

The Cosmic Paradigm Newsletter  
January 25, 2007

This newsletter is a follow-on to my last newsletter of 2006 where we were examining what each of us can DO about the situation on this planet. At that time we took a look at the planetary situation as it now exists. As I said then, and it has been reinforced since, the non-humans -- ETs, celestials, spirit allies -- who observe us are awaiting a sufficient stirring among Earth's inhabitants so that they might offer more assistance. (They are already here in massive numbers, coaching, cajoling, nudging and guiding.) However, until they are invited to do more (our individual choice), and until they can detect sufficient numbers of us demonstrating a willingness to act (a collective choice), they are constrained in what assistance they can give.

Planet Earth is a very special place; the drama that is being played out here reverberates throughout the universe. Our planet is migrating to a higher frequency, a higher dimension; she desires as many as possible of her inhabitants to come along. Will you choose to ascend, or are you stuck in the comfort of this 3rd dimension?

Our topic today, turning your back on the current paradigm, is the most difficult choice for many. When faced with this decision, they will choose that which is familiar, even if it is far from ideal, even if it is uncomfortable, even if it is miserable. They will choose that which they know over that which they can only imagine.

Will you decide to turn your back on the current paradigm: "To be in this world, but not of this world?" What I am proposing does not involve public demonstrations, does not involve self-flagellation, and can be carried out in a very personal, individualized manner. By pursuing it, you become a living example to others. By pursuing it, you get a glimpse of what it means to "be."

Last time we examined the fabricated reality in which each of us is immersed, and saw that this fabrication was being carried out by institutions of our creation, but institutions that have been turned against our best interests. The institutions operating in the interests of those who run them and not in our best interests are: governments, corporations, energy, financial, media, religion, education, legal, and medicine. This is not to say that each and every institution within these categories is self-motivated, but the vast majority are. This is not to say that everyone involved in these institutions is working in their own selfish interests; no, the vast majority of people within these institutions believe that what they are doing is good. What they fail to recognize is that the institutions are taking advantage of them; just as they are taking advantage of the people that they were originally set up to serve.

Keep in mind that it is very important to those who seek to control this planet, and the individuals upon it, that they be seen as the highest power on the planet. It is most difficult for them to admit that there are beings beyond this sphere, beings that might know more, beings that might suggest institutions behave unselfishly, beings that might tell people that what is going on here is not the norm for the rest of the universe. So such

beings -- ETs, spirits, celestials, or angels -- are painted as either distant and/or alien. We are conditioned to believe that contact through proper authorities (church or state) is all that is allowed.

Material coming to us from these beings tells us that the warping of our situation began thousands of years ago, before recorded history. It has built to where each of us is controlled by a variety of techniques coming from institutions. Prior to recorded history, there were civilizations on this planet that were more highly developed than we are today. These earlier civilizations were erased from our history to convince us that it has always been this way and that institutions have always behaved the way they now do.

Given this oppressive structure, what can I as an individual do about it? As an individual I control three things: 1) How I spend my time. 2) Where I spend my money. 3) What I think about. Let's examine each of these.

Time: I have a limited amount of it. If I am watching television, then I am ingesting the messages that the major media wish to impart to me, including the advertisements. If I read mainstream newspapers, books and magazines, I am absorbing the messages contained therein. If I associate with people who drain my energy, I am asking to be treated like a victim. If I spend hours in front of the computer surfing the Internet or emailing, have I sacrificed time with my family and friends? How much time do I allot to exercising, eating and worrying about my health? If I do not take time to care for my mind and soul in the very best ways I know how, I am squandering the days allotted to me.

Money: I vote with each dollar I spend. If I bank with a major national bank I am supporting the financial tapeworm that is devouring my net worth along with those of the rest of you. If I buy food at a major food chain, it is shipped an average of 1,500 miles -- at what cost to the environment? If I am paying on a mortgage, I am supporting the current financial paradigm. If I drive an automobile, I am supporting both the automobile company and the oil company. If I contribute to a religion I am endorsing its message. If I am paying tuition at a college or university, I am supporting the conventional educational paradigm, a paradigm that, most likely, trains me, or my children, to fit into the current system as a docile employee of some institution. If I spend hours worry about my investments, I am sacrificing time that could be spent on things of more lasting value.

Where do I draw the line? I know I struggle each time I pay a bill or purchase an item. Yes, there are minimums that are necessary. We all must eat and survive. But what is a sustainable level for us, for the planet? We are told that BALANCE is the ideal. Nowhere am I challenged more than trying to achieve balance as I vote with my money.

Thoughts: Each of my thoughts is recorded in the Akashic Records. Yes, each though is preserved for my later critical review. What am I thinking about all day long? Each of my thoughts is energy, sent out to the universe, attracting like energies. What energies am I attracting into my life? Are my thoughts of fear? If so, I will attract that which I fear. Are my thoughts of love? The Law of Attraction operates at all levels. And what about

worrying? What problems have I ever solved with worry? I know that my thoughts are already manifesting the reality in which I exist. I know that I can change that reality based on what it is that I think about all day long.

Have I figured out how to spend my time in ways that do not support the current paradigm? Not yet, but I am conscious of it and working towards it every day. Have I figured out where to spend my money in ways that do not support the very institutions that are working against me, against this planet? Not yet, but I am conscious where my dollars go and I am reigning in my spending habits. Am I able to control my every thought to express only love? Not yet, but I am more conscious each day, more aware of the energies I am projecting, more diligent at allowing the dark energies to simply flow past me without getting stuck in my mind.

If we add up each of our time allocations, each of our spending patterns, and our cumulative thoughts, I hope that you can see that we are controlling our world. IF WE REALLY WANT TO CHANGE THIS PLANET, WE MUST, FIRST AND FOREMOST, "BECOME THAT WHICH YOU WISH THE WORLD TO BE" (Gandhi).

(As I write these words, I am struck by the power they engender in me, an encouragement to pursue the balance that which I am suggesting to each of you. Thank you for this opportunity to express what is in my heart. I sincerely hope you will join with me in this endeavor -- for the good of all. At the same time, my wife and I have said to each other that while this path has definite rewards, we understand why so few people choose it.)

Next time we will discuss how to hold the vision of a transformed world, a sustainable world in which each of us would live in harmony. We will look at imagination, our most powerful gift. And I will encourage you to imagine your way to a life beyond the current paradigm.

Interested in adding your energy to those who are dedicating their energies to the positive transformation of this planet? Join the Cosmic Paradigm Network at [http://www.cosmicparadigm.com/Join\\_CPN.html](http://www.cosmicparadigm.com/Join_CPN.html)

In Truth and Love,

Mark Kimmel

P.S. I am sending this newsletter without follow-on articles in the hope that you will read it, access your own situation, and take whatever steps you deem appropriate. Interested in books to assist your decision? Check out [http://www.cosmicparadigm.com/Recommended\\_Books.html](http://www.cosmicparadigm.com/Recommended_Books.html)

P.P.S. One more piece of the puzzle is about to unfold. FRANCE'S NATIONAL SPACE STUDIES CENTRE (CNES) IS TO PUT ITS UFO ARCHIVE ONLINE THIS SPRING. Follow breaking news at: <http://www.cosmicparadigm.com/ufonews/2007/01/french-put->

[ufo-archives-online.html](#) . The address for CNES is: <http://www.cnes.fr/web/455-cnes-en.php>

P.P.P.S. Another piece of our current situation that is being brought into the light can be found at <http://www.planetaryalert.com/> . Access its implications for yourself.

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