

# **A Scientific Blueprint for Ascension**

**by David Wilcock**

David Wilcock is one of the more interesting people who are making a serious attempt to explain the rapid changes that the world is going through today. Though controversial, his views are well thought out, profound, and backed up by a wealth of scientific data. We interviewed David on the subject of Ascension and the energetic "shift" — a coming change that, according to Wilcock and others, like Gregg Braden, involves not only individuals but our planet, our Solar System, and the Galaxy itself. In order to prepare us for this information, David begins with the Story of Creation. We may believe this or not. Certainly, it can't be "documented" in the usual way. But we suggest that you reserve judgment until you have read and absorbed the incredible, provable, scientific *facts* of what is happening in our Solar System and on planet Earth.

## **Our origin and evolution**

Many sources, including Ra, Edgar Cayce, and others, say that the Oneness essentially got bored or lonely. It needed to do something. It needed to create. It wasn't feeling complete just by having this unified consciousness all the time. So it conceptualized the idea of breaking itself up into all these parts, knowing that the parts would be able to evolve by their own free will, making their own decisions. Things would happen that the Oneness was not yet able to understand or comprehend. The parts would have essentially their own creative ability. They would be Co-Creators. The Great Plan was that at the end, after this entire cycle of universal evolution was complete, all of the parts that had evolved on their own would independently recognize their God Consciousness, renounce separation, embrace unity, and return to the totality of Oneness. The One Creator from that very fact would be highly enhanced, because all of this wonderful creative stuff had transpired in that transition from "One" to "many" and back to "One." So God is evolving, and not some static Being that just sits there and waits for everybody to catch up. God is experiencing our evolution with us.

## **Galaxies were the first Beings**

My understanding is that God's first manifestations of separate beings are what we call galaxies. Each galaxy is sort of like a person. The universe is composed of many billions of galaxies, so it would be the equivalent of many Earths' worth of human beings, which is not inconceivable to conceptualize. Each one of those galaxies is capable of sprouting an entire system of stars from itself. Each one of those stars is the equivalent of a being, and then each one of those stars is capable of giving birth to planets, and each one of those planets is a being. And each one of those planets, potentially, can be populated with intelligent life. So this is where you really get into the idea that the universe is an Ultimate Being and there are various gradations of beings that step down from that Oneness. The primary being that we here on Earth identify with would be the Galaxy. Ra refers to the Galaxy as the Logos. Our Galaxy has a personality, a particular way of seeing how it's going to create conscious beings that will evolve and return to God Consciousness. Our Galaxy's own template for evolution is to produce human beings, and all of the stars are precisely tuned with the proper energy waves to insure that this will happen quite on its own, by the natural physics of the situation. Let me see if I can explain this in scientific terms.

## **The Galaxy and Harmonic Resonance**

We know that the Sun is actively pumping out spiraling energy waves that drive the planets and moons in their respective orbits. Both Bode's Law and the new Stoneking Resonance theories show that the planets are spaced out in the natural Diatonic musical proportions relative to each other. The very first extra-solar planetary system that we discovered, which was around pulsar B1257+12, also shows these same proportions. The proportional phenomenon supports the idea that every star is pumping out energy waves that create similar planetary systems, as this kind of resonance obviously could not be caused by random groupings of gas and dust.

Then, just like the principles of a hologram or a fractal, within the larger waves from the Sun are subtler, smaller waves. And these are also based on the same musical principles. They all branch out, forming waves upon waves and getting smaller and smaller.

### **The Galaxy is "tuned" to form DNA**

In the optimal planetary system, where there are no major cataclysms or interruptions, there is a specific distance from the Sun where the tiniest spiraling waves will gather a planet's natural materials together to form the DNA molecules of life. The DNA is the wave, and the wave is the DNA. That DNA is formed in the process of planetary evolution may sound ridiculous, but it can effectively be proven by something known as the DNA Phantom effect. Dr. Vladimir Poponin put DNA in a tube and shone a laser through it, and to his surprise he realized that it actually captured the light and caused it to spiral through the helix, as if it were a crystal. Even more amazingly, when Dr. Poponin removed the DNA, the light continued spiraling on its own! For light to form a DNA helix on its own should of course be impossible — unless the light itself had become harmonically tuned to some naturally existing frequency in the energy of space around it. To me, this says that the spiraling light energy of DNA was there first, and the physical molecules simply formed around the spiraling energy once the planet was at the proper frequency position. The Galaxy is "tuned" to form human DNA in planetary systems wherever it gets the chance.

### **Darwin's theories are being disproven**

The theory of the Evolution of Species is being disproven because the DNA molecule is just too complicated to have arisen by "natural mutations." Dr. Crick, one of the original discoverers of the DNA molecule, later proved mathematically that it is absolutely impossible for evolution to have ever even begun to produce DNA in the short amount of history that we have as a planet.

### **We are "moving on up" energetically**

So now, we are moving into a new position. Microbiology experts tell us that 97 percent of our DNA is apparently un-used, but I have been told that more and more of the chain is "unzipping" for those who are able to handle the new fourth-density energy structure. These people may not physically look any different, except perhaps more attractive in subtle ways, but internally they will develop greater depths of emotion, perception, intuition, and sensitivity. Some of the younger people will actually develop telekinesis or the ability to "see dead people." Many others often find that their bodies will no longer tolerate foods of lower vibration, and they are impelled to eat diets high in fresh organic fruits and vegetables. So as you drift farther away from your parent star, your planet enters into different vibrational energies and will support life in higher densities. As Ra explains, there is an Octave of eight major densities. This is the same as if you played the white keys on the piano, the Diatonic scale. The Octave can also be broken down into a system of 13, which can be seen by playing the Chromatic scale of white and black keys together.

There are many densities within densities. Each of these vibratory frequencies corresponds to a specific plane of existence — and/or a specific level of consciousness. Another teaching of Ra is that all people have higher selves, a sixth-density future incarnative self that is guiding their life and guiding their physical incarnation from the future. The Higher Self basically says, "Look, I know that you're going to evolve to become me. I'm looking back into my past at myself, but I also know that you have free will. I don't necessarily know all the choices that you will make on a day-by-day basis to eventually get to be me, where I am now. So I'm going to help you get to this point. I'm going to show you how to get to where I am, knowing that it's myself that's evolving." That is what dreams are.

### **The nature and purpose of dreams**

Dreams are a very high level, distilled message from the Higher Self that comes through to the individual in the language of metaphor. It doesn't matter whether you understand your dreams with your conscious mind or not. It doesn't matter whether you remember them or not. Your dreams communicate with your fourth-dimensional or fourth-density astral self, which I believe is the same self that Edgar Cayce was using to do his medical readings. It's your astral self that goes through the dream experience. So it's as if you have multiple levels of your being that are doing different things, things that you're not aware of. They're doing all sorts of work, and they're buzzing around — and yet it's all part of you, at the same time. And this is a very mind-expanding concept because you realize how much more you are than your physical body. You realize how much more you're loved and how much more of yourself there is.

### **The Science of Ascension**

The keystone to all of this that we're talking about — to everything I mentioned so far — is the idea that evolution *must* come on a mass scale. Ascension is not simply restricted to an idea like the Christians' saying there is going to be this "rapture," where Jesus comes back and ushers in a thousand years of peace. It's a cosmic event, and has been prophesied in almost every major religious and spiritual tradition that has existed on the face of the Earth. In my new career as research director for the "Time of Global Shift" tour, I provide references to back up these assertions. Let's talk about some of these now. We'll start with Dr. Alexey Dmitriev from the Russian National Academy of Sciences. Dmitriev did work with tornadoes showing that in the presence of a tornado there are very high electromagnetic fields, visible light, and ball lightning. And there are all sorts of cases where the tornado causes the physical objects to fuse into each other — where matter actually becomes able to permeate other matter. Dmitriev cites cases where two burnt and charred wooden boards were fused together by a tornado, even though they would crumble at the slightest touch. There were pebbles that had gone through glass without breaking the glass; pieces of straw that went through a window and got stuck in the window without breaking it. All this weird stuff is happening that shows that matter is able to disappear or become permeable to other matter in the presence of a strong enough field. Then we look at the Bermuda Triangle. In a triangular area off the coast of Florida between Puerto Rico, Miami, and Bermuda, there have been planes lost as well as ships. It hasn't really been active since the 1970s, but certainly it was before then. And we're not just talking about marine vessels that disappear, and you can say, "Okay, well, it sank." We're talking about airplanes that are on radar and have radio contact, and suddenly they're just gone. In certain cases there have been people who disappear and then reappear. There was a case in the late 1969 where a National Airlines 727 passenger aircraft flying into Miami had lost all radar and radio contact for 10 minutes. Of course, the air traffic controller was highly freaked out by this. Ten minutes went by and communication came back on. The air traffic controller asked them where they had been, *and they didn't know what he was talking about*. They had no perception of anything's having happened. And when they landed, it was discovered that every single timepiece in the entire aircraft — everybody's watch, every chronometer, you name it — had lost 10 minutes! It was as if they basically just winked out of our existence for 10 minutes and then came back. The more we investigate these vortex phenomena, the more we see that some strange things are happening. Another vortex phenomenon case involved a group of young hippies who were camped out inside Stonehenge when the stones were struck by lightning. Witnesses saw them all disappear, leaving only the charred pegs of their tents. I believe that the higher energy vibration of the lightning activated the vortex that Stonehenge had been built to harness, which in turn caused this to happen, and I think that the creators of Stonehenge probably used these effects for travel through space and time. So apparently Stonehenge and the Bermuda Triangle are places where, at certain times, the amount of gravitational and vibrational energy coming out of the Earth exceeds that going into the Earth. You could think of these areas as being akin to holes that have been popped in a plastic bag filled with water — for a certain amount of time, the water would flow out very quickly.

And you can see that in those two locations, there is a history of incidents suggesting that matter has been transmuted in the presence of such an energy vortex. What we are leading to is that the entire energy of the Solar System is increasing, and that at some point, it will reach a level where it will transmute all life on the planet. That is when Ascension will be manifest.

### **Our Sun is not a nuclear furnace**

Research is now suggesting that the Sun is like a hole that has popped in the energy field of the Galaxy, allowing energy to flow out in a given area; that's why we see it as bright white light. They've already proven that there's no nuclear furnace going on in there. The amount of neutrinos that the Sun gives off is far too low for it to be the byproduct of a nuclear reaction. There are missing neutrinos. They've known about this for 30 years, and the problem is not being solved — those missing neutrinos simply don't exist! So the Sun is not a nuclear furnace. The Sun basically represents cosmic energy, the true energy of Creation. What this means is that the Sun is like a pinhole in space where the energy is flowing out — just like the pinhole in the bag of water we spoke about earlier, or what you would see in the Bermuda Triangle. And in higher levels of vibration, you see a lot more than just the pinhole of the Sun; you see all the vibrations that surround it. These appear as concentric spheres of energy, like ripples on a pond, which are connected by a spiraling coil of energy that expands on out to drive the orbits and rotations of the planets and moons. Everything meshes precisely together like one giant set of gears. This coil from the Sun has been studied and measured. NASA refers to it as the "Parker Spiral." Right now, we can only detect these fields with instruments as a form of magnetic energy.

### **The Sun's coil, sacred geometry, and crop circles**

There are many, many crop-circle formations that show these energy systems of sacred geometry and concentric, expanding spheres connected by spirals. So "they" are definitely trying to give us a message. The recent 900-foot long Milk Hill crop formation mirrors the Sun's expanding spiral energy patterns. It contains 409 different circles and was actually displayed on CNN Headline News, as its sheer size and grandeur attracted attention. And what I am saying is that when the energy in the Bermuda Triangle rises, for example, matter changes. When the energy that the Sun is producing rises, the spiraling coil wave from the Sun actually expands, pushing the planets into spheres of energy that maintain a higher frequency of vibration. My research suggests that the actual physical sizes of the planets expand spontaneously when this happens — not hugely, but enough. You can see this in hindsight by going to the idea that if you shrink the radius of the Earth to 55 or 60 percent of its current size, all the continents fit together like a jig-saw puzzle; there's no left-over space. That's called Global Expansion Tectonics.

### **Planetary expansion and the Ascension process**

So as the planet gets farther away from the Sun, it expands on this spiral of energy that the Sun is pumping out at a very slow speed, and it gradually inches farther and farther away. That's why the Ancients said that Earth's year used to be exactly 360 days long, and that they only begrudgingly added the last five and a quarter days after the fall of Atlantis. Five days is just a tiny bump compared to what can happen. So the farther away you get from the Sun, the more you break into higher levels of vibration represented by a bigger sphere. As the Earth punches into a higher level of energy based on its position to the Sun, it expands in size, because as it moves into that higher energy, the energy within the core actually expands. What also happens is that this energy "zaps" all the creatures that are on the Earth, because the increase in the wavelength of the planetary spiral is accompanied by a spontaneous burst of energy from the Sun — a burst that has qualities of both radiation and intelligence. The ancient Hindus referred to this burst as the "Somvarta fire at the end of an Age." So what has happened in the past, at about 50-million-year intervals, is that all the life that had been on the Earth spontaneously dies. And then, all of a sudden, this higher order of creature shows up. The geologists call this "punctuated equilibrium."

A very recent study published by Dr. Bruce Runnegar and other UCLA astrobiologists supports the theory I am discussing. It's been all over the mainstream news since the end of June. The researchers looked at the planetary orbits and ran them back through time with computer simulations that were very precise. To their surprise, they discovered that 65 million years ago, at the time of the most recent mass extinction (of the dinosaurs), there was what they referred to as a "chaotic change in the resonant frequencies of the Solar System." This chaotic change suddenly jostled all the orbits of the inner planets. While we're here, we should add that all geologists know that the continents broke apart at this time, having once been a single landmass. We also know that the worldwide sea levels suddenly decreased at that time. This was obviously the Earth's sudden increase in size. The hardened crust of the land broke apart, and all the seas drained off into the new cracks, lowering their worldwide levels. And remember that the geologist's have discovered that every time you have a mass extinction, you also have a mass speciation — that is, new species arise. That's another aspect of what happens when this energy "zaps" us, causing the planets and their orbits to expand. For example, there is no "missing link" between Neanderthal man and Cro-Magnon (modern man) because what happened was that Neanderthal got "zapped" and spontaneously evolved. They grew much larger brains and lost the clumsiness of their bodies.

### **The Solar System also is evolving**

This is where it gets kind of strange. This anomalous change, this spontaneous evolution in the presence of new energy, is also happening to the whole Solar System. In other words, it's not just that the Earth is drifting away from the Sun to go into a new position. At the same time the Sun, also, is ready to break out into a new level of energy in the Galaxy. This doesn't always happen. According to Ra, right now we are actually arriving at the end of a 75,000-year galactic cycle at the same time that we are arriving at the end of a more common 25,000-year planetary cycle. As a galaxy evolves, expanding spheres of energy continue to engulf the stars in that galaxy with higher and higher levels of vibration. This is now causing the intergalactic space around our Solar System to become more and more highly charged. This charge is in turn absorbed by the Sun and radiated throughout the Solar System. So the current "shift" is really a unique event for all forms of vibrational life in our area of the Galaxy, not just for those on Earth. How can we tell that Ascension is imminent? Here are some *measurable* changes in our Solar System which suggest that this evolutionary leap is going to happen soon:

### **Unprecedented solar activity**

We're having solar activity never before witnessed — at least not in recorded history. We're having sunspot activity on a scale never before seen. We're having radiation emissions, proton emissions and other anomalous energy bursts. All of these things are stepping up in frequency in a way that's never before been seen. In fact, the solar emissions are getting so intense that they are frying many of our satellites. In certain cases we are unable to measure these solar emissions because we never expected that they would get this high, and all our scientific models have to be revised.

### **The quality of the space between planets is changing**

Another thing that I think is really interesting is that the actual quality of the space between the planets is changing. The space between the planets is actually conducting energy better. The meaning of this is actually quite simple: The Sun releases charged, radioactive particles, such as energetic protons. NASA used to have very convenient scientific models for how long it would take those protons to travel to the Earth. Now, in some cases these protons are traveling up to 400 percent faster than the models expect. So what's happening is that the Sun itself is actually changing. Its magnetic field is actually getting larger. Its energy is changing. The energy between the planets is changing, conducting the Sun's energy faster. Particles are moving faster through space. The actual visible plasma energy in space between the planets is getting brighter.

### **The atmospheres of the planets are changing**

Dmitriev's work shows that the planets themselves are changing. They are undergoing changes in their atmospheres. For example the Martian atmosphere is getting sizably thicker than it was before. The Mars observer probe in 1997 lost one of its mirrors, which caused it to crash, because the atmosphere was about twice as dense as they calculated, and basically the wind on that little mirror was so high that it blew it right off the device.

### **Earth's moon is growing an atmosphere**

Also, the moon is growing an atmosphere that's made up of a compound Dmitriev refers to as "Natrium." Dmitriev says that, around the moon, there is this 6,000-kilometer-deep layer of Natrium that wasn't there before. And we're having this kind of change in Earth's atmosphere in the upper levels, where HO gas is forming that wasn't there before; it simply did not exist in the quantity that it does now. It's not related to global warming and it's not related to CFCs or fluorocarbon emissions or any of that stuff. It's just showing up.

### **Magnetic fields and brightness of the planets are changing**

The planets are experiencing sizable changes in their overall brightness. Venus, for example, is showing us marked increases in its overall brightness. Jupiter has gotten to have such a high energetic charge that there is actually a visible tube of ionizing radiation that's formed between Jupiter and its moon, Io. You can actually see the luminous energy tube in photographs that have been taken more recently. And the planets are having a change in their magnetic fields. The magnetic fields are becoming stronger. Jupiter's magnetic field has more than doubled. Uranus's magnetic field is changing. Neptune's magnetic field is increasing. These planets are becoming brighter. Their magnetic field strength is getting higher. Their atmospheric qualities are changing.

### **Uranus and Neptune appear to have had recent pole shifts**

When the Voyager 2 space probe flew past Uranus and Neptune, the apparent north and south magnetic poles were sizably offset from where the rotational pole was. In one case, it was 50 degrees off, and in the other case the difference was around 40 degrees, both of which are pretty big changes. The overall changes could essentially be broken down into three categories: Energy field changes, luminosity changes, and atmospheric changes.

### **Overall volcanic activity has increased 500 percent since 1975**

On the Earth, we're seeing the changes even more completely. For example, Michael Mandeville has done research that has shown that the overall volcanic activity on the Earth since 1973 has increased by roughly 500 percent. The overall earthquake activity has increased by 400 percent just since 1975.

### **Natural disasters increased 410 percent between 1963 and 1993**

Dr. Dmitriev did a very elaborate calculation of natural disasters. He showed that if you compare the years 1963 through 1993, the overall amount of natural disasters of all different kinds — whether you are talking hurricanes, typhoons, mud slides, tidal waves, you name it — have increased by 410 percent.

### **The Sun's magnetic field increased by 230 percent since 1901**

There's a study by Dr. Mike Lockwood from Rutherford Appleton National Laboratories in California, who has been investigating the Sun. He has discovered that since 1901, the overall magnetic field of the Sun has become 230 percent stronger than it was before.

### **More than just Earth Changes**

So, all in all, what we're seeing is a lot more than just what they call Earth Changes. Some people get into the idea that there is an interaction between the Earth and the Sun that's going on here.

Very, very few people are aware of the work that is being done in the Russian National Academy of Sciences in Siberia, specifically in Novosibirsk, where they are doing this research. They've come to the conclusion that the only possible thing that could be causing this energetic change all throughout the Solar System is that we are moving into an area of energy that is different — that is higher.

### **The glowing plasma at the leading edge of our Solar System has recently increased 1000 percent**

Now, check this out. The Sun itself has a magnetic field, of course, and that magnetic field creates an egg around the Solar System, which is known as the heliosphere. The heliosphere is shaped like a teardrop, with the long and thin end of the drop pointing in the opposite direction from the direction that we're traveling. It's just like a comet, where the tail is always pointing away from the Sun. The Russians have looked at the leading edge of this heliosphere, and they have observed glowing, excited plasma energy there. This plasma energy used to be 10 astronomical units deep (an astronomical unit is the distance from the Earth to the Sun, 93,000,000 miles). So ten astronomical units represents the normal thickness of this glowing energy that we used to see at the front end of the Solar System. Today, that glowing plasma has gone to 100 astronomical units deep. Although Dmitriev's paper does not give an exact timeline, we can assume that this increase happened in the same 1963 to 1993 period as the increase he found in natural disasters. Whenever it happened, that's a 1,000 percent increase in the overall brightness of the energy at the front end of the Solar System. And this means that the Solar System itself is moving into an area where the energy is more highly charged. That higher-charged energy is in turn exciting the plasma and causing more of it to form, so you see more luminosity, more brightness. This energy is then flowing *into* the Sun, which in turn emits the energy and spreads it out along its equatorial plane, which is called the Ecliptic. This in turn is saturating interplanetary space, which causes the solar emissions to travel more quickly and charge up the energy on the planets. And this is conscious energy that is changing how the planet works, how it functions, and what kind of life it supports. The harmonics of the DNA spiral itself are altering. That's the real, hidden cause of spontaneous mass evolutions in previous epochs of time. All this is happening all at the same time, and it's all working up to a crescendo where there is going to be a sudden shift. In other words, we will get to the point where we are so far into the new level of energy that there will be a sudden expansion of the basic harmonic wavelengths that the Sun emits as it radiates energy out of itself. This increase in energy emission will change the basic nature of all matter in the Solar System. The planets are pushed slightly farther away from the Sun and the atoms and molecules that make them up actually expand in terms of their physical size.

### **Cosmic Changes and the Ascension Process**

So what we are basically talking about here is conscious energy that changes how the planet functions and what kind of life it supports. And when we realize that we are more than our physical bodies, we have no need to be afraid of this energetic change. When this new energy comes out of the Sun, we will naturally be transported into a higher level of our own being. Our physical body becomes irrelevant at that point. We are much more than that. As we've alluded to before, the blast of energy that will come is *conscious*. It will look like fire, but it's really conscious energy. Here's another example of how this happened in the past. In a previous geologic era on Earth [the Paleozoic], the predominant species was this little crab called the Trilobite. They got blasted — you find in the fossil records that they were all killed. But what you don't see is that their group soul evolved into whatever the next stage of evolution was. The dinosaurs got blasted. Their souls turned into mammal souls. So nobody goes anywhere, nobody is actually extinguished. We can find the bodies and it looks cataclysmic, it looks horrible — but all they really do is just bump up another notch and start to inhabit different bodies.

### **Soul graduation**

If you're very attached to your physical body, you might say, "Well, what would I be without it?"

You might see this as traumatic, but in fact your experience could be looked at as Soul graduation. People are saying, "I'm doing my spiritual growth. I'm doing my path. I'm walking in my truth. I'm trying to grow spiritually, I'm trying to evolve." Evolve to what? Grow to what? Are we just going to keep reincarnating over and over again as humans? No. Is the Earth going to remain in this vibrational level where human beings will blow up bombs, poison its waters, pollute its atmosphere, kill its creatures, and cut down all the trees? No. The Earth is not expected to go through this. The Earth is an evolving being, too. The difference with the Earth, unlike a regular human lifetime, is that it goes through a very premeditated, very obvious course of its evolution. As it orbits around the Sun, and as the Solar System orbits around the Galaxy, the extraterrestrial races that are in higher dimensions know exactly when these changes are going to happen. That's why they're here now, because basically they're aware that this is going on, and are standing by to assist us. They're aware that, just as the vortex of energy has caused airplanes to disappear in the Bermuda Triangle, when the Sun's energy bumps up another notch, matter on Earth will be transmuted. The Sun's energy can cause matter to just physically transmute. When transmutation occurs, creatures like animals and plants may appear to be dead, but what happens to the human body will actually be alchemical transmutation. So it's not as though there's going to be all these fried corpses lying around. When the energy hits you, you transform. Your body will actually transmute itself. There is a parallel in the Shroud of Turin, where certain researchers have found that Jesus' body burned a complete three-dimensional image of itself into the cloth. And they found through experimentation that such a burn could only be caused by an instantaneous blast at a very high temperature, "zapping" the cloth like an X-ray film.

### **When is the big change supposed to happen?**

The basic date for the "shift" corresponds to the end of the Mayan Calendar — December 2012. Ra makes the suggestion that the Mayan Calendar was given to the Mayans by high-level sixth-density extraterrestrials so that they would have a tool with which to time the passage of these cycles. It's a good thing to know how these cycles work, because they are tied in with history.

### **The bottom line**

The *only thing* that matters is how much Love you are willing to share. It would be so easy to miss this fantastic opportunity to participate in the evolution that is happening here and now on our planet. The media is bent on creating a reality where our happiness is contingent on the acquisition of new products. We seek the best jobs and the highest status as we succumb to the mass illusions of "consensus reality" and "winning the game." Each of us has the choice to create our lives so that we may participate in the Utopian world that will manifest on Earth after this Ascension process has completed — a world without poverty, hunger or pain; a world where full-body levitation, spontaneous healings, instant telepathic communication, and abundant Love are the law of the land. This is the world that Jesus promised us in John 14:12, when he said, "As I do these things, so shall you do them, and greater things."

It comes back to question: *What are you going to hold onto?* You have to leave behind the physical life in order to participate in the Ascension. You have to be willing to move into a life that is spiritual. You have to be willing to give up the things that you once thought were important — your car, your material effects, your earthly status, your earthly fame and power — because you're basically only going to take yourself. You can't bring anything with you. No money, no credit cards, no gold coins. When you leave your body and move into these higher realms of consciousness, all those earthly things will be meaningless.

When you get out of this world without these braces, guess what? Your memory will be your sole companion. And then you will realize that the only thing that ever mattered was how much love you were willing to share while you were incarnated on Earth.

# **The Universe According to Ra**

**by Wynn Free**

Those who channel the entity known as Ra report that he has been involved in the affairs of our planet for the past 75,000 years. At certain points in our history, Ra claims to have manifested a physical body. Today, Ra says, he exists on a level of pure vibration. He communicates with the group consciousness through dreams, and with individuals through channeling. The information in this article, in which Ra describes our evolution and coming planetary ascension, is paraphrased or quoted from channeled writings of David Wilcock and a group who refer to themselves as L/L Research.

## **The Origin of Ra**

Long before the inception of life on this planet, Ray says, there were Third Density life forms on Venus similar to our human forms on Earth. Through evolution, these life forms "ascended" beyond the Third Density and ultimately fused together into a unified complex which is the entity we now refer to as Ra. Ra identifies himself as a "social memory complex." According to Ra, there are eight densities that all life must pass through, and in his present form, Ra exists on the Sixth Density. The Earth, Ra claims, is presently at the end of a 75,000-year cycle where many humans will graduate from the Third Density to the Fourth Density by the process known as "ascension."

## **Ra's Involvement in the History of Earth**

### **75,000 years ago**

At that time, there were Third Density beings on Mars. Mars became uninhabitable due to war, and it was Ra who helped the Martian souls to transmigrate and reincarnate on Earth. He says that these were the first humans on our planet. Even today, according to Ra, 50 percent of the present population of Earth is of Martian descent, which explains our propensity for warlike activity.

### **58,000 years ago**

Ra gave help to the civilization known as Mu.

### **11,000 years ago**

Ra describes how the Great Pyramid was built: When one can speak to that intelligence [the intelligence within rock], the finite physical energy of the physical rock body is put into contact with the infinite energy which is resident in the more well-tuned higher bodies. With this connection made, a request may be given. The intelligence of infinite rock-ness communicates to its physical vehicle or body, and that splitting or moving which is desired is then carried out.

The purpose of the pyramids, Ra says, was healing and initiation: The chamber worked on the mind and body. The mind was affected by sensory deprivation and the reactions to being buried alive with no chance of extricating the self. The body was affected by both the configuration of the mind and by the electrical properties of the materials used.

### **7500 years ago**

Ra took a physical body in South America. This was his last physical appearance on Earth.

### **To the present**

Ra continues to be involved with humans in dream work and through channeling.

## **The Origin of the Universe**

Ra: The first known thing in creation is infinity. Then infinity becomes aware. ... As the Creator decides to experience Itself, It manifests what we would perceive as outer space.

As the Creator continues to experience Itself, It manifests free will and Love. ...

The action of free will upon Love creates manyness. Manyness first starts out as an outpouring of randomized creative force, which then creates patterns. The patterns of energy begin to regularize their own rhythms and fields, thus creating dimensions and universes. The galaxy, and all other material things, are the products of individualized portions of intelligent infinity. Each individualized portion of the One would become a Co-Creator and creates a universe. Each universe would evolve with its own set of natural laws. Any portion of any universe, no matter how small, contains, as in a holographic picture, the one Creator which is infinity. Thus, all begins and ends in mystery.

### **The Eight Densities**

Ra says that all life must evolve through eight densities. It was you and I, he says, who created this Universe. Those are our stars we dream on. We are the very same Infinite Intelligence that started it all way back when, and we are on a return path back to that selfsame Infinity — after which, we will recycle and start all over. Alpha and Omega, it never ends, as we cycle over and over through these eight densities. And it is always the action of free will on Love that propels our energies through the densities, creating the evolutionary movement.

Here's a brief review of what Ra claims are the stages of this multibillion-year cycle:

**First Density** — The four alchemical elements of earth (minerals), air (wind), fire, and water. The fire and wind act on the minerals and water, propelling evolution to consciousness and the Second Density.

**Second Density** — The beginning of animals and plants. This stage of evolution on earth took 4.6 billion years.

**Third Density** — Humankind's current stage. This is the density of self-awareness and self-consciousness. The two fundamental necessities are rational thinking and intuitive thinking. Through applying both those qualities, we're supposed to figure out that we're part of each other, which leads to the experience of Love.

Interestingly enough, the purpose of having a physical body that grows weak with age, according to Ra, was to move us toward compassion and caring, as we watch each other's bodies deteriorating. Once we learn this quality of Love, we then move on to the higher densities, where our incarnations are considerably longer.

The cycle for all incarnations in the Third Density, Ra says, is 75,000 years.

**Fourth Density** — Perceiving others as part of the Self. Here is a plane of compassion, where we achieve the ability to understand the sorrows of the Third Density. Individual differences are still pronounced, but harmony is created through group consensus, because people know what others are thinking. As the Fourth Dimension evolves, the group of mind/body/spirit complexes (i.e. people) become able to form a "social memory complex," where all experiences of each entity are available to the whole. The typical time for one incarnation in the Fourth Density is 90,000 years, and the entire cycle of experience for all incarnations in this density takes 30 million Earth years.

**Fifth Density** — Wisdom and instant manifestation. The lessons of compassion learned in the Fourth Density have led to wisdom in the Fifth. Fifth Density entities may dissolve one manifestation and create another at will.

**Sixth Density** — The experience of the Self as Light. Ra is a Sixth Density entity.

This cycle of experience is 2.5 million years.

**Seventh Density** — Culmination. The Seventh Density is the completed being, "the Creator who knows Itself and compacts into the One Creation once again, as it readies to enter the Eighth Density."

**Eighth Density** — Return to infinity. According to Ra, there is a mystery here, which cannot be put into words. Just as in the musical scale, the Eighth Density is also the First Density of the next octave. Since each entity has free will, the time lines given above are flexible. No entities can be forced to move up the density ladder until they are ready and have chosen to do so. Higher-density entities, on the Sixth level and beyond, can serve as the Higher Selves for lower-dimensional entities. Sometimes we refer to them as Spirit Guides. There is an incomprehensible majesty to the whole scenario.

Here we are in the Third Density, with bodies made up of First and Second Density materials from our ancient past, with a High Self that represents the future self — what we will grow into.

### **Wanderers**

A Wanderer is an entity who has made the conscious decision to reincarnate into the Third Density of Earth from a higher density, in order to assist in the raising of consciousness on the Earth plane. Ra says that there are 65 million Wanderers currently on Earth. When the choice is made to be a Wanderer on Earth, the entity knows that it will forget its original origin once it incarnates and subjects itself to the dangers of getting trapped here. The challenge and danger to the Wanderer is that it will become karmically involved and thus be swept into the maelstrom and turbulence which it intended to avert. If Wanderers can penetrate their "forgetting," they have the ability to greatly accelerate consciousness on this plane. Unawakened Wanderers tend to have feelings of alienation because of the chasm between the density of their origins and the density on the planet. They often exhibit allergies. We can speculate that many readers of this article may fall into the category of Wanderers, as might people who suffer from such New Age maladies as Epstein Barr's and chronic fatigue — people who have a difficult time reconciling their higher-density existence with the Third Density.

### **The Law of One**

There is no right or wrong. There is no polarity. According to Ra: The belief in polarity is chosen instead of understanding the complete unity of thought that binds all things together. You are everything — every being, every emotion, and every situation. You are unity. You are infinity. You are Love, Light. You are. The Law of One says all things are one Creator. Thus, seeking the Creator is done not just in meditation and in the work of the adept, but in the experience of every moment. In each infinitesimal part of yourself resides the One in all its power.

### **Space/Time v. Time/Space**

Ra makes an interesting differentiation between space/time and time/space. Space/time, he says, describes our waking experience of third dimensional life, whereas time/space describes how we experience ourselves in between lives. So the process of incarnation involves a transition from time/space to space/time. In space/time, we have control over space, in that we can move our bodies freely from one place to another.

But in space/time we experience time as a relative, linear phenomenon over which we have no control. In time/space, Ra says, "each entity is located in a somewhat immobile state in space" and has the experience of all lifetimes as if they were occurring at the same time: In space/time, it is not possible to determine the course of events beyond the incarnation, but only to correct present imbalances. In time/space, on the other hand, it is not possible to correct any imbalanced actions but rather to perceive the imbalances and thusly forgive the self for that which is.

The advantage of time/space is the fluidity of the overview. The advantage of space/time is that, working in darkness, with just a tiny candle, one may correct the imbalances. Eventually, after many lifetimes, an entity in space/time will gain a conscious awareness of its existence in time/space, and then may play a more active, participatory role in its evolution.

Intuition, inspiration, psychic ability, and tantric sex, according to Ra, all serve to bridge the chasm between space/time and time/space. But there is no fixed dividing line. In space/time there are people with extraordinary psychic abilities who can tap into the time/space world and communicate with beings on the other side. And beings in time/space can manifest in space/time as what we call "ghosts."

Time/space is no more homogeneous than space/time. It is as complex and complete a system of illusions, dances, and patterns as is space/time, and has as structured a system of what you would call Natural Laws. Every planet with Third Density entities has a corresponding time/space.

### **The Veil of Forgetfulness**

Why can't we remember our previous lives? It is only within the Third Density evolutionary process that the Veil of Forgetfulness exists. If there were no potential for misunderstanding, there would be no experience. It is necessary for the Third Density entity to forget where it comes from so that the mechanism of confusion or free will may operate upon the newly individuated consciousness complex. So, apparently, the need to make choices without conscious understanding of all the ramifications is a necessary evolutionary step in the growth of an entity. In other words, we need to learn "faith." If there were no Veil of Forgetfulness, then one would always understand the ramifications of one's choices, and Life would be entirely predictable. In a predictable system, free will cannot exist.

### **The Coming Ascension**

According to Ra, our planet is coming to the end of its 75,000-year Third Density cycle. The year 2011 is when that cycle is projected to end. Since not everyone on the planet is ready to move into the Fourth Density, however (when Ra moved into the Fourth Density, only 20 percent of the Venusian population was ready), the remaining Third Density entities reincarnate on a different Third Density planet. Ra says that to be eligible for graduation (or "harvesting") into the Fourth Density, we must have a 51 percent orientation towards service to others. We do not have to understand the Law of One or have esoteric, metaphysical knowledge in order to ascend. Part of this ascension process, Ra says, will involve the temporary end of all life forms on planet Earth while the planet is readied for its new Fourth-Dimensional inhabitants. At this time, entities who need additional Third-Dimensional experience will find themselves on a different planet, where they may unfold their karma. And those who "graduate" will reincarnate on the New Earth.

### **Closing Thoughts**

Of course, we do not present Ra's commentary as fact. There is no way of knowing whether all this is true, or whether the prophesied coming shift will actually happen. But whether we take imminent ascension as truth or myth, the death of our physical bodies is inevitable for all of us, sooner or later. And, practically speaking, whether or not Ra's description of the coming ascension actually happens or not, if we were to do those things that would ensure our best positioning for such an event, that would certainly increase the quality of our lives and life on this planet. So what seems important is not to anticipate the future with fear, but rather to live each moment with an awareness of being part of everything.

Here are some closing thoughts from Ra to help us do that: A Third Density entity can accelerate its growth much more while alive in a physical body than in between incarnations. If an entity chooses to accept responsibility for each moment of experience, then this empowers its progress. Live from the heart, not from technique. We are all one. The fundamental teachings of all planes of existence are Unity, Love, Light, and Joy. The second-ranking lessons are in meditation and service. Contemplate the following:

Each moment contains love.

The Universe is one Being. When you view another, see the Creator.

Gaze within a mirror. See the Creator.

Gaze at the Creation which lies about the mind/body/spirit of each entity. See the Creator.

The best way of service to others is to open the Self to others without hesitation and radiate that which is the essence, or the heart.

Become aware of the other as being the same as yourself.

Accept all experiences, distilling from them the Light/Love within them. That which is not needed falls away.

The offering of Self to the Creator is the greatest service!

# The Meaning of Immortality

Beyond death — our last month's subject — lies an area of human consciousness that almost every religion and ancient culture worldwide has believed to be paramount in the human experience. The ancient Egyptians focused totally on the possibility of life after death. All the temples of the Nile, including the Great Pyramid, were dedicated to the preparation for dying and then living in another world.

Christians believe that Jesus died and then resurrected his body into another world.

The Tibetan Buddhists and most of the Hindu religions believe that after we die, we continue on in a particular state of consciousness, from which we are reborn on Earth through the act of reincarnation. But they do not believe that the conclusion of life is found in reincarnation — only that life must do this in order to find its way into the higher levels of consciousness.

And, finally, many of the New Age communities of the present era believe that we are all about to pass through ascension — again, into a New World.

What is the meaning and purpose behind this way of thinking? Is it real? Or do we just die, never to be seen again?

## Reincarnation, Resurrection, Ascension

Let's first define the three terms we use to refer to the possibilities that we believe can occur in leaving the physical plane.

**Reincarnation** takes place when a person dies who is not prepared to pass permanently into the higher realms. In this case, the Soul, after spending a certain period of time in a "world" that has been created just for this purpose (I believe it is located in the 4th dimension), comes back to Earth and is reborn as a human baby. This begins the life cycle all over again, where the Soul has another opportunity to acquire the wisdom it needs before it can continue into the higher levels of consciousness. This cyclic process continues through many lifetimes until the Soul learns how to transcend into the higher worlds. At that point, reincarnation becomes like a toy to a child: It is forgotten and replaced with either resurrection or ascension.

**Resurrection** begins when a Soul has reached a certain level of awareness of the Reality, but has not fully become aware of what the ancients called the Mer-Ka-Ba and modern groups refer to as the human Light Body. In this mode, when someone dies, he or she knows enough to reconstruct the body, continue into the higher worlds, and reach immortality. But it is accomplished from a view of Reality that does not fully perceive the full nature of the Light Body.

**Ascension** is achieved when a Soul has mastered the human Light Body, or Mer-Ka-Ba, while still alive in a human body. This feat usually takes many hundreds if not thousands of lifetimes to master. Once it is fully understood and lived, Souls leaving this world go directly into the higher worlds, without dying in the normal manner. When the time is right, they simply disappear, body and all, seemingly "into thin air" — and reappear in the higher worlds. They don't reconstruct their bodies; they take them physically with them.

From this way of perceiving, it is necessary to have a body in the next world, for the adult human form in this world becomes a "baby" in the next. This is why it is so important to have the body with us. Consider Egyptian practices and those of Christianity, for example. Notice that they both focus on keeping the body.

## We Exist to Explore All Possibilities

Is one path more important than another. Does it matter which way we die? My teachers say that ultimately it does not matter at all. Why? Isn't it a higher conscious path to use ascension, rather than simply to die? Their answer would be this: God gave life the mandate to try all possibilities in creation. This is obvious when anyone with an open mind looks into Nature.

Crystals, which are still changing, try every way to arrange the atoms into every possible atomic matrix to manifest all the possibilities of crystals. Diatomaceous Earth, one of the oldest life forms here, can be seen in every geometric pattern imaginable. Carbon life forms are constantly changing into new forms, trying all possibilities. Even viruses, which are purely geometric in their basic form, are constantly changing to try all possibilities. And so, seen from this perspective, life in dying and moving into the higher worlds tries all the possible ways. Perhaps one way takes more knowledge and wisdom. But in satisfying the prime directive, all ways are the same. Further, most of us believe in free will. And free will means that all options must be available. It means that we can choose either the good or evil paths — and if both these polarities did not exist, free will could not exist. Can it ever be proved for certain that there are other worlds beyond this visible universe, and that "Spirit's Greatest Adventure" does not end with the death of the physical body? Are there really other dimensions? Are there parallel worlds? Is there a hidden side to life that we can't see from here? In this issue, we will bring both science and Spirit to bear upon this highly controversial question: Are we immortal?

In love and service,  
Drunvalo.

## **Mer-Ka-Ba: A Vehicle of Ascension**

**by Drunvalo**

History has talked about the Mer-Ka-Ba mostly as the vehicle that allows a person to ascend or descend into the higher or lower worlds. But actually the Mer-Ka-Ba is much more than just a vehicle of ascension. It can be, really, anything — since it is the primal pattern that created all things and all universes, both visible and invisible (see *The Ancient Secret of the Flower of Life*, volumes I & II). In the Bible there is reference to Ezekiel and the wheels by which Ezekiel ascended into heaven. This was the Mer-ka-Ba. In the Torah, there is reference to the Merkavah (as it is spelled in Hebrew) which has two different meanings: One meaning is "chariot," which is a vehicle; the other is the "Throne of God." When the two definitions are combined, the true meaning comes to life. In Ancient Egypt, this primal pattern was called the Mer-Ka-Ba. It was actually three words, not one. *Mer* meant a kind of light that rotated within itself. *Ka* meant spirit, in this case referring to the human spirit. And *Ba* meant the human body — though it also could mean the concept of Reality that spirit holds. And so the entire word in ancient Egypt referred to a rotating light that would take the spirit and the body from one world into another.

I once spent a couple of hours with Credo Mutwa, the spiritual leader of the Zulu tribe in Africa. He explained to me that Merkaba (one word) was a Zulu word meaning a space/time/dimension vehicle. He told me that according to Zulu legend his entire tribe had come from another dimension here to Earth using the Merkaba. In the modern world there are teachers worldwide — and I am one of them — who are helping people remember the Mer-Ka-Ba. Thus begin a process in consciousness that will eventually translate us from the third-dimensional world into the next higher one through what is being called "ascension." Ascension involves a process where the human body is transformed into light and translated by an incredible birth into a new world. It is achieved through a meditation that requires the mind, heart, body, and spirit to completely integrate in one pattern of light and transcend the human limitations of this reality. This concept of the Mer-Ka-Ba as an ascension vehicle is not new. It is very, very old. What actually is the Mer-Ka-Ba? Technically, it is an electro-magnetic field sitting at about four degrees Kelvin, found primarily within the microwave range — at least in the third dimension — that is entirely geometric in nature. Specifically, the geometry used is called "Sacred Geometry," as this particular geometry is found in the creation patterns of all things in Creation. The Mer-Ka-Ba field is extremely complex, involving the five Platonic solids and other sacred polyhedrons. It is believed to extend through all possible dimensional and parallel universes, and can possibly change its nature from electro-magnetic to whatever is appropriate.

The blueprint of the Mer-Ka-Ba is found throughout nature, such as in this photo of a galaxy. One of the functions of the Mer-Ka-Ba, as we said, is to act as the vehicle to take the spirit and the body into the next world. However, this function — and most of the other possibilities — is impossible to obtain until something changes within the person. The Mer-Ka-Ba is situated around the human body like a three-dimensional geometric web that is dormant and nonfunctional, waiting for the right moment. When the spirit that inhabits the body remembers that it is there and begins to change certain aspects of itself, an incredible transformation begins to grow.

It was believed in ancient times, and even written about by the Hebrews, that the Merkavah could be turned on by certain principles in meditation. This involves breathing changes, and mind, heart, and body changes that alter the way a person perceives the Reality. From my perspective, it is the beginning of "Enlightenment."

And yet it is clear that the Mer-Ka-Ba can also be "activated," as the New Agers say, by other methods beside the male-style instructions using the breathing changes mentioned above. It can also become functional through methods that are purely female. Through the true living of qualities such as love, faith, trust, truth, and compassion, the Mer-Ka-Ba can spontaneously become alive. In other words, very pure human character can translate into a living Mer-Ka-Ba field around the person, even if that person doesn't initially know it is there.

And yes, absolutely, the Mer-Ka-Ba is alive. It is a living field, not a purely mechanical field of energy. Because it is a living field, it responds to human thought and feeling, which is the way to connect to the field. So the "computer" that guides the Mer-Ka-Ba is the human mind and heart. The possibilities are endless.

At a certain and specific moment (not necessarily in this lifetime), a person's Mer-Ka-Ba field can become alive. When this happens, an electro-magnetic change occurs which results in a disc of energy that comes out from a tiny place near the base of the spine and quickly expands to about 27 to 30 feet in radius around the body. This disc can easily be perceived by scientific means, and if the United States Airforce is correct it can be put up on their computer screens via satellite. In other words, the military can see people who activate their Mer-Ka-Bas, and watch as they move around the surface of the Earth.

Since the number of people who have done this is now in the millions, it is a fairly common sight now. It is the enormous magnetic burst that results from the disc expanding that brings attention to itself. This can easily be made invisible by people who activate their Mer-ka-Bas, if they so desire.

The knowledge of the Mer-Ka-Ba is well known by most of the more powerful governments of the world. I am certain that our government used the Mer-Ka-Ba in the 1943 Philadelphia Experiment and the 1983 Montoc Experiments — in their mind-control experiments and dimensional explorations, and in controlling weather. And I am equally certain that Russia is using the Mer-Ka-Ba in their spy programs and defense systems. But regardless of government experimentation, Mother Earth, the human race, and we as individuals can profit from this understanding and knowledge. The remembering of the Mer-Ka-Ba is unfolding all over the world. From my point of view, this unfoldment is all part of the evolving cosmic DNA. The Mer-Ka-Ba will be remembered now because *this is the time to remember*. Yes, I believe, as did almost all the ancient civilizations, that there are specific moments in the history of mankind where great jumps in human understanding take place, as in the ancient Sumerian, Egyptian, and Indus Valley civilizations. I truly feel that we have arrived at another one of these grand moments of human history where brilliant light expands around the world, and another huge leap in human consciousness appears. And, my friends, I truly believe, from my own personal experience, that the Mer-Ka-Ba is a doorway or a dimensional window into a higher level of consciousness that could be the catalyst for this great change called ascension.

So, to close, I will say again: Your character is the key to your ascension. Regardless of who you are at this moment, good or bad, you can change your character. Like losing weight, it is completely within your control if you focus.

In changing yourself, your Mer-Ka-Ba can become alive. And once it is alive, everything is possible.

#### **Footnotes:**

Ezekiel 1:4 *And I looked, and, behold, a whirlwind came out of the north, a great cloud, and a fire infolding itself, and a brightness was about it, and out of the midst thereof as the colour of amber, out of the midst of* 1:16 *The appearance of the wheels and their work was like unto the colour of a beryl: and they four had one likeness: and their appearance and their work was as it were a wheel in the middle of a wheel. ...* 1:19 *And when the living creatures went, the wheels went by them: and when the living creatures were lifted up from the earth, the wheels were lifted up.* 1:20 *Whithersoever the spirit was to go, they went, thither was their spirit to go; and the wheels were lifted up over against them: for the spirit of the living creature was in the wheels.* 1:21 *When those went, these went; and when those stood, these stood; and when those were lifted up from the earth, the wheels were lifted up over against them: for the spirit of the living creature was in the wheels. ...* 1:23 *And under the firmament were their wings straight, the one toward the other: every one had two, which covered on this side, and every one had two, which covered on that side, their bodies.* 1:24 *And when they went, I heard the noise of their wings, like the noise of great waters...*

See, for example, *The Dead Sea Scroll in English*, Second Edition; G.Vermes; p. 211: "The Throne-Chariot [Merkavah] was a central subject of meditation in ancient as well as in medieval Jewish esotericism and mysticism"; and *The Essential Talmud*, Adin Steinsaltz p. 213: "The sources state that *torat ha-sod* (mysticism) was divided into two parts: *Ma'aseh Bereshit* (Act of Creation) and *Ma'aseh Merkavah* (Divine Chariot). The former was more theoretical and dealt with the creation of the world and the first divine revelations. *Ma'aseh Merkavah*, based on the prophet Ezekiel's description of the Divine Chariot, is a study of the prevailing relations between God and the world and apparently contained the seeds of what later came to be known as Kabbalah *ma'asit* (practical kabbalah)."

## **Reincarnation and Karma**

### **Freedom of the Self and from the Self**

with Dick Sutphen

**by Susan Barber**

On August 23, we talked with best-selling author Dick Sutphen, a skilled and vastly experienced hypnotist who has been doing past-life regressions for a quarter of a century and keeping careful records. His research into past-lives and their meaning was unprecedented when he began it in the early '70s. Today, the body of information that he has collected probably surpasses that of any other source of information on this subject. In Dick Sutphen's seminars, or by using his tapes, people learn how to "time travel" to their past-life experiences. In looking at these experiences, we can understand the source of our subconscious fears and the "errors" that we keep on making, lifetime after lifetime. This exploration enables us to integrate the fears and correct the errors, thus "balancing" our karma.

Like the article on Decision Therapy, the subject of correcting karmic errors would have been appropriate for our issue on alternative healing. But processing karma and achieving wisdom is also about reincarnation, and is the method by which we reach ascension, if that is our goal. Whether we seek ascension or simply joy and self-actualization, success requires that we cease to resent "what is," replacing our negative emotions with love and wisdom. And reincarnation keeps on giving us opportunities to do just that. Wisdom, to Dick Sutphen, involves the Zen concept of non-attachment. By acknowledging "what is" in a spirit of peace, we release the suffering that is caused by resistance. "Wisdom," he likes to say, "erases karma."

### **Past Lives Offer a Glimpse into History**

In private sessions and through his group-hypnosis workshops, Sutphen has collected huge files of case histories and past-life memories. By cross-correlating similar time periods and events, he has been able to retrieve much that has been lost — events that history itself has not been able to record. We may trust these reports because of the large number of others that corroborate them. Conversely, people experience things in regressions that we *can* prove, but which they cannot possibly have known from this-life experience. For example, in some of his earlier research, Dick said, he asked people to speak in the language of the country where they found themselves in their past-life regressions. There were so many hypnotic subjects who were able to do this that he soon went on to other things. "It got boring," he said.

### **Reincarnation With Ole Ma-in-Law**

It appears from Dick Sutphen's recorded sessions, and those of most people who relate to past lives, that we tend to reincarnate with those we've known before. Certainly this goes a long way to explain instant attraction and instant dislike — and that feeling we often have that we've known someone "forever." The energy that draws us to others with whom we have karmic ties guarantees that we will continue to work through our karmic "lessons" until we get it right. Even without spiritual knowledge, we may be able to "integrate the fear," as Sutphen says, that caused us to resist "what is." Doing this over and over again, he feels, we eventually learn to accept "what is" and live in harmony with ourselves and others. For example, he writes, "If you are prejudiced toward East Indians, they somehow represent a subjective threat. When an East Indian couple moves next door, at first you are upset and reticent about contact. But there is no way to avoid occasional meetings as you come and go, water the lawn, pick up your mail. In time, you grow to like your new neighbors, and they become friends. The fear is integrated — replaced by a greater potential to enjoy life — and you are one step closer to wholeness." "When you act with intent," Dick said, "you create karma." If the intent is good, then we create "good karma." If not, then the opportunity to remake our intentions returns to us — over and over, if necessary. Karma stops "when you forgive yourself and everyone else," he said. In this connection, a seminar participant once complained that he absolutely could not learn to accept his mother-in-law. "If you don't learn in this life," Sutphen told him, "you can always reincarnate with ole ma-in-law in your next one." "Oh, my God," the man exclaimed. "I'm learning. I'm learning."

Here are some examples of karmic returns that Sutphen shared with us: A man has an accident and is burned over 80% of his body. He is in a wheelchair, and shortly after that, his wife leaves him. In a past-life regression, he learns that he was once a commander who allowed his men to torture prisoners. He didn't actually contribute to these deeds, but like his wife in this lifetime, he did not step in to help. "Now," Sutphen said, "he has chosen a very severe way" to understand his former sins of omission. A couple has not been able to get along.

In regression, we learn that in Ancient China they were also husband and wife, and when the woman could not get pregnant, the husband kicked her out and took a new wife. "In this lifetime, she is the one who causes him to suffer." In another relationship, a woman has an irrational fear of abandonment. In regression, she learns that she was married to this same man in a former lifetime, when he had gone off to war and never returned home. When we find our past-life dramas, Sutphen said, we can understand where our feelings are coming from. At that point, he advises, we can use an affirmation to change the energy: "I understand the cause, and I release the effect."

### **Group Reincarnation**

In addition to our tendency to repeat past-life relationships in order to eventually get it right, quite a number of sources claim that large groups often reincarnate together. Many New Age leaders and channeled sources claim, for example, that groups from Atlantis have returned now in order to participate in the new spiritual and technological crises we face, and hopefully to help us avert them this time around.

And other groups supposedly represent Ascended Masters who return to Earth together in order to create breakthroughs in human social conditions. The men who drafted the Declaration of Independence and the United States Constitution have often been cited as one such group. The implication with these kinds of groups is that the new incarnations are chosen "from the other side." The image one gets is of discarnate souls watching events on Earth and waiting to become reincarnated at just the right point in history. But Dick Sutphen has an experience to report in his work that seems unique in the annals of group reincarnation: 25,000 people in Teotihuacan, Mexico, in the spring of the year 381 CE, who made a pledge while still living to reincarnate together every 700 years.

### **The Teotihuacan Experiments**

The tragedy that occurred at Teotihuacan was mentioned briefly in one of Dick Sutphen's earlier books of the '70s. Subsequently — because he himself had been one of the central figures in what transpired there — he began to investigate the truth by all means possible. His research tools included automatic writing, his own past-life memories, psychic readings, and archeological records. But his main source of information was past-life regressions. In one seminar of 300 people, he conducted a group regression to the Teotihuacan happenings, and 250 members of the group "went" to that lifetime. The similarities in their reports were astonishing, and all the more impressive because they were not always what Sutphen wanted to hear.

For example, a large percentage of the group "saw" that extra-terrestrials had been an important part of the Teotihuacan community in those days. They also "saw" that the use of crystals had been central to the knowledge of the priesthood, who claimed roots in Atlantis. Since Dick Sutphen at that time considered interest in UFO's and crystals to be in the domain of what he calls "foo-foo spirituality," it's certain that he was not leading his subjects in these areas. Sutphen himself was first introduced to the Teotihuacan story when he visited a cemetery in Mexico and collapsed there, weeping. This, he later learned from others who had had the same experience, was the graveyard where he and hundreds of his beloved colleagues lay buried after having been tortured to death by the Spanish during one of their 700-year returns. Then, on the same Mexico trip, Sutphen had similar experiences of recognition and deep sadness in visiting the pyramids themselves. Since then, Sutphen has reconstructed, from his own memories and from the written reports of the group cited above, plus scores of private sessions conducted over the past 25 years, an account of what really happened then, and how it has affected him since.

Briefly, Teotihuacan — then called Xocoma (pronounced Sho-Co-ma) — was in those days a theocracy in which a benevolent dictator had abolished human sacrifice and maintained many decades of harmony and prosperity. His priests believed in reincarnation, the law of karma, and the doctrine of personal responsibility: *What you do comes back*. But upon the ruler's death, the Jaguar priesthood wished for a return of war and blood sacrifice. Their coup was successful. Followers of the way of peace were executed, and the priests themselves were buried alive in a giant pit. But before these final events, the knowledge from Atlantis and the stars, stored in crystals, was hidden away. And at a giant ceremony — attended by 25,000 people — the peaceful priests and their supporters vowed, like King Arthur, to return. They are here today, according to Dick Sutphen, and are drawn to him and to his books and seminars. And the books he has written, he claims, are an attempt to fulfill his own karmic mission, or *dharma*, of returning to the world some of the knowledge that was lost in those terrible times. You can read the full story in his book *Earthly Purpose*.

### **Freedom of the Self and from the Self**

As we can see from the above stories, there are many different kinds of karma. Sutphen has grouped all of the karmic configurations he's ever found into five categories: false fear, false guilt, balancing, physical, and reward. *Reward*, of course, is what we call "good karma," when service we have given is returned.

*False guilt*, he feels, is one of the most prevalent karmic errors and provides great relief once it is understood and released. It is "where we have accepted blame where this was not valid."

He cites the case of a workaholic who "relived a situation where he was burying a child who had starved to death. He felt guilt because he did not feed his child." By working ceaselessly, he was still trying to make sure that if children didn't get fed, it would not be his fault. In *false fear*, we are afraid of something that cannot hurt us in this time but which represents a fearful situation from a prior life.

*Balance* can be illustrated by the situation of the murdered man who is reborn as a murderer — or vice versa. "When you act with intent, you create karma," Sutphen said. Because we draw events to us by what we think, the murder is a cooperative endeavor, even though, for the murdered man, the intent is probably subconscious, a hidden agenda. But *karmic balance* requires that we experience both sides. "As Khalil Gibran says," Sutphen observed, "the murdered is as guilty as the murderer."

Finally, in *physical karma*, we represent in our bodies prior situations that we have not resolved. We may have a birthmark in this lifetime that was actually a scar in a previous one. An abdominal injury might "come back" as digestive disturbances. And so on.

Our primary search, Dick Sutphen feels, is to be free. Not only free from the past and from the control and coercion of others, but also, and perhaps mainly, free from ourselves.

' "The search for true freedom," he writes in *Radical Spirituality*, "is what all my communications are ultimately about — freedom of the self and from the self. Freedom of the self means literal freedom: freedom from oppressive environments and relationships, the freedom of a satisfying career, and the freedom to make life meaningful. Freedom from the self means freedom from domination by fear-based emotions such as prejudice, anger, selfishness, jealousy, hate, repression, greed, possessiveness, envy, guilt, inhibition, egotism, malice, resentment, and blame. These fears are your karma. They keep you earthbound on the wheel of reincarnation."

Some people complain that Sutphen's approach is insufficiently spiritual. He avoids dogmas and rituals, has no use for gurus, and looks upon Harmonic Convergences, Earth Changes, and End-of-Time scenarios as arcane concepts. But he also admits to having once felt the same way about crystals and UFO's, as we've mentioned earlier. It's simply that his primary focus and mission seems to involve helping himself and others to release imprisoning delusions — and so he simply has neither time for, nor interest in, anything that might sidetrack this learning process.

"In the end," he writes, "it will all come down to integrating your fears. ... If you experienced no fear, all that would be left would be love. How much more spiritual can you get?"

### Exploring Our Own Past Lives

We asked Dick Sutphen what he thought about attempting to do past-life regressions by ourselves. We can, of course, he said, "but we would have to spend years learning how." One way around this would be to self-record a regression using a prewritten script. Sutphen offers these in some of his books, including several in *Earthly Purpose*, his book about Teotihuacan. Another, easier approach is to use commercial regression tapes. There are many on the market. Sutphen has a whole library of audiotapes and CDs to help with many different kinds of self-therapy. One, titled simply *Past-Life Therapy*, is a 74-minute course that includes a guided past-life regression. "That's the one I like to see people with," he said.

Here are some suggestions that may be of assistance if you decide to pursue these ideas further: Begin by selecting an approach that works for you. If you try one method or one tape and find that it has little effect, try another. Don't think that in order to get results you must have a vivid multisensory experience, especially not at first. It happens, but it's not necessary in order to achieve understanding. If you have a negative thought, it's a good idea to repeat it out loud three times. The most common negative thought in regressions is, "This isn't really happening." Guess what? That thought is usually what we were thinking in the past life. "No! This can't be happening." It could, and it did. By repeating the words, you can launch yourself into the past, where that thought originated.

If in regression you have a sense of being somewhere but it's too vague to mean anything, a powerful technique for grounding in the past life is to mentally look down to see what you are wearing on your feet. Interestingly, most people can do this almost at once.

Here are some other questions you can ask yourself to drop into the reality of the past: "Am I male or female?" "Am I alone?" "Am I indoors or outdoors?" "How old am I?" "What time of day is it?" "What season is it?"

If you are working with a tape and your mind says "I don't know" in answer to these kinds of questions, the best response is to ask yourself a leading question. For example if you don't know what you are wearing, you could ask: "Am I wearing a red chiffon evening gown?" Surprisingly, you will realize that your mind knows enough to answer no to this type of question. From there, you can begin to allow in what is.

Try not to second-guess your impressions. Just go with whatever comes up. If you "just seem to have a vague idea of a tree," go with it. Accept it. Don't reject an impression just because it's not clear or striking or significant. Of course, the best way to investigate past lives, Dick Sutphen said, is by going to a reputable professional hypnotist. We agree. Then, whatever impressions you are getting, the professional guide will know how to pull you into them and allow you to expand on them. "And it may be of great value for you to do so," Sutphen advises, "especially if you are really, really hurting."

Through uncovering a past-life scenario that explains our emotions, we can come to terms with present-life events and people. It works, Sutphen says, "even if you don't believe in it."

#### **Footnotes:**

The writer has had similar experiences. In one case, a young girl was regressed, as part of an investigative project at UCLA, to the Lost Continent of Mu and asked to draw symbols from the Mu alphabet. In trance, she did so. A few days later, while we were doing library research, a book literally fell out of the stacks and landed at our feet. It was an old, obscure tome about the Lost Continent of Mu, and in it were the symbols this girl had drawn.

## **Awakening Compassion**

### **Sogyal Rinpoche's *Tibetan Book of Living and Dying* Tibetan Buddhism's preparation for Ascension**

Here, from Sogyal Rinpoche's *Tibetan Book of Living and Dying*, we learn of Tonglen: a pathway to Ascension that enables us to bypass the bardos and awaken after death in the Pure Lands of the Amitabha Buddha. In this article, we simply wish to give you an idea of what the practice of Tonglen entails. All quotes are from the book.

## **Awakening Compassion**

Sogyal Rinpoche tells us that the practice of Tonglen depends upon our ability to awaken within ourselves the reality of compassion. Just as we cannot perform the Unity Breath until we can feel Love, we cannot practice Tonglen until we truly can feel compassion. Compassion is not the same as pity. With compassion, while we are aware of what another is going through, we also honor that other and their path. We are there not to rescue, but rather to understand and to love. Instead of joining the other in his or her pain, we absorb the pain into ourselves and return peace, joy, and love. And so compassion, Sogyal Rinpoche warns, is much more difficult to achieve than we might think. But he suggests several ways of overcoming this difficulty.

### **Unsealing the spring of loving kindness**

This method consists of imagining one person who we know loved us. If it is not our mother, than it could be a grandmother, grandfather, or anyone else who ever gave us the feeling of being deeply loved. "Go back in your mind," Sogyal Rinpoche advises, "and recreate, almost visualize" this love that you felt.

And as you feel it come into your heart, feel gratitude, and let this love return to that person who helped you to feel that you were worthy of being loved. Then, extend this love to all other beings, beginning with family and loved ones, then friends, acquaintances, and neighbors, then strangers, and even to people you dislike or who represent problems in your life — "even those whom you might consider as your 'enemies.'" Then, extend this love to the entire universe.

Sogyal Rinpoche says that this practice "unseals a spring of love," and thus inspires the birth of compassion.

### **Considering that we are the same as others**

"A powerful way to evoke compassion," says Sogyal Rinpoche, "is to think of others as exactly the same as you." If, for example, you are having difficulties with someone, this process involves imagining that you are them — that you are the same, they are "another you." This, Sogyal Rinpoche says, "will open your heart to him or her and give you more insight into how to help." This practice may be used not only to improve relationships, but also to prefigure "peace on earth" — by imagining that societies and nations could also begin to see each other as though they were the same. A variation on this is to put yourself in another's place when you seek to help them. For example if another person is in pain, you would imagine that you were that other person, going through the same pain. Ask yourself, Sogyal Rinpoche says, "'How would I feel? How would I want my friends to treat me? What would I most want from them?'" "When you exchange yourself for others in this way, you are directly transferring your cherishing from its usual object, yourself, to other beings. [This] ... is a very powerful way of loosening the hold on you of the self-cherishing and the self-grasping of ego, and so of releasing the heart of your compassion."

### **Use a friend to help yourself access compassion**

Another technique Sogyal Rinpoche suggests is that we put a friend or loved one in the place of someone who is suffering. For example, if you lacked compassion for a child, you might imagine that it was your own. This, he says, will open your heart "and compassion will awaken in you."

### **Meditating on Compassion**

To begin with, Sogyal Rinpoche advises us, when we are met with sights that make us aware of the world's suffering, instead of avoiding our feelings we should allow ourselves to participate in them fully. "Switch on a television," he writes, "and there on the news perhaps is a mother in Beirut kneeling above the body of her murdered son; or an old grandmother in Moscow pointing to the soup that is her food for today, not knowing if she'll have even that tomorrow..."

"Don't waste the love and grief it arouses," he tells us. "In the moment you feel compassion welling up in you, don't brush it aside, don't shrug it off and try quickly to return to 'normal,' don't be afraid of your feeling or embarrassed by it, or allow yourself to be distracted from it or let it run aground in apathy. Be vulnerable; use that quick, bright uprush of compassion; focus on it, go deep in your heart and meditate on it, develop it, enhance, and deepen it. By doing this you will realize how blind you have been to suffering, how the pain that you are experiencing or seeing now is only a tiny fraction of the pain of the world.

"All beings, everywhere, suffer; let your heart go out to them all in spontaneous and immeasurable compassion, and direct that compassion, along with the blessing of all the Buddhas, to the alleviation of suffering everywhere."

### **Directing Our Compassion**

When we are open to compassion, we then will want to do something about the suffering we see. There are two pathways, Sogyal Rinpoche tells us, from which to choose in directing our compassion. One is to pray to the Buddhas and other enlightened beings that in thought, word, and deed, we will bring benefit and happiness to the world — that we will be useful.

The second way is to dedicate ourselves to attaining our own personal enlightenment. For, he says, "the only way for you to be of complete help to other beings is for you to gain enlightenment." When we feel true compassion, then we know that we must attain enlightenment not for ourselves but for the benefit of all mankind.

Once we have awakened our compassion, we are now ready for the practice of Tonglen.

Here is just a taste of how how we might begin this practice.

### **Beginning Tonglen**

"The best way to do this practice, and any practice of Tonglen," according to Sogyal Rinpoche, "is to begin by evoking and resting in the nature of mind," imagining that the world around you is "'empty,' illusory, and dream-like." We are to allow our mind to "settle," allowing our thoughts to come and go, not following them. Then, when we are feeling "calm and centered," we bring our consciousness up slightly from it's dreamlike state and begin.

#### **1. Environmental Tonglen**

This consists of sitting and feeling the "mood and atmosphere" of our mind. Let's say that the mood we are feeling is unease, and the atmosphere seems dark. We would breathe in this unease and darkness, absorbing it into ourselves. Then, we would breathe out peace and joy, thereby clearing and cleaning the atmosphere and environment of our mind.

#### **2. Self Esteem**

The self-esteem exercise begins by imagining ourselves as two people. One is "whole, compassionate, warm, and loving, like a true friend, really willing to be there for you, responsive and open to you, without ever judging you, whatever your faults or shortcomings." The second is the aspect of ourselves that has negative emotions and ideas, the "victim." This is the part that says "Nobody understands me," or feels wronged by people or society.

Again, breathe in, but in this process you are the first person, the whole, compassionate one, breathing in and absorbing all of the other's pain and negativity. And as you breathe out, let the compassionate self send "healing love, warmth, trust, comfort, confidence, happiness, and joy" to the other part.

**Sogyal Rinpoche's** *Tibetan Book of Living and Dying* has been translated into 26 languages in 36 countries. It has sold one and one-half million copies, and is considered a "groundbreaking" work. He seeks to make Tibetan Buddhism accessible to as many people as possible, and to provide assistance to those who are drawn to it. If the practice of Tonglen attracts you, you may wish to visit Sogyal Rinpoche's website at [rigpa.org](http://rigpa.org). Rigpa, the name of his organization, is a Tibetan word that means "the innermost nature of the mind."

## **As We Have Descended, So We Must Ascend**

### **The Gnostic Perspective on Personal Ascension**

with Stephan A. Hoeller

(Tau Stephanus, Gnostic Bishop)

**by Celeste Adams**

If you bring forth what is within you, what you bring forth will save you.

If you do not bring forth what is within you, what you do not bring forth will destroy you...

For whoever has not known himself has known nothing,

But whoever has known himself has simultaneously achieved knowledge

About the depth of all things.

— The Gospel of St. Thomas

The beliefs of all religious traditions have fundamental unifying principles that are easily obscured when one focuses on the points of differences. In terms of its perspective on ascension, Gnosticism does not embrace the popular belief in a Second Coming, nor does it align itself with New Age perspectives that speak of a change in the earth's cycle or a dimensional shift that will create spiritual enlightenment.

The point of connection is that the Gnostic sees these ideas as important metaphors for shifts that happen within the individual when they gain *gnosis*: the knowledge of transcendence arrived at by way of interior, intuitive means.

### **Purifying consciousness is the path to ascension**

The possibility of ascension, according to the Gnostic perspective, is based on whether or not you have purified your consciousness and achieved a union with divine consciousness while you were on earth. "Gnosticism is not ethically or action oriented," Gnostic Bishop Stephan A. Hoeller explains. "All of those things have their uses here on earth, but one does not earn their return to the divine based on what one does or doesn't do."

The purifying of consciousness is achieved by leaving earthly attachments and earthly thoughts behind and concentrating on the divine. The experience of knowing God (Gnosis), is an experience of consciousness that is related to the concept of enlightenment, spoken of in the Buddhist tradition.

### **Our essential nature comes from other realms**

The Gnostic point of view is that our presence here on earth is the result of a descent from an immaterial and transcendental realm. Our essential nature comes from other realms of consciousness and our consciousness gravitates back to the place from where it comes.

In an article entitled "The Gnostic World View," Dr. Hoeller writes: Anything that causes us to remain attached to earthly things serves to keep us in enslavement to these lower cosmic rulers. Death releases the divine spark from its lowly prison, but if there has not been a substantial work of Gnosis undertaken by the soul prior to death, it becomes likely that the divine spark will be hurled back into, and then re-embodied within, the pangs and slavery of the physical world.

### **From the Inferno, to Purgatory, to Paradise: the evolution of consciousness**

According to the Gnostic view, those who are materialistic beings and who only recognize physical reality, and those who live largely in their psyche — people who have little awareness of the spiritual world beyond matter and mind — are not ready for Gnosis and liberation.

Dr. Hoeller writes, "In the course of history, humans progress from materialistic sensate slavery, by way of ethical religiosity, to spiritual freedom and liberating Gnosis. As the scholar G. Quispel wrote: 'The world-spirit in exile must go through the Inferno of matter and the Purgatory of morals to arrive at the spiritual Paradise.' "

### **The Knowledge that lies "within" is awakened from "without": Ascended Masters assist in salvation**

Gnosticism holds that human beings are ignorant of their true origins and benefit from help, so that they can move into the truth of who they are and live their ultimate destiny. Gnostic scriptures mention only a few salvific figures, including Seth (the third son of Adam), Jesus, and the Prophet Mani.

Most Gnostics look to Jesus as the principal savior figure. "Gnostic salvation," writes Dr. Hoeller, "may easily be mistaken for an unmediated individual experience, a sort of spiritual do-it-yourself project." Still, the Gnostic view of salvation is facilitated by Messengers of Light who offer their teachings. The apostles of the Messengers and their successors also offer sacraments to aid in this journey towards Gnosis. "The indwelling spark must be awakened from its terrestrial slumber by the saving knowledge that comes 'from without,'" writes Dr. Hoeller.

### **The Gnostic Jung**

In his book *The Gnostic Jung and the Seven Sermons of the Dead*, Dr. Hoeller analyzes the sermons that C.G. Jung wrote in 1916 under the guise of Basilides, a second-century AD Gnostic sage. Jung wrote this book after he had received intense psychic experiences, and his sermons criticized prevailing religious orthodoxies and proclaimed a Gnostic alternative. According to the Gnostic scholar G. Filoramo, Jung considered the ancient Gnostics to be the virtual discoverers of "depth psychology." It is for these reasons that Dr. Hoeller considers Gnosticism both a religion and a psychology. C.G. Jung was also instrumental, in the 1950s, in calling attention to the Nag Hammadi library of Gnostic writings.

### **Interest in Gnostic teachings has increased since the discovery of the Nag Hammadi Library**

The Nag Hammadi Library, edited by James M. Robinson, is the main collection of Gnostic texts, and was discovered in 1946 and published in English in 1977. The Gospel According to Thomas, The Gospel of Phillip, and The Gospel of Truth are the most widely read.

Dr. Hoeller comments that the experiences of the world wars and the holocaust, and all other events in the twentieth century, have created a level of readiness and sympathy for many Gnostic ideas.

### **Recognizing elements of Gnostic thinking in popular culture**

"We are trying to interpret and understand Gnostic ideas in the light of all the various elements that are present in the culture today," said Dr. Hoeller.

"We are looking to materials that are related to our concerns in all sorts of sources." Dr. Hoeller's insightful lectures on Harry Potter and Tolkien, which have been recorded on tape and are available to the public, discuss the modern mythos of romance and magic, and the longing of the human mind and soul for the magical and the transcendental.

Tolkien's books have profound relevance to Gnosticism because there is an elaborate mythology about the fight of good and evil, and the return of the spirits to the homeland. Harry Potter is much more popular with children, but these books also concern the magical world of higher forces and alternative reality which are part of the Gnostic view.

### **The problem with New Age thinking is that it is based in unverifiable personal revelations**

Many ideas of New Age spirituality are unverifiable personal revelations that may or may not have a basis in truth, said Dr. Hoeller. This, he feels, invalidates many ideas in the New Age belief system.

"From a Gnostic point of view, we should utilize available physical and mental resources in order to deal with life and reality as far as they will take you. We should not give up on mental and scientific things too early. No doubt there is eventually a limit to which the physical sciences and statistical methods, and all of these intellectual disciplines, can take you. Then you need intuitive and spiritual resources to deal with those realities. But we should not just abandon the intellectual and scientific right away and say that all of that is not important and all that matters is some sort of intuitive perception, because one is likely to go wrong."

### **The importance of finding truth within yourself**

In regard to the New Age belief that individuals can channel wisdom from spirits in higher realms, Dr. Hoeller said, "Our deep conviction is that if we achieve a higher state of consciousness and can know for ourselves, then we don't need channeled entities. Sort of, 'Mother, I'd rather do it myself.' " He believes that the majority of the channeling phenomena are psychological in nature, since they reflect thoughts from the unconscious mind. Because of this, channeling is not considered a very reliable source of information in Gnostic tradition.

### **Since time is an illusion, there is no particular significance to the turn of the millennium**

The idea of a shift in consciousness coinciding with the turn of the millennium is not a perspective shared by Gnostics. According to Gnosticism, time is illusory and a kind of convention, like fiction. "People got very excited about the first millennium, and not much happened. It just came and went without much impact. Getting too involved in chronological speculation and expectation that has to do with time is a blind alley. What we are really after is a reality that is timeless."

The Gnostic position would be: "We are not about to trust in any collective paradigm shift, but we believe in a shift of consciousness at the individual level that has to occur as the result of personal aspiration. If we are expecting something to happen to large numbers of people sort of automatically, it's not a useful expectation. The expectation of the Second Coming has been with us for 2000 years and hasn't happened yet."

### **The so-called "New Age" isn't really that new**

There is an old saying that there is nothing new under the sun. There is nothing new in the New Age if you know about the history of ideas, said Dr. Hoeller. "The notion that the mind is so powerful and so creative that it can create reality; that it can undo illness and aging — this is an old idea that comes up, particularly in America, again and again. In the nineteenth century there was Religious Science and similar schools of thought, and the New Age has picked up many of their ideas."

Although Dr. Hoeller believes that there is some truth to New Age thinking, he points to a kind of excessiveness in this belief system.

### **Synthesizing different perspectives on ascension**

"It would be good if more people took ideas of paradigm shifts and shifts to other dimensions as metaphors for the need for changes in their own consciousness. They would come to realize that the real changes have to come from inside. If we look inside, and if we contemplate the realities that are available to us from within, and practice good meditation, good spiritual rituals, and things of that sort, there will be a paradigm shift, and a dimension shift, but it will be an internal one. In a metaphorical sense, many of these New Age expectations are quite true, but it's primarily metaphorical and shouldn't be taken literally."

All quotes in this article, (unless otherwise noted), are from an interview conducted with Stephan A. Hoeller, on August 10, 2001.

### **A brief summary of Gnosticism**

Stephan Hoeller's article "The Gnostic World View: A Brief Summary of Gnosticism" can be viewed in its entirety at [gnosis.org/gnintro.htm](http://gnosis.org/gnintro.htm). In this article, he encapsulates in prose "what the Gnostic myths express in their distinctively poetic and imaginative language." The following encompasses some major points in the Gnostic belief system.

#### **Cosmos**

The world is flawed because it was created in a flawed manner.

Earthly life is filled with suffering.

The cause of the world's failings lie with the creator, not with humans.

#### **Deity**

God did not "create" anything, He (or, It) "emanated" brought forth from within Himself the substance of all there is. Many portions of the original divine essence have been projected so far from their source that they underwent unwholesome changes in the process. To worship the entire cosmos, or nature, is tantamount to worshipping alienated and corrupt portions of the emanated divine essence.

Aeons are intermediate deific beings who exist between the ultimate, True God and ourselves. Sophia (Wisdom) is an aeonial being of great importance to the Gnostics. Sophia came to emanate from her own being a flawed consciousness. This was a material and psychic cosmos containing Sophia's own flaw. Sophia, unaware of her origins, imagined herself to be the ultimate and absolute God. She is also called the Demiurgos or "half-maker."

### **The Human Being**

Human nature mirrors the duality found in the world: in part it was made by the false creator God and in part it consists of the light of the True God. The recognition of this dual nature of the world and of the human being has earned the Gnostic tradition the epithet of "dualist."

### **Salvation**

The potential for Gnosis is present in every man. Messengers of Light, including Seth, Jesus, and the Prophet Mani, can assist in salvation.

Messengers of Light, especially Christ, the Logos of the true God, bring revelations of Gnosis. It is not by his suffering and death but by His life and teaching that Christ has performed His work of salvation.

The potential for Gnosis and of salvation is not vicarious but individual.

### **Conduct**

Gnosticism is opposed to a system of rules, (such as a code of ethics, morals, commandments) but embraces an inner integrity arising from the illumination of the indwelling spark

Gnosticism encourages non-attachment and non-conformity to the world; being in the world, but not of the world; a lack of egotism, and a respect for the freedom and dignity of other beings.

### **Destiny**

Gnosticism does not emphasize the doctrine of reincarnation prominently, but it is implicitly understood in most Gnostic teachings that those who have made effective contact with their transcendental origins while they were in embodiment would not have to return into the sorrowful condition of earthly life.

### **Footnotes:**

"The Gnostic World View: A Brief Summary of Gnosticism," by Stephen Hoeller, [gnosis.org/gnintro.htm](http://gnosis.org/gnintro.htm) Ibid.

Dr. Hoeller summarizes the contents of the Nag Hammadi Library in his article Gnostic Scriptures and The Gnostic Church.

They are as follows: Writings of creative and redemptive mythology, including Gnostic alternative versions of creation and salvation. These are: The Apocryphon of John (two versions); The Hypostasis of the Archons; On the Origin of the World; The Apocalypse of Adam; The Paraphrase of Shem.

Observations and commentaries on diverse Gnostic themes, such as the nature of reality, the nature of the soul, the relationship of the soul to the world: The Gospel of Truth; The Treatise on the Resurrection; The Tripartite Tractate; The Tractate of Eugnostos the Blessed (two versions); The Second Treatise of the Great Seth; The Teachings of Sylvanus; The Testimony of Truth.

Liturgical and initiatory texts. (These may be of special interest to persons of sacramental and initiatic interests): The Treatise on the Eighth and Ninth; The Prayer of Thanksgiving; The Valentinian Exposition; The Three Steles of Seth; The Prayer of the Apostle Paul. (The Gospel of Phillip, listed under category 6, does in part have great relevance to this category also, for it is in effect a treatise on Gnostic sacramental theology).

Writings dealing primarily with the feminine deific and spiritual principle, particularly with the Divine Sophia: The Thunder: Perfect Mind; The Thought of Norea; The Sophia of Jesus Christ; The Exegesis of the Soul.

Writings pertaining to the lives and experiences of some of the apostles: The Apocalypse of Peter; The Letter of Peter to Phillip; The Acts of Peter and the Twelve Apostles; The First and Second Apocalypses of James; The Apocalypse of Paul.

Last, but certainly not least, the scriptures which contain sayings of Jesus as well as descriptions of incidents in His life: The Dialogue of the Saviour; The Book of Thomas the Contender; The Apocalypse of James; The Gospel of Phillip; The Gospel According to Thomas.

## **Immortality Comes to Human Cells**

### **Scientists Discover Skin Cells That Do Not Die**

At the University of Wisconsin, scientists have stumbled upon the "completely accidental discovery of skin cells that do not die." Dr. Lynn Allen-Hoffmann, professor of pathology and director of the laboratory in which the cells reside, has demonstrated that these cells are in fact immortal.

#### **Immortal human skin**

According to an Earthfiles article by Linda Moulton Howe, "It all started in early 1996 at the end of a research project in which Dr. Allen-Hoffmann and her lab assistants had been growing human skin cells in culture dishes over several weeks. In one set of dishes, she was testing a chemical additive on tissue. Another series of dishes had nothing added so she would have a normal control for comparison. Strangely, and still mystifying, one of the control dishes was different from all others."

Briefly, long after the other cells had died a normal death, the cells in this control dish were still growing!

"When the miraculous cells were still alive and thriving after an entire year," Howe wrote, "instead of dying after a few weeks like normal skin, the University of Wisconsin Alumni Research Foundation patented the cells now known as 'NIKS.' That acronym stands for Near-Diploid Immortal Keratinocytes. The acronym also represents the lab's sense of humor. NIKS is SKIN spelled backwards." Howe interviewed Dr. Allen-Hoffman, who said, "[I]t was in one of those control cell plates that my technician, Sandy Schlosser, noticed — and this was on the day we were literally going to fix — and by fix, I mean formaldehyde-preserve, these cells, which would totally have terminated the experiment. Anything living in there would have been killed. We noticed there was a small colony of cells that had a phenotype that is called basal. They looked as if they were actively growing. They were small and very uniform in size and she came into my office and said, 'Lynn, come and take a look.'

"And I went in and looked at this and she asked me what it was and I said, 'You know, that looks like an actively growing colony and this is very unusual. I don't know for sure what it is.' Why would that colony be living when clearly all the other cells in the dish were senescent? "And what was astounding to us was that this cell line that has this immortal growth characteristic is amazingly similar to the original parental cells. We were expecting to see some biochemical differences, some structural differences in the cells in culture, and we thus far have not observed that. We have looked to see if they exhibit any characteristics that would lead us to believe they are cancerous or pre-cancerous and the answer to that is no."

Howe asked Dr. Allen-Hoffmann whether it would be possible to produce large quantities of this immortal human skin, noting that it would be especially useful for working with burn victims. "Yes," she answered, "and that is a really important question. We're doing animal grafting studies now with the NIKS cell graft to determine if we can indeed do that and if we can successfully get the cells grafted on to animal models. We have a lot of really exciting work to be done yet with regard to demonstrating that this will be a therapeutic value to the medical community. And we're excited about positioning ourselves so we can go forward with those types of experiments."

What the doctors don't yet know is why these cells are immortal. However, they have shown that genome-sequencing is involved. The difference involves just a very small change in the cell's genetic material. And if skin cells can be made immortal, of course we have to ask whether a small change to human DNA might not confer immortality upon the whole body.

You can read more about these immortal cells at Linda Howe's website, [earthfiles.com](http://earthfiles.com).

## Past-Life Decision Therapy

by Susan Barber

Have we lived before? When people in hypnosis seem to remember past lives, are they deluding themselves? And here's another question nobody is asking: Does it really matter? Here are some stories to help understand how reincarnational memory can help us in this life — whether it's real or not!

First, though, we'd like to say that much of the material presented here might more properly belong in our issue on Alternative Healing. However, how we deal with past-life decisions affects the question as to whether or not we ascend from this lifetime or go back into another reincarnation. So we felt that this material would be useful to our readers in the context of preparation for what is to come.

### Reincarnational Memory: Is It "Real"?

Unlike most *Spirit of Ma'at* readers, people who come to a hypnotherapist for past-life regression do not necessarily believe in reincarnation. If you are on the borderline with this concept, or if you have friends who perhaps scoff at your interest in past lives, there is another way of looking at the subject that makes perfect sense, even to the most devout believer in a mechanical universe. As a hypnotist for nearly 30 years, and a member of many professional organizations during this time, I have *never* personally run across or even heard of a client — mine or anyone else's — who could not come up with an appropriate "costume drama" when asked to go to the past-life source of some current situation. The dramas that arise (I'll recount some doozies further on) are totally, awesomely, amazingly apt. They are like icons on our desktop that, when clicked, burst into a full audio-video presentation of a huge and complex program. And when people access these programs and "debug" what went wrong — change the coding, in other words — they invariably experience almost miraculous transformations in their lives.

### What If I'm Just Imagining This?

This question comes up for many people in doing past-life regressions: Is this real? Did I really live "before"? Did this experience I just had in hypnosis really happen? My answer is always the same: *Who cares?* What if it's *not* real (whatever "real" means)? What if, purposely or not, everybody simply makes up these incredibly detailed past-life stories, these thrilling costume dramas. What matters is that these stories always explain, with absolute perfection, the psychological underpinnings of current emotional problems and life patterns — and enable us to release them. Consider this: How do we know that our past memories of *this life* are real? What if something totally awful happened to us when we were four years old, and all the people involved in it are dead except ourselves. Did it "really" happen? We can't prove that it did. Perhaps we just imagined it. And consider this: What is "imagination," anyway? It's a word we use a lot, but what does it really mean? No one has ever answered this question to anyone else's satisfaction. I think it's enough to know that everybody has these costume dramas in their heads, and that by examining and changing the programming contained within them, we can "debug" what's not working in our lives. That much is most definitely "real." In a computer program, when the coding arrives at a "choice point" in processing, various criteria are used to make a "decision" as to which subroutine the program will now use to continue processing.

The two stories that follow illustrate how decisions in past-life circumstances have created choice points in present programming — and how we can change them. They illustrate that reincarnation is a living, working idea, not just a theory that makes no difference in our lives.

### **Reprogramming Past-Life Decisions: Two Cases**

#### **Case No. 1: The Man Who Hated Women**

When I was studying hypnotherapy in school, our teacher, John Kappas, did not believe that past-life regression had any therapeutic value. It was something we did for fun, because it was fascinating. But we were not to take it seriously. Meanwhile, Dr. Kappas was working with a client who had come into therapy in order to release an illogical hatred of women. Weeks and weeks of positive post-hypnotic suggestions were having no effect. The man still felt an unreasoned hatred for women. Then Dr. Kappas began regressing him, first year by year, then month by month, trying to find some trauma, some incident that could explain the man's attitude. Nothing. Not knowing what else to do, Dr. Kappas began regressing his client "beyond birth." They went back one life at a time. And in each one, the man hated women! Finally, Dr. Kappas simply told the man, "Go to a period of time immediately preceding the beginning of your hatred of women." And without further ado, the man went directly to a lifetime as a slave during the Roman Empire. The slave's owner in that lifetime, governor of a Roman province, was a sadist who got his kicks by torturing women. Or having them tortured. That was the slave's job. We won't talk about what he had to do to those women in that lifetime, but we can say this much: The only way he could bring himself to carry out his instructions, and thus avoid being tortured to death himself, was to develop a raging hatred for his victims. So this slave gave himself a "survival suggestion" to fill himself with overwhelming antipathy toward all women. And because it was related to his own survival, and accompanied by such strong emotions, this suggestion had followed him through all his lifetimes ever since. Dr. Kappas then asked the man, in hypnosis, "Do you still need this suggestion?" No. "Would you like to have a new suggestion now?" Yes. So together they searched for a new way of looking at love and hatred and men and women, a way of looking that the man in his current lifetime could accept, opening him up to harmony, love, and compassion for the opposite sex. When they were both satisfied, Dr. Kappas gave the suggestion that from now on this new way of looking would replace the man's previous decision to hate women. Further, Dr. Kappas suggested to him in hypnosis that all memory of that past life and its horrors would disappear. Nothing that happened in that lifetime would ever affect this man again, he suggested, except for whatever positive learnings had been gained. And that was that. After going through the hypnotic "awakening" ritual, the man had no memory of the session. And he no longer had negative feelings toward women. (His wife was ecstatic.)

#### **Case No. 2: The Witch Who Wasn't**

My own introduction to reincarnational therapy began early one Monday morning in 1978, when my student Claudia (not her real name) made an emergency appointment to visit my office. Claudia was a very beautiful and genius-brilliant high school girl with enough energy for three people. When she talked, a mile a minute, everything moved — her arms, her hands, her feet, her head, everything. But today, nothing was moving. Her face was bruised, one eye swollen shut, and there were scrapes, scratches, and bruises on her arms and legs. "Alicia is trying to kill me," she whispered. Alicia? I'd known Claudia for two years at this point; she was in my weekly group of teenage girls. But who on earth was Alicia? That was when Claudia revealed to me what she had never told another soul. She had multiple personalities. *Alicia* was one of them. Unlike most MPD cases, Claudia's main personality had so much strength that when her alter ego — usually *Alicia* — emerged, Claudia did not always become completely dissociated but remained cowering in the background, powerless to intervene. There were other times when *Alicia* managed to take over completely, and Claudia would "wake up" afterward not knowing how she got where she was, or how much time had passed.

Her adventures as *Alicia* involved Claudia's older brother, a man we'll call "Rob." Their parents were very wealthy — maids, butlers, gardeners, a multimillion-dollar home. But Rob had run away years before. He was now living in the barrio, in a filthy crash-pad where he supported himself by dealing heroin. And *Alicia*, whenever she could gain control of Claudia's personality, lived a life of drug addiction and incest with her own brother. The prior evening, while Claudia had been going down her parents' long driveway on the way to visit a girlfriend, *Alicia* had tried to take over — for the last time. Claudia fought. Fortunately she was driving very slowly, for in the ensuing struggle *Alicia* drove the car smack into a tree. This morning, pleading her injuries, Claudia asked her parents' chauffeur to drive her to my office. She knew that she needed to be protected and institutionalized, and had come to beg me for help. She did not want to be turned over to psychiatrists and their drugs. Claudia's parents and I then kept her under guard until we could find an institution that would allow me to work with her. But once she was safely committed, something else happened: Claudia became totally terrified. Beating her fists against invisible walls, she screamed, over and over, "I don't belong here!" So we used hypnosis, and I asked Claudia to "Go to the point immediately preceding this feeling of being closed in and not belonging here." I was expecting to find a childhood trauma. I'd never before done reincarnational regression in a therapeutic setting, and hadn't intended to do so this time. But Claudia went straight to a scenario in Salem during the time of the witchcraft trials. In that lifetime, her name was Alicia, and the closed-in place where she did not belong was a dirt hole under the Salem prison, where she was being held pending "questioning" for the practice of witchcraft. One day, while walking in the countryside outside of Salem, Alicia had met Joshua — a beautiful, dreamy young man who secretly practiced astral projection. They had become friends, and Joshua had taught Alicia how to do out-of-body travel. It was such fun. It was so beautiful. Joshua had told Alicia that what they were doing was spiritually okay, but that she should keep it a secret. Alicia agreed — but eventually the secret became too big, and she confided in her younger sister, Anne, who promptly became her accuser. The "questioning" happened in a dunking chair. They would hold her under water until she almost drowned, then bring her up, choking and spluttering, and demand she confess that she was a witch. This happened over and over. If she drowned without confessing, so the theory went, then they would all know that she had been innocent! So Alicia, being in fact innocent, drowned in the dunking chair. And her dying decision was that it was Joshua who had caused this to happen to her. And this hurt so very, very much because she loved him. Today, in this lifetime, she and Joshua — now her brother, Rob — were still playing out the drama. The astral "flying" had become heroin and sex, but Alicia's decision that Joshua had some mystical power over her was unchanged. Consciously, Claudia could not even imagine participating with Rob in their sordid activities — but as *Alicia*, she could not help it. She had turned her power over to Rob-Joshua, and that "decision" was running — and ruining — her life. Unmaking that decision was pretty easy, and having done so, Claudia's fear and dissociation came to an immediate end. Within a couple of weeks, she had managed to get herself out of the institution. Later on, she graduated from high school, and within a couple of years was managing a small company and engaged in a healthy relationship! Not only that, but she had gotten her brother out of the barrio and helped him to overcome his addiction to heroin. He no longer had power over her — but the power of her love remained to transform both their lives. The *most* remarkable thing about this story is that, after the past-life decision was rescinded and Claudia stopped dissociating, she never had another episode. This makes her case unique in the annals of MPD treatment. The "party line" on MPD is that it can be managed but never cured.

### **How Decisions Create Problems**

In order to live in the spirit of Oneness, we need to rise above polarity, "me versus thee," "us versus them," "man versus the elements." But in order to have a world, polarity is required! Polarity is simply a limitation that is applied, at first by choice, to that which is in its essential nature limitless. So how, then, can we resolve this seeming paradox.

We do this by being "in" but not "of" the polarized situation. And we actually do this every day, in some way or another. For example, when reading a book, we can immerse ourselves in the characters and feel what they feel, live what they live, experience the beauty or terror or whatever the characters are going through. But we can also set the book down and go on with our lives. We can get "into" the book without being "of" it. We can thoroughly enjoy *Wuthering Heights* without seeing Heathcliff in every man we meet. Another instance in which we experience harmless polarity in daily life is in the games we play. A golf course, for example, without the "rules of golf," is just acres and acres of beautiful real estate. There is no universal rule that we must bring our golf clubs along when all we want to do is walk the course's verdant hills and fairways. But when we want the rules to be there, we can accept them. So in one reality — one set of polarities — we can pick up that little white ball and drop it into the hole if that's where we want it to be. And in another reality — totally by choice — we have to hit it with a golf club. If we touch it, we will be accused of cheating and no one will play with us. In both cases — the book and the game — there are two realities side by side. The limitations, or polarities, of one do not necessarily apply to the other. And we can be "in but not of" either one of them, if we see that this choice exists.

Sometimes actors get caught up in their roles. They accept the polarities defined by the drama, and no longer relate to the wider context of their own lives. But no matter how caught up an actor may be in playing Hamlet, if the theater starts to burn down in the middle of a performance he has no trouble stepping "out of character." Yet here in physical reality, most of us have forgotten the larger context. We are so caught up in our roles that we step out of them only by dying. If the theater starts burning, we burn right along with it, playing Hamlet to the bitter end. And every decision that we make from this vantage point becomes a new rule in the game of our life, creating unnecessary and usually inappropriate limitations. For example, going back to the golf analogy: Many golfers play golf as though sand traps exert a magnetic attraction over golfballs. Somewhere along the way, when they didn't know how to hit the ball very well yet, they "decided" that when there's a sandtrap, their ball will usually go into it. And so it usually does! (Arnold Palmer apparently never made that decision.) So decisions become rules, they become how reality operates. And when survival is in question, and there is strong negative emotion present, these rules create a new reality. They operate as "the nature of things." To change the reality, we must change the "decision."

### **Falling Out of Love**

From my experience, strong, self-destructive attraction to a romantic relationship is the most difficult feeling to overcome. We try to extricate ourselves from these negative situations, but when we try to put new behavior into effect, even if we succeed, it is with gritted teeth and inward grieving. And inevitably, this behavior modification fails us, as we find ourselves in yet another, probably more destructive, relationship of the same kind. Or else, in no relationship at all. Because we still have not dealt with the lessons of the first one. Trying to change behavior without changing the "decision" that motivates that behavior simply doesn't work. David (not his real name) came to me seeking help with a relationship that was destroying not only his personal life but his business. DJ, the woman he was romantically involved with, worked for his company, yet she rarely showed up and was performing no useful service. This created havoc with his other employees, yet he could not bring himself to let her go. Also, although she lived with him, DJ had no interest in sex with David but ran around with other men. Yet she would not leave, and forbade him to see other women. Again, he could not make himself go against her wishes. David had been an incredibly successful businessman who lived for his work and truly loved his employees. Now, he quite reasonably thought that he was going crazy. I recognized the symptoms of a past-life decision and decided to "go for the cause" right away. But since this was going to involve doing reincarnational regression, I first had David do some practice runs with remembering past lives. He came up with various images, but no cohesive "drama" emerged. I told him that was fine, we were just practicing, and that between appointments his mind would prepare him for the next step and it would be easy. David didn't believe in reincarnation, so I also told him what I have said earlier in this article: "It doesn't matter. Belief is not required."

In the next session, David gradually began to see himself as a rich man named Petrus who lived on a huge estate on the seacoast of France during the early Middle Ages. At this time in history, slaves were often prizes won in war, and not necessarily looked down upon. So it was unusual, but not unheard of, when Petrus fell deeply in love with his slave Serafina and married her. They had three children. And although in those days even free women were like slaves — totally dependent upon their masters — he loved and honored her above all other beings. Then one day, while Petrus was in town, a pirate ship pulled up at the beach near their villa and ransacked it, carrying Serafina away with them on their ship. But they did not go far, not at first. Instead, they anchored offshore, and the entire crew raped and abused Serafina. Then they threw her overboard. She swam to shore and survived. But throughout her ordeal, her husband, returned from town, had been forced to stand helplessly watching on the shore. Overcome with shame at not being able to go to her aid, and seething with disgust at what had been done to her, Petrus never talked to his wife again. He could not even look at her. He closeted her in an outbuilding on his estate, swallowed his love, and tried for the rest of his life to pretend that she did not exist. But he felt sad and guilty. A part of him went out to her. He wanted to mend their relationship, but he could not erase the loathing that had gone through him when he saw what happened to her on the ship. "If I had the strength," he told himself, "if I could, I would comfort her, I would take care of her. But I can't. I just can't." In this lifetime, David had the strength to accept this woman who was wrecking his business and his life. Subconsciously, he was still seeing DJ as Serafina, a wronged woman, totally dependent upon him, a woman who deserved his love and protection. "If I could, I would take care of her." Well, now he could. And he did.

In hypnosis, David allowed that his decision to take care of Serafina "if I could" had nothing to do with DJ and his current situation. He felt that he was free to act in a way that would support his other employees and his own life. And even if karmic debt were somehow involved in the scheme of things, David saw that by allowing his own victimhood now, he was saddling DJ with a new karmic debt of her own. Karma, seen in this light, is a little bit like the Hatfields and the McCoys in a blood feud that never ends. We end it when we decide to love and allow and move into the Light. David chose that now. Afterward, he calmly, kindly, but firmly gave DJ two weeks' notice, helped her find a place of her own, and went on with his life. He loved, but he was no longer "in love." He was free.

### **It's Not About Emotional Release**

People often feel that past-life memory is all about "accessing" the traumatic feelings that underlie some current behavior pattern. They think they have to find the trauma and "go through it" in order to get results. I and many of my colleagues have hundreds of case histories to prove that this just isn't true. In fact, it doesn't work. If going through something once is traumatic, going through it twice or ten times simply locks us even further into the drama. Emotional release work is therapeutic whenever we have been forced to repress emotion for some reason (e.g. an adult who was told as a child, "If you don't stop crying, you little brat, I'm going to make you wish you were never born"). If such a repressed person can be coaxed into raging, crying, and screaming in front of a group of people who encourage this release, that person then finds out that the world does not end because we express how we feel. This is healing. It enables people to become free to allow their own emotions. But emotional release only works at first. After one or two releases, the group are now training each other to bring up negative feelings and act them out. People who keep on doing emotional release work are actually being rewarded for feeling bad *and* for expressing it. They now have a new program: *Don't get ulcers, give them!* Perhaps that's an improvement, but only a slight one, for they've only flipped the coin over, trading karmic "tails" for karmic "heads." It's not really about all the emotionalism, all the drama, all the big and impressive stories we uncover as we "go for cause." It's about the decisions we made at that time, decisions which became cemented in place by pain and fear, decisions which we need to "unmake" in order to move into the Light and move on. The only "decision" I have ever found that really works in the long, long haul is: "I am a Conscious Co-Creator with God."

And we don't need pain and fear to remake our decisions. All we need are a loving space, an understanding heart, and a willingness to change.

### **Then Why Remember Past Lives?**

Rather than providing emotional release, these "reincarnational dramas" enable us to see our issues in full relief. They help us understand why we are feeling what we are feeling. They show us, in exaggerated form, the patterns we are replaying over and over like a song. But when we access a past-life scenario, it's a no-brainer for us to realize that we are no longer that person — to realize that the dire consequences our subconscious mind is trying to warn us about are not actually part of the here and now. I particularly remember one lady of medium height who weighed over 220 pounds. When we regressed her, she went to an experience of drowning in a past life. She had been a very skinny five-year-old who could not swim, she remembered, but had nevertheless gone out in a rowboat without adult supervision. The boat tipped over, and you know the rest. How could drowning relate to a weight problem? Well, as the little boy was sinking for the last time, he remembered that his grandmother had always told him, "Eat, eat, that's why you can't swim, you need some fat on your bones so you can float." This story points up an interesting aspect of the kinds of self-serving decisions we make, in past lives and in this one. We make many of our "decisions" in an attempt to exonerate ourselves for what is happening, rather than taking responsibility. A sensible "decision" in this little boy's circumstance would have been something like: "If I had it to do over again, I would not go out in a boat alone unless I knew how to swim." Instead, my client's past-life child decided, "If I had it to do over again, I would eat, eat, like my grandmother always told me, so I'd have some fat on my bones and I could float." He/she now "had it to do over again," and boy, could she float!

### **Can I Do This At Home?**

Some of the people, some of the time, can access past decisions and remake them in the light of present knowledge and understanding. But even those few people who may have a few successes are probably going to fail when it comes to their larger issues. There are two reasons for this. The first reason that "decision therapy" is tough to do alone is that we need to get deeply into right-hemisphere functioning. And when we do that, most of us just drift into sleep or associative thinking. With no guide there to keep us on track, our minds tend to wander away. A good therapist is like someone who is driving the car for us and knows the way. As passengers, we are free to focus on the scenery. The second reason for obtaining help is that our biggest decisions are what we are looking *with*. That makes it literally impossible to look *at* them. A good therapist can see the assumptions that we have hidden from ourselves, and bring them into the Light. But whether we have a therapist or are attempting to remake past-life decisions on our own, none of it works if we get all caught up in the dramas. "I am like this because I was buried alive in Ancient Egypt" is probably more interesting than, "I am like this because I didn't have a normal home." But we all have to experience everything in this reality. And normalcy in the home is no guarantee of a "normal" life. Whether we blame other people, the government, past lives, or Karma itself, we are not taking responsibility. We begin the process of creating our own reality when we realize: "It's not what happened to me that matters. It's what I thought it meant." By changing the meaning, we can change our lives.

#### **Footnotes:**

We can ignore the folks who claim that past lives can't be valid because everybody remembers being Jesus Christ or Napoleon. That's just not true. People almost never remember being anyone we've ever heard of. Paranoid schizophrenics often think that they are famous and powerful historical characters, but reincarnational memory usually involves lifetimes as slaves and peasants and householders and soldiers — just folks, living in another time and faced with the same poverty and cruelty and repression and rejection that has characterized life on Earth since the beginning of recorded history.

# **Bringing Heaven to Earth**

Diana Cooper on Angels and Ascension

**by Celeste Adams**

## **The hour that changed a life**

Eighteen years ago, Diana Cooper was in the process of getting a divorce and could not see a future for herself. In deep despair — although she had no religious background — Diana asked for Divine intervention. "I said, 'If there's anything out there, show me — and you've got one hour.' "An angel came in and literally took me out of my body. I flew with a golden, six-foot-tall angel over people that all had rainbow auras. The angel telepathically told me that it meant that they were open and spiritually evolved people. There were people with rays of light shining through them, and I knew that it meant that I had to get rid of my anger and my fear."

That one-hour experience with the angel changed Diana's life forever. After that experience, she trained as a hypnotherapist, counselor and spiritual healer.

## **A second encounter with angels**

After writing four books, Diana again asked for guidance, and once more she was visited by angels. This time, they said that they wanted her to introduce other people to them. Diana felt that she knew nothing about angels, but they convinced her that she did — she just didn't have conscious awareness of her knowledge. And when she protested that she really did not want to do this, the angels told her that she had to distinguish whether that was a response from her ego or from her Higher Self. "I settled in bed, and three angels came in and gave me all sorts of information about how Source was sending so many angels here, at this time, with the shift of the planet. I saw them around quite a lot, after that. I changed my classes completely and only taught about angels."

Since then, Diana has had many other experiences with angels.

## **Angel Inspiration**

In the middle of the night, a ring of angels circled round Diana's bed and poured golden light onto her. As she levitated above the bed, filled with a sense of wonder and awe, they told her that they wanted her to write Angel Inspiration. She set aside a novel she had been writing and sat for 14 hours a day until she finished writing the book. "They held me all that time and just imparted things to me. That book completely carries the angel energy."

## **Purifying our thoughts**

**In *A Little Light on Ascension*, Diana writes, "Ascension means raising our vibration to the level of Light. Every thought, word, emotion, and action is a vibration which creates our aura, and so Ascension entails purifying our thoughts, cleansing our emotions, and choosing loving action for the highest good until we radiate at that higher level. Then we live in joy and freedom."**

**We need to purify ourselves mentally, emotionally, and physically, and we should forgive and release all negative emotions that we may have about particular relationships. These negative emotions leave a residue in the cells of the body and in the aura.**

## **We choose between being victims or becoming Masters**

Negative thoughts keep us anchored in the third dimension. And when we refuse to let them go, we are unconsciously saying, "I prefer holding on to this old hurt to ascending," or "I would rather hold on to my fear of failure than ascend." We can use every moment as an opportunity for spiritual growth, because every thought we think either raises or lowers our vibrational frequency.

We can choose to be victims who live in the third dimension and react with rage, fear, or elation to varying circumstances. If we choose to become fifth-dimensional humans, we will learn how to stay centered and not expend energy swinging from one emotional extreme to another.

### **Carrying Light and living as a Master**

Ascension is about living your life as a master, Diana explains. "There was a time when humans couldn't carry enough Light in their body, so in order to reach the frequency of Ascension they had to 'pass over.' But I think that has long since passed. We have now raised our consciousness and developed our capacity to carry more Light. We can contain that Light and live our lives glowing and radiating that Light."

People who carry more Light can choose to stay on earth in order to lead others forward. When they pass over, they can choose to come back to help raise the masses and serve humanity. They can lead children forward, or help prisoners, or do out-of-body service by helping those who are dying. Others may choose to work with people on the other side who need to be healed and helped.

The more Light we have in our cells, the closer we are to Ascension

**"In order to pass the Third Initiation," Diana explained, "we have to have a Light level of 50 percent. Then we merge with our Soul or Monad. The Light level for the fourth initiation is 62 percent, after which we leave the Wheel of Rebirth. For the Fifth Initiation, the Light level is 75 percent. For the Sixth Initiation and Ascension we need a Light level of 80 to 83 percent. To pass the Seventh Initiation and become a full Ascended Master we need a 92 percent Light level. It is then no longer possible to sustain a physical body."**

### **Fulfilling our life's mission**

**In order to ascend, we need to complete the mission we undertook for this life on earth.** "Some people have an inner knowing that they are doing what they came in to do. Others may need to access in meditation the blueprint of their life." It is important that those who are not on their true path get onto it, Diana said. Sometimes we can procrastinate for many lifetimes before we find our true life's mission. To fulfill our life's mission, we must learn to keep our minds focused on our goal until it comes to pass. When we raise our vibrational level, things will manifest through faith.

### **Ascension is like teamwork**

Ascension is not about individuals forging ahead but is about the Ascension of Soul Families, and Soul Groups, which are groups of like-vibration people. "I believe Ascension is like teamwork. We don't ascend in isolation," Diana said. Since we do not know who is in our Soul Group, we may be inhibiting our Ascension by disliking a particular person who is key to our group's moving forward.

### **Directing our spirit at night**

Even in the body, people are going out into the galaxies and they are bringing back help and Light. This can take place whether you are in or out of your body, whether you're doing it during sleep or after death.

"I've been to other galaxies and talked at Councils and asked for help for the planet. I've never planned it beforehand, it's always something that just happens." Diana suggested that we can direct our spirit at night by saying, for example, that we would like to direct our spirit to Archangel Gabriel's chamber for purification and release. We will then have a dream about purification, and we'll return in the morning experiencing a subtle shift.

"People tell me that after they go to these chambers, pains that they've had all their life disappear."

We can also take other people to these chambers. Those who go to Ascension Chambers or Archangel retreats at night will return having made a shift in their consciousness.

### **Visiting the Ascension Chambers**

Diana recommends to those who want to visit an Ascension Chamber that they access chambers on Earth before traveling to galactic ones.

There are two Ascension Chambers in the UK. One is above the Findhorn River, and is looked after by Archangel Gabriel. Another one is at Avebury. Sanat Kumara has an Ascension Chamber in Shamballa, and Serapis Bey has one in Luxor. There also are Ascension Chambers at Giza, and in Mount Shasta, California. Ashtar's spaceship is an Ascension Seat, and there is an Ascension Seat in an underground extraterrestrial craft in Africa. Diana's book offers exercises to help people visit these and other Ascension Chambers.

### **Archangel Retreats**

Each Archangel has a retreat in the etheric above our planet. Some of them include:

Archangel Michael's etheric retreat is above Banff, Canada. It protects against attack or harm and strengthens divine will and faith.

Archangel Jophiel has a retreat south of the Great Wall of China. This retreat helps people to overcome ignorance.

Archangel Chamuel has a retreat in the etheric above St. Louis, Missouri, which helps expand the flame of love.

Archangel Gabriel has a retreat above Mt. Shasta in California, which offers clarity, purity, order and discipline. His retreat at Findhorn, mentioned previously, is for purification and awakening.

Archangel Raphael's etheric realm above Fatima, Portugal, helps travelers and healers.

Archangel Uriel's retreat in the Tatra Mountains of Poland helps people find freedom by helping them to release fears.

Archangel Zadkiel works with the Violet Flame, in the etheric realm above Cuba, and shows people how to find tolerance and forgiveness.

Archangel Metatron enters through Findhorn, and helps people find truth and honesty with themselves and others.

### **Instant karma**

In a fifth dimensional consciousness, everything we send out comes back ten-fold. According to Diana, we pay back debts very quickly in the higher dimension, and receive instant karma. "This means that if you have a negative thought or do an unworthy action, the consequence will boomerang back to you immediately."

Instant karma is something to be grateful for, since it gives us the opportunity to keep our books balanced. We are at this level when we live our life in service to others, and when we ask, "Is this the highest thing I can do? Is this the highest way I can act? How did I create this?" When we do this, Diana explained, we're walking as a Master in the fifth dimension.

### **Body changes that accompany dimensional shift**

In the past, there was an extra burst of Light energy every year or during a full moon. But now people are being "shaken around" because high frequency energy is coming through and they're not certain of what is happening. It's altering their energy fields, even though they are not conscious of it. As a result, many people are experiencing changes in their body.

"We all have angelic qualities, and for some people, as their angelic qualities come in, their angel wings that they have in the etheric start to grow. They sometimes feel pain in the back of their shoulders."

People are also having headaches as they clear their Third Eye. Diana writes that people no longer need to leave their physical body upon Ascension. They can live as they did before, but they will glow, shimmer, and radiate at a higher vibration.

### **The charkas**

The Chakra System changes as we pass from the third into the fourth and fifth dimensions.

"Sometimes people feel a physical pain as the old negative energy that has been trapped in the chakras for a long time starts being released as their energy gets lighter."

At the third dimension, the seven chakras are the colors of the rainbow, and they make a white light when they spin in perfect alignment. Diana writes that as we expand into fourth-dimensional beings, "The first seven chakras move progressively down the legs. ...

When the first seven chakras move down the legs the next seven descend one by one taking their place. (The ninth chakra moves down into the base, etc.)

Then we move into the fourth dimension and our personality merges with the soul."

When our fourth-dimensional chakras are open (nine through fifteen), we have the opportunity for intergalactic communication and work.

Chakras sixteen through twenty-two are fifth-dimensional chakras.

Further information about these new chakras, which is coming in for everyone, can be found in *Angel Inspiration*.

### **The planet and all beings will rise to the fifth dimension in 2012**

The shift into a fifth-dimensional way of living must take place by 2012. This is the end of the Mayan calendar, the Second Coming of Christ, and the midpoint of the inbreath and outbreath of Brahma.

"It is a very important date. It's a time when enough people will have raised their consciousness for everyone to lift to another level. We can move into a planet of peace, harmony, mutual empowerment, and cooperation instead of conflict."

In *A Little Light on Ascension*, Diana tells us that these are incredible times. Those who align with the higher vibration and who dedicate themselves to help the birthing of the planet into the fifth dimension and Ascension will receive rewards beyond their wildest comprehension.

**Diana Cooper** is a therapist, healer and international author of nine books. She appears frequently on television and has regular broadcasts on the radio. Her work on angels has been featured in newspapers and magazines throughout the world, and she has helped countless people find more fulfilling lives. Diana's inspirational books help people to connect to the angelic realms. *A Little Light on Ascension* offers tools for those who wish to accelerate their spiritual growth so that they can take advantage of the waves of ascension which are about to take place.

Other books by Diana Cooper include: *A Little Light on Angels*, Findhorn Press; *Golden Footsteps*, Findhorn Press; *Light Up Your Life*, Piatkus Books; *A Time for Transformation*, Piatkus Books; *Transform our Life*, Piatkus Books; *The Power of Inner Peace*, Piatkus Books; *A Little Light on Spiritual Laws*, forthcoming title from Findhorn Press.

Diana Cooper's personal website includes a photograph of her that was taken before a television appearance, and standing behind her is the luminous form of an angel. To see this beautiful photograph, and many other extraordinary photos, please look at a section called Amazing Pictures on her website.

For information about upcoming workshops, please contact: Diana Cooper, 6 Lancok Street, Rockwell Green, Wellington, Somerset TA21 9RS England; Tel: 01823 664368; Email: [diana-cooper@dial.pipex.com](mailto:diana-cooper@dial.pipex.com).

This article is based on an interview conducted on August 10, 2001. Additional quotes are from Diana Cooper's *A Little Light on Ascension*.

# Children of a New Time

## The Gift of the Indigo Child

with Carolina Hehenkamp

by Susan Barber

Carolina Hehenkamp is doing important work in easing the path of Europe's Indigo children — especially those in Germany. Because of the cultural differences, the problems that Indigos face in Germany and other European countries are also in some ways unique. But Carolina's untiring and compassionate work will speak to the parents of all of our New Children, wherever they may be.

**SB:** Carolina, I would like first to ask you how you came to be doing this work.

**CH:** A few years ago, I was in a seminar with Lee Carroll. It triggered all my cells. I knew immediately that there was something very important there for me.

Then I did another Lee Carroll workshop two years ago — it was in August 1999 — and I got that I should write a book about the European children of the new generation. So I took a year off and went to Spain and wrote this book. Now I'm back near my home, which is Holland, but I'm living just across the border, in Germany. Because I want to work with Germany's Indigo children and their families. This is because there is a different culture in Germany, an old, traditional family structure that makes it even more difficult in Germany than elsewhere for these new children.

**SB:** Can you tell us what these differences are?

**CH:** In Europe there is often a very specific, traditional way of growing up that is less free than, for example, in America. This is especially true in Germany, and that's also my focus, so I will talk about that.

A lot of the women work, but the father is still the authority in the family. And there is a cultural importance on being normal. For this reason, the mother feels guilty if she has an Indigo child, guilty that her child is not normal. In the cultural view, children should conform. Expectations are more rigid. There is a big value placed on just doing well — behaving well, being what we think of as average. People will say, Look at that child, the mother does not *control* it. These children come in on a high energy level, a high frequency, and then they *bump* into this energy in their families. They feel that there is a wall.

**SB:** How do you explain the truth to the German mothers of Indigos?

**CH:** This is a problem. In America you can talk of a "new race" of children, but you can't do that in Germany. If I'm working with groups in other countries I can speak about this, but in a group of average mothers in Germany you can't talk about that.

**SB:** Is that because of Hitler?

**CH:** Yes, that's why. So, first of all, I try to tell them that everything is new, and nothing is new. I say that "normal evolution" is going a lot faster than before, raising the energy of the entire world. The kids themselves are aware of Spirit and dimensions, but their mothers are dealing with all this emotional stuff. They don't know about these things.

Then I tell them a lot of stories.

For example, there was a three-year-old boy in 1982 — he's 19 now — who was always crying a lot, always looking at one particular spot in the room up near the ceiling. It turned out that he was seeing his grandmother — his father's mother — all the time, and she was a mean woman. And he had to have Coca-Cola. Then a couple years later, he said, "Mommie, everything is going to be fine. And I'm going to be leaving earth in 2031." He still needed the Coca-Cola. So the mother started doing emotional work to deal with her son.

One child was always seeing Devas. She would say, "Look, Momma, they are everywhere." And things were always missing from the house. Finally, the child told them to put out gifts for the Devas — crystals, rings, cookies — and after that everything was fine.

Another little girl of four or five years was behaving badly (in her mother's view), so the mother said: "Don't bother me any more, stop it, you're just like Grandma." And the child giggled and said, "Now you know why I came back." There was a case of a young boy who had a white rabbit for seven years. Nobody else could see this rabbit, but the child could see it. If they were going somewhere in a car and the rabbit had not had a chance to get in, the child would say, "Stop the car, you closed the door before the rabbit came on." Then one day they stopped hearing about the rabbit and asked the child if it were still there. "No," he said, "it's gone." So I tell these stories to the groups of mothers, and it helps them to understand, because they recognize their own children in them and that makes them feel better. They are not the only one. Everybody gets a point of recognition.

**SB:** How do you think these children can best be helped?

**CH:** We need to help the family, to change the culture of the family. This starts with the mother, allowing her not to feel guilty. We tell her that her child is okay, and that she has a right to know more about what is happening. We say that the problem is not that she has failed to "control" her child, as everyone is telling her. The husband says, "What are you doing to the child?" Then the school complains. So the father makes them go to a doctor, and the doctor makes the mother feel guilty. They perform an IQ test on the child that shows borderline genius, and now everybody is really convinced that the behavior they are seeing is *wrong*, and that it must be the mother's fault. By the time the mother gets to our support services, she's had about eight authority figures telling her that she's doing something wrong, trying to make her feel guilty. That is why my website is free. I want the mother to feel it is her right to have this information. She needs it, because she has been criticized by just about everyone.

**SB:** Do you work also with the children?

**CH:** Yes. I show them ways to sort things out. Again, they need to believe that they are okay. And many times they are not going to get support from their family, so I try to help them be self-supportive. I use color therapy, AuraSoma (see [Introduction to AuraSoma Therapy](#) in our March issue), Sacred Geometry, and Light — I have them see themselves in a sphere of Golden Light where they are protected.

I use intuition to select an approach that will work for each child.

**SB:** Do you see particular patterns in the children's behavior?

**CH:** Yes, this is one of the keys to understanding what is happening. It seems, at least in my experience, that these children are *going* to show us the dysfunctional behavioral patterns of their family. The children are creating their behavior in order to heal the family. If the family doesn't "get it" and you take away whatever situation the children have created, they will create something else! They create whatever is necessary to clear the emotional field — and they create it *in the open*! It's right there on their nose, not hidden in their t-shirt. I say to the mothers, "Let them help you." The children are like the dolphins, sending their energy everywhere. They are Silent Healers. They are pushing their parents in order for the parents' to release their own emotional blocks. The children will push all the buttons, they will just do it. If we don't want to learn, they will go to extremes.

**SB:** How do you feel about the use of Ritalin?

**CH:** I have the ability to "see" energy, and what I "see" is that Ritalin simply kills them. It's like they are dead. Zombis. Cut off from the Light. They "function," but now they do what everybody thinks is right. They stop being system busters. They just stop. Because they are dead. They are not connected to their life purpose any more.

**SB:** Carolina, we're talking here of Indigos, and also many of us here know about the Children of AIDS and the SuperPsychics. But I understand that there's a third type of New Child being described in Europe. Could you tell us something about this, please?

**CH:** Yes. They are called the Resilience Children. I think that's probably the best translation. These children are in *very* socially wrecked families and surroundings. Yet they seem not to be touched by any of it. Like the lotus that blooms in the mud, in the dirt, they flourish no matter where they are put. They just don't resonate to the negative emotional stuff.

We don't have so much of this type of environment in Europe, because we do not have the extreme poverty that is found in America. So there are not so many of these children there.

**SB:** I would not be surprised if these children also existed in great numbers in the United States. Perhaps nobody knows about them because these kinds of families don't receive help or attention.

Carolina, could you please tell us what you are planning for the future?

**CH:** My focus is to have support groups for the mothers and families of the Indigo children in every town in every country. I want to help in creating support everywhere for families, teachers, doctors...

Most of all, I want to help so that the mothers can be strengthened and can stop feeling guilty. When all the mothers start talking together, then we can get out of the negative aspects of the male energy. We can create the reverse of what Hitler tried to do. I want everyone to be aware that the New Children are children of a new time. They are helping us to create a new world.

## **You Are the Colors You Choose**

### **An Introduction to Aura-Soma Therapy by Cristina Bacciotti**

Choose four Equilibrium bottles from among the existing 102. In simply making this choice, the colors will begin to reveal to you who you are, where you are coming from, what your mission and goals are in this life, and what the resources are with which you may greet them. Gradually, the colors help you to blossom - to be more aware of the Inner Life which many of us so often forget. And in the process, your physical body heals. For when soul, body, and mind communicate and move in the same direction, we rediscover that inner harmony which is the essence of health.

#### **What is Aura-Soma**

Aura-Soma is a natural healing method that makes use of the vibrational powers of color, crystals, and natural aromas combined with light in order to harmonize body, mind, and spirit. Aura-Soma healing came out of England in the beginning of the 1980s. Aura-Soma and the Equilibrium bottles were created by Vicky Wall, a healer and herbalist who had dedicated her life to spiritual research and the treatment of illnesses with plants.

Like her father before her, Vicky Wall was endowed with "second sight"; in other words, she could see the aura that surrounds all human beings. Her father belonged to the deeply religious Hebraic group known as Hassidin, and was very interested in the mystical aspects of the Bible. He was a Master of Kabbalah and Zohar, traditions from which he inherited knowledge of the medicinal and therapeutic uses of herbs and other plants.

In the early 1980s, Vicky became completely blind. After this, she began to "feel" a voice inside her, inviting her to create these magical bottles, which divide the watery from the oily essence of various plants.[†] Vicky used to say that "antique memories" came back to life as the colors of the bottles took shape in her mind.

#### **How Aura-Soma Works**

This holistic therapy is strictly connected to the concept of color, which has therapeutic uses going back to ancient times. Every color is a wavelength of light whose specific energetic quality can influence the whole range of human emotions through the chakras. Today, we all recognize that the chakras - whorls of energy that rotate in our etheric body - are made of a number of colors, but that one color dominates in each chakra. Aura-Soma means "etheric body-physical body." The etheric body, or aura, is an electromagnetic field that clairvoyants see as colored rays emanating from the spine. As we know, colors are simply wavelengths of light. But we also know that we are actually made of light ourselves. As such, our own true vibration is mirrored in various frequencies of color. When we choose colors from among the Equilibrium bottles, we do so because those particular colors "speak" to us, and we are seeking to understand what it is they want to tell us.

By bringing into our etheric body the colors we have chosen from the Equilibrium bottles, we are re-establishing the aura to its natural rainbow, bringing balance to the aura and to the even-more-refined bodies that make up the totality of our lightbodies. So the Equilibrium colors are simply bringing us into the light of our own "true colors."

### **How the Colors Heal**

In alternative healing, imbalances are understood to have been caused by the way we respond to emotions - with thoughts and decisions that have altered our deepest essence. When we use colors through the Equilibrium bottles, we synchronize their wavelengths to the ones of the body's electromagnetic field, harmonizing these imbalances. Unlike most therapies, in which the healing substance is chosen by the therapist, Aura-Soma is totally and almost uniquely non-intrusive. For it is the person who seeks healing who chooses his or her own colors. This is important, for it strengthens our bond to the Great Healer we carry inside ourselves. When we can stop the chattering of the conscious mind and go into the Silence, this inner healer, our Higher Self, knows the right thing for us, and chooses wisely. We can truly say that Aura-Soma is a method of Self Healing.

### **Aura-Soma Diagnosis**

Although diagnosis using the Equilibrium bottles was not discussed in this article, I will give a simple summary to enrich your understanding of Aura-Soma. When I was in England I had the opportunity to speak with people close to the Aura-Soma method. They told me how the patient in the very beginning of the healing process was asked to choose a single Equilibrium bottle/colors, and then to hold the bottle for a period of time. Then the bottle was completely shaken up and set in front of the patient. As the two liquids settled, the Aura-Soma therapist could "read" the way they recombined; this would tell the therapist what was out of balance with the patient, not only physically, but emotionally, mentally, and spiritually. Once the problem was seen clearly, the patient would proceed to use the colors to heal themselves.

Drunvalo

### **What the Aura-Soma Colors Mean**

Red: Energy, grounding, survival issues and the material side of life.  
Coral: Unrequited love.  
Orange: Independence/dependency. Shock. Trauma. Deep insight and bliss.  
Gold: Wisdom and intense fear  
Yellow: Acquired knowledge  
Olive: Creating a space for clarity and wisdom.  
Green: Space. Search for truth. Panoramic consciousness.  
Turquoise: Mass media/group communication. Creative communication (art).  
Blue: Peace and communication.  
Royal blue: Knowing why one is here.  
Violet: Spirituality. Healing. Serving others.  
Magenta: Love for the little things in daily life.  
Pink: Unconditional love. Caring.  
Clear (white): Suffering and the understanding of suffering.

† "What is up is like what is down; you will divide the raw from the subtle to everything of One."

-Hermes Trismegistus