

The Cosmic Paradigm Newsletter
by Mark Kimmel
April 10, 2006

Competing agendas. As I scan the current outpouring of the media, I see competing agendas. As I read my emails, I see competing agendas. As I travel about this country and abroad, I sense, see and hear competing agendas, agendas competing for attention and energy, for money, agendas to enslave, agendas to uplift, agendas from this sphere, agendas from off-planet.

Over the past year, I have visited with people in sixteen different States and four foreign countries. By the time I return to Colorado in August, I will have visited with people in another thirteen States and an additional five foreign countries. My conclusion from my travels thus far: Almost everyone senses that "something is not right," that we no longer have business as usual. For some it is the highly unusual weather, for others it is the turmoil in Washington, for others it is a pending economic crisis, for others it is the environment or the disappearance of species, for some it is the assertions surrounding 9/11, for some it is memories of paranormal events, and for others it is information coming from our off-planet allies. Yes, an awakening is underway.

A few within the media are awakening:

"Be worried. Be very worried" These words are on the cover of Time magazine talking about climate change.

"Long-lost gospel of Judas casts 'traitor' in new light," proclaims the front page headline of USA Today.

"Russia, Iran and Qatar have 58% of the world's natural gas reserves. The U.S. has 3%." This is from an advertisement in The Economist.

Assimilate the Larger Reality; then scan any major newspaper. You will find the political and economic machinations misleading, almost comical.

Find reliable sources on the Internet; make use of them rather than the major media. (Below, I have included information from Internet sources -- they point to some of what is going on behind the headlines.)

Yes, I see people waking up. At the same time I am meeting very few people who are acknowledging their enslavement, who are fully awake to the Larger Reality. Very few who want to admit to the reality of the Earth paradigm (enslavement is not limited to the U.S.); fewer yet who are turning their backs on it. The allure of the known is powerful; embracing a less defined reality requires courage.

From everything I see and sense, I believe we are at the critical juncture of human existence on this planet. And what we decide here will reverberate throughout the galaxy.

The human situation on this planet continues to devolve-- as it is currently going, we are headed toward some very unpleasant times. The predictions of totalitarian government, economic meltdown, extreme weather, global shifts and more are all too probable.

Are there some bright spots? Is there hope? Sure, I am encountering incredible people -- awake, concerned, connected, energized, and spiritual. Yes, there are those. But they are too few -- as yet.

You and I are 3rd dimensional incarnations of a divine fragment. As such we are extraordinarily powerful, more powerful and beautiful than any of us imagine. We are the actors in this planetary drama. This planet was created according to a script determined long before we first arrived here. We are powerful enough to be causing our own devolution by our collective acquiescence. With our concurrence, our divine fragment is manifesting not only physical bodies, but our physical environment as well.

With our collective assent, we can avert all pending disasters -- yes, even the physical ones. By joining in sufficient numbers, we can exert a powerful counter-force to those who would cause our continued descent. And make no mistake; there are those who are working toward our ultimate enslavement. Nonetheless, by our collective actions, we can turn this planet from its downward spiral into a veritable paradise.

There is no doubt, in my mind, that the Divine Plan of the Creator will prevail. Ultimately this planet will become a veritable paradise, as intended before outside forces took control and enslaved our ancestors.

THE ONLY QUESTION IS: "HOW BAD WILL THINGS HAVE TO BECOME BEFORE ENOUGH PEOPLE ASSERT THEIR EXTRAORDINARY POWER?" When a critical mass of enlightened activists is achieved, all Earth humans who desire to do so will transform to a higher dimension.

There is a bifurcation coming. Those who are ready to turn their backs on the Earth paradigm will transition to a higher dimension. Those who find this 3rd dimension to their liking will get the opportunity to repeat the experience again, and again, and again. Gaia is not waiting for all to ascend with her. She has already begun to shake off those who are not prepared to move forward.

And what should we do, beyond holding the vision of a transformed planet? What more beyond turning our backs on the Earth paradigm?

The "Rambo" solution (countering the power of the bad guys with a stronger power from the good guys) had repeatedly failed to bring lasting transformation. In the vein of quantum physics, we are to become observers who influence the course of events by observing. More than that, we should strive to be loving observers, observers who influence by holding a loving attitude.

Beyond that we are to become living examples, living examples who affirm the way in which we would live in an enlightened world, living examples to others. Revolution always begins with a few dedicated individuals. This critical juncture is no different.

If you would become actively involved in this transformative process, join the Cosmic Paradigm Network at <http://www.cosmicparadigm.com/>

In Truth and Love,

Mark Kimmel

From: "Sovereign Society's Offshore A-Letter" <info@sovereignsociety.com>

Date: April 6, 2006 2:23:21 PM EDT

Subject: A-Letter. 04.06.06 Patriot Paranoia

Dear A-Letter Reader:

I think it was the late drug-addled Kurt Cobain who, before he died at his own hand, sang in one of his grunge ditties: "You're not paranoid if they're really after you." The thought was hardly original with poor Kurt, but these days, with the Bush administration and its open-ended war on terror, the phrase has new resonance.

Put aside for the moment the horrendously unconstitutional PATRIOT Act and its evil consequences; secret police spying on all our finances and banking; arrest and detention for years of US citizens without charges filed or right to counsel. Put aside the secret, Bush-approved NSA wiretapping and FBI searches without warrants clearly required by federal law. You can even forget for a moment the confiscation and forfeiture of millions in private bank accounts, based on nothing more than a presidential directive and suspicion by federal money police with no due process and no judicial appeal.

But consider these choice items in the news, mostly ignored by the "mainstream" media:

1) PATRIOT Act games: This was supposed to be an "anti-terrorist" law. We previously have noted that the Act is being used for easy secret police action against any alleged "crime" they choose. Two federal judges ruled in secret that the Act can be used in any criminal investigation, not just those involving alleged terrorism. Yesterday's Wall Street Journal ran a front page article showing how the greatly expanded Act powers, that waive many usual constitutional rights, were used to convict, possibly wrongfully, a US citizen of Lebanese extraction, of buying stolen baby food! Eight years in prison based on evidence obtained with secret anti-terrorist investigations that the defense counsel was not allowed to see. LINK (subs only): Please click here for more information.

2) Drones may prowl US skies: Unmanned aerial vehicles have soared the skies of Afghanistan and Iraq, spotting enemy encampments, protecting military bases and even

launching missile attacks against suspected terrorists. Now police UAVs may be flying over the USA. Testimony before Congress this week from police agencies envisions using UAVs for everything from border security to domestic surveillance high above American cities. Smile when you look up! LINK: Please click here for more information.

3) Federal mass detention centers: Shades of the mass roundup of Japanese Americans in 1941-- the US government has awarded a \$385 million contract (to Halliburton, of course) for the construction of "temporary detention facilities." These would be used, the US says, in the event of an "immigration emergency." Read this one and wonder what's next -- LINK: Please click here for more information.

4) Get out the RAID: The Pentagon is trying to develop insect cyborgs able to sniff out explosives, or "bug" conversations (pardon the pun), by lurking unseen with micro-transmitters strapped to their bodies. The cyborgs -- half insect, half robot -- would be created by inserting tiny devices into the bodies of flying, hopping or crawling insects while in their larva or pupa stage, so that the mechanisms become part of their bodies and ultimately allow them to be moved by remote control. And you think we are making up this stuff? LINK: Please click here for more information.

5) No longer "safe" deposit boxes: The rumor is that in the event of a "national emergency" agents from the US Dept. of Homeland Security will be in charge of opening safe deposit boxes and determining what items will be given to bank customers. No weapons, cash, gold, or silver will be allowed to be given to box owners. Bank employees have been told not to discuss this matter in public. LINK: Please click here for more information.

In pop culture, "paranoia" is used to describe excessive concern about one's own well-being or persecutory beliefs concerning personal threats to ourselves or our property, often linked to a belief in conspiracy theories. In psychiatry, "paranoia" describes a mental illness. So are we all going crazy?

That's the way that it looks from here...but I wonder who else is looking?_BOB
BAUMAN_Editor

Is Your Bank a Casino?

Behind closed doors, the world's largest banks and corporations make secret transactions worth trillions of dollars. These transactions can affect every investment you own: Your stocks, bonds, mutual funds, even your real estate. And one unexpected move could set off a devastating financial chain reaction. It's happened before. For all the details, and to learn how to protect your wealth from this growing risk epidemic, click here:

LINK: <http://www.isecureonline.com/reports/190SWWTC/E190G400/>

Offshore

Trusts Busted in the U.K

If you live in the UK and are planning to set up a trust, think again. UK Chancellor Gordon Brown just tightened control on all UK trusts. All trustees must pay an inheritance tax of 20% on all gifts to trusts. Trust holders must pay a 6% charge on the trusts that exceeds £285,000. Add that to beneficiaries' inheritance taxes. Tax lawyers are screaming bloody murder over the new policies - saying "virtually every will in the country" will have to be rewritten. LINK: Please click here for more information.

Wealth/Investments

Market Warning: Treasury's Approach Critical Yield

Since 2003, equities worldwide have powered to fresh pre-9/11 highs and, in some cases, new records altogether. But with U.S. bond yields now testing 48-month highs, fears are growing that the long overdue stock market correction is rapidly approaching. U.S. and international stocks have now logged over 41 months of gains without posting a decline greater than 7%. That low volatility and long bull run have made many investors dangerously complacent once again. Yet, in the US and abroad, bond yields are now at their highest levels since June 2004, as central banks grudgingly ratchet up short-term interest rates. In the US in particular, the ten-year Treasury recently hit 4.87%. If bond rates rise over 5%, you can expect stocks to suffer a sharp correction as higher financing costs squeeze corporate profit margins, and put the kibosh on the US consumer's relentless buying binge. I expect we could at least see a pull back of 10% to 15% from current levels. Increasingly, cash is looking good in 2006 as rates head higher.

Eric Roseman, _Investment Director of the Sovereign Society

Privacy&Rights

Thwart NSA Wiretaps

There's an easy way for internet users to make phone calls secure enough to frustrate the NSA's extrajudicial surveillance program -- Phil Zimmermann's newest encryption software, Zfone. Zimmermann, the man who released the PGP e-mail encryption program to the world in 1991, only to face an abortive criminal prosecution from the government, has been trying for 10 years to give the world easy-to-use software to cloak internet phone calls. On March 14, Zimmermann released a beta version of the widely anticipated Zfone. Get it here: LINK: Please click here for more information.

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Selamat Jarin! We return once again, dear Hearts! Around you is a reality that is transforming rapidly into something wonderful! It is changing subtly on a number of levels. In recent reports, we discussed how these changes are affecting your entire local reality and her many "compadres." This process is being reflected throughout this galaxy as the dark followers of Anchara (the dark lord) adjust to these same changes in their former homelands. The cessation of a galactic war and the animosities that accompanied this long period of strife has brought new opportunities for change. These various dark empires, which were unused to the degree of freedom offered them by the Light, see your world as a fitting example of what they are currently doing. Hence, you are being

watched closely by a large number of newly formed star-nations and star leagues. These many groups form the vast ever-changing fleets that ring the outer regions of your solar system. It is their sincerest wish that you quickly succeed in your tasks and permit this first contact to be summarily completed.

As you move toward your inevitable destiny, our fleet can observe how the time-space continuum that envelops your world is transforming. Each year, about 30 minutes of time is shaved off. At present, your day is actually just under 16 hours. This time change is not noticeable since your reality adjusts quickly to these changes. For example, your clocks and calendars function as before. Nevertheless, this modification has quickened your seasons causing odd changes in your weather and climate. Added to this are the environmental changes induced by worldwide pollution. These factors are joining forces with the ongoing reality shift that you are currently going through. In short, your world's reality is being acted upon by a number of immense global indicators. Many of the Earth's changes and even some of your most intense political and economic difficulties are partially due to the coalescing of these important factors. Our duty is to report this to you and prepare you for what lies ahead. Thus, you need to see Mother Earth and the Universe she is part of as a living, interconnected and highly conscious entity.

When you view the Universe from this mindset, you start to see things that were hitherto obscured. Change, as previously noted, can be subtle and quite contextual. An automatic process based on your past perceptions filters your understanding of your environment. Thus, many current observations may not make sense to your mind at first; they are altered by past belief systems into the verisimilitude of the commonplace. The solution is to constantly question all you see and hear. The Universe is reflecting back different images that are often blocked by old notions of what is real. One example is looking at "stars" in the night sky that behave in a strange way; your mind tells you that the odd light patterns and apparent movements are caused by distortions in the Earth's atmosphere. If you spend enough time with this, you can see that this is not the case. Likewise, weird sounds and unaccountable feelings of uneasiness can signal that something is amiss in your reality. These are positive portents that your reality is indeed changing.

What we are getting at is that your reality renders up her indicators when you are truly ready to see and hear them. This mode comes from showing your dedication and commitment to the Universe to perceive and accept her as a living presence. When this divine moment arrives, you begin to view the Universe in a more holistic way. Next, you can see consciousness behind every action. You live in a constant state of learning in which the "awe of the new" never leaves you. As a "child of Creation," you embody a never-ending learning mode. Even though you planned many parts of your life in detail before you were born, there are, nevertheless, opportunities in life for learning about new things and discovering more about how this wondrous Creation operates. You have come to Mother Earth in order to learn, and add your personal touch to this marvelous concoction-your living reality. In turn, this reality has many vital points of wisdom to share with you.

Your reality is as much a part of you as you are of her. All living Beings are immersed in a great unity that ultimately becomes the Creator. Your greatest prophets and seers have expressed this truth. This living Universe is composed of a divine Light ordered by Love. Indeed, the mathematics we use is based upon the transintegral properties of all things. This calculus uses consciousness as its base and not the natural material distortions of physicality. One of our purposes is to teach you the principles of our science of consciousness and how to quantify her properties. Then, the many anomalies present in your observations can be easily accounted for. As you begin to integrate the various aspects of this science with your own, you can see how the process called enlightenment operates. You can begin to successfully quantify "miracles" and learn how the gracious acts of Creation relate to the divine plan.

Consciousness is Life! Divine consciousness expresses herself in the multitudinous living forms that are a part of physicality. Physicality is just one aspect of these forms' manifestation; the endless dimensions and realities of the spiritual realms are yet another. Heaven and physicality are part of this greater whole called Creation. When you begin to find the wondrous connections between them, you can fully perceive Creation and behold the way the sacral has moved and manifested all life. Then you can intuitively and with great measure observe the innate beauty found here. This beauty brings incredible joy to one's Soul and shows you the greatness that lives within us. Your task is to absorb this beauty and apply it to your life mission. Our task is to guide you by showing you the path that can lead to your enlightenment.

The Creator has lovingly given us the means to apply our consciousness and, by so doing, to unfold Creation. This task is part and parcel of an even grander assignment. That is, to use each life divinely granted us to gain enough wisdom to enable us to affect the way Creation continues to reveal herself to the Universe. These tasks define each of our lifetimes. As you rise in consciousness, the connections you have with each of your lifetimes grows in intensity. As this connection is further realized, it increases your abilities to bring forth the materializing of the divine plan. Likewise, as you become more empowered, you start to see how each life forges the great Heaven-birther Life streams and leads you back to the triune Godhead. Indeed, enlightenment produces an unbelievable feeling of oneness, expressed by the ever-rising bliss that becomes You!

This transformation into a fully conscious Being is a great joy that awaits you. We come to make this transformation possible and to prevent the dark from succeeding in any possible sabotage. The coming moments in your history are when the ridiculous can collide with the sublime and, in so doing, produce a new reality for your global society. This new reality moves you beyond the realm of your present planetary state and permits you to become galactic. In this mode of Being, you can swiftly achieve all that we have discussed with you today. Look upon your future with joy and know in your hearts that the new reality you seek is close at hand. Those on your world who seek to thwart you are now learning the futility of their dark ways. The crescendo of bells symbolizing your great victory is ready to peal forth!

Today, we talked about consciousness. We told you about how this reality is inevitably changing. We asked you to continue to become more aware of how to perceive these subtle changes. We further ask you to apply your growing wisdom to allow your great abilities to manifest the new You! Remember, Together, We are indeed Victorious! We now take our leave. Blessings, dear Ones! Know in your Heart of Hearts that the perpetual Supply and infinite Abundance of Heaven are indeed Yours! Selamat Majon! Selamat Kasijaram! (Sirian for Rejoice! and Be Blessed in Love and Joy!)

Life's diversity 'being depleted'
By Tim Hirsch
BBC News Environment Correspondent

Virtually all indicators of the likely future for the diversity of life on Earth are heading in the wrong direction, a major new report says.

The Global Biodiversity Outlook (GBO) is published as national delegates gather in Brazil under the UN Convention on Biological Diversity.

The Convention commits governments to slow the decline in the richness of living systems by 2010.

The GBO says "unprecedented efforts" will be needed to achieve this aim.

It sets out 15 indicators of progress towards the 2010 target, ranging from trends in the extent of wildlife habitats to the build-up of nutrients such as nitrogen which can harm aquatic life.

Only one of the 15 - the area of the world's surface officially protected for wildlife - is moving in the right direction for biodiversity.

GLOBAL ECOLOGICAL FOOTPRINT

Resource demand challenges Earth's regeneration capacity

Fish are harvested faster than their natural replacement rate

Water is being withdrawn faster than aquifers are replenished

The biosphere takes one year and nearly three months to renew what humanity exploits in one year, on this analysis

Even here, however, most areas still fall far short of targets to protect 10% of each region with distinctive combinations of species.

The other indicators point to an accelerating decline, which has seen the rates of species extinctions surge to their highest levels since the demise of the dinosaurs 65 million years ago.

Forests continue to be lost at a rate of six million hectares a year - that's about four times the size of the English county of Yorkshire - and similar trends are noted for marine and coastal ecosystems such as coral reefs, kelp beds and mangrove forests.

The abundance and variety of species continue to fall across the planet, according to an index measuring the percentage of species with good prospects for survival; bird variety is on the decline in every ecosystem type from the oceans to the forests.

Less complete indications are available for other groups of animals and plants, but it is feared they would show a similar picture.

Within reach

The report stresses that despite the gloomy trends, the target set by the Convention - involving a stabilisation, not a reversal of these losses - is still within reach.

"Meeting the 2010 target is a considerable challenge, but by no means an impossible one," the GBO notes.

"Unprecedented additional efforts are needed, and these must be squarely focused on addressing the main drivers of biodiversity loss."

These "drivers" are identified as:

- * the loss of habitat, largely through the expansion of agriculture
- * climate change
- * the introduction of alien species which can badly disrupt ecosystems after being carried across the world, often accidentally in ship ballast tanks
- * over-exploitation of wildlife, for example through overfishing
- * the build-up of nutrients through chemical fertilisers, sewage and air pollution

The great challenge in meeting the biodiversity target comes in the fact that these pressures are currently projected to remain constant or to accelerate in the near future - so slowing the extinction slide would involve major changes over wide areas of human activity.

In the jargon, this requires "mainstreaming" of biodiversity concerns into areas of policy well beyond the remit of the environmental officials and ministers from more than 180 countries meeting in the Brazilian city of Curitiba over the next fortnight.

Unless they can convince their colleagues responsible for agriculture, energy, world trade and industry that losing biodiversity threatens people and economies across the planet,

the decisions and pledges they make will do little to reverse the trends identified in this report.

(The American Prospect) This column was written by Paul Starr.

Repeatedly through our history, the liberties guaranteed by the Constitution have been threatened in war by an overreacting government and then reaffirmed in peace by calmer leadership. The Alien and Sedition Acts of 1798, Lincoln's suspension of habeas corpus, the suppression of free speech during and after World War I, the internment of Japanese Americans during World War II, McCarthyism, and the wiretapping of Vietnam-era dissenters -- all of these came to be seen, once fears subsided, as violations of our freedoms and embarrassments to our heritage.

George W. Bush's presidency is another era of overreaction at the expense of constitutional rights, but the prospects for a quick correction are not auspicious. Nothing has helped end earlier bouts of repression so much as the fact that the wars themselves came to a close, and nothing has so exposed our liberties to indefinite jeopardy as the conception of a "war on terrorism" with no end.

The president claims an inherent power to imprison American citizens whom he has determined to be this country's enemies without obtaining a warrant, letting them hear the charges against them, or following other safeguards against wrongful punishment guaranteed by the Bill of Rights. Under his administration, the government has engaged in inhumane treatment of prisoners that amounts to torture -- and when Congress passed legislation to ban such treatment, he declared he would simply interpret the law his own way. Although the Constitution says treaties are the "supreme law of the land," the president has abrogated them on his own. And, we now know, he ordered a secret program of electronic surveillance of Americans without court warrants.

But there is something more dangerous than any of these specific abuses and usurpations, and that is the theory of inherent powers that Bush invokes to justify most of these actions and the possibility of its being effectively institutionalized by a meek Congress and, worst of all, by a deferential Supreme Court.

My concern is analogous to the one that Justice Robert H. Jackson articulated when he dissented from the majority in *Korematsu*, the infamous Supreme Court decision in the midst of war (1944) upholding the constitutionality of the military order to intern Japanese Americans. A judicial construction sustaining the program, he wrote, "is a far more subtle blow to liberty than the promulgation of the order itself." For by rationalizing the order, "the Court for all time has validated the principle of racial discrimination in criminal procedure and of transplanting American citizens. The principle then lies about like a loaded weapon ready for the hand of any authority that can bring forward a plausible claim of an urgent need."

The real danger today is the loaded weapon that Bush and his defenders are willing to put in the hands of all future presidents. Even members of his own party ought to be able to see that danger, and act to stop it.

Americans have been slow to react to Bush's actions because the great majority of them no more identify with the Arabs who are the chief targets of the "war on terrorism" than the majority in the 1940s identified with their fellow citizens of Japanese descent. But the principles that Bush is undermining protect us all. Our Constitution divides the president's authority with Congress and the courts so as to create a system of mandatory consultations. That requirement does not make injustice and misuse of power impossible, but it makes them less likely. To survive, the system chiefly requires that if those in power cannot remember our traditions, they can at least imagine themselves out of power in the future.

Not long ago, the Supreme Court could have been counted on to restore the checks that Bush has thrust aside. But the confirmation of the president's two nominees to the Court may now tilt it in his direction. The common element in the background of the new justices is not merely their political conservatism, but their history of support for a broad construction of executive powers.

The combined effect of a changed court and a putative state of perpetual war could radically distort our whole constitutional framework. An increasing number of congressional Republicans have recently expressed doubts about the legality of Bush's surveillance program. The real battle, however, is about general principles applied across a wide range of policies. Of course, if the voters elect a Democratic president in 2008, perhaps even the Court's new justices may discover constitutional reasons to limit the president's inherent powers. I am not saying this is the only hope. But in a democracy, those who cannot imagine being out of power deserve another experience of being without it.

By Paul Starr

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The Flame of Consciousness
...understanding the Four-Body System.

This article is about the development of the body system over what is perceived as the timeline. To refer to any 'point' in time is to try and place it somewhere along such a line; but because time is simultaneous, all time happens in the same Now moment. Time is relevant to each one of us only as our consciousness focuses upon anything other than the Now moment. In fact, we have become masters at avoiding the Now moment. We can also choose how we will interpret the energy in any Now moment. Yet it is difficult to

write about simultaneous time without confusing tense. Our language is based upon the illusion of the existence of linear time. I therefore ask your indulgence.

__ From the I Am Presence of Isis/Selenna.

When Spirit beings first descended upon the Mother's planet, Earth, we created a culture and a playground of physicality... we came here to have a physical experience for the Source. As seeded star beings, we likened our incarnations upon this planet to a childhood of innocence and joy. We were here to experiment with, and learn about, separation; and in so doing, we would create many new things, including karma and death. Whatever occurred would be deemed successful, but the game would not be over until we became conscious of our true origins, despite this illusion of separation. We have to choose to see through the thick veils and recognise our true unity with the Source, our Father. Only then could we go Home.

The Physical Body

Initially, our forms were vapourous and nebulous. Just being here upon the planet was separation enough. Like children, we ignored and suppressed our fear of being separated from our parent, as we played with physicality. We could merge our energies with other beings, or separate from them, as our will desired.

Pan was the being who anchored the physical body upon the planet. We all created this being as a mirror to explain who we were. With each new feeling we were able to create new forms. Our physical environment could be changed at a whim. Whatever we desired, we could produce externally. Whatever form we wished our physical bodies to take, we could create wilfully. Many mixed creatures were created, with the merging of our energies with animal and plant forms.

We were experiencing wilful, feeling energy... The manifestations of Free Will.

Movement away from the Source involved fragmentation of energy. We continued this by creating fragments of ourselves so we could experience a number of sensations and events at once. Initially, we could reunite these fragments; but within a short time every fragmented piece of energy was expressing some form of denial of a feeling, and this produced another piece of energy in its own right, slightly changed but holding the denied feeling. Like Mickey Mouse playing with the Wizard's spells in Fantasia, the experiment took off, out of our control. We looked up from the game, desperate for a saviour... but there was none. In fear and anger, and feeling very separate, we blamed God for these results! But as far as Spirit was concerned this was part of the experiment.

As denial and its creation, fragmentation, continued, our ability to wilfully change the form of our physicality at whim lessened. Slowly as the millennia progressed, we found ourselves more and more locked into a particular form. We had created half-human/half-animal forms; we had created vapourous fairy creatures from whimsical desire, and we had created monsters from our denied fears.

The creator beings within the Lemurian culture, recognising what was occurring, began the creation of Atlantis to extend the experiment beyond the shores of Lemuria. By the time of the colonisation and seeding of this land, the form our physical body took, looked much like what we know today. (More beings arrived, from beyond the Earth realm to help the entities already feeling trapped in fear.) We had also split into male and female, the ultimate polarity of form, to experience the furthest outreaches of separation from God. This split came about through the denial of Oneness - the denial of the androgyny of Mother/Father God I Am.

Early on in the Atlantean culture, we felt a sense of freedom, having been given a new 'stage' on which to continue the drama. (This mere thought reflected how much we felt separated from the Source. We were now viewing the creation as being external to us.) We had been given a sense of reprieve from the fear energy, we thought. Thinking had begun to be part of our perspective.

As our physical bodies became more stable we could no longer change our form at will, and therefore thought could be accommodated as a whimsical experience, no longer linked to manifestation... or so we thought. When God hadn't saved us in Lemuria, we began to regard this 'external parent' as, at best, rather indifferent; and at worst, the cause of our woes. As we had separated our will from God's Will, we forgot that we were the creators of our own reality. We could still choose to trust that our form would be changed at the external 'will of God' as we now perceived it; or deny the existence of God altogether and be in even more fear. We began to think that some other energy had control over our physical body - fear of death was the result.

This fear actually began to lessen the life-span of each form. Congruously, as the fear grew over our loss of control of our own form, we feared life more as well. As we now perceived it, the will of others (something external) had control over our physical bodies so we had to protect ourselves from unwanted change. In truth, we were still creating what we desired; it was just that fear and denial became such major components of our creations, that we could no longer recognise these creations as our own. We felt trapped at the will of external energy (either God or human). For the first time, we feared that we could be 'killed'. It was at this moment that we really gave away our power. We had created a new piece of the jigsaw of illusion, the one we call reality. The minute we suppress a fear or deny a feeling, we give it power; and thus, through further fragmentation we create a new piece of the puzzle. In Lemuria, because we were still consciously able to create physicality, we had created visible physical beings which reflected our denied feelings and fears. In Atlantis we began creating fragments of energy which now reflected our unpleasant and ignored emotions. These fragments became beings in their own right, just as the physical entities had in Lemuria, and, for that matter, in Mu. (Mu was a state very like Lemuria; and is often referred to as the same place. They were probably better described as 'states of being' although they did have physical locations. Their creation was around the 'same time' and both retreated in consciousness and physicality after Atlantis prospered.)

As more stable separated energies, we began to feel very small and alone which resulted in a great need to form relationships with other energies, now embodied within physical form. We began by creating relationships with a number of entities at once as an attempt to re-form as One from the many fragments we had created in Lemuria. We began enjoying the experiment of sexuality for the first time. Our desire to reunite as One energy was the fuel for physical merging. At first, unconditional Love, and joy at the experiment, was what kept our polygamous households together. Some of us, who are now considering this way of life again, are responding to the far memories of this ideal. We were also feeling the importance of being individuals with separate identities. This meant we needed to name ourselves and the things around us so we could distinguish what was what. We then started to form groups of things, and beings, with similar interests. We had begun to categorise. This went hand-in-hand with self-appraisal, and judgement of each other, and created further separation and still more fear.

The Emotional Body

We then began feeling small emotions: happiness, contentment, sadness, grief, bewilderment, hatred, anger and rage. Fear reared its many heads as we denied more and more of our own feelings, as they became more unpleasant and difficult to deal with. Our own divinity was forgotten and Love changed in our new found disempowerment - it became conditional. It was a way of trying to reclaim some of the power we had lost, but it became 'power over' and had nothing of Love in its energy. We felt confusion and dissolution at the entrapment of our physical bodies. We felt desire, and obsessive want and need of physical merging with each other - it was the only way, we felt, that we could create Divine energy of unity once more! We wanted every aspect of the Source to be One in us! (...And somehow forgot that it was already.) This was the beginnings of lust! Amongst this we struggled and resisted each other. In the atmosphere of fear we could no longer allow ourselves to lovingly be One anymore.

Not only had we created death as part of the Atlantean experience, but in this environment, birth as well. The difference between males and females became more marked. Males had developed larger penises and the ability to create seed. Female penises grew smaller and they developed uteri and ova. The developing emotional body energy gave rise to maternal feelings, as trust was being denied, to ensure the survival of the small human babies amid this background of distrust.

The denial of trust, also meant that mothers became dependent upon the father of their children, and exclusive relationships were sought for the first time. Both parents had their own motives for this. The mothers felt vulnerable... suddenly left with a 'helpless' baby to rear; and the father, through fear, felt his part in the conception and creation of their child would be denied without some special bonding. The concept of monogamy had begun. Patriarchy began to insist upon male supremacy, and so established a culture that denied woman's wider role. The polarity between female and male widened.

As this split was happening, our consciousness of the inner opposite gender lessened. The separation widened in the outer, and internal, realms. Twin-flames were separating further, and with less consciousness of the identity of their divine compliments.

All of this was the result of a wonderful experiment and the effects were not judged by Spirit. It merely was/is. If we have any memory of Atlantis, this turmoil is the legacy we feel. In fact this state of turmoil is still shown to us externally because the separation was not healed then and so we still carry these painful memories in the cells of our physical body until we acknowledge this and so release them. Those who don't remember anything of that time, and especially those who actively work to ridicule the ones who do, are still hiding in the state of severe denial that existed then/now. This is why these external parallel realities are akin.

In our cellular memory Atlantis is a place of Love and Spirit. It was that. It was also a place of great violence. The feelings we have in memory are complex because this movement away from unity into disharmony happened over many millennia and often we were shielded from the truth by others in power who feared chaos more than they loved God.

The Master that we know as Osiris incarnated within this culture. His main task was to anchor the emotional body upon the planet; and at the same time remind us of our inherent divinity which had been forgotten by most, if not all, of us.

In memory and reflection of our own divinity, we also created a class of men and woman of perceived purity to remind us about God. As we lost our Knowingness of the One Truth, we needed another fragment (energy created from our denied divinity, our perceived worthlessness) to take the role of priest - a middleman or woman, before God. It didn't matter if they believed, as long as we were reassured. As this group was established, they avidly preached dogma about separation from the Source, as it was self-serving for them to continue the externalisation of God.

Osiris was teaching the opposite, which was not popular among the priests. They tried many ways to quieten his words and actions. He was very gifted with the use of crystals and, as with many others, they tried to confiscate his crystals to stop the flow of energy from these tools of purity. (This explains why only some could access the power of crystals; for few saw their divinity reflected by them. Crystals are but manifestations of our own energy. They can amplify, activate, generate or transform energy just as our own physical bodies can.)

Osiris left Atlantis when, in a state of reactive fear, the hierarchy was trying to create structures to control all forms of consciousness. There were many who were crucified at the very end, for knowing of, and reflecting, God within; but Osiris didn't choose this for himself - he wasn't one of them. (But, I might add, fragments of his energy did stay to experience this form of physical death. We were all part of this energy of denial. We are in existence now in physicality to hear this denial and acknowledge the fear of separation; and so heal now/then.)

Both Osiris and his twin-flame, Isis, had experienced much of the experimentation of early Atlantis. Their combined energy had split many years earlier, but it still merged on many levels because their conscious awareness of each other as the same energy was undeniable. Their own polygamous household had broken down in denial when Isis became the first female energy to experience pregnancy. They had worked with many other fragments in trying to reunite the energy into the purity of Oneness, but despite their Knowledge of their inner God-ness, as with so many others after them, it did not occur as it was not yet time. The conviction that both had in their hearts for a limitless Love of God and a devotion to the Source could not be stemmed by the bitterness and hierarchical claims of the priests. Atlantis had now become a theatre of 'power-over', rather than the ideal of 'power-with'.

They left before the collapse, with a dream burning strongly within, and they knew it was to be actualised because they could not ignore the God-energy they Knew themselves to be. They had to allow this energy to flow through and express itself. Their own Knowing of At-one-ment with the Source was never doubted. Their combined I Am Presence would not be quietened. The concept of a community of individual beings devoted to their own empowerment and sovereignty was their shared vision. Together they created a community based on Love and Trust in Khym or, what is now known as, Egypt.

By reuniting various aspects of the energy, Osiris and Isis continued the Atlantis experience, using the physical body to bridge the gap of separation we had created in order to learn about our unity. Their goal was to continue to raise the energy of humanity, to close the perceived gap between God and man, and to recognise once more who we truly were.

They attempted to create unconditionally Loving relationships between men and women, in spite of, and despite the development of the smaller emotions emanating from the emotional body. The concept of divine marriage, though not necessarily monogamous or heterosexual, was developed by them in this community at that time. Unlike the concept of exclusivity that came from the earlier separation, the time in Khym was an attempt to bring trust back into relationship. This was not really trust with partner, but trust of God, the Source, and an understanding of the law of highest wisdom - that everything is perfect in every moment.

They were successful in teaching a Knowingness that we were God-energy and even though we appeared separate, in physical form, we still did retain responsibility over our beingness and, therefore, our destiny. By allowing the flow of God-force through the body system without denial, anything is possible. They were merely allowing this flow of unconditional Love; the fuel of consciousness.

This energetic knowledge flowed throughout every aspect of their physical life. The intrinsic energy of the relationship between humble fishermen, farm workers and the Pharaoh reflected this trust. The Pharaoh Loved the peasants who produced the physical wealth He recognising their wholeness and ensured that they had the means to fulfil their

physical, emotional, mental and spiritual needs. The priesthood in Khym had more to do with the teaching and activation of spiritual knowledge from within every individual, than being an agent of God.

The powerful flow of higher energy at this time was the reason why the pyramids and other temples were built. It was the balanced flow of God-energy which built them. They were/are all reflections of the perfect and sacred body system; symbolising the power of the energy available to us through our body should we choose to understand, accept and activate its flow. The body system is the Godhead. This is what was known at that time by Osiris and Isis, and other members of the Great White Brotherhood incarnate at that time, to be shared with us now. The pyramids were built to trigger the consciousness of humanity in this Now.

The connection between the animal energy and human energy had been fragmented and denied during the Lemurian experiment. Much work done by Isis and Osiris was in healing the rift that this ancient denial had created. The animal forms had concealed much of this powerful knowledge and great works were achieved in the merging of the energies. This is why many combined forms are found in ancient Egyptian myth... honouring the great animal energies, such as the lion, hawk, serpent, and especially Apis, the bull, whose vast energy encapsulated the wholeness of Love. Much of this energy has been denied, especially when it was judged from moral righteousness.

They successfully created a place of Love and peace, but the fear energy endemic in Atlantis spread to other colonies after Atlantis sank and the vibrations of the planet densified further. This is the 'fall' of Atlantis.

The belief system of ancient Egypt, thousands of years later, still retained the belief in beings' awareness of their own spirit nature. The Service of Osiris and Isis is only partially remembered in myth, but the beliefs, shunned and mistrusted towards the end in Atlantis, were still in conscious awareness at the time of Akhnaton, the so-called 'heretic' king, who tried unsuccessfully to prepare the way for the energy of Sananda to follow in Egypt. The priest class had so fragmented through fear by this time that it was totally corrupt, and talk of One Supreme God, Aton, with which the masses could communicate directly, was squashed with great zeal. Again, it was 'power over' that proved to be the most effective controlling concept to keep the masses quiet. Sananda's time on the Earth plane was yet to come...

Perhaps one 'mistake' in the long-term vision (if a mistake is possible) was that Osiris did not wean the individuals from the need of a parent figure who would protect them and oversee their lives. A monarch, even in a loving and nurturing capacity, was still reflecting an almighty and powerful image of an external God.

Fear was already seeded before the birth of this idealised community, and so it was difficult to totally reverse the process of eons. By this time, the emotional body was firmly established and denial of this fear would have created more fragmentation, and a wider gap, between Spirit and the physical plane. Ultimately it was of highest wisdom,

and became part of the reintegration process in which we are now involved. It has served to remind us of how important it is to live in the Knowingness of our almighty Mother/Father God I Am, and feel the overwhelming Love so necessary to our continued existence. In fact, it is our existence.

The Mental Body

Whilst the Egyptian culture flourished, the Greek and Roman cultures were experimenting with something new. Many refugees (some in new incarnations and others continuing the same form) came from Atlantis, not only to Khym but also to Greece and Rome. Beings whose awareness had been upon technology, and the physical tended to bring the focus of these concepts to the new nations.

Based upon much denial of feeling and of divinity, aided and abetted by the development of the mental body, their use of logic came to the fore. The Greek culture, particularly, prided itself upon the utmost importance of logical application of thought. The male took great precedence over the female and even sexuality became an entirely male pursuit. Women were mothers or virgins, not sexual beings as such, apart from 'as male conquests'. This took the concept of 'power over' to great heights.

The physical body was greatly admired, and competitive sport was established from this time when the physical body was pushed to its limit for the entertainment of the masses. As virgins, single women could also become part of this activity, as there was no sexual aspect to it. There was glory in the physical/mental pursuits in life and the emotional and spiritual aspects were oppressed and remained in denial.

The Greek myths reflect much of this denial of Spirit. Much of the activity of the ancient Greek gods was in great denial of true feelings. Zeus ruled the heavens through rape, and the fear that his every move generated. He was driven very much by a mental fear and by the physical pursuit of others. He had no Love for other beings but used his tremendous energy to seduce or force his power over others.

Love generated from within the animal world, as found so abundantly and with no judgement in Osiris' Khym, had by now taken on its denied form into bestiality, with any half-human/half-animal being seen as a threat and pursued and destroyed for the so-called "righteous advancement" of humankind.

Much of our Western culture is a legacy from the early Greeks. The logical and mental application of 'freedom' has been accepted in our modern society in place of the spiritual freedom, and its sovereignty as intended by the Source. Politically we have embraced the concept of democracy as a means of creating freedom for the masses. But as with the law and justice, democracy and freedom only pay lip service to each other.

The Romans went to the extent of creating a society where the emperor regarded himself as a god, and consequently expected his subjects to do the same. This was at the beginning of the ruse of the 'divine right of kings'. A convenient subversion that the king

was but one step away from the external God, and therefore ruling with God's consent and approval. (Of course, needing no other!) We no longer have a monarch to rule over us. Some of us still have a monarch as the national head of state but this has lost the literal role of protector and unifier as was a 'king' or 'queen' of old. They are merely an empty symbol, left over from that time.

We now have our individual rights, and these are understood to be 'freedom'. Most of us have accepted this without question; as we have accepted ourselves as physical and mental beings. In our zeal to create this form of freedom we have installed governments and bureaucracies which then ask us to cash in our rights for privileges. Every innate right that we own is now governed/controlled by license or law. We have given over the custody of our rights to the governmental process. This is how little is left of individual 'freedom'. We have given our sovereignty to an artificial 'nation' (notion) rather than keep the responsibility and sovereignty of ourselves within. If we, humanity as a whole, were to regard ourselves as coming from original purity, instead of original sin, we would be able to live in Trust and Love and so keep our spiritual birthright of individual sovereignty and not need to create regulatory bodies to control us.

As this was going on in Europe, the Master Buddha was changing the face of spirituality in the East. His birth and ascension marked the anchoring of the mental body upon Planet Earth. The Buddhist culture is founded upon the discipline of the mental body, or logical mind, and its desire to distract us from Spirit through suffering and pain. They see emotions as coming from the mind in the form of mental corruption, and therefore the mind must be controlled so the suffering and pain of the human condition can be transcended. The mental body is a filter through which we have sent the smaller emotions to be assessed.

The Spiritual Body

The final body to be anchored was the Spiritual Body. The major role of the Master Jesus/Sananda during his final incarnation was to anchor this upon the planet. The 'heart' energy is a way of illustrating the Unconditional Love encapsulated by the Spiritual Body. He knew it would take another two thousand years for this body to develop so our conscious awareness could be strong enough to recognise who we were, and so live as God intended.

The development of the final body is designed to help us awaken and so trigger awareness of our own divinity. It contains certain codes which are being activated now. Throughout the time line, it has been necessary to place triggers so there are many points of reference for this awakening. Many lightworkers have had/are having other lifetimes of full consciousness. The information and knowledge that came into our awareness, then, is aiding us now.

In the beginning, it was easier to be One - it was/is our heritage - but we chose to play with separation until we forgot how to return. We carry guilt, and the resultant powerlessness, like naughty children. This guilt is within our cells; as is the illusion of

powerlessness. So is the rage, dissolution and confusion of Atlantis. So is the fear and hatred, feelings of revenge, jealousy and suspicion that we have suppressed over the millennia. It is these that are reminding us of that time, reminding us that we are of the Source - that we are Divine. Thank them for their Service, for we have denied their existence long enough. It is now time that we allow them their release and find the unconditional Love which will replace this fear in our cellular memory. It is important to clearly understand that denial and release are not the same thing. These fears wish to be accepted and this is the only way in which their release can be assured.

We created these four bodies through the experiment of separation, as a way of understanding the unity of the whole, and ultimately, of finding our way Home again. Within the system are the seven main chakra energy vortices. These act as a filter system which help us ascertain our reactions in all situations in the physical illusion. They are also access points so we can align all the bodies within the system.

More often than not, we choose not to view our four different bodies within the system equally. We have notoriously given the physical body much more attention than the 25% that is its due. We view ourselves as being physical beings. We ignore and deny up to 75% of who we are. We often say we realise that we are spirit beings within physical bodies, but do we truly acknowledge our emotional self as important? This appears to be the one most often ignored. Even in this new age of recognition of our suppressed emotions, we still describe ourselves as "Body, Mind and Spirit". To understand their individual functions, for example, intuition and compassion come from the Spiritual body, logic and sympathy come from the Mental body, feeling and empathy come from the Emotional body; and sensation and distraction come from the Physical body. When we are out of balance, we create physical symptoms to give ourselves awareness of this imbalance. Dis-ease is a messenger to remind us of our fears, and our sense of separation. In doing this, we are reminded of our ultimate unity. But we so often choose not to view these physical messages as such and treat the symptoms as separate from our whole body system, and ignore them, or merely patch them up. The final result is inevitably separation from the physical body - death. We have done this so many times, over hundreds of lifetimes. Surely it is time to use our whole body system for what it was intended. It is a very powerful thing. We are very powerful beings.

Creating the Light Body

Now, in this lifetime, we can choose to unify all bodies back to the Oneness and create our Light Body. We are already the perfect spirit body. This conscious recognition can help us to become whole - live (w)hol-i-ness. This is not only healing in this lifetime but across all time, as we perceive it.

We can use the chakra and four body system to facilitate this healing. Recognition that everything we need comes to us, as Love through a unified field, means that we no longer need a filter system. A unified chakra system will align and harmonise all energies through our extended Heart Centre.

When Love is the major component of interactions, then reactions cease to come from ego in the form of judgement, and are not power-based. These are no longer necessary as our vibrational frequencies increase and we ascend. A unified system will allow all bodies to function in accordance with the frequency of Love-based energy flowing through the whole body system.

This is the activation of our Merkaba. Using the chakra points we can learn to allow the flow of God Substance (Light or Prana) and so realise our own powerful Lightbody. The energy flow works on many levels, not just 2D or 3D. In fact the body system is multi-dimensional and culminates in the actualisation of the Lightbody as the system is filled on all levels with the Energy of God Substance.

Personal ascension, the creation of our Lightbody, can be achieved in many ways including the Ground Ascension Process. Ask Spirit to help! Every request for assistance is responded to, but help cannot be granted unless you ask*. You will know which path is for you, because it will make your heart sing when you hear of it. Once begun, the process of Ascension is exceptionally exciting; and there is no looking back.

Our body is indeed the perfect Divine temple. No other physical temple truly unites All There Is. All structures and forms are illustrations; they are just triggers to remind us of what and who we are. Sacred geometry, glyphs from the ancient past, the pyramids of Egypt are all there to remind us of our own form. They are a map to show us the way Home. We choose to translate the information in a myriad of ways. It is all Truth. We are the Godhead - God within our perfect temple.

I Am united in every moment with the Living Christ, who is the mirror of who I Am.
I Am That I Am.
So be it...

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