet. There is vegetation and that is all.

D: *You said they have to make the samples and then take them somewhere? Who is going to make the determination on this?*

P: The samples are gathered and sent to the central and super universe, and there they will be considered and analyzed. An adaptability study will be made at that time and a determination as to the appropriateness of the planet, as to supporting life in an animal form.

D: *Where is this central place?*

P: That is Havana (phonetic), the central or super universe. (I

wonder if there is an intentional similarity to our word "Heaven"?) The point of origin from which all creation is referenced. For in this universe there is the residence of He who is the most high exalted ruler of all creation-the Hosanna, the God as He is called on this planet. This is the central point of all creation, from which the entirety of creation revolves.

D: Then your civilization recognizes a God?

P: All civilizations recognize a God. Those who are advanced recognize the same God, for He is one and He is all. He is recognized by different names and concepts, but His essence is recognized by all, for He is, as we are of Him.

D: Have you ever been to that place?

P: I will not answer that question, for the line of questioning which would follow would not be appropriate. We may not speak of this at this time.

He obviously picked up that I would be asking for a description of this place and then a description of God. I assured him he would never be asked to do anything he did not wish to do. In regression and hypnotic trance experiments, there are often situations like this when the subject cannot speak of certain things. When this occurs it is difficult, if not impossible, to break through. I usually respect their decision because they are more aware of the situation than I am.

D: I was just curious.

P: That is understandable, for we are curious also. And so we are digging in the forest and are sending samples back to satisfy our curiosity. For this is not a trait common only to man, as some may think.

D: I just thought if He resided in a place, He would be more like a physical entity. That was where my curiosity was leading.

P: He is not an entity. He *is* and that is all that can be said at this level of comprehension. But there is the residence, the Hall of God, which is the residence which He emanates from and is central to.

D: I just thought it strange that He had a residence.

P: This is merely an interpretation so that you may comprehend on your level. For were we to give you information on a higher level you would have no comprehension. Therefore, we must bring this information down to this level at which you may comprehend.

D: Okay. But in other words, He does have a central point where He can be

- contacted And your ship is one of many that takes these things or what?*
- P: These are a fleet of ships from this particular unit. For the ships are part of an expeditionary force whose job is exactly this: To travel to those planets which are in line for the bequeathal of life, or that have reached the status of a life-bearing planet. For there are rules and regulations which must be followed, and these are part of those rules and regulations.
- D: *But you have nothing to do with the making of decisions.*
- P: That is correct, for the gathering is merely done by those in one tiny facet of the whole picture. That is their job and nothing more.
- D: *Can you give me a description of what the crewmen look like as they come from the forest?*
- P: We wish not to detail that at this time, for that would preprogram the listeners to think that all may look as this, which is certainly not the case. For there are many races which are, in human terms, extreme in appearance, to both extremes. So we wish not to preprogram one description as representing all. For much information is to be given which will later describe many individual forms of physical stature. It is not appropriate at this time.
- D: *In the past when you have talked of people from other planets, you have given me descriptions.*
- P: That is correct, but the sessions were closed and were rather limited in scope. We, however, are not in that environment now and so we must take these precautions.
- D: *All right. I will abide by your judgment. - Can you tell me what happens as you watch the scene?*
- P: The samples are gathered and are placed in cylindrical containers and are then packaged and sent to the scout ship. From there they are transported to the mothership. From there they are transported to the relay station which is at the, quote, unquote, "Territorial Headquarters" for this part of the galaxy. They are then transported via ... cosmic UPSs, if you wish to call it that (laughter from the group) to the central universe where they are examined and a determination made.
- D: *That's quite a few different places that it has to go to.*
- P: We ask that you look at your own society and you will see the same in many areas. For your society is merely a reflection of that which is on a universal scale.
- D: *Well, they took samples of the soil and vegetation. What about the air or things like that? Is that important too?*

P: On this mission the scope was focused entirely on soil and vegetation. That was the entire scope of that mission.

D: *Okay. What about these crewmen? Are they able to function and breathe in Earth's atmosphere?*

P: We will not answer that question at this time because of the reasons stated earlier. We wish to say this, however, they were able to move about freely and had no trouble or discomfort

D: *All right. Will you give me these answers in a private session?*

P: This we will not say, for ... we will speak of it no further.

It seemed there were many forbidden topics in this session. Usually I could find a way around this type of opposition, but it appeared we were being heavily censored.

D: *That's perfectly a right. - Can you tell me what the mothership looks like?*

P: The motherships are the cigar-shaped vehicles which many on Earth have reported seeing. These are not the sole or only motherships, for there are ships even larger than this which the motherships are attached to. Imagine a Navy carrier surrounded by destroyers which in turn have launches and you may see the concept

Phil's subconscious mind was using his naval experience to supply an analogy.

D: *Does the mothership land also?*

P: That is not correct. For the mothership does not penetrate the atmosphere. The scout ships are sent into the atmosphere.

D: *Is there any way you could describe to me where the ships come from?*

P: We will say that it is from a constellation which is visible to the naked eye, Andromeda. And we will further say that some visitations which are being made on this planet at this time are from this same star point reference.

D: *By "this" time, do you mean the time period we are speaking from now?*

P: At this time in the present, 1984.

D: *Why are they still coming to this planet?*

P: They have returned, for there was a long absence of their visitations. The time has now come for this planet to fulfill its destiny and much information is needed in order to assimilate and understand where this planet is at this point, regarding air pollution, soil pollution, energy levels, etc.

D: *The ships that did the actual seeding—did they come from the same planet that this expeditionary ship came from*

P: That is not correct, for this detail was from a survey or scout mission. The seeding was done by a separate and commissioned group of ships whose sole purpose was that—to seed the planet. So you may be now told that the human life and many other life-forms on this planet were seeded intentionally and was grown from a garden state. So you can now see that your brothers are still in the sky while you are walking, or rather crawling on Earth. Your time to fly with your brothers has now approached.

D: *Where did these seeds come from originally?*

P: Why should you ask? For if we said one place, you would think, "Well, that must be better than someplace else, or else they would never have brought us from there." We wish you to maintain an open mind at this, for the seeds were brought from many places and no one place in particular.

D: *I just wonder if they came from a planet or if they were developed in a laboratory atmosphere, so to speak*

P: They were stock from races which had been tried and proven and were determined to be suitable for this planet. There were many choices to be made. For had the decision been made differently, you would not look quite like you look now. You would be most amused to see what you could have looked like. (Much laughter from the group.)

D: *I was thinking of the term "cloning" which is becoming very popular now a-days. That's why I wondered how they were developed.*

P: We will not speak of this, for we have control over what we give out.

When a subject will not speak on one question, I can always switch to something else. Often answers can be obtained by changing the wording.

D: *Okay. What about the animals? Which came first in the seeding of the planet?*

P: The cart or the horse, which came first? Does it matter?

D: *Well, I have a very avid curiosity.*

P: So we have noticed, and we are hard pressed to answer some of your questions at times, for we are given strict guidelines as to what we can allow to be answered. And you often reach the limits

of what we may answer. So here we are again at the limits and must say we will not answer this, for we are not allowed.

D: I was just wondering if the animals were here for a period of time before the humans were brought into the picture.

P: Humans are animals.

D: That's true.

P: If you wish to look at it in this viewpoint, you are brothers to the animals on this planet as surely as you are brothers to those who are in the craft and the lights in the sky. You have a dual nature here, that of the light and that of the dark, or that of the ethereal and that of the material, the physical.

D: I'm just trying to understand. Are you saying that we evolved from the animals in evolutionary process? (Phil gave a big sigh.) If you don't want to answer, that's all right.

P: We are trying to reach a consensus on how to answer this, in such a way that the forbidden zone is not crossed, and yet you are still given an answer which you can comprehend. We will say this. There was a gradual and attentive pruning of an established stock which was nurtured and cared for very attentively to insure that the outcome is this which we have on us at this time—speaking from a vehicle's point of view. It is no accident that the physical bodies which humans wear at this time are as they are. For it was carefully planned that they be just such or just so.

D: I've always had the idea there might have been some experimentation going on too in those early days.

P: That is correct, for there has always been experimentation going on, on this planet and others. For there is never reached a point where one says, "This is fine, we will leave it at that." For each planet has its own individual requirements and so there is not that which is the perfect answer for all. For each is an individual requirement

D: I've always wondered if something like this might account for the different legends of half-man, half-beast which have been passed down through history.

P: Imagination can account for most of all legends.

D: Well, then when the planet was seeded did the ships just leave it that way; or what happened?

P: There was, as was said before, the careful and attentive gardening to insure that all was well. Occasionally an intruder from the outside ... (He paused as though listening.) ... and we will not

speaking of this further, for we are approaching those boundaries. But there was the disruption of the plan, and so man has found much turmoil in his life because of this intrusion.

D: Something happened that wasn't expected?

P: That is correct. For even with the knowledge that we have available, all is not in complete control on all levels. Or to more accurately speak it, the best-laid plans are often laid afoul, no matter what their origin. For even on the angelic and superangelic levels, plans are made and can be disrupted. So there is contingency planning from the very highest echelons of intelligent existence on down to even the human level.

D: I wish you could give me some kind of a due as to what happened without overstepping your boundaries.

P: I wish we could too, for this is a most interesting story. We will say that the time is merely not appropriate.

D: Okay. But would it be appropriate at a different time when we work together?

P: That is correct

At least it appeared I would not be denied the story. It would just require a more private environment.

*D: All right, then I'll put in on the **back** burner for now. -Then from time to time they came back to tend their garden, so to speak*

P: (Humorously) They are still gardening, for weeds have grown everywhere and must be pulled.

I joined in with his mood and asked with a laugh, "What do they think of us now, I wonder."

P: (He smiled slyly.) We wish not to answer that, for we can see ...
(Much laughter from the group.)

*D: I have a **rough** idea. (Laughter)*

P: You are accurate in your perception, for look at the mess this place is in. And that is all that needs to be said of that. (Laughter)

They seemed to have a sense of humor and liked to occasionally joke with us. This was good, for it relieved the seriousness of the discussion. The group enjoyed this also because there were some present who had come merely out of curiosity and for entertainment.

This could explain the reluctance to answer certain questions—they could sense the mood of the people present.

D: Is there any connection with these and what we call UFOs or flying saucers that we've seen over the years?

P: You mean you did not understand this is what we are speaking of?

D: I just wanted to be sure. Well, is there more than one kind of craft that comes from different places, or...

P: That is correct. You may look at your own society and see the reflection of your universal brothers' societies. For consider the difference in automobiles from France, a Porsche as compared to a Pinto, and you get the idea that the craft is a reflection of the creator who built it. So with these different societies in the stellar planes, there are naturally differences in the craft because they reflect the societies from which they are built.

D: What is the purpose of the other craft in coming to this planet?

I meant the purpose of the craft from the other planets, but he interpreted my question in his own way.

P: The hover craft is an expeditionary vehicle. The mother craft is a service vehicle which services the hover craft. The main or central craft is the transport vehicle between destinations. Consider again the analogy of the Navy ships. The carrier is the central craft on which the commander-in-charge resides; the orders emanate and decisions and central communications are made. The tenders and destroyers are support craft which are liaisons between the central craft and the launches or the hover craft. For you can see that a launch would be hard pressed to go up the side of a carrier.

D: Okay. But by my question, I meant what was the purpose of the other craft that are coming to Earth?

P: There were many different missions and many different purposes, and so each craft was sent on its own particular mission. There was the seeding, the exploration, the charting, the graphing, etc., etc. There is much to do in an undertaking such as this; for it is not merely casting the seeds in the wind and come what may. It is a very-well planned and orchestrated ordeal. We are speaking of an actual physical seeding such as planting cells in a hospitable environment like the water of a lagoon or in a swamp

or in the forest floor. And then allowing them to germinate and grow forth from there.

D: *This would seem to be very complicated. It would need a great deal of planning behind it.*

P: Exactly. As we were trying to describe earlier. For nothing is, hopefully, left to chance.

D: *But you must admit it is a radical idea.*

P: It is not an idea. We wish to stress this; that this is not simply an idea—this is history. Not that there is any great plans connected with the giving of this information. It simply is given. We have much information to give you as long as you keep searching. It is as accurate as can be stated at this level of comprehension. The information would be meaningless were it raised even to a fraction of a degree above this comprehension. For there is information which would be so far above what the human intellect could comprehend that it would be entirely useless to include. For there are no concepts in the human language with which to translate this information. So it is described in terms which are familiar to the human experience. The information it is based on is true fact and is true. It, however, may be presented in such a way as to seem a paradox, and this is not in fact the case at all. It is simply a matter of translation.

D: *There is probably some information we will never be able to have because of this difficulty in translating.*

P: That is correct, for the human language has many gaps or weaknesses in the ability to convey ideas. Were this information to be given telepathically the story would be vastly different and much enhanced.

D: *Well, appreciate you trying to get the story passed over to me.*

P: You are a manipulator of the English language and have a high degree of skill in this, so you are chosen to do this work. For the information must be given; it is time; the time table has arrived. We are now in the active part of the planning to bring this planet to seeding stage. And so we must work through those who are skilled in this dissemination of facts and ideas in this conceptual level.

D: *Does this go along with what you told me before about approaching the stage when we would also seed other planets?*

P: This is correct; for the concept of seeding is one which is much misunderstood. We wish to clarify this. The seeding will not be

so much physical as spiritual. For the souls which are now inhabiting this planet will travel to other planets and carry with them those experiences which were accumulated through many millennia of lifetimes on this planet. So the consciousness of another fallen planet or inferior planet or ... we wish to strike "inferior" for that is not an accurate presentation. But we wish to say that the consciousness of another planet may be raised by the infusion of souls from this planet after it has reached its seeding stage. And so you can see that it goes on and on and on. For there always throughout the universes will be planets which will be ready to be seeded and infused.

D: Can you tell more about the birth of the Earth that you mentioned? What exactly are you talking about?

P: This is the concept of a seeding planet. Imagine a sunflower as it grows. In its early stages it's merely there. However, whenever it blossoms into flower it is open for all to see. It eventually gives off parts of itself in order to spread more of its kind and experience. Earth is on the verge of blossoming and opening its flower for the universe to see.

D: Would we be the seeds of the sunflower?

P: Some will be, yes.

D: Where will we go from here?

P: That is up to each individual and not for one person to dictate. For each must make his own decision. Many will choose to stay; the Earth's history is not nearly complete. Much has yet to be done here. However, there are many who will choose to carry the seeds of Earth experience to other planes and other planets, and to so assist in their blossoming and eventual seeding. It may be merely on a spirit level or it could be on a physical level. It could be as an incarnation on another planet, from which to draw the experience on this planet. The spreading of willful energy is the point here, for Earth's energy is particular or unique. So Earth's energy could be spread to another planet which is in need of an influx of outside, fresh, new mental energy.

D: Why is Earth's energy unique?

P: It is unique to Earth. Another planet's energy is unique to itself. Even as each personality is unique to itself.

D: This brings up an interesting question. After the planet was seeded with life, when did the seeding of the spirit occur?

P: This was a gradual process which was accomplished after the

human body had reached the point of inhabitability. For there was the time between the first given seeds for the physical animal kingdom until the point at which the human body had developed through evolution to the point where it could be inhabited by **souls**.

D: Were the animals ever inhabited by this type of spirit?

P: We will not speak of this at this time. For there is still much dis-sension even among ourselves as to how much should be given and how it should be given. There will be given some information at a later date which has been agreed on. However, we will not speak of this at this time.

D: Okay. I'm going to hold you to it though! (Laughter)

P: We will not forget...

D: I will not forget either. I've got a memory that's miles long. (Laughter)

P: We have one which is millennia long. (Much laughter from the group.)

D: Okay. I'm putting all these things on the back burner until we can work by ourselves.

P: This is accurate. For we wish to bring several subjects up which have not been discussed or approached. We will, however, bring them up at an appropriate time. We will give you more than you can possibly use. It is up to you, however, as to what information to use and how to use it. In this respect this is **your** personal stamp. There will be, of course, that information which is considered ours. We, however, are giving you that which is yours.

D: All right, I appreciate that. -Then according to what you said, when the human animal appeared through evolution, that was whenever the souls were allowed to enter.

P: That is correct. For it was planned that the human body inhabit the spirit. I hope you notice the subtle distinction here. For it is commonly held that the spirit inhabits the body. This is not correct. It is a matter of the body inhabiting the **spirit**, for the spirit is the true form. That is a more accurate presentation.

D: That is a turnabout--Ma I ask where did the spirits come from?

P: The spirits were from many other planets. There are no spirits which are truly native to this planet, for all have come eventually **from** other planets. There are many, however, who have spent what could be considered a long time on this planet who are considered native.

D: May I ask how this information would coincide or go along with the story

of the Creation in the Bible?

P: We ask that you also consider the evolutionary or Darwin theory, and you will see that both have a share of truth in them. For truly there was the evolution of the body and yet truly there was the divine gift of life given to humans; that is the spirit. So each is right in a part of the whole.

D: *I've already come to the conclusion that they are very similar.*

P: They are not so much similar as complimentary, for they each hold part of the truth. They do not contradict. One must embrace both beliefs in order to more accurately approach the whole.

D: *Then you believe what you've been telling us does not contradict the Biblical story of Creation?*

P: Would we ask that you tell us how it does?

D: *I don't think it does, but there will be those who will say it does.*

P: We will let them figure it out, for that is the whole idea. (Laughter)

D: *I'm always caught in the middle.*

P: That is correct. You are merely the relayer.

At this point I was greatly relieved that someone from the listening group had a question: "**When** the Earth was inhabited, were there more than one life-form introduced at that time?"

P: There were many different forms introduced which would eventually have evolved to what is called now the "human state." These were closely monitored to see which was adapting most readily to the environment in which it was placed. It was decided that this form, which is now being used, was the most accurate as to what could be done with it when it had reached its fullest state. As was said before, there were many possibilities of how the human form could have looked. This, however, was the hardest and most ... well, we will just say it was the hardest one (Laughter) and so it was chosen as that which would be allowed to continue.

D: *The survival of the fittest.*

P: This is correct. For there was the plan and the figures or human bodies would have to fulfill those specifications for that plan. This particular model most accurately fit all those specifications.

D: *I get the mental picture of blueprints on a drawing board in a laboratory.* (Laughter)

P: We simply use these terminologies because this vehicle is familiar with them and can visualize them most easily. The process of channelling involves those ideas and concepts which are most easily conveyed to the audience through the channel. So this vehicle's familiarity with those concepts naturally will come through. For were a preacher, a doctor or a gardener to channel it, each would have a different interpretation.

D: Sometimes you give an analogy when you can't translate; it makes it easier.

P: We can only do so in the case where the vehicle has a written concept with which to compare. An analogy is only appropriate when we give symbology or information and he is able to draw from his experience that which relates adequately. It is his analogies with which we are able to do this. For he is simply receiving our information and then comparing it and drawing from his knowledge and experience that which will enable a comparison or analogy. For without his human experience there would be nothing to draw upon, and so, not even speech would be possible.

I wanted to get away from the complicated concepts and back to the story.

D: Well, when these plans were being made, did God have anyone to help Him or did He do it all by Himself? Or are these questions fitting?

I was thinking of the stories of the Elorhim or many gods who were supposed to have helped with the Creation.

P: These questions are, in a way, humorous to us. For it would seem that the whole night's discussions have just been thrown out the window. (Much laughter)

Later I was able to realize what he meant. He had been telling me all evening about the tasks the different ships and crewmen had been assigned to help with the seeding. But I was referring to those in higher positions, such as gods.

D: In other words, you don't think that He had anyone that He asked advice on these matters?

P: We might ask that you clarify your question, for we perceive that you perceive God as a single individual Being who is reaching out

through the heavens to drop seeds on these little planets. And then He sits back and watches them grow and smiles contentedly to Himself, and possibly smashes one or two when they get out of hand. (Laughter)

D: *Well, that is a concept that some people have.* (Laughter)

P: We have perceived that However, we ask that you take a more open-minded view and consider God as merely an observer of His children in their tasks. The children are doing the tasks. God simply is. *God is, period.* The children are doing; God is.

D: *I'm just trying to form a mental picture. I was just curious if He ever wanted to ask anyone else's opinion, or if He just wanted to do it all by Himself*

P: The opinions are asked of God; not the reverse.-We are learning patience with you, as much as you are learning patience with us. (Laughter) We wish you to understand that we enjoy these sessions, for we derive much humor from these insights into human nature. (Laughter)

D: *Well, you should know by now that I have a million questions.*

P: As do we. We will, however, remain or continue to take them one at a time. We will oblige you in what ways we can. We thank you and wish to come again, for we enjoy this as much if not more than you. For there are 12 of us here who are laughing with you. (Laughter)

I was a little concerned when the forces (or whatever they were) began joking with us. I asked whether the information they were sending was accurate, or if they were just playing games with us? The mood of the forces immediately sobered.

P: We are sending it as accurately as can be stated. We wish to tell you at this time that we will not purposely give you false information. We are on a mission which has no humor to it. The mission is serious in nature and is not being carried out in a jovial manner. We give you information, how it is received can be humorous. And we enjoy the moments of levity and light-heartedness, for it does break the seriousness of the situation. But we are not playing games. We will not bring up the subject of seriousness again, for it was as distasteful to us to deliver this as it was for you to receive it. We wish to underscore the fact that this mission is not one of humor. There is not one shred of this

mission which is not in earnest or seriousness.

D: (I really felt that I had been bawled out) *But you realize I must be*

P: We realize we must be careful too, for the receptions and perceptions of the material received must be carefully laid.

D: *I certainly didn't mean to offend anyone.*

P: We are not offended. We merely wish to underscore the fact and to fully illuminate the seriousness of this mission on which Earth is being undertaken.

After this session I could understand their reluctance to answer certain questions. There were some people present who were newcomers to our group, and it was obvious they were there more for entertainment than for knowledge. The group of entities, or as they began to call themselves, the "council," were extremely concerned that the information be interpreted correctly. They didn't want anything to be taken in the wrong light. This was why they were very careful to try to find the right words to express the concept they were trying to convey. This need for accuracy was to continue throughout the sessions.

We had now taken a new direction in the pursuit of knowledge, for they had lit the spark of my curiosity and I knew I would try to find out all I could about the seeding of Planet Earth.

CHAPTER 14

WEEDS IN THE GARDEN

THE NEXT WEEK when we met for our private session, my first objective was to try to get the answers Phil had refused to give in front of the group. Since the elevator method had taken us to a different place last time, the first question I asked when he was in trance was whether "they" wanted to continue with that method, since it was the procedure Phil felt most comfortable with.

P: We say to you that you could change your method at any time, for there is no mandate which says that you must use one method or the other. There is only that which is consensus. We would, however, ask you to be open to the possibility of a time in which we may have something we need or would like to say to you or to the vehicle or to the group or to anyone in particular. We ask that you be aware of this possibility and so not commit yourself to one strict procedure. Allow for flexibility and for that which may be most helpful, for situations change even on this side. By using the elevator method you are leading into the past life material fund which he may draw his information from. For, you see, we could do the same thing were we to draw from the Akashic records. It, however, would be second-hand information to the vehicle at that point. So it is first-hand information when there is the regression. That is why during those sessions there is the desire for the elevator, for it puts the vehicle in a first-person perspective. He is better able to see and experience the material which is there. He will still be channelling at times the translations of what he is seeing, for there are many experiences which have no earthly point of reference. So the explanations and translations are channelled oftentimes. For always you can

see there is not only your will and our will, there is the vehicle's, the channel's, to be concerned with also. We wish you to know this so that you can see we are a partnership of three. There is the vehicle, there is yourself and there is we. We, who are the collective subconscious of the vehicle.

An interesting description because they often seem to be a separate group or council with identities and purpose unrelated to Phil. Although many explanations have been brought forth by 'experts' to explain this type of phenomena, the process and basis of it remains an enigma. Since I also cannot explain it, I go along with it hoping to gain information.

D: Well, the main thing I wanted to do tonight was to fill in the missing gaps from last week, the information you wouldn't give to the larger group. Would we be able to find that?

P: We would ask that you speak to us at this time, for we will assist you if you so desire. We, however, are still bound by the rules in place, which state thusly: We shall not be allowed to channel that information which would preprogram or frighten or harm any human who is seeking higher spiritual enlightenment through this material. That in essence is our mandate. And so we are given constraints on this material and shall not pass those boundaries of constraint.

D: Yes, I understand that. I've never asked any of my subjects to do anything they were not comfortable with.

P: It is not merely the vehicle who is uncomfortable. For there is much that could come through this vehicle which he would find perfectly acceptable. However, there is also the possibility that the material which he finds nonthreatening, could be threatening to those who are listening. So, for the good of all, there is chosen that material which is relatively harmless.

D: Was that why certain information was left out last week?

*P: That is correct. We say to you however, you may not necessarily find all your gaps filled. For much information is simply unavailable whether it is in private or not. There is some information which is not to be channelled, *period*, to this vehicle or any other. There is simply the existence of forbidden knowledge, not only on this level but on many other levels. For there is some information which is so radical to the conventional human point of view*

or perspective that it would be as poison instead of medicine.

There is no way you can say something like that to a human being and not whet their curiosity. But I knew that if I did not go along with their rules of the game, I would receive nothing. The information flow would probably be cut off completely.

D: Then I will abide by your judgment.

P: We ask that you do so, and we ask also that you please understand that our methods do not follow conventional human wisdom, if you would call it that.

D: All right. -Last week he was watching the three crewmen, who had been taking soil samples, coming back to the ship. These samples were to be returned and analyzed so that they could figure out what type of humans, or what kind of animal life was to be given to Earth when the Earth received its life charter. Are you aware of what we were discussing?

P: Yes, we are aware.

D: Well, one of the first questions that he couldn't answer, was when I asked for a description of these beings.

P: We will give it at this time. The creatures or beings were short of stature and were dressed in shining silver suits which covered their entire bodies because of the ultraviolet radiation which came through Earth's atmosphere. At that time the atmosphere was not stabilized and so there was more intense radiation coming through. And so these beings were dressed in silver, in appearance, suits which would protect them from this.

D: What about their physical features?

P: We will not speak of this.

D: Would you have a reason?

P: We have no reason to give you, other than it is not to be allowed at this time.

D: I thought maybe it was too radical or something. You did say that these types of beings were still coming to our planet.

P: We will speak no further of it.

Upon awakening later, Phil said all he could remember of the creatures was that they appeared gray. He couldn't make out any physical features, so he also was not being allowed to see them. It appeared I would have to drop the subject.

D: Well, they said there were trees, minerals and plant life that was already

here. When did those come from?

- P: These were naturally occurring base life-forms which evolved through the amino acids and proteins, through the "soup" of the primordial oceans. The evolutionary process is entirely responsible for these life-forms.
- D: *Wouldn't animal and human life have eventually evolved also? The evolutionary theory claims that everything began and descended from these first cells.*
- P: That is mere speculation. The planet was ready for seeding and was so seeded. There was an intent and purpose for this planet and so it was utilized as a vehicle for these intentions. You would look at a garden in the same manner by saying that you have the ground tilled, the fertilizer in place, and the rains are coming. We ask you, would you then sit back and wait for your crops to grow? Do you expect that your tomatoes would come up in this row and your potatoes in that merely by sitting back and allowing them or hoping that they would do so. Could you grow your garden in this manner? Of course not, for there has to be the direction. There has to be the manipulation, if you will, to achieve the desired results. For certainly your crops will not spontaneously grow in the way you wish them to. So it is the same here. This planet was as a garden which had become ready for planting, in order to sustain and grow that crop which was desired of it. That is the purpose that this seeding accomplished and that was to plant the garden.
- D: *But, do you think it would ever happen on other planets, that life would have evolved by itself?*
- P: Very little can be said of this, for it as well would preprogram. We will however say that there are instances where life has evolved on its own. You may search through your previous channellings to the lifetime on another planet, where the beings in silver buildings lived concurrently with the beings of lesser stature. The beings of lesser stature were indigenous to that planet, and were completely evolutionary in nature. This is an example of an animal life-form which was indigenous; that is, was from the planet originally.
- D: *see. I just wondered if it would have ever happened here eventually.*
- P: That is mere speculation and we have no time for sitting back and watching to see if it would grow. For there is much work to be done.

- D: This is an argument that would be presented, that's why I wanted to get the answer.*
- P: Let those who wish to argue the point, argue it For they will all reach the same conclusion and that is, there is no answer. For we do not know. We have never sat back long enough to see what would happen. There is, as I said, much work to be done, and we are working and not idly sitting back.
- D: Okay.-There was one other point that wasn't finished last week You we talking about the garden and that life had begun to grow. And that they came back from time to time to oversee the experiment or to see how it was going.*
- P: We would say that it was never left. For there has always been constant attention from a spiritual point of view. From the first life on Earth there has been a spirit civilization around this planet in many functions and forms. In the governmental position, for example, in the different hierarchies of government which are inherent in the spirit world as surely as in your physical.
- D: These beings from the other planets who did the seeding were any of those left here to tend the garden, so to speak?*
- P: These are of the nature of coming occasionally. For this planet, as had been mentioned earlier, is far off the beaten path. So there would be nothing to stay here for. For the growing process would be much too slow to warrant constant attention.
- D: You said last week that during the course of time something happened, something went wrong with the experiment. There was an interference of some type.*
- P: That is correct. We will illustrate it in this manner. A meteor from another part of the universe crashed into the Earth, collided with Earth. It brought with it a disfiguring, disrupting virus and life organism, which grew in this very receptive environment. The outside or interfering life-forms found an easy place in which to grow and so mingled with the life-forms which were already growing at the time. It can be likened to the wind blowing seeds of weeds in to the garden and the weeds getting a foothold, and the farmer never being able to quite eradicate all the weeds. That is the situation to this very day. And we will speak no further of it in detail, for that is not allowed at this time.

I didn't think that was quite fair to dangle a tasty worm or juicy morsel of information, and then abruptly snatch it away. They had

triggered my curiosity and when that happens I will try, if possible, to get around censoring.

D: I was just wondering what kind of changes happened.

P: We are not allowed to speak of this, for that would cause much strife and confusion. That is all we shall speak of it except to acknowledge that there are weeds in the garden.

D: And these more or less mingled with the good seeds and produced a different strain, like a hybrid strain - would that be a way of saying it?

P: We ask that you not think of this in terms of human beings. That is, there being good humans and bad humans, for that is not the concept we wish to express. We **wish** to say that in genetic makeup, which is available on this planet to many different life forms, there are weeds. - And not in one race of people as in regard to another race of people. That is not correct. The weeds lie simply in the "soup" of which all beings on this planet draw from in their life.

D: That was what I meant by hybrids. A hybrid is usually a type of plant that is changed in some way from what it was originally meant to be.

P: The concept of hybrids on this planet is of one which is changed through effort. That is, constant attention to achieve a desired result. That is not the correct concept to be applied to this. The correct concept for this is simply weeds in the garden.

D: What did the beings think when this happened?

P: There was much sadness and confusion, for the possibility of this was not foreseen and was at first not perceived. However, when the situation became apparent there was sorrow and disheartened feelings. For when one's prize garden is suddenly spoiled, you can see the effect it would have on the gardener.

D: In other words, it had already altered the genetic makeup.

P: That is correct. For up to that point the garden was in perfect shape and was pristine. It was at that time just exactly how - the vehicle is having trouble translating the concept, for there are many subtle differences in the various ways it could be said. The concept is that the garden was very pure and very clean at that time, and it was expected to remain so. There were high hopes, for the garden **was** very conducive. Then the interference came **in** or entered, and so naturally the high hopes were reduced to merely using that which was available.

D: There wasn't anything they could do to alter this or stop it in any way?

P: That is correct, it was irreversible.

D: *I was thinking of the way today's scientists are conducting genetic experimentation.*

P: We say to you again, that is not what we speak of, in terms of the interference. (There was a pause.) We wish to consult on this, for there is some feeling that this information should not have been given at all, lest the concept be broadcast in a misunderstood form.

Mentally, I could almost see them huddling into a group to discuss this.

D: *That's where my part comes in, to try to make sure it's understood in the right way.*

P: That is correct We ask that you look at it in this way...

A change of practice. Where previously they had refused to elaborate further on this topic, now they apparently decided to clarify it

P: The crops are not the weeds. The weed would be in the soil. The weeds are not as plants like the crops, but are merely bad soil. We wish you to think of this interference then as not weeds, but of bad soil which had been thrown in from some outside source, and this will better clarify the situation. For by saying "weeds," there is given the impression that certain living beings on the planet are somehow tainted and are the offending characters. This would program people to look at other people, at possibly those races or religions or whatever their prejudices lie in. They would consider them weeds and so encourage that very thing which we wish to heal. So we must change the concept from weeds to poor soil.

D: *This prejudiced outlook was not the way I understood it, but I can see how somebody else might interpret it that way.*

P: That is why we must be so very careful, for we must anticipate not only how you and the vehicle and those around would translate or interpret this, but also there is the general populace to be aware of. For if this is to be included in the material, then the interpretations of the population in general must be considered. That is why there is much information which is not allowed, because it could be readily perceived in a false manner.

D: *So they came back and they saw that this species had become more or less contaminated. Would that be the right word?*

P: Not the species.

D: *The life-forms?*

P: Incorrect. The soil itself had been contaminated. There was accidentally given to the planet a stock of... (Searching for the word) genes, genetic material which then caused the breakdown of bodily functions. And so disease was given to the planet

D: *Then before this contamination there was no disease?*

P: That is correct. This is, in fact, the root or the source of disease. It was necessary to reach consensus on the proper terminology to use. For we oftentimes must refer to our "experts," quote, unquote, who are familiar with human perception. And so we can now speak to you of the source of that which you call "disease." That is the origin of disease on your planet. For originally, had the plan not been fouled, there would have been no disease. There would have been natural death. But there, however, would have been no disease which has caused such pain and suffering on this planet

D: *All right, that makes it easier to understand. Then these **are** the weeds you spoke of.*

P: That is incorrect. This is why we were **worried** about how to present it and how it would be received. For can you imagine trying to blame the prejudices on disease? We were concerned that the impression would be that the "inferior" races, and we speak only from a human point of view, would be considered the weeds.

D: *Like I said, I didn't see it that way, but others might. One idea I was getting was that maybe the contamination caused some kind of physical deformity in the human beings.*

P: We wish to say that disease can cause deformity. There is no doubt in that regard. That is not the sole source of deformity, however.

D: *Then this is **where** all the diseases of humans came from? This one meteor which contaminated the soil?*

P: For the most part that is correct. However, we hesitate to say "all," for some diseases are man-made. They were caused by ignorance of the use of natural elements and so were self-made. But for the most part disease originated with this meteor, that is correct. We find trouble in translating this, for we are expressing the concept wrong. Please understand that there would have

been no equivalent of disease on the planet or system from which the meteor originated. It simply carried that which was already in the system and it was not considered disease from whence it came. But it came from a system which was incompatible with this one.

D: Yes, when it came here there was a different set of conditions. I can understand that concept. But, if things had gone awry, if things had gotten off the track, why couldn't they have just destroyed everything and started over again?

P: We would say, why throw the baby out with the bathwater? For much had already been accomplished. As you can see from your own civilization now, the disease has not taken over the civilization, but is merely a thorn in the side.

D: Had the life on Earth evolved very far when this was discovered?

P: It was still in the seeding stage and so the invaders had little trouble in finding a foothold, for there was no resistance at that time to disease. When it was discovered it had spread to a large degree and was at that point noncontainable.

D: How far had the life-forms evolved when it was discovered?

P: As we said, they were still in the seedling stage. Seedling. We wish to emphasize that. The seeding process had been completed and they were germinating. Thus they were then susceptible to this disease of which there were no defenses at that time.

D: It was at this stage when the beings came back and discovered it?

P: That is correct. They came back to find weeds in the garden. And now you can better understand the analogy.

They seemed to be relieved that they were finally able to convey the information correctly. I could sympathize with their difficulty, due to their apparent unfamiliarity with the complexities of human language. It seemed to be another part of their mandate that they search until they found the right phrases and terminology to illustrate whatever point they were trying to get across. These details are things that would not have seemed important to a human. Thus I believed this was another indication that I was not in contact with a normal conscious force or personality.

D: Okay. I thought maybe they had already evolved to a human state.

P: That is not correct, for the human state evolved with the disease. When it was discovered, there were meetings on the

regional... governor's mansion, so to say, or planet. The director of this local universe, so to say, held a meeting to determine the extent of infiltration and as to the possible recourses or options available. It was determined that the infestation was of such a degree as to prohibit any use of extraordinary measures to alleviate this condition. For in so doing it would kill that life which had just become grounded on this planet. So it was determined to allow this, and yet try to infuse compensation into this, for that which had come in. So there were given those strains of plasmas and genetic information which would allow for longevity and super-resistance to this ... 'disease,' quote, unquote.

D: *I would like to ask something that has been running through my mind as you told about this. Could this be where the story of the Garden of Eden first came from? Is there any connection to our Biblicak story? The Garden of Eden was supposed to be a perfect place.*

P: We are aware. We are simply conferring. (Another pause as they went into another huddle.) We would reserve any comment on that at this time. For there is not consensus as to how the correlation be made. For in some respects there is a correlation which can be drawn; in others, however, there is no relation to the two. And so, if ever presented, it would have to be in such a way that both the material which correlates and that which does not correlate could be readily seen. It (the Bible story) in some respects, was accurate in that there was an actual physical place which could be represented by the story of the Garden of Eden, and we wish to emphasize that. For the most part that which has been passed down is merely legend and is not fact, but is based very loosely on incidents which are indeed fact.

D: *I believe that legends usually have some basis in fact somewhere.*

P: Yes, however fragile some of those bases are, they are many times a remembrance of that which was in fact.

D: *You spoke of a certain place. Would this be the place where they began the seeding?*

P: That is not correct. The seeding was done in many places on Earth. There was no central seeding place, no one place on the planet.

D: *Then life spread out from these places? That is different from the way the Bible interprets it.*

P: That is correct. We ask that you also understand our caution in presenting these ideas which are counter to the accepted beliefs

on this planet. We wish not to create dissension or strife and warfare among the opposing groups, those who believe in the New Age way of thinking and those who believe in the Bible. For there is no intent to foster strife and dissension. There is simply an intent to gradually awaken. All knowledge could be dumped at once, but this would serve no helpful purpose. So the information must be given gradually, so that enlightenment takes place.

D: I know there will be people who will object. But it just occurred to me that your version might have some relation to the Biblical legend

P: It is, as such, a legend, and is not understood in very accurate terms as to what it related to in fact. It is a very interesting story. But we have already indicated that it is based tenuously on mere shreds of fact. There are only very loosely-based impressions which can be correlated.

D: Would you want to expand on that?

P: Not at this time for as we have said, we are not in consensus, and we must be in consensus before we can channel. That is part of our mandate. For there are 12 of us and each has his own area of expertise. And so represent a balanced makeup of the different areas of knowledge, both in dealing with the human experience and from the higher realms of existence. This is a council which is made up of those who can accurately represent these many different varied interests. So when all is consensus none is a loser, all are winners. Had there been dissension there would be one aspect of the council who could be considered losers, for their point of view was not accurately represented or considered.

D: Then it's still hard to get 12 people to agree even on that side.

P: There is much more willingness to agree here. There is not stubbornness such as is common on your planet. There is merely differing viewpoints. So these different viewpoints would require that a presentation be arrived at that would result in a consensus. There could arise situations in which there is no consensus, and so this subject would be dropped totally.

CHAPTER 15

THE DINOSAURS

THIS TOPIC developed into a continuing story. A series of chapters were presented weekly as the sessions progressed.

D: Would you tell a little more about the direction life took as it began to develop?

P: The life on the planet grew from single cell, simple amoeba-type characters and then through mutation began to divide and reproduce into multiple-celled creatures, which in turn evolved into organisms and higher order creatures, which in turn evolved into the amphibians and reptiles and so forth.

D: Did the beings from outer space have anything to do with what forms the life took?

P: For the most part it was guided very carefully initially, in order to progress and evolve to that point where it could simply be left to its own devices. Assistance became no longer necessary after the life-forms had evolved to a high degree, to that stage which was desired. So when it reached that point there was withdrawn the assistance which was of a guiding nature and given the assistance which was simply a nurturing nature.

D: By "higher," do you mean when it finally reached the animal or the human stage?

P: There were many stages below human in which it was slowly but surely evolving toward human form. There was the assistance in assuring that the preliminary stages would be of such a nature that the evolution would lead to human form. It was most important in the earliest stages to direct the evolution such that the outcome would be of human form and not of some other form.

D: In other words, do you mean that the genes were genetically changed?

P: It was seen that they were not interfered with in their evolution and were given those energies and molecules and formulations which insured that such and such aspects of these creatures were well nourished. Such that the survival of the fittest dictated that those who were desirable did in fact survive and so evolve to that which was desired. There was not the nourishment given to those which were undesirable and so they simply expired, and were then returned to the energies and were given to more harmonious forms. (This sounded like a weeding-out process; see previous chapter.)

D: Then during this time period there was constant supervision?

P: That is accurate. In the infantile stages of evolution it was necessary to guide the evolution, much as a very young child or infant needs almost constant supervision from birth until it gradually and slowly grows to the point where less and less supervision is needed. Until eventually no supervision is needed and it becomes an entity of its own.

D: Well, we have some scientists who believe in evolution but they say one thing is a puzzle. They have searched for what they call the "missing link" in the evolutionary chain between animal and man.

P: There will not be found any link, as no link really existed. Many times there were no such gradual evolution but a sudden and radical departure from that which had been. A mutation, so to say. These jumps in evolution were profound and radical but were often instantaneous within one generation.

D: I am curious about the Age of the Dinosaurs. Would they have been some of the species which you said were allowed to expire or die? They were a lifeform that was here on Earth and they no longer exist. Were they intentional?

P: They were evolutionary. Their appropriateness had expired and so that reality which assured their destruction was manifest. It always is a matter of what is appropriate and following that, for in so doing, one follows the true path. So as their appropriateness had ended, so did their existence. All animal life originated with the seedlings. The dinosaurs simply had their time and then were gone. The reason for their extinction was a natural process in the tilt of the axis which caused the seasons to change abruptly. Those who could adapt to the rapid change adapted. Those who could not, did not.

D: *People have always under what killed them because they have found the remains of many dinosaurs that had food still in their bodies.*

P: The change was that quick, for the Earth tilted on its axis. So that which was warm and sunny suddenly, within minutes time, was found to be cold and frigid. Climate changed, for the Earth is a restless old woman who turns and frets. This was a natural phenomenon which is occurring again at this present time. There are many physical changes which are now occurring and shall occur for the next 18 chronological years on this planet. These changes are loosely grouped into the term "cataclysm." But this is not to be considered one gigantic event. This is a slow, gradual process until the time of shift, at which point it is very rapid and could almost be said to be instantaneous. The actual adjustment can be accomplished within minutes. It is an adjustment, a natural evolutionary process in which the Earth's magnetic poles align themselves to different star points in the heavens. These points move in their prescribed manner much as the constellations move around your planet. However, they are not so much influencing your planet as more far-off stars.

D: *The far-off stars are more powerful?*

P: Yes. Not that all far-off stars are more powerful. The points with which your planet is aligning are, however, spaced similar to the constellations in them. They move through a prescribed path.

D: *I've heard that this shifting of the earth is what is causing the awakening of the volcanoes, the earthquakes, the changing weather patterns and different things like that.*

P That is correct, for the earth is preparing itself to align to another point of origin. That is what is causing the awakening of such things as the Ring of Fire and volcanoes in other parts of the Earth also. This is also causing the weather disturbances. It will start as gradual, but the gravitational forces that are coming into swing now will also cause the tilt to be faster. The poles are already ... perhaps thirty degrees (30°) different than they were approximately 40 years ago. But understand that if a war were to come and with it the usage of nuclear weapons, this would cause greater unsettling in the Earth's axis and would *aid* in the ultimate tilt of the axis. Remember, it is a natural process as long as it is allowed to occur naturally. Humankind can adapt and prepare. The danger lies in the speeding up of the shift, for then the Earth changes would occur more rapidly and violently.

D: Do you know how long it will be before the dramatic shift occurs?

P: That is up to the Earth and to the Father in Heaven, and we know nothing more of it.

This news was uncomfortable and disconcerting, to say the least. But since he would not expand upon it as far as giving any kind of time frame, I decided to return to the questioning of the dinosaurs.

D: After the othershift occurred, were all the dinosaurs destroyed at once or were there still some left alive in various parts of the world?

P: There were some life forms left, for there was not the complete annihilation. The largest dinosaurs were killed, that is correct, for they could not adapt. Their bodies were simply suited to one particular type of climate and could not tolerate any change and so they died. They were simply too large to adapt quickly. There was no place to go. The smaller animals could hide and run under objects, for example, and could collect leaves and grass and *etc.* around them and so build a warm environment. The larger animals, however, could not do this, and so were left to the elements and died.

D: I have read about people finding drawings or carvings in some ancient countries that show dinosaurs and humans together.

P: That is correct, for there were humans at this time. They were in a primitive stage but had already been inhabited by spirit.

D: I wondered when the spirits began to come to Earth and inhabit the bodies.

P: It was that early, yes.

D: Scientists have always said that humans came along much later than the dinosaurs.

P: Scientists are always saying things and will continue to do so. However, they have no unlimited access to knowledge and so must make their deductions from the knowledge which is available to them at that point. So the truth at that point is based merely on what is available.

D: I believe the scientists came to those conclusions because they did not find human bones whenever they did their excavations.

P: That is correct, for they have now found human remains with the dinosaur remains, but it has not been widely accepted. For this is a radical viewpoint which is being introduced to a point of view which has been around for many years. You see, the scientific community is slow to change and is resistant to change because

then truth must be rewritten. This characteristic is inherent, for it is common throughout humankind. That which is called truth is considered sacred and is never to be changed. So there is much resistance, for then one loses the ground on which one bases their beliefs.

D: Yes, what is truth to one is not truth to another. -There is also a theory that this jump from the animal to the human was caused by beings from outerspace breeding physically breeding, with the animals.

P: That is an accurate assessment as this was one way for the genetic stock to be uplifted, for this was again an assistance of sort. **How-**ever, more of the nature of a nourishment, as the genetic stock had reached the point where it could not go much further without new genetic information, and so it was given.

D: Is this what you meant by nurturing?

P: That is accurate. It was an assistance as well. If this had not occurred, the human form would have stagnated somewhat towards the Neanderthal.

D: The functioning human we have now with a brain capable of such intellect would not have come about through natural evolution?

P: That is accurate. Or had it been so, many millions of years would have been necessary. However, it is doubtful that any such occurrence would ever have happened naturally, as the evolution had reached the point at which it could go no further naturally.

According to the two schools of thought, creationism means that all life was brought into being suddenly by the act of some superior supernatural power, normally called "God." Evolutionism means that all life developed through a natural, evolutionary process from a single living source. Arguments against evolution are based partly on the fact that controlled experiments show that a species reached a point or limit beyond which it will not develop further on its own. After that point mutations can occur through genetic manipulation. The council could be correct when they said that the Creation story and the Darwin theory of evolution each had their share of the truth.

D: In the Bible it is said, "Let us make man in our image." Is that what you mean?

P: That is an allegory to the fact of man physically appearing in this form, similar to other human forms throughout the universe. That would be an accurate statement.

D: *I always thought "in our image" might refer to the soul part of the human.*

P: "Image" referring to visual representation, and so this human form is then represented throughout the universe in many different areas. This is also true throughout other universes as well, that there are many representatives of one form.

D: *But in this universe, it's mostly the human, humanoid-type of being?*

P: Not so to say "mostly," for there are forms which are not human in any respect. However, accurate to say the human form is simply one form of many. There are many different forms and many different planets with different forms. There are those planets which have multiple forms represented living harmoniously and concurrently. This planet Earth, however, has only one form. We would say that the form you have now is similar to other human forms in the universe. Many have hair and facial features and bodily structures very similar to that which you find on this planet. But there are differences and it would be very difficult to tell the origin of many of them. We are simply saying that this is not the only form in the universe. However, this is also not the only place this form *is* in the universe.

When life reached the human stage the beings from outer space did not come as often. I wanted to know why.

P: It was not necessary. The assistance in the initial stages was one of nurturing and careful attendance to that work which was being done at that time. With the completion of this work, there was no longer the need for such careful attention. They simply returned to those systems from whence they came.

D: *Did anyone stay here to observe?*

P: There were at that time several commissions of entities who remained on the planet in permanent form, physical real form, in order to monitor on a day-to-day basis those conditions. These were, however, not large scale or complicated ministrations as were done previously.

D: *You said these beings were physical?*

P: In a three-dimensional form, real form as you would express on your plane. These beings were of physical form but were of a race not from this planet.

D: *Were they born into a body or did they formulate a body?*

P: They were formulated, as you would say. They were not bodies

of a "portraited" nature, as there were at that time no stock or population from which to inhabit a body.

It is interesting to note that there is no such word as "portraited." It seems to be an attempt to make a verb out of the noun "portrait." They are usually so exact in their choice of words that I do not think this was an error. It may be the closest they could come to the idea they wanted to convey.

P: The physical inhabitants had not evolved to that level at that point in the development of human stock. There were not those bodies who were applicable or available for such usage. This span we speak of covered several million of your earth years. So there were naturally, in the beginning, no human stock, to speak of, at all. In the later portion of this segment of which we are relating now, there were those preliminary developments and evolutions which accounted for primitive man as you would understand him.

D: *In the Bible it says that there were giants in the land*

P: That is an accurate statement. For the human stock of *that* race were of an average over seven feet tall. There were many other races but that was one of the first. Many humans carry those genes to this day, and so there are still occasionally those humans who will grow to a height of over seven feet tall. These are simply genetic reappearances of that stock.

D: *I'm trying to relate to the things in the Bible. The Bible is like history even though it has been distorted.*

P: There are those facts which speak clearly even through the centuries. The content is based much on perception and so naturally there will be some distortion. However, the intent cannot be faulted.

D: *It also says in the Bible something about the sons of God looked upon the daughters of man and found them fair.*

P: It would be accurate to say that this was a reference to the interbreeding between those who came from the sky and those of the earth. There was intent in this in order to uplift the genetic stock, as the species had evolved to a point at which they had, on their own, reached the limits of their evolution. And so it was necessary to bring this stock to a higher level. To uplift the physical body evolution.

D: *Then without their intervention the race would have remained at an animalistic stage?*

- P: It would not have evolved to the point at which sufficient brain capacity could accurately or adequately translate those concepts which would in that time in the future be necessary for an understanding of these concepts of which we speak today... of universal custodianship and of God concepts, *etc.* It was accomplished through the physical mating of the races. There were in those days of the developing of the Bible, those people who felt it not appropriate for the common populace to fully appreciate that which had transpired. For it was felt that credence would be lost in espousing these doctrines. Thus the stories in the Bible were carefully tailored to fit the mentality of that day. And so it has been passed down in this tailored form to this day, faithfully recorded as accurately as possible.
- D: *Then the people who wrote this down did know the truth but interpreted it so the people could understand it.*
- P: To an extent that is accurate. It was not a wholesale conspiracy to distort the facts. In relating these "stories," an occasional innocent explanation could be given which would in turn be interpreted slightly different. Thus the information passed through generation to generation was molded somewhat until it reached the form in which you have it to this day.
- D: *There are people today who would be rather shocked to learn these explanations.*
- P: That is accurate, for there has not, until this time, been given the material which would allow for a more complete and accurate explanation of that which truly occurred. We would say that this seeding is happening again in many places in this, what we would call, "local" universe. This is not an uncommon occurrence by any means, from a universal standpoint. As common as one would build and tend their own garden.

I knew the same people could not have been involved in this entire project because of the enormous length of time that it spanned, but I wondered if it were the same race of people.

- P: Members of the same core would be accurate. For there are those whose responsibilities are to this type of mission.
- D: *When we meet again, will you tell me the story as we advanced into historic times?*

P: That would be accurate. That would be an appropriate learning question. Your curiosity or human consciousness is quite limited in perception.

Upon awakening, Phil said the seeding information carried emotions with it of pride and nobility for the expected success of the experiment, with great expectations for the development of the species on this planet. When it failed he could feel the bitter disappointment.

Because he was not a complete somnambulist he could not block out emotions that often accompanied scenes, and this affected the ways he answered questions. He mentioned three reasons why he felt information could not come through when he was asked a question:

1. It was not allowed to be given. Even he could not override this.
2. It was simply not available. He was totally unable to manufacture information when this happened.
3. If he felt that the emotional climate of the question would bring with it disturbing feelings or scenes. In this case his subconscious would act as a censor and ask us to change the subject.

CHAPTER 6

THE INTERBREEDING

AT THE BEGINNING OF THE NEXT SESSION Phil got off the elevator and encountered a row of giant crystals. He requested to stay there for a little while and draw on the tremendous energy that was whirling around him. He felt it would clear his channels. After allowing him to do this I began the questioning.

D: We were having a continuous story. It is a story that you on the other side, whoever you are, chose that you wanted me to write about. A story of the seeding of the planet Earth. Do you know what I'm speaking of?

P: We would say that we are not entirely responsible for this, as this is something which you yourself have commissioned and we have agreed to assist in. This is your project or your creative expressive endeavor at this time.

That was a strange idea. I certainly had not consciously asked for any such assignment. But it only emphasizes the notion that we may not always be aware of what the many other portions of our being are doing. This other part of us apparently does not need our conscious permission. But since I do enjoy writing about these unusual topics, the idea did not bother me.

D: In the last session you spoke of the seeding of this planet and said the beings had bases here at the time and they guided the development and nurturing of the seedlings. When these attained a certain stage where they could not develop any more on their own, the beings interbred with these animals to deliver the genetic information to develop them into a human capable of intelligence. Have I got that right?

- P: That is an accurate assessment.
- D: *All right. Then let us continue. Was this a physical breeding or was this done artificially as though in a laboratory?*
- P: This was an actual physical intermingling of genetic stock. We would say that there was initially what would be called artificial insemination. For the seed was deposited with surgical procedures. This was necessary as the animal or stock at that time would have become far too violent because of fear.
- D: *Did they concentrate on certain types of animals or did they try it with several different species?*
- P: There were only used those which would, through the offspring, become that which was desired. According to the requirements of such a vehicle, there were those who apparently most closely fit these requirements and they were chosen for population.
- D: *Was this done on a large scale or a small scale to begin with?*
- P: This question requires insight and balancing, which we are unable to provide at this time.
- D: *I meant, was it done over the entire planet or just in a localized area with a few vehicles, so to say, in the beginning.*
- P: We would say there were a few at first, then many others.
- D: *I'm trying to get a picture in my mind of how it all happened. Were they kept in a certain place where they could be observed during this time period.*
- P: They certainly did not enjoy being observed. That is accurate.
- D: *Were they confined in any way?*
- P: That is negative.

It appeared that after the interbreeding took place to implant the intelligence, the experimental creatures were watched over and taken care of as they evolved and grew. All of this would have taken an incredible amount of time, as we know it, for the animals to even evolve into a primitive human state. It seemed to have been the job or assignment of this group of beings to monitor and probably protect this changing species. The length of time involved apparently had no meaning to them. If they had life spans that we can identify with, it may have required many generations of their race to be "on duty" on this planet. He said they remained in constant communication with the areas they had originally come from. I would say that it was just a job to them. The outcome was too far-reaching to have meaning.

D: Did these beings have any contact or live with the inhabitants?

P: There were those visitations which were, from the primitive men's point of view, profound, to the extent of the apparent perception of seeing a god. There was given those concepts which could be understood at that time, which would cause these primitive people to think. And to think of things which they would have never considered throughout their lifetime normally. They were given food for thought, so to say, as to their place in the universe and their role in this plan. There is no written record of such events with which to bolster your credence.

There have been many legends that have come down to us from ancient people concerning extraordinary beings such as Osiris, Quetzacoatl who were supposed to have been gods who came to the tribes to help them. Some of these were considered deities. I asked about this.

P: We here are relating events much previous to those you speak of. You have mentioned those who were not necessarily gods but were individuals who were enlightened through contact with these "gods," quote unquote. At that time, when one assumed the role of teacher of this level of knowledge, it was common practice to consider this person a prophet or one who is in direct contact with God. And so to elevate that person to a role much akin to a god himself. We would say these were individuals who were quite attuned to their own energies as well as those energies throughout the universe. Any who becomes attuned to that energy can appear to become quite elevated in stature above those surroundings. We would say these were merely individuals who were purveyors of the energies.

D: According to the legends, I believe these (Osiris and Quetzacoatl, etc.) were thought to be people from outer space who came to live among the tribes and teach them.

P: Not that this had not happened, but we would not agree that these individuals were such. These were, again, messengers or purveyors of the truth and of the energies. There were many incidences of the individuals from other realms living among, if even for a short time, the people and assisting and educating in those ways which were appropriate at that time. Many knew the true identities of these individuals, but oftentimes many did not.

Some were indeed travelers from other planets. Others simply were from other planes of existence, not necessarily other planets, physically speaking. For there are many other areas of existence which are not physical in nature. And so it is possible to come from somewhere else without really being able to describe from whence they came. In the other dimensions there is no direction possible, as that concept does not exist. That is a three-dimensional concept which taken to the fourth and higher dimensions becomes meaningless. So it would be accurate to say that many visitors simply were from other planes of existence and came down to this level to assist and give information.

D: Then were those like Quetzacoatl physical people that wee born into that tribe or were they from another plane

P: Some individuals and leaders were indeed from another realm of experience. We shall not disclose the identities of these. It is not possible to do this at this time, as it is not that which is allowed. It would not be appropriate to single out any one individual as a messenger or one who was not from Earth and so forth, as the attention then would be focused on the individual and not on the information. Let us say it was necessary for this to occur for the information to be distributed. For were one to begin such a task as a, perhaps, shopkeeper, the sphere of influence would be quite limited in comparison to that of what the ruler would be able to accommodate.

D: Weren't there cases where these beings ended up being worshipped?

P: There was indeed those visitations by the advanced ones. But this role was merely one of assistance, of a caretaker. The memory of these beings were held in high reverence at many times throughout Earth's history. They were revered and thought of as god-like in nature and were hallowed. There were many instances in the primitive cultures where there were visitations by these extraterrestrials to the, oftentimes, leaders of select tribes who were most capable of assimilating that which was occurring. Those who would have the least likely reaction of reducing the visitations to the deity or angelic level. And to recognize these as simply visitations and not dispensations. They would appear as a person, however they were energy forms which could resemble the appearance of being human so as not to frighten.

D: What type of information did they give the people?

P: There was much discussion at the time as to how much informa-

tion to impart to these individuals. And it was decided that a slow, but steady ascent in consciousness raising would be more appropriate than to simply bombard or overwhelm these primitive societies with knowledge from the stars. So the information given was somewhat limited to very practical and useful areas, such as foraging and gardening, for examples. These were some of the first. As the societies developed it was seen that there were those who were keepers of the knowledge, a select few who were fully aware of the implications of these visitations. Then through the gradual uplifting of consciousness in these individuals, it was possible to slowly broaden the discourses during the visitations to eventually include the positioning of heavenly or celestial bodies with respect to the planet Earth. And so it was eventually possible to school these primitive societies in advanced astronomy, for example.

D: Why was that so important that they know about the positions of the stars?

P: Many people are quite aware of the influence of the stars on human events. It is now called astrology. But it was known to a degree far greater than it is now, and was much more accurately used. It could be calculated by noting the positions of the planets and the stars. The nature of the energies coming into the earth made it possible to be able to predict the nature of that which was to occur.

D: Were there any other skills or knowledge that were taught these people?

P: There were many different areas which were available at that time. Many areas which would be considered surprising by today's standards for such "primitive," quote, unquote, peoples to have utilized. The practice of dentistry was taught, such that extractions were done with minimal discomfort. And extractions were then replaced after preparation and repairing of the damaged teeth. It was then possible to replace these teeth such that they would continue their living functions. This is now being learned once again at this time frame on this planet.

D: (This was a surprise.) You mean these were not false teeth, these were the original teeth. How did they minimize the pain?

P: There were, as there are now, many natural herbs and ingredients which could deaden the pain when taken.-Such as cocoa leaves and many other herbs known today which cause a similar effect.

Cocoa is a tropical plant whose dried leaves are the source of

cocaine which is not only a narcotic, but a local anesthetic.

P: This knowledge was given to a select few who would then impart this to their people after proper schooling in these areas. It might be surprising to learn that open-heart surgery was not uncommon in many places at that time. A form of this was—we are searching now for the word—we find it difficult to translate this concept. The original intention was to repair and heal, but later the practice was turned into human sacrifice. They did not remember the technical reasons behind this and through time the procedure was reduced to sacrifice. This would have then served to appease the gods which they had created, and so saved them from a fate worse than death. Thus death was a small price to pay.

D: *When they performed this open-heart surgery, how **were** they able to minimize the **bleeding**? **This is one of the problems even today.***

P: Again those natural ingredients which even today are used were then used. Those powdered forms of herbs which would facilitate clotting were then used. And manipulation of specific pressure points within the body could control the bleeding by limiting blood flow to specific area.

D: *Were they also able to control infection this way?*

P: Not through pressure.

D: *I mean, through the use of herbs.*

P: Infections were dealt with or treated with energy. By channelling human energies as is again being discovered through what is in this vehicle's terminology called "metaphysical groups."

I remembered that the Aztecs were supposed to have practiced this type of sacrifice, the cutting out of the human heart.

D: *Was this **ritual** performed by the same people who built the pyramids in Mexico?*

P: Unfortunately, yes; for at the same time they were quite advanced and yet quite backward. The degeneration of the civilization to human sacrifice and even cannibalism, for the most part, was later than the time of the building of the pyramids. The usage of the pyramids was concurrent with the time of the human sacrifice, not with their building.

I can imagine that through the death of a wise man or some such

occurrence the knowledge would not be passed down in entirety. And with each succeeding generation, the practice became corrupted and was distorted into a form of worship. In time it became the actual cutting out of the heart as a presentation to the "gods," as they perceived these beings to be.

D: Well, if the beings kept watch on this and they saw that the knowledge was being distorted as it was being passed down, couldn't they come back and give the knowledge again?

P: It was not possible to do this, for reasons which are beyond the scope of human comprehension, for the reasons are not translatable.

D: I thought if they came once, they could simply come again.

P: That would be a very simplistic human perception; however, there is a much more complex mechanism at work in the universal plan which would not allow for outside influence to manipulate the natives.

D: I thought maybe they could come and say, "You're not doing this right. It's not the way we told you."

P: That would be manipulation and this was not allowed.

D: But they had already done it once. Wasn't that considered manipulation?

P: It was given as a gift once. To correct would be to manipulate. There is a difference between giving knowledge as a gift and directing the affairs of a society.

D: I see. Then after it was given they had no control over the way it was used.

P: That would be somewhat accurate. It would be against the policies to manipulate these societies. It was, to put it in earth terms, up to the society to create its own destiny.

D: Then the societies were supposed to protect this information and see that it was handed down correctly.

P: That would be again a somewhat accurate statement

This seemed to be a subtle difference, but apparently it was an important difference to them. They were allowed to give knowledge for the betterment of their creations' lives, but to direct the continued use of that knowledge was viewed as interference and not allowed. He continued with more examples.

P: Agriculture was perfected to a high degree, in selecting those crops which were most appropriate for that particular region and diet. For it was not only a climate or climatic (had difficulty with that word) consideration but a nutritional consideration which

dictated the content of the diet. For these were indeed, as there are now, differences in nutritional requirements with the differing environments.

D: Would this explain the food law in the Old Testament of the Bible? The ones that were given to Moses for the people? They were told not to eat any pork or things like that. And they forbade the drinking of blood. Could this be the reason for these things?

P: That is accurate. The requirements were believed to be of a religious nature, but they were based on very realistic, nutritional requirements. It was to allow the human vehicles the most appropriate choice of food, such that they would have those nutrients and vitamins most essential to them for processing, while in their journey or in transit and afterward.

D: Then they were taught the different types of food that would grow more readily in their climate.

P: That is accurate.

D: Do you know what happened to the Mayan people? Supposedly they just suddenly disappeared.

P: We would say that the answer to this question is somewhat tied up in court, to use your analogy. The story or perhaps ending is not complete on this subject. However, suffice to say that they did not die out, but were transported.

D: By spaceships?

P: We would not care to elaborate at this time. However, they were transported.

D: Do you know why?

P: They themselves chose to escape that destruction which they could foresee happening to their brothers during the Spanish conquest.

D: Does this happen to civilization every so often in history?

P: Not that it has no precedent. However, it is not a regular occurrence. Should the situation arise that a civilization has reached a level, as a whole, that they, for the survival of the civilization, desire such a transportation, then, yes, it would happen. Not that there is any law that says it *must* happen. However, through the desire of the individuals themselves to protect their levels of awareness and their achievements, to better enable them to further their understanding and growth, and to protect their society, then they would be given that opportunity. Were it in *their* best interests as well as the best interest of those around them.

- D: (I proceeded with questions.) *Are there any other examples in more recent times of alien help, as civilization began to evolve?*
- P: In this phase of man's evolution there are not those areas which are the result of direct contact. Although they are identical in nature, these today are the product of a mental process or channelling, if you would prefer. Many ideas are channelled, although they are considered original to the inventor. They are simply ideas which have been transferred from the inner plane awareness to the outer plane awareness.
- D: *So instead of actually appearing to people as they did in the past, they mentally communicate.*
- P: This would be somewhat accurate. However, for the most part, the information was drawn from the inner plane awareness of the individuals which precluded the necessity for an interaction of this type.
- D: *Would this explain why many of the same inventions are worked on by different people at the same time?*
- P: That is accurate.
- D: *Well, what do they do? Bombard the planet with a certain idea?*
- P: The energies are directed toward this planet, such that the planet is bathed in these energies. And those who respond to this energy are then—we would not use the word "drawn," as that would give a false impression. However, they...
- D: *Inspired?*
- P: That would be an appropriate term; they are inspired to create these manifestations based on or drawn from these energies.
- D: *The beings don't consider this as an influence?*
- P: The people would not perceive it as such because they, for the most part, would not be aware of the origin—unless they were of high spiritual nature and were aware of the reality of such concepts as inner planes and inner-plane awareness.
- D: *Then the planet is bathed in this idea or this perception of an invention or something that the planet needs at this certain time. It is just thrown out to whoever picks it up. That way it's not a force or an influence because they don't make anyone accept the idea.*
- P: That is accurate. There are inventions which have yet to be discovered, which are now bathing the planet, and are yet to be drawn from the inner-plane awareness and manifested into the physical reality.

Maybe what we call "imagination" is another name or a part of the inner plane awareness.

- D: Then they assume that someone will pick up the vibrations or the ideas. That someone on earth will tune into this, so to speak*
- P: It is there if one so chooses. It is not commanded for this to be. It is simply given freely to use in such a manner as the individual should choose. For you should remember that this is a planet of free will.
- D: Yes, that makes sense. Then a person just says one day, "Oh, I've got this terrific idea that just came to me." And then they begin to see how to put it together. Otherwise it makes them seem like nothing was really their own idea. It would be like they had no credit of their own. But if they added their own inventiveness to it, their own creativity, then it does become their idea, after that little spark has been planted. That way they wouldn't feel so much like a puppet or something just taking ideas and doing what someone else dictated.*
- P: That is accurate. And through the human creative processes similar energies could be manifested in quite different forms depending on the creativity of the inventor. The concepts are given. It is up to the individual to decide how to use that or in what application to use this concept. For example, drilling is used in many different forms. From drilling for cavities to drilling **for** oil, the concept is the same. However, with the inventiveness of the individual the concept can be used in many different forms. The concept or seed would be "drilling."
- D: Then the person figures out the different methods and machinery or things involved in it. These ideas that come are directed by the extraterrestrial beings?*
- P: One must first understand what an extraterrestrial being encompasses. For it is common to perceive them as a physical being from another planet, which is accurate. However, there are many other forms of extraterrestrial beings. There are those in spirit form who are definitely from other planets, but yet are not physical, and these as well are extraterrestrial in nature. There are energies from other universes and galaxies and planets which are of such diverse nature as are human energies. All is extraterrestrial in being for all is of the universe. And as such, all is either extraterrestrial or none is extraterrestrial. There is really no

delineation. There are, as in humans, many different forms of energies. There are in human form those energies which laugh a lot and have a very carefree and gay attitude. There are also in human energies those who are very serious and very somber. They simply choose to express their energies in different form. So it is that all energies throughout the universe are somewhat similar in this respect. There are many different kinds of energies in all parts of the universe and universes.

D: I've been mostly following the ones who helped with the seeding and watched over us all this time. So I was wondering if the ideas and inspirations were connected some way with them.

P: It would be somewhat accurate to say "yes," in the respect that diverse energies were both working in a common plan, that is, to raise the consciousness of this planet. However, again there were as diverse energies in that respect as there are in this respect, and there are as many different earth energies. There are as many different kinds as there are different kinds of people. Not to say numerically speaking, but the diversity is nonetheless very similar, whether they be in energy form or physical form.

D: Well, what directs all this order to keep it all in order to tell them what they have to do, if there are so many different kinds?

P: The entire scheme or plan of the universe, the master plan, the gigantic cosmic clockwork, the God concept which is a popular human notion, is what keeps this in order.

D: They know what to do at what certain phase in our history and things like that.

P: That is accurate. The appropriateness is always the litmus test as to whether such-and-such is appropriate or not.

CHAPTER 17

AREA FOR THE DIGNITARIES

OFTEN upon opening the elevator door Phil would not see the Three Spires. Instead there would be other scenes. There was no clear way of predicting what would happen. The following session was such an example:

P: This is an area reserved for dignitaries of other planets, arriving on this planet from which we speak. This is the staging area for departures (he actually said "deparitals") and arrivals to and from this planet. We see ahead of us the symbol of unity as it is recognized and known in this part of the universe.

I asked if he would be able to draw this symbol when he awakened. He said that would be very difficult since it was not a two-dimensional picture or design. It was perceived in four dimensions.

D: Then the symbol is more like a vibration?

P: That is a most astute observation on your part, for that is exactly the connotation which is used. It is, as one here on this planet would say, a beacon of loyalty to-translated to this language-to the federation of advanced civilizations-those races who have banded together and formed an alliance to further the spiritual and moral education of their perspective races.

D: Why have we arrived at this place?

P: In working with energies such as this, there is often no concrete or base motive or reason. Simply there is asked for an example, so it is given. There is, in this instance, no singular factor which determined that this would be the example given.

In other words, we would never be sure where we would be when the elevator stopped.

D: You said they are arriving and departing? I'm thinking of a station, a depot, or an airport terminal. Is it something like that?

P: A welcoming, staging area where arriving members of other planet's royalty are greeted and shown the proper courtesies due the persons in that position. After the arrival, they would then travel to whatever appropriate area they had come to visit. For instance, commercial or governmental or scientific installations would then receive them for their intended purposes. To illustrate the difference here, an arriving dignitary in your capital city of Washington would not arrive by subway. The President would not greet an arriving dignitary on the subway or by taxi. There is much pomp and circumstance given to one who holds a position such as the president of another country. And so this would be equivalent to the gun salutes which are accorded visiting dignitaries, and the ceremony which surrounds the arrival of such persons. -This is simply an area which is most conducive to the arrival of large crowds of dignitaries. There is room in or around for such arrivals and departures.

D: Is this staging area on a certain planet?

P: It is on this planet, yes. On a certain place on this planet. Much the same considerations given to the placement of reception areas on this planet are given again, as in other parts of the universe.

D: You keep saying "this" planet. You don't mean the planet Earth?

P: That is accurate. We have trouble designating here because we speak of two simultaneous realities where we are in fact in both at the same time. So we will delineate more clearly.

D: The planet we are speaking of, do you know about where it would be located?

P: If you can imagine seeing your Milky Way galaxy from above, and the spiral arm in which your solar system resides being, from your perspective, below and somewhat forward and to the left of you from your vantage point. Then this planet would be behind and above your right shoulder, in that direction, looking flat down on your spiral galaxy, such that the spiral motion is clockwise.

It was difficult for me to follow this description, but research revealed that our Milky Way galaxy is indeed a spiral galaxy composed

of several arms. Apparently this other planet was located on the opposite side of our galaxy, on one of the other arms.

D: Is there anything special about this planet that it was chosen as the staging area?

P: It is simply one planet of many. Each planet would in turn have an area designated as the staging area or arrival and departure area. This is not a central planet in this region. This is simply one staging area of many on the different planets.

D: Then all the planets that belong to this—what would we call it, a federation or something? They all have the same symbol of unity?

P: That would be as close a translation as would be possible.

D: Then these dignitaries travel to each of these planets that belong to that alliance or federation?

P: That is accurate. They exist in mutual support and trust and are not of your like nature, as these are most gentle civilizations and live not in fear of attack from their neighbors. For they have developed and evolved far beyond that level at which one would find violence, intentional violence.

D: Is this why our Earth is not included in this alliance yet?

P: The alliance is somewhat local. It would be as if neighbors banded together to form an alliance. Earth could not be considered a neighbor as it would be most distant from this area.

D: It's more or less like the United Nations, isn't it?

P: That is a very accurate analogy, on a planetary level.

D: What do these dignitaries do when they arrive at these different places?

P: Again, there is much commerce and trade in many areas, such as in the scientific communities where information is shared freely. And so it would be as scientists traveling from one planet to another to share scientific discoveries, for example. These are races which are governed and have a government setup which is not greatly unlike some governments found on your planet. Rather more like tribal governments than your democratic governments, however.

D: I thought they sounded similar to ambassadors. They take information or things back to their people. But as scientists they would have more knowledge than the average ambassador. And they all share these discoveries?

P: That is accurate. They work conjointly in many areas and in endeavors which would further advance their civilizations.

D: That's something that we would like to have on earth, but it seems there

is so much jealousy regarding discoveries. The leaders want them just far their own countries.

- P: There is a profit motive here on this planet Earth which is not shared in this system we speak of. There the need for self-aggrandizement does simply not exist, and so all discoveries are thought of as shared. As they are discovered there is not the concept of personal gain at work, for there is no such concept. And so there is no need for secrecy or belittlement or professional jealousies as is found here on the planet Earth.
- D: *That's our problem. They always have to guard everything as a secret. Especially since the knowledge usually goes into the form of developing weapons and defense. These people have no need for that, is that what you mean?*
- P: That is accurate. There is no defense industry. There is no competition. Competition has no concepts in that civilization.
- D: *Then they think only of the whole, how everyone can profit or benefit from what they discover?*
- P: That is accurate. These discoveries are worked on, or rather, the work is done with the thought in mind or for the purpose of sharing with others.
- D: *That is a very alien idea to our planet, because they are so much in fear of the other governments and other peoples.*
- P: And yet it would be so easy to implement such a concept, if people would but think of others as they think of themselves.
- D: *I think we're a long way from attaining that though.*
- P: Not so far as one might think, for there are many at work now on your planet who are bringing this very concept to the surface and are practicing this concept. Such that others may see and understand and bring this concept into their life.
- D: *I thought that the extraterrestrials were trying to get these ideas across to our people. Is that what you mean?*
- P: This concept is not so much extraterrestrial in deliverance as in terrestrial. For those humans and star people who have incarnated with the intentions of raising the consciousness on this planet Earth are showing by example these concepts. They need not be explained, merely shown or demonstrated to be given.
- D: *It seems like when they come to earth that they would be caught up in what we call the "rat race." The competitiveness and making a living and everything that goes along with it. Because they must have money and food, they have to enter into the competitiveness whether they want to or not,*

in order to just survive

- P: Yes, it is very frustrating to many who have incarnated and find themselves in this situation. It, however, is a test which can be given to further strengthen this concept in those who have come here to deliver this concept to their brothers. There is then a blending of the concepts. Such that the concept given is formed or changed as necessary, to where it will work acceptably with the concepts prevalent. For it would not be feasible to try to destroy those concepts present on earth and to replace them. Much better to transform them to allow these new concepts to work in to the old concepts and so to gradually replace them. Many people are so competitive in this respect that they lose sight of their responsibility to their neighbors. And have fixated their entire energies onto this concept of success. This is a very prevalent and very strong concept, especially in American society.
- D: *Then there's nothing really wrong with working and making money and earning an honest living, as long as you don't let it be your only driving goal and want to step on everyone to get it*
- P: That is accurate. As has been said many times, anything to excess is not in the best good for all. This would be as an example to this vehicle (Phil) to further understand why he finds himself at times in the situations that he does. This would help to explain these alien concepts which he finds himself, by necessity, having to work with or to embrace in some form.
- D: *It is very hard to remain removed from that in mortal life.*
- P: We might make comparisons between realities on this planet Earth's existence and some realities on other planets throughout the universe. There are concepts which are not shared on the many planets. For example, we have indicated that the concept of profit for self and its attendant manifest realities such as greed, are not in all races and societies throughout the universe. Not that this is the only planet with such concepts.
- D: *I wondered if we were the only black sheep, if you know what I mean. We aren't the only one then that has not evolved to that state?*
- P: That is accurate. For there are many planets such as your own. Some who are in far worse condition from what you would call a "human-rights" point of view. For there is still slavery on many planets, and barbarism and tyranny. Earth is, by no means, the laggard of the celestial citizens.
- D: *Do the exraterestrials try to help those other planets, too?*

- P: In some cases it is not possible to help these other planets, as they have regressed to such a point that any effort and assistance would be considered interference and would be met with hostility. And so, in these instances it is best to simply let the planets evolve as they would, until such a time as it would be appropriate to begin feeding into the races an expanded awareness, such as is being done to your planet now.
- D: *They will evolve upward eventually then?*
- P: One would hope; however, it is not unheard of in the galactic annals of history for a planet to completely obliterate itself. To self-destruct such that there is literally no physical planet left. In Earth's case, were the nuclear holocaust, which is sometimes projected, to occur, it is probable that the planet would not be broken apart, merely disfigured. However, it has occurred. It is not unheard of for planets to self-destruct to such an extent that the entire planet breaks up and is lost to the cosmos as nothing more than fragments. There is then nothing left to record the passage of such a race as the destruction is total and complete.
- D: *Of course the spirits of these entities would still survive, wouldn't they? For even a destruction like that could not destroy the soul or the spirit.*
- P: That is accurate. However, there would be no physical reminders of such a civilization. There would be nothing to recall.
- D: *Well, those civilizations that were in such a bad state, were they also seeded the way we were?*
- P: It would be possible to say that all life has been seeded from the very beginning of time on through the end of time, in one form or another.
- D: *You told me before that usually if it was not allowed to evolve by itself and take its own direction. That was why the beings seeded the planets and guided them; is that correct?*
- P: This would not be entirely accurate in all cases, as some life-forms or civilizations which are being started need far less supervision than others. There are many forms indigenous to some planets. It becomes a matter of—we are searching for the word—relativity as to what is called indigenous.
- D: *Well, if they were seeded the same way we were and begun with the same high-minded ideals. How did they get to such a state of negativity?*
- P: Through many of the same mistakes made on this planet. This planet is not so unique, as it has simply progressed to where it is now through many of the same accidents and defaults which

have befallen other planets. It is not a common, what we would say, usual occurrence. It is not the rule, but it is not what we would call rare. Most planets do not have to endure this form of evolution.

- D: *It seems to me as though the planets evolve much as the human spirit evolves. We have lived other lives in the past where we were very base and very selfish and we have had to evolve above that. It seems as though the planets are the same way, only on a larger scale. Would this be a correct analogy?*
- P: The planets evolve *because of* the spirits, and the planet's evolution simply reflects that of the spiritual evolution. For the spirit is the true reality, and the physical simply mirrors that which is in spirit.
- D: *And what is occurring in the physical, the spirits inhabiting the physical people on that planet are what influences this and raises the whole thing. It would be like a planetary consciousness?*
- P: That is accurate.

CHAPTER 18

OTHER TYPES OF BEINGS

A T THE BEGINNING of this session Phil remarked that the Three Spires appeared differently.

P: There is a bright white light flooding into the elevator. The three spires seem to be arranged in a peculiar way this time that I've never seen before. They used to be taller to shorter, but now it seems the shortest one is in the center and the two on the ends seem to be almost the same size. They also seem to shine differently now. The ones before gave off an even, brilliant white light and these seem to shimmer. Their light is much brighter but yet it shimmers. They seem to be larger at the base and shaped somewhat differently. It would seem that this representation has changed along with the interpretation of the vehicle and so what is seen here has been changed also. It is not that there is a change of location but merely a change in interpretation.

D: *Would you be able to **talk** about the different planets and explore the things in outerspace?*

P: We would be happy to. For we would, with much love, care to give you this information now, for it has been held until this time that we could give this to you.

D: *You have said before that the lifeforms in our universe were mostly of the human or humanoid characteristics.*

P: In this part of this universe that is accurate. There are many humanoid forms scattered throughout the universe.

D: *I was surprised that we are more or less alike.*

P: There are, it would seem, more similarities to your extraterrestrial brothers than dissimilarities.

D: I believe you once said you would give me more information about other types of entities and their lifestyle. Not necessarily ones that the vehicle had lived but other ones that were out there. I'm interested in the three dimensional, physical types of planets and people that live on them. Do you have anything like that that you can give me?

P: There are many realities. Reality is a very ambiguous term which covers what one might call "truth." We would say that the realities we could give you could cover physical and spiritual in many facets of each. But we shall speak then of those which are what you would call "physical" levels of existence on other planets. We would say that there are approximately 10,000 variations in this sector of your universe of the physical life form. One which is as you might say, carbon-based in matter. And which is, as you might say, receptive to your senses of touch and so forth. This is what you would say is a physical form, would you not? Then let me say to you that there are those forms which ... let me rephrase this, there is an apparent discrepancy here in the translation. We would say that there are in what you define as physical those properties which are way beyond your capabilities of perception. In other words, there are physical senses available which are not given to those on this planet. And in so doing we would necessarily have to include those properties to give a fair and complete picture of the realities which surround you. Is this understood?

D: Yes, that's all right, because I like to expand my mind into things haven't explored. Because even if I can't understand it I enjoy the challenge of trying. To think of physical entities or people or whatever you want to call them that would be operating differently than we are.

P: That is accurate. For we will try as we have said to limit as much as possible this discussion to those physical properties with which you are familiar. But again, however, there are times when this would not be fair to limit to *only* those properties.

D: That's all right. You don't have to limit. Let's just see how much we can try to understand.

P: Then it shall be. There are many areas in your own universe with which we can entertain ourselves. Now we shall all, as you might say, board our spaceship for a trip to another part of *your* universe, one of several. And so we will now begin leaving and travel to a distant star, one which is very, very far away. What you might perceive as being on the edge of your known universe. However, this is simply a matter of perception, limited due to the

level of your technology. There is indeed more, much more than can be imagined. There is in fact much more to explore beyond the limits you have described as physical beings. And so we now approach this limit. This frontier land or this outback or as you might say, wilderness of the universe. We come to the very border of your known universe. And at last come to a star group which is in your terminology, one of a medium size. Were this vehicle more educated in astronomical dimensions and aware-nesses, we could give a more complete description. However, this is, as one might say, a lack of terminology with which to work. And so we must say that it is one of a size which is larger than your own sun, but as stars go, not one of the giants. There is surround- ing this sun a planet which radiates a very pale light-green color, the fifth from the innermost planet which circles this sun. And it is inhabited by what we would call physical creatures. However, were you to be able to or attempt to perceive them with *your* senses, you would see nothing but shadows. For there would be through your perceptive resources, a lack of substance before you. However, due to your visual acuity or your ability to perceive, that is your eyes' acuteness to light, there would be darkness, a shadow person in front of you. This is simply due to the fact that these bodies give off light which is in an ultraviolet spectrum, due to the energy of the souls which inhabit these bodies. And so you would see shadow. However, were you to reach out and touch, you would feel not heat or cold, but pressure. It would be as if someone were pinching or pushing on your fingers, as best as we can translate, the physical properties of your sense of touch.

D: They wouldn't have a solid body?

P: Not in what you would sense as solid, but which is in fact three-dimensional and quite material, physical. There would be, of course, no true way to communicate with these creatures. For the conceptual basis on which both your language and theirs is based, is completely different and has, as far as we can tell, no common denominators whatsoever. The concepts of love and awareness and so forth could be communicated through tele- pathic methods.

D: I was thinking maybe they were just invisible to our eyesight but would have a solid body if you touched them. It's not like that?

P: It is as if the brighter the light shone on them, the darker they seem to appear.

D: *But are they intelligent?*

P: They are highly developed creatures and are somewhat industrial in their society, but they are more attuned to the telepathic construction of realities. We here on this planet are attuned to the physical construction of realities.

D: *What about their communities? Would we be able to see them? Any buildings; for instance?*

P: It would be possible to see some of the systems available, for there are on the planet many nutrients which are derived from the planet's resources, and which are conveyed in physical, gross forms of transport. However, it might be said that one would see a building with all of the plumbing and wiring intact but none of the remainder of the building. It would be as if the wiring and plumbing were free-standing and going to nowhere.

D: *But if one approached the building, would they feel the building as being there?*

P: If the inhabitants of this planet were to perceive the building, it would be complete. However, it is an accurate statement to say there would appear to be nothing there, for *you* would have no way of perceiving the realities of such a building.

D: *Even with touch?*

P: That is accurate. For it is a telepathic form of construction. It is real to the senses of the highly attuned. However, it would be invisible to all but those who are attuned to those senses. If these beings were to be in your earthly vicinity they would perceive humans as rocks, stones, from their point of view, because your vibrations are so dense. It would be as if you saw a being made of rock or stone. That's how dense you appear to them. Earth people are altogether different vibrations. And it would be amazing to them. They would see how you have to be told things that they know instantly telepathically. You have to have turn signals on our car to say that you're going to turn. You have to have road signs, and stop lights to tell you when to go so you don't run into each other. All of these things you take for granted but it would never be necessary for them, because of their high level of awareness. It's all automatic. It's known. They travel telepathically. When they think about going somewhere they just go there. They are almost totally telepathic because they don't have any kind of a vocal system or vocal tract.

D: *It seems like they don't have any bodies either.*

P: They do have actual physical bodies, but they are very frail. They have no more consistency or substance than a puff of smoke. That's how delicate their bodies are, but they are very highly developed telepathically.

D: *I was thinking of spirit beings.*

P: Well, they are spirits, but they have very frail bodies. You are spirits, but you have very dense bodies.

D: *That's very interesting, but could you describe another type of being that would be more-well, you said they're all physical-but could you describe something which I could see?*

P: We could describe many; what you might call "beasts," which could possibly frighten many who were to perceive such an animal. For it would be, as you might say, truly unknown to any concept of man. Creatures which to your eyes would be so hideous to behold, but yet to those who are accustomed to such creatures, as common to you as perhaps a parakeet or a cat.

D: *Yes, but these would not have the intellect I think that I am searching for.*

P: That is accurate. We speak here of animals.

D: *I think I'm curious about creatures with intellect that would not be humanoid. You said you had many variations.*

P: There are in this universe we speak of, many who are similar to your physical bodies. In fact, there are several planets on which, were you to land, you would find that the inhabitants looked almost identical. In fact, you could not tell that they were not human, because in fact, they are human. The human species is not peculiar to this planet. It is, however, one model of physical body which has been used throughout the universe with much success on planets which are similar in environment to your own. For the human body is quite adept at this type of environment. There are, however, many physical bodies similar to your own which could not survive on this planet.

D: *I think these are some that we have covered before.*

P: That is accurate. These are not strangers on your planet as well, however. For there have been many instances in which beings of a higher order have been allowed to materialize on this planet and walk undetected amongst your people, spreading the word and teaching and enlightening those who would listen. But many who though they came in contact with and had discourse with, were not impressed and did not listen, and so the endeavor to them was simply lost.

D: *(Laugh) That's a human trait, not to listen.-But I think what I was really after were the ones that were not humanoid. Creatures that were physical and had intellect but were not humanoid. I think I'm after the idea that it doesn't have to look like us to also be... human in spirit. Do you understand? Just because something looks and acts differently, it doesn't have to be alien or frightening. I think that's the concept I'm after.*

P: We would say that there are many, many forms of what you might call non-humanoid creatures who have intellects far beyond that which is even possible in humankind. For the brain structure, which is the translator for the soul energy to physical here on this planet, would be so highly inadequate as to not even be able to support life. For the life concept given from the soul energy would not be able to be translated. And so the physical body would simply die from lack of nourishment. There are many bodies which possess a highly refined degree of attunement to that which is pure energy, such that they need no sustenance, such as what you might call food on this planet. And derive their nourishment directly from what you might call the astral or cosmic energy. The molecular cellular structure of these bodies is one of a highly-charged etheric nature and which are continually replenished through the mental processes of the soul. The life force which sustains your human bodies is derived from the fact that this force is in the meat and vegetables with which you constitute your meals. It is *not* that this life force cannot be derived in other ways. It is simply that this is however the custom on this planet. And so you can see that with proper attunement one could easily on this planet with this physical body sustain your life force through entirely mental processes. It is simply that you have grown accustomed to living off of the life force in food. Does this make sense to you? It is simply that the cells and the organisms in your bodies need this life force nourishment. And so your organs have adapted to replenish this through the digestive processes.

D: *Because otherwise the body would starve to death. Of course it would probably die of thirst first.*

P: Through the natural process, that is accurate. Unless the nourishment were given in other ways.

D: *You have told me before that there were souls or whatever that had evolved to the state where they didn't need a body and they were pure energy. But I guess I'm looking for something that is non-humanoid but that is still*

in a physical but a different type of form. So I can adjust to that idea.

I was determined to keep asking questions until I got what I was after. I was positive that somewhere in the vast universe there must be creatures that were not humanoid. Of course, there was always the possibility that Phil's subconscious was censoring and not allowing him to see anything which it considered to be unpleasant.

P: We would describe to you one form of a very highly refined and sophisticated creature, one very highly social in nature with a social structure which is what you might call reminiscent of the bee colonies on your planet. The social concept is so highly refined here as to compliment that of a colony of bees.

D: *What do they look like?*

P: We would say that by your reckoning they might stand three feet in stature. They, however, are somewhat onion-shaped, if you can imagine a body being shaped as an onion with the broader part of the body being towards the ground, on a gravity-based environment. These bodies are, however, not motivated by propulsion as you would in yours. As they do not have what you might call "legs," but tentacles which radiate downward from the lower part of this body.

D: *Something like an octopus or a hydra?*

P: That is accurate. These creatures are again very highly telepathic and have no equivalent sense of vision such as that which you have here on this planet. But instead are able to communicate strictly through the sense of telepathic means.

D: *You said they live in colonies. Well, how would they ...*

P: (He picked up on my next question before I finished asking it.) Nourishment is taken in through the tentacles, through the nutrients of the ground and liquids on the planet. It is taken directly in through the, what you would call "pores" of the skin. What they might refer to in equivalent terminology as "ports."

D: *Do they have the color of an onion?*

P: They are of a somewhat gray color, were you to translate, for as we said they have no eyes. However, were you to perceive them through the energy translations they would appear somewhat grayish in color with a very coarse texture of skin, which is due to the radiation of the nearest star. Their outer skin has adapted to this radiation by becoming quite coarse and dense in its outer-

most layers. So that most of the radiation is absorbed in these outer layers, which allows the energy of this radiation to be dissipated harmlessly to the surrounding atmosphere.

*D: I'm thinking that the odopus has little suckers or *ipos* on his tentacles. Would it be similar to that?*

P: Not so, for there is no need for gripping here. These ports or pores are much smaller in appearance. And are used somewhat like the root system of trees and vegetables on your planet.

D: Except that in this case they can, so to speak pull up their roots and go on somewhere else.

P: They are not stationary in nature, but are always moving throughout the environment. There is not near the gravity there as what is on your planet. And so they somewhat float with a gentle push of their appendages. These are seven in number, which radiate downward from a concentric pattern of... what we might call 'waste ports,' through the bottom or underpart of this body. (He seemed to have difficulty finding the right words to describe this.)

D: How would creatures like this procreate? Is there a need for that?

P: These are asexual creatures and simply divide of themselves during the procreation process. They split much as an amoeba would do on your planet. It is a very natural process which occurs in a timeframe which is not equivalent to your seven years, but would in your span of time take seven years.

D: You said they live in a colony or a community. What type of a place or structure would they live in?

P: There is not what you might describe a structure that is lived in. For there is no need to hide from the natural elements. There is such a high degree of acclimation to the environment that there is no need for building a structure and all is simply out in the open. There is no form of possessiveness which would require form building as in your society. There is no concept of singular ownership here, for all is shared as in the beehive.

D: But there is this need to be together.

P: That is accurate, for there is total communication at all times. All is as one.

D: Do these creatures have any natural enemies? Or do they just live in harmony with their environment?

P: There are not as what you might describe on this planet, predators, which would be always looking for a meal from these creatures. That is not accurate. For this is a very peaceful society.

One which is not so highly developed technically but one which is very highly developed mentally. It is *this* area, the mental forms of realization and communication that distinguish this planet. There is, as might be expected, many forms of what you might call "death" on this planet. For it is again a natural law which dictates that the numbers be held in check, so to say.

D: Otherwise they would just keep multiplying.

P: That is accurate. There is given the ability to project one's self to a higher plane when that becomes necessary. And the physical body would then cease to function as a living unit and would decompose back to the elements from which it was made. There is a disease, which is somewhat a recurring problem, which varies with phases of their solar system. For during certain alignments of their suns there may be an extra intense radiation which is not capable of being processed. And so many who are weaker already in stature would suffer what you might equate to radiation sickness and die.

D: You said suns in plural. There's more than one sun there?

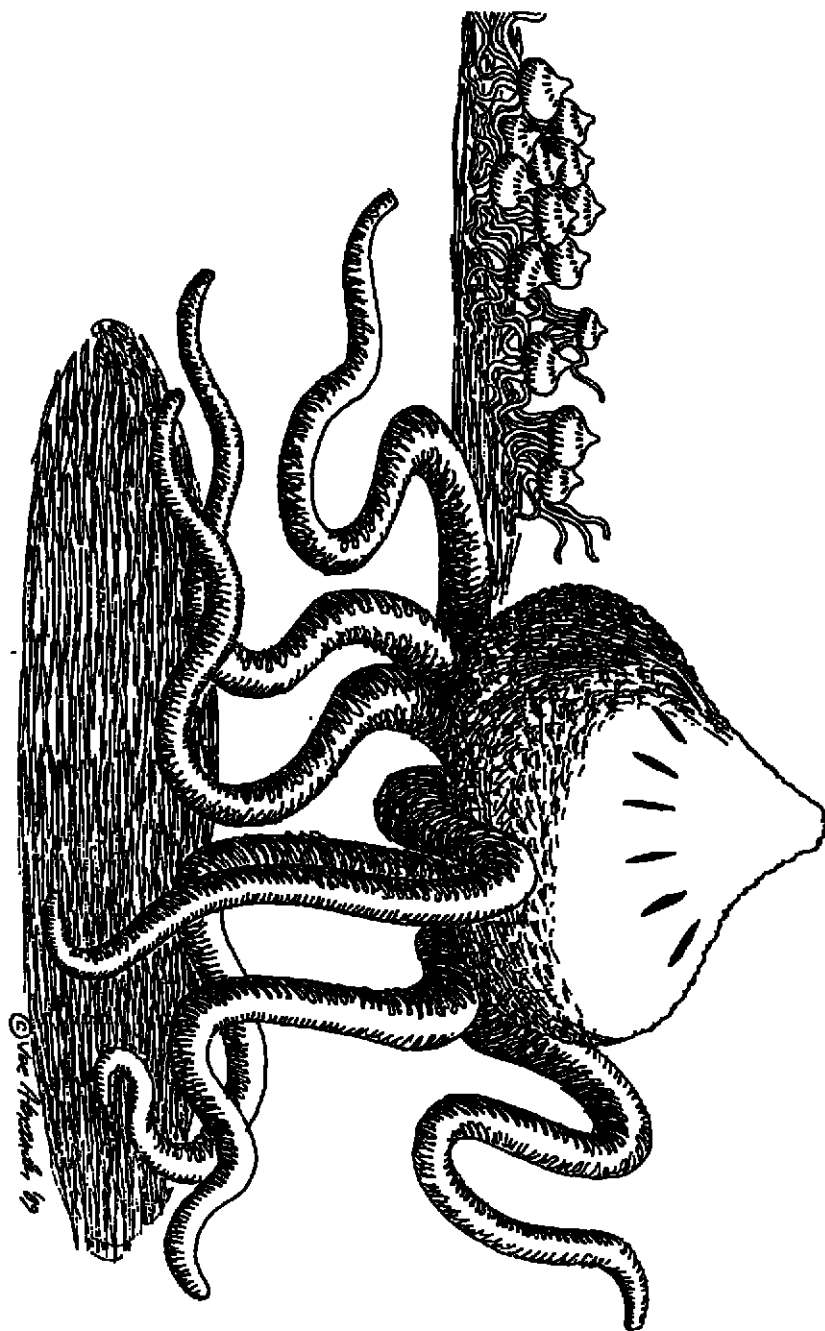
P: That is accurate. There are three suns which have a direct influence on this planet. These three suns are somewhat like sisters in that they rotate around each other. And in certain phases of their alignment, the radiation would be so intense as to cause the death of many of these creatures. This is however, a celebrated event on this planet, as it constitutes a culmination of another cycle, and the beginning of another cycle. For this type of existence is one in which the lessons of harmony and cyclic nature are also learned with a high degree of skill.

D: Are these the only intelligent life form on that planet?

P: That is accurate. For they would have no defense against any other form of life force, were it to appear.

D: Well, in this solar system around these three suns, are there other types like this?

P: That is accurate. There are many other life forms such as what you might equate to insects and lower life forms. However, on this planet they are not so much of a problem. Other planets are entirely composed of what you might call lower life forms such as insects, and no higher forms whatsoever. They would, as you have here on your planet, vary in size and in unique variety. However, their balances would be well in check, as it would be again a learning station for many intelligences which are what you



might say, below the level of your own. For humans tend to think that they are the *only* intelligences, which is not accurate. There are many intelligences which range both above and below that of your own.

D: *I'm thinking this would be like a planet composed entirely of bugs.*

P: That is an accurate analogy.

D: *Would they ever evolve in to a higher lifeform?*

P: Certainly. For that is the purpose. Through the gaining of knowledge and the working experience on these planets, there would be given the opportunity to evolve to a higher level on some other planet

D: *I meant the lifeform, would it evolve into another lifeform?*

P: Not on that planet, perhaps.

D: *Then the only type that would survive on that planet would be the insects.*

P: On this one particular planet, that is accurate. There are those planets on which it is possible to evolve from a very low degree of life form to a very high degree of life form all on one particular planet. The combinations are quite endless, as there are many more variations of life than one human could possibly imagine.

D: *But there are certain planets where the evolution has proceeded so far and stopped.*

P: It has been given that level of evolution which is appropriate for the lessons to be learned on that planet.

I found this type of mental journey exciting and I knew there must be many more different possibilities and variations than we had covered. I asked permission to come and speak of these things again.

P: That is accurate. For we would always enjoy sharing our vision of the universe with you. For we would enjoy taking you on a journey throughout the universe, as it were.

D: *Yes, because at our stage of development we can't go in spaceships. This would be one way to explore.*

P: That is accurate. The mental ship is far superior to anything that could be physically built. It is simply a matter of allowing it to happen.

D: *Yes, because the human species is very curious about things of any nature, especially things in outer space. And it would take so long in our time to be able to go even if we had a spaceship that was available.*

P: That is accurate. And it is also quite a sad thing to see so many who would journey outwards, never leave this planet simply due to the fact that they believe they cannot. There are those on this planet who do indeed travel to many other planets, and bring back with them this insight into the realities on other planes. And so you might find much in what you call "science fiction" writing being true science-fiction fact

D: *Yes, and through entertaining stories and concepts, people get gems of wisdom they don't **ve** they **are** getting.*

P: That is accurate. Much like the sugar coating on many candies. For that is truly what we wish to share here, is truth and wisdom.

UPON AWAKENING Phil drew a picture of his memory of the onion beings. In the drawing he included air ports which he didn't think he had mentioned. He enjoyed this trip very much. He said it was a very delightful energy that had come through, almost feminine. I thought it might have been a different energy because it repeated information about various types of beings that had already been covered. Of course, if it were another energy besides the council, it wouldn't have known what we had already discussed.

CHAPTER 19

THE ALIENS ARE

- D: Would you want to elaborate on anything that I haven't covered?*
- P: We would say that many of these space beings have been seen or reported several times on this planet. They were transported here by their spacecrafts. They have been coming since the beginning of life on this planet
- D: Would these be the same type as the beings that helped with the seeding of the earth in the very beginning?*
- P: This is not of the same race. However, it would be accurate to say that those who seeded the planet were of similar nature. These of whom we speak now are relative newcomers.
- D: Why are they still coming?*
- P: There were many reasons: for survey, for study, to simply see how things were going. There are those who are based here permanently. Although they are unknown to the general population, certain individuals who are of helper status on this planet are quite aware of them.

That was a surprise that they were based here on Earth.

- D: Did they think it was easier to have a base here than to keep going back and forth?*
- P: That would be accurate, yes.
- D: Could you tell me when the base is?*
- P: That is not permitted.
- D: But is it on earth or on the moon?*
- P: It is on the planet. In several places on this planet there are bases or colonies of extraterrestrials, as is commonly ascribed to them

being. They simply are here, although many, most, are unaware of this.

D: *But their base... I'm thinking of something that would be so alien that it would stand out. Or is it something that we would see and not even know what it was?*

P: The bases are well hidden. They are not obvious in nature. For it would not serve the interest of anyone were they to be discovered inadvertently before it is time. So the precautions have been taken which insure that they are most secretively hidden.

D: *I'm just guessing but I think it would have to be in an isolated area in our country.*

P: Not necessarily in the United States, but in isolated areas on this planet. It is true that there are visitations to this country, but they are not necessarily living in only this country. It is accurate that their bases would be removed from large centers of population.

D: *Do these beings ever come into the populated areas?*

P: Yes, that is accurate. More in cities of smaller population and density than in what you would call your large metropolitan areas. For the visitations are often quick and unseen, unannounced. They come especially at night, when they are most apt or able to move unobserved.

D: *If they look so different, they would certainly stand out if they came into a populated area.*

P: That is accurate. But these visitations are of the character such that only those who would be attuned to this level of existence would be able to perceive. Those who are unaware of the existence of such creatures would find nothing or see nothing. Many have seen these beings and have remained silent for fear of ridicule or loss of sanity, or fear of reprisal. Which, of course, there would be none from the beings.

D: *Why would they come into the populated area?*

P: To observe, to assist, to sample, simply to understand. There are many reasons.

D: *If they came from other planets, how would they be able to exist in our atmosphere?*

P: This is due to the similarity and hospitality of this atmosphere to their systems. There is an adaptability inherent in these creatures. They can alter their own systems to best attune to that atmosphere in which they find themselves. And so it is not simply a matter of being able to cope with just this atmosphere.

D: *Well when we first began to work, you described life on other planets, and spoke of people who would not be able to exist on our earth.*

P: That is correct, for there is not universal tolerance to our atmosphere by all creatures. Some atmospheres, even in this solar system, would be considered of the nature of acid rain. So the physical bodies would not be compatible with these atmospheres. Those who would find this planet inhospitable would naturally not come here.

D: *You said that some of them had exploration mutes and colonization mutes but they never came this far.*

P: This has been off of the path since this part of the universe has been populated. There is simply no activity in this area which would put it on or near a commercial trade path.

D: *You also described beings of the fourth dimension. Would the ones we call the flying-saucer people be coming from the fourth dimension?*

P: Often that is the case. That would be accurate. For these are not so much physical but spiritual or energy forms, often with formulated bodies. However, there are physical beings which are in existence. The bases here are three-dimensional, physical earth plane bases.

D: *Some people say that the middle of the earth is hollow, and that some of these UFOs come from that area. Is this true?*

P: To say that your planet is hollow would be a misconception. It is a solid core with a floating mantle, but not a continuous solid mantle. However, we would say that indeed there are those who inhabit areas of your planet beneath the surface. There is, in fact, an entire civilization which resides beneath the surface of your planet. We could not elaborate on this at this time; however, due to an unsettling of energies in the immediate area.

D: *What do you mean?*

P: In the geographic area in which you are located there is, in fact, a contingent of these—we would say, "beings"—who are making their way to the surface. There is the preparation for the emergence of these entities onto your surface. But the preparations being made at this time are not resolved. There is some dissension on many different levels as to the appropriateness of the emergence, as well as the timing of the emergence, should it occur. It would be accurate to say there have been tentative and initial forays, testing the waters, so to say.

D: *Are these physical or spirit beings?*

- P: They are, as you yourselves are, both.
- D: *Would they be a hostile energy or a friendly energy to us?*
- P: They would be gentle in nature. More highly developed socially than you yourselves have become. However, they are protective, and when attacked they would defend themselves. The probability of violence, if your two social structures meet, is quite high at this time.
- D: *When they begin to emerge will we recognize them as being different, or will they look just like everybody else?*
- P: There will be no doubt that they are not of your own. They would be different physically. You need only look upon them to see that they are different.
- D: *In what way?*
- P: The exact descriptions here would be somewhat counterproductive. However, in general terms, they are somewhat thin or lanky in nature. Somewhat taller than normal, and very white or pale.
- D: *Has the opposite happened? Has anybody from the surface ever gone their way?*
- P: That is accurate. There have been incidents where explorers have inadvertently crossed into that which would be, as you say, a tunnel. They had chance encounter with these beings. When they returned to the surface they were ridiculed and thought of as insane from telling such stories. The knowledge of this civilization comes not so much from those who have had chance encounters, as from those who are keepers of the truth, and those who would seek the truth. Those of your metaphysical group could be described as *seekers* of the truth. There are volumes of literature readily available in your libraries which *speaks* the truth; writings which speak of these civilizations. Therefore the knowledge is shared, not from direct experience, but from the desire to *know* that which is. There are those who are aware and are assisting **to** enlighten those of the surface **to**, not only the possibility of the existence, but to enable those who would become assistants themselves **to** prepare for the encounters.
- D: *How did their civilization get down there below the earth?*
- P: There were at the time of the upheavals of Atlantis many who migrated through chasms opened by the shift of the crust, into planet itself. There were those who took with them the knowledge of Atlantis to support themselves in these subterranean caverns. And so they are not bestial in nature, but are ancestors

of your own, who simply migrated at that time to a more developed, socially speaking, area.

D: Why didn't they come back to the surface after the earth settled down?

P: They had no need of the disharmony and confusion on the surface. Their lessons underground have been of refining the human intellect and society to a high degree.

D: Can you tell us where this civilization is located underground?

P: Geographically there is an area which is partially beneath your Mexican Gulf Coast. An area which is, at this time, inhabited by those who are the Atlantean descendants. There is also an area somewhat beneath your Antarctic circle, which is inhabited by those beings who are interdimensional in nature. There are others. However the Atlantean types are somewhat major in the sense that they are, at this time, playing a more prominent part in your coming upheaval.

D: Is the Bermuda Triangle an entrance to that area?

P: Not so much an entrance; however, an occurrence of that which is underneath. The manifestations prevalent in that area are simply by-products of the work being done below the surface.

D: So it has more to do with what's going on below the surface of the Earth than above or out in space.

P: That is accurate.

D: Why are they coming forward now?

P: There is to be given at this time of the coming upheaval that knowledge which went with them at the last upheaval. This knowledge which they have perfected in the millennia since that time will be brought to the surface to be used by those who would remain to rebuild. There will be many of these beings who will be lost through accident and destruction in the coming cataclysm. However, that choice would be entirely their own.

D: Will we be able to communicate?

P: Even now it is possible were you to attune to their level.

D: I have read that there are members of our government who are well aware of these other civilizations. Is this true?

P: That is accurate. Some of those in the fringe of government have some influence. There is as yet no bureaucracy or agency to deal with this. However, there are those who are well respected and listened to in government who are spreading the word, so to say.

D: I keep having this mental picture of a huge civilization under the world. Are there areas inside the planet suitable of sustaining a large civilization?

P: That is accurate. Although not large in terms of total earth volume; not large in the sense of space as compared to your distances. But large enough to sustain a civilization. There are indeed entire lakes.

D: *Getting back to U.S.* You said sometimes people see them, but would there ever be any physical contact between these extraterrestrial beings and the people of earth?

P: As was said earlier, there are those who are keepers of the faith, keepers of the light. Equivalent in nature, in your understanding, to the Essenes who were keepers of the truth. They worked with the Christ in a most guarded and secret manner until the time was appropriate to allow the light or the message to be known.

I was very familiar with the Essenes since I spent a long time gathering the information for my book, *Jesus and Essenes*. In that book it was cautiously admitted that aliens had visited Qumran in Israel during the time Jesus was a student there. The so-called Watchers had been very pleased that the Essenes had tried to preserve the ancient knowledge.

P: And so it is again that there are those who are native who are assisting in this undertaking. They simply go about their business in a quiet, unassuming way, unsuspected of by their neighbors. They are physical human beings who are dealing with these extraterrestrials. There are extraterrestrials themselves, and then there are the human helpers who are assisting in this undertaking.

D: *We hear so many stories of cars being stopped on the roads and people being taken aboard ships to be examined. Are these the type of beings that would do that?*

P: That is accurate. For there is at least one very good reason for allowing this information to be broadcast. And that is to awaken the population in a very subtle, very delicate manner to the fact that there are others on this planet as well. It could not be done safely at one time or this would cause world-wide panic.

D: *I have heard that when they take people onboard, somehow they render them helpless so they won't become violent or hysterical or whatever. The people think it has something to do with the mind.*

P: That is accurate. It is simply focusing one's attention away from the physical, such that it is not directed toward the human body

but is focused to the mental plane.

- D: *Some people who have been abducted say they have no memories of what happened until this type of technique (hypnosis) was used to bring forth the memories.*
- P: That is accurate. It was simply a way in which the experience could be processed or assimilated on a subconscious level before it be returned to the conscious.
- D: *Some people who have had this experience said they were afraid. They thought they were in some kind of danger.*
- P: That is accurate. Although this was a mere perception and was not the case. This illustrates the necessity for bringing this experience to a very subtle level.
- D: *Why did they take them on board and examine them?*
- P: There is interest in seeing how the environment is affecting the human body. And how the chemicals and elements in the environment are infiltrating the human system.

What could be more natural? Why shouldn't they still be concerned with our progress. Haven't they been taking care of us since the very beginning of life on Earth? It seemed a perfectly rational idea that they would still occasionally take a specimen onboard to see what bodily changes were occurring due to the environment and pollution. These changes are probably being reported back to the main base where the continuing records of our civilization are kept. At last, a sensible reason for the UFO beings doing the things people have reported.

- D: *What do the beings think of the increased radiation in our atmosphere? Is this causing any mutating of the physical body to be able to tolerate this?*
- P: We do not perceive so much a change in the physical metabolism as a direct cause being manifested. One cause is cancer which you see increasing at an alarming rate. We wish, however, not to imply that this cancer is simply from radiation. For it is also being caused by the influx of many different chemicals into the human system. This cancer is a form of protest or is signifying that the human body cannot assimilate all these different chemicals with which it is being barraged. This is a form of expression for the human body, which is saying, "I cannot take all this stuff."
- D: *Do you think the body will eventually build a tolerance to this in future generations?*

- P: We shall say that all that "stuff" shall be controlled to the point where the expression is not necessary.
- D: *That is very good. -I can understand these beings looking out for our welfare. But are there other beings in these, what we call flying saucers" or UFOs, that might be a danger or threat? People always think something is alien, it must be bad. They are afraid of anything that is different.*
- P: A human perception. We perceive none who would harm intentionally, for that is not of the nature of the light beings.
- D: *Some people say there have been beams of light that come from the ships, and they are struck by these. I don't know if this is a true statement or not. This is why people thought the ships were dangerous because of these beams of light.*
- P: That is accurate. For the energy in these beams oftentimes causes blistering of the face or redness, and this is physical proof of an encounter. For were one to report such an encounter and have no proof of it, the experience would lose its significance greatly. But there has been a misunderstanding of the facts, for the blistering or redness disappears quickly and is of no more harm than remaining in the sun too long.
- D: *So you think this was done intentionally?*
- P: In some instances, yes. In other instances, the people merely happened to come in the way of this energy.
- D: *I've also heard that these craft have been seen around radar stations and electric power stations, as though they had some need for these places. There is a theory that maybe they use the power that comes from them*
- P: There is a need for water. However, there is not a need for remaining near radar stations or power stations. This theory gives the apparent perception that these beings are somewhat dependent, as are humans. And so it lowers their perceived status from omnipotent to being dependent beings. But they have no need since their power source is far above and beyond anything man is capable of at this time. These individuals study such facilities. It is also a demonstration. A way of allowing others to see these craft in a non-threatening manner.
- D: *They want to be seen?*
- P: That is accurate. For that is the purpose in these sightings, to bring the awareness to global level and eventual acceptance and embrace of these beings. Such that there will not be the need for such clandestine meetings and work. That it may be done in the open.

D: *I get this strong feeling that there's an armada of universal planetary beings out there watching us, ready to make contact when they feel it's safe.*

P: There is in fact an armada, as you might say. However, we would not choose to use that word, for in your context, that is, in the subtleties of your linguistic exercises, "armada" implies an army which is of a warlike nature. And as you can imagine, we are indeed the most unwarlike creatures which anyone could ever conceive. We have no concept of harm. There is no disharmony or need nor want for pain. We would say we are simply a group of a committee which has been sent from the far recesses of *this* universe, which could be construed as the middle of another universe, for universes overlap. A delegation of beings who have set up a community around your planet to feed you this information and energy which is available to all those who ask for it--all those of you who thirst for this and hunger for the knowledge of it. We are simply here to give that energy to your planet. We come in total love and absolute service. For we have nothing more in common with the need to dominate than Jesus did.

D: *Many people have wondered why they don't just land in Washington, DC, right on the lawn of the White House, so that the government could contact them.*

P: This would cause such a state of panic as to be counterproductive. It must be done very carefully and very subtly. For the human psyche has very little tolerance for that which is not of its understanding.

D: *Then they just allow people to see them in different isolated spots?*

P: Yes, so there is a gradual belief. Then there is the luxury of the population to believe or disbelieve.

D: *Will there ever be a time when they will come out in the open and allow everyone to see them?*

P: That is accurate. It is already predestined. It is part of the work. The timeframe is not to be given nor is it completely known at this time. However, it is inevitable that this will happen, for that is simply one step of the evolutionary process of raising this planet to universal consciousness.

D: *Well, do you think they would ever interfere with our affairs on earth?*

P: It would not be accurate to term this "interfere," for the whole purpose is of assistance.

I wondered if there would ever be any specific event or occasion

that would cause this to happen, to bring it all to a head, so to speak. The threat of nuclear war was one possibility that I could envision.

P: This would be determined by the course of human events leading up to such an occasion, as to whether it would be necessary or not.

I believed that if they had been taking care of us for such an incredibly long time, that they were not about to allow us to blow up our planet. That somehow they would find a way to stop us if we came to that point.

P: Should the human race choose to do so, then that is the human destiny. There will be given every opportunity for this not to occur, however. The energies of your planet are affected by the thoughts which you feed into it. The energy *of your* planet is the thoughts that you feed into it. And so those negative, destructive thought patterns which have been fed into the energy of your planet are being challenged by energies being fed into your planet of a more constructive nature. The outcome could be that the more dominant energy will be the higher form.

D: *What is the source of these positive forces?*

P: Those working in the energies, such as your group, who meditate and feed this positive energy into the energy bank, are the source as well as those working from the spirit plane.

D: *Then it will be determined at that time which side will win out, so to speak?*

P: That is accurate. The decision point has not yet been reached. Therefore the energies could change between this chronological time point and *that* time point. Even a very slight variance in the energies could cause a dramatic difference in the ultimate outcome of that decision.

D: *Have other planets gone **through** this process of development?*

P: That is accurate.

D: *How will we know at that time which way it is going to go?*

P: There will be information given through groups such as your own, as to the course of action to take. Even as we speak *now* there are decisions being made on many levels as to what plan of action, if such-and-such happens. Contingency planning, as it were. There is no hard set rule at this time but many contingencies. When the final vote is in and the destiny is set, then an appropriate course of action can be given.

D: *Once destiny is set is there any way we can change it?*

P: Not so, in the sense that *that* which is set is set. It has been mutually agreed on. You yourself can always change your destiny. However you cannot change your world destiny. Were this destiny to be mutually discarded then, of course, it would be different.

D: *Are we talking about what a lot of people refer to as Armageddon?*

P: Not so in the sense of one single catastrophic event, or series. Of course, this whole scenario, that is the final *days* of the *old* ways, is, as you would say, Armageddon. This term "Armageddon" is used simply to describe that death and birth process, the changing of the old to the new. The negative aspects of this process are described as Armageddon. However, no equivalent term has been given to those positive aspects which have an equal amount of importance. New age is variously described as that time when *all* will be *new*.

D: *Then you are saying that Armageddon is just symbol. It's not an actual event?*

P: It has come to represent that series of events which will be experienced in that time of change, and not so much a single or singular event.

D: *I have been told by other people that these beings might step in and help prevent it if it came down to the wire so to speak. The might y to stop it some way.*

P: This channelling shall say that-and this is strictly the opinion of this channelling-that it is possible for the human race to obliterate itself, if they so choose, for they do have that option.

D: *I'm thinking of an analogy. I dont know if it would be correct or not. To me it could be compared to: As though you have raised your children and taken care of them and watched over them. But then whenever they get to a certain age, you can no longer really influence or make them do anything. Would that be a correct analogy?*

P: That would be most appropriate. In many aspects and facets of which you are not aware, this concept is the most appropriate. An analogy which could be used in this context.

D: *Because no matter how much you love them and want to help them or stop them from hurting themselves, when they get to a certain point you no longer have any control over them.*

P: It would be possible to physically restrain them, you see. Even though these children be of adult stature, it would be possible for the parent to physically impose their beliefs on their children.

However, it would not be likely.

D: Then no matter how much these beings would lie to do this, they are restricted because of our use of force will?

I was proud that I was finally able to figure out this concept and supply my own analogy. It was like a beam of light sifting through the clouds.

P: That is accurate. Free will is not taken lightly. It is a very important concept which was given to this planet in the foundation of its reality.

D: Then the concept of free will would override or supersede anything else.

P: That is accurate, for that is the primary learning tool in this realm of existence.

D: I think I'm getting the picture. I want to make sure I have it accurate. Even though they could try to send us ideas and information of ways we can help ourselves, they cannot make us accept these things.

P: That is accurate. It is up to the individuals to decide for themselves their collective destiny.

D: Because I would think that if they were to come and land in certain places in their vehicles, they could do a lot to prevent some of these things from happening.

P: That is debatable, for it could as well be said that this would instigate the very thing which was trying to be prevented.

D: Why do you think that?

P: There could be turned on the—as they would be perceived from a human viewpoint—invaders, those weapons which were sought to be restrained in the first place. And would cause the explosions—although directed toward another—those very same explosions which were trying to be prevented in the first place.

D: But of course, the extraterrestrial beings would probably be able to defend themselves quite well. I believe, if it came to that.

P: There would be no need for a defense. The beings would simply not be there. They would simply dematerialize to another realm of existence. It could be argued that the weapons could be disabled and so forth, but the speculation is endless and nonproductive at this point.

D: Then their nature is so non-violent that they would not even put themselves in that position?

P: They would not put themselves in a position which could precipitate such an event of occurrence.

D: *What can these beings teach the people of earth if the people would listen?*

P: There are many lessons beyond love and understanding which are simply not within human comprehension at this point, as there is not the establishment on this planet yet of universal consciousness. With this establishment many new concepts will be introduced which will relate to politics or political affiliations, etc. Many types of concepts for humans as regarding self will be introduced, perceptions of self within society, for example.

D: *Won't people think of this as interference if these beings want to deal with our politics?*

P: There will be no politics as is known on this planet at this time, for this is not universal politics. There will be a ready acceptance, for all the old ways will be torn down and the slate wiped clean. This will be a way of rewriting the slate.

D: *Then they will help us set up a different kind of government or however you want to say it?*

P: That is accurate. They would assist in this endeavor. It would be a type of world government.

D: *That's what some people might call interference, changing the ways that have always been.*

P: That is an accurate statement which is perceived from the old way of doing things. Those who would resist the change would feel that this would be interference. However, the old way has abundant proof of its fallibility in human history. One need merely look back within the last hours, disregarding looking back through the centuries, to see proof of the fallibilities of the old ways. So it should be quite apparent that there is a great need for a new way. And this new way would then be given which is most appropriate to humankind and their planet. When the old ways are removed, then the new ways will be given.

D: *I think it would be very difficult to set up a worldwide government with so many different opinions.*

P: As was said, the old ways will be torn down and the new ways then will be brought forth. There will be no old ways in existence at that time.

D: *But humans have tried with their United Nations and the League of Nations, and it's always met obstacles.*

P: That is accurate. We would say, to be aware and to be alert and to keep an open mind. For those who are to walk into the light must be able to detach themselves from the old ways in order to

embrace the new. And so, the easier it is to detach oneself from the old ways, the easier it will be to accept the new.

D: *There are those who are going to resist though. They will think having their life-style changed would be equivalent to being occupied or taken over by an enemy power.*

P: Then that is unfortunate, for they cling to the old ways and the history of the planet will not allow for coddling such ideas. These people will have a much rougher time than those who would be of less rigid nature. The history of heritage of the planet will not be held up by these people.

D: *That's why I think people believe that the aliens or the extraterrestrials are ... bad, so to speak, because they would want to change our ways.*

P: This is simply the destiny of this planet, which is being helped by the extraterrestrials. And so those who refuse to participate will find they have a much rougher time than those who accept and participate.

D: *Well, what will happen if a large number of people didn't want to go along with the idea?*

P: Then a large number of people will find themselves in a very rough time of it. As was said earlier, the destiny cannot be changed, any more than the pregnant mother who desires not to have her child can prevent the birth, even at the twelfth or eleventh hour. Despite her objections, *the child will be born*. So it could be much easier to assist in the birth than to fight it.

D: *Would the extraterrestrials give us opposition if some of the people didn't want to go along.*

P: That is not accurate. For their reason for being here in the first place is to assist, to help, to become a type of midwife in this endeavor.

D: *I was thinking that a war might develop if enough people didn't want to change. Then there would be violence.*

P: That is not accurate. For the role would not be to the extent that this change is forced in large amounts, such as would have to happen in order to create a war. The effort is very subtle and behind the scenes. It will happen slowly. This is an evolution, not a revolution.

D: *That makes it clearer. I thought they were going to try to change everything all of a sudden. There would be a lot of people who would resist that.*

P: It will not be thrown on these people, for that would not be conducive to allowing them to decide to change.

D: Will these beings influence our world aders?

P: They are influencing them now.

D: Do you think they might influence them not to use nuclear weapons?

P: There is the encouragement not to resort to this use. That is accurate. The influence is by telepathic suggestion of the nature that these weapons not be used.

D: They wouldn't have to appear then; they could do all this by mentally ...

P: That is accurate. This is something which any human is capable of as well-not simply extraterrestrials.

D: Is it all right if use this information you've been giving me and try to pass it on to other people?

P: Certainly, but with one stipulation. If someone does not wish to believe this, do not profess to this being the "real" truth because truth is what one makes it. If they are ready to accept it, let them. Do not try to change their beliefs against their wishes. I understand that you would not try to influence someone else. I merely wish to emphasize that this is for those who wish it. Those who do not are not wrong not to take it. They are merely not ready to take it.

D: They probably wouldn't understand it anyway.

P: If they were ready to take it they would understand it. Let them be the judge. There are many who can understand, there are many more who will be able to understand. Let them seek it out in their own time because at that time when they are ready, they will seek it out and find it. It is all part of your goal.

D: Then I will write it and let them take it or leave it. -Well, is there anything else you would like to relate to us?

P: Only that the most important thing on this planet at this time, for what I understand, is the elevation of human consciousness. The wars in the Middle East are a classical example of the state of affairs on this planet at this time. And it is not just in the Middle East. In South America and even in your own country, in your own cities, one can see the carelessness and thoughtlessness of one man to another. This is the most important thing to be aware of. It takes one step to begin a journey, to use an old cliché. But if that one step could be taken by everybody the rest would follow suit. Sometimes it only takes showing that one step, for others to follow.

IF PHIL IS A TRUE STARCHILD, a true alien, then I say we need more of them to infiltrate our world. For their gentle nature is much needed. If enough of this new blood can infiltrate humankind, maybe violence will cease and our world can at last be free to live in peace and harmony.

CHAPTER 20

TERROR IN THE NIGHT

BY ALL RIGHTS this book should have been finished. In fact, it was finished. I had put it into its final form and it had been submitted to several publishers. According to the rules of writing, when a story has reached its conclusion it is time to stop. To belabor it any further is fruitless and often anticlimactic. But something occurred in 1987 that made me open Phil's file again. The material in this book about the seeding of planet Earth came through during 1984 and 1985. After that Phil continued with his life and seemed to be adjusting to the strange memories we had stirred. He had put them in their place and thought no more about them. I had continued working with other subjects and writing other books while I searched for the elusive publisher.

I had grown in those two years. My work had expanded to the point that the bizarre, while it still aroused my curiosity, did not startle me any more. I accepted any of my findings with an open mind. In addition to my past-life therapy work, I began to work with MUFON (Mutual UFO Network) in 1987 on suspected UFO abduction cases. This brought a whole new perspective to my work. I was no longer concentrating solely on trauma created by events that occurred hundreds of years ago in other lifetimes, and trying to help people apply the lessons of those lives to the problems in their present one. Now I had to deal with events that had occurred to my subjects in this life. This meant that I had to change my technique, and I had to apply a different sort of therapy because oftentimes the subject had trouble dealing with the strange happenings their protective subconscious had chosen to hide from them. I was compiling the information coming from several people and noting any similarities between their

experiences. I was doing this type of work in addition to my normal reincarnation work. My conclusions and theories will be presented in a future book *The Custodians*, dealing with UFO abduction cases.

During this time (1987) Budd Hopkins and Whitley Strieber wrote their compelling books about UFO abduction and focused the nation's attention in that area. I also found during the next few years that they had also opened up quite a can of worms. People whose experiences had lain dormant for most of their lives suddenly had memories sneaking to the surface of their conscious minds after reading these books. Maybe that was one of their hidden purposes. Maybe it was finally time for these memories to surface among the populace at large because I was to find that this was exactly what happened. Maybe the memories were always close to the edge of the conscious mind and only needed this stimulus to break through. But this could have been part of a skillful and complicated plan, more clever than anyone could comprehend.

I suppose I should not have been surprised when this happened to Phil. After all, who would be a more likely candidate for alien contact in this life but someone who had memories of lifetimes as an alien himself. I received a call from Phil one night in 1987 and I knew immediately something was bothering him. He said he had just finished reading the book *Communion*. He found the book interesting, but two things in it were nagging at him. They seemed to revive some kind of hidden memories and he didn't know what to make of them. In the book Whitley Strieber mentioned seeing an owl as a "screen" for the actual alien. I have come across cases of these in my UFO work, and I call them "overlays." Whatever we choose to call them, they seem to be protective screens which the subconscious erects to cover what is actually there. It could also be that the aliens themselves are using some kind of screening device to protect the individual from shock or whatever. If this is true, then they are very adept at manipulating our minds. But the fact that these memories are beginning to surface proves that their techniques are not infallible. Unless, of course, they have built-in time limitations or durations.

Also Strieber mentioned a strange insect-like thing resembling a praying mantis. The rest of the book didn't bother Phil or bring forth any recalls. But these two incidents in that book evoked memories of a horrifying dream that Phil had several years ago while living in Kansas. He wondered now if it were truly a dream or not. It had

aroused his curiosity and he wanted to have a session to see if there was anything to it.

We arranged to meet and Phil immediately began to tell me what he could remember about the dreams that had occurred in 1977 while he was living in Lawrence, Kansas. He was about 21 years old at the time and it was before he had moved out to San Francisco to live with his sister, and where he had the eventful suicide attempt. Maybe we would finally be able to tie all these strange occurrences together, if there was any continuity. He remembered two separate incidents and he wasn't even sure if they occurred on the same night, but he knew they happened while he was living in Kansas.

He had been driving back to Lawrence from Ottawa after seeing a movie. It had been a light evening. The movie had been a comedy, nothing scary; certainly nothing that would have triggered the incident that followed. The highway was a small two-lane blacktop, little travelled at that time of night. When the huge bird came out of the darkness it startled Phil so much that he ducked inside the car. He surmised that it was a large owl skimming the road looking for rats or dead animals. It was flying very low and right down the center of the road. It came into the headlights suddenly and he thought he was going to hit it head-on. He thought this was a very unusual occurrence, and it scared him because it was so sudden. This was the memory stirred by the mention of the owl in *Communion*. Phil then went home and went to sleep. He thought the next incident occurred on the same night, but the memory had become so distorted that he wasn't sure.

He remembered it was about four o'clock in the morning when he suddenly woke up, covered with sweat and seized with absolute raw terror. He said he had never been so afraid in his life. He had had a dream and it was still fresh and real in his mind. He tried to tell it to me, and I could see that it still affected him even 10 years later.

"First of all, in the dream, I, or my soul, was like a ball of mercury or a blob of water ... a blob of something. And it was like this giant thumb came down from ... somewhere, and pushed on this ball or blob that was me. I never saw any thumb, but it was a very real feeling of pressure, of my soul or spirit or whatever it was being pushed out of my physical body. It was like I was a ball of awareness or consciousness, and I gave under the pressure of the thumb. It descended slowly, pushed down, and then went back up."

He knew there was a lot more activity going on in the dream, but

he couldn't remember anything else except the strange creature. It reminded him of a man-size praying-mantis. One thing that frightened him was that a probe of some kind came out of the mouth area of the thing and it sunk it into the right side of his back. At that time there was a feeling of paralysis. "I felt I couldn't move even if I wanted to, but I knew I *shouldn't* move. I wasn't fighting it, because I knew I wasn't going to be harmed, but yet in the dream I was terrified."

I always think of a praying mantis as a creature with big prominent eyes, a little face, and those long folding arms. But he said it was much more than that. "I didn't really see the face so much as the general outline. It was like a stick with a head thing on the end of it. It seemed to have some sort of arms or appendages that came up. In the dream it was very easy to identify it as a praying mantis."

There were sensations when the probe entered his back, but they were not feelings of pain. "It was a very real physical sense of something entering my back, but it didn't actually hurt. It felt like I was being violated, although that feeling was more psychological than physical. It was so foreign. The feeling of *"I* was not in control, and they-this, whatever-was. I didn't have any moral objections to it. It was just a situation that I was not comfortable with at all. It's hard to describe. Like I said, it's been 10 years ago, and I didn't really write it down or anything. I haven't thought a whole lot about it, until that book revived the memory."

Phil then described his reactions after the dream. "*I* woke up and I thought I'd had a nightmare. I have never felt such pure terror. I know it scared me to death. I got up and turned on every light in the apartment. I didn't want any darkness at all. I even turned on the closet lights. And I prayed. I was very convinced that the next morning I was going to see a priest in town and get back into the Catholic church. I'm not a religious person, but that seemed to be the only thing I could think of. My only thoughts were that there was something evil in the dream that had terrified me. I guess I just assigned evil to it, because in the dream itself it didn't feel that way. But that's the way I dealt with it, I suppose, by saying it was evil. It was a very horrible nightmare, the worst dream I've ever had in my life. I've never experienced anything that scared me that much. I have talked about that dream over the years, but I never connected it with any type of real experience or abduction, until the book suggested a connection. That's probably all it was, just a bad dream, but it's something I'd like to look into."

Phil also mentioned that at the end of the book a group was talking about their experiences. And it was brought up that several of them thought they weren't *supposed* to remember for a certain timeframe. As though they were programmed not to remember. It seemed to him that this might have been what happened to him. As he analyzed it, if the dream had been a real encounter, maybe he wasn't supposed to remember it, because it would have influenced whatever he had experienced in his life since that time. He couldn't have put the later events in perspective, they would have been out of context. It would have been very disturbing at that time to try to assimilate that type of experience. There was also the feeling that if this was true, that the time had arrived when it would be all right to remember it.

Strieber's group also reported that several of them seemed to have developed heightened psychic abilities after the encounters. Phil was aware that this had happened to him. His psychic awareness had increased dramatically after his suicide attempt in California.

If these abductions were being concealed in our subconscious in the form of dreams, it shows how efficient the aliens may be in masking real experiences. It demonstrates how well they understand our psyche, so much better than we ourselves understand it. But apparently they don't fully understand that we can get at the information through hypnosis. Some of the books I've read said they were surprised that we did have the ability to find the information if we knew something was there, and knew what to look for. They didn't realize we could uncover it that way, and this bothered them. I have heard that in some cases where people had sightings or encounters, the aliens tried other methods to make sure that it couldn't be unearthed through hypnosis. It is only speculation as to how effective these methods may be.

I turned the tape recorder on and we prepared for the session. I would concentrate on trying to get Phil back to that time and see if there was anything to the unsettling memory of the nightmare.

Even though we had not worked together or had any sessions in two years the keyword worked perfectly, as though there had been no cessation. He went immediately into a deep trance and we were once again back on familiar ground, except that this time we would be exploring an event in Phil's present lifetime instead of the **past**. This can be very touchy. If we were to trespass onto what the subconscious might consider dangerous ground, it would simply refuse entry and

would not allow Phil to remember. This is its job, after all, to protect the individual from what it considers harmful information. My job, as investigator, is to convince it that all is safe, and that it is permissible to release the information. None of this is easy, but then psychic investigation never is.

I asked Phil to go back to the time in 1977 when he was living in Kansas. He instantly gave the address and began to describe the one-bedroom apartment in an old house. He recalled the landlady's name, and spoke of his job in an electronic business where he repaired aircraft radios.

I moved him through time to the night when he was coming home from the movie and had the strange experience. He immediately began to describe driving along the highway on a chilly night in October, when suddenly a large owl came out of the darkness flying down the middle of the road straight for the car. It startled him because he thought he was going to hit it.

D: Was that the only thing that happened on that night that was different?

P: I think there was more, but I ... I feel like I was told that there wasn't. (A sudden revelation.) I didn't see the owl! I was told to see it.

D: You mean there wasn't really an owl there?

P: No. I was told to see it, or it was suggested that I see it.

D: What do you mean? Told by whom?

P: I see lights. Just glimpses of lights. They're on the ground, off the highway.

D: Do you think they're house lights?

P: No, no. They're different colors. They look like neon colors, blue and red, rich, rich colors.

D: Like Christmas tree colors?

P: Only richer. They seem to be off to my right ... in some sort of trees or ... I don't see very clearly. It's glimpses. But there seems to be lights and movement. (Seriously) I feel it's time to know. It's time to remember.

D: What happened?

P: I feel like something told me to turn off the road ... to the right. There was a small dirt path or a lane that went into some trees. I feel like I was told to turn off. (Softly) That's not right. Turning off the road is not right.

D: What do you mean?

P: I don't know what I mean. I don't think I want to. I think I was supposed to turn off the road, but I don't want to.

D: *Did you turn off the mad?*

P: No. I stopped in the middle of the road ... because there was a light in the middle of the road. There's a light. (Emotionally) They ... *stopped* me. In the middle of the highway. And I'm angry. I feel anger. (Emphatic) I didn't want to do this. And they did it anyway.

D: *Who stoppd you?*

P: They did. *They* did.

D: *Who are they?*

P: I don't know. I don't know who they are. There's a light in the road. And I had to *stop* in the middle of the highway.

D: *Did you think it was another motorist?*

P: No, I knew it wasn't. But I didn't want to experience this. I didn't feel ready. I thought I was ... I wanted to, but I wasn't ready.

D: *What do you mean? Is this an experience you've had before?*

P: (Pause, then softly) Yes.

D: *And you thought you wanted to experience it again or what?*

P: I... (big sigh) I don't know. I don't understand.

D: *But you saw the light and it made you angry? Then what happened?*

P: They came to the car.. I don't like it because they're here. But I know they're not going to hurt me. I feel like ... numb. It's not me. I don't know who I am. I don't know where I've gone.

D: *Can you see what they look like?*

P: I'm not sure. They're small. I don't know if I even can look at them. I don't want to see them. And I feel their hands... on me. They're *cold* ... clammy. I don't understand why they want *me*. Why me? Why me? They want me for something. But they're friendly. I feel their ... love. I don't understand it. They're small, and their skin is gray. And they look ... like bald, with large heads, and little tiny fingers.

D: *What about their faces?*

P: (Pause) Just big eyes is all I see. But they're like children, tiny children, small children. They all hold ... they touch ... their touch is reassuring.

D: *Are there many of them?*

P: (Pause) I'm not sure. About four or five, I think.

D: *What happened after that?*

P: I can't leave the car in the middle of the road. And I say that I

can't. And they said it's okay. That's strange, because I don't want to leave the car in the middle of the road. But they said it would be okay. So I did.

This small incident opened up speculation later. Normally in these cases people report automatically driving off the main highway into desolate areas where the unexpected events occur. In this case Phil refused to drive down the isolated path, so the car was left in the middle of the highway. What happened to the car during this encounter? Wouldn't it have created a traffic hazard, or at least the attention of police? The little creatures indicated that it would be no problem. Did they have methods to render the vehicle invisible, or an amusing suggestion, was the car raised into the air and suspended out of view by passing cars? Or was time somehow suspended during this incident, so that it didn't matter whether the car was on the highway or off the road. This would open up all types of speculation. What would passing motorists have seen, or could they have seen anything at all? This theory will be expanded upon in my book *The Custodians* which deals with my experience with other UFO abduction cases.

At this point Phil reported leaving the car, and being led down the country lane by the gently caressing creatures.

P: We went to the ship. They let me walk. But they were ... holding, touching me as I walked. They were reassuring me through their touch. They didn't seem to want to let go. Sort of guiding me. And I walked. They were okay.

There was a strange familiarity about the little beings. They treated him as if they somehow knew him. This erased any fear from Phil's mind. He strangely felt as though he was among friends. Later this confused him as he tried to analyze it.

D: *Were they talking in words?*

P: No, not so much words as ... feelings. Emotions. I just knew. I could tell. There is a ... doorway with a hatch that is opened. And we walked into the hatch.

D: *Like stairs?*

P: No, like a ramp, with no steps. And the inside the ship seems to be full of light. There's a hallway. It seems to run along the

outside. The walls curve towards the ceiling. They curve with the outline of the ship. There's light everywhere. But ... it just comes, it's just there. They seem to be waiting for someone, or looking for someone. We stopped at the head of the ramp. And there's someone down the hall ... to my right. They seem to be preparing something. There's the control room ... to the left of the ramp. I can see the windows but I can't... I don't understand the controls.

D: What do you see that you can describe?

P: Knobs, seems to be, knobs on sticks on the console.

D: Anything else that you can make out?

P: (Pause, as though looking) I'm not sure. I'm not sure this is even real.

D: That's all right. We can talk about it anyway.

P: There seems to be a star chart. Seems they were showing me a star chart later.

D: Did they take you into that room later?

P: It was not so much a room as an area of the hallway. The hallway opened into that area.

D: Well, it's go back ... you said you were waiting for someone? Let's see what happens there first.

P: (A big sigh) I'm afraid because I know what's going to happen. And I don't want it to.

D: What do you mean, you know what's going to happen?

P: I know what they're going to do. I just know. I don't like what's gonna happen. I'm afraid of... (pause)

Phil was visibly cringing and unwilling to acknowledge whatever was coming next. Since this was obviously bothering him, I gave instructions that he did not have to participate in the scene. He could watch it as a detached observer and thus not have the emotional involvement. He had that option if he chose to do it that way.

D: Who are they waiting for?

P: (Pause) I think they were waiting for me. (Sigh) I guess I decided to get it over with. I somehow felt I didn't want to let them down, or disappoint them. I kind of like them. They're ... good people. I like the feeling. And they said it would be all right, so ... I figured I guess I could go ahead.

D: Do you think you had a choice?

P: I don't know. I don't want to know.

- D: *Well let's move ahead and find out what happened. Where did you go then?*
- P: Down the hall and to the left. Second door on the left. And it's white. Everything's white inside.
- D: *Do you see anything?*
- P: Yes. (Pause, then emotionally) *It! I see it. And I don't like it.*
- D: *What is it?*
- P: I don't know. I don't know what it is. I don't know if it's alive or if it's a machine. But I don't like it.
- D: *Can you tell me what it looks like? Maybe we can figure out what it is.*
- P: It looks like something my father used to have in his office. Phil's father had been a dentist. He had a foot pedaled drill that he used in the army to drill teeth with. It had an arm that swung out that had the drill at the end. And it reminds me of that. It's similar. It has an arm that swings out somehow. Only there's more to it. (With apprehension.) I don't know if it's alive or if it's a machine. I think it's *alive*.
- D: *Why do you think it's alive?*
- P: I don't know, but I don't like the looks of it. I don't know what it is. I don't like looking at it. I don't want to watch!
- D: *You don't have to if you don't want to. You can just tell me what happens.*
- P: I don't know. I don't watch. I lie down on the table. It's white ... it's *cold*. And they ask me to lie down. or they tell me to. They simply ... I *know* to lie down on the table. I'm lying on my stomach and this thing is going into my back.
- D: *Can you feel it?*
- P: Yes. I know that's why I'm there. To take a sample.
- D: *What kind of a sample?*
- P: I'm not sure. Something from inside. It went into my back on the right side.
- D: *Did you have any feelings of pain?*
- P: No, it didn't hurt. But I knew it was there. I could feel it. I don't know what they want. Why?
- D: *What did it feel like?*
- P: I could feel it... but it didn't hurt, it just didn't feel good. I didn't like it.
- D: *Did anybody tell you what they were doing?*
- P: They said it would be all right. There's no problem. Not to worry. They need a sample to take with them to check. That's all they said.

D: *I wonder what it was a sample of?*

P: I don't know. I don't want to know.... I don't want to do this. But I do. Because they need it.

D: *And they don't tell you what they need it for?*

P: I didn't ask. I don't want to know.

D: *Do you still have your clothes on?*

P: No. They were removed in the hallway. Before the room.

D: *How did you feel about that?*

P: It didn't bother me. Something about the clothes ... they were dirty, contaminated, not to be taken indoors. Inside the ship, but not in the room.

D: *What happened after that?*

P: Lots of love. (Pause) They did something with my head. I don't remember what. Some pressure device, or some ... sort of stimulation. I don't know. Some sort of energy. (Unbelieving) They removed my consciousness! Somehow, removed it. They're showing me how they can remove your consciousness from your body, and like put it in ajar. So that your body can be worked on or ... looked at with no harm to your consciousness. No need for worry. I don't know how. (This must have been the sensation that Phil described in the dream of a giant thumb pressing him out of his body.) It was sort of like saying, "**Here** you are. You're here. You're not there." I still feel pressure ... in ajar.

D: *Did it feel like you were in ajar?*

P: Yes, I was in ajar. I don't know how.

D: *Could you see your body?*

P: Yes ... on the table. The thing was sticking a long silver needle into the back, and I didn't feel it. I'm not sure how this was done. It's like the body had feeling, but the consciousness didn't. The body remembered the feeling, but not the consciousness. They separated the two.

D: *Did they do anything else to the body?*

P: They did more after the needle. They cleaned the body with some kind of light. Radiated it with purple light. Almost like ultraviolet. To remove germs. Then more tests. Eyes. Tongue. Ears. Lots of probing, poking, checking. Looking for something. I don't know what. DNA? Use ... to use ... to use the DNA.

D: *Why do they have to do so much probing to do that?*

Phil's voice then switched from that of an excited, frightened

young man, and took on a mechanical quality. He apparently was resorting to channelling at this point in order to disassociate and locate the information. Thus he was able to become detached and remain unemotional. Since it was more comfortable he remained in this type of state for a while. I was used to seeing him do this, so I recognized what was happening. He proceeded with an explanation for the examination.

P: To check for defects. Check for abnormalities. They want the best specimens they can find. To use to repopulate. For the second coming.

D: *What do you mean*

P: The second coming. The second Garden of Eden. The second population. The new beginning.

D: *On Earth?*

P: No, for another place. Another earth. A different place. They need the bodies. They need the genetic stock to populate another planet. To infuse desirable combinations or forms of DNA. To populate another planet. To make way for those who would choose to migrate after the shift. So there will be a more familiar environment for them, and they would therefore have another body very similar to the ones left behind, after the change.

D: *Is someone telling you this, or are you just able to pick it up?*

P: This is knowledge, free and available to any who would ask. There need be no ownership. It is simply available to whomever would choose to accept this.

D: *I thought maybe you were picking it up from their minds?*

P: That is accurate, because they are aware of their mission. They are taking the genetic blueprints for new vehicles to repopulate another planet, in order to provide a host vehicle for those who would so choose to reincarnate there in an environment free and clean of the disruptions so prevalent at this time on this planet.

D: *Is there anything else you can tell me about?*

P: (Pause) Some sort of examination. Scraping.

D: *Where did they scrape? Different places in your body, you mean?*

P: Yes. Inside. Different places. For different reasons. Taking samples.

D: *What do they do with these samples?*

P: They grow cultures. They need these samples of life-forms that

live in our bodies because they don't want these forms on the other planet. They study them and decide which would remain and which would not

D: Are you talking about bacteria or microscopic forms of life that are present in the body?

P: Yes. Some good, some not

D: Hmm, I wouldn't have thought of that. Then when they reproduce the body, they want to make sure it is as perfect as it can be?

P: Yes. Tests. Probes. Checks. Measurements.

D: Are you able to find out who is telling them to do this? Do they have any kind of orders?

P: Group mind. Telepathic consciousness. All is one, one is all.

D: But you said you had the feeling of being in a jar, or a container of some kind?

P: That is accurate. It was a removal of the consciousness so that the awareness would be contained quite separately from the physical body, to lessen the trauma.

D: Then when they were doing all this poking and probing, you wouldn't be aware of it.

P: That is accurate. Not so much not aware, but somewhat removed.

D: Is it an actual container? I am unaware that you can contain the consciousness in something. I thought it was similar to a spirit, and it couldn't be confined. Can you elaborate?

P: Quite accurate. The consciousness is simply a form of energy, and therefore it can be contained within an energy field. That is to say, a container which is constructed of the proper dimensions or elements of energy. There is a sustaining function given here, which nourishes and somewhat anesthetizes the life force to the trauma of the experience. This is not a simple three-dimensional glass container. However it is, in an analogy, a container.

D: Well, now that you are removed so to speak, and it's not bothering you so much, can you see these little people more closely?

P: That is accurate.

D: Can you describe them to me?

He was now detached and totally unemotional, and able to report in an objective manner.

P: They have wide almond-shaped eyes, slanted somewhat upward.

And gray skin, somewhat leathery or coarse appearing, although their hands are very soft. Their touch is very soft and reassuring, not as clammy as they felt at first. The perception of clamminess was telegraphed from their appearance, or based more on their appearance than on true perception.

D: What about their other features?

P: Somewhat high cheekbones. And a narrowness towards the chin, although not prominent. Somewhat triangular shape overall in features.

D: Any mouth or nose?

P: A slight mouth feature. Almost no lips. Simple suggestions of lips. But yet very full of compassion and love. Their features are somewhat bland, yet their love and radiance is prominent.

D: Do they have any ears?

P: Not much more than ... holes.

D: Are they wearing any type of clothes?

P: Yes, definite dark blue uniforms ... a jumpsuit with some kind of insignia. I'm not sure what it looks like.

D: Where is this insignia?

P: Left breast.

D: Is it very large on the uniform?

P: No. Symmetrically accurate by our standards.

D: Could you reproduce the insignia for me later?

P: I'm not sure. It's not an easy feature to describe. Very abstract. It could be done. Difficult, but could be done.

I gave him instructions that he would remember what it looked like, so he would be able to attempt to draw it for me when he awakened. Without this posthypnotic suggestion that detail would evaporate once Phil re-entered the conscious state. But later when he awakened he found the insignia difficult to draw because it was abstract. He was not totally satisfied with his attempts, and said there was a feeling of upward motion to the design. When he studied the drawings he was amazed at the design's resemblance to a stylized fetus. I wonder if there is any connection?

D: Do they all have the same kind of uniforms and insignias?

P: (Pause, as though looking) All that I have seen. Although I somehow know that there are others. The *thing* is different. Not the same.

- D: *Well now that you are removed enough to look at it objectively, what do you think about that thing?*
- P: I don't know. I have never ever, even in my imagination, approached anything like that I don't know what to make of it. (Now unemotional) It seems to be a live machine. A machine with life. That's what it is! It's alive ... but it's a machine. I don't know what it is.
- D: *Does it have a consciousness?*
- P: Not an awareness like we do. Not a will like we do. It's not a personality. But it's alive. It takes orders. It knows what to do, and to does it It knows where to go. It knows what it's looking for. And it knows when it finds it.
- D: *Is it able to move about?*
- P: Yes, on its own. I know it's alive because it does. (Revulsion setting in again.) I don't like it
- D: *Does it have any other appendages besides the one that you saw?*
- P: I don't know. I don't want to look at it too closely.
- D: *That's okay. You **don't** have to. You've already told me a lot.*
- P: I sense it more than I see it, because I don't want to look at it.
- D: *That's fine. You **don't** have to. Do you think this type of thing has ever happened to you before, or is **this** the first time?*
- P: (Sigh) Other times, other lives. First time this life.

The channelling mode was receding and Phil's own subconscious was reporting. It was easy for me to tell the difference, because the other was detached and had access to more information, while the part that now spoke was more emotional and very human.

- D: *I wondered, because you seemed to know what was **coming**, and you didn't want to go into the ship.*
- P: Aware of who they were and what they were, and why, before.
- D: *Well, what happened then? Did this go on **for** quite a while?*
- P: No, not that long. Hard to say. No reference of time. Told to remember, later forget. Go home, forget. Don't remember.
- D: *They told you that you would remember it at a later time?*
- P: No, told to forget.
- D: *Told to forget all about it? Well, was your consciousness still separate?*
- P: I don't know. I don't know where I am. I don't know.
- D: *Didn't you say earlier that they showed you something in the control room?*
- P: Star maps. They showed me where the new planet is. Where

we're going. We're going.

D: *What do you mean? Where you're going eventually, you mean?*

P: Yes. In *physical life*. Three-dimensional. This body. Travel later. With many others. Moving. Going to new home. (Sounded pleased) New home.

D: *Was this map on the wall or what*

P: No. Generated. Three-dimensional. Holograph. I don't know where it is. Someplace. I can see **it** New sun. Different sun... not new, different Different life-forms.

D: *Do you think you could draw some of the map forms?*

P: No. I don't know the first thing about it. I don't know where it is. Where we're going. Why? When? Don't know.

D: *What does the map look like?*

P: The planets are ... little balls. Lights. Not much definition. I don't know. I've never been in space before. I don't know up from down.

D: *Then there's no design or pattern you could draw?*

P: They know. They know. They point out things. This is such and such, and there's such and such. I don't know the first thing about it. I feel so ignorant I really do. Like *I should know*. I was told this long ago. Many times before. And now I don't ... know. Don't know what I'm supposed to know. Why should I know that

D: *Then they just pointed to these different things on something like a holograph. Is that what you said?*

P: Three-dimensional picture. It would be flat, but you could see more into it. In fact it would be both at the same time. Strange. They pointed out things. Landmarks to them. I don't know what they are.

D: *Is Earth anywhere in the picture, or did they say?*

P: It went from Earth ... progression. Far away, though. Long distance. Not to be affected by ... trash.

D: *Trash?*

P: (Curiously) Trash of Earth.

D: *What do you mean by that?*

P: I don't like the concept. Many not to survive. Earth to undergo huge changes. I've known. I don't like that idea.

D: *You said they're telling you that sometime they're going to take you?*

P: Many. Many who would be appropriate. Those not taken, left behind. Simply transpire ... expire. Transpire. Through the

process of spiritual revitalization. Others transported to new world. Make new life. Create new world.

The definitions of transpire and expire are interesting when compared. Expire means: to breathe one's last breath; die. To come to an end; terminate. Transpire means: to cause (vapor, moisture, *etc.*); to pass through tissue or other permeable substances, especially through the pores of the skin. Does this mean this is the way it will happen? If so, it sounds like what happened to the victims at Hiroshima, when their bodies evaporated. There may also be another appropriate definition.

D: Why are they doing these different tests?

P: Tests. Samples. For bodies to populate. Others will come. Need new bodies. Some won't survive; need new bodies.

D: Do you think that everyone they've done things like this to are going to go?

P: No. Some don't want to.

It was a strange concept, but it began to sound like the aliens knew something was going to happen to our Earth. In anticipation they were preparing another planet for migration. Some humans would be taken in their earthly physical bodies to inhabit that new world. Others would apparently die here, but their spirits could travel to the new world, if they wished, and reincarnate in physical bodies that would be similar to those left on Earth, and therefore would be familiar to them. A strange and awesome concept. Could this be one of the motives behind the experimentation being conducted by the aliens? Not only the analyzing and observation of our species' evolution and reaction to disease and environmental influences, but the continual search for a perfection of our species. This was the original plan that had been spoiled by the "weeds" that had entered the garden at the time of the meteor crash. This was what had dashed their hopes, at that time, of creating a perfect world free of defects and disease. Even though they had to settle for the lesser development as our species adjusted to its surroundings, it seemed that they had not given up on their dream of creating a Utopia, a second Garden of Eden, for humankind. A strange concept, but then everything connected with this project had been strange and original to my mind.

D: *Well is there anything else in that room where the holograph is that you can see?*

P: (Surprised) A message! A message from... someone. Someone. For me! A message to me!

D: *What do you mean?*

P: I don't know. (He was finding this emotional and exciting.) There's a message there for me. From someone ... someone I knew. (His voice was quivering.) A small, sort of square box ... someone long ago. A reminder. (Emphatic) A message from me long ago. To *myself*, to remember. To remember the purpose. (Softly) That's it. From me to me. But from a long, *longtime* ago. Different worlds. Different lives.

His tone of voice on the tape sent shivers through me. Apparently I was not so affected during the session, as my voice sounded calm.

D: *Is it a written message that you're looking at or what?*

P: Far more than I can comprehend in this form. But it's there. I recognize **it**. I remember it. (There was a definite sadness in his voice.) *I* built that (Pause) These are friends.

D: *You said you had the feeling there were more people on board.*

P: Yes. Others. Other parts of the ship.

D: *I'm just curious if you could see how this ship was operated.*

P: I don't have any idea. I have absolutely *no* idea. It's way beyond me. I don't want to know.

D: *Is there anything else in that room that you can describe?*

P: Windows. Knobs. Lights. Dials of some sort. I've never seen anything like it. I don't know what it is. I don't even know if this is real. Honest to God, this is not anything I've ever seen before. I don't know what it is.

D: *Is that room light like the others?*

P: Yeah. All over. Only it doesn't come from anywhere. It's just there.

D: *What about the floor? Is it made out of anything particular?*

P: Hard. Gray. Hmm, it almost seems porous. God! ... I hope the ship's not alive. (His voice was becoming frightened.) I don't know. Is it?

D: *I don't know. What do you mean?*

P: Is it alive? Maybe the damn ship is alive? I don't know. That

thing was. Maybe their machines are alive. (He was now definitely frightened.)

- D: *Maybe it's just some kind of a material that we don't understand.*
- P: (He was becoming increasingly agitated.) I don't know. I don't want to know. I don't want to know.
- D: (I tried to calm him.) *That's all right. You don't have to know if you don't want to.*
- P: I don't want to know.
- D: *All right.* (I tried to get his attention off it by changing the subject) *Did they show you anything else?*
- P: (A big sigh) So many questions. I don't know. I want to know, but I don't want to know.
- D: *I can understand. It's a little too much.*
- P: I'm afraid to find out. There are some things I don't want to know because I know I don't want to know.
- D: *That's all right. You don't have to. You can only take whatever you can handle, and that's all that you need to know. Well, did you leave the ship eventually?*
- P: I don't remember. Don't know how. Don't know when. "Time to go," someone said. Last thing I know. A spark or a flash, the last I know.
- D: *What do you mean, a spark or a flash?*
- P: I don't know. Some sort of spark or a flash. "Time to go." Flash. I don't know.
- D: *And then where were you?*
- P: I don't know. I don't remember. I don't want to know.
- D: *All right. That's fine. Did you get back to your car?*
- P: I don't know. Don't know where. Don't remember. Woke up. Next thing, woke up. Bad dream. Bad dream. *Bad dream.* Real bad dream!
- D: *And you don't remember how you got home?*
- P: No. Don't want to know. *Don't want to know.*
- D: *All right. You just remember having the bad dream then.*
- P: Bad dream.
- D: *Okay. But do you think this is the only experience you've ever had like that.*
- P: I don't want to know. I don't want to. I don't want to know.
- D: *Okay. That's fine. You don't have to. You have done very well.*

I was getting ready to give him back to consciousness, but there was still something remaining. He interrupted me.

- P: Message. Remember.
- D: *What is it you supposed to remember?*
- P: Remember. Messages. Remember. Remember. That's the clue. Remember.
- D: *What do you mean?*
- P: I don't know.
- D: *Do you think they wanted you to remember that message, and to forget the rest?*
- P: More to come. Remember. More to come. Remember?
- D: *What do you mean?*
- P: Remember. More to come. More. More.
- D: *Information or what?*
- P: Fun.
- D: *More fun? Is that what you said?*
- P: That's what *they* said. That's not what I said.
- D: (Laugh) *What do you think they mean?*
- P: (A big sigh, then softly) I know. More to come.
- D: *Okay. Well, I think you've done really fine. And I really appreciate you sharing this **with** me.*

I gave him suggestions for well-being so this would not bother him, and brought him out of trance. He then sat up on the side of the bed and started discussing fragments of images that remained in his memory. I always encourage my subjects to do this because I know the images will fade very quickly like snatches of dreams upon awakening.

- D: *Then you don't think that was a **real** owl?*
- P: I don't know why I think that. You ask me and I feel like it's not.
- D: *But that was what triggered the whole experience wasn't it?*
- P: No, that was the screen. That covered everything. It put a focus. I don't know why it's important, but something about it allows the conscious mind to focus on *that*, instead of the blank. It gives something neutral to focus on. Something innocuous or non-threatening.
- D: *Something ordinary within your world, so to speak. Even though it's strange for an owl to dive at a car.*
- P: It wasn't diving. It was simply flying straight along the road. It scared me to death.
- D: *Then that allowed you to focus on it instead of whatever happened **after-**wards. Do you remember getting home that night?*

- P: I don't know if I do or not. I don't remember today.
- D: *Of course, that happened 10 years ago. But except for that strange dream, you didn't remember any of this.*
- P: No. I do now. It feels vaguely familiar. It feels like a memory now instead of a new experience.
- D: *That's the best way to treat it, as a memory, so it won't bother you. Well, I don't know if you had any more experiences like that or if that, or was the only one.*
- P: I don't know. I don't think I want to know any more right now. Not for a while.
- D: *At one point you were angry. It seemed like it was because you knew what they were going to do.*
- P: Well, I did know.
- D: *How did you know?*
- P: I don't know. I just knew. I guess I was angry because I didn't want my little reality changed. It had taken me, what, 21 years to figure out what reality I had, and here it was going to be all changed. And I didn't want that.
- D: *That was where the anger was coming from.*
- P: Yeah, I didn't want to change my reality.
- D: *But somehow you knew they were going to do something.*
- P: I guess I knew. I don't know if I knew before or if... maybe they were telling me in my mind. But intuitively I knew what was going on. I almost got the feeling, "Not now, it's too soon. I don't want to do this now." It was almost like somehow I knew at some level that it was going to happen, but I didn't feel I was ready. I was angry because my reality was set. I'd figured out pretty much what I thought life was, and I didn't want to change it. -I remember another part after the praying mantis, after the operation or whatever. I went up to the control room. It was like they were saying, "Well, the work is over. Now you can enjoy yourself for a little while." And I wasn't sure if maybe even the whole damn ship wasn't alive. There was no distinction between machines and living people. I had lost that reality somehow, and I couldn't perceive the difference. How can there be a live machine? And then I was thinking, "Hell, maybe the whole ship is alive." And it made me nervous. I was getting scared. I thought maybe the thing... the ship knew I was standing on it. Maybe it knew I was standing on it.
- D: *I can see what you mean. That would be very creepy.*

P: It was an uncomfortable feeling. I don't know if it was alive. But I know that for a minute there the thought really disturbed me.

This session seemed to upset and disturb Phil. Even after an hour of discussion he still seemed agitated when we parted. It was a difficult concept to accept and apparently he was having trouble analyzing it on many levels. I didn't think he would want to try anything like this again. The information bothered him more than any time we had ever worked together. I almost wished we had not uncovered this, but it was his idea. I felt he would want to leave it alone and not go near this type of topic again. But I was wrong. His curiosity was stronger than his revulsion.

CHAPTER 21

DISCOVERY OF EARLIER CONTACTS

PHIL HAD BEEN DISTURBED by the last session, so I was waiting for him to contact me if he wanted to pursue the UFO question any further. I truly didn't think he would want to. But when he called me a week later he said he had been having some strange dreams. He wondered if they might have some connection with the last session. Perhaps we had somehow triggered something in his subconscious.

We arranged a session to explore this. I turned on the tape recorder as he reported the dreams. Phil thought it strange that all of them had occurred around the same time. He would wake up around three o'clock in the morning with the memory of the dream firmly etched in his memory. "Sometimes I wake up for no reason after one of these important dreams," he remembered, "and when I look at the clock it's always three o'clock. That seems to be a significant time of morning, for some reason." One dream concerned his mother and all five of the kids. He saw himself and his brother and sisters as children instead of adults. They were riding in a station wagon through a city somewhere. (At this younger time in his life his mother and father were separated.) In the next scene he was sitting on some kind of a gurney or cot, in something similar to a doctor's office. The rest of his family were on gurneys in the room, yet they were all unconscious.

P: I was talking to a woman. And I felt that what they were doing was very dangerous to me, yet I wasn't afraid of them. It's a complicated feeling to describe. It's like on one level I felt I was in very real danger, but yet on the other hand I wasn't afraid of them because I knew they weren't going to hurt us. There's kind of a

paradox there, but you know in a dream it's easy to feel stuff like that. This woman said they were harvesting eggs-or I got that from the conversation-that they were taking eggs from my sisters. And somehow from the conversation I knew they had taken something from me, and it was *half* of whatever it was I had. She said it wouldn't hurt me. And I asked, well, what about later on if I want to have *kids*? And she didn't say anything. Then the next thing I remember in that dream was that I saw this praying mantis-type thing again.

That was all he could remember about that dream. He then reported three others that were strange, but I did not think them suggestive of real UFO or alien encounters. I agreed to check them all out during the session. He thought these dreams were significant because they started after our first session, and they were not the type he normally had. Often when exploration of this type begins and the door to the past has been opened, memories will sneak through the barrier in the form of dreams.

I had been working with UFO abduction cases and I saw a pattern emerging. The different subjects thought they had had an isolated incident, but under hypnotic investigation it was often discovered that they had experiences going back to childhood. For some reason the age around puberty was significant, and many people reported incidents around that age that had been blocked from their memory. As I prepared for this session I was hoping to discover some other encounters Phil might have had at a younger age. Maybe these would tie in with these dreams he had been having since our last session. But I also hoped we would not encounter anything that would disturb him as much as the last time when the door was first opened into this hidden portion of his life.

I used the keyword and our normal procedure. Each time the elevator door opened I never knew what Phil would see, but I was always able to proceed from wherever the scene began. This time instead of going to the three spires or any of the other familiar locations, he was seeing a scene from his childhood. Without being directed to do so he had returned to an earlier encounter. It was as though his subconscious thought it was time for him to remember, and had selected that incident for him to view.

It was 1965 when Phil was 10 years old. He was standing in a field behind his house during the daytime watching a strange object.

Trees separated him from the house and highway, so no one else could have seen it. He described it as bell-shaped, rounded at the top, broader at the base, and more squat than a bell. The size was perhaps **30** or **40** feet wide. It was resting on legs, and glowing white and luminous.

D: *What are you doing there?*

P: I'm talking... talking with them.

His voice was child-like. He was obviously reliving the experience. When this happens I have to talk to and treat the subject as a child.

D: *With who?*

P: With the people inside. They're telling me things. They're standing on the ramp. I'm on the ground.

D: *What do they look like?*

P: They're short with big heads and gray skin. But they're real nice. In fact they're very loving. Very full of love.

D: *You said they're telling you things?*

P: Yeah, things about me. Things that I'm gonna do. Things that I'm supposed to do. Things that I will do. And why. Things that are in my future.

D: *Are they speaking to you?*

P: No, but I know what they're saying. They're thinking to me. They said I was here for a big reason, an important mission. And the things that happen in my life are to help me on that mission, that purpose. Never to forget or to give up.

D: *Have they told you what the mission is?*

P: Yes. It's to help people, because people will be afraid. And they need someone who knows that's going on, someone that people can look up to, and not be afraid. Someone to guide and lead them when they're afraid.

D: *How did you get out there?*

P: I walked from my house.

D: *How did you know to go there?*

P: I felt it. I just knew.

D: *If this is daytime, I wonder if other people can see it out there in the field.*

P: I don't know. I can see it. I know who they are, somehow. Like I've seen them before. They're familiar. Somehow I know they're friends, although I don't know why. (Sadly) I was sorry

when they left because I didn't want to stay here. I wanted to go with them. And I cried. Then I went home and took a nap and forgot about them.

D: Then you didn't go on board the ship?

P: No. They said to stay there. They didn't want me on there. I wasn't supposed to.

D: But you weren't afraid of them. Did you forget about them then?

P: Yes. I was supposed to. They said to. That I would.

D: And they just communicated mentally with you?

P: Yeah, they thought to me.

D: Did you see the ship leave?

P: No, I turned around and left. Then I looked back and they were gone. They just weren't there any more. They ... knew me. I liked them.

D: Was this the first time that you had seen them?

P: No, because I knew them. But I don't remember ... when or where.

Since this was all that comprised that young incident, I decided to proceed. I asked his subconscious if the dream about his family was a real experience or if it were just a dream. He said it had been a dream of a memory, so I instructed him to move to the time that the incident occurred. He immediately began describing a vacation he and his family had taken to Memphis to see the Cotton Festival on the river. In wonderment through a child's eyes he told of the various events and the excitement of watching the fireworks over the water. When I asked if anything out-of-the-ordinary occurred, he said nothing happened in Memphis, but he moved ahead to the night-time trip back.

P: I don't know where that was. It must have been a dream.

D: Do you think it was a dream?

P: No, it wasn't. It was real. I was there. I was the only one awake. The others were afraid, so they went to sleep. But I wasn't afraid. They let me stay awake. I knew who they were. They were my friends ... from above. Nice people. But they were scary.

D: Where were you when this was happening?

P: On the ship. Somewhere off the road. On the trip home from Memphis. They said they needed something. Some stuff. And I said, okay.

- D: *What do they look like?*
P: Well... not so bad. Kinda gray. Not much color.
D: *Do they all look alike?*
P: No, not the one. I don't like that one. (Childish voice.) It looks creepy. Sort of like a ... insect. I don't know. I'm not sure if it's alive or not. It moves. It looks like a machine, but it acts like it's alive. I don't like that one.
D: *Then what did they do? You said they wanted something?*
P: Uh-huh. Samples. That's all they wanted, was samples.
D: *What about the rest of your family? Did they do anything to them?*
P: No. Not really. Nothing bad. They didn't want to hurt anybody. They just wanted samples. They're okay.
D: *Did they take samples from your brother and sisters too?*
P: From my two oldest sisters, from Linda and Gail. They didn't take anything from Cathy or my brother.
D: *What about your mother?*
P: No, they didn't take anything from her either. They wanted to take some from me, a specimen, but I wasn't old enough.
D: *Do you know what kind of samples they took from your sisters?*
P: Like eggs.
D: *How were they able to do that?*
P: That thing. It stuck a needle in them. In their stomach. And pulled it out.
D: *Did it seem to bother them?*
P: No. They were asleep.
D: *Then what happened after that?*
P: They put us back in the car. (Long pause)
D: *Then did you all wake up or what?*
P: (A big breath, then his voice became very soft and sleepy.) I don't know. I went to sleep. And forgot.
D: *And you didn't tell them about anything that happened?*
P: Naw. I forgot about it. I was supposed to.
D: *I wonder if that was a dream or if it might relate to something that really happened.*
P: Uh-huh. It did.

It is interesting to note that when I then asked about the other dreams he had mentioned, his subconscious reported that they were merely normal dreams, although symbolic in nature and containing messages for his conscious mind. I believe if he had been fantasizing

he would have included all the dreams (especially since one of them was definitely more exciting) in his report and not focused on one. I believe this adds validity to this one dream being the memory of a true event

When we moved ahead in time, he reported a second, very similar event that occurred a few years later when he was 14. It had also happened on a trip to Memphis. Since his grandmother lived there, the family made regular trips to that city.

When the scene came into focus, he immediately found himself again sitting on a gray table. He instinctively knew that the rest of his family were also lying on tables near him. He couldn't see them because his attention was focused on a strange being standing in front of him. When he began to speak his voice took on the nuances of a younger person. His speech was not as complex as an adult's. He saw the world in simpler terms. He tried to describe the being.

P: It's a ... woman. Sort of a woman. She's not really a woman. She's kind of a woman.

D: *Wat do you mean*

P: She's not like a regular woman. She's a different kind of a woman.

D: *How is she different?*

P: She's nice, but her face is all wrinkled.

D: *But women are wrinkled sometimes.*

P: This is different. Her face is like elephant skin, gray and lots of wrinkles. She talks sort of with her eyes. She doesn't really talk, but she tells me things with her eyes when she looks at me.

D: *Is she very big?*

P: It's hard to say. We're on eye level, and I'm sitting on a table.

D: *What other features does she have?*

P: Mainly what I see is her eyes. They're kind of almond-shaped. They're different from our eyes. They're ... just *deep*. It's like she feels you when she looks at you.

D: *Does she have any hair?*

P: I'm not sure. All I really notice are the eyes.

D: *How do you know she's a woman?*

P: Just the way she feels. She just seems like a woman.

D: *What is she telling you with her eyes?*

P: Not to be afraid.

D: *Why is the rest of your family asleep?*

P: They went to sleep because they were scared. She said I was used to this, and that I wouldn't be bothered by it. So I'm awake. If it would bother me I'd be asleep.

D: *How did you get there?*

P: We were driving to Memphis, and we saw this light. I don't remember much. It seems like it was in the road. Seems like they came out to the car. I don't know.

D: *Who were they?*

P: I don't know. Some people ... or something. I'm not sure what they were. I was afraid. I closed my eyes. But they took us out of the car. And sort of carried us ... somewhere. I don't know where.

D: *Were the others afraid?*

P: I don't know. I don't remember. I don't think anybody said anything. It seems like it was real quiet.

D: *But now they're asleep and you're awake. Then what happens?*

P: She was talking to me. I don't remember what all she said. She scared me. Something scared me.

D: *That she said?*

P: Yes. I thought it was going to hurt. I didn't want to hurt. But she said it would be okay. They were going to ... stick me.

D: *What were they going to stick you with?*

P: I don't know. Something like a needle.

D: *Where were they going to stick you with the needle?*

P: (Long pause) Somewhere. (I got the feeling that he really knew but didn't want to discuss it.) It didn't hurt. She said it would be all right.

D: *What else happened?*

P: I got to meet one of the men who was sort of like the *pilot*. He was real nice. He was laughing ... sort of *at* me but really *with* me, because I was afraid. And he knew there was nothing to be afraid of. We laughed together, and I felt kind of silly. It felt good to laugh.

D: *Did he make sounds when he laughed?*

P: Not out loud. But in our minds ... or through our eyes. I don't know. We talked, but I don't remember really talking.

D: *What did the pilot look like?*

P: He was more normal than the others. He looked more like us, but his eyes were different. They were kind of slanted more than they should be. But they were okay, they were just different.

D: *Was he more our size?*

P: Yeah. He had hair. Something light colored. Silver or blond, something like that. He had clothes on ... almost like a vest or a jacket, and pants. I don't know if he had shoes on or not. I never looked down. I liked him. He was happy. Friendly. He seemed important.

D: *You said "the others." Did the others all look like the woman?*

P: No. They were different, too. I don't remember much about them. I had my eyes closed. But they brought me into the room, and then she came in and started talking. I felt comfortable when she talked to me, so I opened my eyes.

D: *And they wanted you to meet the pilot?*

P: Yeah. It was kind of important somehow. I guess the whole thing seemed important. I thought it was really neat that they let me do that.

D: *Where was the pilot?*

P: He was up front ... with his controls. He showed me some of the stuff and explained it. But I really didn't know what he was saying. He showed me how he could wave his hand over a control and it would light up. (Smiling) And I did it and it lit up. Like a panel with a flat part of a control, with a knob coming up out of it, and the flat part would light up.

D: *Did he tell you what it was for?*

P: He said some things but I just didn't understand it. I don't know how it works. All I could tell was that you could wave your hand over it and it would light up. I don't know what that meant. I don't understand.

D: *If you could remember some of the words maybe we could figure it out.*

P: I just didn't understand what he was saying. Transluxtor ... something like that. (Phonetic) Transluxtor. I don't know what it means. He said different words. (Phil had difficulty trying to repeat the words. Phonetic) Zerbok. Zerboks. Or Zerbay (Zerber?) or something like that. Just words that I don't know what they mean. Zerboing (Zerberling?) or Zerboxing or something. I don't know what it is. Impulse. Maybe impulse drive or something like that. The words didn't really have any meaning to me. He knew what he was saying, and he was explaining how it worked. What made it go or how. I don't understand what he's saying.

D: *Did he say anything about how the ship was powered?*

P: Energy. He said it channels some kind of energy. Directs it. That's what he said.

D: *Did he say where the energy came from?*

P: I think he said it's all around. It's just raw energy.

D: *But you have to know to use it. Did he show you anything in the control room?*

P: Some other stuff. It's pretty neat. Some kind of force field something. They could ... I don't know, it's scary. I don't like talking about it.

D: *Why? What was scary about that?*

P: I don't know. I just don't like talking about it. It's scary. Something's wrong about it. I don't like what he's saying they can do. They can hurt people. Hold people ... like animals. I don't like that.

D: *Why would they want to do that?*

P: I don't know. I don't like it. I don't know if he's my friend or not. I don't like what he's saying, and ... maybe he's not really a friend.

D: *But you felt comfortable with him.*

P: I don't like what he's saying about doing to people. That's how they do it, from the control room. It was on part of the panel. They do that to people. I'm kind of afraid maybe they're going to do that to me. He said they could shock people. Make them ... stunned, like a cattle prod. Like we do with animals, sometimes. The way we hurt them when we poke them with prods, and make them do what we want. And we don't really care how they feel. That's how they're doing us. I didn't know they could. I don't like it. (Suspiciously) I don't think he's a friend. I think ... maybe I'm in trouble.

D: *Oh, I don't think so. Could you ask him why they want to do that to people?*

P: He said sometimes they have to because people get violent or hysterical, and they have to be subdued. That's what he said.

D: *Then it probably wouldn't hurt them permanently, would it?*

P: No. That's what he said.

D: *Did he say why they brought you onboard?*

P: No. He didn't talk about that. He's just talking about things in the control room. Electrical things. He said I would understand later. He pulled a cover off. There were these lights ... in little rows of some kind of... looks like liquid light. Kind of like in a

tube or something, like a fuse, but it seems like it's fluid. It moves. Something about a junction. Some kind of connection or something. And it's part of how it works.

D: *Are there many of these liquid lights?*

P: Four ... five. Five **Five** in a row, side by side. They're like little tubes, that have ... looks like liquid light flowing through. And then they go in behind to the rest of the panels somewhere, something in there.

D: *Are they like neon lights?*

P: Yeah, kind of, except you can't see through it. It looks like solid light.

D: *Did he say what they use those for?*

P: It's sort of like our blood is to our body. That's how that is to the stuff on the ... whatever this is.

D: *You mean like a fuel of some kind?*

P: No. Not like fuel, but more like blood. It sort of keeps it circulating. I guess he's trying to say it carries the energy around.

D: *Do you mean these are in other places in the ship?*

P: (Interrupted) Goes *through* the ship. Circulates, is how it gets through the ship. It circulates. That's what he said.

D: *In the walls, or in the floor?*

P: Yeah. Through the machinery. Like oil, I guess. Circulates, only it's *not* the fuel, it *carries* the fuel. The energy. That's it! It carries the *energy*. Circulates it through the ship, through the rest of the machinery or whatever that is. It's not like machinery. Through the rest of the stuff that works, whatever it is.

D: *Is this an important part?*

P: It's just *one* part. It's not a main part or anything. He's just showing it **to** me, explaining how this kind of stuff works.

D: *Can you see the other places where it circulates, or are they hidden?*

P: It's like I can't see them with my eyes, but I can see a picture in my head of where they go. It's sort of inside and goes through it to the middle. A bunch of stuff. I don't know what it is. It's just part of the stuff that makes this go.

D: *It's hidden behind the walls?*

P: Sort of. It's just in different parts, different areas, covered with different things. Lots of stuff in there. It's behind that little panel. It's there to look at and, I guess, make adjustments or check on it maybe. I don't know. But it's there so you can see it.

D: *That's strange. Is it any certain color?*

P: It's white. Bright light It looks like liquid, but it's just energy, is what he said.

Phil makes his living working with electronics. You would think he would have seen something in that control room that he could recognize. But he was totally in the mind of his 14-year-old self, and everything was strange, mysterious and impossible to explain.

D: Did he show you anything else?

P: A little black box. Said it was mine. Said I couldn't keep it, but he wanted to show me.

This sounded like the same black box Phil had seen after his encounter with the owl. Apparently he had been shown it on several different occasions, almost as though they were waiting for him to recognize it.

D: What did it look like?

P: It's little ... not square but longer. Kind of black ... and shiny. Smooth. I think it opens, but I couldn't figure out how. There's something inside, but I don't know what it is. He said it's mine ... but I can't take it

D: What does he mean, it's yours?

P: He said I made it once a long time ago.

D: What did you think about that?

P: Whatever he said. I wasn't going to argue. It seemed okay. I thought it was kind of neat. But it opens somehow. There's something inside of **it**. I think he told me, but I think I just knew.

D: Where did he get the box?

P: I don't know. I think somebody handed it to him. He said, "Here! Look at this." I said, "What is it" He said, "This is yours. You built this ... long ago, when you were part of another race. This is to remind you of your heritage." I said, "What is it?" I don't know what he said it was. Something. Some word. He said ... (He had difficulty finding the sound.) Obs ... Obsinite or obs-something. That's what he said. Some kind of stuff. I think he meant that was what it was made out of. He said it was for me to remember my heritage. That I was a part of another race. It was heavy. Smooth and black, and kind of shiny. I think there's something inside of it. I was afraid to try to open it. I thought

he'd be mad. It kind of looked like a little coffin. It kind of bulged out, and was rounded on the top.

D: Could you have open it if you tried

P: Yeah. I think I know how, but I was afraid to. It's like you've got to know in your mind. I think the mental lock is in your mind. If you don't know how it works, it won't open. But if you see in your mind how to do it, then it opens and you can pull the top off.

D: Can anyone else open it?

P: I think I'm the only one. Because it's like he said, I made it

D: Then he's not curious to find out what it is.

P: He didn't seem like it was important. Just that maybe I'd like to see it. Like it was important to me.

D: What happened to the bla bx?

P: I gave it back to him. He smiled, like he knew something. He was smiling sort of *with* me, but I think kind of *at* me. Just like sometimes when somebody knows something and they're not saying what they know. But you can tell by the way they're looking at you that they know something.

D: Did he show you anything else after that?

P: It's like there was so much. There was a lot going on. There was other people in there. Little people that were working.

D: What did they look like?

P: They were sort of short, ugly, gray. They had big bald heads.

D: But you said the one you thought was a woman didn't look like them?

P: No. She was different somehow, but nice, friendly. She just had real wrinkled skin. There was something about her eyes. You just couldn't pull away from them. It's like they were *holding* me. I couldn't tear away. But it felt good. It was just different. She was nice.

D: The ones that you said were ugly, did they communicate with you in any way?

P: No, they were just there. There wasn't much to them. They were doing something else. Moving about. Touching things. Carrying things ... just things. I don't know what they were. They just seemed **to** be busy. They didn't really pay any attention to me.

D: Then the one that communicated with you the most was the pilot?

P: I don't know about that. They both (the pilot and the woman), seemed like they were communicating with me, but I don't know which one did the most.

D: Did you see anyone else that looked like the pilot?

P: I saw one other. Somebody I saw walk through the other end of

the hallway. He didn't look at me ... didn't say anything. Just walked by. He was sort of like the pilot guy. More like us. That's all I saw. I think there was probably more, but I don't know for sure. Didn't see.

D: What happened after that? (Long pause)

P: I'm not sure. Next Seems like it's at night and we're in the station wagon again. My brother and I are in the back seat. Linda's up front with Mom. Gail and Cathy are in the middle. They're asleep and Mom's driving. It seems like we're going to Memphis.

D: Do you know how you got back in the car?

P: I'm not sure.

D: Did your mother say anything?

P: She's worried about getting to Memphis on time. Later on she didn't say anything. For a while ... kind of quiet. I'm listening to the road.

D: Was it late at night?

P: Early in the morning.

D: And she didn't say anything about what happened?

P: Nobody did. They don't know.

D: Did you remember anything happening?

P: No, not then. I didn't remember. Do now.

D: At that time you just remembered taking the trip, but now you remember what really happened. Is that what you mean?

P: I remember more, I guess.

D: Do you think that experience was a dream?

P: I don't know. It wasn't bad. It was okay. Kind of scary. Didn't hurt. I don't think I'd want to do it again. It was too different or weird or something. Didn't like it.

D: But they never really did anything to you, did they?

P: Yeah, they did. They took some stuff. Some samples.

D: Do you know what they were samples of?

P: Skin.

D: Anything else?

P: (Pause) That's all I remember.

I told him the experience could be remembered as being similar to a trip to the doctor. Many people don't like to go there either because things (especially tests) are often done to them that are uncomfortable. They also feel out of control because they can't stop the things that are done to them in clinics and hospitals. I thought

if I could persuade his subconscious to put it into that type of context, then it would not bother him consciously.

D: Let's move forward in time to see if you will ever have another encounter with them after that time. I will count to three and we will be there, if such a time exists at 1, 2, 3, we have moved forward in time. What are you doing now? What do you see?

It was noticeable that Phil's voice during the 14-year-old event had been very sleepy, slow and a little immature. Not really childish, but immature. As he merged into the next scene his voice returned to normal. He said he was looking at a very deep, open wound and it confused him.

P: I don't know why it's there. I don't remember anything. I'm not sure what I'm seeing.

D: Is it bleeding?

P: No. But I can see inside of it. Sort of a gaping hole, although it's not ragged.

D: Can you see where the wound is?

P: I think it's on me... on my right side. It's only a few inches long .. and maybe an inch or two wide, but it's a clean hole. It's not bleeding, but it's deep and very dark red.

D: How did you get that?

P: It was opened ... to remove something. I don't know that it was. Something that was placed there. Something that had been there for some time and then removed.

D: How was it removed?

P: Surgically. The skin was cut, peeled open ... and the top layer of skin was shaved off.

D: Who did this?

P: They did. Them. The ones. The Watchers. The Friends.

D: Where were you when this happened?

P: I was inside the ship on one of the tables. On *the* table. The only table in the room.

D: Do you know what year this happens?

P: (Pause) I'm not sure. I don't feel time at all.

D: Could you see what was removed?

P: There was some sort of lump that was causing trouble. It had to be removed because it was ... harmful.

D: This was something you said they put in there?

P: It was a by-product of what they put in there. An outcome, or a result of a *thing that was* put in there. A shiny metal ball. And the lump formed around **it**. The lump is what they wanted to grow. They needed the tissue. A tumor. It would have been harmful to me, but it was necessary for them. They took it out so it wouldn't harm me.

D: *Did they remove the little shiny ball also?*

P: Yes, it was inside the lump. The tumor formed around the ball. It was more like a pellet. The tumor was to study my system. Some kind of system that's ... not immunological, but it is somewhat distantly related to that. I don't understand exactly what it is, but it's a system of some kind of regeneration. The lump was a reaction to this pellet that would have caused problems if it had been left. But they needed the lump to study my reaction to this pellet.

D: *Something like the body's defense systems?*

P: More than just defense. Much more complicated than that. An assimilation. A growth generated by the pellet to study and understand the different systems in the body including the immunological. They placed the pellet to study the growth that surrounded the pellet.

D: *Was the pellet very big?*

P: Very small. Somewhat near the size of a B.B. [⁷/40 of an inch].

D: *And this didn't cause you any problems while it was inside your body?*

P: Somewhat, yes. Although not anything serious. Discomfort more so than danger. Nothing that I can't live with.

D: *What kind of discomfort did you have?*

P: Somewhat nauseous, tired. Some loss of balance. Some slurring of speech. It was like the energy of the body was somewhat drained and concentrated into that pellet, that lump.

D: *Do you have any idea how long it was left inside you?*

P: It's still there.

D: (That was a surprise statement.) *Still there? I thought they took it out?*

P: Not yet.

D: *Oh, you mean they are taking it out right now?*

P: No, right now it's still there.

D: (I didn't understand.) *When they removed the growth, didn't they take the pellet out also?*

P: That has **not** happened yet. This is sort of looking back ahead, I suppose.

- D: *Well you said you saw the hole in your side and they were removing the lump from your body*
- P: They will. Not yet. It's important for them and for me, for other things to come.
- D: *What do you mean?*
- P: I don't know. That's just it. Other things to come. That's all I know.
- D: *But didn't you say it was dangerous for you if they left that lump inside of you*
- P: If it were left, yes. But it won't be. It hasn't been taken out yet. It's not time. It was placed. Injected.
- D: *Then why did they make the incision?*
- P: That's a picture of what it would be like when it's taken out. A visualization.
- D: *All right. That's what you were talking about. (He had been given a glimpse of a scene from the future.) Then it has to remain for a certain length of time and then it is taken out and examined. What would happen if they didn't remove it?*
- P: It would become a tumor and cause renal problems, kidney problems. It would cause a shutdown of the kidney. Because of its mere size it would grow and cause blockage.
- D: *Then it is located in the kidney area.*

Apparently this object was placed inside of Phil at the time of the experience with the owl.

Upon awakening we examined the side of his back and there was no scar. If anything had been done it had obviously healed leaving no mark. He remembered some more details about the pellet. He assumed it must have been put in by the strange praying mantis machine. The pellet looked silvery and was tiny, smaller than a B.B. But he thought it was probably not metal, maybe some type of mineral that would not show up on an X-ray.

- D: *Well it begins to look like you're going to meet up with them again, because they have to take it out at a certain time in the future. (Laugh)*
- P: It's okay with me. Looking back, the feeling I had with them was that they're okay. I can tell they're friendly.
- D: *Yeah. Even when you were o, you weren't afraid of them.*
- P: Yes, it felt like I knew them. I don't know if it was them personally, or who they were in general.

The first thing he wanted to discuss was what went on in that room with the wrinkled woman creature. There was much more occurring than what he had reported. Apparently at the young age of 14 it was something he couldn't bring himself to discuss. Even now he was embarrassed. As he talked about it he looked at the wall, avoiding my eyes. This was not normally the type of thing you would talk about anyway.

P: I didn't want to say it while I was under, but ... they stuck a probe in one of my testicles. And pulled out ... oh, I don't know what it was. Fluid or cells or something.

D: *Was that what you were afraid was going to hurt? You said they were going to slick you with something.*

P: It was a small slender silver tube. And it had something on the end of it. I saw the tube and I closed my eyes. I didn't want to see any more. I could tell they were doing something, but it didn't hurt. They took specimens, samples, I guess.

D: *I think it was interesting that you thought that being was a woman.*

P: You could tell basically by her energy that her personality was very feminine. She was something you might equate as a head nurse, or something like that. Her skin was really wrinkled. I couldn't look at anything except her eyes. It seemed like when she looked at you, you were locked in on her eyes and you couldn't let go. But out of the corners of my eyes I could see the rest of her. I really don't remember much except seeing the wrinkles. I don't remember if she had hair or not.

D: *Maybe that's how it works. She was locked in on you so you wouldn't feel anything.*

P: I guess so. When that nurse was taking the samples ... I was aware she was touching me, but I was really focused on the communication, on the eyes. I assumed that something was going on with the rest of my family. She didn't say. But I would just assume that was probably right.

D: *But the other man, the pilot, seemed to be a lot different, didn't he?*

P: Yeah, he seemed more human, although there was something different about him, too. Not scary, just different. His eyes were kind of Asian eyes, or Indian eyes. Something like that, only instead of being slits, they were more almond-shaped. It's hard to describe. They weren't black eyes, they had pupils like ours. The eyes themselves seemed to be pretty normal. It was just

basically the shape of the eyes. Round in the middle, but they came to slits on the side. He had light hair, blond or gray or something like that. Again it's like I wasn't looking so much at *them* around them, as at their face, their eyes. You kind of lock in on that. And the other little things that you get kind of filter in from the side. It's like our eyes are magnets and they *lock* in. It's almost compelling. And when they look at you they have that magnetic *pull*. You can't break away from it

D: Maybe that show the information is communicated.

*P: It is. It's almost like there's a physical connection there and the communication goes across that *lock*, that magnetic *pull* or whatever it is. He was real friendly and it was like he knew something that I didn't, but it was something nice. It wasn't anything bad at all. It was almost as though he had a twinkle in his eyes.*

D: The only part that bothered you was that thing that shocked people

P: Yes, that bothered me when he was telling me how they can make people stop and stun them. They can control people with a beam that they operate from the panel. It's a lot like when we take cattle to market. We guide them through the chutes and use a cattle prod and shock them to make them do what we want. It reminded me of that. It came out of the ship, I guess. He was saying they use that beam to control people when they have to. It seemed we're like cattle to them. Then they didn't seem so friendly.

D: How do you feel about it now?

P: Hmm, neutral. At this point I don't know if I really believe it or not, but it doesn't bother me that I don't. I wish I could. I'd like to believe it. Let's put it that way, I wish there was something that I could get a grasp on and say that I really believed this, but I don't. I think it's more like imagination or something. I don't know if it is real. I guess I'm kind of disappointed that I didn't experience something that I really could believe in.

D: Why do you feel you want to believe it?

P: (Slowly and hesitantly) I just think that it's something that... well, it gives us hope that there's more to life than just this day-to-day mundane stuff. Just to know there's a greater reality. Something else out there. It's more exciting than our day-to-day life. But it's just not something that we can say, "Well, yeah, this is real." It's either a product of a fertile imagination, or ... I don't know what it is.

It is amazing that all these events (and who knows how many more) had been lying dormant in Phil's subconscious all his life. There was absolutely no indication they were there. We would not have explored them because we didn't know of their existence. They would have remained dormant if the memories had not been triggered by dreams.

This session gave no indication that he would be bothered any further by these experiences because of his friendly attitude towards these beings. But this was not true. Over the next month he was to experience much trauma as he tried to make these experiences fit into his life pattern. He didn't phone and tell me, so I didn't know about the internal problems that he was wrestling with.

CHAPTER 22

LOSING TOUCH WITH REALITY

I WAS NOT AWARE that these sessions had so deeply disturbed Phil until the next meeting a few weeks later. He wanted to elaborate on what had been going through his mind, so I turned on the tape recorder. I think his report of the confusing emotions that manifested after the revival of these abduction memories will be helpful to other investigators who are trying to understand this unusual phenomena.

P: I have to tell you. These sessions ... working in this area has bothered me. If I felt I could just walk away from it, I would. It's disturbing. I don't want you to be upset about it or feel nervous for my sake, but sometimes in the days after we've worked a feeling of dread comes over me for some reason. Not a panic, but I feel totally ill at ease. For a while I was questioning my sanity. It felt like I had lost touch with reality.

D: *You mean after that first session?*

P: After the first and second sessions. Especially after the second one.

D: *The second one? The first one was frightening but I didn't think we had touched on anything that was scary in the second one.*

P: I don't know. I have theorized what it could be. And the way I see it is that there are several things at work here. One is the fact that when these events originally take place, it's very frightening. And those feelings have to be subdued or calmed. It's a way for them to be released, after the fact, down the road.

D: *But did you feel good whenever they were released?*

P: No. I felt horrible. In fact, like I said, I would be depressed and

afraid of... nothing. I couldn't pinpoint anything that I was afraid of. I would just have these feelings of some unseen dread of... something. And I would feel out of sync, out of touch with reality. It's unusual for me to feel like that

D: *Did that last vey long?*

P: Oh, it would last for maybe a day, half a day. Different times. It's only happened about three or four times. It's not any long extended thing. It may be a day or two after we work, and it just comes up from nowhere. A horrible feeling of being out of touch, out of control, and this terrible feeling of dread. I don't know what I'm dreading. I mean, there's nothing that I can visualize or even *imagine*. There's no focus for it. It's just a horrible feeling of dread. I don't know if other people would think it's horrible. Maybe they've felt lots worse. But it's new to me. I've never felt that way before. And like I say, if I felt this wasn't important and I could walk away from it, I would. Because it really complicates my life. And I don't *want to* complicate my life.

D: *I thought the other things we worked on years ago might have complicated it. You know, when we were working on the past lives and you started channeling about the seeding of Earth.*

P: No, that didn't complicate it at all. In fact, that was separate. That seemed to be an addition *to* my life. But *this* is directly *in* my life. It's not something that's separate. It's coming through a different channel, so to say, or something.

D: *Yes. The past lives, even though they are strange, don't affect you directly.*

P: It's removed.

D: *Yes, this is related to this life; something that's been happening to you now. That would make a difference, wouldn't it?*

P: Yeah, You know, that first time we worked on this and I saw the little creatures in the road; I remember the feeling of, "I don't want to change my reality. I don't want this to happen." I resisted it because it was changing my concept of reality and my foundations. It feels like part of what's happening now is that again my reality foundations are being challenged. The things that I have taken for granted and drawn so much *strength* from, basing my perceptions of what is and isn't reality, is being ... frankly, shot to hell.

I was genuinely worried that if Phil was confronted by something of this magnitude that he could not handle, I feared that the suicidal

tendencies might return. He had adjusted and coped admirably since that time of decision in the 1970s, but what would happen if this newfound information threatened to overwhelm him? I didn't want to convey these fears to him. It would surely only add to the complicated emotions he was feeling.

D: I don't want to hurt you in any way.

P: No, I know you don't. And like I say, if this was something that was insignificant, I would rather walk away from it. But I can't. There's a responsibility here, not only to myself, but there's a larger responsibility to someone else. I feel that I have to do this. It's something that I can't close off. I can't forget about it.

D: You know, after that first session you were disturbed. And I thought maybe you wanted to just drop it right the But a few days later, you said, "Well, I want to go on with it." I thought if it bothered you that much, we wouldn't have to explore it.

P: The feelings are not something that I can't handle. It complicates my life, and it makes it unpleasant for a while, but even so, it's important to me, for some reason, to get this out. It's not something that I relish doing, but it's something that I feel very strongly that I have to do. I don't have any clear vision of why, or what's going to come of it. So it's important to continue this.

D: Okay. Because if it's bothering you, we can always drop it. We don't have to do it.

P: I understand that, and I appreciate that. I just wanted you to be aware. A couple of times I postponed calling you and setting up another session because I felt I had to walk away from it for a while.

D: That's why I let you call the shots. I never want to push you into something you don't want to do. But is there any way you can push this to the back of your mind and pretend it's a dream so it doesn't bother you?

P: No. It's important that I do get this out. It's a blockage of sorts. There's this disturbance inside that needs to be vented and released. I guess that's why it's important, on a personal level, that I continue.

D: Maybe if you didn't release it, it would act on you subconsciously in some way.

P: Exactly. I feel as though the conscious and subconscious are battling over this, and trying to adjust my perception of reality.

It's in the subconscious and it needs to be released through the conscious. It's like grafting a burn. When they scrap the burn, it's horrible and it's painful, but it's what has to be done to promote the healing. Do you know what I'm talking about?

D: *I don't know a lot about it. But I get the idea.*

P: That's a horrible process when people are severely burned. They have to scrape the dead skin off occasionally to prevent scarring, or something. I'm not exactly sure what they do, but it's along those lines. That's how I see this, as a disturbance inside that has to be released and vented. It has to come through. It has to be expressed. That's part of the process. As it's being released it will cause these feelings, but then it always passes. I've got a strong constitution. I can handle it. It's not going to cause any permanent problems. I just wanted you to know that if I said I wasn't feeling well or something, or if it was disturbing me, you would understand why. I needed to tell you so you would be aware of what was going on.

D: *But anyway, you said you thought you could handle it better now than you could a couple of years ago when we first started working on these past lives. It could have come out then.*

P: I wouldn't have wanted to even try to deal with it back then. It's hard to describe. I don't know why it's so upsetting. But the knowledge of all that stuff that we worked with before in the channelling, and being familiar with other entities and aliens and so forth, is good background to be able to handle this. It was preparation to deal with this. I say my constitution is really strong but yet at the same time the human psyche is very fragile.

D: *Oh, yes, that's why you have to be careful. But usually the subconscious won't allow you to bring anything forward that's going to harm you. It's very protective. That's probably why it's kept it hidden all this time.*

P: Yes, exactly. But yet there is the growth factor. You have to grow. You have to heal. And there's a compromise there in comfort versus healing. Not all healing is necessarily comfortable, but the priority would be the healing over the relatively minor discomfort. So it's something that I have got to continue with until... I don't know. I don't know what it's going to lead to.

D: *Yes, I thought we were finished last week, but apparently there's still some more to be explored.*

P: I have a good sense of when to cut something off, or what to explore. Not so much consciously, but I guess my subconscious

or someone on the other side, perhaps, is directing what needs to come out and what doesn't.

D: *Yes, I think your subconscious will shut it off if it thinks you can't handle it. That's the way it works. Otherwise the memories wouldn't **have been stirred up in the first place***

P: There's a definite mechanism at work here that is directing what comes out, and when and how and why. Apparently it's time, and so here we are. We find ourselves doing exactly what we're supposed to be doing, I suppose.

D: *But yet when you **were** around those **beings** you said you felt love for them*

P: Exactly. There's a contradiction there because when it's actually happening in the dreams or in the recall, it seems that it's not scary and it's not frightening. There is no feeling of dread. It's like the experiences go directly into the psyche or something. If I'm interpreting this right, if I understand this correctly, these feelings of dread are the conscious mind trying to deal with this. It's like the conscious mind is a little-not just a little-but *very* immature. And then the conscious mind has to be subdued or something in order to experience that. It's such a powerful experience during the visitation. I don't like the term "abduction."

D: *No, I don't either.*

P: So it's like the conscious mind is somehow squelched, and the experience is going directly into ... I don't know if the subconscious would be accurate or what level it is.

D: *Memory bank or whatever. I can understand that. And then all of a sudden when the conscious sees it, it says, 'Hey, something really happened here.' And it begins to get frightened.*

P: That's one of the things right there. *Did it happen?* That's one of the feelings of losing grip, losing touch with reality, is that feeling of, *did this really happen?* 'Now, wait a minute-you're going crazy. You're making this up.'

D: *That sounds like the conscious mind. This would be a feeling of, 'If these things happen, why couldn't I control it?'* *It couldn't handle it at the time, and now it's probably trying to push it back.*

P: I think it is the conscious mind trying to deal with something that's far beyond its comprehension. This is so new on a conscious level. I think that's why it's important to continue, because my conscious mind is learning from this and growing in self-stature and awareness. The important thing is not to let the conscious mind just rationalize it away, but to actually come to terms

with it That is what I have to continue with, to allow my conscious mind to actually grip this situation.

D: You could accept it and deal with it as you would any traumatic or unpleasant event in your life. Maybe this is part of the reason why the average person doesn't want to try to remember some of these things because they don't know if they'll be able to handle it or not.

P: It's surprising how immature the conscious mind really is. It's infantile.

Sometimes as Phil tried to rationalize the events he said he kept getting the impression of a stern and demanding father or parent figure. And that somehow by revealing these things, he was risking punishment or chastisement from the parent. The hidden feeling of doing something you weren't supposed to, and that the stern father would be angry if he found out about it. The small child in defiance of the father.

I felt it was very good therapy for Phil to analyze what he perceived was happening to him. If he could talk about it and try to understand it, maybe he would find a way to live with it without it disturbing his normal life. This lifetime is the most important, after all, and the subject has to learn to integrate any information they receive into their normal routine. They have to learn to treat it as an interesting curiosity and apply it, but not to let it take over to the point that their life is disrupted. When a subject desires to explore their past lifetimes or these UFO experiences, most of the time they are subconsciously ready to accept and understand what comes out, strange though it may be. But occasionally there is one who has more difficulty. It is possible Phil had more trouble because of his starchild lineage. He didn't have the subconscious grounding given by several earth lives to help him understand these strange and confusing human emotions that were plaguing him. As he said, he would have to work through it by himself, and he felt he would be able to do that.

DURING THE PAST MONTH Phil had had a few more strange dreams. He could not remember the particulars about them. But he saw a gun-like instrument, like the stock of a rifle, with a tiny coiled wire on the end of it. He knew they somehow inserted this wire into the tear duct in the corner of his right eye. When they removed it he saw a little bit of blood on the tip of the wire. He had the feeling something

was inserted that may be similar to the device that was placed in his back.

In another fragment of a dream Phil was again in an examining room, similar to a doctor's office. He remembered a lot of white and knew that the room was very sterile. Then someone stuck a long steel probe in his chest just above his left breast. It went into the skin, but he didn't remember feeling anything. He didn't know if they were putting something in or pulling something out. Phil then discovered he was not alone in the room. He saw another young man about his age who was almost hysterical in anticipation of the procedure being performed on him. The man thought it was going to hurt, and Phil watched his face to see his reaction as the probe entered his chest. The young man calmed down and his expression was almost one of pleasure instead of pain or fear. Phil thought maybe they had suggested to him that it would feel good to calm him down. This dream left Phil puzzled.

Then Phil raised his shirt and we examined the area on his chest. Again there was no mark or any indication that anything had been done to him. Were these only dreams or snatches of real memories?

Apparently many physical things were done during the examinations and testings on the craft. The paradox was that although his subconscious was releasing bits and pieces through dreams, it was also blocking our access to more information.

DENIAL OF ACCESS

AFTER THE DISCUSSION we started the session. I had planned to explore the dream about the metal probe being inserted into his breast. I also wanted to trace the black box back to the time he had apparently built it and left it on the ship for his future incarnation of Phil to discover. These were the objectives, but although Phil was willing (or apparently *thought* he was willing) to explore these things, his subconscious was not so anxious to cooperate this time.

When Phil entered his familiar trance he encountered a barrier of sorts. The entities or whoever it is that seem to control these sessions announced that they would not allow Phil to explore any event pertaining to his present lifetime. They were aware of the turmoil his conscious mind was going through in its attempts to adjust these disclosures with his version of reality, the problems he was having trying to integrate the information into his normal every-day life. Until this conflict was resolved it was determined that we would not be allowed to further explore these incidents. Therefore access was denied. But they did agree to answer questions, as long as I did not approach these personal experiences.

P: We share your concern for the vehicle, for he is one of us. And we would not allow him to experience that which would be destructive to one who has chosen such a precarious mission. We watch with great interest. For he has chosen, from our perspective, perhaps the most perilous mission one could possibly choose, and has as yet done quite well. He has literally run the risk of total loss of control. He is, at this time, on his own, so to say. Cut off from what many would experience in order to guide

them and protect them. He, however, has chosen to go it alone to prove his devotion and loyalty to the cause, the purpose. And so we would be very protective in not allowing him to harm himself or to allow others to harm him.

D: Yes, and you know I am always working for that aim also.

P: That is accurate. For that is why we have assisted in this endeavor, as long as you are the one that he works with, because your concern is valid and genuine.

D: There is one thing I don't understand. You said he is alone. I thought we have our guardian and our guide that are always there to assist us. That we wouldn't come back to earth without that help.

P: There are experiences given which tend to direct one's life. Experiences which would redirect the entity back to its original purpose, to gently steer it back onto the proper course when the path is perhaps lost. At this time, the vehicle is undergoing preparations for what we would term a "shift" in consciousness. To a higher, more refined level of communication with those entities and energies which he has worked with through the eons to bring help to this planet. There has been many, many preparations made to enable this exchange of awarenesses. For it is not simply a unilateral giving or a taking. It is a bilateral shifting of awareness and consciousness. A trading of places, such that the one then becomes the other. The journey is both figurative and literal, because there will be a displacement given to facilitate this change in awareness. The spiritual journey is one of a stretching of the abilities to a realm which, at least from the physical point of view, has never been attained as yet. There are, of course, many dimensions unmentioned here which will also be affected. However, it would be accurate to say that this journey is somewhat of a graduation in a sense, of all that has come before in preparation. And yet, at the same time, it is, of course, a new beginning. A new chapter.

D: Will this affect the vehicle's life?

P: That is accurate. On an emotional level there will be a change in awareness of, not only self, but of others.

D: I was wondering how it would affect his day-to-day life.

P: We would say that it would be much for the better.

D: In one of his experiences-well, two, really-he was shown a small black box when he was onboard one of these craft. Could you give me any information about that black box?

- P: Perhaps. It was shown to him at that time as an indication of, not only his heritage, but the direction he would soon be taking. There was, at that point, a juncture, a choice of several different options in his life. He was given this experience so that he could, in his inner planes, access and assimilate the information that would be available to him. And so choose, through his higher awareness, that which would be most appropriate to his chosen profession and responsibilities in this lifetime. This was a bringing together of that which has been accomplished with that which has yet to be accomplished. This experience with the box was simply a catalyst for this assimilation and determination. It was simply a linking of past, present and future.
- D: *Then at the times he was shown the box he was at juncture in his life?*
- P: That is accurate, from a particular point of view. However, not in a literal sense.
- D: *He said the box seemed familiar to him.*
- P: Yes, the origin of the box was connected with his own origin.
- D: *Does the box contain anything?*
- P: Yes, both literally and figuratively. There is information gained or carried within the box, as well as information which is *literal*, and inscribed in and on the box.
- D: *But he couldn't figure out how to open it.*
- P: That is accurate. This is a built-in safeguard. The key is within his own mind. The key is mental and the information within the box cannot be accessed and brought into his conscious reality until he has reached the proper stage of maturity or spiritual development.
- D: *Will he, at some time, be able to open that box?*
- P: Yes, that is his destiny. Or *part* of his chosen destiny. At that point when his experience reaches the level that he can, not only understand, but assimilate the information given through the box, then it will be given. The experience is, again, one of a catalyst nature, given to verify that which has been and to illustrate that which could be again.
- D: *He remarked one time that he thought he had made the box.*
- P: That is accurate.
- D: *Could you go to the time when the box was first made?*
- P: That is not to be given.
- D: *So we're not allowed to go to that time?*
- P: That is accurate.
- D: *All right, I respect that. I was wondering about it because that box is a*

puzzle to me

P: It is truly and accurately a puzzle to him also. In the sense that it was not understandable to him at the time he saw it. A frame of reference is necessary, and the experiences have to be given which would allow for the complete understanding of that which has been and that which shall be.

D: *When that happens he'll be ready for it.*

P: That is accurate. We would say that the physical appearance was of a small object, perhaps rectangular in appearance, and almost black in color. It was made of a natural element, a type of stone found in an area with which he is very familiar.

D: *Is it from Earth ?*

P: That is not to be given. That is all the information you can have about the box at this time.

The door had been closed on that topic. That avenue being shut off, I decided to begin my questioning about other things.

D: *Will I be allowed to have general information about these extraterrestrials?*

P: That is accurate, as long as you do not encroach upon the volatile area of his own personal experiences. It is time for this information to be more fully drawn out and examined and understood by others.

I began the questioning with two topics that were of interest to me, and which had been suggested by Phil's own experiences.

D: *What is the most common type of being that is visiting our Earth at this time—a physical, extraterrestrial being?*

I didn't want to get into discussions about energy beings or spirit entities.

P: We would say that the humanoid sub-group of ... we find no translatable equivalent; however, there are sub-groups of the general category of humanoid. There are many which are identical, to your physical bodies. The seeding which was done on your planet was of this nature. And yet there are those which are distantly related, yet very unconventional by your standards. This type, the distant cousin, is the more prevalent of the visitation type. The androids, as you call them, are simply workers who

have volunteered for this mission. They have removed themselves from the area in which they have been programmed, to volunteer their services in this accomplishment. We hesitate to use the word "experiment," for the outcome is already predicted and known. However, we do not want to say "mission," for the majority of the work... We find we must discontinue this line of discourse, for there is a misunderstanding arising of the intent of the direction taken. The information given has been misconstrued as aggressive and not of a helping nature. We would not wish to promote the idea that we come as conquerors-however, as helpers.

D: You mentioned that the outcome was already known. What do you mean?

P: The ultimate outcome, not the individual and personal outcomes which each of you must create in your own fashion.

D: What is the ultimate outcome?

P: The raising of the human race to universal level of awareness. To be brothers of the star people, and not subjugates or subordinates.

D: What do these creatures, the humanoids or androids, look like?

P: Those which you have described as gray in appearance and small in stature are typical. The eyes, of course, are the most prominent facial feature, simply because they are the communicative receptors.

D: Do their eyes function the same as human eyes?

P: In a sense. They see, however, they collect much more of what you would call your visible light spectrum-also including the infrared and ultraviolet regions.

D: Do their eyes have pupils and function in the same manner as ours?

P: Not in the sense that they focus and capture light. In that sense they are different. They do receive, yet their methods of reception is based on a different principle involved here.

D: Do their eyes have eyelids?

P: Not in the sense that they cover, not as you would say yours do.

D: Do they have similar respiratory systems?

P: We would say they are similar only in the fact that they are used to analyze, not to digest or ventilate.

D: Do these people take any form of sustenance?

P: They need no physical sustenance to maintain. They are energy beings which can maintain on pure mental energy. That is sufficient.

D: *Then they do not consume anything, like a human would?*

P: Not in that gross physical sense.

D: *Could they assimilate by osmosis?*

P: There is the assimilation. There is analyzation of compounds, and perhaps rectification of certain anomalies which may appear. However, as sustenance they derive energy more from energy sources than from digestive or respiratory functions.

D: *What type of energy would they live on? Do you mean like elements present in the atmosphere?*

P: Mental energy sustenance.

D: *Would they thrive on emotions?*

P: There is no emotional content here. These are called androids which are emotionless yet responsive to mental energy.

D: *I mean, would they thrive on emotions thrown out by others.*

P: They would be affected; however, not sustained.

D: *How are these creatures produced?*

P: This is a process assigned to the central part of the planet which holds the residence of those energies of the gubernatorial nature. An analogy being the county or perhaps state in which your political system lies. The process is a blending of energies, both physical and mental in nature, so that this physical construction is then given mental responsiveness. Not mental identity; however, a mental responsiveness which allows this physical creation to respond to mental stimulation.

D: *Are they cloned, manufactured in some way, or made by another individual?*

P: They are both, in the sense that the mental energy is given by life forces. But they are in a sense manufactured because the process is more of assembly than growth. They are elements or machinery. However, that is not to say there is not living or life-force in these units. These androids are responsive to your mental energies, but yet take orders or are subservient to those who are directing that particular operation in which one would find them. They are servants.

D: *Are genetic experiments between humans and androids going on?*

P: Not so. For there is no procreation between androids. They are not self-sustaining in nature. They are simply creations which are, through a bonding process, given a life force which reacts with and is empathic to the life-force with which they come in contact. They are not, however, procreative.

- D: How do androids communicate with beings on the planet Earth?*
- P: We would like to clarify that they do not communicate with you earthlings but with those who are their superiors.
- D: Who are their superiors?*
- P: Those who are responsible for that particular mission in which there is an interaction. However, there are elements of awareness far above and beyond even that. It would be as if the masters of the universe are sending out these underlings who would participate in whatever mission is desired and then report back. It is much like your military structure.
- D: So the androids do not communicate with people on Earth?*
- P: Not in the sense that there is given direction. That is to say, a human would not direct the operation. The androids do respond to human emotion, but not to the extent that they interact with the intellect.
- D: Do they understand human emotion?*
- P: That is accurate. They are empathic.
- D: Are these beings subject to any afflictions that limit their life terms?*
- P: There are none that we could relate. However, there are those which, in proper context, could be debilitating. None that you yourselves, however, could hope to accommodate.
- D: Does this mean that they have eternal life?*
- P: No, because the bodies are dissimulated after their use has expired.
- D: Are there any other beings on these ~~crazt~~ with these androids?*
- P: Certainly. There are many, who are different forms. However, not necessarily to say that they have to be.
- D: Are they creatures more like we are? Required to take sustenance, etc.?*
- P: That is accurate.
- D: What do the most common ones, that accompany these androids, look like?*
- P: They, too, are humanoid in appearance; and yet are oftentimes unobserved. They are seeing but not being seen. They are not readily apparent to those who would be taken aboard.
- D: They don't usually reveal themselves to the person, you mean?*
- P: That is accurate.
- D: If they take sustenance, what type would it be?*
- P: There is given in fluid form those elements and minerals which would be necessary to their bodily functions.
- D: This would not be in the form of solid food as we know it?*
- P: Not in the sense that there is no solid food given. However, it is not of the same type that you yourselves would sustain.

D: Are large numbers of Earth's inhabitants undergoing a form of contact or communication with these things?

P: Yes, there are many who have volunteered for this.

D: Why are these beings taking people on board these crafts? What is the purpose behind that?

P: We would ask that you understand that your residence on this planet was not, as some feel, accidental. Nor was it, as others feel, accurate according to that which is called your Bible. That is to say, that God created man in his own image; such as is understood from a somewhat fundamentalist viewpoint. We would ask that you understand that the human existence on this planet was given by those who are now returning to examine the fruits of their labor, as you might say.

D: I was wondering why the visitations are continuing

P: A planet in residence is to be given to those who would choose to begin in another place, and not participate in the final upheaval of this planet Earth. It is therefore necessary to understand the biological state of those vehicles who would choose to migrate, so there is not given to that other planet the contamination which is indigenous to this planet. Those who would choose to go would be filtered and screened carefully, so there are no genetic or biologic defects introduced to that population. It is desired that only those who are most suitable be transported, so that the race which would evolve would be as free from defect as possible. There are many genetic defects in your own human stock which you need only look around to recognize, such as your mental and physical deformities. That would be undesirable. This entity, Phil, was chosen to be involved in this project. He, himself, at one time on another planet, was the experimenter as opposed to the experimentee. He has now elected to place himself in this position, so that he can understand that experience from another angle.

D: Turn about is fair play, in other words.

P: That is accurate.

D: It has been said that there will be spaceships standing by to take some survivors off our planet if we used our atomic bombs. Is there anything you can tell us about this?

P: We would say that if the scenario you have described were to become reality, then there would be those who would be offered the option of relocating to another planet. This will also be

offered at the time of the coming earth shift. At this time the new planet is in a somewhat imperfect state of construction. However, it is one which would be able to support life quite readily for those who would choose to go there. There will be those who would choose to remain and take care of what would be left behind, or try to restart or rebuild that which is on this planet. The option would be given and would be entirely voluntary on the part of each individual. Just as your planet was seeded, nurtured and watched over for eons, another has received its life charter and is ready for habitation. Your body styles are compatible and are being prepared as the new race. History is merely repeating itself in its ongoing process. As your planet is entering its death throes and making ready for drastic traumatic changes, another planet, new, fresh and unspoiled, is being readied for those who would make the journey. It is as yours once was—pristine and unsullied. During the coming upheavals many will not survive and others will desire to relocate. Hopefully the same mistakes will not be made on that world.

D: If one chose to go to the other planet, would they be transported with the body that they have, or would they be changed?

P: That is accurate. It would be a physical, three-dimensional transportation *en masse*.

D: Would spaceships be used for transportation?

P: That is accurate.

D: This planet you speak of, is it in our solar system?

P: Not in the solar system, but in the galaxy.

D: Is it similar to Earth?

P: In some respects, yes. In many respects, no. There would be a period of acclimation necessary for your human bodies, which have become acclimated to the energy of this planet, to realign to that new energy. There would be a feeling of disorientation and a period of melancholy. However, the sustaining energies on that planet would eventually heal those imbalances left by the energies of this planet. That planet would be much more conducive to your human life-forms than this planet.

D: Is that planet inhabited now?

P: Not by those of your race at this time. However, there are those who are of a more custodial or constructive nature still working to prepare it for those of you who would choose to inhabit it. It is not inhabited but populated, yes. It has not been populated en

masse, but it could be at any time.

D: You said there were some differences. How is that planet different?

P: There are those energies present on that planet which are absent on this planet. It has to do with the energy rivers which course through the universes. That planet is in a different river of energy.

D: Does the planet have a name?

P: The name given to that planet has no equivalent to translate at this time. However, in spiritual realities a vibration is given. You, yourselves, those of you who shall choose to inhabit this planet, will be given the responsibility of choosing a name based on the experiences previous to the migration as well as the experiences of those on the planet at that time. We should not be so presumptuous as to give this name ahead of time as those who are the true inheritors of the planet themselves have not so decided.

D: Are there physical topography differences between that planet and our planet?

P: Yes. The areas most conducive to inhabitation at *this* time would be similar to your Midwest plains. The planet itself is somewhat unsettled; it itself has not completed its growth and is somewhat immature as a planet. However, it would be most conducive to supporting life as you know it in your life-forms. And, yes, animals could be transported also. It would support animal life.

D: If we choose to go to that planet, will we remember that we left Earth?

P: Certainly. There will be no loss of consciousness. However, only those who would be most productive on that planet would be allowed to migrate. Those who would introduce a criminal element would not be allowed. Only those of the highest nature would be allowed to transmigrate.

D: Then there would be certain restrictions.

P: That is accurate.

D: Would those who remain and don't choose to go to this other planet be, more or less, picking up the pieces, and restructuring it according to what it was? Or would there be the desire to create something different?

P: There will be those who choose to remain on this planet, to clean up the mess, so to say, and begin anew. These will be assisted in many ways by the extraterrestrials. Also the beings of light would remain to assist those who stayed behind, in order to build a more perfect union of mind, body and spirit in the environment they find. Many lessons of a strengthening nature could be

learned from remaining here. Those who choose to leave will then begin a new civilization on another planet. Cousins to those who are to remain behind.

D: Will there also be qualifications for those who remain?

P: The individual themselves would make that decision as to remain or not. The qualifications are simply being physically able to survive. There would be no forced transmigration. The choice would simply be with the individual. The times at that period will be of a testing nature. Not for those who would be, perhaps, squeamish.

D: Is this planet going to be available even if nothing happens to the Earth?

P: That is accurate.

D: On this planet what kind of environment would people live in?

P: There would be given those technologies which would allow for the construction of cities and societies as you know them here. However, there would be also given those additional technologies and concepts which would allow for a more perfect societal structuring-free of the prejudices and restrictions found in your societies at present.

There was a reluctance within me to give up totally on this home, this world of ours, even if such a perfected planet were in existence.

D: Is it possible for us to eventually construct a ship that will take people back and forth between these two planets?

P: There is no need for your technology to attempt this for you have not reached the point which would allow it. The ability to do this is already in place. However, it is not your technology that will allow this.

D: Would these people that choose to go there be allowed to go back and forth? To return to Earth and travel between these two planets?

P: There will be those who will be shuttles. Taking what has been learned from the new planet and integrating it back into this old planet, and a sharing of the knowledge.

D: Will there be telepathic communication with this new world?

P: There will be communication. However, the telepathic nature of the communication would rest entirely with the individuals involved. Those who would choose to allow themselves that ability would be given lessons on how to improve it, and in which manners to use it. Eventually the entire population will be at a telepathic level because this will be universal.

D: Can you tell us a little bit about those who would assist earthings in this transportation?

*P: They are, as has been said earlier, the Helpers. Those of a high spiritual nature, who are even now assisting in the energy redirection of your planet, to hopefully prevent self-destruction. They are those who are taking those samples and abductions, as you call them. They themselves have experienced, in their past, the destruction of *their* planet in a similar fashion, and the subsequent migration to another planet. They are well suited to the task of assistance, because they can draw personally from that knowledge of the events which happened on their planet. They themselves have volunteered for this assignment, as they can well relate to the necessities involved in transplanting a society en masse from one planet to another. There are many different types of helpers involved here. Not all are from *one* planet, but they all share in some form or another the desire to assist those of you on this planet. To help in raising your consciousness and allowing you to become more aware of, not only yourselves, but of those around you. And to be aware *of and* to be able to relate *to* and share in the love of that which you call the universe—that Christ spirit or God energy of which the universe is made and is so routinely denied on this planet.*

D: Does the Pleiades have any special significance in this relocation process that we've been discussing?

P: Only in that those who are assisting are of the Pleiadian nature. Many come from this area, or are inhabitants of the systems of the Pleiades. However, not that the new home planet itself is in that system.

D: That was going to be my next question. It has been said that in the sleep statesome of us are being taken aboard spaceships and trading information concerning the events to come. Is this true?

P: That is accurate. For always in any civilization undertaking as dramatic a change as this, there will be coaching and practice runs. So that during the actual transportation there will not be a feeling of total disorientation, but of accomplishment, of having practiced or done this many times before. This is simply to prepare those who would choose to relocate—to allow them the most comfort possible in this transference. So that the concept would not be new, but would be very familiar. This is not done in the physical sense, but is entirely true in a spiritual sense. A

practice run, so to say. We would ask that you visualize at this time a concept of a refuge. An area to remove those individuals to, who would be most traumatically affected by this change which is now in progress on your planet.

D: Has this change been occurring for a long time?

P: Not in your chronological years. However, it has been worked on and prepared for many eons from the spiritual plane.

D: It seems like our seasons are changing. Does that have anything to do with it?

P: That is a manifestation of this change, not a cause of it. A simple reflection of the reality that this change is in fact occurring. Just as many other changes are now occurring on many different levels, and are apparent to those who would turn their attention to this change.

D: Am I right in assuming that the seasons have changed?

P: That is accurate.

D: Is this being caused by the shift of the Earth?

P: That is accurate.

D: Are the California earthquakes a part of this?

P: That is accurate. There is a shift in the tectonic plate position which is now occurring on your planet from that which was somewhat more stable to that which is more fluid. It has been observed that there is an increase in movement in your tectonic plates. This is owing to the fact that the electromagnetic field around your planet is in flux. It is therefore causing the iron content of the crust to attempt to realign itself with this new electromagnetic positioning. The plates are following the new flux alignments.

D: Then it has something to do with the iron content?

P: The crust itself is somewhat reactive to the magnetic properties of the electromagnetic field surrounding your planet. It is as if the plates are somewhat magnetic in reactance to these electromagnetic fields and are trying to realign themselves to these fields. It is similar to iron filings following a magnet placed under a paper. As we perceive it, at this point the tectonic plate theory has been understood to be dynamic in change based on the rotation of the Earth. This is not completely accurate in that the crust is attempting to align itself to these magnetic fields. This flux in magnetic field is the cause of the shifting plates, and not the polar alignment.

D: Over the years there've been many cases of mutilation of livestock that have

been attributed to the activity of UFOs or possibly extraterrestrials. If this is true, why is this being done? Since there are so many cases of it, it would seem like a farming operation rather than a research operation.

- P: We would say that in many instances, this was simply the work of individuals who, through misuse of their own energies, had developed a *need* to generate some excitement and were nothing more than simple demonstrations. However, this is not to say that *all* mutilations were of this nature. There is a segment of these instances in which extraterrestrials are involved. In these cases the mutilations are experimental in obtaining a better understanding of the biological immunological physiological makeup of these animals. There is at this time a testing of compatibility of certain animals to be allowed to migrate or transport, to populate the seeding planet now being prepared. There were organs needed for genetic and biologic experimentation. However these would be in the minority.

(Note that the word biologic has a slightly different meaning from biological. It means a biological product)

D: *Then they're not only preparing humans, they're preparing the food sources they will need. Is that what you mean?*

- P: Not so to say, preparing. But rather to gain a better understanding of those species which would be the most appropriate. In other words, to somewhat mutate those sources now available on your planet to a higher level so they would be more compatible with that other planet.

D: *Surely on the new planet they would not be eating meat, would they?*

- P: There are those who would be most sustained *by* meat.

D: *We're not going to totally change our habits. (Laugh) I'm interested in knowing if the **extraterrestrials are** doing anything **genetically with us**. Are there any genetic acceleration techniques being used?*

- P: We feel here you speak of in humanoid terms. That is, as applying to your physical human bodies. We would say that there is the attempting to create a more perfect human body, in terms of immunological response to disease and resistance to disease initially. Such that there will be those, or that *stock* perhaps, of human bodies eventually that would be most resistance to most forms of disease on your planet now. The intent of this genetic engineering is to, in essence, create a more perfect physical body,

such that the spirit, once raised in awareness, can more perfectly translate into these more perfect bodies. A more perfect spirit requires a more perfect body.

- D: *Then in this way they are actually helping more than they are harming, aren't they?*
- P: Indeed. There is no intent on harm in any of this. In order to perfect your human species, that is, your physical human bodies, it is necessary to study and take samples. The effort being expended here is of making a perfect human vehicle. Such that the debilitating diseases of old age and mental retardation, and all forms of disease would be eliminated. It is necessary to study the human anatomy in this intimate environment, in order to more fully understand the mechanisms at work which cause these debilitating manifestations. The effort is to create a perfect human vehicle. Such that those who would habit this other planet then would begin to procreate these genetically superior bodies or vehicles.
- D: *What would be the object of having a superior body? I thought our main objective was to raise our spirit*
- P: That is accurate. But would you wish to inhabit a lesser or inferior vehicle, as opposed to a more superior?
- D: *Does it really matter if the spirit is only temporarily here anyway?*
- P: Certainly. For the ability to do the work that your spirit has prescribed is directly influenced by the ability of your vehicle to do that work.
- D: *I work with other people who have had these types of UFO experiences. Will it also be difficult to get to their information?*
- P: The information is simply difficult to reach, or to access, owing to the volatile nature of the personalities involved. The information is buried beneath the highly disruptive cover of emotional trauma caused by the extreme warping of conscious reality.
- D: *Does this burying of the information occur through the person's own subconscious, or do the beings do something to cause the information to recede, so to speak?*
- P: It is a safety device to allow the information to be protected from manipulation by the subconscious. Perhaps here we should say that the subconscious would change the interpretation so that it would be presented in a more palatable manner. We would then need to rearrange the information so that it could be presented more accurately.

- D: Do you think this is the safety device when the subconscious interprets it in a different way?*
- P: That is accurate. It would be interpreted in a rational manner. We would say that the burying of the information is necessary, so the experience be undisturbed and unadulterated by conscious rationalizing or conscious rational thought. Therefore it, by necessity, must be buried at a level which would place it away from the conscious mind.*
- D: I was wondering if the beings used some form of hypnosis, such as I use, to cause this information to be hidden.*
- P: It possibly could be related in those terms. However, it is a somewhat more involved process because it accounts for many spiritual functions as well, as yet undiscovered in the human awareness. Uncharted areas of awareness that as yet have, for the most part, remained largely unknown.*
- D: Then it's more complicated than we realize. Is this why it is so difficult to retrieve?*
- P: That is accurate.*
- D: It seems that it takes hypnosis to bring it forward. Is there any reason for that?*
- P: It is simply that the information is buried beneath the layer of conscious awareness. And so it must be reached in a manner which would preclude the conscious state from editing or rearranging the information. Hypnosis is a form of direct communication with that which is often called the "subconscious."*
- D: Then by using this method will the information be accurate when it comes forth?*
- P: As best as can be interpreted by the perceptions of the individual involved. For what is related is simply a restating of that which was perceived.*
- D: But do you think I can be reasonably sure it is accurate when it comes forth this way?*
- P: The information given would be perhaps colored by the emotional trauma of an experience of that nature.*
- D: But the person won't be able to actually falsify it.*
- P: That again would depend on the moral character of the individual involved. For were his standards such that the information be unadulterated or changed and be presented as accurately as possible, then that would be the standard the individual would follow. However there are, again, those who would not hold that high standard.*

D: *Then if someone had a tendency to exaggerate or to manufacture a story, they would do it under hypnosis also.*

P: That is accurate.

D: *Would they make it up out of whole cloth, or would they just change some of the details? I'm always curious as to how I can tell*

P: There is perhaps no *real* way of discerning that which is "whole cloth" and that which is true experience. The pathology of the personality of the individual would dictate the moral standards which the individual followed. Therefore one would necessarily need a complete understanding of the pathology of that individual, in order to ascertain the degree of coloring given to the information. The need to embellish would perhaps be more prevalent in a somewhat less refined personality. Although, not to say that all of the less refined personalities would embellish. Simply that the ... (pause, looking for word) predisposition to embellish would perhaps be more prevalent in the less refined personalities.

D: *I was just wondering if there was a chance that the entire story they were telling me could be made up.*

P: That is possible, although not common.

D: *Then it would be more common for it to have some facts than just embellishment.*

P: That is accurate. To perhaps relate it in terms of misperceptions rather than deliberate falsehoods.

D: *Then basically when they tell me a story I can assume it is based on some accuracy.*

P: Based on some actual fact. However, again, the portion of said fact dictates that which is translated or related.

D: *Those are things I worry about, how can I be sure when working with this type of information. But you mentioned that these memories are buried deep into the subconscious and the psyche to protect the person. I can agree with that. Some people who have had these experiences with extraterrestrial beings begin to have nightmares. Is there a reason for that?*

There was a long pause, then Phil opened his eyes, unexpectedly breaking the trance. He simply said, "I'm sorry. I'm up. I'm awake."

Apparently I had inadvertently trespassed into the forbidden area. They apparently had not perceived my other questions as threatening until I inadvertently crossed the line into what they thought might relate to Phil's own experiences. Even though I could

see no connection, they apparently thought I was leading in that direction. It seemed they didn't like the way the questioning was going and left, breaking the trance. They had warned me, so in order to protect Phil from further trauma they interfered. This has only occurred a very few rare times in the past. When this happens Phil is unable to continue on his own. He has no conscious answers. So we definitely know the information does not come *from* him, but rather *through* him.

CHAPTER 24

THE MYSTERIOUS BLACK BOX

SEVERAL MONTHS PASSED, and since I was involved in many other projects I put Phil's experiences on the back burner. I thought we had gone as far as we could under the circumstances. Phil was apparently coping and assimilating the strange information relating to his present life experiences, because I had not received any telephone calls from him. The question of the black box continued to plague me and raised much curiosity in me. I wanted to know how it could be opened, and what it contained. But I had to consider that project temporarily closed. It appeared to be information that we would not have access to. In my method of working, the welfare of the subject always comes first I would never jeopardize their mental or physical safety just to satisfy my own curiosity. The story is never worth that I will never force them into any type of situation they do not feel comfortable with. Thus if the answer was to come, it would have to come when Phil made the decision that he was ready to continue exploring this.

Thus months passed before Phil unexpectedly phoned me. He had had a strange dream that suggested the strong possibility of another alien encounter. Not surprisingly, he thought it might concern the black box. He wanted to have another session because he remembered only snatches of the dream, and felt the strong impression that there had been given much important information that was eluding his conscious recall. He felt that it lay just beneath the surface and should be easily accessible. The need to know was now becoming extremely pertinent. He knew he would not be able to relax until he uncovered what it was all about. We set up a session the

next day because he felt that the longer he waited the more anxious he would become.

When we met he began by telling me the memories of the dream. He was once more onboard the craft, surrounded by the little gray creatures, their little hands lovingly touching his arms and body. In front of him stood the blond pilot holding the black box. This time Phil received the impressions of concern and anxiousness from the beings. The eyes of the pilot expressed a feeling of urgency, as though an important time of decision had arrived. He had the feeling they were "rooting" for him, hoping he would recognize the importance of the box and at last be able to decipher the message. But he also knew that if the time was not right, and he was unable to do so, that the box would simply be returned to its storage place onboard the craft, to await the proper time.

He remembered that he felt great expectation and apprehension as he reached for the box and held it in his hands. From there the dream became indecipherable. All he could remember was a blinding flash of white light. From that point everything was obliterated except for the feeling of great love and satisfaction emanating from the beings. Whatever had occurred they were very happy for him. He awoke with this feeling of pleasure in his conscious mind, but the nagging presence of something else smoldering just beneath the surface. After he reported the dream, we both came to the conclusion that apparently he had at last managed to gain access to the mysterious box. The information had apparently been released, but was not yet in the conscious mind. That would be my job, to gain access and bring it forward into Phil's conscious memory, if access would not be denied again.

Phil reclined comfortably on the bed and the session began. When the elevator door opened he was immediately thrust into the same scene he had been describing. The beings surrounded him, their eyes giving off the feelings of anxiousness and expectation. The pilot handed him the box and they awaited his reaction. Phil studied it and described it as small, black, oblong or coffin-shaped. He knew it was made from some type of stone not available on Earth. The box **could** only be opened by the correct mental vibration of his own mind. It was so keyed into this vibration that until the proper point of development was reached no amount of concentration would open it. Thus it could not be faked, and it could not be opened by anyone else because he himself had programmed it. It suddenly

came to him in a rush that the box contained so much information that it would be impossible to access it all while in physical form. The real totality of it was so profound and vast that it was impossible for the human mind to comprehend. He realized this and knew he could only have access to the small portion that would help him to understand his present life. That would have to be enough for now.

When he came to this understanding a strange thing happened. It was as though a trigger had been pressed. A small drawer slid out of the widest end of the box. He saw that the drawer contained an oblong rounded stone which emitted a turquoise glow. At last he had found the procedure to open the box. But what did all of this have to do with a glowing stone? He received the mental message that if he stared into its opaque surface the appropriate portion of his subconscious mind would be unlocked. His memory would be triggered and the information brought forth to the conscious mind.

I was filled with chills of expectation. Would we at last have access to the hidden information, and what type would it be? My curiosity was intense and I hoped that at last the access barrier would be removed. As he stared into the depths of the stone the scene of the room on the craft faded and was replaced by something else.

P: I see a very intense white light. A very pure and radiant white light that is of a high order of magnitude, as white as electric in nature. This energy is what is commonly referred to as "The White Light of Protection." This is the white light of protection. This energy has no identity as identity is meaningless at this level. It, however, has what is called on your level "consciousness," or a definite awareness. It is of the supreme order or magnitude of the energies of the universe.

D: *Am I really speaking to what would be considered the "whitelight"?*

I am very familiar with the concept of the white light. I always mentally place its protection around my subjects when we work. In this way any negative influences may be kept away from my sessions.

P: It would be more accurate **to** say that the *energies* of the white light are in communication. This energy would now speak to Philip, for there is a very definite message here which is to be given at this time. We will translate, as the difference in energies from *that* level to this from which we speak is *not* conducive to direct trans-

lation. So we will translate and assist in this communication. This information is thus: We would say that you have learned your lessons well, our son. At this time in your evolution there is an awareness channel being opened to allow you more direct access to those areas from which you seem most isolated. You have been denied access to this for a reason. There was a period of time in a previous lifetime-if you so choose that terminology-in which you abused this privilege. This area of your awareness was closed off at that time, so you would experience a *lack*, a very definite feeling of denial. This was done so that you would more fully appreciate the usage of this awareness and this power. This has caused you much grief and concern in this incarnation. So much so that you have often felt the desire to return to spirit and to be once again in these energies. (This apparently referred to the suicidal tendencies in his early life.) At that period in your previous life on another planet, there was an experience where those energies became unbalanced due to misuse. This experience caused you to decide for yourself the most appropriate manner in which you would rebalance them.

D: In the other lifetime, did he use these energies in a negative way? That was why it was shut off to him?

P: That is accurate. It would be likened to a fall.

D: You keep saying there's no such thing as time, but I was wondering when that occurred

P: We would translate in your terms ... roughly several *million* of your years, although the analogy is somewhat rough.

D: But he had to wait that long through many, many lifetimes to earn the right to come back to using the energy again?

P: That is accurate. We will speak freely of this incident at this time, for this was an experience which was necessary for the development of this... we hesitate to use the term "Vehicle," for this is not an accurate statement. The composite experiences of this energy (Phil) would be more accurately described as being a "phase." So it was important for this phase to experience what was brought about by the misuse and removal of these energies. This occurred because he disclosed that which was not to have been given. There was a situation in that period, when he desired to assist in the uplifting of those who were in his charge. There are strict rules in the universe as to what can be given and what is not to be given. These rules are absolute and shall not be breached.

In his attempted assistance these rules were broken and in the process the right to the energies was removed. These energies we speak of are those of knowledge and information and intuitive insight. These were necessarily removed in order to allow him to understand why it is necessary for these rules. The energies were simply closed off, and so a long process of incarnations was begun, culminating in this physical incarnation in which the vehicle now finds himself. These energies are now being returned and their usage being relearned. For through the many incarnations the remembrance of the use of these energies was gradually forgotten. And so now it is important and necessary to retrain his consciousness in the proper use of these energies. This experience has come full circle and has returned the vehicle to that point in which he may most appropriately make use of those energies.

D: Did this happen on another planet?

P: This occurred in another dimension. Not in *this* universe, but in a physical part of another similar universe.

D: What kind of position was he in at that time? You said he had responsibilities.

P: There were many millions of beings or incarnate individuals under his jurisdiction. It would be as if he were a system sovereign at that time.

D: I'm trying to understand. You said earlier that there were councils over the different universes. Would it be that type of thing?

P: Not to the universal level, but a system level. A system would be a sub-unit of the universe.

D: Like a galaxy or a solar system?

P: That would be accurate. A collection of inhabited planets.

D: Was he in a physical form at that time?

P: That is not accurate. It would not be possible for a system sovereign to delegate his responsibilities in physical form. For it is necessary to cover the system, or to be throughout the system simultaneously, in such a way as to be aware of all that is happening throughout the system. The consciousness would be *vast* and diverse, spread throughout the system, so that all within the system would be in contact with the sovereign.

D: That would mean that he had progressed to a very high level wouldn't it?

P: That would be an accurate statement.

D: I'm trying to understand, so my questions may seem naive. There are

counsils over the universes, and then these councils are broken up into sovereigns over different systems?

P: There are hierarchies that would be compared to the levels of government on your plane. Beginning with possibly the lowest level—the head of the household. Who then would be responsible to the head of the block—were there such a thing—as there are in many analogous existences. Each block would have one who is responsible for the safety and welfare of those on that block. Who, in turn would be responsible to the mayor or governing council of the city. Who then would be responsible to the county government and to the state and to the federal level. And then to the planetary level, if one would choose.

D: *And then there would be one over many plants or one system.*

P: That would be accurate.

D: *Would he then be directly responsible to the council or would there be someone in between?*

P: There are many councils on many different levels. The system is responsible to that which is above and so forth. And those below would be responsible to the system. It is neither the highest nor the lowest of stations.

D: *In other words, at that time he had a great deal of responsibility and knowledge. And in misusing it, he revealed forbidden things. Is that right?*

P: He gave information and energy to a race of peoples who were attempting to lift the consciousness on their planet. The sovereign felt in this situation it would be most appropriate for this information to be given. It was a most unique situation, not generally covered by the rules in such cases.

D: *It seems as though he had the right motives in mind.*

P: That is accurate, there was no malicious intent. However, the rules were thus broken to the utter dismay of the sovereign. The information became misused and retarded the very progress he sought to assist.

D: *Then he revealed information to them that he thought would help in the progress, the evolution.*

P: We would say, not so much information as energies. There are many energies. Particular energies were given which would, if used properly, have definitely advanced the species. However, they were not understood and were misused. And so caused a backsliding of the peoples.

D: *Could you be more specific about what kind of energy it was?*

- P: It would be impossible to translate as there are no equivalents in this realm of experience.
- D: *I was curious as to how they misused it.*
- P: It was as any energy can be misused.
- D: *I guess there are always two sides to every energy. And they used it in the negative way?*
- P: That is accurate.
- D: *Then in giving them the use of the energies, he didn't give them the understanding that went with it.*
- P: There was not sufficient progress in the evolution to allow for the understanding of these energies. It was a calculated risk.
- D: *Hasn't this also happened to our planet? They take the risk sometimes and reveal things to us, and it's our free will that makes use of it?*
- P: That is accurate, for there are rules which apply as to which energies can be given to specific individuals at specific times.
- D: *This was a similar case, but their free will turned it into something negative.*
- P: That is accurate.
- D: *Well, then I cannot see how it would be his fault.*
- P: The rules were broken. The rules stated that until the evolution of the peoples warranted the usage of these energies, they were to be held in check. They could not be given until such time as the people could understand the full potential of those energies. That had not occurred.
- D: *But apparently they would have been given it at some future time anyway.*
- P: That is most probable.
- D: *But from the stories you have told me that has happened in Earth's past too. Things were given at an inappropriate time.*
- P: We shall not dispute this, as it is known throughout the universe that mistakes are made.
- D: *But in this case, it was more or less a punishment that he was taken away from that position?*
- P: We would not say punishment, as that is not a fair assessment of the universal energies. It was necessary for the individual to experience why the rules are in place. And this would be facilitated by placing the violator of the rules beneath the energies so that the lack of these same energies could be experienced. And then through a gradual evolution to the plane at which the energies are returned, one could fully appreciate the giving and the taking of these energies.

- D: *I see. You called it a fall. In other words, he fell to a lower position*
- P: We would not put a value judgment on this, for in your phraseologies "fall" is given a negative connotation. In our perspective it is simply a lesson of experience. A very neutral necessity which adds to the overall experience of the individual. Mistakes are made on many levels. And the understanding, which heals the wounds of that mistake, is gained through what one would call a "fall."
- D: *This is hard to comprehend, that even when someone has reached those levels it is still possible to make mistakes and thus go backwards. Then it has taken many, many, perhaps thousands, of incarnations to be allowed to reach this point again?*
- P: We would not put quite that number on the incarnations. Several hundred would be sufficient. The lifetimes you have been shown and which have been discussed are but a small fraction of the breadth of experiences this energy had learned from. It was with great soul-searching that he made the decision to come to this planet in this earthly form. He knew the experience would be alien, difficult and lonely. That was why he desired to leave this earthly incarnation. The adjustment is so very difficult for these higher energies because they are basically innocent and pure. They are more accustomed to the light side and cannot understand or fathom the dark side of your world. It takes great courage for them to leave the light and journey to this dark world for the mission, and they have our love and respect.
- D: *Then he is being given this information now so he will learn to use energy correctly whenever he receives it?*
- P: The reason for this is, it is now time for the energy to be returned and so there must be conscious awareness of the purpose of this. For were this energy simply to appear, it would seem as if it had no real purpose. It would seem to simply appear from nowhere. So it must be consciously directed as to why the energy is given. And to remain aware of the responsibilities of the position of this energy.
- D: *That way he can use it wisely.*
- P: That is accurate. It is in great love and universal harmony that this has come about. One on the physical plane such as this, is not often given this opportunity. However, in the evolution of this planet, it is quite appropriate for those who are so merited to receive this and to use this in such a manner-as the goals and

needs of the universe, as a whole, are forwarded by this usage.

D: Is he to use this energy in any certain way?

P: He will become quite adept and familiar with this energy, and know its appropriate usage and the time for usage. It will bring him much feeling of true value, of which he has felt a great lack of in this incarnation.

D: Then when the time comes he will be helped to know what to do with it?

P: That is accurate. He is being helped even now as we speak, for through these sessions the awareness is returning.

D: I've often thought that whenever we met so accidentally, "it was for a definite purpose."

P: That is accurate. The purposes served are for each of you. There is no "accident," as you would call it, in the universe. All that happens has rhyme and reason. It was no coincidence. We say to you now, our son, you have come full circle in this endeavor and have now arrived at that point from whence you started in your age of personal darkness. You have now merited the full restitution of that which you truly are, and which you so strongly desire. You have now the option of returning to this side to use this power in the ways you feel most appropriate, or to remain and use these powers on your level in the way you feel most comfortable. This is *entirely* your choice at this time. We would say to you, to meditate and to think on this and return to us in the manner you have learned previously. You were given a method just recently by which you could return to that highest self and communicate with the energies of the universe on a conscious level. Give us your answer at that time, so that it is made on a conscious level. For this answer must now be considered from the conscious level. We would say to Philip that if you choose to remain on this planet, more information will be given later at an appropriate time, and further instructions will be forthcoming. Do not try to anticipate what this would be. Simply *allow* that to happen which will be. The path being taken, for now, is appropriate and you will be given more direction at a later time. When you awaken, you must think on this and make the decision in a conscious state whether to stay or leave. Simply continue to follow that response felt from within, for that is the true taskmaster. Choose wisely, our son, and remember that no judgment will be forthcoming. Whichever way you choose will be the way your mission progresses. And to you, Dolores, we say that you are

encouraged to use the information you have been given. There are no restrictions on this information. Were it so, it would not be given.

At this point Phil reported that the white light was receding and he was again aware of holding the box containing the bright stone in his hands. He saw the faces of the pilot and the little gray beings, and felt a surge of love, happiness and satisfaction emanating from them. Apparently they knew he had at last been allowed access to some of the secrets of his past.

After the information was revealed and he was told to make the conscious choice, he replaced the stone and the drawer retracted into the box. The alien pilot took it from him, and communicated that it would be hidden again in the same compartment onboard the craft, where it was placed by Phil eons ago. Where it had been waiting for him to remember it and access it, and here it would remain until it was needed again. Phil realized that the information he received was only a small portion of what is contained within the store. He also knew that the remainder will probably never be given to him while he is in this life. When he reaches the next stage (in whatever future lifetime) the release of further information about his origin and destiny would be triggered.

Phil was then brought forward to full consciousness, and from the studious look on his face I knew he would have much to ponder in the days to come.

AT FIRST I was hesitant to include this information in this book because I was afraid it might be misinterpreted, and the reader might think Phil was indicating he was on a level with God. This was made clear that the level of system sovereign was still far below that supreme state. He recognized and was subordinate to a higher power.

I believe this information is trying to show us that Man is not the only form the spirit can take. That is all we can perceive with our human thought, but it is too limiting. This session demonstrated that you can evolve (or revert) to a state of pure energy, which, without the physical limitations can attain unbelievable powers. But since the soul has not reached the ultimate state of perfection, it is still capable of making a mistake, even in that form. And even at that stage the laws of the universe still apply. If this means a complete return, a going *all* the way back and starting over again, it does not matter because

the soul and the lessons are eternal, and there is no such thing as time. There is only growth, learning, experiencing, and the eternal search for knowledge. Thus man must come to the realization that he is more than he consciously perceives, that he is more than it is *possible* for him to perceive. He is immortal, and as an immortal soul his horizons and experiences are boundless, totally unlimited. He plays at the game of life in whatever form or dimension he finds it. Until eventually, through eons, he attains the sought-for perfection and returns at last to his source. The ultimate source of *all*, the Creator from which everything has sprung. Let us remove our earthly blinders and allow our insight to soar. Then we will discover how small and narrow our self-imposed limitations really are. The universe is our world and nothing is impossible.

AFTER THIS TIME, Phil began to change in many noticeable ways. This often happens to people that I work with, especially if we have sessions over a long period of time. I cannot explain it, because I definitely do not give them any suggestions that would cause them to change their lives. It appears that something occurs, maybe because they are becoming more open and aware of their own subconscious minds, which is similar to the "still, small voice" in each of us. They become more in tune with their own true personality and discover what they really want out of life. They begin to make major decisions and firm commitments, where before this time they were often confused, uncertain and frightened. In each case the change appeared to be for the better. I sincerely hope so for I would want no part in even unduly or unconsciously influencing anyone in a negative way.

Phil was still the same gentle-natured person but he became much more secure. He decided he didn't want to have his own business in his parent's garage any more and went to work for an electronics firm. Then within a month of doing this he became emotionally involved with an attractive young woman who worked in the office. In an unprecedented development, he moved into her apartment with her and her small son. All of this was definitely out of character for the Phil I had come to know. Although I was surprised, I thought it was wonderful. It showed that he was growing and maturing emotionally. He was no longer shying away from emotional situations. He was willing to take a chance, to put himself in the very vulnerable position of possibly being hurt. He had made a commitment to another human being, and as such he had made a commitment to life.

He spoke about his existence differently now. There used to be periods in my life when I wanted to withdraw. I could predict them, it would be a definite cycle. They would happen two times a year, in the spring and again in the fall. During that time I would feel like I was being pulled, a yearning to go home, to go back over there. It would last anywhere from a few days or the worst up to several weeks. I would be terribly depressed during those times but I never came to the point that I did in California. I never tried that again. But now in this last year or so I seem to have kind of stabilized my own emotions. The feelings and the depressions seem to have leveled out. It seems like I've really gotten a grip on this and become somewhat content with the way things are. I've accepted all the cycles, the ups and the downs. I seem to have just become more at peace with that fact. I recognize them now for what they are."

I asked him if he thought the things we had uncovered in our work had helped him.

"I think it has," he answered. "It's made me see myself in a fuller, deeper way. I see that there's more to me now than I ever really realized. And I feel happy about that, even though I don't have complete total recall. Just knowing that I had experienced those things gives me a feeling of satisfaction and contentment'

"Do you think these sessions helped explain where those feelings of uneasiness came from?" I asked.

"Yeah, I think that's true. I think it explains why I felt the dis-ease and the unfamiliarity. The high ideals that I hold for myself, I hold for other people. And it really discourages me to see people being very prejudiced, very short, very ... thieving and murdering and killing, all this stuff going on in the world. It used to really bother me. And I would use that as an excuse to say, 'I don't want to be here.' Because this is just not the kind of a world that I want to be in. I want something more orderly, cleaner, more stable, more in harmony. What really hurt was that I found I wanted to be like everybody else. And so I would start doing some of the things that I disliked in other people, to appear normal. I always felt that I *had* to in order to fit in. And that only added to my feelings of isolation and confusion and frustration."

"Yes," I sympathized, "because you were trying to go against your basic character. I can see how all that would lead to frustration. I think there's probably a lot of people out there, especially teenagers, who are probably going through those same kind of feelings. And it

is hard to put your finger on exactly what it is when it's so vague."

"Yes, I'd agree. It's not something that jumps out in front of you and just knocks you up the side of the head and demands attention. It's just back there and you're aware of it. It's very hard to define but it's very present too. -I think I was afraid of myself, afraid because I didn't *know* myself. I was afraid to let anyone near me because I didn't know what I wanted. And I think I was also afraid of getting hurt. But now, I am starting to understand myself and I am beginning to see that I can find some things about myself that I can like. I don't have to be afraid or think I am different or odd because I can see that I am not really that different from anybody else. My problem was that I was expecting too much out of life. I was expecting it to be here just like it is over there. And I was always disappointed when I would see life not live up to my expectations."

"But, of course, you didn't realize that at the time you were experiencing those depressions."

"No," he answered seriously. "I realize that now, that I was expecting more out of this life than I should have. Now that I know, it makes the disappointments a lot easier to take because they aren't so personal. I discovered that everybody feels the disappointments. I'm not the only one. This is just part of this existence, just part of being human. Now when I get depressed, it only lasts for a very short while and it's not bad at all because I know where it's coming from. I know now that everything's going to be all right."

And what more could anyone ask for. I cannot say that I should get even partial credit for what happened to Phil, because I did not realize these changes were taking place. I did not even know about the problems he had dealt with all his life until he chose to confide in me. It would appear that discovering his alien heritage had a very positive influence on him. I believe that with the knowledge he received from his subconscious he has come to terms with himself and should be able to function as normally as anyone can in our chaotic world. If our work together helped to accomplish this, then I am grateful for the opportunity.

ONE EVENING I was idly watching a science-fiction movie with the familiar "aliens take over the world" theme. Unexpectedly, it was as though a voice spoke loud and clear inside my head.

"Why do they portray us in this manner? This only instills more fear in an already fearful world. We are not like that, we have shown

this to you. Please tell the world who we really are, their brothers, their guardians and protectors from the stars. We do not need to take over this planet with violence. It is already ours, it always has been. We have been here since the beginning-caring and nurturing. Now we are trying to keep you from destroying this planet. Because this planet was given free will above all else in its life charter, you must be allowed to make your own decisions. But we cannot sit idly by and watch our family annihilate itself and its home. The infusion of new blood was the only answer. If the earth influences are not too strong, we shall not fail. We will accomplish our goal, not of taking over the planet, but of saving it."

Yes, the extraterrestrials are here, the aliens are living among us. They are here in three ways: as spirits who have been born into human bodies, as outer space beings who have formulated bodies acceptable to dwell among us undetected, and as those visitors who live in secret bases observing and watching. They have all come to save us from ourselves.

It would be useless for people to form witch hunts to find them and point them out and say, "You are one." unless they are willing to also look at themselves in the mirror and say, "*You* are one."

For they are our ancestors, our relatives. Their blood flows in the veins of every living creature on this earth. The latest ones have come complete with programming and imprints of past lives and emotions to help them deal with life in our chaotic world. They are an infusion of new blood that does not believe that fear and war and destruction are the ultimate answer. They are programmed with love, peace and understanding. They are also more sensitive to the emotions and feelings of others. Yet they seldom know their true heritage. The rising suicide rate among teenagers is evidence that many of these gentle newcomers cannot adjust no matter how spiritually high their intentions were in volunteering for the job. The way of life on this planet is simply too painful.

Since there is no way to distinguish star people and since very few of us know of the journeys of our soul, there is no sense in wondering about it. We must simply try to incorporate the beliefs and aims of the star people into our lives and help them save our planet.

Yes, the aliens are here. Thank God that they are, for without them we are lost!

ABOUT THE AUTHOR

DOLORES CANNON was born in 1931 in St. Louis, Missouri. She was educated and lived in Missouri until her marriage in 1951 to a career Navy man. She spent the next 20 years traveling all over the world as a typical Navy wife and raised her family.

In 1968 she had her first exposure to reincarnation via regressive hypnosis when her husband, an amateur hypnotist, stumbled across the past life of a woman he was working with who had a weight problem. At that time the "past life" subject was unorthodox and very few people were experimenting in the field. It sparked her interest, but had to be put aside as the demands of family life took precedence.

In 1970 her husband was discharged as a disabled veteran, and they retired to the hills of Arkansas. She then started her writing career and began selling her articles to various magazines and newspapers. When her children began lives of their own, her interest in regressive hypnosis and reincarnation was reawakened. She studied the various hypnosis methods and thus developed her own unique technique which enabled her to gain the most efficient release of information from her subjects. Since 1979 she has regressed and cataloged information gained from hundreds of volunteers. She calls herself a regressor and a psychic researcher who records "lost" knowledge. She has also worked with the Mutual UFO Network (MUFON) for a number of years.

Her published books include *Conversations with Nostradamus* (3 volumes) and *Jesus and the Essenes*, which has been published by Gateway Books in England. She has written several other books (to be published) about her most interesting cases.

Dolores Cannon has four children and twelve grandchildren who demand that she be solidly balanced between the "real" world of her family and the "unseen" world of her work. If you wish to correspond with Dolores about her work, you may write to her at the following address. (Please enclose a self-addressed stamped envelope for her reply.)

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Photo by Richard Quick.



WE ARE THE GARDEN...

...The Gardeners are Extraterrestrials from other worlds.

The ancient astronaut theory becomes a reality as the story of the origin of life on Earth is brought forth through hypnosis.

A young man wanting to explore past-life regression discovers this is his first lifetime on Earth. All his other existences were on alien worlds and in other dimensions. As the unique case is explored further, he finds out that his association with extraterrestrials did not cease with these other lives. The interaction with UFO's and aliens has continued during all of his present life, although the information was protectively hidden by his subconscious. He discovers that before entry into this life he agreed to be the *experimentee*, rather than the *experimenter*.

This strange case reveals the motives behind present-day involvement between UFO's and humans, and the hopes and expectations of our creators for their garden.

This book represents yet another of Dolores Cannon's reincarnation hypnosis cases. Dolores is the regressionist whose psychic investigation and research resulted in her other works: *Conversations with Nostradamus* (3 Volumes), *Jesus and the Essenes*, *Between Death and Life* and *A Soul remembers Hiroshima*.

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