

Cosmic Paradigm Newsletter by Mark Kimmel July 16, 2008

Welcome to all the new folks joining us, and thanks to those who have inquired about when they might receive their copy of this long-delayed newsletter. I am most happy to be able, once again, to communicate with you.

We live in times that are without precedent on this planet, filled with both perils and promise. As we move into the crisis preceding a new way of being, we are the center of attention for an entire galaxy. As I have stated before, it is not any one situation that seeks to overwhelm us, but the coincidence of many intertwined factors. The price of oil is driving up the price of food, as well as inflating the price of many products and services. Against this background the value of the American dollar is falling with every action by the Federal Reserve to create more money to buoy up failing banks, support victims of the housing crisis, or continue funding America's war on terror. The economies of other countries are also under pressure as supplies of oil are strained. Couple this situation with the continuing crises in the Middle East and elsewhere, and the plight of disadvantaged people around the world. Add in continued assaults on Earth and her ecosphere. Last but not least we have a vast armada of the craft belonging to our sisters and brothers from other star systems, and unprecedented numbers of off-planet humans and non-humans walking this planet.

From my perspective, the stage is set for a complete change in our way of life. I expect major events between now and the end of this year, entwined with the election and other events in the United States. This will result in "hard times" at the very least, or a collapse of society at the worst. We do indeed live in extraordinary times!

My excuse for not communicating with you, is that finishing the Third Book of the Paradigm Trilogy has proven to be all consuming for the past few weeks. "One, Toward a Civilization of Light" is the story of the final months as we transition to a lighter density. It is filled with information that has been presented to me over the last year by our sisters and brothers from other star civilizations, who wish this information to make its way into our consciousness. In "One" are new revelations about who really runs our world, what we can expect during the "interim time" to a new civilization, how our sisters and brothers from other star systems are already assisting us, and the route to embrace a new way of being. Check <http://www.cosmicparadigm.com/index2.html> for an announcement of its availability, hopefully by mid August. I plan to make "One" available both as a free download as well as in soft-cover printed form.

Continuing with my comments on our unprecedented times, I want to address the necessity of maintaining a healthy body and immune system, both to remain balanced during these times and as a prerequisite for moving into a lighter way of being. It is only those who are functioning at a higher dimension who will survive to restart Earth's new civilization of light.

A few questions: Where will you find water when the public system does not operate? Do you have a source of food other than depending on grocery stores and restaurants? Do

you eat organic and free-range food? Do you have your own garden? Where are you going to get health care when the medical establishment disintegrates? Are prescription drugs going to be available? What about vitamins? Do you have a community of friends upon whom you can depend? Do you have a solid connection to God? In the months ahead, many of our support systems will fail; are you prepared?

As I interact with others I notice that everyone is on edge: "Something feels different." "Things are changing." "Time is going so fast." My interpretation is that the basic energy, of which all is composed, is shifting. Many things are changing and people who are not awake do not know how to handle it. Their bodies are talking to them, but they are not listening. Their souls are trying to communicate, but they find the day-to-day more urgent. They talk about being centered, about being spiritual, but they are not taking care of one very important prerequisite to that goal, the health of their body.

Many people have not taken time to explore the bigger picture or discover their life goals. Not knowing why you are here, at this time and place, can result in sickness and other chronic physical problems. I have one close friend who is drinking herself to death, because she sees no future. I know another who, in blatant disregard for his health, is smoking cigarettes, another who is chewing. Another is ingesting multiple prescription drugs because he is too desperate to grasp a healthy lifestyle.

It is time to look in the mirror and be honest. Are you doing the very best for your body? What are you ingesting? Are you exercising daily? Are you following a disciplined route to a healthy lifestyle? What are you putting into your mind? Are you consuming television news and entertainment? What are you doing to reduce stress? Are you meditating? To what are you addicted? Is it healthy? Are you consuming diet pop, sugar, and other refined foods? Are you over weight?

Am I painting a worst-case scenario? Or is this merely the most likely outcome of mankind's present direction? If events will soon culminate, now is the time to decide to be healthy enough to survive; waiting is not a good option.

I am also meeting people who have adopted a survivalist mentality. I ask them, "Why do you wish to survive when all will be changed?" If they say that they are afraid to die, I suggest they have done it before, probably more than once. If they say that they wish to stick around to contribute, I say, "Great, welcome aboard."

I have come to understand that all is energy. My physical body is but a slow form of it, a materialized, conscious hologram. If I comprehend this, I can change any unhealthy behavior. I can also determine that I wish to function at a lighter density, 4th or 5th dimension, that I wish to be one of those who survives the Earth transition, and that I wish to be a valuable contributor to the next phase of humanity's experience on Earth.

Since the first publication of this newsletter, a number of you expressed an interest in becoming more involved with Earth's transition. This has resulted in over seven hundred,

worldwide, who have joined The Cosmic Paradigm Network with the intent of actively working toward:

1. Combining the energies of those dedicated to the work of positively transforming the people of planet Earth so that this sphere might become a member of the cosmic family of enlightened planets.
2. Providing a safe interchange for those who have had positive contact with star people and/or celestials, and who seek support to continue their work.

Many members of the Network are organized, or in the process of organizing, into local groups. These are in Colorado, Arizona, California (Northern and Southern), Oregon, New York (Metro area), Washington, Virginia, Missouri, Canada (BC & Eastern), and Costa Rica. There are many other members of the Network who are not located near an existing group, but would like to become part of a community.

Let me explain what a local group looks like. Here in Fort Collins , Colorado, we have a number of highly conscious people who think of themselves as a community. We meet regularly to hear inspiring speakers, view and discuss controversial videos, share our contact experiences, provide a positive basis for moving forward, and support each other.

The Cosmic Paradigm Network is now seeking to expand itself, both within these core groups and beyond, to add people who are interested in the same objectives. You need not be a member of the Network to affiliate yourself with this effort, but groups adhere to the Network's goals. Also you need not publicly identify yourself to anyone, other than the other members of your group. You can even be the leader of a group, and still make your contribution very quietly. A group need not make any of its activities public -- unless it cares to.

If you are interested in becoming a member of a local group, PLEASE REPLY TO THIS EMAIL WITH THE NAME OF THE STATE IN WHICH YOU LIVE. I will forward your name to the leader of the closest local group who will get in touch with you.

Given the indicators that our transition is already underway, I feel a sense of urgency to get things rolling. If we are to initiate the "hundredth monkey effect," which is the way in which we will move from our current fear-based paradigm to a love-based one, then we will need active participants, people willing to "walk their talk." Are you willing to contribute your energy to this historic endeavor?

To get things started, I plan to meet with each new group as soon as it is formed. I already have plans to visit Arizona in September.

Now is the time to take care of your body by paying attention to what it really needs. Now is also the time to become part of a community of like-minded people by identifying where you live.

For members of the Cosmic Paradigm Network, I will be announcing a series of telephone conference calls and/or calls using Skype. Members will receive an announcement as to how they may join-in as soon as details are worked out. The purpose of these calls is to keep folks updated on current events and provide support.

In Truth, Love and Joy,

Mark

P.S. Below is a link to the unusually large number of UFO sightings in the U.K. Also, one of the members of the Network, has contributed a beautiful piece about this moment.

British UFO sightings at 'bizarre' levels:

<http://www.telegraph.co.uk/news/newsttopics/howaboutthat/2261941/British-UFO-sightings-at-'bizarre'-levels.html>

Hi Mark, it's Terry

I see that a lot of predictions are coming true on Earth. Things are moving faster and faster. As a musician, I have a very subtle sensibility, which means "vibratory". Things I have myself predicted 25-30 years ago are starting to happen, the earth is starting to get rid of her poisons, I can feel it in my bones. Around me I can feel a sort of chaos amongst others, it's latent, and manifests itself in unrest, more stress, more fright about the future.

I think it is very necessary to stay "light", that is to say conscious as much as possible. I do mini meditations all day long, a few minutes, here, a few seconds there... whenever I can feel other peoples anguishes and "heavy" vibratory states. My technique consists of putting white golden light all over the planet and seeing people tranquil, harmonized and smiling. It transforms me and, as I know from long experience, it does what it does in the invisible. Perhaps others can benefit from what I do... perhaps you could put the word around?

I thought I would drop you this line to let you know that people are thinking - all over the planet - of all who do this work. And also, I wanted to let you know that even if we have never met, I am thinking of you and of all those who "try". You might have rough periods, so, don't get heavy, myself and the others are here, so don't get down hearted because the planet has problems... Sometimes you might have the impression that you are holding this thing up all by yourself. On one hand that's true, on the other hand, not quite: we are there, here, and everywhere, and I think a lot more of us are here than we think.

Light, love and joy

Terry