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mcgrew@cs.rutgers.edu
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I just sent you the six parts of the transcript plus a list of
their tapes
ENJOY!! Let me know if you got them. Don

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THE PLEIADANS channeled lecture by Barbara J. Marciniak
Thursday,
November 15 & Friday, November 16 7:30 PM - Terman Auditorium,
Stanford, California

In her dedication to the enlightenment and transformation of
Planet
Earth, Barbara has invited us to freely share the information
that
was presented by the Pleiadians, so long as it is not sold.
However,
the information remains the property of Barbara Marciniak, and
Bold

Connections, under copyright protection, and it may not in total of in part be reproduced in other forms without her written permission.
John Hornecker

THE PLEIADIANS are a collective of extraterrestrials from the star system the Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are now here as ambassadors from another universe to help Earth through her difficult transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

BARBARA J. MARCINIAK has been a student of Metaphysics for many years. She gives credit to the Seth material channeled by Jane Roberts for her insight into the necessity for conscious, intentional creation of personal experience. Barbara travels extensively. In Athens, Greece in May of 1988, she began channeling the Pleiadians after she and a group of friends experienced a spiritual awakening in the Great Pyramid at Giza. Barbara currently lives in Raleigh, North Carolina where she gives class sessions and workshops with the Pleiadians.

EDITOR'S/TRANSCRIBER'S NOTE

The information in this booklet was transcribed from audio tapes of channeling sessions of the Pleiadians, through Barbara Marciniak, held on the campus of Stanford University, on the evenings of November 15 & 16, 1990. Each session was approximately 3 hours in length.

I have attempted to transcribe the information presented by the Pleiadians essentially verbatim. However, since some of the question from the participants were somewhat rambling in nature, I have attempted to synthesize some of the questions into a more concise form. Also, I have omitted a portion -- perhaps 15% -- of the questions and responses that were of a more personal nature, and thus, of less general interest.

Also, since approximately half of the participants on the

second evening had not been present the previous evening, it was necessary for Barbara and the Pleiadians to recap some of fundamental information. I have thus excluded some of the repeated information from the transcription of the session on November 16, 1990.

In transcribing the audio tapes into written words, it is impossible to capture and portray that portion of the information that is presented by the Pleiadians through emphasis, intonation, and feeling expressed through their spoken words. However, I would suggest that if one is interested in a deeper study of the information and concepts presented, one might want to order copies of the tapes from:

Barbara Marciniak Bold Connections Unlimited P. O. Box 6521
Raleigh, NC 27628

The cost of the tapes for the 4-tape set (90 minutes per tape) is \$24.00 plus \$3.00 shipping and handling. Many, many tapes of other sessions are also available. John Hornecker

November 15, 1990

Good evening! We are here. It is our pleasure to be in your reality once again -- especially in this most auspicious setting -- we are pleased. We understand that those of you who are of Light frequencies have drawn us here. Congratulate yourselves on your cleverness. It is not easy to get our vehicle (Barbara) to travel around and go places -- she has a mind of her own. And that is as it should be, and as it is, and as it will be. Understand that all of you need to have minds of your own, and come into contact and into charge of your own life. So, we are excited to be here.

We are, of course, the Pleiadians, and we are broadcasting live from Stanford University, in Palo Alto, California, among the auspicious hallways of the renowned intellectuals and soon to be renowned Cosmic travelers of this, your Planet Earth.

So, we would like to speak to you about a variety of subjects this evening. "Genetic Encoding-- is that the title that has been given to us? Well, we will expand upon it. We would like to talk to you about the "Harmonics of Frequency Modulation and the Human DNA. Sounds

boring as can be, does it not? But we guarantee that we will give you an exciting time tonight-- absolutely, positively!

It will be up to you to demonstrate how clever you are -- how much you perceive. Those of you who are familiar with our work understand that we are not the encyclopedia of the universe, though we can pride ourselves that we can be upon occasion. When one has an encyclopedia in front of oneself all of the time, one simply begins to regurgitate what someone else has called truth. Yes? And you have all been, some of you impeccable regurgitators, with letters, etcetera, after your name. Yes? You have valued that regurgitation, as it would be. We would like you to begin to use other sources of information, to begin to access the human creation, and to unfold it through a variety of new methodologies.

"Frequency Modulation and the Human DNA" -- it is a grand story. This is Part One of a two part session. We are going to speak to you to set the tone, to set the history, a little bit, of your planet. And then we will see what questions you will have to further comprehend the story.

Mankind is an experiment. Mankind has been designed. So has just about everything else that exists within creation. Prime Creator -- we will use that term -- began the whole shebang a long time ago, in this that you call your local universe, for an experiment -- for greater, what would be called from your terms, self exploration-- self gratification -- self expression. Prime Creator, as it would be, brought energies and essences to life -- extensions of itself in this what you call your local universe -- endowing extensions of Itself the same gifts that It had. Prime Creator in this your local universe gave willingly and freely of its capabilities. Now there are many other universes -- many other ways of designing universes. This one is designed as a free will zone. All would be allowed -- all things.

And so, these extensions of the prime creator went out, and began to

experiment with the Prime Creator's energy as it existed within themselves. And of course they took to task what the Prime Creator said. The Prime Creator said, Go out and create, and bring all things back to me . Quite a simple assignment, is it not? Go out and create, and bring all things back to me. In other words, I am going to gift you of myself -- you go out and gift of yourselves freely, so that all that you create in this universe can understand its essence, my identity. We are anthroposophizing our Prime Creator a little bit here.

Now, these energies-- we will call them Gods -- Creator Gods -- went out, and began to create their own hierarchy. And each succeeding hierarchy created another hierarchy -- to endow --to assist in the development of this, your local universe. Eventually, in one of the galactic systems, the plan came together to create the place that is called, 'Earth-- designed originally to be an Intergalactic Exchange Center for information. Ah, an incredible plan -- a beautiful place -- located on the fringes of one of the galactic systems, ideally to be reached from one galaxy to another -- existing close to many what would be called way portals -- the highways that exist for energies to travel throughout what you call your space zone.

So, the original plan was brought about, and let us say that there was impeccable scurrying and shuffling -- all kinds of things -- to bring about individual representatives of all of the galaxies, so that they could have their representatives here upon this planet. Now some of these Creator Gods, as their jobs were defined to be, were what would be called -master geneticists- -- able to take some of this stuff -- the Creator Gods were able through their hierarchies to bring about and discover and to tie these molecules together-- encoded molecules of identity -- of frequency-- of electrical charges -- to create, Life. And so many sentient civilizations -- many, many,

many --gave of their DNA, willingly, to have a representative of their coding -- their DNA-- on this planet. And the master geneticists set to work, and they designed what would be called varieties of species-- some human -- some different than human-- some what you call animals -- all by playing with the varieties of DNA that the sentient civilizations contributed to make this exchange center of information -- this Light Center.

When we speak of Light. We speak of information. Those of you who have had experiences where you allowed Light to come into your physical body, unflegingly know that once you expose yourself to Light, you begin to increase the amount of information. Your perceptions -- everything about yourself -- begin to change -- you begin to awaken. The darkness of the veil is removed. So when we speak of Light, we speak of the return of information-- the intending of bringing a great amount of information to this planet, whose frequency has been drastically controlled -- but that comes later in the story.

So, the plan of the Earth was a grand one. An as these Creator Gods did not exist in time as you know it, let us say that a few hundred thousand years -- a few million years -- in their terms, were nothing. And different energies were brought to existence. There have been species of man -- yes, just like you -- man looking like you, whose DNA were intact at one time who developed very highly evolved civilizations. This, of course, was a long time ago -- we are speaking prior to 500,000 years ago upon your planet. We are not speaking of civilizations that you call Lemuria , or the civilizations that you call Atlantis -- that is what we call modern, man . We are talking about civilizations that are ancient -- civilizations that -- to give you a little scoop, for those of you who like a scoop --let us say that they are buried under some of the ice caps under what is called your far, far Southern continent -- Antarctica. But that we will save for another evenings discussion.

So, this project as it would be called Earth, was fought over. It looked enticing It looked to be something of desirability of

ownership by others -- and so during Earth's early history there were wars in your space for ownership of this, your planet. Had you ever wondered who owns Earth? Prime hunk of real estate? You think that it is ownerless in space? Ah, you have something to learn about space territories. So there were changes, as it would be, of administration. And the original planners, who by the way, we will say the original planners of your universe of course were of the Family of Light. They designed an information center -- they designed a place where galaxies would contribute the information. The Earth was to be a library-- do you understand -- a Cosmic library a place of incredible beauty -- a place of experimenting how information could be stored through frequencies, through the genetic process.

So, the skirmishes took place. Different zones of the Earth became -- let us say -- lost -- to certain original owners, and the Earth became a place of duality. It became a place of course in this free-will universe, where others, who had the right to do what ever they wanted -- because it is free-will -- came in and took over. We call it raiding your Earth. They did like corporate raiding on Wall Street. Do you understand? They raided the Earth. The raid that you are now to be concerned about is a raid that occurred approximately 300,000 years ago-- what historically speaking you would call, from a Biblical point of view -- certainly from most of your esteemed scientifics -- the beginning of human civilization. But it was only the beginning of the later phase -- as we said, what we call modern man.

The interesting thing about the skirmish that occurred about 300,000 years ago, is that a certain group of entities came, and they fought in space -- as of course many others have fought in space for this Earth principality, this territory, this prime hunk of real estate -- and they won. They beat out Light. It gives you a new idea of Light, doesn't it? So it became their territory. There was great

radioactivity -- nuclear action-- much of the Earth was rent asunder.
And the original specie -- human creation -- the Adam man, as it would later be called -- was in great destruction -- scattered.

So those new gods -- those new creator gods-- were also master geneticists. They understood the process. They understood how to create life. They wanted this territory for their own reasons. Let us give you another hint about why territories are created, and why territories are held.

There is consciousnesses in all things. This your scientifics will one day step off of their ladders and begin to realize. And then you will begin to really own the planet yourselves. There is consciousness within all things. Consciousness communicates continuously. Consciousness vibrates -- or can be led to vibrate -- at certain --what would be called electromagnetic frequencies. Electromagnetic frequencies are very interesting. They tend to act in a variety of ways. One of the ways that we are going to be concerned about in speaking with you this evening is that electromagnetic energies of consciousness can act as 'food'. Feel that concept out -- it can act as food. So that means that just like apples can be prepared and eaten and ingested -- in a variety of ways, perhaps consciousness could be prepared and ingested in a variety of ways. Do you understand?

So, some entities, in the process of their own evolution, began to discover that as they created life, and put consciousness into things through varying the frequencies -- through modulating the frequencies of forms of consciousness. They could feed themselves. They could keep themselves in a existence. They began to figure out that this is how the Prime Creator nourished itself. It sends out others to create a food source for itself.

Now, the new owners of your planet -- this principality in space out on the fringes of your galactic system had a different appetite-- different preferences than the former owners. They nourished themselves off of fear. They nourished themselves off of chaos --

though fear was their primary food source. In some ways, it fed them
-- it stimulated them -- it kept them in power. Understand? So 300,000 years ago, these creator gods that your Bible speaks of -- that the Babylonian tablets speak of -- that texts all over the world, in actuality, speak of -- they came, and they rearranged what would be called the native specie man. And they rearranged what would be called your DNA, in order to have you broadcast within a certain limited frequency band. This has been going on for a long time now.

What part do you play in it? Why are you here? Why are you created here in this story? For some of you, this is just like a dream. We are reminding you of what you know inside of yourselves. We have come onto your planet to trigger your memory banks. We have come onto your planet to inspire the human race through the Family of Light, to begin to create their own reality. We, as Pleiadians, create our experience. We come back through what is called time in your terms, into what would be called perhaps, our past, into a vestige of representatives of Light, in order to share a frequency with you -- a frequency that each one of you has agreed to carry on this planet -- to change the DNA of the rearranged human race. This is a big story -- it could make headlines, you know.

Now, of course the original planners were not about to lose the territory -- did you think they were going to give up so easily? Of course they exist in a different time sector than you. So the new owners came and worked in their laboratory, and created workers, created versions of humans with a different DNA -- the two-stranded double-heli DNA. They took the original DNA of the human specie, and they disassembled it. Yes isn't that clever? They disassembled the original DNA. And they left it, of course, within the human cell -- they simply split it apart.

Within the human cells are what we call Light encoded filaments -- fine glosimar threads of energy that carry information. And when those glosimar threads are working together -- like a cable -- fiber

optics as it would be -- they form the heli -- the helix of your DNA.
Of course when you were rearranged, you were left with two heli --
the double helix -- half lit. In other words, anything that was unnecessary -- that would keep you informed -- was unplugged.
And so
you were left with a double heli that would keep you in what would be
called certain controllable, operable frequencies. And you were set,
of course, on your free-will zone -- you, we are speaking of the
humans, not necessarily those of you in this room of course --
you
are the Family of Light, which is more than human-- much more
than
human. We will get to that in a bit.

And so, let us say that something like an electrical fence -- frequency fence -- was put around the planet. Some of you have seen
what your technological scientifics have created an electrical fence
that you can keep animals with in? So it is that the electrical fence
was put around your planet -- as a control as to how much the frequencies of the humans could be modulated and changed. So, as the
story goes -- this frequency was set around the planet, and it was
made very difficult for frequencies of Light frequencies of information to penetrate. And, when these Light frequencies were
able to penetrate the frequency control, who was there to receive
them? -- the DNA was unplugged. The Light encoded filaments were no
longer organized. And so the creative Cosmic rays that bring Life did
not have something to plug into and to hold onto.

Now there were many noble experiments. And of course the original
planners began to call on what would be the Family of Light, to go to
infiltrate the project to begin to incarnate -- to begin one-by-one
to bring Light information into the place it was lost. And so the
Family of Light began its work here -- coming into a system that was
devoid of Light -- devoid of information-- and allowing through what
would be called the redefining of the laws of man to let these creative Cosmic rays pierce the body individual by individual -- and

then group by group. In very small numbers throughout these eons were these frequencies of information brought onto your planet. In times, great battles were fought-- wars were fought -- information was always looking to be expressed. The original planners knew that, Cosmically speaking, this was a lesson for them, in allowing in understanding the creator gods who took their project.

And so they set about to create their own version of a plan -- at a time when the frequency of the Earth would be altered -- a time when the owners would perish if they could not change their frequency. Their food source would be taken away -- food source of fear food source of anxiety chaos -- hunger -- despondency. Get the picture?

Guess who is removing the food source? You are! As members of the family of Light, you are renegades. You are systems busters. You love to go in and cause trouble. You are famous, your branch of the Family of Light -- your division you are famous for going into system of reality and altering the frequency bringing always, information. It is not your task, as members of the Family of Light, to proselytize. You simply, as members of the Family of Light go into systems, and you act as a receptacle, and you receive the creative Cosmic rays into you body, the bodies that you occupy as humans because you are in disguise as humans -- and you begin to allow a process to take place. Because you are codified, and your memory begins to rise and you begin to respond to the plan that you came here to participate within -- to alter the frequencies -- to hold to keep -- to maintain a certain frequency -- and then to live it -- and as you live it, you affect everyone, every place that you go. This is what you are doing now.

There are many who understand their assignment. There are many whose memories are beginning to rise. We will explain in a few minutes how those memories begin to arise.

The plan to change the frequency modulation of the human specie has to do with the rebundling of what would be called your DNA, the rebundling of the Light-encoded filaments. There is a plan that is gigantic at this time. That you, as members of the Family of Light, are operating in many, many places. In other words, you are not just on assignment on Earth. You are multidimensional, and you have many other versions of yourself where you are busting systems. Paradigm breakers as it would be. So it will be part of your assignment to make contact with these selves, and to understand how other versions of your selves are handling their dilemmas-- how they are busting their systems. Because you see, there are certain Gods, as you would call them Gods, who are behind this process -- what would be called a universal process.

Right now, it looks like it is a very local, Earthly process. It is much more involved then all of that. The Earth is assisting, in its own way, the evolution of the Universe. The Earth is where things are happening at this time -- it is the destined point of frequency modulation. And the human DNA is the recipient and the beginning of this whole process that it is going to affect many, many, many worlds. So, as members of the Family of Light, you agreed to come onto the Earth many times, in many guises, and many different time frames as it would be, to learn the ropes -- to figure out the territory, as it would be -- to become trained to experience Earth and to prepare yourself for the time when the frequency alteration would be designed into the plan, and where you would all be called to incarnate in large numbers, and to bring the plan into action.

This is the plan that is in operation, as we can most neutrally explain it to you, on your planet at this time. This is why the Family of Light, everywhere, is beginning to unite. One thing you must all realize -- you must focus on what you have in common, not what you do not have in common. As members of the Family of Light, you bring information to the planet neutrally to stimulate your own growth. You need to do this.

The specifics of the plan have to do with an evolving DNA -- a DNA that will evolve from two heli to twelve heli. These twelve heli will correspond to what would be called 'energy centers-- chakras, vortices whatever clever name you wish to attach to them inside and outside of your body. There are millions of you at this time on the planet on assignment, who have agreed to do this. Handfuls of you are becoming impeccable. The handfuls are affecting the others, and soon you will begin to have great clarity as to who you are, and what your assignment is.

The chakra centers inside the body are seven-- seven basic ones as they have been understood on your planet for a while, although they are simply, let us say, representatives -- token representatives of certain areas -- there are many, many energy centers in the body. In order not to blow the experiment, so to speak, and to have the frequencies of humans blow their minds to bits, as it would be, great care was taken to bring certain rays, and to temper them, so that humans could evolve quickly with the changes of knowledge, identity, and information. The third heli, when it was evolved in the human, brought about the recognition of feeling, and brought back to the planet the use of the third chakra center. The first two heli -- or double helix-- are involved with your first two chakra centers, survival and sexuality. And if you look around the planet, you will see that the large majority of those on the planet are cycling through those two centers for eons, over, and over, and over again. The third heli, as the Light- encoded filaments begin to bundle, open the potentiality for this (solar plexus) area of your body, the feeling center, where you can begin to perceive information. Where you can begin to perceive reality. Where you can begin to feel connected to your environment, your Earth.

The three heli, once they were taken in certain human bodies, in time, would evolved to three more. They would correspond to the fourth, chakra of the heart the fifth, the throat -- and the sixth, the third eye. They would begin to move the experience of man

upward -- beyond the same old junk -- into something grander -- into something compassionate and loving and feeling expressive in new vision -- to really be able to experience and not just say it.

Then, the next three, connect to the crown, which when open, allows the frequency of Light to enter, to rearrange the body -- to connect man with his spirit self. It is the doorway, the gateway between the physical and non-physical. The seventh, the eighth, and the ninth -- the eighth is an information center located outside of the human body -- for some people a few inches, a few feet, for some, many feet, maybe even many miles -- depending on how far one is able to push one's information gathering center. The ninth chakra, of course, is a chakra center that exists outside the atmosphere of your planet. So it is a planetary chakra. It gets you in touch with the energies of your planet, and the areas in space just outside your planet.

The final three heli which have not been implemented in most humans on a general frequency basis. We can tell you that the story of the heli involved the evolution of the solstices and equinoxes throughout this year, and the final three of the twelve, for those who are able to handle this mutation of energy, will come about in the month of December -- in a period of 33 day energy acceleration (December 1st through January 2nd), where these rays will begin to further rearrange those who have been already rearranged.

Now the final three chakras -- what are they going to do? They are going to connect you with your 10th, 11th and 12th centers. You are going to begin to accept, in great volume, off-planet information. And off planet realities are going to begin to really show their faces. They are going to begin to be acknowledged. Because that is what is necessary. The final three-- the 10th is a solar chakra. It exists within your solar system, feeding you information. The 11th is a galactic, and the 12th is a universal -- out in the auspices of your universe.

Once you, as members of the Family of Light, are able to take this mutation into your body, and are able to integrate various centers of information -- what will happen to you? You will go beyond your personal dramas. Many of you are already beyond your personal dramas -- the nitpicking, the aggravation of everyday life. You relate to it -- yes, so that you can understand how humans contract themselves. It is not for you to become entrenched in these dramas. It is for you to understand that you create your experience to become a conscious creator. And more than that, to become a conscious rememberer of who you are. So as the 10th, 11th, and 12th chakra begin to open themselves, many off-planet energies will begin appearing in your lives, and appearing on your planet, as more, and more, and more of you hold this frequency. As you hold this frequency, you bring information onto the planet. You bring information that will astound and shock most of the world. This process will grow and change over what we call about a 20-year period.

Already many things in certain portions of your world are coming out, and in others they are still in the stone age. There will be a merging of identities -- there will be a merging of cultures --there will be an infusion of many new world orders. There will be much chaos and much confusion. As members of the Family of Light you are to observe it, you are to understand that here is an evolutionary process taking place-- frequency modulation -- and that those who can handle the change frequency by all means will evolve. And those who cannot handle the frequency modulation, by all means still create their reality, and they are never ever, ever, ever victims. The planet is jam-packed with humanities at this time. Those who are here knew darn well what was going to occur in this place -- they wanted to be in the vicinity of great change. So that, in a nutshell, is the plan. It is a good plan, is it not?

We have done our best to give you a summary of what has been going on what you have been battling against, around, and for. And now we would like to turn it over to you to have questions.

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We understand that all of you would like to speak to us, or many of you, so intend in your mind what you would like us to speak about, and sometimes through someone else's question we can weave in your answer as well. We are very good at reading the energies of those humans that we come into contact with, and it is our intention to assist you, as best we can, as you are here on assignment. It is our intention to bring you a sense of upliftment, a sense of understanding that there is a divine plane in operation. And we would like to remind you that all you need do is become clear about what it is that you are wanting, and you can move onto the highways of the divine plan, and begin to operate with impeccability, operate with ease. We will discuss some of the methodologies if this is what you are interested in. So let us turn it over to you.

Question: I have had personal experiences with beings who seem to live off of disharmonious emotional energy. It seems like those beings will almost have to make a decision -- that if that food source is cut off, they are destined to...

Starve! And guess what, they don't want to starve. And guess what, they are coming back here. They are here. Because they understand that there is system busting going on. So they are here to create greater havoc and fear, to fight once again for this territory. Do you understand this? Their food source is very important to them.

Question: Then what is going on in the Middle East would be an excellent way to provoke a lot of food .

Yes. Very good. Also, since you have mentioned the Middle East, let us give you a little tip on the Middle East. As we said to you in our story, the area of what would be called Mesopotamia was where the story was launched. Where these creator gods made their home base some 300,000 years ago. Understand now, that there are portals, or what would be called energy chutes, where one must enter onto planetary existences. There is a gigantic portal in the Middle East -- a pathway of entry onto your planet -- that certain creator gods have owned and occupied for 300,000 years. There have been raids, there have been fights, there have been all kinds of things over this portal. Through this portal, the frequency of mankind can be controlled -- it is not the only portal-- there are many other portals although this is the prime portal that is being fought over at this time. Those creator gods who were here 300,000 years ago are returning. They are still in existence. They do not live, operate, or exist under the same laws that you do. In other words, 300,000 years is not too long to live for them -- do you understand this? That is your time sector, not theirs. They travel through what would be called space. They are very interesting creatures. They have helped develop your civilization. They have helped destroy your civilization. Even amongst themselves they argue and fight. Believe it or not, creator gods do this. Now, back to the question. They are losing control of the planet, so they go back to their prime portal, and they create fear and chaos in their portal area, because that is their nest. Their nest is not above ground, their

nest is underneath the ground.

Question: Then this ties in with the greys and the 'dracos?

It is all part of what would be called a hierarchy. Many of those within the hierarchy do not understand how things operate within the ranks, just as those within the United States military service do not always understand the military hierarchy. It is very compartmentalized. That is a way of maintaining control, compartmentalize the power.

Question: For us who are of the Light, is there something that we can do consciously to help starve these...?

Yes. Maintain your frequency. Absolutely. The way you can best operate at this time is to be a keeper of your own frequency and not going around saving everyone else. Doing everything in your power to keep yourself consistently aware, consistently in understanding of what is going on, and consistent with the frequency of Light which brings you information, and a frequency of Love, which is the frequency of creation.

You see, what is happening now, as the food source is being taken away, and the frequency barrier is being pierced -- Earth's gridwork is being released. Earth, in actuality, is going through an initiation. Earth cares about all of its inhabitants. And Earth is evolving as its inhabitants are evolving into an existence where greater possibilities are everyday occurrences. Where miracles can become the way of life, because they exist within the frequency that becomes available. Each of you assist in making that frequency alive on this planet by living your lives according to your Light, according to what you know. This work is a work of individual nature. Yes, you work in groups, and you have certain leaders. But you must, as individuals, evolve yourselves. For as you evolve yourselves, and as you are led by your Light to live a certain way, what occurs is that you begin to change society.

Question: Who exactly are those beings who think they are the owners?

They are space beings. They have what would be called their own home

in space. They are evolving. They are creator gods. They can create life, although in some terms there are those who would kick them out of the creator-god club, because they feel that they do not value the life that they create. Yet in Prime Creator's universe here, all things are love. Because as all things are love, many, many lessons are learned. So these beings are space beings who came here -- whose stories are in the ancient manuscripts -- they won the fight. They came here because they wanted this place for their own reasons -- for many reasons.

They were miners. For one thing they wanted to explore inside of the Earth, and what was inside of the Earth. One of the things that is very interesting about your education upon your planet is that all of the advancement and understanding of what is going on in your Earth is not made public in the university systems. It is very a secret science -- the inner Earth science -- one that is rather shocking. These beings have great machinery and they have built, or added onto existing tunnel systems. They are great tunnelers. They have built many, many systems underneath the surface of your Earth. These beings like to work behind the scenes. They would not be humanoid in your terms. They would be designed of a different collection of molecules. Some of them can be labeled reptilian in nature -- that is why they are nicknamed the lizies. We believe that if you look around your society at this time, you will recognize -- some of your television shows, certainly from the toys that your children play with -- their return -- their re-emergence into your society. There is quite a subtle program out to introduce you to your reptilian ancestors.

So, they came to take this planet for whatever reasons. They wanted to control the frequencies to have a food source, to mine the interior, to set up a control base inside the interior, and then they set other beings to play with the Earth -- to create patterns of thought -- by inserting holograms onto your planet, to influence an

entire generation to change the course of their beliefs through events. They have been behind most of the major religions, or the distortions of the major religions. They are very interesting characters.

Question: Are they losing control?

Let us say this. They do not think that they are losing control. Do you understand? Because Light is underestimated on this planet, absolutely. The nature of the drama of your planet is quite interesting. Whenever there is a frequency modulation of an existing system. In other words, whenever an existing system is about to change, and the idea or the concepts that the system exists within is about to evolve itself into the bigger picture. Where the inhabitants are about to grow up, as it would be, there is a certain magnetism that moves out from the system. There is a certain magnetism that moves out from the system. That magnetism draws every energy that was ever involved with the system back to the system, so that every energy can be part of the evolution, or the process. So these creatures-- these creator gods of ancient times-- are drawn back here at this time because of the plan. They must participate. They must understand that their frequencies are going to be changed. They are resisting it, just like many humans are resisting. And yet, they create their own reality. And let us say, these beings these creator gods of your last 300,000 years. They have forgotten who created them! They have forgotten their gods. Now, as members of the Family of Light, you are not to judge. Your task is comprehension, and your task is pulling comprehension onto the planet -- creating a stability of energy and a power to create, simply by understanding.

Question: Do they know that we are here too, and that we are already winning the war on another level?

Yes, but they underestimate you, though, even in their own brilliance. Even in their own brilliance they have areas that would be called blind spots. Do you understand? They are so enamored of power that they fight amongst themselves.

Question: But since they know that we are here, wouldn't they want to try to take away our power? Or are they afraid of us? Or would they want to fight us?

Look at your society, what does your society do? Does it strive to empower you, or to take your power away?

Questioner: Take it away.

And so what would you say the answer to your question is? Knowing that these entities infiltrate governmental, religious institutions, and educational systems?

Well, the United States is in for a big roller coaster ride. You have the potentiality to have the suspension of your constitution, to lose many of the rights. Why? Because the humans are entirely too complacent. It is not the Family of Light that is so complacent. You are systems busters. It is the rest of the population that is complacent. That wants to sit back. That is dis-empowered by frequency control, through television and radio. Through all of the things that are designed to create static around the existing DNA.

Question: Yes, but I was talking about us Light Beings.

Let us say to you, you create your reality. No lizard creates your reality. Do you understand?

Question: Yes, I understand. But all in all, wouldn't they want to -- they wouldn't want us to be here if they know that we are powerful. I have no fear of them. I feel like we are so much stronger. But don't they know that in a way too?

Let us say this to you. As you are representatives of the Family of Light within the human population -- within the human drama -- there are versions of the Family of Light within the reptilian drama. All things must evolve! Remember the Prime Creator -- the original decree? 'Go out and create and bring them back to me. Prime Creator is within

all things. And so as you choose to evolve in terms of this human drama, and evolve as human. There are versions of yourselves that are in the reptilian drama. Busting the system open from that end. Within the drama of the greys, within all of the dramas of all of the humans, of all of the players of this time. Because everyone must go through frequency change. Because the old frequency is not going to last. It is already not here. That is why everything is beginning to crumble and fall apart on your planet. That is why there is no stability, because a new order will arise after a period of time.

As members of the Family of Light, you bring about this chaos, to bring new order. Do you understand? And if your vibration is fear. It doesn't matter whether it is public fear or private fear or closet fear. If you are going to vibrate in fear, number one, you had best not pretend that you are not doing it. If you find that you have fear, the first thing that you do is acknowledge that. This frightens my wits out of me. I am frightened of this. Then you can begin to work with it. Because as energy becomes so magnified, intensified as it would be. You will begin, especially as you are working with the evolved DNA, and you have an evolved system. You will create with great rapidity whatever it is that you put your emotional charge into.

Question: I feel that rather than just I create my reality, I am my reality. So that everything out there is an aspect of me. So when you speak about the lizies, does that possibly give me a message that I haven't totally integrated my reptilian brain?

Yes.

Question: And in addition, there are several of us here who are involved in a process in which we perceive our bodies, not as bodies doing movement, but as being movement. And as we work with this process in a sense deprivation environment, and see what impulses come up, quite often deep inner experiences open up what you might call the implicate order -- as yet unmanifested possibilities. Are

the heli that you are talking about?

These are what would be called the information on the
Light-encoded
filaments. Remember the Light-encoded filaments are like fibers,
and
they have this history of your universe in them, all in your
body.
As you begin to evolve yourself, and as you begin to leave your
dramas at the door and as you begin to simply allow information
to
connect from outside you.

You know, you all must get quiet every day. If you are not
getting
quiet every day and moving into meditation/communication, you
will
only get so much. You must do that and get into the practice of
receiving it. Then you will begin to accept the story of
yourself,
and the story of your existence, and the story of your universe.
Now
as members of the Family of Light, what you are going to show
the
planet, is that you are not separated from anything -- that you
are
all one. You are all part of the essence of the Creator.

Now on your planet, of course, different powerful humans and
different races of humans are all acting in separation. And you
had a
President at one time -- clever man by the name of Mr. Reagan --
and
he said something about, well, perhaps mankind would unite if
we had
a common enemy some place. That is paraphrased from a speech
back in
1988, if we recall correctly. Let us say that the story is
bigger
than that. It is not for mankind to unite against something
else. It
is for all of creation to unite and to work in cooperation, for
all
of creation. And for this place that is called Earth to once
again
move back to its original plan, an Intergalactic Exchange Center
of
Information, of incredible harmony and frequency.

Question: I have heard you say on tapes from other sessions that
one
should go to sacred sites, like the pyramids and Peru. Is it
necessary, when you do this inner work, to actually go to
these
sites? Or can you let this unfold from within you, rather than
having
it triggered from without?

Let us say this to you. No, it is not necessary to go. In other words, if you never go to a sacred site and always spend your time in your back yard, you are not going to necessarily miss out. Intent, the ability to clearly map out what it is that you wish to experience. The intent to open your memory banks, to activate memory and the exposure to the frequency of others who have been to these places, is all that you need to experience. In other words, enough humans have gone to the places where data is encoded in stone, the story of your planet and that stone frequency, that is a frequency of information that is not recognized, at least officially, on your planet. And the body, when it moves into a receptive state, can receive the information of this type. That is why many times humans have very interesting reaction to places that they visit. Historically they are feeling the frequency of the history of the site.

Also they are feeling the energy, the knowledge that was stored in the stones of the sites. All of the stones of those sites are usually granite, and there are crystalline structures within the granite. Some of them, of course, are limestone, to keep them from eroding from water. The story is built into the stone -- the stone itself. It is tempered, it is fed, with devices that make sound. It used to be that humans understood the role of keeper of frequency. If you go to Egypt and you look at the glyphs of the walls, you will see a human being sitting in their strange positions, where they are half one way and half another, and their hands will be over their heads. In between their hands is a zig zag of what would be called lightening. That is a keeper of frequency. It meant that the individual was capable of honing into and broadcasting a certain frequency, and implanting some structures with knowledge through frequency, and not just through the written form. So when one goes to those places, one encounters this.

An interesting thing is that there is a multitude of sacred sites that

are still below the surface, or still waiting for a dimensional merge to take place. In the United States there have been many, many ancient civilizations who have participated here, many who left their remnant and these remnants have been covered and buried over quite cleverly, quite purposely. And they will begin to break surface in that ensuing 20 years. Many new discoveries will be brought about, more so than in any other time period of what you call your recorded history. Many have already been uncovered, particularly in the land of Egypt this last year. Because many have gone to break the energy, and yet this has been kept secret, has it not? In Peru was another place the a tunnel system went under the Earth, and a very ancient civilization was introduced by the Bird People in the area of Lake Titicacca -- by far older than the Mesopotamian sites -- buried of course under many layers.

Your planet is an exceptionally interesting place. If only those who are receiving information would have greater freedom to disseminate it, everyone's attitude would change, because they would find that Earth was truly a place to Love, not a place to simply survive.

Question: Who controls our DNA? From what I have heard, there seem to be different intelligences pulling the strings on our DNA. What I would like -- I would to control my own DNA.

Let us say, you are the one who controls it-- once you wake up to that knowledge. You see, the whole planet has been controlled in such a way that you have been taught and trained from the time that you first popped out onto this planet that you are not in control of your reality -- that everything is circumstantial -- that everything depends on something that you have no say in. Wrong! You have complete control over everything. Until you discover that, and until you believe it, you are subjected to whatever anyone else wishes to do to you in this free-will zone. And in your innocence, you have

been exposed to things that have allowed your DNA -- your intelligence and many other things-to be controlled.

Question: You said that the frequency that we have been operating on is disappearing, or has disappeared?

It has been pierced at this time. In other words, think of the frequency that has limited the human experiment as like a radio station. The human experiment has had one radio station that has been effecting it for 300,000 years same old tunes! How do you like that?

But the human experiment was unable to turn the dial to hear a different band -- do you understand? The same frequency was broadcast.

This creates what would be called a quarantine -- a sealing of your planet -- sealing it off.

The creative Cosmic rays set by the Prime Creator and the original designers, pierce through this frequency seal. And they bombard the Earth. However, they must have someone to receive them. Without a receptacle of these creative Cosmic rays, they would create chaos, havoc, confusion. And so you, as the members of the Family of Light, come onto this system to receive the rays of knowledge, and to disseminate the knowledge, and the new life style, and the new frequency to the rest of the population -- to alter, literally, the entire planet, and the way this paradigm is approached.

Question: Couldn't one go to the 10th, 11th and 12th chakras to get this information?

It will evolve within you, when you are ready. Particularly when you have finished with the ups and downs of emotional life. You see, emotion is the key to all of this. You need, as human beings, the emotion to connect you with your spiritual self. Emotion is essential to understanding spirituality. Emotion generates feeling. Feeling is the third center of the body, where the energy stopped.

In women, the feeling center stayed in tact because women brought birth onto the planet. So they were connected with feeling through life. Do you understand? Males became very disassociated with life --

so much so that in most societies men were not present -- they were disassociated from the process of life. They were not present for the birth, for the delivery of life. So it became very easy for them to make war because they were not involved directly in the life process. Women, of course, have a much more difficult time participating in war because they are so involved in the feeling center and the birthing process, even though it has been tremendously shut down in the entire species.

When one begins to clear through understanding, issues of survival, money, food, shelter. When you understand that you are provided for. Simply by knowing it, you are provided for. When you begin to understand the frequency of sexuality, and the distortions of sexuality that have been presented to you on this planet. When you begin to work through these things, through the dramas of your lovers, your husbands, your children, your family. When you begin to see everything as the divine plan. You will begin to access the information of all of the evolved heli, and all of the evolving energy centers. The story will become opened to you, because you intend it. You will decree it. You will pull it into yourself. Do you understand this?

Question: In reference to the lizies -- you said, sort of in passing, that they created holograms?

Ah, someone listened here. You are clever. We love it when we throw something out and someone picks up upon it. What kind of holograms have they created?

Question: Exactly. Could you expand upon that? My understanding is that everything is a hologram -- is this all a distortion? And then the second part of my question is that in the Bill Cooper information, he states that the government officials were shown a hologram of the crucifixion of the Christ. Now was that just a fabrication?

All right. Let us give you a little background here, and then you decide for yourself. One of the things that we like to teach you all

is for you to decide. We give you information, and you decide what to do with it. You are in charge of your life. We are not.

During the last century, your planet has become very clever with its technologies, yes? Ever wonder where those technologies came from? Well, let us say there was many gifts and many influences that came from off your planet, that have been hushed up. Some information was, of course, brought down to your planet in many different ways, and the technologies brought about changes in lifestyles.

One of the changes in lifestyles would be your cinemas. And a whole new way of influencing thought was brought to the planet by the industry that is called film -- yes? Some of it has been for entertainment, some of it has been for education, and some of it has been purely for brainwashing. Do you understand? It is for you to decide what is what.

Now, being that you are a controlled society-- frequency controlled -- your ability to create technologies is somewhat limited. In a society that is less controlled -- that has greater outreach or greater travel capabilities through space, and interchange between one system and another, technological advances are quite astounding. And just as you have an industry upon your planet called the movie industry, there are those who are clever in space in the Cosmos and they have what you could call the holographic industry. And they make holographic inserts. They make dramas that look just like they are real. And they insert them, through portals, onto your reality. Now, you can understand that since these space beings have been around for so long --hundreds of thousands of years - and mankind's frequencies have been controlled -- it is quite easy to hoodwink mankind. Yes? Quite easy indeed.

We talked about the portal in the Middle East as being a dimensional doorway -- an entryway onto your planet -- a way for certain energies to find civilization.

Let us clarify something here. When you leave a planetary sphere, and go out into space, once you traverse certain belts of consciousness, you must find the proper portal, to come back onto that planet in the precise time period -- or corridor of time -- that you are looking for-- especially if you are looking for the one that you left from! Your scientifics have discovered this in some of their shots into space. Without the help of off-planet beings, your space program never would have gotten anywhere -- because you must find the portal to come back. There are different portals in different places. There have been beings that have been lost in space, because they could not find the portal. It is the same thing when you go to a planet. If you do not find the portal, and go through the portal that would allow you to have a dimensional merge into their corridor of time, you may enter a very desolate, barren place that looks as if nothing exists there. Do you understand? This is how systems are kept locked -- how they are kept in tact -- how they are prevented from being raided and taken over. Does this all make sense to you?

Now, you have portals in the Southern continent, portals in the North American continent, you have portals, of course, over Asia, China -- and the huge portal that we are presently discussing is the portal in the Middle East -- it is gigantic. Many holographic inserts, dramas, were inserted through that portal to effect the minds -- to effect the beliefs of the population. Be aware-- being that this portal is in the midst of crisis, and that it is being fought over that it is prime for a holographic inserts. It is prime for a belief system to alter this chaotic world --to enter and to get everyone to move in a different direction. Be aware of your feeling centers when these kind of events begin to occur on your planet.

Question: Could you give us an example, then, of something that has occurred in the Middle East that has been a holographic insert?

All right -- the crucifixion of the Christ.

Question: It never really happened?

It did not happen in that way -- in other words it had a parallel reality. And that is not the reality that the Christed one came into

play the drama that was played out and passed on historically to you.

That is an example of a holographic insert. In other words, a version of this entities life was molded and designed into a holographic entertainment movie, and inserted and played out as if it were real.

Now, do you begin to understand why you have come here to bust the system!? Do you understand how complex frequency control is? Do you understand how fine and thin reality is? Do you understand how available reality control is to the human specie if they would begin to harmonize with one another? -- and if they would begin to act as if they were all provided for, and to believe it? To create through their minds?

What we want, more that anything else, is to see you, as the members of the Family of Light to succeed in liberating the humans.

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X-Origin: The Portal System (TM)

Question: I would like to know what particular holograms those of you of the Pleiades have been providing us?

You are very clever!

Questioner: Well, everyone plays this game, I assume!

Of course! Yes, of course. Because, remember, it is a free-will zone. If you can remember that you exist in a free-will zone we will get to your question in a moment -- if you can remember that you exist in a free-will zone, you can relax. Nothing is going to happen to you, because you are in charge. As soon as you do not live that, and do not believe it, then you move out of charge.

Now, you want to know what, in our cleverness, what we have been up to. Well, we were involved in giving our DNA -- not we, but our ancestors -- were involved in giving information-DNA -- to the original planners. We have been greatly affected by the frequency control that has been taken over on the Earth for the past 300,000 years -- we have been greatly affected. Whole sectors of the galaxies are under stress and strain at this time, because there seemingly is a war of opposition -- polarities-- what we call the white T-shirts and the dark T-shirts, good guys and the bad guys, the forces of Light bringing information, and forces of darkness withholding information -- withholding the story. That is all that the forces of darkness are-- they don't tell the truth.

All of this brings about a change of frequency-- a need to evolve, a need to grow. During the last 300,000 years, we have, as Pleiadians-- certainly not our group -- we are a new experiment. Certainly our ancestors have been up to their shenanigans on your planet -- bringing a history and a memory to different cultures to different groups. We are associated with energies within the creative process that comes from a family of Bird Creatures. If you study ancient history upon your planet, you will understand-- that just as the lizies have been part of your history, the Bird Creatures -- the Bird man, the Bird Gods, have been a part of your history as well. We have been representing, supporting, and guiding the evolution of the Bird consciousness on this planet in many different places. And so our inserts, as it would be, are designed around their dramas. Do you understand?

Question: You are saying that your own holograms bring in the symbol of the Bird as a Light-bearer?

Well, if you look into your cultures that had some vestige of understanding the Earth; even though they only had two helix, there were those who came from space, and who worked in many different ways with the different cultures, and used the energies of the Birds, the winged creatures. You can look at your Southern continent, South America, you can look in your Native American continent in North America. You can look at the drawings on the walls in Egypt. You can go all over and see the signs of birds and the signs of reptiles. To make the story older, we will say to you that at one time the Birds and the Reptiles even worked together.

And then the Reptiles fought the Birds. The story is much bigger than just Reptiles and Birds, but at this point in your ability to comprehend information, we speak in the easiest way that you can get it. As soon as the picture gets bigger, and as you comprehend it, you make the story larger, because you remember the history.

Question: I am not clear from what you are saying whether those were actual visitations or whether they were holographic inserts?

Let us say that sometimes they were holographic experiences --when they sought to influence a large group -- in other words especially a viewing in the sky ...

Question: So in other words, a UFO could well be holographic?

Very well. And yet teachers would come down and work, in what would be called a physical body, sometimes. And sometimes there would be simultaneous holographic inserts of one individual designed in many different fashions -- simultaneously in many different cultures at one time. That is why some of your gods are parallel from one corner of your world to another, where there was no contact.

So, it has been complicated, what has been going on here. Some of

you have studied what would be called your UFO scientifics. They love to fight and pick at each other. They love to discredit and argue and create chaos and confusion. Some of them have begun to figure out that this UFO thing is more like a phenomena. You see, part of the problem of the UFO scientifics is that they cannot remove themselves from this paradigm. They must define everything according to their own experience, rather than looking to parallel or different complete experiments, and then learning to plug into them to see what they are, different laws.

So, for example, many of the sightings that are presently being seen in Yugoslavia, are holographic inserts as well. Do you understand what a holographic insert is now?

Question: The children of Fatima?

Yes, a holographic insert.

Question: Who is sending them?

Well, that is the question who is sending them?

Question: So basically it for us to determine who is sending them?

Yes! You see, it is not our task to say to you, this is good, this is bad, don't go here, don't do this, etc. Although we do say to you --one of our big don'ts, is don't watch television. If you wish to evolve, you do not even want to own one -- you do not want to even have the appliance in the house. Do you understand? And if you have it, unplug it, because it will jam your frequencies over, and over, and over again. So, that is a don't. And that is a hint. We are saying to you that if you do this, you can move along much more quickly.

So what we say to you we give you the story --or we give you portions of the story so that you can figure out the rest-- and then we teach you the methodologies of how to deal with what your reality is. And

then we set you free to do it. Do you understand? We encourage you to go do it on your own -- to come up with your own plan.

The best way to determine anything is to check the feeling center and see how you feel about it. Your feeling center will always answer you with clarity, if you begin to look there. The difficulty can be how to quiet the portion of the mind that likes to be in charge to make decisions-- and to allow the feeling center to be the area where decisions and perceptions are made. Because, you cannot go wrong from there -- if, of course, you understand these feeling centers. If you are all paranoid, and if you have many defenses, then your feeling center will not work for you. It will get you into more trouble than it will do good

Question: As I see it, part of our individual laboratories have to do with our relationships with the family that we have created in this dimension, and it has to do with cleaning the emotional centers, so that as a radar screen. it is accurate.

Yes, because it can be impeccable. Let us say something here. The mental body and the physical body are very linked. The emotional body is linked with the spiritual body. The Spiritual body is, of course, the body that exists beyond the physical limitation, nonphysical. So you need the emotions to comprehend the non-physical. That is why emotions have been so controlled upon this planet. You have been allowed very little room emotionally. You have been encouraged emotionally to feel powerless or frightened. If your planet would begin to encourage every member to begin to feel safe, to feel provided for from the time that they were born, and if your planet was to honor each member as it was born, as well -- that every time a child entered onto the planet, it was well -- well through power of mind and conscious intention to create in the harmonics or peace -- it would be an absolutely incredible place. It wouldn't take long. All it would need would be a re-education of the value of the human being.

Question: We are in the process of re-educating ourselves. We also need to re-educate our children...

Now let us say this about the children. Many of them came in with their memory banks more intact -- their DNA more evolved than yours. We say that they came with their codings fired. The others had to fire their codings. In other words, the code is in the DNA. And as Family of Light, you had to actively do something to develop that knowledge -- to bring that knowledge, that code forward, and to begin to live it. Now, those of you who have been active for 20, 25, 30, 50 years -- some of you -- you can look now and see someone make progress in an afternoon. It is because you have altered the frequency and made it available and everything happens much, much, faster. It cannot happen too fast, otherwise it would destroy the human. The frequency would be too much for them. The nervous system must evolve as the DNA evolves -- to handle the electrical current as it is transmitted throughout the body.

The children know many, many, many things. As we like to remind our audiences, you were all very clever when you were children, and you certainly did not tell your parents everything that was going on with you. Don't expect the same. Be aware. Many of the things that you would worry about and fuss about -- your children will not tell you. Be aware that many of you will understand that ten years from now. There will be an incredible rise of power amongst children. Many of them will seem as if they are mere babes to you. As they learn to gather, and as they learn to harmonize their frequency, and alter vast sections of your planet by peacefully making harmonics -- through sounds and through silent sounds of group mind. Many of these children are fully capable of telepathic communication. So let your children go. Trust them. You must learn to trust yourselves. You must learn to stop being suspicious. You must learn to trust the

integrity of who you are and to trust that you are part of the divine plan that you are guided.

Question: As we hurl into the fourth dimension--this transition -- are we going to be leaving behind the logical mind? And in so doing, will we become more receptive to the Christ energies to integrate within our beings?

The Christ energies are simply Light frequencies. It is one example of what would be called a liberator of frequencies. And yes, those frequencies will become prevalent -- to move into dimensional merges. For some they will be dimensional merges -- for others they will be dimensional collisions. What is the difference? What do you think?

Questioner: One's perspective -- one's attitude.

Yes, very good. Also how much frequency one holds -- how much Light one holds. See, when Light is brought into the body, it fires your Light-encoded filaments, and helps re-bundle the DNA -- there is a frequency change. Frequency is what you know -- frequency is your identity.

There have been periods when many different dimensions existed upon your planet at the same time -- when that was much more common. In the last 1,000 years, there has been a receding of many different dimensions, as great chaos and further darkness came over the population. Now these dimensions -- these other realities --these places where the laws of existence are a bit different -- are returning. You help them return. You pull the dimensions onto your planet and make what is called a dimensional merge.

Sometimes you move into these dimensions, and you do not recognize that you are in them. You are in an altered state -- particularly when you go to what would be called a sacred site on your planet. You move into a different dimensional frequency -- everything changes --

you feel uplifted -- you feel full of energy, or you feel sick to your stomach. Something goes on. You move into an altered state. And yet, since you are in it, you do not always know that you are in it. That is the beginning of dimensional merges. When you return home, or you physically relocate yourself, you look back and say, Wow, that was incredible -- what happened there? It is the beginning of the feeling of experiencing different dimensions.

Dimensional collisions are another story. For those who are gripped with fear -- within the human population -- whose purpose was to be on the planet at this time to experience the changes --for those who, even though they came here to experience the changes, they refuse to change-- they will experience these dimensions as collisions. Because they will not be able to merge with them. They will be like a solid wall of cement, kicking another solid wall of cement. And so what will occur on this planet for many, is there will be a great discomfort -- and this already is occurring on a very small scale, a discomfort in the nervous system. And there will be disease of the nervous system simply because of the refusal to evolve. Refusal to change one's stand of oneself and one's reality. And all of you who are working with humans -- in all of your capacities --whether you are medical, or body workers, or teaching, or music, or whatever -- understand that this is the human dilemma the need to shift the definition of self and reality.

Question: What I am perceiving -- is it illusory, is it delusional?
-- I sense that I am looking at the inanimate, hollow, robotic, synthetic, humans --and I puzzle. Am I seeing a reflection of myself, or am I really seeing ...? It makes me back off, because I observe these people for being impostors.

Let us say that what has happened -- and this is not uncommon at all -- it is good that you have brought this up -- it is good that the questions that are spoken to us from one end of the country to the

other are the same -- it shows that you are simultaneously evolving.
What has happened is that you are no longer asleep. You have disassociated yourself from the controlled population -- because of the blueprint inside of you -- because you came here to disassociate.
You came here to be a part of it in order to understand the human dilemma --but then you came to wake up -- to receive all of the information to be a receptacle for the creative Cosmic rays, and allow this process to change you. What has happened now is that quite subtly, moment by moment you have changed so much that everything begins to look different to you. And you begin to see through the illusion. You begin to see through the control of frequency on this planet.

Most humans -- particularly in the United States --subject themselves to either television or radio. These are the two methodologies that were instituted almost 50 years ago for the sole purpose of controlling human frequency. It has been a very successful marketing plan very, very successful.

Question: Does this involve computers also-- because I love computers, and I work with them every day?

Let us say this to you. It is not that technology is bad. There is nothing wrong with technology. But it is how technology has been used upon your planet. Check your feelings. Check your clarity.

It is very easy for you, as humans, to convince yourselves that you are just fine. Our vehicle (Barbara) was saying to her friend on the way over that when she goes into New York City, and when she goes into Washington DC, the humans there don't think anything is wrong. They don't want to hear it when we say to them, Human this is not a healthy environment -- you are being synchotronically blasted -- it is a good time for you to leave. They say No we are not, we are just fine. They are in extreme denial over how clear they can be.

If you want to get clear -- if you want to understand yourself and

your universe -- go spend a week or two free from electricity -- in a place of nature -- where you are nurtured, and you are having a good time. Where there is no stress for you from anything. Then you begin to see what you can accept for yourself. In the mean time go and sit and hug a tree. Sit in a park. Get close to nature, and begin to see the ability transmit -- how it comes through when you are next to nature, versus how it comes through when you are next to a controlled technology.

Question: But there is no way that we can escape the use of computers -- and this is true more and more. I work for a small company, and we work on computers using a word processor and we develop illustrations on computers.

It is a fine technology. And one day it will be a loving technology -- not a manipulative technology. See, it is made available to the public. The public uses it in innocence -- not understanding the great manipulation that was and is behind it.

Question: But if manipulation creates karma, cause and effect -- don't the manipulators realize that they are doing the manipulation to themselves. That everything they send out into the universe is going to come back to them?

No, of course they do not. They have not figured that out yet. They are beginning to now -- especially your honorable President Bush -- he is beginning to realize that all he has set into effect is beginning to turn around at him.

Question: But some of those beings -- the creator gods -- are very intelligent beings. Don't they realize the obvious?

Let us say this. On your planet, it is assumed that because someone is intelligent, they are spiritually aware. Absolutely a falsehood! In other words, one can be brilliant -- one can learn to transcend human laws -- and one can still not operate with the frequency of

Love. You see, the Light frequency brings information. The Love frequency brings creation, and the respect and connection to all of creation. The Love frequency by itself can be very crippling-- if you think that the frequency is outside of yourself -- you can do what has been done on this planet over and over again -- worship someone that is promoting the Love frequency as if they were a saint.

The ideal is to carry the Light frequency of information -- to become informed -- and couple it with the Love frequency that will allow one to feel a part of all creation -- and to not judge it and to not be frightened by it -- to simply see the divinity of it -- the perfection of it -- as it evolves to teach every included consciousness about itself.

Question: Why is it that when we live in certain places on the physical planet that we feel in touch with certain magic in our lives, and why in other places we don't?

Let us say this to you. Just as we said that there are portals major portals -- where civilizations, intelligences, enter your planet to make an effect upon it, there are different portals that have been built by those who carry Light frequencies. And some of those portals allow a tremendous amount of uplifting energy to come through. And once you live in a place like that, you become so used to the energy that when you are moved from it, you notice the difference.

Now in this area of the world that you are living --Northern California -- California has agreed to carry a certain frequency of change for the planet. Do you understand? California can be epitomized as another planet on the planet Earth. (laughter) This is its purpose. There is no place on the planet like California. It has a certain frequency -- a frequency of creativity. It is giving its creativity in a free-will way. California has more creativity and more free-will than any other place. However, within that free will,

and within that creativity, is not always Light. And so there is a stress, and a pulling, and a pushing of control for many things in this area of creativity. In other words, you have many power mongers, and many Light bearers living here at the same time. When you enter this place, and especially if you enter an area that has been flooded with Light, you begin to feel that change -- to feel the difference in what has been made available to you.

Then you can go to a place like Washington, DC, and stay there for a weekend, and notice the frequency there. As you become more sensitive, you notice how different everything is everywhere. And you will find that you will be led to places to broadcast your frequency -- not to rent a megaphone and stand on the street corner -- but to simply live who you are -- to go into the malls -- to go into the shopping centers -- to go into the movie theaters -- to walk the streets -- and to make available your electromagnetic frequency, because it is.

Question: There is a book that I read recently called The Return of the Bird Tribes, by Ken Carey. And this book gave me the same feeling as the first time I heard one of your tapes.

Other people have said the same thing.

Question: (Con't): It is nothing that I can articulate beyond saying that it stirred a sense of memory.

Let us say that you are right on track.

Question (Con't): In hearing you speak, this is the first time that I have ever heard the Pleiadians referred to as the Bird People, and it is amazing the connections that have been made for me.

Let us say that we are not necessarily the Bird People, though we work with those who are of the Creator God rank of Bird People. We have many friends -- many colleagues. Many who exist; in space have become quite interested in our project, and our effectiveness on your planet, so we have a large contingency of Pleiadian plus energies that are available to work with us and many others.

Question: I feel a relationship to the Bird People; and the concept of the angels ...

Yes, they are associated - absolutely. Now there is a question as to who some of those angels are. You must understand that in the terms of your Bible, some of these that were called angels were called angel because -- if you understand the derivatives of words, and that breaking down of words in different language-- the word angel refers to one who was able to move in the heaven. And let us say to you, with clarity, that many of those were called angels because they could move through the heavens, not because they were what you would call angelic beings. Get clear on your definitions. And get clear of how you have been hoodwinked with terms and how you have conceptions of ideas where you define a whole existence of yourself based on a word like angel.

In actuality, many of the reptilians, as they came to mate with their own creation, were space beings. They were not the angels that we believe you were referring to in connection with the Bird Tribes. There have been beings who have been quite literally half bird and half human. Look at the god Horus, from Egypt. The Earth history is fascinating!

Question: You were talking about radio frequency and TV frequency about the negativity -- that certain negative frequencies can be transmitted to us. But it comes to mind that it is also a medium through which positive energies can be transmitted ?

Just like computers can be used in a positive manner. It depends on how it is used. It depends the intent that is behind it. We are saying that for quite a few years, the intent behind your television was to create a nation of automatons -- to create a nation of humans addicted to the frequency that was broadcast to them -- so that even if they didn't like what they were seeing, they would still stay there-- that it would immobilize you and keep you from thinking.

Question (Con't): But if the positive forces are starting to use it as a medium ...?

Let us say this to you. It is one of those paradoxes where on one hand liberating information is broadcast through a disruptive frequency. So there you are. You are watching television, and some television show is telling you all about how uplifted and how unlimited you can be -- while subliminally you are being hit with a frequency that keeps you from original thinking--that keeps you immobilized -- that keeps you in a survive-arrive-be on time-be silent-go to work society. We are seeing very little good in the frequency of television. We recommend that you do not expose yourself to it.

As a matter of fact, if you really wish to evolve, we are serious, do not read your newspapers, do not listen to the radio, and do not watch television. If you are able to be media-free for periods of time, and you disengage yourself from the frequency of chaos, and anxiety, and stress, and hustle-bustle, and temptations of all kinds that you don't need -- you begin to get clear. You begin to listen to what is going on inside of yourself. You begin to be able to live of the world, and not necessarily be lost in it. You will become clear. We cannot re-emphasize this enough!

Everyone wants to argue with us for their last stand -- how about this -- or let us watch this one program! Argue for all of the television you want. But we are saying that as you travel around the world, and you go into third-world countries where they do not have bathroom facilities -- where they do not have running water -- where they do not have stoves and refrigerators -- they have television. We ask you, what is behind it?

Of course, if you were in a society that really cared about its members, they wouldn't give you television. If you were in a society that really valued its members, everything would be given to you in a way that would bring you wholeness, not craziness. Television also promotes inactivity-- it promotes a sedentary life -- it promotes an obese life. Look around you. Wake up, humans!

Question: I have a question regarding subliminals and compact discs --

and I am not referring to rock music. I have a large collection of mostly classical and new age music, and I used to love to listen to them. But during the past couple of years, I find increasingly that music aggravates me, not all of the classical and new age music, but certain ones. Are they putting programming in ..?

There is sometimes stuff that is being layered in --unfortunately. Our vehicle (Barbara) has gotten herself into the situation where she can listen to very few things.

Back to the television idea, we will say that even when the television is not on, in many instances it is set up to create a distracting frequency-- to broadcast something. Your microwave ovens are used in ways that you have not figured out yet either. Be aware. If you do not feel good about something, if creates a static and nervousness within you, stop it. Remove yourself from it.

What happens is that as you change, you become more finely tuned. You become a more sensitive instrument. Do you understand? And so it shows you that before what was around you -- you were so dense that it would hit you and effect you and keep you in a more lowly vibration, and you were not even aware of it. Now as you become clear as you change your diet especially as you drink more purified water, because water acts as a conductor of electricity in the body, also as a purifier, everything begins to alter. Everything is sped up -- time is collapsing. Cosmic rays are bringing a great energy onto the planet, and the DNA is evolving. So all of you are going to experience great sensitivities. You will find that the food that you loved one or two years ago, you don't like them any more. Because you are so sensitive to the frequencies that go into the food, that you cannot eat them.

Oh, you will find this tremendously so. Our vehicle (Barbara) sometimes wanders around without any idea what she wants to eat, because nothing looks good to her. That is very common, that is part of the process. What you could just grab and eat before, you cannot

do it anymore because you are so sensitive, particularly to animals, the vibration, the fear that is in the animals that come out in food.

That is one of the largest ways of affecting the human population. It is diabolical. We will say that again, it is a diabolical way of affecting the human population by feeding the humans animals who are in fear and anxiety as they are killed. There is nothing wrong with eating animal flesh. The animals were designed here to be companions for you, and if necessary, part of your nurturing and your survival. To work with the animal, to ingest the animal, was actually an honor, to become one with it. It is the fact that you are so separated from life, and from consciousness that you act as if the conscious life that is not treated well when it is killed, that you can ingest it and nothing will be lost. No!

So, expect many things to change. You say, well goodness, my life is going to change so much. Yes, drastically! More so, if you think you have gone through changes in the '80s, this is the unnamed decade-- the decade of the '90s-- it will be so fantastic, there will be no way to define it. We are excited about it!

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Question: I am involved with music that I am told has soul-group encoded data transmission systems, and also I receive many space

signals from, I was told, the Pleiades, through my system. I am surrounded by electronics and computers. I am now about to enter the film industry, and it promises to incorporate all of this information into frequencies...

Let us say something. With all of this electricity and all of the electronics that are around you-- you love it and that is good, and you are doing a good job of what it is that you do-- but let us say to you, be Certain -- in order to always stay in charge of your life -- to always feel that you create it -- and that you are not lost in the hubbub of creating it -- get away from those electronics quite frequently. Seriously! We are reading your vibration. Keep yourself free from those electronics quite frequently, so that you can have the harmonics of nature, and then you can go and use the electronics to the highest of your ability.

Now, as you move into the film industry, what you can do -- and what any of you can do who are operating in film, as who work on and around these things is that you can transmit electronically on film the essence of frequency. Do you understand? You can transmit your frequency, what you know, in other words-- onto a film, and then that film can transmit your essence and your essence is your frequency. This is what is beginning to show up in some of what would be called the modern film. And there is a polarity at the same time, where other frequencies are showing up on film as well.

One of the best films out -- you may not necessarily agree with us on this but one of the best films out in the past few months, to show you how complicated your identities are is Total Recall. Get past the violence and understand that there is an incredibly coded story within that movie -- a story that is seemingly about one thing, but in actuality it is about you forgetting your identity, and then remembering who you are. Anything else?

Question (Con't): The opportunity to take this kind of information and

put it on film is so vast. It represents an opportunity to transmit it on a mass level.

Yes, absolutely. Let us say that after January 2, 1991, which is the end of the next energy acceleration. December 1st through January 2nd after that, pardon the expression, but all hell is going to break loose upon your plane-- because a number of people will have the 12 heli, and there it is going to be a rapid change of events. In other words, those who are wanting to bring this broadcasting frequency to a greater amplification will all of a sudden find events synchronistically opening for them in ways that they could never perceive.

Now for all of you, we recommend that in whatever endeavor you are being led to participate in -- that it is part of your own blueprint and your own plan, so that you can evolve -- and by you evolving, you affect the evolution of your planet. Everything that you do, everything that you do is for your evolution, and as you learn, and as you come into comprehension of who humans are, and what this place is, you begin to open new pathways for the others. You will find -- all of you who are ready to open and to step forward -- events that you never could have imagined will somehow be put together before you. Things that are beyond your comprehension -- setups we like to call them-- opportunities that you never thought of and yet by doing it, you create dozens more of opportunities. This is when you know that you are living your life, and that you are living your life with courage.

Let us say that there is a good possibility that Light carriers will come into question in the next few years. Understand that this is part of the plan.

All of you must make a clear intent as to how you would like your reality to be designed. This does not mean that you are not flexible. It means that you operate with clarity, and you say, Well, to my guides and spirits and all of those who are assisting me in my evolutionary journey on this Earth, it is my intention that I am

successful -- it is my intention that I am safe always in all the things that I do -- it is my intention that I receive Love, and that
I give Love out in all the things that I do. It is my intention that
I have a darn good time -- that I am provided for with prosperity according to my needs -- it is my intention that I do not become over
enamored with the material world.

Question: Earlier you mentioned the stress and strain connected with
the creativity in California. Is that stress and strain also expressed in the Earth?

Yes. As we said to you, California is like no place else. And your
area here is honeycombed with geomagnetic faults potential shiftings
of the Earth's consciousness, yes? Remember now, the Earth is a viable entity. When the Creators formed the Earth, there were Energies that said, yes, we will be the Earth. We will take that
role and we will become the Planet. So there are energies who are
quite sentient who make up your Earth. And as you begin to work with
those energies and communicate with them. You begin to become the
bridge, man, the sacred bridge between Earth and Sky the conduit
through which this energy must flow for change.

Question: I have been talking to the Earth as a being. And when we
get our own feeling centers cleared up, would that then enable the
Earth to move more gently than in a cataclysmic kind of way is that
a reflection of our stress and strain and polarities?

Yes, in other words, the Earth's teachings or lessons at this time
have to do with many things. First of all, as someone was asking
earlier about the coming of fourth dimension-- as frequencies change,
everything around changes. When the frequencies change, it is like
you move from your house. You don't live in the same environment any
longer, the whole environment changes. Now these changes are designed to uplift everyone's life. They are designed to bring everyone to a greater place of ease of comprehension of
experience.
They are designed to disengage the human from the paradigm that has

defined your world as solid. That has defined your world in very limited terms.

As humans, on their own, begin to place number one in their lives the priority of quality of life, by honoring the quality of the Earth's life. There will be very little Earth changes upon this planet. However, many humans, particularly in your Western world, your Western experiment, are concerned with a very different quality of life. How much electronics they own. How many clothes are in the closet. How many cars are in the garage. And they are not at all connected to the affect of all of that material manufacturing on the sentient being that is, let us say, your parent. And so, if humans do not change, if they do not make the shift -- the shift in values that begins to value this place that without this place, without the Earth, we could not be here -- then the Earth, in its Love for its own initiation -- its own reaching for a higher frequency -- will bring about the cleansing that will re-balance the Earth itself once again.

There is potential now -- and we have said this many times -- there is the potential that many, million people will leave the plane in an afternoon. Maybe then everyone will begin to wake up as to what is going on.

You see, you have been having hints. You had been having events all along here stimulating you. Encouraging you. Bringing you to the realization that there must be global change. And yes, there are grass roots movements and those grass roots movements are going to grow phenomenally. It all depends on how willing everyone is to change. What is your responsibility in it? Your responsibility is how willing are you -- each one of you -- how willing are each one of you to change? Not to just talk about it -- the time has come to do it. And as you commit to change -- as you begin to do it in your own life you automatically make it available to the entire planet.

Question: A question regarding underground hydrogen explosions -- the information that I have been privileged to channel continues to say, Don't do this -- don't do this! Yet, President Bush is insisting we continue to do it. We are planning now that in January we get everyone involved in saying No to this. We cannot have any more of it -- we will not tolerate it. Do you have any further suggestions as to what we can do that we are not presently doing?

You see, more people need to wake up. The way that more people are going to wake up is when they realize the ramifications. Not in the next city. When they realize the ramifications in their own back yard.

Let us say that is why the quality of the food supply -- that is why the pending lack of availability of stable economics, and the pending chaos, is going to bring about a much greater commitment to all of these actions. Do you understand? Because you see, many humans do not want to put themselves on the line because they are afraid of getting into trouble. And so, well, I will just keep my job and my security, and what the heck ...? And one of the most incredible things that can be noticed in any society is, take away everyone's security, and courage begins to blossom like a freshly planted garden because they have nothing to lose. And humans begin to stand up.

Never feel that your efforts are in vain. Also, do not break your back over causes. Use the power of your mind to clearly intend what it is that you wish. Ask for assistance from the non-physical realms. Visualize the outcome that you would like to have. Understand that you create your reality, that every other person creates their reality -- and that everyone has the opportunity to wake up at any time. When you approach anything, approach it from the bigger picture.

Yes, those detonations under your Earth and in space are definitely creating a certain lack of stability on your planet. The stability is teetering at this time. And yet we will say to you, every

moment more and more humans wake up. Let us say this to you -- not to upset you or to discourage you -- you are somewhat utopian in nature -- do you understand this? It is a good way to be. We have no fault with it. We are simply saying that you have memories, that are very fresh and very close to the forefront of your mind, of places where you had lived that are quite ideal. And you have a need and an urge to want to pull that ideal unto the planet -- and to practice this idealism -- to make this idealism a way of life. You do it for yourself, and you trust that as you do it for yourself, others will follow suit. All right? And when you don't see it happening on a global scale, it doesn't mean it is not happening in your own life.

When enough people all create their own reality and consciously create it. You will create a new plane. There will be literally a splitting of worlds. This splitting will more than likely not occur for more than 20 years. In the meantime, your world will more than likely be ravaged by war quite a few times, and you will have some very puzzling and very confusing space dramas begin to take place. You will have some space cousins who are needing to figure out, quite publicly, who they are.

Question: I would like to thank you so much for your generosity of spirit in coming and being with us ...

Let us say something to you. We are not without our purpose. Let us explain something to you. We come from your future. And in certain instances, we can say that we have our hands full. We have come back in what would be called a section of our time, to a place that we call a kernel -- seed -- in order to affect change. We will tell you that 9 months after the Harmonic Convergence, when our vehicle (Barbara) made an intention that was quite clear as to what she wanted, we were born, to our great purpose and enjoyment. We need you, just as you need us, in order for us to understand what is going on in our world presently, we need you so that we can evolve.

And so that you, as members of the Family of Light, can institute, implement, insert, a grand new probability on the chain of realities that will implode in the next 20 years from this sector of existence, that so vastly affects us, where we are in your future. So we thank you for showing up and participating, and for recognizing who you are.

Question: I have a question having to do with Light Bearers, and having to do with the fulfillment of the plan of the Earth. I am sure you are probably aware of a being incarnated on Earth who identifies himself as Maitreya. The press release, and the introduction by Ben Creme, says that this Maitreya is indeed a world teacher, and is the Christ, returning to Earth. On one hand, I have an incredible attraction to want to be with him in order to bring more Light to the planet. And yet there is a part of me that is very aware of what you said about measuring the feeling I experience in the solar plexus, as a connection to the higher spiritual life. And I find, in my being with him, that there seems to be a dichotomy between what you are saying about the feeling power, and the mental polarization focused at the third eye. It is confusing for me, can you help me? Is he a great Light Bearer -- this Maitreya?

We would rather leave that for you to discover. We can say to you this, if this will assist you. You have noticed something. When you are clever enough to notice something, do not ignore it

We will also say this to you, that as far as we can tell. What we can see there is no, the Christ. It is a collection -- a collective -- a committee of energy representing impeccable information. And as we have seen it, that energy is on, and around your planet in many different shapes and guises -- in some instances knowing itself -- in other instances, not knowing itself at all. You have been handed a story about the Christed One that is rather limiting. We do not want

to do any Christ bashing because any bashing that we would do would be a bashing of information that is incorrect, rather than bashing of the office, or the energy.

Use your sense of discernment. You will find that there will be many new emerging world orders. We recently did a session called Chaos and Emerging World Orders. Chaos brings about change. When you are baking a cake, and you take all of the separate ingredients, and throw them together in a bowl, it looks like a mess, does it not? It looks like you took the flour that was so complete, and the eggs that were whole, and the oil, and the sugar, and you ruined them. Minced them all up and made chaos. Except you new the next step -- you trusted that if you followed the recipe and put this mess, this chaos, of ingredients that were all quite separate, and whole, and integral, and put it into the oven, you would come up with something fantastic. The heat was the catalyst -- do you understand? So let us say that the energies of the Christed One are going to be mixed and blended with one another, and with many other things, and allow an invisible catalyst to bake it and bring it into something that is presently unrecognizable-- even those things that you do not have a good feeling about even if they are in the name of Christ.

Question: What about the ocean pollution, and the whales and dolphins stranding themselves? They have a higher intelligence -- are they trying to help out?

They are members of the Family of Light. They are carrying a frequency. The dolphins and wales have for eons carried a frequency from some of your ancient civilizations. The dolphins of those from Atlantis. What you call your Atlantean culture, were coded before the demise of Atlantis. They were given much information. The dolphins are presently transmitting that information to the human specie. And they are also giving you a message that is saying, that their quality of life is in question. And if their quality of life is in question, so is yours. They are a mirror for you at this time.

Question: So the strandings are almost like suicide in order to give us a message?

They are for a message -- of course. These animals are not foolish. You think an animal does not know when it is going to die? You think an animal wonders when its death is going to come -- that they buy a funeral plot and wait for it? Animals know when they are going to die. They are incredibly clever. One of the major misnomers of your scientifics is that man is the most evolved on your planet. Everything is evolved. There is intelligence within the cricket who chirps in your bedroom. There is intelligence in all things. There is a harmony and synchronicity in all things.

And one thing about the animals, they know that they just change form when they die. They know this -- they don't watch television! (laughter) They trust themselves do you understand?

The ones who watch television, of course do not trust themselves. They are your household pets. So they mirror for you all of your fears, all of your joys, all of your everything.

The animals of nature, they are in tune with the planet. Many of them know that there is a new world forming. And so many of the species that are moving into extinction, are in actuality moving through dimensional frequencies, and are moving onto what would be called the new Earth as the old Earth, let us say, is dying.

Question: All this pollution, is that irreversible? All of the nuclear waste, and all the toxic stuff, pesticides ...

Are you asking us to say it is hopeless? Of course not. There are of course technologies that could clean this place up like Mr. Clean if that was to be the plan. However, with the responsibility as it is with the present specie, there would be no point. Because the present specie must learn to honor their nest. All of you must learn to honor your bodies, because without the body, you would not be here. And without the Earth you would not be here. The body is the greatest gift it is the most valuable thing you own -- along with the Earth. And in the ideal, there would be a sacredness, and honoring,

and cherishing, and Love of the Earth, and of your physical being.
And when you live your life this way, it shows. Let beauty begin to resonate in your home, in your property, in the land that you are associated with, and the land of your body as well.

Question: Do we damage the Earth with mining-like all of the crystals and things that we pull out? Is there a reason why they are there in the formations they are in?

The Earth is more resilient than you would imagine. The Earth is not hurt by your removal of crystals and stones. The Earth is here to feed you. The Earth is here to sustain you. The animals are here to work in cooperation with you. Done with Love, anything done with Love, has the force of the Creator behind it. And done with Love, there would be no hurt and no harm. And if you need a context, or if you need a codicil for your behavior as to what you make decisions on, ask yourself, Am I operating with my highest integrity here? And, Am I operating with Love? Is Love my intention for all of those people that I encounter and for all the things that I do? No matter what your profession is.

Everyone must learn to Love the Earth. Everything can be used of the Earth, if the Earth is Loved and honored in the process. It may be difficult to imagine a gang of oil construction workers, before they set the bit into the ground to stand and hold hands and ask for guidance-- to ask for permission to penetrate the Earth (laughter). And yet, if his were done, things would be much more incredible.

You laugh now because it is deemed foolishness to communicate to something that does not talk back. Let us say that if all industry, and if all educators, and if all people first stopped and asked for the highest integrity, and a great Love for all involved and there be no harm to an humans, and no harm to any of the Earth - that plan for

a high civilization would be absolutely phenomenally received.
And
this is beginning to come. Absolutely. People are getting this
kind
of information at this time.

Question: Going back to the chakras -- there are 12 chakras?
Regarding
the new ones like the Universal chakra, do they relate somehow
to our
physical body too?

They are your information centers that your physical body
connects to
by ray, by frequency, to receive broadcasts -- to receive
information. These chakras are intelligence centers that each
human
can access. You can connect with them collectively, you can do
it
individually. It is a way for the humans to expand their
intelligence
--by plugging into intelligence that comes from outside of the
body,
rather than thinking that one must have intelligence from inside
the
body, and be taught from outside.

Question: The first 7 chakras are related to certain centers, or
locations, within our body. Do the other ones?

The other ones will connect you to what we call the
"multidimensional
self. You see, collectively as you exist, you certainly don't
exist
just in one form -- in one place -- you are multidimensional. As
members of the Family of Light, you are exceedingly
multidimensional.
You are systems busters. You are in many different systems, in
many
different shapes and guises. Many of the humans who are on the
planet, and who are part of the "native stock, may not have the
varieties that some others have. That is why they are so shut
down,
because they have not had the experiences of many different
incarnations. For many of them, their incarnations are human,
or a
slight variation of human.

When you begin to access information from off the planet, you
will
begin to make sense of your other-than-human identities. And
those
other than-human identities will begin to contact you. You may
look
in the mirror, and you may see one for a flash of a millisecond
-- a
very foreign face looking back. Sometimes, when you are clever,
you

can see the shows we put on. Sometimes we like to take the energies of our vehicle (Barbara) and have many different shapes and energies, if you would look very closely sometimes. This is the dimensional shift-- the dimensional changes. The optic nerve in the eyes also is evolving. The optic nerve is changing along with everything else.

Question: Could you speak of the role of bones? You said something about the relationship of bones to stones?

We said that information is stored in bones, just as information is stored in stone -- by sound, by frequency. That is why we have been recommending for quite a long time now to get body work. Body work, body work, body work! Yeah for the body workers!

We will give you an aside on the body workers. They are trained in something in what they have no idea of what they are doing. If some of your world management team knew what the body workers would eventually be doing body working would be banned! Absolutely! Body workers are going to become frequency translators. And what you do, you assist in clearing the physical body, and in raising up the intelligence of the Light-encoded filaments. And the frequencies in the bone are going to work with the Light-encoded filaments.

The skeleton is your structure -- the form. It is not so hard in form as is thought. The bone is quite porous, and the same sound that is stored in stone has been stored in the human bone. And when the physical body is worked upon through all kinds of energy work, this assists the body in recognizing its identity. And as its identity begins to come forward, the human drama is cleared, it is more deeply understood, and one is not lost in it. One becomes proud of one's participation in it, rather than feeling victimized by it.

This information in the bone begins to set up a resonance with the Light-encoded filaments that make up the evolving DNA, and then all of a sudden, the human body widens to a greater attunement. Body

workers, in the next two years, are going to find that they have outgrown their body-working instructors. We predict that there will be many conferences of body workers where many new disciplines of an old discipline will be birthed. New ideas, new ways of using frequencies to alter and restructure the body, and activate memory. The cranial area is particularly important. And in order to integrate the reptilian self, the lower area of the skull is important.

Question: I have a question about body work. Are there any particular stones or things -- like something that you can have on your body when you are doing body work, to help protect you from taking on someone else's energies?

Well, first of all, the best thing you can rely on to not take on someone else's energies is your clarity. And your willingness to not fix everyone.

We come in here, and we don't take on your energy. It is yours. We share energies. If you can transform yourself, more power to you. But we are not here to make certain that each one of you transforms yourself or to fix yourself. We are here as conduits of energy. This is the agreement our vehicle (Barbara) has set up -- you can use my body, and you can use my voice -- I will allow myself to become a conduit for another aspect of myself, and I will share my time on this planet with you.

You become a conduit for energy as you work on someone's body to share the energy that is available to you -- and to make it available to them so that they can do with it as they would. As you learn how to play with it, and orchestrate it, and make a tune of it.

Now, obsidian, of course is quite handy. But we don't like you humans to get over-reliant on tools. Understand? Because then you think that it is in the tool, rather than within yourself. And then you become victimized, and you say, well, it didn't work.

You be clear about who you are, and you use the properties of certain energies to keep yourself in balance. For body workers, we would say obsidian for keeping off someone else's vibrations --for keeping yours connected with your psychic centers open.

Question: You mentioned that the Light Workers may come under -- I forget the word you used..?

Scrutiny we didn't say scrutiny before, but that is the word. And you are already getting some of this in your California, are you not? Where psychics are being penalized and having to pay certain amounts of money to perform. That is happening in many places. It is happening in Atlanta, in the Washington DC area, in the Boston area where your free-for-all therapies, that are not regulated according to officialdom, are going to come under license, and fines, and penalties and many other things -- as fear grips those who are losing control. All you need do is recognize it. And all you need do is say listen, Do I fear that these other people are fearing that they are losing control, so that they are going to penalize me? No, I am safe, I am clean, I am pure, and that is not my drama, I am no available to play a part in that one. You decide what dramas you are going to be in. And you will find incredible dramas operating in front of you -- going by you as if you are invisible -- because you are no available for a bit part, or a leading role in it. You decide what academy award you want to run for. Do you understand?

29-Jul-91 5:45:31-GMT,30009;000000000001
Received: from portal.com by aramis.rutgers.edu
(5.59/SMI4.0/RU1.4/3.08)
id AA00387; Mon, 29 Jul 91 01:45:18 EDT
Return-Path: <Don_A_Showen@cup.portal.com>
Received: by nova.unix.portal.com (5.65b/4.1 1.37)
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Received: by portal.unix.portal.com (1.61)
id AA02467; Sun, 28 Jul 91 16:51:14 -0700
Received: by hobo.corp.portal.com (4.1/4.0.3 1.7)
id AA11311; Sun, 28 Jul 91 16:51:13 PDT
To: douglas@wpi.wpi.edu, dlcogswe@vela.acs.oakland.edu,
mcgrew@cs.rutgers.edu
From: Don_A_Showen@cup.portal.com
Subject: Part 5

Lines: 526

Date: Sun, 28 Jul 91 16:51:12 PDT

Message-Id: <9107281651.3.120@cup.portal.com>

X-Origin: The Portal System (TM)

Question: I have a question for those of us who spend many, many hours surrounded by electronic --is there anything we can put in the area where we work?

There are many crystalline structure that are able to transmit a tremendous amount of energy. Our vehicle (Barbara) has many friends who work in such environments, some of who have come to us, and we have recommended number one, a very clear intention every day of what your purpose is and what you want, and what kind of frequencies you are available to experience.

We see electronics, as electronics and as the current presently runs through your system -- it is a current that is not compatible with the human current that is in the body. Humans are electrical and these various appliances run on electricity. The entire electrical system is not in harmony with the physical body. Your Mr. Tesla came up with an electrical system that was much more harmonious with the human body, but it was not implemented.

So in order for you to make accelerated progress, you must learn to move outside of this electronic showering that you constantly put yourself in. Go into nature, and particularly to sit quietly in nature -- to sit by a brook, by a pool of water-to put your back up against a tree to get very silent, very still -- and to feel the energy of the Earth. And when you are doing this, pull a pillar of Light inside the body. We recommend that all of you use the pillar of Light, to enter through the crown of your head, and let it wash you over. And while you are doing this, you let it come out of the solar plexus, and create a shield -- a bubble of Light -- around yourself. So that anything that comes at you, comes and hits the bubble, and not the physical body.

We recommend that you be very clear about your life, and what your life is available for. A long time ago, we said that it would be very good for you to say, In joy and safety and harmony, I step into the unknown. Those are the conditions under which you will move into the unknown. When you say this, this decrees your experience. It lets the energy that collects around you know what your conditions are.

By moving in nature, you remove yourself from this energy of electronics that is a distracting energy, and you come into a clear energy. And then you learn to recognize both spaces, you learn to operate within them. We also recommend that while you are around electronics, you drink plenty of water -- water, water, water, purified water!

Learn to live without limitation. In other words, all of you sometimes think, Oh, I can only get that this way. How am I going to do those things? Get clear about what you want! You want sovereignty, you want clarity, you want energy, you want upliftment, you want rejuvenation, you want to alter and evolve yourself. And then you have your day-to-day things that you would like to add to that. Don't add that to your day-to-day things. Understand? Add your day-to-day things to that so that your day to day things work around that. And then intend for the impossible to begin to happen, and then sit back and watch, You will be astounded!

Question: I am curious about the phenomenon of the circles in the fields in England?

We will speak briefly about that. How many of you have heard us talk about the, language of light geometry? Intelligence, of course, is beyond the spoken word, and beyond the written word -- it is frequency. It sometimes comes in shapes the shape of geometry. Your ancient Pythagoras had a beginning grasp upon this, and his geometry was not understood by others. Geometry is an evolved intelligence -- a collection of experience that can communicate huge amounts of information. These shapes that are all over the planet are put on the planet by sound. Sound above the human frequency, or below the human

frequency it varies -- were used to implement these language shapes, which many times in the beginning are circles. They will evolve to triangles, they will evolve to lines, and they will evolve to many, many things.

They have been most prevalent in England, and throughout Europe, they are in the Soviet Union, they are in Southern Continent, they are even in the United States, although they are doing a darn good job to pretend that they are not there. We understand that some of your news broadcasters are planning upcoming shows about those lines, and we will see how much they pretend they don't know about them. It is going to be interesting!

So these geometric shapes are like hieroglyphs. The hieroglyphs, or the pictographs, that are on your planet carved in stone particularly in Egypt, but all over the planet. They are what would be called a generation of intelligence. In other words, if one were to read the hieroglyphs based on the Rosetta Stone, the hieroglyphs would say one thing. If one were able to remember the secret language of the priests, the hieroglyphs would say another different story. And if one were able to understand the language of the Gods the Creator Gods they would say something entirely different. These circles and these shapes that are being put on your planet, are being put there to assist you in holding your frequency, in managing it and having the courage to live your light frequency. They make it available in a very subtle way that no one can figure out yet. These shapes are all connected to one another. If they were all written out on some farmers field, something would happen with them immediately. They are spaced from one continent to another. And they make a frequency band around the planet that will help activate the Earth's gridwork, and will allow you not to feel so weird with what it is that you know, and to feel more comfortable with the changes in frequency as they occur.

That is just a little bit of what they do. Do you understand? They

are quite interesting. They are designed and constructed, many of them, by what you would call your ascended masters. There is also a joke behind them too. You must understand that some beings, as they become very evolved. Have a tremendous sense of humor, and they see the humor in all things! Evolved beings understand that there is no end.

(The session continued briefly on a few other subjects after the tape recording ended.)

HARMONICS OF FREQUENCY MODULATION AND THE HUMAN DNA 2nd evening

THE PLEIADIANS channeled lecture by Barbara J. Marciniak Friday, November 16, 1990 7:30 PM - Terman Auditorium, Stanford, California

(Some of the introductory comments are omitted, as they were somewhat similar to the previous evening)

We would like to remind you that you are members of the Family of Light -- something that you will grow in awareness of in the next few years. You see, part of the evolution of man-- the planned evolution of man -- the planned rearrangement of the human DNA -- is for each one to begin to open a memory bank, and remember who they are. In different dimensions of reality, there are of course different experiences and different laws. In what you call 3-D, where you have been locked as a human race --human specie -- for so long, there is a limitation of what one can experience. The third dimension is designed to focus on seemingly now -- one existing reality at a time. It is designed this way according to frequency and nerve pulsation, and the rate that frequencies adjust the nerve pulsations within the body.

You are mechanically, biogenetically tuned-- designed. New versions of yourselves have been in the works for a while. When we say new versions of yourselves we speak to you who are in this room -- more so, we speak to the human race. You who are in this room, we will remind you, are much more than human. As members of the Family of Light, characteristically now, you are supreme achievers in the multidimensional realm. One applies for position in the

multidimensional realm as member of the Family of Light. We will go into that more, depending on what questions you ask.

As members of the Family of Light you have incarnated on this planet to prepare yourselves to do your work, what is your work? Your work is quite simple. As members of the Family of Light, you carry Light frequency into systems that are in limitation of Light frequency. And Light is information. We do not want it to sound like it is cold, computer data information. It is information that is transmitted biologically through an electromagnetic send-out of consciousness. This is what you are experts in. If you were to have a business card printed up for yourselves when you are in full memory of your identity -- they would say something like, Renegade Member of Family of Light, Systems Buster, available for altering systems of consciousness within the Free-Will Universe, On Call.

You go for it! This is what you do. We are simply saying that this is an aspect of your identity that you have in common. You are here in millions at this time. You are here, primarily, to remember, to remember who you are and to operate multidimensionally within the system, and to teach the humans -- the natives to this place, that have been under frequency control for a long, long time to teach them a new system. You are, we like to say to you, disguised as humans. And as soon as you begin to realize that, you will extricate yourself from the human drama, from the human dilemma of frequency control.

Frequency control was instituted 300,000 years ago by a raiding group of creator gods who were master geneticists they rearranged the DNA. Why did they rearrange the DNA? They wanted to control the native specie. And the native specie was, at the time, somewhat clever. They had a very evolved system of receiving information, and could directly receive from space contacts onto the planet. And, they had many different ways of distributing knowledge as it was received.

You have a very interesting way of distributing knowledge on your planet at this time. It is based on technology on something outside of yourself. It used to be, a long, long time ago, that there was

communication on this planet through contact with one another --
not
by technology outside of themselves but by the use of internal
mechanisms.

So, when these creator gods took over this planet --as they had
raided
and taken over many systems -- they took some of the remnants of
human
consciousness and rearranged the DNA. This is where the story of
your
Bible, the story of your language system ancient history
begins.
This is the availability of your story up until now. Most humans
cannot grasp that their history goes back more than a few
thousand
years. You must learn to teach the planet that it has a history
of
millions of years. First, you will uncover and integrate for
yourself
and for the planet, the history of your planet for the past
300,000
years -- so that you can expand the picture of the human dilemma.

So these master geneticists rearranged the human DNA. Just as if
the
human DNA was an incredible library an incredible vast library--
they
came into the library and pulled all of the books off of the
shelves.
And they took the card catalogs and rent them asunder, so that
there
was no way to reference the great knowledge that was inside the
DA.
Get the picture? The books-- the knowledge -- could be equated to
what
we call Light-encoded filaments.

In your current technology, light encoded filaments are being
created
outside of your body in symbolic representation of transmission
of
intelligence, through what is called fiber optics. Man creates
outside
of himself what he must learn is inside of himself. It is part of
the
mystery of Light.

So as this great library was put into chaos, there was just a
little
bit of data left that would keep the specie
controllable operable manageable --and yet keep the human
functioning
on its own performing tasks and stimulating the human as a life
form a
form of consciousness to produce a certain frequency fear. And
this

fear has been promoted for the past 300,000 years on your planet as a controlled substance in every version that one can think of.

Because, when the human resonates electromagnetically, and broadcasts the frequency of fear, it acts as a transmission of consciousness to be received. The broadcast fear where does that fear go? Where do your thoughts go? Where do your emotions go? Well, collectively, consciousness forms food. So collectively who consciousness produces the same food fear-- someone is eating it. Someone is being nourished by it. As perverted as it may seem to you, that is what has been going on here. The creator gods have been orchestrating frequency control and limiting the ways of expression that the human creation could achieve.

As systems busters, you come in to eradicate the food source to change the food source to bring information and Light, and to bring comprehension that there is potential for change --and to bring a food source that works in cooperation and resonates with Light. That is what you are about. That is what your responsibility is to achieve.

So, we understand that some of you are very puzzled as to how to do this. How to bring about impeccability in your own life. One of the primary things we would ask each of you to do is that, from this moment forward, do not base any of your future experiences on your past. You all love to drag the past as an excuse as to what might happen in the future. You are famous for it. So, you must act as if you are newly beamed down -- innocent as a babe and to step forward into the circumstances of your daily life. And as you step forward each day, as you awake in the morning state with clarity what it is that you intend to experience for the day. If you are not doing it, and if you are not cultivating the habit of doing it, then you had best get going! It is the way that reality is designed.

The big secret if it is a big secret that has been kept from the human species is that thought creates experience. Thought creates reality. All reality is created by thought it is all a subjective

experience. And electromagnetically, you are controlled in such a way
a to create an experience within a certain spectrum of reality.

You, who are members of the Family of Light, are well traveled --
you
are well attuned to the possibility of bringing new frequencies
in.
You have come here to hold new frequencies that are beamed to you
from
space -- that are setting into motion a new pattern inside your
bodies. And so as you begin to know that this is what your
purpose is,
begin to consciously design your purpose. Begin to get clear
about
what it is that you want, and begin to experience it no matter
what
area it is in. This is an absolute.

Question: I have heard you refer to silent sound. I wonder if you
would expand on that, and would that be related to the
frequencies of
thought?

We spoke about silent sound in reference to the children. We said
that
in the next ten years or so the children that are presently being
born
onto the planet or that have been born in the last 4 to 5 years
--
will, as very young people seemingly to you, leave home and
gather
together in group collectives. And they will make silent sound
around
the planet.

They will have incredible results. As we see it, one of the
things
that you do not realize is yet ahead is what could be called an
army
of resistance -- frequency resistance. It will be just like the
French
resistance do you remember? Children are going to be able to
collectively make frequencies by, let us say, silently
communicating
telepathically with one another, and harmonizing silently -- and
sometimes with audio output -- to alter events. You see, sound
can be
directed and utilized to rearrange molecular structures. It can
be
used with great benevolence -- it can be used with great
destructive
force.

The children that are coming onto your planet at this time are
what we
have called incarnations of the Masters of Love. Who are the
Masters

of Love? We said to you that Light is a frequency. You are members of the Family of Light and as we say, that is something to be proud of. The children - many of them who are coming in are Masters of Love. They have mastered the love frequency. Now understand creativity-- understand that the creative process values life and consciousness in all things. And these children, who understand this, will bring a stabilization when the time is right. They have the potential to do it. This is what we refer to as silent sound. Do you understand?

Question: I was thinking about the potentiality of sexuality for Light and wondering if during orgasm, for instance, do we go out in a sense to an 8th or 9th chakra system, and then return very quickly? Isn't there a potentiality for sexuality that we as humans have only touched upon?

All right. It is almost as though we set you up for this one. At times we do, you know. We are very clear about creating our reality!

Now, we love to talk about sexuality, because this is something that is so mysterious upon your planet the frequency availability through sexuality. You have been misled painstakingly so about your control, and your experience of sexuality. One of the largest offenders if we could pass judgment on this would be the modern patriarchal club that has been going on for the past 2,000 years, called the Catholic Church. Some of the knowledge within certain mystery schools held, in secrecy within the higher ranks of attainment, the potential uses of sexuality.

You are electromagnetic creatures. When you come together physically with another human creature, you bond your electromagnetic frequencies together. When frequencies are attuned and joined by a Love frequency, incredible things can occur.

In order to create confusion and fear around this potential frequency of attainment, in modern times it was decreed that sexuality should be

practiced only to bring about life. It was also decreed, to put a greater fear surrounding sexuality for many, that the human had no control over how and when they could conceive a child. That is not true. You simply bought it believed it and began to perform in that way. Women were, let us say, controlled.

Thousands of years ago, when society had more of a matriarchal bent in certain areas of the planet, the Goddess energy was coming through and working with certain individuals. The female understood her power. She understood her intuition -- she understood her feeling center. She understood her connection and the desire to create life. She also understood that she never had to conceive a child if it was not within her intention to do so.

In order for a patriarchal society to come full circle to prepare the Earth for this shift in consciousness, the female needed to take a back seat. So the female's power, and the female's energy, and the females understanding of sexuality was suppressed. And in modern times -- as we said, in the past 2,000 years it came down upon the planet that there was no control over when one could have a child that sexuality was bad and disgusting, and that it was only to be performed within the rights of marriages, etcetera, etcetera -- all of which was a marketing program. One of the present day marketing program to create an even greater fear of sexuality and its expression, is what you would call the AIDS that is running around on your planet -- Herpes, and all of these other things. You read about these things in your newspapers, and you become frightened of your own expression. You become frightened of your own intuition. You become frightened of your own joy. Do you understand?

And when -- way back when -- the DNA was rearranged within the human body, one of the things that could not be taken out could not be removed because if it were removed, then the humans could not procreate was the frequency of sexual attainment. And so for a long time, the way many reached the higher realms, and were able to climb the ladders of themselves, and reach into these off-planet

frequencies, was by electromagnetically bonding through Love, and creating like a rocket ship to simply propel them out into other systems of reality. This has been one of the best kept secrets upon your planet.

Many that we have spoken to have said that they have had absolutely profound experiences within their sexuality. We are not talking about just heterosexuality. We are talking about two humans coming together, by physically joining themselves in whatever ways are appropriate for them to join, to create Love because they are sharing Love. When one scatters one's seeds, and one is operating in the sexual expression without Love that is when you create grave difficulty for yourself. It is not to say that you ought to have one partner for your life, and one partner only. But it is to say that you are best functioning in a relationship where you have deep expression of Love feeling for the other person that you work through that expression with the highest of integrity that is possible. When integrity and Love are missing from a co-joining of human bodies, that is when the human begins to not think well of its experience and this can create all kinds of damaging result within the physical body. Do you understand this?

Question: I have a question about death on our planet there is a great deal of fear is that part of the tactics of the beings that are controlling us?

Excellent. There is tremendous misunderstanding about translation upon your planet. Let us say this. Because consciousness creates a frequency, your emotion, how you feel, are broadcast, everywhere. Whether you think you do this or not, you do it. Consciousness is food, and consciousness is in all things. When you, as a conscious entity can be enticed programmed-- hoodwinked -- to create a broadcast within a certain frequency band, and you can sustain that broadcast. In other words, if someone were to kill you, and keep you in fear for a few moments oh big deal! So you let out this frequency of fear for a few moments. How long are you good for a food source? Do you

understand?

Do you understand that if you fear death for your whole life, you are a juicy morsel? Do understand that if you fear death, and you take that experience with you, you are a juicy morsel beyond, because you are still consciousness? And that you become trapped in the frequency thereafter? Do you understand in how many ways that even societies that are seemingly altruistic have created an element of fear and chaos just around existence? Around the whole idea of dying and leaving this planet?

So people need to be taught how to die. The need to learn how to die consciously. They need to learn how to let go. They need to learn that just as their entry onto this planes is significant, that it is an indication of their astrological blueprint -- part of their plan that brings them into existence -- that also their point of death, their point of departure, makes an incredible statement about one's achievements, one's beliefs, and what one carries with one.

When people die, they experience at first what they expect to experience. And for some, it is very, very difficult, because they have been led to believe that it is going to be very difficult when they die. And let us say that one of the professions that is going to become an absolutely incredible profession upon this planet is, let us say, a translation assistance, translation assistant in other words, you are going to assist people to make a clear translation from this system into another. And you will be able literally not just to talk them over to make it easier for them, but to actually accompany them.

This was done in many ancient cultures. This was quite prevalent in different aspects of the Egyptian culture where one would go with someone who was on the verge of departing, and assist them to leave behind any anxieties, and assist them to recognize the new manifestation their consciousness was creating, as they left one reality and moved into another.

Question: I have been wondering lately about the concept of suicide -- it seems that there has been a lot of guilt put on people, that it is wrong to do this. And I have started wondering lately if it is really wrong? Does it just mean that you want to leave?

The way that can be, from our point of view, interpreted as wrong would be that the thing that all of the humans must begin to have in common -- as a common value -- as a common law, is that life is valued, all life is valued.

And if one wishes to terminate one's existence here, one can will oneself out of the system. One can simply shut down the process. You are taught that you have no control over it, so there is a violence that comes about in the taking of one's own life -- a hopelessness. Most humans that commit suicide do so because they have never been nurtured into the idea of their own power. They have been led to believe, time after time, that there is nothing they can do about the circumstances of their life. For that is what your world teaches you. That you are impotent. You are not in charge of your life. So that withholding of a tremendous truth creates the availability of the suicidal frequency.

It is wrong to annihilate life in a violent way. You are responsible for the life that you occupy. It is your responsibility to use it to do a good job of it, and when you are finished with it, bring it to a close by willing it to a close.

In many societies in ancient times, when someone was finished, they would lie down to die. The grandmothers, the grandfathers knew, they picked the time according to the seasons and the moon. Do you understand? They understood the Cosmic laws they understood the laws of the Earth. Many of you have been tied into those systems of education during the past 300,000 years. You are trained.

You are trained in many different ways. It is all inside of you. It is your task to remember your training. This is not the lifetime when you are going to be taught new information. This is the lifetime when you

are going to remember what you already know. And that is all we are here to do, to remind you of it.

Question: This is an interesting subject the idea of being hoodwinked by intelligences that are supposedly greater than ours...

Let us say something. You have been led to believe on this planet and this is a hoodwinked that if intelligence is greater than you, then it must be gooder. They don't compute.

The hierarchy is so gigantic. You were taught that Yahweh was the end of the hierarchy -- the supreme being. No way! The Supreme Being, Prime Creator is in all things . It does not come down onto a planet. Do you understand? Its energy is so vast it orchestrates the entire existence, and it creates Energies to go out and do as they would to learn.

Question (Con't): Also, my question has to do with cause and effect. Where is the victory for those who are doing the controlling? Sooner or later it is going to come back to them call it karma -- call it cause and effect. There is no victory for anyone?

There is experience. Remember, we said that this local universe that you are cycling through is a free-will zone. It means that the theme that is prevalent in this sector of existence this, your local universe -- that all things are allowed. That is Prime Creator's experiment in this chunk of existence. All things are allowed. When all things are allowed, there is a learning process that is discovered and understood within this.

We are not saying that it is good or bad. Prime Creator is gathering experience. And as consciousness is endowed with free will, this universe is an experiment in obscuring. and participating in, how far consciousness will go with its free will before it realizes it is annihilating itself. And Prime Creator, in its generosity, allows this to exist for Prime Creator's own reasons -- because each universal system is layered and intricately connected, like a hornets nest, to other universal systems. It is very, very vast - that which is called

Creation.

Question: I have a question about commitment, and about what you mean by impeccability?

Let us say this to you. In a short period of time, there is going to be a great need -- a great realization -- of who is a keeper of frequency, and who is just shouting B.S. Because, the keepers of frequency are going to be called upon to create a certain stability upon this planet. And the keepers of frequency know 100% of the time that they create their reality, and that they do it 100% of the time. And they learn how to defy the laws of man by the Conscious direction of their awareness and their energy. That is the depth of impeccability and the depth of commitment that we are speaking of. We are not here just to bandy words, or just to get you to feel good about yourself. We are here to remind you of who you are, and what you have agreed to do. What you have come here to achieve, here on this planet. We are here to be your cousins, as cheerleaders to encourage you to remember, to give some guidance and assistance, so that you can discover for yourself the miracle that awaits inside the human body.

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Question: I have a question related to the Family of Light. There seem to be beings who have come to this planet from other systems, who are

incarnated on the planet, and who are of more elevated consciousness than the natives of the planet, and yet who still do not feel like members of the Family of Light. Is this so, and if it is so, how do they relate to the overall plan?

There exists what we call kingdoms of consciousness. Those are fancy words for a concept that we would like you to grasp. Within kingdoms of consciousness, there is a likeness of energy. There are many kinds of kingdoms of consciousness. The Family of Light comes from a particular kingdom of consciousness.

We would also have you understand that when consciousness learns the laws of creation, the laws of manipulation and management of reality. When one becomes slick at this. It is quite easy to manifest into any form one chooses. In the ideal -- for those of you who have activated your shamanistic and native cultural memories, you well know that part of the teachings of these native cultures were to go into these various realities, and to change form. The shamans in certain cultures were reveled for this. They carried genetic coding, and there were very few on the planet in relation to the entire population. They held the magic and mystery, and kept it alive. They were able to move in the form of animals, in the form of various shapes and guises. It was quite a profound science, indeed.

As the science exists on the planet, of course it exists off of the planet. As we said, your planet Earth is what is called a happening place to be a hot spot. It is coded to start its own revolution not necessarily just a revolution in the United States to change life style. It is a dimensional shift that it going to alter all of the space around Earth. As we said earlier, you are located in many other systems doing the same thing simultaneously.

Many extraterrestrials who are curious about life --curious about life forms. Know how to rearrange their molecular structure, and come onto a planet in disguise as a human. Understand?

And so what occurs very often, particularly in times of tumultuous

change, where dimensions have the potential to merge and collide
-- as
of course you are setting up here for the planet-- there is a
great
gathering of energies to come to participate in the big show.

The big show happens on many levels it does not just happen on
3-D.
You start a chain reaction that moves through all of the
dimensions of
existence, all of consciousness. And so some will beam
themselves
down here in disguise as human or incarnate, pick up an
opportunity
to get a ticket into this reality, to be here for the event.
Perhaps
some of those you sense as not native to the planet, and yet not
here
as systems busters, are here to observe, to participate, to
understand, so that they can take the information back to their
own
systems that are always evolving.

So there are intelligent creatures who are able to manifest as
humans
and to play the role out to perfection. Sometimes their memories
are
in tact, and sometimes they have the veil down. It is not always
easy
to come in with full conscious memory of who one is someplace
else,
because of the frequency control, of course. Anything else?

Question: The Masters of Love who are coming in as children are
they
part of the Family of Light, or are they from a different kingdom
of
consciousness?

The Family of Light and the Family of Love have worked in
cooperation
with each other for quite some time. These masters of Love are
expert
in using creative forces to enhance life, and not to destroy it.
They
come as teachers to show the way. How to value the life form.
And so
they come, as Light prepares the way for them. Light prepares the
way
for the creative forces that unify everything into an existence a
glue, as it would be of Love. That is why you have your phrases,
'Light and Love'. Yet, we will say to you that the meaning of
Light,
and the meaning of Love is going to evolve incredibly in the next
decade. And you will have a much greater understanding of what
these
frequencies are.

Question: You have made reference in other sessions to the possibility of an economic recession. Would you share more about that?

Well, there has been an over-involvement in the material world -- with a greed and need for solid form and a complete lack of understanding of the non-physical world that exists all around you. So we can say to you that your corporations are headed for some major rearrangements -- to put it mildly.

You see, consciousness must change. This is part of the divine plan. This opportunity - this whole set-up is not going to be missed. And so you are going to experience a very great depression as we see it -- a very, very great depression. And you are in the beginning stages of denial of it - as your governmentals would like to believe. Your honorable President, Mr. Bush, said that the economists are all panicking, that you are not in a recession. The newspapers, or course, are full of economic data the retail sales are down and the escalation of a war that costs you a few billion dollars each month to keep your troops sitting in a place that you wonder why they are there. So denial is the first stage of this.

Throughout this time of depression -- as we see it, it could last throughout the entire decade there will be a restructuring of your values. There will be a re-prioritizing of what comes first in ones life, and there will be people who will stand up, once they have lost everything, who had never thought of standing up when they owned everything, and people will awaken to the incredible potential of themselves. And so because everyone is so frightened of giving up the system, they are going to be forced into giving up the system. The system is corrupt, and the system does not work. The system does not honor life. And it does not honor your Earth. That is the bottom line.

And so if something does not honor life, and if it does not honor the Earth, you can darn well bet it is going to fall, and it is going to fall big time.

Question: I am interested in the scenarios we can anticipate personally. What can we expect from the real world that is out there, in terms of the crumbling of society of the exposure to some of these political figures, such as Bush and Kissinger -- the whole political spectrum?

First of all, as you leave here this evening, you can declare with clarity on your way home what it is that you wish to experience -- your version of it. Do you understand? In other words, don't you buy into the idea that you can do nothing about what is happening. Just because we say to you that your system is going to collapse, it does not mean that it has to personally collapse in your own life. That is an absolutely -- an incredible absolutely!

The second thing - what can you expect to find as some of these entities teach themselves? What you will find is that everyone's output is going to catch up with themselves. And so that what one creates, one must learn to accept the responsibility about it. So these entities, these energies, who have been pawns, and who have been manipulated to control humans, will find that they have some interesting lessons and ramifications to experience.

Question: Along these same lines, would you touch upon the difference between the robotics (robotoids), and the synthetics (humanoids)? Would you dare to speculate on that?

Well, those are not our terms. You are asking us to define someone else's terms. Do you understand?

Question (Con't): No, I am asking you if you would, do any of those terms apply to any of the political figures in office right now?

Oh, everyone keeps asking us the same question! We will say to you, absolutely! Positively!

You must understand that genetic manipulation has been a profession for millions of years. Genetic mastery, and the creation of life, is a very esteemed profession. There are those who practice this with upliftment, and there are those who practice it with a heinous revenge.

Let us say that there are energies on your plane who are enamored of power and greed. We would call them the world management team. They tend to run many of your systems, your monetary systems, your governmental systems, your military systems, your educational systems, your medical systems. They tend to be the guys behind the scenes who set the laws and the rules. They are very enamored of their self importance. They do not have feeling centers that are open. They are involved with energies' who understand genetic manipulation. Genetic manipulation has been introduced in laboratories on your planet in great secrecy, and human life has been duplicated for quite some time. The science of robotics is the ability to create a lifelike form, that is in actuality a duplication of a real life form.

There are also energies that take existing life forms, and rearrange certain brain cells with, electromagnetic impulses in the body so that the body can begin to perform according to program. Some of this is done by the insertion of certain drugs quite consistently into the system. So the question as to whether certain political figures are really real or not, is a very appropriate question. Because, the guys behind the scenes who are bringing this technology onto your Earth, have taught some of your Earth scientists how to make life.

Now, how prevalent this is at present, we are not at liberty to say. We cannot jeopardize our vehicle (Barbara), and we don't want to jeopardize any of you with information that is not appropriate for you to have at this time. Simply learn to use your intuition to watch. And if someone is transformed, or looks very different over a short period of time, watch in your newspapers for the entry of political figures in and out of certain hospital institutions. Need we say more?

Question: I have a question related to that. Is this also referring to the Zeta Reticula, who are here supposedly doing their research?

Those entities that you call Zeta Reticula are-- let us say they need you at this time for many reasons. And you need them. They have had

their DNA rearranged as well. Their DNA has been rearranged by the same creator gods who rearranged your DNA.

And let us say that everyone is coming back here at this time for the opportunity to stand on their own integrity. And everyone is beginning to learn about their own power. Now these energies that you call Zeta Reticula. They have lost, through genetic manipulation, their ability relate to their emotional self. They have no emotion no feelings, as you understand them. We said previously that the mental body and the physical body are very linked. The spiritual body and the emotional body are linked. You need the emotion in this system of reality to access your multidimensional selves. Your feeling indicates to you what is going on not the intellect.

So these have come here to cross breed with you, to mix with you, and to mingle with you, and to learn from you, so that they can add feeling back into their dying specie.

Question (Cont.) It is a benevolent process they are involved in?

Some of them are benevolent. Some of them somewhat harsh, even in violation. In the same way that you cannot at this point represent all the humans on your planet, you cannot expect a few extraterrestrials to act as an entire group. There are many, many different ones with many, many different agendas at this time, even within the Zeta Reticuli. There are those who carry Light, and those who incarnate as Light bearers in all systems. The systems of the reptiles, the systems of the birds, and the systems of the Zeta Reticuli. Do you understand?

Question: I have a question about the creator gods. So there was the lizard race, but what about other factions who also came here to genetically alter the beings that were here? The ones from Lyra, from Sirius?

There were many others. There were many, many others. You are going to find out about many of these others. Many of them had human form.

Presently, your greatest state of unrest, or discomfort, comes from

those of a reptilian type of existence, because they seem the most foreign to you. And they will be the biggest shock to the humans to discover that is who the humans have been worshiping as Jehovah and Yahweh throughout the Bible, and that these were your patriarchs within the Bible, as they merged with reptilian and native man, and created the patriarchal system. Oh yes. You will find it out, and it will be quite distressing for many religious leaders when they find out that story!

Question: In some of your past sessions, you have spoken highly of J. J. Hurtak, and his book, 'The Keys of Enoch'. Would you please elaborate on his interpretation, and his almost reverence for Yahweh?

The energies that you speak of, The Keys of Enoch, are but one piece of the pie. We have always maintained that they are one piece of the pie. We have always maintained that we do not agree with what is being said there. But we have also maintained that the material is presented in such a way as to awaken an individual -- not to make a disciple of an individual, a blind follower. It is designed to expand the picture of the individual, so they can begin to perceive reality in a much grander fashion.

What is missing from our point of view missing from the text, is that the gods are not necessarily in human form. That is what is not understood. Why? Because that is his picture. The book is based on his genuine experience based upon his belief system and what he created. But we share with you our version, based on our experience of reality. What someone else comes through and channels is based on their experience. Your job is to find the thread of truth between what is being said to you, and then discovering for yourself your own truth.

And so when we are asked about particular individuals, and there are many that we have spoken of, many of the different energies upon the planet. We say yes, study it, and understand it. That particular book

is designed to awaken many. It is not designed to be a new Bible.
At
least in our opinion it is not designed to be a new Bible.

We will simply say this to you, that no matter what story we tell
you
today, we guarantee you that a year from now we will tell you a
different story. Because a year from now, you will be able to
comprehend things in a grander fashion. And so the story will
constantly evolve. And your job is to find inside of the story,
your
identity, and what you know not what you want to believe, or
what you
have been told -- your opportunity is to plug into what you know.

Let us say that everyone is in for a big surprise even this man
(J. J.
Hurtak) that you speak of, who is a man who resonates with his
own
integrity. Absolutely. And yet he resonates within a certain
belief
system. And even he is discovering and it is going to be very
difficult for him to discover this that some of those that he
had
thought were in the semblance of man, have not been so. Even he
has
said that the lower forms will show themselves before the higher
hierarchy. And let us say that in his desire to serve and his
desire
to know, that he has been a part of a holographic drama that is
going
to prove to be very interesting. That is all that we are
permitted to
speak of at this time-- because it is an individual's experience,
and
he must express himself. Do you understand this?

Trust yourself, and trust what is taking place. We have said from
the
beginning that extraterrestrials, off-planetary beings have
been
behind every major shift in consciousness. They have been behind
diseases on your planet, your Black Plague was instituted by
extraterrestrials, your AIDS. They were behind the installation
of
certain religions. They have been behind many, many things.

There is a good book out on the market -- our vehicle (Barbara)
read
it this summer. It will give you some very interesting insights
if you
are able to pull from it. It is called, The Gods of Eden. It is a
very
interesting book to read, even though it is very rigorous,
because it
will show you the infiltration of energies throughout the various
systems of thought.

Let us say that there are a dozen more books being put together at this time by various different people, that are going to bring further shocking information to your planet. There is one that has just been released called, Flying Serpents and Dragons- (Author: R. A. Boula? Publisher Galaxy) we highly recommend that you read it. It is about mankind's reptilian past. It is a re-translation of ancient manuscripts, from a very interesting point of view. If you want to read something shocking, and something that we have been speaking of for quite some time, that delineates it in great detail, that book will do it for you!

Question: You mentioned the world management team, in conjunction with the term heinous revenge, Is the world management team commensurate with the Trilateral Commission, the international banking community?

Yes, they are all good colleagues!

Question (Con't): So here is the planet basically controlled by this small group of beings who are enamored with their own self importance?

And male in frequency at least 95%!

Question (Con't): Closed in their feeling centers?

No feeling center open -- first and second chakra in tremendous activity!

Question (Con't): Directing who wins the elections, what kind of wars?

Orchestrating and owning everything!

Question (Con't): Also. is this commensurate with the 666- coding and the mark of the beast, which is the 666 that one day tries to do away with money, and put us all on a system where we get a mark on us, so that this is another way that they can control us?

Well, let us say, without going into it in great detail. We have spoken of this many times. What we can say to you is that what was revealed in what you call the Revelations of St. John- was that one

having the opportunity of being transported in time, and shown literally future vision -- a hologram -- of potential scenarios of what could occur. They took a very simple man, one whose experience was not of technological world, and gave him the opportunity to describe these things -- much of this is misunderstood.

As far as your being controlled by the number of the beast, to a certain extent you are controlled by your debt, or your attachment -- necessary attachment, or you would leave it to the material world. And you can be taken advantage of tremendously in this way, yes. There have been plans for quite some time to set up a casteless society. There have been plans for quite some time to institute a new form of money --new circulation of currency. There have been all kinds of things that are based on technology, without Love, controlling the population.

Let us say to you, that the Masters of Love, by their intention, can break down any electrical system that they choose. They will first begin to demonstrate this -- much to their parents aggravation -- by breaking down electrical things in the home. This is when you can be certain that you have one of these Masters of Love in your family! When the electrical systems begin to go haywire -- or they begin to stop and not work. It will be the beginning of reaching out with the use of that kind of energy. So the Divine Plan operates even within the beasts. The Divine Plan operates even within the world management team. Because the world management team is here to push a complacent society into action -- because everyone got to cushy with the material world.

Question: I have a question about children again. You talked about these Masters of Love being at this point 5 years of age or under -- what about the children that are .?

We do not like to be pinpointed on this, because the age makes no difference. There are Masters of Love who are 25, 22, 19, 55 years old. Do you understand this? We are simply saying that as a

collective, that they are in a certain age grouping most of them 5 and under.

Question: Getting back to your comments about the quality of life, and the importance of it I know that you have stated in earlier sessions, and I intuitively feel, the decline of the quality of life, especially in the cities. I would like your comments on particular signposts and things we might watch for in terms of timing, when we may choose to find that it is time to leave the cities and move into more rural regions?

Well, you are not going to like what we are going to say -- no one ever does especially when we talk about when it is time for you to move!

When frequencies are such that it is too hectic. When you are finding that you are not enjoying going out into the hustle-bustle of your day to day world. When the products and services of your day-to-day world come into question, in other words, when it becomes more difficult to get things than it used to be. When your air supply is polluted. When your water supply is polluted, or when there is a lack of it. When the qualities that would allow you to lead a life where you are provided for is taken away from you. Then it is a signal that it is time for you to go seek out someplace else. Do you understand?

Question (Con't): Yes, but I am not clear about why you said that we would not like that answer?

Because, is not your air and your water supply in severe question at this time? And so can you not understand that this is the time for you to begin to move out?

Many do not like to hear it. They want to hear it is later. We go into New York City, and they don't like it when we tell them for their own sanity they must move out that they must express themselves with nature. In this part of the world, at least you have nature around you. Any place where nature is no longer available, then it

will not sustain life much longer. Because without nature,
certain
energies cannot be transmitted to you.

It is time for us to move to closing here. We would like to do an
energy exercise to conclude with. But we would like to say a few
words
before we do an exercise.

It has been our pleasure speaking with you. We trust that you
gathered
for yourselves what you have found most useful. We trust that you
understand the you create reality. That you have created the
experiences of the last two evenings -- and that you can continue
to
create, to inform yourselves any time you choose, by simply
desiring
it, commanding it, and letting it evolve.

It is our intention that by working with you, we offer you a
reminder
of who you are, a reminder so that you can find the greatest
source
of your own inspiration, yourself. If we could assign a career
if we
could give you a way of being, we would ask each of you to become
an
inspiration. When you are able to live in this capacity, to be
truly
an inspiration to all of those who encounter you, you will be
living
your life, and that is quite profound.

We thank you for the pleasure of coming here. We will return at
some
point to further assist you in this ongoing adventure of life.

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From: John_-_Winston@cup.portal.com
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Subject: The Good Guys From The Pleiades. All the information.

I have attempted to put down the information about the
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people at a rate of about 5k bytes at a time. This turns out to
be
about impossible to get it all on the Net. I now will put all the
information on at one time, from being to end. It is 383K bytes
long
so be warned and forarmed. Here we
go.....

1 AWAKENING
3 The Pleiadians
4 What is Going On

5 Search for Yourselfs
6 Language of Light Geometry
7 Breaking Patterns
8 The Only Lesson There Is
9 THE MIND GAME
10 Codings
11 Immortality of Being and Contact
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14 Saga of the FOL 2
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16 Gods Trapped in Illusion
17 Whose Plan Is It, Anyway?

01 AWAKENING The Pleiadians

Good evening. We are your ancient family. We come from the star system The Pleiades. We know ourselves as The Pleiadians and we, eons ago, millions of years ago, were your relatives.

When your Earth sphere, Terra, was being formed, there were many who expressed an interest to be pioneers and to go to a new area to learn to experience, to formulate, to create. That was the opportunity and many of our dearly beloved Pleiadians signed on.

The Pleiadian culture is ancient. [It] was seeded from another universe, a universe of love, a universe that moved back to All That Is. The Pleiadians seeded the Pleiadian star system within this universe before the Earth's sphere transfer became available. We formed a tremendous society. We operate with love. We operate with ideas and ideals that you are totally unfamiliar with.

Our technology in your terms would be somewhat similar. We are, in your terms, computerized. We like that term because it represents an overall picture of our abilities. The picture actually only represents one per cent of what we are capable of doing. However, from your point of view, think of us as a computerized society. We are collective energy. We are not of your dimension. The star system of the Pleiades has seven stars, six of which we believe, you may see from the naked eye. There are many planets and we are millions upon millions of miles from your system though we have transportation that can bring us here very quickly. We have many modes of transportation.

Mostly we come in starships. Often mother ships. The mother ships are gigantic, one of your miles, housing thousands. [They are] elongated, one of our fashions, [and] would take, in your terms, days to transport itself here. We have disc ships which can be here quickly, within portions of your day.

We have difficulty at times translating your time system, your hours, your minutes, into what is relative to our system, perhaps less than one quarter of your day. We are an advanced civilization. Our technology is ancient because it is coming from another universe that has evolved back to First Cause.

We chose not to evolve back to First Cause but to go on out of love, to assist the growth of this universe. We were allowed to bring that knowing with us because our technological development is totally in line with the First Cause and we would never operate in any fashion that did not support the love and development of humanity of all creatures in all of this universe. So we were allowed to be here. We were welcomed.

We are the ambassadors, in this star area, this universe, from another universe. We are working with many, not just with Terra, the Earth. We are working in other solar systems, with other planetary creatures, with other creations.

This universe is a vast and new experiment. Different options, we like that word, are being attempted here. Free will reigns in this universe. On Terra you think you have free will but you do not really understand what free will is. Free will encompasses the complete idea that whatever it is that you are wanting you may have. And your sole point in choosing to partake in the planetary system within this universe that has free will was so that you may do whatever it is that you wish.

Terra was formed with specific intents in mind. It was formed to be a center for this solar system, a trade center, a launching pad for ideas. Much like, as different portions of your globe have developed, and different port cities, or areas came into fashion and represented trends,

cultural advancements, exchanges of ideas at different points in time, and then fell by the wayside.

The ideal of Terra's role would be the jewel within the universe for its beauty physically to the eye, and this physical beauty would be beheld not just in one dimension but in many dimensions. That it would be a center of tremendous beauty, of tremendous exchange, of freedom, of ideas and beauty and love and peoples, humanities, creatures from all of this universe and star system ideally would have come here and exchanged what it is they had, as goods would be exchanged in the marketplace, with others.

Now, as you know, that has not taken place. Fortunately that is changing. Unfortunately, eons in your past, events occurred that were not anticipated, for when one deals with free will one never knows. There are no expectations with free will, just intentions and hopes. And even intentions sometimes may be transmuted.

Now, that was the original intention. Then eons ago, millions of years ago, there was a disruptive force that became quite pronounced in this area of creation, experimenting as it would be, with another form of being. This experimenting was not evil, it was just another point of view. We speak in very neutral terms so as not to lay blame or prejudice on anyone.

This disruptive force effected Terra greatly. It threw the cosmic forces, the hierarchies into vast confusion. And it has been all these eons, these millions of years that this has been attempted to be righted.

Now, through the last thousands of years we have been assisting the higher spiritual forces, those from the First Cause. Our assistance we freely gave because original family members came to this experiment of Terra and then when those disruptive energies became prevalent and changed the intent of what Terra would be we lost contact with our family members. It was very sad for us, for we had never anticipated this loss.

Being that we as Pleiadians are highly evolved and of great knowing and great connectedness with the First Cause, we knew that this was a

temporary loss of family members, though temporary in our terms was millions of years. And though the initial shock was felt literally throughout the universe and universes, we formulated a plan and knew that there would be a time when we would be reunited.

We are your family members who lost contact with you eons ago. We have come to retrieve you. We have come to reestablish contact, to assist you, so that you can now reunite with us, liberate yourselves and choose to come back to the Pleiades or to stay here on Terra and raise the vibration and allow Terra to become what it was originally planned to become, the international exchange, intergalactic international trade exchange center for the universe.

Now, as you may well know, that upon looking at your planet you can shake your head and say, goodness, we have ventured far from our original goal. And, indeed, that is true, you have. However, at this time events are manifesting on your planet that are about to change all of that.

It was known eons ago that there would be a point where the energies would be ripe for contact, for adjustments, for receiving energy for realignment. It was hoped that that juncture would be reached through the opening of the free will bodies, by their own choice, through love.

That is not the case. You have reached critical times. It began peaking 30, 40 years ago, and the activities that have been occurring on this sphere have been of grave concern to all within your universe. The lack of love for humanity, for one another on this planet. Separations of self from self. The missing of the message that you are all one, that you are all connected, that what one does affects the other.

Know that there are many millions on the planet out of the billions, who are awakened, who are moving toward the enlightenment, moving towards the acknowledgement of the First Creator, in whatever minuscule way they can conceive of this vast entity.

What is happening on your planet at this time is that the energy of the First Creator, is being presented to the planet as a whole. When we say

"as a whole", there are no groupings that would be select over others. The opportunities exist for everyone. It is the individual humanity's choice to acknowledge the opportunity that presents itself.

[The awakened ones will be] assigned, so to speak, to awaken someone. First Creator energy is now being made available to the planet, on a vast level, vast. It's encircling the sphere. Light frequency is bombarding your planet, though only those who know how to use this energy can feel it. It is as if an invisible force is in your lives and if you are not aware of this invisible force, you will not see it.

Now, if the awakeners approach the awakees with love, with intent of service, with intent of changing the planetary potential, the planetary history, and also are willing to bond unconditionally with the awakee, it will be successful. In most cases, those that need now to be awakened are working about this in their dream state and they are in a state of confusion in their waking world and so they are welcoming something that will give them greater power and direction.

The awakees will need guidance for a short amount of time because of the energy that is available [but] the knowings will happen very quickly, then they, too, [will awaken and empower others]. The more members, the greater members of humanity that are in knowing, the easier the times ahead will be.

We are working, sitting at the edges of our seats. When we say "our", we mean our beings, the star individuals, the star families, the spirit guides, the ascended masters, the callers from the great cause, the First Cause. There are many here. The skies, the atmospheres are full, so to speak, of who we are keeping Terra in force, keeping it alive and vibrant, glowing, and also respecting your free will at the same time.

That is why we say the awakenings are so important at this time. They are of prime concern. Individual awakenings. Word of mouth. It is the best way of accomplishing what it is that needs to be accomplished. Word of mouth. Books are fine. Tapes are fine. But one individual loving another

individual liberates, frees. And that individual goes off and creates and effects many others. That is how the process will occur, as we see it.

We stated earlier that Terra is a free will district along with the entire universe, however, there is a code of honor that exists along with free will. And that code of honor represents the respect for life. All of life. The respect, and the commitment to no violation of life. The honoring of life is paramount, and allowing that life.

Now, millions upon millions of years ago when the disruptive forces came in and changed all of that, free will was granted still and we stepped back, and saw and watched, and knew that there would be a time when all of this would come to an apex, as it would be said when the changes could be made.

Disruptive forces have come again. This time they will not succeed. However, the energy is of great influence on the planet at this time because of the technological development and the extent of this technological influence throughout the planet.

We ask that each person individually speak to another. At this point very powerful individuals are being awakened. Those individuals who effect other people, who influence other people are those that are awakening at this time, and are being awakened by those who made agreements, contracts eons ago to perform this service. We see that there will be changes geographically, great changes. Because the changes

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Re: PT 1/28: THE GOOD <CONT>

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represent the most benevolent way of realignment. If there were to be great destructions, and there will be some destructions along the lines of warrings, if that were to be the prevalent case upon the entire sphere, it would effect the cosmos so greatly, that in this case it cannot be allowed.

The changes that will happen on the surface of Terra are not definite. They will not be definite until they occur, until energy peaks. The energy will be peaking partially through what's happening on the globe, also through planetary and cosmic influences. The closer you may move towards the misuse of the technology, then of course, Mother Earth, a living, viable, breathing entity, would shift itself rather than destroy itself.

[The] shifts will be of a healing nature, much as the ill person may experience the tremendous fevers and burn and sweat and shake and then heal themselves. If Mother Earth did not shift herself and the misuse of technology would be [a] prevalent paradigm, do you know what would occur?

<*>

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From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 2/28: THE GOOD GUYS FR

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It would be the destruction of the universe.

We do not wish to be annihilated and misuse of your technology on your planet could annihilate a universe. Contemplate on what we are speaking for it is profound.

Many of you are looking for blacks and whites and the universe exists in gray areas. It is not the way you think it is. There is life teeming everywhere that you cannot see. There are many dimensions, there are many forms of beings. What happens in your dimension would effect us all because the building blocks of the universe, of the cosmos are connected. The atoms, the elements are all one. They are universal. Universal tools, so to speak. And through the misuse of one, in one segmented area, it would effect many others. So that is why we say, we are tuning Mother Earth to this knowing. Mother Earth knows this potential happening and would shift herself when the time and the danger becomes great.

Understand that all of these changes are contingent upon the awakenings. If the awakenings happen very quickly and those within the governments, within the arms industries, those within the publishing, communicative areas, television, newspaper, movies, [if] those influential people on the planet are awakened quickly, all could shift. Mother Earth will do whatever is necessary to realign for her own survival.

We are saying that if your intention is to step into the times ahead with joy, and experience, and be a partaker, a conscious partaker of the movement that the planet is selecting, then clearly think of what it is that you want, intend it, plan on it, and then trust that the part of the body located in the solar plexus will guide you along with the heart, to be where it is you need to be. If you are clear in your plannings, if you count on it, if you state it matter of factly, step into the knowing, not the thinking, but the knowing beyond all shadow of a doubt that you will be here in joy, in harmony, in happiness, in creativity, and in greater rejoicing of building the world, the civilization that you all desire, then so shall you be.

Now, think of that for a few moments and choose what it is you want. Examine your hearts about what it is you are wanting. Throw by the wayside those things that are not important to you and put your energy, your thoughts, your hearts, into what it is that is most important. And do not, under any circumstances, be afraid of making a change, for change is going to occur whether you select it or not. So, by consciously selecting a change, whether it be a move, or what have you, [it] may be your method, your means, of moving into the times ahead. Do not resist change. Flow. It may come in the area of relationships, the breakings up or the coming togethers. It may come in the area of employment or a lack of. It may come in the area of sudden abundance presenting itself to you or lack of. All these events will motivate you towards something. We ask that you go inside, trust the feelings. Trust yourself. One of the most beneficial

endeavors that you will be involved with is forming the extended families.
With a networking of thirty to fifty people it will be very powerful. We also wish to speak of the availability of outside communication that is waiting to speak with many of you, that is speaking with each and every one of you though you do not acknowledge it. Vast numbers are willing to help.

We ask you to examine your hearts, relinquish your fears, move towards what it is that will be most important. We suggest, and we will assist in these endeavors, that through your dream states you dare to dream of possibilities that seem outlandish. Awakened ones and those becoming awakened are being fed information through the dream state from the vast numbers and given so called ideas. Instigated information. Potentialities of abilities that are far beyond what is available now on the planet. And these will be fun things. These will be joyful things. These will be loving things, healing things, successful things. Play with your dream states and when one of these crazy ideas comes to you, grasp onto it like a hot air balloon and ride it for a while over the topography of yourself and see where it will take you.

We ask you to approach these times with an open mind, a creative mind, a loving mind, to move into the self. To trust the self. Open the heart. To connect with humanity, to awaken the others. To be gentle with who you are. For your difficulties you will lay down as they are old clothes that you will no longer fit into or wear. Your aches, longings and difficulties can all be laid to rest as you move into this great new garment of being.

Many will be petrified of moving into this time for much must be relinquished. Much must be changed and given up. However, we are saying that if the Earth itself did not change in its seasons, it would be pretty dreary indeed. And so fall needs to come and the winter set to rest so that in spring there may be regrowth, revitalization and awakenings. This is what you'll be experiencing.

We have committed to guide you on this time. There are many who are here loving you, assisting you, doing whatever is necessary. Open your hearts. Open your eyes to what is coming. Do not be afraid. Know that you are surrounded by love and energy greater than at this point you can fathom. So great it is beyond your knowing, though a part of you knows that greatness and brings it to yourself.

We trust that what we have said empowers you, enlightens you, guides you to who you need to be. Move forward. Move in love. Feel the connectedness of all that is.

Look into the eyes of fellow humanity and see yourselves for you are there. Bless each one with the knowing that you have and your awakenings will be greater than you ever imagined.

Call on us for assistance and we will come to you. We send you our blessings, our dearly beloved friends.

THE SOURCE: The Pleiadians are a collective of extraterrestrials from the star system The Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from The Pleiades to participate in the new experiment of Earth. The Pleiadians are now here as ambassadors from another universe to help Earth through her difficult transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

THE CHANNEL: Barbara J. Marciniak has been a student of Metaphysics for many years. She gives credit to the Seth material channeled by Jane Roberts for her insight into the necessity for conscious, intentional creation of personal experience. Barbara travels extensively. In Athens, Greece in May of 1988, she began channeling The Pleiadians after she and a group of friends experienced a spiritual awakening in the Great Pyramid at Giza. Barbara currently lives in Raleigh, North Carolina where she gives class

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02 A Conversation With The Pleiadians

Editor's Note: The following is an excerpt from a class session.

Good evening. We are here to assist you. We are here to work with the
energies of those members of humanity who wish to move forward
with their
lives, who wish to participate in the great upliftment of spirit
and
physical reality that is now being experienced on your earth
plane, Terra.
We have spoken before about the concept of the shoebox. We would
incorporate this material along with questions that those here
this evening
may have to offer as learning. Understand that a question that
one asks is
asked for all. So, listen carefully and you all may make a leap
[in]
accepting who you are.

Let us speak for a few moments on the concept of the walls you
build around
yourself in this shoebox idea. From our perspective, we see the
large
portion of the energies [are] attempting to bring in information
that is
revolutionary, that is expansive and that is perhaps
contradictory and
controversial as well. The most necessary element that you need
to add to
your life is something that would act as a catalyst for you to
assimilate
the information and initiate these ideas into the day-to-day
living of your

life. In other words, bring them inside the shoebox of your existence.

We will be working with you to allow you to expand the territory of the shoebox that you live in, for the shoebox defines the boundaries of information that is legitimate. It defines your perceptions, your experiences. It defines your world. Your world is as large and as complex or simple as you would design it to be.

What we would ask each of you to do is to visualize the image of the shoebox that you have. You may make it plain, you may make it elaborate, any color that you wish. It can be small, it can be large. Visualize the shoebox and place your physical being within it. Next to the physical being place inside the shoebox, place your globe. The images will come to life as we discuss with you the questions that you will all be so gracious to teach yourselves with this evening.

QUESTION: I've heard recently that as part of the change taking place on the planet today the old idea of everything being a lesson has become somewhat obsolete and that, in fact, there are no lessons anymore. From my own personal perspective I believe that growth comes through learning lessons and I don't understand how growth can continue if there are no more lessons.

PLEIADIANS: Understand that all that you hear is one entity's version. Whether they be a discarnate or incarnate entity, you are always hearing someone's version of what they believe to be true. And that holds true for we Pleiadians. You all are nearing a juncture where you would be coming in to be tested over and over and over again. The ride is going to get bumpier.

It's going to be fun because you will be like on a roller coaster. You may be up one moment peeking over the top, rising to the stars and then suddenly your stomach is way up in the air and you are on the ground. This ride would involve many so called truths. Each truth, each place you are on

the roller coaster is quite real, is quite legitimate, and the information or the ride of experience that you are receiving is yours to interpret.

What you must realize is that you can get off of the roller coaster any time you wish. But you will be choosing the ride because you have something to learn. What you have to learn is that there is a portion of truth that exists within each and every one of you. Essentially, you do not need us to tell you what that truth is. We merely mirror back to you who we are and we remind you what it is that you know.

In direct answer to your question, from our perspective, all existence involves knowing. There is consciousness within all things and all consciousness is learning about its experience no matter how that consciousness is manifested. From our perspective, we do not perceive of a place of being where there [are] no lessons or or learnings to be done. That is our opinion and our perspective of a story.

Now, understand that all things are true. You can bring whatever information you wish inside of your shoebox. You can design your

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experience. We are here to give you lessons in many ways of perception so that you form your own truth and stimulate the material and information that is stored within the cells of your being. You all are a portion of First Cause [God]. First Cause branches out and expresses itself so that it has more to bring back to its own experience. And so, from our perspective, First Cause learns much in each and every moment.

QUESTION: What is the correlation between relative truth and absolute truth?

PLEIADIANS: The absolute truth, the essence of absolute truth is the example that we have just shared with you. The greatest truth is that First Cause is within all things and it is First Cause's journey that you are all a part of and it is your challenge to realize it.

QUESTION: In trying to follow a spiritual path I'm feeling great confusion over traditional Christianity and the Bible and the truth in that, or the lack of truth in that, versus the New Age philosophy and, for example, A Course in Miracles. Which path is closer to the correct truth?

PLEIADIANS: When we spoke and said that all is true, it is our tricky way of making you think. And that is what you are learning now. You are third dimensional beings. You are thinkers. You are, on a planetary scale, learning and moving toward becoming fourth dimensional beings which are, if we were to put it into words, perceivers. You are employing the values of the third dimensional world and you are beating up on yourselves, so to speak, and chastising yourself because your life is not in one neat little compartment. If you wish to bring new information into your lives, there is a certain scrambling of data that must take place. This all goes back to the shoebox and your great need to have everything in a file compartment. The data of your existence, the outline and boundaries of who you are, are quite orderly.

When you are attempting to become more and to become greater beings, all of that data must be reshuffled, must be run and analyzed and compared to a

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new program. When we say that all is true, that is in essence saying to you whatever you choose to believe will indeed be true. It will be the reality

that you will live your life in and you will manifest the symbolic representation of that reality within your lives. Your neighbors and your friends and the social structure that you surround yourself with will reflect that back to you.

Worlds are not solid places of being. Worlds are probable. Worlds are as flimsy as paper.

Only you do not understand this. You think that your worlds are concrete and you think that certain authoritative structures are correct and you place authority outside of yourself. The Catholic church is no more correct than any other church.

The truth that you are attempting to understand now is the absolute truth for yourself. You wish, because of how you have led your life up to now, to be told to follow a certain structure. The highest teachings in our opinion, and this is merely our opinion, are the teachings that point you to yourselves and say to you, "You are First Cause. You are a portion of the great energy. And you, yourselves are thought manifestations of what you think you are."

It is that truth, from our opinion, that we, the Pleiadian culture and many, many, many cultures, use as a primary law of existence for ourselves. What you are all learning to understand is what is true for you and how to make your world work. We would start by saying that you are the center of your world, you are the power in your world. What is it that you want? You want happiness? Do you want safety? Do you want joy? You want harmony? You want personal development? You want peace? You want abundance? You are First Cause.

This power that you have is no new thing. There are those of you who have laid in the gutter or who have been without food, been on the verge of dying and have willed something and had it manifest and thought that you were lucky. It was your desire, your calling of your own power that

manifested in front of you. This is a basic law of experience.

QUESTION: You mentioned a couple of times that we choose to be here to experience. Is it, is it as simple as that? When we're disembodied we decide to come back to experience something? I just can't imagine anybody choosing to come here unless they had to do it.

PLEIADIANS: It is much more complex than merely coming here for the experience, although it is the experience that you are after. But it is not as if you are a soul roaming through the ethers with nothing to do and you decide, "Oh, I think it looks cozy down there. I think I'll make a hit on that world." It is not quite that simple.

You are a portion of an energy of an oversoul. This great being travels for its own growth through planets, through existences that you do not even comprehend, through existences that in your terms are not real because you cannot see a physical world that they could exist on. But they exist. There are worlds that exist in empty space, so to speak, that make up shapes and colors and sounds and they are quite legitimate and you have experienced these worlds.

In your roamings of being, in your decisions about where you want to go, it would be similar to getting in a car and having an unlimited bank account. In other words, you do not have to worry about how your travels would be financed. You could go wherever you chose. The only restriction is that if you are to travel the United States, you must complete the United States. You would have to go into each State and, perhaps, spend at least one week in each. When you have finished the journey you may reflect back and say, "There's further growth that I could do in the State of Minnesota. Before I leave this journey and go to Europe with my unlimited funds, it would behoove me if I explore this area."

What is occurring on a planetary scale at this time is that all humanities, and none are exempt from this, are attempting to bridge the information

that is available to them and bring it into their physical reality. You are attempting to understand and to remember and to perceive that you are a portion of a much larger entity and personality than you have previously thought that you were.

When the Christed one said to you on your planet, "You are not alone," that is what was being said to you. That is what was being triggered to be remembered. You are not alone. Not only are there those, as we represent, who come from the stars, there are those from other dimensions. It is your challenge to wake up to this, and to believe, if you so choose, in enhancing your lives with this information. For these entities are there to bridge worlds and to change the world.

QUESTION: Is there a sensation of heaven and happily ever after?

PLEIADIANS: If you so choose to believe there is, there will be. If you believe in heaven and if you believe upon your translation that you have been a most glorious being and that the pathway is at your feet, then, indeed, that will be your experience. You would create your version of heaven. You all, upon your translation, will create your version of what you think exists on the other side. The myth of heaven was to allow you to believe that something unknown could be a pleasant experience.

Think on what we have been speaking of for you are attempting to bring in much information and whenever one is attempting to bring in new information there is a reshuffling, and a release of energy that no longer fits. Trust yourself and allow yourself to live in a world that is comfortable and safe and expansive and generous and loving and would give the greatest benefit to all. Make that the boundaries of your truth and your world and you would have an easier time assimilating information.

QUESTION: Do you have some practical suggestions on a day to day basis of how to maintain our centeredness? Apparently our objective is to maintain awareness of who we are and in the chaos of goings on, we seem to lose that

little thread of remembering.

PLEIADIANS: It is a portion of your challenge at this time. You forget who you are because it seems to you that it takes time to remember who you are. And it seems that you do not have enough time to bother with this all the time. And so you forget, you trick yourselves into thinking that you are not who you would like to be. It is a thought process.

If you wish to maintain greater continuity of the enlightened self, the uplifted self -- at different portions of your day inject your thoughts with an empowering affirmation or statement about this continuity. You are complicated beings. We will give an example.

You say, "Alright I'm on a new program now. Starting tomorrow morning I'm going to wake up and I'm going to make a statement to the world about who I would be and then I would make the statement again at perhaps noon and then perhaps again around sunset and then once again before I go to bed. Four times in one day." And you would do very well with this for one week or ten days in your terms.

On the eleventh day, perhaps you would forget in the morning when you woke up to say it. Then you would be getting ready for work and you would say, "Oh, I didn't say this and I'll say it very quickly." Then [at] noontime you say, "Oh, gosh, I'm so busy I don't have time. Well, I'll say it later." Suppertime comes and is gone and you haven't said it. Then you've gone to bed and you say, "Oh, well, I said it this morning, I'll say it later."

It is so easy for you because of the distortion of the element that you call time that you allow to run your lives that you miss the essence of who you are. In the moment that you would take to say, "Oh, I don't have time now" or, "I will say it later," you could have said it.

It is that simplistic. It is not a paragraph that you must read about yourselves. It is not a major commitment in the element of what you call

time. It is a feeling about who you are in the moment of your awareness of that being. And it is not something that you must continuously focus on but it is something that you would intend to become a portion of your being. Just as sleeping and rising and eating are a portion of your being. You merely need to become aware and to nod your head in honor and saluting the self. The salutation to the self to become a glorious being. It is that simple.

Done on a regular basis as a portion of yourself it does not mean that your life indeed would be perfect. For, once again, we are saying to you that you are, all of you, on a roller coaster. There will be ups and downs. If you know that you are intending the honor and great development of yourself when you are going on these ups and downs you will realize that this is a portion of the growth that you are asking for. It is your challenge to love yourself and not to be critical of the self and to realize that you are designing experiences for your greatest need and growth.

The world is a symbolic world and speaks to you. It is your challenge to understand what it is that you are telling yourself. If you have teddy bears dancing in front of you we would say you are a most playful being. If you see boogie men and dragons and lizard people, then we would say, goodness, what fear are you manifesting?

Now, we are being playful but we are giving you examples because as humanities that is your way of learning. You like pictures and you like examples. You like to be able to formulate ideas within your mind and to compare. That is your way of learning. You do not at this time function through osmosis of learning. If that were the case we would not have to say a word. We would merely implant you with energy or attempt to implant you with energy.

We have fed you much information and you have been absorbing it on many levels of being. Congratulate yourselves on the great beings that you are

and that you are becoming. We would be speaking with you again.
We bid you
good evening.

THE SOURCE: The Pleiadians are a collective of extraterrestrials
from the
star system The Pleiades. The Pleiadian culture is ancient and
was "seeded"
from another universe of love long before Earth was created.

They have formed a tremendous society which operates with love,
with ideas
and ideals that we are yet unfamiliar with. The Pleiadians call
themselves
our ancient family because many of us came here from The Pleiades
to
participate in the new experiment of Earth.

The Pleiadians are now here as ambassadors from another universe
to help
Earth through her difficult transition from the third dimension
to the
fourth dimension and to assist each of us in our personal
endeavors of
awakening, remembering and knowing.

THE CHANNEL: Barbara J. Marciniak has been a student of
Metaphysics for
many years. She gives credit to the Seth material channeled by
Jane Roberts
for her insight into the necessity for conscious, intentional
creation of
personal experience. Barbara travels extensively.

In Athens, Greece in May of 1988, she began channeling The
Pleiadians after
she and a group of friends experienced a spiritual awakening in
the Great
Pyramid at Giza. Barbara currently lives in Raleigh, North
Carolina where
she gives class sessions and workshops with The Pleiadians. You
may contact

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Barbara at Bold Connections, P. O. Box 6521, Raleigh, NC 27628.

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03 A Conversation With The Pleiadians

The following is an except from a class session.

The earth sphere, Terra, is in a state of great change. Historically, from a linear perspective, you have been told that you have been on your planet for X number of years. Your scientists think that you have been civilized for a short amount of time and evolved from ape to man.

That is completely incorrect. Highly formed Adamic man has been on your planet for eons. Your planet was seeded by extraterrestrials. It was an experiment initiated by the one we call First Cause whom you may refer to as God, Prime Creator, All That Is, whichever you are comfortable with. First Cause is the energy essence of creativity.

First Cause is in all things. Consciousness is within all things. First Cause's primary journey now is to gather information and increase the potential of being. On a global scale, humanities are attempting to understand that your world is a direct result of your thoughts.

Your main challenge at this time [is] to learn how to handle thought manifestation and the manipulation of matter and existence. Once [it] is implanted within you that this is a core, basic idea, a universal law of being, you will be liberating yourselves from a restricted existence that has been boxing you in all these millions of years.

There have been those on your planet who have individually, or within small groupings, taken this information and utilized it and freed themselves from the tethers of three dimensional experience. But what is occurring on your planet and why all are restless is that the movement now is towards a universal knowing and understanding. As each of you learn to expand your own consciousness and allow information and experiences to enter into your reality, as you grow telepathically, you effect those around you, in your family, in your school systems, in your neighborhoods and then, of course, within your world. What will eventually happen is what you call critical mass, when a certain number of individuals achieve a certain state of knowing, others will instantly comprehend.

The times that lie ahead in the next ten to fifteen years are going

to be quite interesting. You are going to see your reality turn upside down. You are going to see chaos, confusion. You are going to see a crack in the cultural paradigm structure that has been the reality of your world up until this time.

Historically speaking, your world has been defined most explicitly in the last five hundred to six hundred of your years by scientists and by

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learned intellectuals and you have not questioned this. The world seems solid. You seem solid. You all seem to live in the same world at the same time. Not so. It is not so at all.

You are moving into the fourth dimension of experience. The third dimensional experience is composed of thinking. The fourth dimensional experience is more involved with perceiving, utilizing the entire being.

You have been defined so precisely that you do not question who you are. You have accepted a thousand years of definition from those you consider authorities because they happen to speak louder or publish books or gather degrees. That is nonsense.

Always question what you hear, including what we are telling you. Become your OWN authority. This is what Terra is moving towards each one discovering their own integrity, their own completeness of being, their own responsibility to themselves and to the world that they participate in.

You will discover how to become this authority by trusting yourselves and by questioning what you are told, particularly from your governments, school systems, television and newspapers. Read between the lines. It would do you a great amount of good.

QUESTION: Some of us are getting to the point where we are no longer willing to listen to the government. We want to know how we can

bring about environmental changes.

PLEIADIANS: The changes that are most important for everyone to make are the changes that are within yourselves. We speak over and over again that you are your primary tool to be working with. If you are concerned with the environment and what is occurring, take care of whatever you have, your amount of land. Wherever you are involved, use your thoughts to create a harmony with Mother Nature.

What you must understand is a certain amount of disruption is necessary in order for this shift of consciousness to occur. It seems as if your planet is falling apart environmentally. It is, from our perspective, a necessary path in order to move humanities through their growth. If all were perfect on your planet, in other words, if the environment was in ideal condition, it would not be ripe for the shift in consciousness that will occur. A certain amount of disruption or chaos is necessary to create new order.

Your earth is a sentient being. It is alive. It is conscious. Your greatest step is to align yourself in communication and ask Mother Earth to give you what you need and commit yourself to giving Mother Earth what she needs.

If you feel the need to be involved with others to clean a stream or a lake, that is fine. But it is not for you to go out and wave flags at others. The work that you do is work within your minds. You are mental beings, far more than that, you are spiritual beings. You are thought manifestors.

You can do much more with your thoughts than you can by racing around from one committee to another pounding the hammers and the nails. When you use the mind in meditation to bring light to Mother Earth, you act as a bridge from the cosmos and from First Cause to earth and light is carried in.

We say this to allow you to rest easier about your environment. There are extraterrestrial energies that have technologies that could clean your environment up very quickly, within a few days or weeks. If, however,

this was done, what do you think would occur?

Those who have been destroying the planet would say "No problem we can keep doing what we are doing, the world is fine." Then you will be back in the same boat.

Terra is working towards becoming the jewel within your sector of the universe that it was originally designed to be. The darkness is being thrown off. Terra is indeed moving towards great enlightenment. There is a state of consciousness that needs to be understood. You are all connected. You are all one. You cannot be here without your earth sphere. Can you understand that? Can you understand that the others need to learn this lesson?

It will be learned. The earth will heal itself. There will be changes, earth changes. You had an experience of an earth change in your past summer when you had the big fires throughout your United States. That is a form of earth change. Your recent experience with the forces of winds, the tornadoes, are forms of changes. As you see these things occurring, rejoice because lives and consciousness are effected. Each time something like this occurs, a new person steps into a state of realization. It is Mother Earth cleansing and healing herself.

Do not worry, your world is not being destroyed. There is great assistance hovering around your planet. Within physical realms and non-physical realms there are multitudes of extraterrestrial beings throughout the solar system here to assist in whatever needs to be done. Because you are a freewill universe, we cannot interfere. We can assist . As you call for assistance we will be giving it for those who wish to consciously evolve themselves into a more dynamic, fulfilling experience. Questions?

QUESTION: I have a question concerning the painful things like alcoholism and abuse that effect many children and many lives and carry over into adulthood and effect relationships. I come from an alcoholic family and I realize that I've chosen that. But the pain and torment from

that has created some very confusing choices that I've made that were detrimental to my life. I'm trying to rid myself of that pain, but it's hard for me to put myself in situations that are good for me instead of being attracted to something that is familiar.

PLEIADIANS: All can learn from this story that is being shared, the story about pain and confusion and anger and powerlessness and recognizing that it is a choice of sorts.

First of all, understand that when you are in a state of confusion and you recognize that you are in that state, congratulate yourselves. You are scrambling up old behavior patterns and beliefs and you are disturbing old orders and ways of being so that you can realign them. Do not feel you are going nowhere when you are in a state of chaos and confusion. It is a high state of being as long as you do not perpetually stay there. You prevent yourself from perpetually staying there by honoring, surrendering and acknowledging that you are working on something.

Self-love and trust is essential for personal growth. When one creates a situation that seems to be less than ideal, when one has parents who are not "Father Knows Best" types, it seems as if one perhaps was gypped. But then, if one believes one creates one's own reality and they choose their parents then you can get into a bit of a muddle [about] why you choose a situation that is less than ideal.

One must ask what is it serving for me? In what way am I creating an opportunity for my own growth? What are the challenges of the parents? What is in this for me? As you judge any situation you keep yourself there. Relinquishing the judgment of right or wrong allows one to move through the experience and have compassion for one's own self.

Often you place yourselves in situations of difficulty so that you can help others that are in greater difficulty. If you have a silver spoon life, often it is more difficult for you to relate to the other members of humanity. When you have come from an area of great challenge and less than ideal situations and you are able to see that you are a result of thought

manifestation, it is quite simple through great intent and desire to change whatever has been occurring around you. Because you have finished with the lesson, you see now that you needed to experience those parents and that they needed to learn about their addictive behavior that keeps them sequestered from life. It is a lesson for you as well as for the world.

Your families are your mirrors. You are all mirrors for one another. Learn to accept this and surrender to the idea that it is your play you are in.

You are the primary actor, the primary writer and director.

Allow yourselves to step outside of the scenario that you are enacting and observe it and see what it is doing for you and then rewrite it. Allow yourself not to annihilate that experience but to build on it, add on to it. You get yourselves in big trouble when you try to erase chunks of your lives. Integrate who you are and make yourselves whole by adding new information, experience and trusting that you are moving towards great opportunities of love, self-love and growth, and that ideally you are working towards service.

Service is the ultimate healing of the self. When one is involved in service, it seems as if one is assisting others. When one is involved in service, one is involved with the ultimate healing of one's own soul. One is liberated, connected with the oneness of being. In order to move into service, you need to have a file full of experience so that you can relate and carry out what is necessary for you to [serve]. Any of you that are finding yourselves in situations of pain, ask yourselves do you believe life is painful? How much pain is necessary? Is it possible to live a life without pain?

Remember that you selected your parents because it was in that nest that you could do your greatest growing and learning. You did not take last choice, for there are no last choices. You are born in the most ideal situation that there is. Your parents are your guardians in the physical world. They structure your belief system and they structure your thoughts.

Life does not have to be painful. Examine your basic feelings and beliefs. If you are finding some of them are less than ideal, lay them to rest, discard them as you would go through your closet and pick out the clothes that no longer fit. It is what you all could be doing now with your thoughts. Those that no longer fit and aren't productive or enhance the world as you need to experience it, discard them.

In your mind's eye create a mental visualization in meditation where you have a big box. Inside of this box you place all of the things that you do not need any longer, all of the old behavior patterns and teachings. Mentally forgive your parents for their own ignorance. Forgive them for what they did not know to teach you. Forgive yourself for judging them for what you think they did not do for you. You will see that you will move forward and you will repattern and effect many others for your own personal growth.

Remember again, you are your primary tool. You are the lump of clay that you are designing and working with. Keep that in mind. You are working with yourself and not others. Others are a by-product.

Work with the self and you will change the world. Love yourself and you will change the world. Ask that you be shown the way. Call for guidance. Call for assistance. Allow yourself to surrender to the highest good that your self can manifest. And then release and forgive.

QUESTION: I feel that my whole being is getting ready to change, and there is a big fear there of not knowing. I want to know. I am praying for guidance. And the answer that I get now is "wait," and "it's not time" and "patience." Instead of the patience building, I'm reaching a point of impatience.

PLEIADIANS: That is because you are not trusting yourself. You are afraid of what is lying ahead of you. First of all, understand that each of you live in your own world. You agree on a mass level that there is one world, but you each form your own world of experience. If you choose that world to be safe, it will indeed be safe. Within that safety, fearful

elements may brush up against you. But, if you believe, that you are guided and you are blessed, and you intend beyond all others that you have a safe world that is joyful, then indeed it shall be. We are not talking about the world that anyone else lives in but you.

When you learn to trust and to commit yourself to a world of safety and beauty, then there is a certain patience that comes as you allow that world to unfold in front of you.

It is up to you to be patient and love who you are and trust that the dark journeys that your soul has chosen to take were all a part of experience which was needed so that you would have a greater understanding of where others choose to go. You, yourself, can carry a light now, and lead them out. But first you must realize what it is that you are and why you have gone there. You would not understand if you did not have first hand experience.

Do not judge what you do and where you have been. Accept your power. Accept who you are. Accept that you carry light for yourselves, and then surrender to your role and be patient and allow it to unfold. Time will accelerate quickly enough for you. Do not rush it ahead. You have many years of work and play ahead, all of you. It is what you are about. You are gathering now. You are gathering your knowledge, your commitment. You are forming your roles of leadership. There will be many pillars that will be needed in the new society. Many who will be needed to stand strong and to believe in themselves. We ask that you accept this responsibility, all of

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you.

QUESTION: I feel that when one is involved in a search for self that one is quite vulnerable, especially in the sleep state. I've

experienced what I felt was a very negative intrusion during this sleep state. Is that possible?

PLEIADIANS: Your opening statement to us was, "I believe" or "I feel one is vulnerable." That is your essence. That is what you are putting power behind. That is what you are calling to manifest. A demonstration in your belief in vulnerability. So, of course, you would experience anything that would demonstrate that you can indeed be vulnerable to unexpected intrusions. To takeovers. To whatever goes along with being vulnerable.

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It is not in your greatest opportunity for growth to believe in your vulnerability or that you can be victimized. You will create for yourself demonstrations. It is more ideal to utilize the thought manifestation to form the world that says "I believe I am safe. I believe I am guided. I believe I am blessed. I believe that I am divinely taught and instructed within my dream state." Can you see the difference?

QUESTION: In choice of words.

PLEIADIANS: In choice of belief. You can choose those words and believe still that you are vulnerable and try to convince yourself that you are not vulnerable. You must search into your life to see why you select the idea that you are vulnerable. Whenever one thinks one is vulnerable, one can say, "but this happened to me to demonstrate that I am indeed vulnerable."

We are saying thought comes first and experience is always secondary. It is never the other way around. It is never that you have the experience and then you base the thought around it. Always your experience is a direct reflection of what you are thinking.

This is why we are saying monitor the thoughts, get to know the self. Speak with others in a loving way. Speak out. "I believe" and "I

feel." When you speak in this fashion, you are coming to the core of who you are. And when you come to this area you can see how you form your experience by what you feel and what you think.

If you are finding areas that seem less than ideal, then attempt to change. If you cannot change immediately then, for a few minutes each day you institute the new feeling by adapting the idea that for five minutes you will feel safe and guided. Then go back to feeling vulnerable the rest of the time.

If you do this a few times every day, you will see that your thoughts make you feel one way or another.

QUESTION: Everything that you have said tonight seems to me to be the basis of metaphysical teaching, the way I understand it.

PLEIADIANS: It is so. What we are saying to you, to your planet, is that the information has been here for eons. It has been covered up and kept from you, but it is basic free information. We are merely here to remind you, prod you forward and to give you a direct experience through contact to smooth out any areas where you may have questions and allow you to propel forward. And, for our part, to encourage you, and to send you love, so that you can know that you are love.

You are greatly regarded, and your planet is a beautiful place of being. Be proud of who you are. We are coming here out of choice. We are coming here because we cherish you.

You are multi-dimensional beings and you peek into many realities, all of which are valid, and all of which are real. Awaken yourselves.

It has been our pleasure to speak with you, we send you our blessings. Call on us when you need assistance. Create your own avenues of expression, for you truly are on the journey of greatness.

THE SOURCE: The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient

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ISSUE 4 Conversation With The Pleiadians

Excerpted from the tape:

"WHAT IS GOING ON."

We are here. It has come to our attention most recently that there are questions [about] this speaking of extraterrestrials and other beings through human vehicles. Many are in great question about this. Many desire this for themselves. Many doubt the validity of the happening. We would

like to discuss this because what you are preparing yourselves for is your own experiences along these lines.

This process is available to many. The broadcastings that are going out from the areas outside of your planet, that are circling your planet, that are being sent from various extraterrestrial energies, are in the air. You, or any, can pick this up if you learn how to tune in to vibrations that are looking for the transmitter. As you act as [a] receiver to receive this vibration, you transmit this energy to others.

There may seem to be in this phenomenon called channeling, a variety of information, personalities, characters. This is as it should be because humanities are all unique. They each have their own stamp of identity, the song that their soul sings that brings them into being. And so, each one that will tune in to these electromagnetic wave lengths can interpret what they are hearing according to who they are.

Some may feel that they need to study and work very hard before they are ready or in preparation for this. But another, who lives quite simply and is totally unaware of any sort of New Age happening can one day, simply by being themselves, by trusting, living in the moment, believing in a world that is safe and uplifting, stretch their consciousness and quite naturally tune in to ideas and information that they know is coming from other portions outside of themselves.

The individual, of course, affects to a certain extent, the type of information that is perceived. You, yourselves, know that humanities speak out their beliefs about themselves. [Beliefs] somewhat affect this sort of communication [channeling], so there will always be a certain bit of distortion.

If we were speaking for ten of your years and the vehicle was aligned, there would still be a distortion of information because there would still be territory and experience that would be beyond the vehicle's comprehension.

You are third dimensional beings, quite rooted in your ideas and your beliefs about yourselves. You are attempting to change this idea but

society as a whole is quite convinced that you are all solid beings and the world is a solid place. And so, what is occurring is that as you grow, as you alter your perceptions of who you think you are, [there] is always an expansion that lies further.

At present, your experiences are limited as to what you think can be. When you learn to tune in to your own channelings, when you learn to, if you so desire, speak of the vibrations that are within the air, or to allow and invite groups of entities or your Higher Selves to speak through you, you will have a greater perception of the dualities that exist within third dimensional experience. As you learn to give legitimacy to something that does not, cannot be colored in this way, new questions will arise within yourselves.

It takes a while to get used to new experiences, and then one acclimates and adjusts. However, even if you were to do this continually, there is always an adjustment. There is always some new perception of being that you will be attempting to fit into where you presently are.

We share this with you so that you do not allow yourself to move into great frustration with your experiences. Many of you are anxious, many of you are excited. Many of you are concerned about changes that are occurring within yourselves and on the planet as well. It is important to place these anxieties and concerns in the proper perspective. Allow yourselves to be. Do not continually project yourself in anticipation of what lies ahead. Be in your present moment of experience. That moment will unfold continuously into future moments which will perhaps hold answers to your questions from the present.

You have heard us speak that there is a great polarization that is taking place on your planet. The call has gone out, and within the physical vehicles of many on your planet there is a resonating, a pre-coded chord that has been struck within the souls of certain members of mankind, and they are arising themselves, stretching their being, looking around and waking themselves up in great numbers. There are those who are here to

teach, who are here to help others remember, and there are those who refuse, and who will become hardened, and who will become quite rigid in their beliefs, in their understandings. It is this polarization that is occurring at this time.

The world is not solid as your scientists claim it to be. No more than you are solid beings. You must understand this on some level. Learn to feel what we are saying, for that is indeed what this is about, for you to feel what we are telling you, not for you to think it out and to rationalize it, but to feel which world that you are in. Feel how you move through a world that you create and that dances for you, dances to the tune of your thoughts, dances to the song of your being. For you are, as we always gently remind you, a result of your thought manifestations. This understanding, this knowledge, is growing very deeply within you. We are asking you now, you who we cherish very dearly, to carry within you this understanding. You are creating in each and every moment a new world, because you yourselves know that a new world is forming, and that you are bringing more and more members of humanity onto this world.

That is a portion of what is going on. You each are great participants, you each are great designers in this experience. You each are learning how to become your own speaker of information, your own channel of energy, your own light manifestation of being.

QUESTION: How can we clear our channels and reduce blockages in order to be more in tune with the energy and help it come?

PLEIADIANS: We have always stated to you, quite clearly, that you do your greatest work with yourself. You are your primary tool, and your work is through your thoughts and your understanding of these thoughts. We understand that that is a difficult concept for many. You wish alternative tools to show yourselves that you are really doing something, because you have difficulty in realizing that if you think it, it is occurring. If you wish to align your body and make it in preparation for this change that is coming, you must work within your idea about yourselves. That is most important.

If we tell you to align your thoughts and you do not believe that your thoughts do anything, or that they can be that powerful, then you are not aligning yourselves. You must come to the core of what your own ideas are about yourselves. If you believe that it is important for you to align yourselves with the proper food, then we would say to you indeed, align yourselves with what you feel comfortable with.

We have spoken of the animal consciousness, and how the food chain from our perspective, has become distorted. The consciousness in animals is not aligned with giving up their lives at this time to keep you alive because you are not in reciprocity with the animals. You are like master and slave with them. That is not the ideal situation to be in and to still be eating the animals.

Your bodies are magnificent transmuters of energy and, ideally, you can transmute any energy if you so believe. In addition, if you have beliefs about the use of the body through activities of exercise, and that

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you are not living up to this, then align yourself with what is necessary. If you have ideas about your sexuality and the expression of who you are, and you are not living up to this, then place yourselves in alignment with this. We cannot give you a list of do's and don'ts because you need to look to yourselves to see how you judge yourselves and what limitations you place on yourselves.

Understand that the shape of the body, the health of the body, is not necessarily limiting the spiritual development. One could be ridden with disease and on the death bed and have the most enlightening feeling of existence. You may utilize your body and your energies in whichever way

suits you.

We would say to you always, to place yourself first in comfort with what you are eating and that what you place into your body you ask that vibrations become harmonious with your own vibrations and assist you in your own health and growth. That in itself will save you a lot of difficulty.

Practically speaking, whatever you are discovering your feelings are about your own personal development, we would recommend that at least once a day for five minutes or so to see yourself involved in receiving light. You may see an individual, or an entity, present you with light in

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your hands through a star, through a ball, through a beam, through a cluster. Use your own creative abilities. Believe in them. Call this energy to yourself and become the designer and the authority of your own experience. A good time to do this is when you are driving your cars.

Your eyes do not have to be closed for these situations. Say, "I am light. I am light. I welcome light into my life. I am allowing myself to develop into a light experience of being."

Anything that you focus on and anything that you feel moved to express along this line is correct for you. It is your intention of experience that will create the experience. It is your centeredness within the present, the now-ness of your being, that will always keep you moving towards this great call.

What we are saying is that you are all quite capable. With a bit of guidance and understanding about the limitations that you have so innocently placed around yourselves, as you learn to strip these down, you will find that you will be changing quite miraculously.

QUESTION: I have a problem with the idea that our feelings are true and we shouldn't trust our rational thought. I believe your feelings can

deceive you just as much as your rational discourse.

PLEIADIANS: This individual has said that he believes that your feelings can be misleading. That is his belief. That is the belief that he will always have to work with until he changes to a belief that says, "my feelings guide me to wherever I need to be." It is your choice whether you will trust these feelings, whether you will question or mistrust them.

Feelings, impulses, the imagination, are all gifts. They are all a part of the built-in guidance system that is a part of humanities. When you learn to develop belief systems that are in accordance with these innate abilities they can steer you in the direction of your greatest growth.

What we are saying is to tap into areas that are there to guide you. Discover what beliefs you have about those areas that may perhaps limit the extent of their assistance within your lives or that may disallow what they can do for you. Whenever you are in a state where you are suspicious of yourself, you are in an area that needs examination.

You are glorious, joyful beings. If you align yourselves with proper beliefs about yourselves, [you] will spontaneously grow and blossom. Listen to yourselves when you speak. Understand that you are speaking the parameters of your experience. You are saying to the world, "this is how I structure myself. This is how I structure my experience. I do not always trust my feelings." Then you will have to learn how to live within that parameter. You will have to set up a device to understand when to trust and when not to trust.

Learn that the body speaks to you and that you can, if you choose, learn to trust your feelings.

They will not signal you to do something inappropriate. You learn to recognize how the feelings can mask certain territory of experience you do not wish to look into.

When one is afraid, when that is the basic belief, that one has to watch out, the body will signal fear when it is unnecessary. The body is responding to the mind which expects fearful situations around every comer.

And so the body is continuously afraid of where it could be going and it is shutting down, and it is sending off fear. But the fear is programmed by the mind itself.

This is why we say be very aware of your thought processes and belief systems. Whatever you are believing is what you are working on. Attempt to step outside of your belief system and relinquish certain amounts of control. Allow yourselves to realize that what you think is your world. Do yourself a favor to expedite your development.

Create belief systems that you can comfortably live within that enhance your experience and not limit it. You may create and develop whatever belief system you like. We are merely saying to utilize the tools that are innately yours to flower and grow.

QUESTION: Could you talk more about the process of implanting knowledge in our beings?

PLEIADIANS: The knowledge that is being fed to you is not just the words we have been speaking. Information travels on thought beams, it travels on light beams. Thought and light are greatly intertwined. They are one. Thought to you is a more complete and familiar energy than is light. Light is more intellectual for you. But that will be changing.

The society that you are moving toward is one of learning and power through thought. You came [to this class] to exchange and surrender a certain set of beliefs and to make room for new information that you could consider and then to pick up your other beliefs and incorporate if you so choose, what it is that you have heard. That is occurring on one level. On other levels of experience, there is energy in the room. And it moves out and connects with each and every one of you.

The energy is partly garnished and brought here by we Pleiadians, but each of you bring a covey of guides with you, Higher Selves, and each of you are surrounded by those who would assist you, by those who would bring you to your greatest development. As we speak, those that are around you and working with you teach you as well. They take information that is nonverbal and implant it. They call it to you and put it into your etheric

field, your aura, your Higher Self, your Universal Mind. It's there for you to sort out and discover later.

When you may be driving by yourself, walking in the fields, fishing at a stream. or flying in the air, you catch a thought that comes to you out of nowhere. You are selecting and bringing to yourself the information that is carried to you by those who surround you and who find you ripe for connecting.

If you wish to be riper and to have more intuitive knowings and understandings, then open yourself to this experience. By opening yourself to this experience, you may quite consciously state your beliefs and your intents that you are now prepared to receive and understand material and information about yourself, about your existence, about your earth plane that was out of reach prior to this time.

As you begin to say this, that you are now ready to receive this information, be prepared, for you will receive it from many directions. Books will be shoved into your hands. Dreams will take you around the universe. Many will be coming to invite you places or to share with you what they have found. Remember, we share with you a picture of your reality so you can facilitate your experience here, so that you can enjoy yourselves within these times, because these times are going to be full of change.

The world will be turned upside down to a certain extent. All activities are probable and contingent upon humanity's development. As each learns more, the world can be a more harmonious place. Still, there is going to be a need to complete the change. It is probable that you will see much collapse within the system as you know it, because the system is corrupted.

Think about structures that exist on your planet. They no longer hold up to the new belief systems that are bringing in new energies. Do not be afraid of change. We are here to guide, as many are here to guide, to allow you to feel comfortable, so that you can understand the world in its transition, so that you can know that you have chosen a place of being.

Through your thoughts you will select the experience that you desire. If you see certain structures falling apart around you, you decide how you are going to be affected by this. Understand when there is great turmoil and collapse, there is a great need for restructuring, rebuilding. This is what you are being prepared for. To rebuild with new values, with new basic laws.

You all are potential givers of new principles of existence. As you learn to open yourself to this information through the universal energies that are everywhere, and through your belief that you can speak these energies, and that you are indeed coming into your own glory, you will do this.

You have taken on much light to carry you through times that will be of great challenge and upliftment. We welcome you to the cosmos and to the intimacy of your being. We send you our love and our great blessings and our congratulations.

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A Conversation with the Pleiadians

Excerpted from the tape:

05The Search for Yourself

We are here. This evening we would be speaking about the ability to unite and become whole with oneself and one's ideals. Many of you are coming to a point of recognizing that there are many facets of who you are and many different approaches to the expression of who you are.

What it is essential for you to do is unite that ideal self with the self that considers itself whole on one hand and distorted and disjointed on another. What you are attempting to do in your reality, is to see how many facets of the self there indeed are, how to move your experience from one aspect of your being to another, to feel that you are indeed growing and accumulating an understanding of your reality that up until this point in time was not supported, was not recognized and basically was denied its existence.

What we are speaking of is how to keep the central channel open and

clear and whole and united and still at your own whim and your own
adventure and your own joy and understanding, move that channel
to other
portions of experience and other realities where you can gather
information
whether it comes from your so called past lives, or a past
history of the
planet or the universe, or a future time. Bear in mind that you
are at a
wonderful portion of your mind because you have gathered certain
information and you are now able to put it to use. Please feel
free to ask
whatever you wish and we will attempt to enlarge the perspective
that you
presently have about your reality.

QUESTION: How can we get people to focus on the same
types of
things?

PLEIADIANS: Your greatest homework is done with the self
and you do
not need to go out and wave the flags to the world. As you learn
to feel
light within yourselves and to effect through your thoughts, and
have the
love channeled into Mother Earth, and as you learn to bless where
you live
and take care of your portion of Terra, then you will affect
others, for

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your vibration goes out and like attracts like. You will draw to
yourself
who you need to assist you.

There is a fine line between being responsible for
yourself and
moving out in a step of social consciousness, called service,
into the
world. As you learn to have your own life work, and to manifest
quite
easily what you are wanting, a natural portion of your evolution
would move
you to a place where you would desire greater experience. A
portion of that
greater experience is learned from others, and so you move into a
role, not
where you are saving others, but where you are enhancing your own
work.
None need to be saved by you or anyone.

Your primary work is with the self. The self is the portion of your experience that you are attempting to master. As you master who you are, you have tremendous abilities to draw to yourself others who are doing the same thing. You will join, and you will form new areas to learn about, and you will uncover new portions of your power and experience.

In this way, the world will not be destroyed. The world will not be covered over and ruined through pollution. You all think that [your world] is a solid ball that sits there in space. From one perspective, it is indeed true. But it is not the only, so called fact, about your world.

Your world has gone through much turmoil, much change. The condition in the world at this time is a direct reflection of the condition of the experiential soul entity of many of [the] humanities on the planet. So as you have your great pockets of beauty, you also have your great areas scarred with ugliness and great difficulty. Understand that this is not

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bad, so to speak. It is a learning process that you are all on, and it is a great process indeed. The further you remove yourself from judgment and can accept the scarred and marred portions of your world as portions of energy learning, the greater you can heal that. The more you resist, the more you wish to have control and change, the more you are living out your own beliefs and the more you are limiting your own experience. Experience is to allow, and to joyfully create and not condemn another because they do not think or feel the way that you do.

QUESTION: What challenge might you give to trigger our unfolding?

PLEIADIANS: To keep this general and have all maintaining their own interest, there are two things. The challenge is to maintain joy. You all

know that is a challenge indeed, for you all have your moods and your fluctuations. The challenge is to maintain joy and to vibrate and resonate completely in the time that you are finding yourself, where your experience lies.

The trick is to have that knowing always in your moments, for who you are comes out of that moment. We have a great empathy for you. We see where you, as humanities, have come from. We see the challenges that face you, the society that imprisons you, that would control and mold you to be less than you are capable of being.

QUESTION: Supposedly we knew that it was going to be a challenge.

PLEIADIANS: Indeed, and you also asked for assistance. You also came in vast numbers at this particular time [which was] designed by you all so that you would take the ultimate challenge. You knew that there would be great assistance. But you all had to rise to the challenge of recognizing that assistance that will be coming to you from all the teachings that are available now. And, not only to recognize it, but to put it to use and not deny the great teaching that you, yourselves, have set up for yourselves, so that you, yourselves, can move beyond who you are.

It is complicated. It is quite simple. It is why we are saying to maintain your joy. That is not, at your stage of development, an easy thing to do.

You all understand the power of the telepathic thought. You all understand that telepathy is continuously going out in your society and in your world. Have you noticed how more uncomfortable it is for you in the last, perhaps six months to a year, to be in large crowds of people unless it is a very selected, controlled group of like mind? If you are going to hear a certain someone speak and you all admire this person, you all have a certain thread in common. If you go into large cities and walk down the streets or go to football games or wherever mass humanities can be sending out massive amounts of telepathic thought, and you do not vibrate with

this, it is very difficult for the receiving vehicle to handle all this chatter that it does not agree with.

This is why we are saying, it is difficult for you. This is from our point of view now, it is a concession that we are making so that you see what you are working with. It is difficult for you to maintain this joy in the moment. It is easier to maintain the focus in the moment than it is the joy.

At this time in your development, you have not learned how to shield and re-channel all of this data that floats around. To a large extent, you set yourselves up to be affected by many around you. It would behoove you all to place yourself in a shield so that you do not randomly pick up information that you do not need. You all think that germs fly in the air and that you could pick them up and catch sicknesses. If you are going to worry about something, [it should be] the thoughts that are flying through the air that you are calling to yourselves, that you are supporting yourselves with and allowing yourselves to be affected by.

It would stand you all in good service if you saw yourselves more as a solid flame of being and that the thoughts that came to you that were of your same nature resonated with the flame and those that were not, would dissolve. In that way you can maintain an image of yourselves as being a carrier of light into areas perhaps where light is not so common.

QUESTION: How can we shield ourselves from negativity?

PLEIADIANS: It is how you think of yourself. It is being in that moment aware of what goes on around you, even if you are not aware of it. Believe that those thoughts are there. Make it a portion of your living experience that you understand thoughts are around you everywhere and that you, yourself, are the center of your being. It is remembering this, it is carrying your power, it is carrying your light flame of being into all situations and not keeping it like a flashlight and turning it on and off whenever you need it.

Some of you come to your gatherings or you set yourself up for meditation and you turn your light on. You know that you are a light being.

Then you go off into the world and you shut it off. It does not do you the best of service to yourself and your personal development. Remember who you are.

You are all portions of beings who are striving in a most glorious way to become more. As you remember that and as you remember that there are those who would assist you as your guardian, guides, advisors, as you learn to recognize who you are and what path you are headed on, you can carry this out to the fullest expression of joy. You would be astounded at what would start happening to you.

Remember that you are this light being, this light entity and you will carry a steadfastness of power and beauty to wherever you are going and you will not have to feel or be affected by the vibrations of others. You will carry the vibration and you do not know what energy you pass from you and affect others who perhaps are in great need of love or recognition. There are numbers on your planet who have been highly evolved beings and it was in a state of grace to be in their presence. This is what you are learning. This is what you need to recognize. [Do] not advertise by word of mouth. Live by aura of being. It is a high state.

QUESTION: I deeply desire to know myself and I believe in joy. I ask for your assistance.

PLEIADIANS: What is it that you think we can do? If you are in joy, you are in power. Do not give your power away. As you learn to resonate with greater joy, and as you learn to see that joy is bursting forth everywhere within the world, your lives would change.

QUESTION: What about the fear of power and the fear of failure?

PLEIADIANS: There are a number of issues one deals with when one deals with fear of power. If one fears power and is not ready for it, perhaps one has misused power, or perhaps one has been told tales of power and is afraid of one's own power. Or, perhaps you have created situations where power does not seem like so much fun because you have a distorted belief about power.

When we speak of power, we talk about no power that is over

another. We talk about awakening a power within each and every human being and that power stays there inside the being and that power is a belief that one has, a resource that is extremely valuable, that one values beyond all else. That power one taps into because that power keeps you alive. It keeps your experience joyful, creative and of great variety. If you are afraid of your own power, then essentially you are afraid of your self.

If you find that you are having confusing beliefs about your power and your selves, it would behoove you all on a daily basis, a few times a day to close your eyes and to say to yourself, "I am who I am." Develop a love for yourself, and get in touch with what and who this being is.

As you learn to love the entity that you are, you will develop a love for the power that you have. That power will allow you to move through your life with happiness and harmony. We are not speaking of a power over others at all for each is in charge of yourselves. When you are fearing power, often it is because of how you have used that power over others. The truly powerful being is one who manifests in the highest form of joy and experience, and maintains great harmony in their daily life. That is power.

QUESTION: How does one relinquish judgment?

PLEIADIANS: One looks at one's own life and becomes tired of being judged. If you are judging others, you and your life are being judged. If you are passing judgment on others, as far as what they would be doing, whether it be right or wrong, others would do the same to you in your own life. It would be your mirror experience.

It is easy not to judge. You simply stop it. You simply cut it off in mid sentence and say, "what am I missing by judging?" When you judge, you miss the larger story and you cut yourself off from information. Being that you are information gathering entities you are doing yourself a great disservice.

QUESTION: How can we get ourselves in closer contact and communication with our dream state.

PLEIADIANS: Number one, you must desire it, and number two, you must make a great effort on your part to actively participate within it.

Now when we say a great effort, this is not like you have to move mountains of dirt with your hands or to carry great loads of boulders. It is not that sort of work. It is a great commitment on your part to acknowledge first of all that there is a viable reality, one of many that transpires within your dream state.

First Cause, to a large extent, is an idea. First Cause dreamed creation into being. It is a powerful portion of your source, this dreaming state.

It is a tool available for you. There is a wall between the waking world experience and the dream world experience. The greatest facilitator that you have for reaching that wall and making a bridge over it or a hole through it, is to correspond quite literally either by speaking of it or writing of it.

You are creating a validity to it and capturing a reality, pulling it from one reality to another. As you learn to pull one reality to another, you will create a merging of realities so that there will be a you who will eventually wonder which world you are in.

Some of you have had this experience where you know that the dream world is quite valid, and you are not sure if you are dreaming or if you are awake. And some of you have carried this into the waking world. That is power. It is not confusion. That is the understanding of the ability to manipulate form through thought. You all know that in the dream world, the basic law is instantaneous manipulation of matter through thought.

If you wish to explore that territory and become adept in it, then we suggest you begin to change your dreams. Begin to change the experience that you are having while you are having it. Bring a manifestation in the middle of a dream. Manifest a ship and go for a ride in your dreams. See where it is that you end up.

QUESTION: How can one tell the difference between when you are creating your own problems versus a situation when something is beyond our control of being able to change it?

PLEIADIANS: It is never beyond your control. If something seems

like it is beyond your control and that you are swept up in a whirlwind,
relax and flow with it and get out as soon as you can. Do not fight what
you do not want to be in. If you find that you are caught up in this sort
of energy that would carry you around, that would seem as if you were
helpless, relax and flow with it, and create within your mind that this is
not for me and I journey off this wagon as soon as it slows down.

You all forget that you can create whatever you want. You can send
out the message that you are ready for new experience. You think you are
alone. You all are surrounded by much energy. There are many who would come
to your assistance. If you are feeling that you are in lack of information,
or lack of resources, or whatever, set about a program to bring them to
you.

As you align yourself with light and the greatest fulfillment of
your being, you cannot help but draw that to yourself. It is your own
negative thought that sabotages self, and keeps you away from the greatest
experience.

It is your challenge to create a balance within your life. In order
to move into the area of personal development that lies ahead for you, be
very aware of your hopes. The joy that balance can bring will open doorways
where now you see a wall. There have been doorways that have been opened
for you in your most recent times that you did not expect even to be there.
You are making the foundations for yourself.

You are building new parameters. So when it seems as if there are
no doorways, no new expressions of being, no opportunities, allow yourself
to move in balance and to keep the self very centered and to know that
doorways [will open] through your patience.

Acknowledge that you are love, that you are light, and that you are
on a great journey even if sometimes you cannot recognize [it]. You are
indeed great travelers. We honor you and give you our blessings.

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON

To: ALL
Date: 12/21/93
Re: PT 7/28: THE GOOD <CONT>

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The Pleiadians are a collective of extraterrestrials from the star system The Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from The Pleiades to participate in the new experiment of Earth. The Pleiadians are now here as ambassadors from another universe to help Earth through her difficult transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

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To: ALL
Date: 12/21/93
Re: PT 8/28: THE GOOD GUYS FR

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Barbara J. Marciniak has been a student of Metaphysics for many years. She gives credit to the Seth material channeled by Jane Roberts for her insight into the necessity for conscious, intentional creation of personal experience. Barbara travels extensively. In Athens, Greece in May of 1988, she began channeling The Pleiadians after she and a group of friends experienced a spiritual awakening in the Great Pyramid at Giza. Barbara currently lives in Raleigh, North Carolina where she gives class sessions and workshops with The Pleiadians.

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Magazine
with permission. A Conversation with the Pleiadians

Excerpted from the tape:

Language of Light Geometry

We are here. We would like to discuss with you the
language of
light and the geometric form and how they dance around you
continuously. We
would like also to tie this into your dream state. We would like
to also
speak about the unseen energy that is around you, that makes up a
gridwork
of your being. If you know a little bit more about it, it [will]
allow you
to create and to bring into your sphere of activity, that which
you are
wanting.

Much is going on continuously around you that you cannot
see. There
has been an acceleration of what are called avatars-masters,
energy beings
that have infused your system. They are permeating your world,
assisting
the raising of consciousness.

When we speak that the avatars and masters have permeated
the
gridwork of the world, they bring with them their own tools for
teaching.
The tools that are being utilized on your planet are artifacts
that are not
of your dimension. They are symbolic forms, but, literally, they
have a
life of their own and they make up what is known as the language
of light.

You are implanted with a structure, a geometric form, and
that
geometric form triggers certain information within you. It is a
way of
receiving information and energy that will facilitate your
development. It
is learning without thinking that you have to do it all through
books, or
thinking that you have to do it all through the intellect. It is
opening to

the belief that there is indeed an immense hierarchy. Immense beyond your comprehension, that has been working with the dear humanities since the very beginning.

This hierarchy works with love, cherishes who you are, and has been able to see through the time mechanisms that are keyed throughout your planet. They have been able to read that the consciousness is ready for the evolutionary leap.

The next step in the evolutionary leap as you, yourselves, are all mutating, is to literally implant you with a geometric form. You are mutating to such an extent that literally it is a process unfolding within you that will allow you to move into another realm of experience. Each humanity on the planet has the potentiality to move through this mutation. Many will stop the process because many do not have the desire to align themselves with higher consciousness. When you are aware of a Divine Consciousness that seeds your planet, an intellect that is so vast, that is loving, that works with you, and when you call to be a portion of [that consciousness], that is when you bring to yourself an implanting of the geometric form.

The forms that are implanted come in a variety of shapes. There is the use of the geometric form of pyramid structure. Why is the pyramid so important? We will tell you that on your planet, and throughout the cosmos, the pyramid structure is utilized to represent a great unity of consciousness. It is the structure that is most difficult to create in all of its many facets, and yet it is a structure of perfection. It is a structure of using energy and sending it outward.

The structure of the sphere will also be used to be implanted inside of you. The structure of the spiral. The spiral is very dear to many of you. Many of you have sojourned within cultures and societies where the spiral was utilized to communicate many ideas. There will be the structure of the parallel lines. There will be the structure of the cube. And, of course, the structure for those who know of the merkabah vehicle. That is the five sided figure.

QUESTION: Could you talk more about the five sided figure you just mentioned?

PLEIADIANS: The five sided figure represents the figure of man. It represents man in his most unlimited state. Man totally free. It is man in his design without any limitations. It is man being able to fly, which is something that a large majority of you do not think you can do. Yet that is an implant that comes after a while when one truly commits themselves to what was formerly possible.

The implant, the geometric form, that is going to be implanted inside of your being is going to depend first of all on your request for alignment, your request and your belief that these entities are working with you and that they choose to be available to you if you choose to be available for them to work with you. As you begin to unfold and to allow what are called miracles, what are called magnificent events to manifest in your life, they will begin.

Many of you will start with the implant of the circle because it represents the god-form, the unity, the completeness. Some of you will select to have the pyramid structure implanted within you. That will be your greatest energy because you have aligned yourself for that structure on your planet.

Some of you have had many many lifetimes with that pyramid. Not particularly the pyramid at Giza, the pyramids all over the planet, discovered and still undiscovered.

You think in your world that your geography is known. It is not. There are many things that are still undiscovered because they are slipping from one reality to another. Deep within jungles there are many pyramids that are lying buried beneath mounds of earth. There are still many wonders to uncover.

Back to this five sided structure. Those of you who are willing to take the physical body and believe that there truly are no limitations, and to take this body and move yourself off the planet with it while still living on the planet, that is the kind of desire it will take to be

implanted with this merkabah. Some of you have attempted to travel with it. Some of you know how it can be used in your being. But when you truly call it to yourself and you are willing to get the feeling of what that truly means, to be unlimited consciousness that will travel with the body without body, that is when that implanting will come. It is not the highest implanting. There are no highest or lowest implantings.

It is implanting that comes when it will best suit your personal development at the time. Once you have become implanted, there will be now, an unending process of new forms that will come into your being.

QUESTION: Do we pick our own implant?

PLEIADIANS: No, you do not choose the form that will be implanted for you. But you, yourself, choose the life that you have. You choose what is important to you each day. What was important to you two years ago is not what is important to you today.

Two years ago, the way you carried your life would determine what energy would be best suited to facilitate your development at that time. It is a marriage of energies.

Once you have become implanted in the beginning, once you align yourself with this highest creator, with this consciousness, then a form is placed inside of you. It is a geometric light form.

That form resonates within you. When that form has been placed inside of your being, it facilitates a coming of knowledge to yourself. Once that energy from that form is assimilated, then you move, because your beliefs will change, your alignment will change, you will evolve in your thinking, in your being, in your consciousness, and you will be ready to have another light form placed inside of you.

Eventually you will all hold the alphabet of light inside of your beings. This alphabet of light will teach you. How many of you have dreamt of geometric forms? That is an indication that the forms are working with you. If you wish to know what you have been implanted with, begin to see which forms continuously come first or that are larger than the others. Some of you will have cylinder shapes, the parallel lines, the spirals, the

spheres, the cubes, the pyramids, the merkabah. There are many that do not even have names.

The shapes that you will recognize will number a certain amount and then afterwards they will take new forms and new shapes that your consciousness cannot translate. Eventually, you have heard of what is called the one hundred-and-forty-four? [They] represent those that are of the spiritual hierarchy that are infused in the gridwork of your planet at this time.

There has been an entry point as if a great gathering is taking place. You will notice as this year progresses, that there will be very very large unfoldings of consciousness. What does this have to do with the language of light?

QUESTION: Are the geometric forms sealed into the grid pattern?

PLEIADIANS: Yes, each one, each master, has its own seal, if you wish to use that term, that would represent one portion of the language of light. So you have one-hundred-and-forty-four thousand seals of energy that will be infused within your being.

You may think how could we live that long to have all that occur? You will start by working with twelve forms, because twelve forms are basically the forms that the body will be able to hold. Much later, once the transformation has occurred, there will be a movement and there will be an infusion of the entire one-hundred-and-forty four-thousand symbolic language structures that will pass through your being. That will be an unfoldment that cannot even be explained in your lifetime because it is something that you cannot consciously make room for.

QUESTION: How does this tie in with the gridwork that is also expanding around the planet?

PLEIADIANS: Each sacred site on the planet holds a mechanism that measures time, and it measures consciousness of those within vicinity of this structure. They are there to monitor the consciousness of mankind. When you go to one of these sacred sites, knowing that you are aligning yourself with it, you trigger something within yourself, and you trigger something within the mechanism.

Who planted these mechanisms? The great biogeneticists that are in charge of this experiment on your earth sphere, Terra. They have been nurturing you, allowing you to blossom, to grow to your fullest potential before any changes are brought to being.

You must, as a species, be prepared [mentally and physically] to make this great change. If those that watched you were not completely careful, and if they were operating with anything less than love, and if the dial was turned up too quickly, your complete structure of body would not be able to handle the leap in dimensional experience. You are not prepared to have things sped up so quickly at this time.

You are all feeling the acceleration of yourselves and you are getting as much as you possibly can at this time. If you wish to hold more within your being, then we will teach you with the language of light how to do it, how to keep your gridwork expanded.

Your physical vehicles are not in preparation to have you be able to realize how many channels you are tuned into simultaneously. That is what the preparation is. That is why we play games with you. That is why we have you on energy exercises. That is why we ask you to become clear.

The things we are teaching you are preparing you to see how multi-dimensional you are in each moment so that when you are able to tune in to the variety of stations that are your self, the variety of experiences, you will do it with joy, safety and sanity.

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Re: PT 8/28: THE GOOD <CONT>

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This is serious business. That is why your planet must be dealt with love. That is why the great lords of light, the biogeneticists who have designed you and who are now planning your next leap, are working with love, gently, slowly, in the dream state, in a state such as this, so that

you can unfold in an easy fashion without fear of burning out who you are.

Some of you have burned out in other lifetimes.

That burning out came from rushing too quickly, from not having the consciousness expanded in such a fashion that would allow the great energy to come in. Intentions must be of the most highest form in the greatest upliftment. What that means is you allow love to come into your being and all that you do is moved with love.

QUESTION: What place do the Native American teachings have?

PLEIADIANS: The Native Americans were seeded and taught by the star entities. They were brought to earth by those from the stars. They were seeded civilizations. They were taught how to live. They were taught how to harmonize. The Native Americans represent a star-seeded civilization which loved the earth, that implanted the earth with great energy.

The earth is what makes your experience possible. You could not be here if it were not for the earth. You do not yet love the earth enough and acknowledge it enough.

By awakening the Native American teachings, you come to the

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realization that the earth is not something simply that you build upon and walk upon and drive upon and take for granted. It is a living entity. It has consciousness.

It is that you need to tap into the consciousness communication of earth. The Native Americans will awaken all that has been stored within you and has been taught over and over again, because you all have sojourned within those cultures. You will come to remember and come to cherish that which allows you to be here.

You will marry it with your ancient heritage from the stars and unite the earth and the cosmos. You will unite it in your physical being

and you will carry the consciousness of God. Through that you will birth a new sphere of being, new man and new earth.

Native Americans are very tuned in to the variety of species of consciousness. The combination of types of man animal man, insect man, bird man, all of these forms that have a reality. If you do not see them walking down the street, you do not think they exist. They exist in parallel realities and worlds all around you.

This is what you are going to find. This is why we said a long time ago, don't think that you are losing your marbles some days. You will be perceiving things. They are legitimate. They are real. It is what the Native Americans will help you to understand.

QUESTION: Can I learn to fly?

PLEIADIANS: Your reality is determined by that which you have subjected yourself to. Being that you have all grown up in a basically unknown paradigm that does not support getting out of body and does not support interdimensional travel, it is not the easiest thing to begin it when you are getting the idea within your head.

If you are desiring to learn how to fly and how to change forms, then you get it very clear inside of yourself that that is what you are wanting. It is a phase of your development that you intend more than any other to move into and you will draw to yourself a teacher.

When you think of what you want and intend that this is the next step of your development, something will come in to teach you. You literally create it and bring it into your world.

The teaching of flying has to do with the alteration of consciousness and what you think the physical body can do. When you fly, a portion of your consciousness moves into another dimension of experience. You feel yourself flying, you see yourself flying, you travel, and then you land in a new place, and the body is dematerialized and brought forward with you.

You are going to find that some of the Native American teachers that are going to surface on your planet are going to teach you how to fly. It will be an added bonus to your talents in the years ahead. This truly will be.

QUESTION: How can we expect to have relationships, either starting or continuing, if they are changing on a day-to-day basis, or our perceptions are changing, our needs, our wants are constantly changing?

PLEIADIANS: You are going to have to look very closely inside of yourself to see what kind of relationships whether they are intimate relationships, or general relationships you are going to feel comfortable adding to your life, knowing who you are becoming. How important is it going to be for each and every one of you to have your partners doing the same thing? How important is support? How much support are you willing to give another? In what way will your partners mirror who you are?

You are also going to move into a new aspect of what it is to be in relationship. You are going to see that relationship [does not mean] ownership. It is allowing. It is respecting. It is being there for another to facilitate their journey. You will re-evaluate what relationships will be many times.

There will be very intensely bonded relationships in the unnamed decade. Those couplings that come together in the time of great expansion in this nineteen-nineties will be very joyous. There will not be so many shiftings around of staying for short periods of time and then going off to someone else. There will be a great revelation and recognition of who another person is. You will come together in that fashion.

You will find that many that you were attracted to years ago you would never be attracted to now, because you can see. That seeing will become more and more clear. You find that those experiments that took away from your upliftment, that you were needing to sojourn within, you do not need to sojourn within now. You will move with life and love and joy, and you will not feel lonely that you are not in a relationship because your life will be full.

When the proper relationship comes, you will recognize it. You will be able to see who that person is. You do not have time now for nonsense. You are finished with that. You are clear. You are clean, becoming what is

called a spiritual warrior. You are activating a very high energy within yourself, an energy that will bring you more joy and satisfaction than you have ever dreamt possible. You are aligning yourself with a purpose and a great creative impetus that brings all this to being. Each of you know deep inside of yourselves that you are not going to miss out on that information for anything. So relax. You will get it all and more.

We will be speaking with you again. Our advice, if you wish to take it, is to build the road that is easy to walk upon and to have an intention of uplifting journeys.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors to help Earth through her transition from the third to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

The Pleiadians' first book The Bringers of the Dawn: The New Evolution of Man will be available soon from Bear & Co. Publishers.

Barbara Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan.

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Breaking Patterns The Flight To Freedom"

We would like to speak about freedom, and what you think the flight to freedom involves. There is going to be a spiritual revolution. The United States is going to show what freedom truly means. It means to be a

thought manifestor, one who understands how to make reality move.
That is
what you are lining yourselves up for.

Those of you who think that you are free are stuck in
limitations.
You are keeping the boundaries too close to your being. You are
very far
from free. Freedom has no limitations. Freedom always has
somewhere else to
go. When you argue for your freedom, and say you are free, you
are the
farthest from it. Because freedom knows no bounds. There is
always more to
go. That is the flight into freedom.

QUESTION: How do you relate surrendering your will to be
one with
the creative life force and working that along with manifesting,
or
creating?

PLEIADIANS: When you talk about surrendering your will,
you must
remember, and we remind all of you of this, First Cause, Prime
Creator,
God, is within all things. You are operating with the will of
First Cause.
First Cause does not judge. First Cause allows the journey to be
explored.
It is up to the individual consciousness to move through
experience in
order to determine what would be the greatest alignment of energy
to
facilitate growth. You are insinuating that one could err. That
one could
be bad. That one could go against the will of God.

What we are saying is even those that, according to your
judgments,
go against the will of God have God within them. You all think if
something
is uplifting it must be right and if it is not uplifting it must
be wrong.

Each of you has sojourned into many experiences that have
not been
so cozy and comfortable. Each of you in those situations learns
something
fantastic, learns something that stays with you, that allows you
to build a
whole new avenue of your consciousness upon it because you did
something
that was not so good.

Move out of judgment. Move into the freedom of self in
the moment.
Do not define any limitations as to what you think you can or
cannot do.
For your greatest growth, work with the love of yourself in your
heart,
honoring yourself, feeling this magnificent energy of self.

QUESTION: Is fear a boundary?

PLEIADIANS: Fear is a boundary yes. Fear is one of the oldest companions that you will have to walk with, because fear is a boundary that you rationalize. You have a good reason for it, so you think. And so you create a solid brick wall with fear. Each one of you, in the course of your journeys, will have to dissolve your fears, whether they are fears of very known things or fears of unknown things.

We had someone come to us today, and she told us about a dream that she had, and we explained to her what happened. In her dream she became insistent upon going into an area where she did not understand the rules of the game. She was not prepared to conquer the darkness that she saw.

Her fear served her well when it came up because it pulled her astral body back out of the environment. She was a bit too cocky because she was being trained and thought that she could go all these places and be a thought manifestor in every reality. She was shown the awesomeness of realities.

She is humbled a bit now because she realizes that even though she is a magnificent thought manifestor, in her dream world there are still areas of going that even put the fear inside of her.

She understood that she would have to face that fear, but it would take strength for her to go into Lit] at sometime and dissolve it. When she did not have that strength, that fear came at her and it ruled her world. It ruled her world so much in the astral that her physical body was effected. She could not align her astral with her physical and she struggled to get back in. She was frightened, shaken to the core of her being.

QUESTION: With this freedom, she found new limitations?

PLEIADIANS: For the moment. We said she went into this with a cocky attitude, thinking that she understood everything. This is an example of one who thinks they know all. The next time she goes into that reality, we'll bet you that she will be able to move through it and nothing will harm her.

Fear, in that incident, served her very well. It let her know her

soul was in danger. That is what fear is for. To let you know that your life is at stake. To pull back. That is the purpose of having fear within your body. So that you know that you must regroup and rearrange your movement forward.

Fear is a signal that says, "look out." But you all misuse fear. You all have called things fearful simply because you are lazy. Simply because you are lacking in courage.

QUESTION: Is freedom an awareness that we move into or is it just realizing that we are always getting closer to new possibilities?

PLEIADIANS: On your planet, freedom will always be getting closer to new possibilities. Your United States was formed with a spiritual intention. It was formed by great masters who came into the body. It was formed by those that were born in humble places and some that were born in high places and incarnated in the form of man to carry a certain vibration into a land that later on would be known to be the leader of this movement.

That time has returned. Many of your spiritual leaders are once again incarnated in different forms. And they are coming together. There is awakening, within your government as well. Many wish to see this freedom brought closer now to the hearts of man. And they will be rallying in this country about what freedom is.

There is truly no suppressing it. There is no way that this is going to be stopped. It is out of the hands of man. We have said to you that you are beloved creatures upon your planet.

Some of you selected to sojourn in times of great difficulty and

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Re: PT 9/28: THE GOOD <CONT>

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that is your choice. So, if you selected to sojourn in times of joy, that we applaud. But you all have incarnated many times in this plane. And every

time between your incarnations you have clamored and asked for assistance over and over again. And you have insisted that your consciousness is ready for the time.

QUESTION: We were stretching our boundaries a little.

PLEIADIANS: Yes you were. When you are not in body, you stretch yourselves beautifully. Now that energy has been asked to come and design the time, and this is the time. And so it is designed and called for by you.

Those creator gods work with you in symbiotic relationships to alter, from the very depths of your being, that which you are capable of. You think that it is going to be so much work. It is not. You are being altered. All you need to do is to respond in the very simple fashion that we speak of to the alteration that is being transplanted inside of you. You merely need to push the activation button.

QUESTION: We find it difficult to manifest because we'd like to believe in something other than what we perceive as true right then and there. Like the Chinese struggle to manifest freedom, because they don't perceive in that moment that they have it. Is that the reason that I find it difficult to believe that I could manifest unlimited freedom to move in

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my consciousness, because I experience it as being so locked down, so shut down, that it doesn't seem to make sense?

PLEIADIANS: The possibilities of all that you are desiring are inside of you. Until you convince yourselves of that and you let go of the boundary of what is possible, you will keep yourself from discovering that. Remember the Chinese. Remember what possibilities they are after that some of them think are completely beyond their grasp. And you take them for granted.

Freedom to walk into a nice place to live. The freedom to buy clothes. Freedom to buy something to eat. Freedom to walk down the street unharmed. The freedom to be recognized, to acknowledge what you think, and not have anyone lock you up for it.

These are old freedoms that you fought for that others are awakening to now. You must get into the idea of how, at one time, these things were impossible for some humanities. And are still impossible for some humanities. You must take your perspective and feel the compassion for them and send the idea that it is not impossible.

Look at what you think is impossible. Come into a moment of recognition, a moment of knowing that is brilliant, a flash of understanding, "Goodness, I am thinking that that is impossible. That is not very wise of me is it? I am setting a boundary." It is merely a pattern of thought that you argue for.

QUESTION: To break that pattern do we have to believe, first of all, that we can break that and intend that to happen, and believe that we deserve to have whatever we are reaching for?

PLEIADIANS: It is always deserving a possibility. Is it possible? Yes it may be possible. Do I deserve it? Am I worthy of it? You move back and forth with these things. It is the commitment. It is that stubborn insistence directed to it's expanding boundaries. It is looking at that that you formerly accepted as a definition and saying, "To heck, I'll go for more."

It is consciously moving it out and not worrying about how or what is going to happen. Get out of the logical mind. Move the boundary out, and then don't get into a logical debate with yourself. Be in the creative mind.

QUESTION: I notice myself blocking things that happen to me using my logical mind. Could you suggest ways to get beyond that?

PLEIADIANS: This is a good question. How does one stop dancing with the logical mind? That is a vast challenge. But it is a belief system as well. The logical mind is always wanting control. It is always thinking that it is right. The creative mind, the child, is not arguing to be right.

It wants adventure, excitement, something new. It is a matter of identification. A focus of conscious awareness of how you wish to approach your life.

The logical mind will always hold you in limitation. It will give you a sense of false security and false identity. The logical mind will normally represent fears. It will keep you from doing that which you are afraid of doing. The creative mind is the impulsive self. The self that makes no logical sense. The self that is uninhibited.

The self that runs naked through your dreams. That self is the self that has a direct pipeline to your guides, to the portion of yourselves that would bring you with ease, all of the joy and harmony you could possibly want.

It is just that you are so aligned, and you have so many contracts and treaties, that the logical mind, or the ego that is attached to it, is afraid of being wrong. You are afraid of being foolish. You are afraid of being ridiculed if you base your decisions upon the creative self. So, those of you that doubt will be afraid to move into creativity and will find themselves fighting difficulties. Those that move into creativity and trust will find that the world opens before them, and there is no logical explanation for it.

There are many people that have played with these ideas and have had many successes. Much to their own surprise. We would have many testimonials if we started to ask. It is simply changing a pattern. Breaking a habit. When you decide to quit smoking cigarettes, what do you do? [You stop.]

When you decide to lose weight, you start by following through on a program that you are going to set out for yourself as to how you will achieve it. When you want to do something, there is action that is involved. So, when you want to move into the creative mind, you take action into the creative mind which is stepping into the impulsive, the uncontrolled, the uncontrollable, intuitive self.

QUESTION: How do you do that?

PLEIADIANS: How do you stop smoking cigarettes? We are not being

funny, we are being serious. How do you stop smoking cigarettes?
You don't
pick another one up, do you?

When you make the decision, that you are ready to stop
with the
logical mind, there are many techniques that will activate
themselves for
you. But, as we said earlier, you have contracts and treaties
with the
logical mind that you find very difficult to break. Take your own
power.
Design yourselves. Design your world. Go about it in any fashion
that you
choose.

We are going to teach you something new. It is not so
new, but it
has a new slant to it. When we were in Washington DC, the vehicle
[Barbara]
and her friends were meeting many humanities. The vehicle said to
the
others, "Let's not make this hard work. Let's just intend what we
want and
sit back and let it come to us."

So they began to intend up a storm. Each one was trying
to out
intend the other with outrageousness. They were laughing and
having a good
time, and they were sending out wonderful vibrations from their
booth and
the right people started flocking over. So, they made up a name.
"Let's
play Intendo."

Why not play a bit of Intendo every day with yourselves
or with
your friends? It is fun and we suggest you do it because it will
allow you
to break down the barriers.

QUESTION: I have altered state experiences every so
often. But, I
don't believe they are possible. I don't understand why I don't
believe in
the possibility of experiences I've had.

PLEIADIANS: You are stuck in the logical mind here. That
is what
you are arguing for, the logical mind. You are saying, "I don't
believe
what I experience is possible." You need to take a trip with
Dorothy and
Toto.

It is the control of the logical mind. It will not
relinquish a
breaking of the pattern. The logical mind insists that a certain
world
vibrates within a certain pattern. And so you argue for the
logical mind.
We must ask you again, to step out of logic. Begin to believe
that which is
illogical and do not judge it.

QUESTION: You once told me that my consciousness would change when I got beyond the limitation of thinking that I am so-and-so, I live in this year, and I live in this body, I am this self. What do you mean by that?

PLEIADIANS: When we spoke about the defining of yourself, we were simply saying that when you make a statement in definition of who you are, it is a boundary that goes up around you, very simply. The more you define yourself, the more boundaries that you have, as far as what you think you are capable of experiencing.

Many of you describe yourselves so well, you form other peoples boundaries around yourselves. You say, "Hi, I am so-and-so. I have three children, and I am a typist."

What you are working towards, is relinquishing control of your identity and allowing [it] to have a new housing, a new definition. It is a very subtle energy, this redefining who the self is. You are understanding that as you redefine the identity, you will not become less. You will not lose a thing. You will gain perspective upon yourselves.

That is what you have a hard time convincing yourselves of. The logical mind has convinced you that you could lose yourself. That goes back to the idea of death. You associate giving up the logical portion of yourself, with the death of your ego and the annihilation of your being. Most of you are afraid of what lies beyond death. That is where your blocks come in. It has not been made known as common basis upon your planet, that there is no death.

QUESTION: If there is no death, there is no failure either, right?

PLEIADIANS: Failure is somewhat synonymous with death. Failure can be taken further and further, because when one fails, one is afraid that one will be annihilated. There is fear in failure because one is in disturbance about the place that one may be going that one associates with death, or blanking out, that nothing exists.

When one has failure, one usually feels close to death. One has given up. Nothing is there. But you see, that belief is the same belief as fear in death.

QUESTION: Isn't failure just a perception?

PLEIADIANS: Oh, yes, it is. Failure is the need to keep one in one particular place, to show oneself one is afraid to move.

There is no failure. Failure is a label, just like death is a label. It has a personal meaning for you. You take this belief, or this fear of failure, and you bring it to yourself because you put power into it, and because you label it a failure. If you could learn to trust that there is no failure, it is only stepping stones leading to whatever lessons you need to learn, you stop labeling things as failure. There are a number of individuals who like to dwell upon failure.

They are asking for sympathy. They are asking for a handout when they talk about failure. "Oh, I have failed. Someone come to love me, someone come hug me, someone come help me, I have failed." Simply say, "Someone come love me. I was successful today."

Make those things that seemed beyond your reach, within your reach. We will always offer you a new horizon, a new experience. It will be up to you to go for it.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors to help Earth through her transition from the third to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

The Pleiadians' first book *The Bringers of the Dawn: The New Evolution of Man* will be available soon from Bear & Co. Publishers.

Barbara Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan.

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"The Only Lesson There Is " A Conversation with the Pleiadians

There's only one lesson to be learned. One lesson. To love yourself. It is the only lesson that there is. And that is what you are all going to be struggling with over and over again. You all have come from great entities creator gods that were curious about your Earth sphere, who came here to be a part of a vast experiment. Certainly from their perspective, they were viewing themselves as entities who were an extension of Prime Creator, who had vast abilities. They did not look upon themselves as Gods. It was only those that were not so evolved who looked upon them as Gods. You all have been in that position.

Why is it you have given up that position of godhood and broken yourself off and separated? Because you are curious, you wanted to know what it would be like to feel certain emotions, to have certain perspectives about life. You agreed to separate yourselves, willingly, anxiously, and to sojourn throughout many civilizations and cultures. The time has come for you to make yourself whole once again, for you to remember. That is what is going on. And how are you going to remember? You are going to tap into the alteration that is occurring within your body. And you will facilitate all of this if you could but love who you are. You all have a confusion about

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what is called service. You think that you must take care of others to do service. Service truly means when you take care of the vehicle that you

are, because that is your concern. When you take care of the vehicle that you are, you send into the consciousness of the Mother Earth a certain vibration. That vibration works with the consciousness of Mother Earth and there is a uniting of spirit. There is a resonation that comes to being. Loving yourself is allowing yourself the greatest honor and dignity to be. It is placing yourself first through value, not through selfishness. Whenever you are putting in your life that which is less than keeping you happy, it is because you do not value who you are. You settle for less. You settle for less because you are afraid that if you don't settle for less you will end up with nothing. That is a belief. That is a fear.

That is a program you have accepted over and over again. It is part of the cultural paradigm. The children of the new main stream of ideas are not going to get involved in [that belief]. The new children know they do not have to settle for less. They will teach their parents. They will teach others that no one has to compromise. No one has to take less than what they are wanting.

We would like each and every one of you in this moment to make a commitment to yourself, to place yourself on your own throne. Honor that vehicle that you are and intend that all that you bring to your lives from this moment forward be gifts of great treasures for yourselves. You will create it. Do not fear your power. That is underlying all of this. You are to some extent afraid that if you start creating what you are really wanting, you are

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afraid of where you will go with this. And so you put it off. "I will be successful in a couple years. I am not ready."

Love the vehicles that you are so that you can be a guiding light for all of the others. It is your right. It is time for you to remember. It is important for you to honor and cherish yourselves and learn the only lesson that there is to learn. That of love because love is the key that is going to open every technology. It is going to open every doorway to extraterrestrial and interdimensional communications, inner-earth communications, that will allow you to truly live.

QUESTION: What time period are we looking at before we start seeing technology that will save us being used and manifested in the world? Are we looking at a few years or a century?

PLEIADIANS: What has occurred within this last year has been a good twenty years worth of work. Within this year that you are going through, each moon is like five years. And it will be sped up even more so that it will be more like ten years. It has that much energy, that much brilliancy.

Mankind is moving into a state of genius. Mankind is mutating. What is going to occur in the next ten years is beyond your comprehension at this time. The time is so accelerated, the energies are so vast that are coming that is why so many of you are having difficulties with certain things in your personal lives. Whatever it is that you are utilizing to stop yourself from growth, is smacking you in the face.

This is why some are moving into disease and discomfort, because there are changes to be made and the bottom line of those changes is that the love and acceptance of yourself about where you are and what you have done and not judging yourselves is very important. [You must have] the flexibility to change with the times, to give up old behavior patterns, and to be able to move forward into the future.

It is sometimes difficult to move out of old places that you have lived because it seems as if that is your identity. One of the best things you can do is leave, close the door and go forward. Build new houses and new

structures of your identity. That is very important. You are on the verge of a leap of consciousness, and you all would not be sitting here if you were not very interested in it and if there was not a portion of yourselves that was attempting to be very courageous to go in this direction.

It is not a century. You have fifteen or twenty years ahead of you that are going to be some of the most interesting times the planet has ever experienced. There will be scientific inventions that will begin to flourish in vast numbers. They will not be able to be held from public domain any longer. They will not be able to be kept in secret because there will be so many of them coming simultaneously.

The libraries of knowledge are infusing themselves with the atmosphere of earth. At one time there may be two dozen individuals inventing the same thing simultaneously on the planet.

Your teachers from the higher realms are seeking students. If you are wishing to do something revolutionary, if you are wishing to alter your life, simply invite a teacher in. You will be infused with great inspiration.

QUESTION: I was wondering about a coding in our DNA system and how it continues from embodiment to embodiment.

PLEIADIANS: From your perspective when you come into body, you very very carefully select who would be the family that would allow you to have the characteristics that would enable you to represent yourself in the fashion that you are after. Many individuals have stored within themselves what are called recessive characteristics. In this time, many recessive characteristics are coming to the surface.

Many recessives have been crossed together so that the dominates are moving in the background. You select with care the lineage that holds within its own storage of information that which you can utilize.

Your DNA is long strands of chromosomal matter stored inside the cells.

These very long, thin types of filament hold different codings for how the body would be projected whether you would be musicians, whether you would be female, whether you would be male, whether you would have blond hair, the tendencies of expression of health versus the manifestation of discomfort, or whatever.

What the scientists have uncoded is perhaps one-millionth of what is there. They know that they have only scratched the surface of what is there. But they are thinking that all of this entire filament is filled with superfluous material. Junk as they would call it junk DNA. That it has no purpose. That it is about nothing. This coding is genetically stored and has been dormant, recessive within many lines of families.

When you come into body you carefully select a family that has a certain lineage so that in the times that are coming, you are knowing that with your assignment to bring light to the planet you will have the ability to fire that which has been termed the junk DNA and to move into an awakening of new abilities within yourselves. As you do this you will assist the rest of mankind to do it.

You are now not all that you can be. You are becoming more. In your lifetimes you will birth new abilities within yourselves. You will birth literally new beings by activating this DNA that has been stored away. It is true.

You assist this activation when you get into what is called oxygenation of the system. When you breathe. When you bring in oxygen into the body, it fires the DNA coding and activates it.

Not only could this coding be fired by oxygenation, those that are called creator gods look out over you and see how you do. They are creating a method of altering who you are and that altering is coming through the energy acceleration. All of these things work upon the body and allow the body to change. That is why if you are wanting something now and you think

you are not capable of it, relax. You will be capable of it.
Trust your
wantings. They are about something. The capabilities will follow.

You are wanting to do something that seems "How could I do this?"
Or, "I
could have done this when I was a child but now I am an adult and
I need
all this training." That is nonsense.

If you are wanting something you are responding to the beginning
of the
awakening of this portion of yourself, it can come very easily.
You are all
assigned the task of carrying the light and lighting the way for
others.

There has been a darkness around this planet, a darkness as far
as mankind
can see. And you are here to light the way. For some of you it
feels like
it is a great struggle. "How can I light the way for others when
I can't
even keep the light for myself going from one day to the next."

Don't be so hard on yourself when you are not in love with who
you are. You
create abilities to understand where the rest of mankind is. You
see, you
are all accelerating so rapidly that you have forgotten where the
others
are and where you have come from. And so, in your own states of
what is
called anxiety you beat up on yourself for not being perfect.

What is really occurring is that you are bridging realities. You
are there
one moment and back the next. What you are doing is showing
yourself, quite
literally, the difference between being there and not being
there. It is
obvious that when you are there you are on top of the world. When
you are
not there you feel like you have been assigned to clearing out
the sewers
of the world.

That will show you the difference in consciousness and what that
consciousness can do. You will give up digging sewers. Believe
us. It is
not going to be a lifetime occupation.

You are going to want to light the pathway and when you dig those
sewers or
you clean out those sewers, you are doing a bit of
self-examination. It is
giving you an understanding of where other humanities are and
where they

come from and how humanities hold themselves in difficulty. These are all lessons that are involved in loving yourself.

When you are finding yourselves in the sewers of yourself, say to yourself,
"Well, here I am again. Isn't it interesting how I find that I am lighting the way one moment and I'm cleaning out the garbage the next? If I am in the sewers, must be there's more cleaning that needs to be done. Let me just light it up a bit." You bring the illumination into that portion of yourself that you do not want to look at, that represents the shadow of the dark portion of yourself.

Then look at what you see. What do you see that you are doing? What do you see around you without judging but with feeling? We want you all to be in feeling of yourselves. You are good feelers and you are learning how to be better feelers. You will be now learning how to balance that feeling

You have found techniques, you have found the ability to stop judging when you are in feeling and to be there. When you are in feeling there is valuable information that is on the threshold for you. It is there in front of you.

You all judge your feelings and say, "Oh, here I am feeling this way again. Darn it, I must be terrible to be feeling this way." You need to say, "Being that I am after my greatest growth and I am feeling this again, must be there's great growth in this feeling. What is it that I need to know?"

Relax with where you are. Be easier on yourselves. You are attempting to do great homework so that you can move out and affect others in a balanced way so that you will have the compassion to work with those who will be in the same boat that you have been in.

You can say, "I know, I have been there." The greatest teachers live what they say, and they have done what you have done. And so they know. So when you see one running around going through what is called the crazies, you

can honor them by saying they are going to be [a] great teacher when they get it together. Because of the time acceleration, these experiences are going to be jam packed into your lives.

QUESTION: I seem to be reviewing in the last month, things in this life time, I keep going back into situations I thought I'd forgotten about, and I seem to come forward.

PLEIADIANS: Yes. It is because you are cleaning house. This is what the process is about. All that you have locked away, all that you have not dealt with, is going to come smacking up. You make layers of yourselves and you cover it over, cover it over, cover it over. You are coming to the time when you will need to examine not only all that is in this life, but you will go into other lives and get other visions.

This is the beginning of your viewing of yourself. Do not under any circumstances judge what is coming up.

We want you to see it as if you are saying, "Goodness, I have this huge gigantic mansion and I have inherited this. I am going to have to remodel it and make it how I want it to be. I am going to go room to room to clean

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out and see what is here and what I am wanting." And when you see it you can say, "I remember this. This happened then and this happened then."

Do not feel guilty. Do not worry about it. Allow yourself to observe all that is coming up and to marvel at the dramas that you have put into your life. They are there to teach you.

These teachings you have been involved with, that are your own creation,

are coming again to show you so that you can review all that you are.

Doing this for this lifetime and loving yourself and saying, "Goodness, there were times when I was a bit foolish here." Or, "Goodness, there were times when I didn't know what I was thinking of there. I guess I was really having my head turned on backwards there." This is the most amount of judging we want you to do. Be gentle. Love yourself. Don't feel guilty.

See who else was involved in your scenario. Look as if you are sitting in the audience and do a big clapping for the part that you played so beautifully.

Present yourself with an Academy Award here and there, for doing such a good job of portraying a role. See what the story is about and say, "I have got it. I see the purpose that I was working for."

This process is going to come furiously fast. Let it come. Allow it to cleanse your body. In a few moons you will have an opportunity, or already have taken a journey to a new portion of the world where you will go and look into past activities of yourselves because you are needing to heal the entire soul of your being and to accept with completeness. Love who you are.

QUESTION: When you love yourself do you attract situations that will show you?

PLEIADIANS: Because you are committed, and because you have decided to carry light, and because you have decided in this lifetime to do a journey that is not the easiest of journeys, but it certainly is the journey that is the most rewarding, there will be certain challenges that will test you, to test your worthiness of commitment to be included in a certain echelon of leaders.

That is what you are doing. So be easy on yourself. When those feelings get stirred up inside of you and it seems as if they want to steam roller you,

say to yourself, "These feelings are my teachers. I will not be afraid of them. They have something to show me. And I will learn. I will change. I am flexible. I am courageous. And I am committed to myself." All of you, be easy on yourselves. Love yourselves.

We Pleiadians came to be involved with this experiment so that we could enhance our own service to ourselves. As you grow, you are our family. You are us. And we have come to gather you together and to teach you who you are, so that you can take your rightful place within the family of those that your Prime Creator has formulated, so that you can see the unlimited potentials that await you.

As we teach you, and as each one of you dares to try to do something that you thought you could not do, and as each of you moves a bit closer to honoring and loving yourselves, we grow. You add to what we are. And so, your success makes our success.

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Our journey is contingent upon your commitment to yourselves. So we have a big stock in who it is that you are. And we do not want to see any crashings. Do you understand?

The lesson that you are to learn, the only lesson that there is, is the lesson of love. That love will give you the opportunity to go anywhere.

Go about your days in joy, in safety, and in harmony and step into that great unknown with love.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. The Pleiadian culture is ancient and was "seeded" from

another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors from another universe to help Earth through her transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

Barbara J. Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. The strength and purity of the message she is bringing very quickly captured the hearts of many seekers looking to be all that they can be. Barbara has channeled at various Expos and for groups across the United States, in Peru and in Germany. She is planning trips to Egypt, Japan, Australia and Europe in 1990.

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Excerpt from the tape:

THE MIND GAME & PATTERNS

You have heard us say that all is true according to the perception, and [that] reality is far beyond what you can conceive of. There is a vastness that is ever growing and expanding. There have been on your planet quite a few humanities who have figured out the rules and have learned a little bit better than other humanities how to create, how to bring about what they are wanting and how to become manipulators, rulers, and designers of the game themselves.

Your planet started off with a certain plan in mind. That plan was

to design a new world where there would be great exchanges of information. The great computer-like mind connected a crystal network of information that would beam out in this galaxy as a storehouse perhaps. It was an exchange center. A world was designed that was beautiful because this information was going to be held in the cells of each and every creature and molecule of consciousness that existed here. Consciousness was going to be endowed within all things.

In the vast expansion of creation, many different forms of sentient beings exist. They are all playing what you would call the mind game. The Prime Creator, First Cause, was, or so it seems, the originator of the mind game.

The Prime Creator thought itself into a reflected state and moved so that it could see itself so that it could prove to itself it existed. It created outside of itself. And so the game has gone. Even the Prime Creator continuously surprises itself with the new rules and the new possibilities of this substance that has been endowed with consciousness.

The forms of this substance continuously mutate and change and even the smallest portion of being has new potentials. Within this mind game that all of existence plays, the rules constantly change. That is part of the game.

What is occurring on the planet at this time is that you are being instructed and given information because the rules have changed. It is time for large numbers of humanity to call on their own innate knowing, to bring about their own beautification of development, to step wisely and to learn to play with all of the abilities.

You have heard us [say] to become aware of what you present to yourselves. Every portion of the material that is outside of you determines how you are going to feel and how you are going to set the parameters of your experience and what you are going to allow yourselves to put within your lives. What you see is determined by what you believe is possible. You are in a double bind so to speak, for you wish to change what you believe

to be possible about yourselves and yet you do not quite know how to change what you are perceiving.

Codings are inside of each and every one of you. [They] are being reactivated by some of those ancient creators who brought your planet into being when they were playing with their own godhood. There have been many struggles over the territory of this, your Earth Sphere, Terra. Many have come here and reigned and have utilized the rules of the game and developed societies according to how they wished humanities to perceive.

You have been very often the product of a few individuals designing the mass humanity experience. Once again you are involved in this. This time, you are being told that you can be liberated through your own thinking and through your own perceptive abilities. We wish to push you further into this so that you can truly realize what your boundaries are and realize that every portion is part of the game.

QUESTION: Do these creators compete against each other and have their creations make war on each other?

PLEIADIANS: There have been competitions. There have been vast amounts of information kept from the public for eons. There have been humanities who have known the capabilities of mankind. You find yourself attempting to expand your capabilities, yet you fight and deny that you even have them.

The time has come for you to tap into this. Those greater humanities who you have called gods, those more expanded beings, have indeed made their own rules for the mind game. Within those rules they designed societies where mankind was not encouraged to a state of independence. Think about the history of your world for the last 2,000 of your years and look at the different societies. What did these societies do? How many encouraged freedom? How many encouraged independence? How many societies work with the idea of suppression?

You have heard us say that you live in the United States, the land of the free, or so you think. We are not here to start a revolution, we are here to expand what you believe to be possible and to assist you in your own growth and to turn you ultimately to yourselves and your own answers.

There is nothing more to believe in than yourself.

When you believe in a God that is so outside of yourself you are not acknowledging the God that is within you, that has been your birthright. This is a major state of awareness for each and every one of you to move into the holiness of your own being.

Each and every one of you are all that you need to believe in. When you believe in yourself, expand what you think you are, you begin to learn the rules of the great mind game and then you are up there with the big guys.

QUESTION: I have been in a massive state of confusion, going back and forth from one belief system to another.

PLEIADIANS: When you are about to make a change, in general, you will go through a bit of disorientation so that you can come to a greater understanding of yourself. Also the disorientation has to do with the releasing of old behavior, with the relinquishing of control, because wherever you are, in whatever state of development, there is a certain amount of control.

The control forms the boundaries of what you think is safe behavior, and safe avenues to traverse. So when you are about to make a change you have to allow that to come down and reevaluate what you think is okay for you as humanities to do. And you become impatient and you cannot understand why it has taken you a long period of time to move from one state to another. It is quite simple. You are not making the decision.

The ideas that you are sending out to yourself are not clear. It may seem to you that it is clear. You do not understand how intricate your thoughts are and you think you make one statement and this is going to create and you can forget about it and make all the other statements that are going to uncreate it. Only you do not hear those. Your thoughts are like fog and they seep out from you into all forms. And they always seek to expand, to be out there in territory. So, when you are not certain about what you are wanting, you are not giving out a one-lined direction.

The energies at this time are becoming really very powerful, very

highly charged. You are learning that there is a certain intensity of commitment that is going to be needed to lift yourself into higher states of consciousness. All of your thoughts count. If all of your thoughts are not lined up to your greatest intention, you are not going to get there, not in completeness. You all need to learn how to trust yourselves, how to have a greater love for yourselves and, of course, much more joy.

Learn to utilize the greater vehicles that you have to keep you within a balance so that you can move at these great speeds. When you do not have balance you are not going to move forward with acceleration. You will crash.

Many of you have bumped the heads and bumped the psyches because you have gone after something that you thought that you wanted and have not understood the rules of the game. Or you have sabotaged your own rule making by thinking that you were not powerful enough, or looking to others as being such great humanities, or thinking that you were not worthy of what you were after. The kicks you get out of talking about it [are more exciting] than it would be to manifest it.

It is most interesting. What is happening on your planet at this time really makes it an "in" place to be. If there were a People magazine for the cosmos, the Earth Sphere Terra would be on the cover. And you all are stars. So, live it up. Be alive because that is what it is all about. Wherever you go and whatever state of consciousness you are in, there is going to be stuff to learn. As you learn how to utilize the rules here, then you would be changing the game for all of the other players. As you all become awake, you will be bucking the system. And you will be showing that the rules indeed have changed and that even the most minute forms of consciousness have figured out that they are like the gods.

QUESTION: What kind of freedom do we need to seek?

PLEIADIANS: When you are seeking freedom it is a freedom from expectations. Many humanities, just as you, have figured that out because word has been passed down on your planet and secret societies have known

for eons many of the rules, so to speak. Many who learned how to play the games kept freedom as a precious food from reach of the majority of humanity.

They called it by mysterious names and they said that humanity would not know what to do with this if they have this. And so they kept it for themselves. So, when we say to you to seek freedom, it is freedom from anything that is going to define and suppress any of your ability that would limit you.

Stay within that freedom, move outward in all that you would affect within your life experience and your reality to extend that freedom outward to others as well. There are no limitations.

QUESTION: How far is it possible to jump from the level we are now?

PLEIADIANS: A tremendous amount can be figured out from here. In a very short period of time, the large majority of you will have made a gigantic leap. Within one, perhaps two of your years, there [are] going to be abilities to perceive in vastly different fashions.

Even now you are learning how to expand as you have seeded yourself with light and as you begin to listen to the internal self. Many of you are too intellectual with this. You are all "up here" and you are all afraid to be "down here" because this is where you are going to feel. You are going to connect your feeling and you are going to develop a compassion. And then you would move into these realms.

They are not thinking realms. They are realms of the highest

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From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 12/28: THE GOOD <CONT>

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connection of spirituality. And they would keep you tethered to great beings of light who would communicate with you as they are building light bridges to you at this time. You have no idea of what is possible. Your

mind cannot conceive of what is possible for your lifetimes.

We have recently spoken that something that is going to be and is available for all of you is what we call the immortality of your being the ability to extend life and to stop your nonsense of labeling a programmed degeneration of the body. That is part of the game.

That is a flexible rule. Why do you determine that you are getting older? Why do you determine that the body loses with age? Because a certain sector of society passed on a rule of the game. Someone wanted to have power and make money and make up a portion of the game that was called health.

Everything is the game and you buy into every portion of the game. We [get] you very stirred up so that you won't be buying anyone's game but your own. You can learn to work with one another for support to make up the rules of your own game and then you will set things flying. You are unlimited beings. That is the great joy that you are experiencing. This is why you have all come here. To participate in that. To remember it.

Many humanities on your planet are going through times of great difficulty right now because energies are changing and there are certain beliefs that are smacking them in the face. You have heard us say that

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Origin: XBN - 0079 - C:CNSPIRE3

From: JOHN_-_WINSTON

To: ALL

Date: 12/21/93

Re: PT 13/28: THE GOOD GUYS F

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electromagnetic energy has completely changed on your planet and all has been sped up within the cosmos because of the movement of your universe into the new area of space.

You are being charged by new particles of existence. This is bringing about the shift in consciousness. It is this that makes all things different, that makes all things possible now. This is what is ringing out within your souls to satisfy and to describe and many who you study and who

you read about are all telling you the same thing. They may use different words.

All you need to do is have the lights begin to go off in your head. It does not matter whose words say them to you for you have all the information stored within you. What you are merely doing is exposing yourself to certain triggers that you have set up in the outside world to bring about the activation of certain patterns within you. You do not have to get into a big sweat about the whole thing, you know. You are working towards it. You are only a few steps away from certain amounts of great changes. You will be awed by those and you will be excited and then you will move into boredom once again and you will be wishing for new abilities. You are moving quickly now.

Think about what you have done in a few of your years. Think about when you all were at the beginning of [the 1 980's] what you knew, how you felt about yourselves, what was possible. And think about where you were one year ago and what you know now. You are definitely moving.

QUESTION: What's the difference between the old rules and new rules?

PLEIADIANS: There existed in what you would call biblical times, certain entities that came to your planet that were playing. They knew the rules were that if you created and if you sent out certain ideas you could get masses of consciousness to follow this action. So these entities came to your planet and they affected cultures. They played with the alteration of your DNA and formed new men out of the basic Earth stock that existed here at different times. These entities sojourned and are written about in your Bible. They affected mankind through the ways that you are presently feeling the results of. The old rules were that this was a territory for what you would call certain skylords.

These skylords made the rules. The rules were that humanities would worship those that were in the sky and that they would develop all sorts of expression of this worship. They would be given an endowment of themselves but they would not be given the complete information because then, who

would they play with? There were other skylords who wanted these humanities to have a decent game to be playing in. And so there has been a challenge on your Earth Sphere Terra as to the type of information that has come in to allow these humanities to perceive what they can be. The old rules were that the large majority of humanities were not given the understanding of who they were. They were kept in ignorance. They were kept in darkness. They were kept in submission. You were kept from ultimately understanding who you were.

The new rules are that all is allowed. You are being blown wide open so to speak. The gates have been opened and it is fine for you to know your ultimate experience with creation.

Do you know who changed those rules? You did. After sojourning here for thousands of times, you figured it out. This time was designed for you so you could bring about what it is that you have been after from the beginning.

One of the main rules, the one that you all are attempting to figure out and put into being is the idea of thought manifestation that you are a result of your thoughts. That is the one that is most important for you to learn at this moment. Not to wait for great beings to come from the sky to save you. You argue for your limitations. You hold onto them. You clutch them dearly like little dollies that you played with when you were young.

QUESTION: What about the dilemma of getting to know yourself and not liking what you see?

PLEIADIANS: It is an excellent point the dilemma of getting to know oneself, which comes with developing self-awareness and self-esteem, and not liking what one sees. Change it. What you are seeing is only your judgment anyway. You all love to call yourselves right or wrong. "I am beautiful today," and the next day, "I am what the cat dragged in." You do this to yourselves back and forth, all the time. Why judge it?

You are learning. You are on your journey and you are feeling that certain expressions of behavior and experience give you exhilarations and

others make you want to turn your head. When you are finding this within yourself you are allowing yourself to develop along a pathway. If you are finding that there is a portion of yourself that you do not like, allow yourself to love that portion and to release it. If you don't like a part of yourself then let it go.

Utilize the rules and make a new you. Change your behavior. Believe that you can change a portion of yourself. But don't release it out of hatred or anger. Allow yourself to realize that whatever it is that you are perceiving that you did not particularly approve of, you birthed it into being. Let it go. Do not tether it to yourself any longer.

It is not that you are going to always love every portion of yourself for you are teaching yourselves and you are bound to run across something that is going to get your attention. It is a message to gather more information and ultimately give you more compassion for others. So, be more easy on yourselves.

Until you love yourself, you are not going to experience love from anywhere else. This light energy that is being sent to you and this light energy that permeates existence, is made up of love. It is a substance of being that permeates all things. If your scientists were to break down the particles of the most minute aspect of existence to find out what makes everything go and everything tick, it is love. It's what connects you. It is what keeps you alive.

Start with yourselves. Realize that in this game you picked yourselves. You picked yourselves to be the player that you would move around in this aspect of existence.

When you don't except responsibility for the player that you picked, you deny your participation in the game. And so you are moved across the board of life without any control, always looking to connect with love and never realizing that in order to connect with love you must turn on your own light, which is turned on with self-love. When you turn on your own light by loving yourself because you have selected yourselves, and

by not judging yourself, then the game completely changes. Then you don't go looking for love. You are it.

When you are love, and when you move with love, all you bring back to yourself is love because you are like a beacon and you draw it all to yourself. When you do not love yourself and you go out looking for love, you cannot even see it because you do not have the electromagnetic capacity to even recognize it, to even draw it to yourself.

Remember that you, yourselves, are your primary tools for enjoyment and experience. It is you, yourselves, who are your greatest teachers. So live, for you have it all within you. Everything . else, when you discover this, will unfold before you in the most glorious magic of being.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors to help Earth through her transition from the third to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

The Pleiadians' first book The Bringers of the Dawn: The New Evolution of Man will be available soon from Bear & Co. Publishers.

Barbara Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan.

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Pleiadians Excerpted from the tape: CODINGS

Buried deep inside of you are all of your answers. The questions

that come to the forefront of your minds are coming so that you can start within your own beings and bring up your own answers. In order to achieve

this you must first believe that the information is stored there.

Humanity is learning a great lesson at this time. The lesson, is of

course, to realize your godhood; to realize your connectedness with All

That Is, with all that exists; to realize that there are multitudinous

cultures and societies that exist throughout the vastness of what you call

space, and that these societies and these cultures have been on and off

your planet from the very beginning.

It is not just that we, the Pleiadians, have come to assist. We are

one grouping from one star system. There are many who have journeyed here

for many reasons. Some have come for resources, some for fuel. Some have

come to teach. Some have come to suppress. Some have come to enslave. Some

have come to use the Earth sphere, Terra, as a laboratory.

What we are speaking of is no great secret. But it is kept from

your societies. It has served your world well to a certain extent to forget

that you have star and spatial connections. As this information was passed

down from one mouth to another and the stories were altered here and there

to suit the teller and to suit the situation, certain aspects of the

ancient history of your planet turned into myth.

When you are children you learn about these myths and you call them

fairy tales, or legends. But, indeed, they are about something. They are

about your history, and they are at this time very distorted.

There was a purpose behind all of this. There are no accidents. All

is agreed upon and planned through the magnificent telepathic connections

that exist between all of mankind and all of the cosmos. You moved into

this state of unawareness, so that you could explore new territories of

being on your earth.

Many of you who are familiar with our words and the words of many

wise ones that are assisting you in your growth at this time, think badly

of those who are on your planet who are not in accord with this information. It is completely unnecessary. The development and the

unfolding of humanities is proceeding quite nicely.

There are many, many groupings at this time who are following the great pull of curiosity that moves them to their beings. They are stepping forward and daring to be a bit different, and daring to believe in new concepts and ideas.

It is our role to offer you a bit of confidence on your journey, to assist you to align yourselves with your own memories so that you can truly blossom forth and provide yourself with your own understanding.

Your bodies are completely coded with the information that is necessary. It is not only that your bodies are coded and that you respond to certain calls that go out. It is also that as you are being awakened, opened, and as you consciously seek this, you send out a signal and you draw to yourselves a great host of beings.

Your histories move in and out of very special times. Many of you became involved here eons ago through star energy, through Pleiadian contact, through working with the higher realms. Many of you know the difficulties quite completely that Terra has gone through how many times the lands have shifted; how many times help came from the skies.

Information was distorted as those who came from the skies to move you along in your development were turned into gods. Even children now idolize those who can do what they cannot do. Your society demonstrates to you, quite clearly, this concept of godhood. We are here to remind you, it is unnecessary.

Your third dimensional world is one of great challenge. It is one that allows magnificent limitations to set themselves up. Through these limitations, structures are formed. And you learn. And you attempt to create.

You all are a great portion of the First Creator, First Cause, and

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 13/28: THE GOOD <CONT>

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First Cause desires experience. So when you judge your fellow man for not being what you think they should be or, worst of all, when you judge yourself for not being what you think you should be, you place barriers around your experience. What we are telling you is that you are glorious beings.

Not all on the planet are ready for this shift. As we see it, there will be two probable worlds that will split off those who cannot follow the development into the fourth and fifth dimensional experience, and that of uniting, comprehending all is energy. Those that cannot follow this will form their own Earth sphere, Terra. What you forget, and we continue to remind you of, is the third dimensional experience is not one of solidity even though it seems to you that your world is solid and that you are solid beings. You are energy within space.

This energy can be manipulated and changed around through the process of thinking. Your experience in the world that you will be forming is completely contingent on your thoughts. When you learn to honor yourselves and to trust that your thoughts form your experience and that they do indeed count, that each and every one of you makes a difference when you begin to completely feel this and live this, then you will be stepping forward into your work. You will have great demonstrations

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Re: PT 14/28: THE GOOD GUYS F

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of this, and you will begin to create, to form, and to magnify your feelings into experience.

We started off by telling you that you are coded. All mankind is coded deep within the essence of their being, deep within the cells of their being. They are coded to certain responses and certain behaviors, and

these codes are implanted by you. None other comes into your life and takes control over you. When you are out of body in your times of overview and study, you plan the time that you would sojourn within and the personality that you would occupy, and the challenges that would rise forth before you.

How else would you know to respond? Think about it. Think about the intimacy of your own being. And think about yourselves and who you are and how glorious you are. You have placed within portions of your body, certain bits of information, that would be activated at the appropriate times, and you would meet the most necessary people, and you would be in the proper places. This is so for all humanities.

We are here to assist you to give you some basic understanding of how you yourselves are going to transform your experience on your planet. It is not that you are going to be saved by those from the skies. You are being assisted, you are being guided.

You are asking for help, we are giving, as many others are. But, as a mother would say to a child, if I do your homework for you, you will never get to college. If you examine who you are and what your desires in life are, you will find that you know deep within you who you are. When you say that you do not, you are taking a position of powerlessness. You are not acknowledging the glory of your humanity.

Allow yourself to perceive new dimensions of experience and new realities, and to notice what you are doing for yourselves. Your beliefs can stop you completely in your tracks from moving forward. They are your greatest allies, your beliefs, for they allow you to move through your day-to-day experience in what ever way you choose.

You are awakening yourselves. You are encoded. Most importantly, you are a direct result of your thought manifestations. Your experience is a direct result of your thought manifestations.

QUESTION: In recent times it appears that things on the planet are accelerating in a very fast way to it's own annihilation. Unless there are changes, it won't last. So, should we be unattached to the earth or should we try to change it?

PLEIADIANS: There is no trying to change. You cannot try to change anything. When you try, you don't accomplish a thing. Trying is inactivity. Doing is what will bring about change.

It is very important to care about your world. Indeed it does seem as if the world is going down the tubes so to speak. But this has occurred in other ways in other times in similar activities.

What you do not understand is that the world is not solid. All [humanities, out of their love for Mother Earth, feel a need to change, to save the Earth. When you understand that it is not a solid mass of being that you are working with, you are already one step on the board of the game. When you understand completely that thought manifestation is what creates the world, then you understand how important your thought manifestation is.

Your doing, your activity is secondary. You can do all you want, but if you don't believe that your doing is any good, and that you are one powerless individual, then you will not help the shift of the world.

As we see it, the duality and the polarity that is coming on your planet will involve a breaking off of two completely different, separate Terras. You think that there are going to be two Earths and the astronomers from other places would have twin Earths.

You must understand that all is energy and that there are many probable worlds, and that each of you move into a probable world of your experience whenever you change your mind. That occurs continuously.

But, we are talking about a major event, a major splitting off now, so that those on the planet, who wish to come full cycle to be complete, will create now, a world that is healed, that is joyous and that is full of beauty.

Often, before one understands that one is on a path of destruction, that one is not moving in the greatest direction of growth, one must become ill in order to receive and to re-evaluate and to heal. The Earth sphere, Terra, could be cleaned up quite quickly by entities from the stars. [But,] the Earth sphere, Terra is your responsibility.

You can, and you will at some point, receive great assistance. But your challenge is to understand that the work that is to be done is not primarily done with hammers and nails. The work would be primarily done with thought. And when you learn to come together in groupings and to recognize one another, and to recognize that indeed you achieve tremendous steps forward when you focus on manipulating the energy to allow it to grow and manifest and bring in great light, then indeed, you are creating this.

You are greatly assisted as far as keeping destructive mechanisms from detonating. You have no idea. This universe has free will, and so the challenges often times are much greater. We have codes of honor that we ourselves must obey. There is only so much interference that can come about, so much that can be transmuted.

But when it comes to the great destructive detonations, many have been stopped so that energies can reassess what their intentions are. Often it takes the desire of one mind calling for assistance. One small child in the desert expecting to wake up tomorrow morning, and calling to some unknown god in the sky as he lays down to sleep, looking at the stars, knowing that he plans on waking up on the morrow. And so often, one small cry like that changes the balance of energy and great beings of light come and they assist because they know that it can be staved off.

Honor Mother Earth. Whatever portion of Mother Earth that you occupy, that you own, that you walk over, send loving thoughts. Align yourself with the Earth, and the Earth energy and do what you feel is necessary for your own personal growth. Again, the greatest work will be done with your thoughts. Do not allow yourselves to buy into the idea that your Earth is doomed. For we guarantee you that it is not.

QUESTION: Would you clarify the idea of two Terras?

PLEIADIANS: The concept of probability is that there is no one reality and that you yourselves branch off continuously through your thoughts. It is not that you ever change a world, you change which world you occupy. Again this goes back to the idea that your world is not solid.

It is constructed of energy, and that energy takes form through the thoughts of those that participate within that world.

There are, and there always have been, probable Earths and probable experiences. There are probable yous who are leading quite different lives than the yous sitting within this room. You are frequency, energy. You are literally beating to a chord of energy that sings you into existence. You are so familiar with it, that you stay focused with it continuously on one aspect of your experience. But, experience goes on from many perspectives. and what you are learning is how to change the frequency and change the beat so that you can notice what you usually do not notice.

What is occurring is this great polarization of energies, participants and observers. Many who have come to observe have come to disrupt as well. They have come to learn their stuff in this time so to speak. [There are also] the participants who are completely intent on creating this world, which will be quite glorious.

As we see it, as the probable worlds begin to form, there will be great shiftings of humanities on your planet. It will seem that great chaos and turmoil are forming. It will seem that nations rise against each other to war. It will seem that earthquakes are happening more frequently. It will seem that the animals and the fish are departing. What is occurring is that those animals are now moving over to that world as it is being formed. They are not departing in existence, they merely slip into the world to await your pleasure and to await your joining them.

It is difficult for us to explain this to a certain extent because it is beyond the experience of the third dimensional entity. You are moving to the fourth dimension. When this move is made, literally you will form a new Earth. And literally you will be there and it will seem to you as if you have all awoken from a dream. You will awake in a world that is pristine and beautiful.

Your .skies are full of observers watching and waiting to see how you will do this and give you assistance in doing this, because it seems as if it is completely beyond the possibility of your world for many. Not for

you who have studied this energy as alchemists, as ancient Atlantians, in temple life. The training that you have had in other times has all been the encoding that has been placed within your being to prepare you for this juncture.

QUESTION: So, if this new world is in the fourth dimension, would you clarify what the difference is between the dimensions?

PLEIADIANS: The newly formed world will have all dimensions in it. Dimensions exist over each other, on top of each other, within each other, around each other. Because of your training and because of the way you have been set up to believe and think about yourselves, it does not seem possible to accept these ideas.

That is why we scramble up your minds, so to speak, so that you can make room when you are on your own, and have lights go off in your heads to comprehend. It is not that we are explaining to you so much, it is that we are jumbling you up.

You, yourselves, will right your energy. Any of you that are feeling jumbled at certain times and confused and frustrated, it is because you are doing great work, it is because you are realigning the thought process and the understanding process of who you are.

The third dimensional experience is one that seems to be solid. It seems to be in straight line, event following after event, and it seems that the whole world is defined. It [seems] solid.

The fourth dimensional experience is one of perception. It is one where you know certain things, where the body is seemingly less solid. Where one can see light beings, where one can hear sounds, where one uses other facilities to learn and to gather information.

The fifth dimensional experience allows one the opportunity to become less solid completely. And it is that ability that you are working towards. That is where humanities are eventually moving to.

Some will come on this new world because of great love. They will come purely as third dimensional beings because they are pure of heart, and pure of love. It is not that they have studied in temples and schools of learning, it is because they have learned to love. And they have learned to

speaking with the Earth, and they desire peace and beauty. Many of that type of man will come to this new Earth.

Your roles will be to teach these men and women how to move in the fourth dimension and fifth dimension. Because they will not be blocked, they will be completely open because of their love, they will grow and they will make an evolutionary leap within their consciousness that is astounding.

Love is the key. Love is what makes up the universe. We have said to you that your technology will only develop to a certain extent because mankind, the scientists, do not understand that love is necessary. Energy can take all forms of creativity, but when one is dealing with greed or hatred, or any of the other multitudinous emotions that are not working towards light, then you only are allowed to go so far. There is only so much information that is available to that sort of vibration. Love is the basic building block. When one has love, all possibilities exist.

QUESTION: Assuming we finish up our duty on Earth in this lifetime, where do we go?

PLEIADIANS: There are many on the planet at this time who are here to complete within this activity of experience. They have sojourned here over and over again to learn, to plan, to educate themselves, to encode their beings in preparation for this time.

When this new world is formed, your extension of lifetime will completely change, your perceptions of time will completely change, and it will be an altered state of being. You will be united with the star energies and extraterrestrials that have been assisting your planet and cultures for eons.

[They] will come to offer all sorts of varieties of experience. Some will choose to work on other planets as conscious beings. Some will choose to stay here on Terra to rebuild and to structure a new society. Many will stay to work with the children and to have the children teach them.

When you are translating from whatever experience you have, those who are here to complete [will understand] that the job is done. A new

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Re: PT 14/28: THE GOOD <CONT>

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world is formed, and that those that wish to, will have a safe platform and a beautiful planet, a jewel of a planet, to move forward with.

That planet will draw only certain energy to itself because the energy would have been purified and righted and brought into great alignment. Many of you have been here for so long, that you long for other experiences.

It is not that you are stuck here. It is that to complete a portion of your journey, you stayed. And you all have come to be very fond of one another and so there will be greater discussions, and greater options of where you would be going.

Some of you would not choose to come into third dimensional bodies

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for a long long time for there is much to be done without coming into bodily incarnations and being born. Within the spirit world, there is much traveling to do and many of you will take vacations as you would call them, and travel about to re-activate what you have forgotten.

You will check out certain places of activity. You will go to different planets and see different forms of being. Time does not exist, so it would be possible, in your terms, to spend one million of your years searching to see where you wished to go next. And those one million years go by like a month's vacation.

You may go somewhere and become involved in sound or light or

manipulating matter into shapes. Or you may be content become part of crystalline forms that merely exist, that merely act as senders of information. You may become one with these crystalline structures that have become gigantic [and] make up entire planets on other dimensions.

You would go there to ease your soul's journey and to become one with all the consciousness that would be, like the central computer in certain areas of existence. These crystalline structures would take in and pass out information. That would be quite satisfying because you would have perceived the experience without actually having to go through the bodily incarnation.

Some of you, after your success, may be quite bold and daring and choose to assist another planet in its growth. [You would] come in and be born as them, or buzz them within these starships and intrigue them.

It is quite complicated. It is all fun. It is all loving. And it is a vast magnificent plan that changes all the time and is always available to you. You must understand that you, yourselves, are very important in all of this. You have wide vistas of experiences open to you.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with.

The Pleiadians call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. They are here as ambassadors from another universe to help Earth through her transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

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You may contact Barbara at Bold Connections Unlimited, P. O. Box 6521, Raleigh, N.C.27628 Connecting Link Magazine 9392 Whitneyville Rd. Alto, MI. 49302-9694 Copyrighted by Barbara Marciniak Reprinted from Connecting Link Magazine with permission. Immortality of Being and Contact

The death experience as you know it, is something that you program yourselves for. Your aging process is something that is an expectation within your lifetimes. We would like to plant the seed for the idea that you will be around perhaps for at least a hundred more of your years, if you so choose. If you so choose. What you are going to be working on is an understanding and a releasing of ideas that have set about limitations for your experience and how to reprogram, so to speak, how to release trauma that has been built in, that is coded and written within the bones and the cells of your structure that anticipate a certain form of development.

This is not a new idea, this idea of immortality. But it is an idea that is going to come alive. You are being prepared to teach the masses whether you realize it or not. Each of you will be working in a different fashion, manifesting your own unique sense of creativity. Yet, each one will be catching the core issues that are being stirred up in the masses at this time.

It is imperative that many of you stay around to help formulate the new earth that is being birthed. You are not being trained to work for perhaps twenty or thirty more of your years and then to retire. That is not what this is about. You are in the midst of a gigantic shift in consciousness covering the entire earth sphere, Terra. At this point in your time, you are only looking through one pin-prick of a view of what this is going to

involve. It is beyond your comprehension. Rest easy with this for it will open as you are in receptivity to understand what is needed to know.

This idea of immortality, this longevity in the life experience, will have to do with your understanding of the importance of aligning the beliefs with the vehicle, of utilizing the great healer and regenerator called oxygen on your system, and how through breathing and the releasing of limiting ideas and limiting programs that have been placed on the vehicle, you will allow yourself to regenerate.

Some of you may feel despondent at this idea because your lives are not in harmony at this time and you may say, "I do not want to live 100 more years." [This will change] as certain difficulties are brought to the surface and released and worked out. This will come about through your intentions. It will come about in a natural process. It will develop over time. We are giving you an avenue of exploration to show you what you are working towards. As you make your lives in order and as you are forming the new earth you will want to be here for the gratification and for the satisfaction and for the ability to have this great completion that will free you with flying colors from your tethers to your Mother Earth.

You all expect to die. You celebrate your birthdays and you are most joyous about these birthdays to a certain age. Then you begin to dread them because you have a program set out for yourself that says that each birthday is bringing about the degeneration of the body, bringing about a decrepit state, a state of ill health, a state that promotes inactivity. Your cards in your stores that you buy promote this. You turn 29 years old and you say to yourself you are over the hill. We are bringing this up to you because we have been working with you and preparing you not for a few years of excitement but for many years if you choose. It is always up to you.

There are probable lives that exist in front of you that are free of physical difficulty. If you wish to be free of physical difficulties it is you that needs to be in receptivity of healing. Healing is necessary when there is a discomfort within the body. A discomfort exists within the body when one refuses the growth that the soul needs to experience. It is a blockage of growth. It is a fear of change.

You have heard us speak often enough how important it is to change and yet each and every one of you fear change and you wish to control down to the minutest detail every aspect of your lives. When you allow the vehicle to move forward without fear, then there is no need for discomfort or disease. When you learn to believe that you can maintain a consistency of body structure, a consistency of cell regeneration, then truly will you be able to demonstrate to others.

Expand your ideas, particularly in the areas of aging and immortality, about who you can be. You can revitalize yourselves. There are ancient sciences, as we may call them, on your planet who have spoken of the importance of the breath over and over again. And yet to you it all seems like too much work. What do you all have in common with one another throughout the entire planet? You all need to breathe. Is that not so? And what is it this oxygen does to your system? It regenerates it. It activates what is going on inside.

In this time of energy acceleration it would behoove each and every one of you to add more oxygen to your being. There are many ways to do this. The most simplistic is to become consciously aware of your breath. Through the breath you can do many things. You can activate the crystalline structures or deactivate the crystalline structures. You can activate your own self. You can clear energy that is coming between two beings purely by inhaling and releasing. You can bring about a state of great calmness. You can bring about a state of altered consciousness. You can bring about a state of

healing. You can bring about, eventually, a state of teleportation and bi-location and dematerialization. This is all something that you are working towards.

The second part of our discussion is about being in preparation and what it is to have contact. Contact has existed on your planet from the very beginning. There have been those that have come down and it has been their life journey to sojourn on your planet and to teach cultures. There are those who are even on this day sequestered away within the deep catacombs, as you would call them, the deep underground tunnels and monasteries of your ancient Tibetan area that house the bodies of those who are kept in what you would call perpetuity so that they can be reminded of the star teachers who have given so much to this planet.

Whenever mankind has made a leap forward that leap has come because mankind has been guided and because mankind asked for assistance. Much information is transferred to your planet in a variety of ways. Each and every one of you is on the verge of having great volumes of information come through to you. It is up to you whether you are going to believe this. It is up to you whether you are going to call out and ask for a teacher and ask for the assistant that you are needing in this moment to bring about your life's work and fulfillment. You are all here for really important reasons.

Eventually you each are going to be coming into contact. That may occur in a variety of ways. You have heard us say over and over again that there are many dimensions of experience. Each dimension of experience has its own validity. As third dimensional man who would call "real" only one portion of its existence, when everything you perceive and everything you feel is real.

Prepare yourselves and wait in each and every moment for more information, for a gentle love to come through and relinquish your fear. You may think

it is easy for us to say to relinquish your fears. It is easy to say. Your fears have to do with a multitudinous buildup that has come from your childhood. What your ideas of the unknown may be, what your ideas of safety may be and what is in store for you.

At first, you may be startled when one comes into your presence and resonates four or five feet off the ground and gives you teachings for an hour or two. Yet, if that is your experience, you have called it to yourself.

This year you would find that each month, each one of your moons, will multiply itself exponentially prior to the month that you have just experienced. So whatever it was that you have experienced in your month that has just passed, you will find that it will double itself in the next month. It will continue to build. You are creating for yourselves a massive acceleration because you are each calling it to yourself.

You had best, if you wish to take our advice, keep yourself in balance and by all means, clearly call out through prayer or through intention, whichever feels more correct to you, call out to what you are desiring to manifest and utilize the great gifts that are coming your way. You each have selected yourselves and you each have placed yourself in an opportunity to grow beyond your wildest dreams. We are here as always to assist. We encourage you and we say to you that there is a pathway of joy and glory that lies in front of you and it is all that you need to know. Move yourself towards this.

QUESTION: Will we begin eating a lighter and lighter diet as we learn to rejuvenate ourselves and learn to take more energy out of the ethers and

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less out of our physical surroundings?

PLEIADIANS: You've got it. For those of you who like food, it is not that you need to let it go. It is not that it is going to be a great sacrifice. It is that you will find that there are alternative ways of being and you will find that those habits that you had you are no longer in desire of participating within.

You will find, many of you, that as you begin to oxygenate the system more, that you would bring about a greater state of energy and that as you begin to bring about this greater state of energy you will find that it is not necessarily coming from the food source, that it is coming from light, that it is coming from meditation, it is coming from being aligned with your thoughts and the changing of your beliefs and that the body does not have to be based on what your nutritionists say you need to have to keep alive.

QUESTION: What would be the first step we should take in this rejuvenation process?

PLEIADIANS: Oxygenation. Oxygenation flushes out what is unnecessary and keeps the body full of light. Breathing is the main thing. There are additives that are also oxygenators. There are many assistants to bring about oxygenation [that you can buy].

The breath has not been focused on enough. All of these other things certainly assist you but breathing is your key. Whatever it is that you are going to add to your lives, utilize the great process of breathing. Each man on your planet has been given all that is needed to come to a completion. It is you, yourselves, who go about inventing things to assist this and there is nothing wrong with this. We applaud your creativity. But you, yourselves, each have the ability and your breathing is one of your greatest tools.

There are many techniques. There are many journeys that can be taken by

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utilization of the breath alone. Utilizing the breath and the oxygenation process in conjunction with taking substances that have oxygen within them, particularly if you participate in foods that are rich in oxygen, you are enhancing a lightness of being. You are activating an energy form that brings about greater states of awareness.

QUESTION: You began the evening talking about contact. I feel that I have been contacted but I'm not sure whether it was real or not.

PLEIADIANS: What do you think we're going to say that you were imagining it? What have we been speaking to you about imagination? What have we been speaking to you about the various realms of experience? They are legitimate. You had your wits about you and you were told at that moment to receive. Many of you are surrounded on a continual basis. It is up to you to have your wits to receive.

Some of you will begin to feel pressure on your body, to feel pressure on your skin. There will be slight hintings. There will be feelings around you in the atmosphere that the air has changed. There will be a difference in the light molecular structure in front of you. This is all a portion of a variety of energies that are attempting to communicate with you. More than [the fact that] these entities are attempting to communicate with you is that you, yourself, have broken down your barriers as to your definitions of what you think is possible. You are moving more steadfastly into what you would call fourth dimensional experience which allows you to be feelers and not thinkers.

QUESTIONS: What about our fears of contact?

PLEIADIANS: There are very few existing on the planet at this time who are fearless. So, first of all, relinquish any judgment you may have of yourself or of others who are facing their fears. One of the best ways to overcome fear is to acknowledge it. Where you trick yourselves and you try to pretend that you are not afraid, you hold on and you hide deep inside of your being this intimate feeling that you will not admit because you think it is a weakness. When you lay it out in front of you and you say, "I am afraid," you are willing the issue to a head and you are asking that you understand this fear and you are asking for assistance in this area.

When you have fear, particularly of contact, you are fearing that there is going to be the unknown, the "x" factor, that is going to come in and affect you in a way that you will feel out of control with. We have been saying that your world is a result of your thought manifestation. This idea works in all of the realms of experience.

Your intention about the kind of experience you wish to have can literally change in the moment. If ever you are finding, whether it be in third, fourth or fifth dimensional experience, that you are drawing to yourself something less than what you are choosing, then you must learn to believe that you can vanquish that in an instant whether it be a dream or one who would come to literally attack you. Your powers are such. Your thoughts will send out a wall of protection and you can use a thrust of energy that will stop whatever is coming your way.

When you are feeling a fear and if you wish to stop the experience and you are not prepared for it, state this and put up around yourself a shield of light and know that that shield of light is as real as any wall that you would build with cinder blocks. This is what you are teaching yourselves, that your thoughts form your world.

The large majority of you will not be in need of protection because you

have the ability to understand that you would draw to yourself the highest of light energy. If you are desiring contact, ask that the contact come in a time when you are safe, when you are comfortable, that you not be startled.

Define how you wish contact. If you are going about saying, "I want contact. I want contact," what are you going to get? If you want contact in a certain condition in certain parameters of experience, state this. "I would like to have..." and define in the affirmative how you would be designing your experience. "I would enjoy contact with one who would approach me with love and that I immediately sense this and that I immediately move into a state of receptivity. I [want to be] contacted by one whose physical visage and vibration is something that I am comfortable with." It is up to you to design how adventurous you wish your experiences. There will be a time when you will be gathering so many experiences that we will be pushed to the background waiting our turn to come in.

There are many, many contacts going on on the planet at this time. Your universe is teeming with life. Just because one has certain abilities does not necessarily mean that they are of the highest intentions. When you are bringing an understanding of teaching into your life and energies from the outside, whether they be extraterrestrial or whatever fashion or form the higher energies come to you, discernment is most important.

The way you discern is by the feeling in the center portion of your body. How is it that you feel? Are you feeling in comfort? Are you feeling uplifted? What is the message that is being given? Are you being pointed to your own abilities or are you being asked to do something that does not feel comfortable to you? All of these are keys.

Most definitely on your planet you are going to be experiencing great confusion because it is all going to break loose very shortly. All that has been covered up, all that has been kept from you is going to come out in

this decade and you are all going to have the opportunity to fine tune discernment and to align yourself with energies human and otherwise that will afford opportunities for your growth. It is you that, through your intention, will decide how that growth will be.

[Most of] the beings coming from the skies at this time are those to enhance the spiritual understanding of mankind. Mankind will learn to resonate with his own beauty and great desire to become one with the higher realms. Do not call those who come from the sky aliens. Realize that we are your ancient heritage and that many have come to assist you. Many have come to reawaken and allow you to move beyond this time that you have been greatly sequestered by your own energies. We congratulate you on your journeys into yourselves.

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NC 27628. A Conversation with the Pleiadians

Excerpted from the tape:

The Fullness, Ripeness and Sweetness of Your Days

You are coming to maturity. You are coming to be full in your blossom,
full in your vibrancy, full in your seed. The fullness and the ripeness,
the sweetness of your own being the beings that you would be a bit
nostalgic for, that would almost be something like an ache inside
of your
being when you look back at these times.

Many of you have done very well and brought yourselves to a
very firm
stance within yourselves. You saw what needed to be changed and
you rose to
the occasion and allowed yourself to just be nourished by the
energies that
would bring you to become ripe upon the vine. Some of you have
heard us
speak about the time that is coming, the new energy
accelerations. For some
of you it must seem as if you live from one energy acceleration
to the
next.

Tremendous currents of energy come with each new acceleration.
Now you
are ripe. Now you are ready. Now you have moved past that which
has been
difficult. Now you are ready like spiritual warriors to face what
is
coming, to go full on into what lies ahead in the light, the
brilliance.

Your population is beginning to double at an accelerated
[pace]. You are
moving into the electrifying leap of consciousness because there
will be
more and more and more people upon the planet. [In the '70's]
there were
approximately 2 billion humanities upon the planet. Now you have
over 5
billion people, in less than fifteen of your years. What is going
to happen
in the next fifteen of your years? Why are so many humans coming
upon the
planet?

You are at a very interesting point in your development. Many
of you do
not see so clearly where it is that you are. We would like to say
that you
are poised on the brink of the cliff. You have traveled very far
and now
the next step for you is the journey into the boundless energy.
Life is
going to get much more thrilling, interesting and exciting.

We would discuss with you the sweetness, the richness, the ripeness of life this evening of your days and how the point that you have reached will take you further into areas where you are all going to need to become experts [and] have tremendous confidence in your abilities.

QUESTION: I want to ask about the population increase. When people incarnate onto the planet they know the changes that are going to happen, so why would they be incarnating?

PLEIADIANS: You must understand how the earth has been for so long. It is the same place, the same cyclical type of situation where everyone comes onto the planet in order to work through what is needed always working, working, working. Think about 10,000 years ago. How many humanities were on the planet? Then think about 5,000 years ago and see how the numbers have increased. When the numbers were smaller, of course, things would go much slower. Now that the numbers have accelerated so vastly, things are sped up.

Now, this is where humanities get stuck. You all think it is bad to die. True? You want everyone to live happily ever after, forever. Immortality of being. So you all think it is not good if mass amounts of humanities are terminated. That is your premise, many of you, that starts off all this questioning.

You must understand that before one comes into physical body one knows that one is not going to become annihilated. So one comes in with confidence that they are a continuous being. It is only when one is entrenched in the body, in the physical reality, that one is not so certain that one goes on.

Many of the beings that are coming upon the planet at this time, that are helping to bring about this population explosion, are coming here knowing that they are not going to move into immortality within the physical body. That is going to be for a small grouping. It is going to be for a very dedicated grouping that will extend their physical lives. But those that come onto the planet knowing that they may be a part of the great earth changes, knowing that their lives may be a momentary light upon the surface

of the earth, but they know the power that their transformation will have upon the consciousness of not only the earth, but all of the humanities that are involved.

You see, as human beings you need to be shocked out of your complacency, out of your apathy. Sometimes it is the only way that you learn. So there are shocks coming to your systems that will literally jolt you into other

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realities of being. If you were to find out that 20 million people died in a matter of a moment, and if you were to look upon the wreckage of it, it might jolt you into another reality. So, the groupings are coming because they are knowing that through their intention the purpose of having this many humanities on the planet is going to bring about a planetary shift in consciousness because the activities of this many people cannot help but make a psychic impact upon the evolutionary process of Adam Cadmon man.

QUESTION: If a volcano erupts and 2 million people are killed, do these 2 million people also benefit from having taken part in the experiment and having placed themselves in that position? Are they also involved in the growth process?

PLEIADIANS: Absolutely. There are 5 billion people on your planet at this time. Shortly, within the next five years you are going to hear much discussion about controlling the population although there will be no controlling it because you are in the midst of discovering your freedoms. It is something that is out of control. We are seeing that in the 1990's at some point you are going to have a doubling and there are going to be 10 billion people upon your planet. 10 billion beings fighting for consciousness, fighting for breath, for air, for a place to be. Have you

taken a trip lately and looked at your highways and freeways and airports to see how many of you are out and about? Can you imagine that that will be doubled in a number of years?

What will happen is that you will reach a point, and you are quite near this point, when you overload the circuitry of the planet. There will have to be a shift, a tilt to take it to a greater state of awareness. There will come a time, we guarantee it, where there will be mass group exiting off the planet. Mass death. These groups tend to bring about an alteration of consciousness. Those who remain upon the planet in physical reality are

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those who will alter the structure of the planet.

We would like to incorporate with this what you would be doing as you begin your intensive study of working in the astral plane. This is going to be your project. Once you get yourself involved in this you will find that it will be a life's work. You are going to become pioneers in this area. You will come to work together for an amount of time. Many of you will eventually go off and lecture, perhaps write books from the experiences that you will have as you learn to become spiritual creators and travelers on the astral plane. You will be able, when you are capable, to get out to what is called the corridor of time. It is a place that at this time you would need to be guided to find this location. Once someone has shown you how to ride this corridor, you will go there astrally in groupings and you will project yourself into different time segments of your own future to see what probabilities are most prevalent and to see what preparation you will need to work with the changes that will come through the masses working together to alter the planet.

It is very interesting what lies ahead for you. You will be quite occupied and quite rewarded for the work that you will do. When you master these skills and techniques many of the struggles that you presently have will no longer exist because you will be able to move in a realm that will enhance the picture that you presently have of reality. Your means and methodology for securing prosperity and securing monies and securing all kinds of desires, will be closer to hand and you will have a much clearer picture as to certain decisions that you would make.

QUESTION: When I think of these earth changes, I don't see how I can really plan anything.

PLEIADIANS: You cannot. What do you want to plan for'?

QUESTION: If I want to go to film school, the only places to go are Los Angeles, New York and Chicago and I heard they're going to be wiped out.

PLEIADIANS: When the time comes for you to make a decision to do something, knowing your intention, knowing your exposure to the expansion of yourself, if it is in your best interest to [do something] it will all work out for you as if someone had planned the entire episode. If it is not to work, if it is not the timing to get involved in [something] then doorways will be slammed in your face.

You go about your life, all of you, with your intentions. You need to have great flexibility with how those intentions can be played out. It is a limitation for you to buy into the idea that film can only be studied in those three places. It seems that that would be the case. We are saying that if you had your heart bent on studying film you could create it anywhere that you are wanting it because someone that would be a great film director, or whatever, could be spending years in retirement and looking for someone to be a student.

What we are saying is keep your dream. Don't give that dream up. Simply open the probabilities as to how you will learn about what you are wanting. You all get stuck in this. You think you have one or two choices as to how you can receive something or how something can be done for you. For all you

know, you may go to the beach one weekend and be walking along the beach and find something upon the sand and pick it up and it belongs to someone. It is their wallet or something. So you return it to them and they thank you and invite you in for tea and it turns out that they were in the movies for fifty years and they are coming here three times a year for a month to do some work.

You never know how spirit is going to set up a situation for you. Remember, you are at the point where you are to recognize, those of you who choose this, that you are employed by spirit. When you really wish to make the acceleration and to make the big leap in what you are, you are employed by spirit. Spirit has no limitations. Spirit does not require that you pass any tests to get into school. Spirit will give you lessons for free with no tuition. Let spirit arrange for you what you are wanting and trust yourself. Intend that when the earth changes and the shifts in consciousness come about upon the planet that you will be safe and provided for and you will be flexible with what your choices will be.

QUESTION: Since we create our realities, with enough massive thought and loving light can we stop the earth changes from happening?

PLEIADIANS: Many have asked this question. You are thinking again that the earth changes would be bad because life would be annihilated. Correct? Remember that life came here to help, to participate. So some lives make their translation knowing the effect on consciousness. You are forgetting everything is integrated. Everything is all one. You, yourselves, may be able to bond and secure light-wise an area that you may live within. And you, yourselves, may miss any kind of deep catastrophe. Yet, in general, you are not going to stop the changes that are necessary to bring about the shift in consciousness.

You may alter the severity or you may alter one aspect of it. But, in general, the pulse of the world is moving towards something and all you need to do is look in your newspapers. Thirty or forty years ago, do you know how many earthquakes there were? In a year there were a handful that

many years ago. Now there are thousands in one year. Each year they increase more and more and more. These are your earth changes.

Sometimes we don't like the word "earth changes" because it gives all of you the idea that the earth is going to crack down the middle and that there is going to be horrible devastation. There are going to be changes, definitely. But, as we said, the earth changes have been building your weather patterns. All of these are about earth changes because they capture the attention of man and make them think. The purpose of all of this is to bring the species upon the planet to the brink of understanding that you are spiritual beings and not material beings. The bridging of spiritual self is the whole idea of this shift in consciousness. To take away the over-emphasis of the material world, the struggle of man, the competition of man, the need to go outside of the home to work, to bring monies in, to live in the material world, this is what you are moving away from.

It is a time when Mother Earth is cleansing herself, when she is shaking off the shivers of a fever. It is like she is birthing something.

Each one of you has allowed yourself to search inside of your own [personal] earth and to shake it up and to recultivate it and to go through your emotional furrows and plant new ideas of being, new patterns of energy. In a sense, you have gone through it already and now you are going to project outward what you have done and let the earth demonstrate to the rest of humanity what to do. This will bring about a cleansing. It will bring about a restructuring and bring about the coming together of a brotherhood upon the planet.

QUESTION: Can you talk a little bit about how we can juggle our schedules to fit in all of the things we want to be doing?

PLEIADIANS: That, indeed, can be a challenge. As you reach this sweetness of days, this ripeness of your being, all of a sudden you will find that almost anything that you turn your hand to you will become quite proficient in. You will find that there will be a multitude of areas to learn about.

Always do that for yourself which facilitates you feeling good first. It

does not mean that it has to be first thing in the day. It means that it is your first priority at some point during the day. That during the day this must be done. That means breathing. That means eating properly. That means exercising and utilizing the physical vehicle in a proper way. Those things must come first. The breathing, the ingestion of good food and the proper expansion of energy, physical exchange of the body. And meditation. As you do these things on a regular basis you will find that you will have much more energy and you will have to prioritize what you are wanting. You will fit it in if you feel good physically.

Often people get busy and they say, "I need to do this, this, this and this and I don't have time." After awhile, you cannot do all the things you wish to do because your body is not up to par. Always put your physical vehicle first.

Let yourselves move with grace and dignity throughout your days. There are many adventures ahead and we are certain that you will all be upon them. We will do whatever we can to bring you the assistance and the energy needed to bring about the great transformation of earth.

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For more information on the Pleiadian s Contact

Don Showen 408-974-9544 work 408-865-1768 Home The Saga of the Family of Light Part 1

Over [the last couple of years] we have discussed many ideas with you concerning boundaries that you have set around your definition of reality. [There] is a need for each of you to examine the boundaries that you have set around yourselves. Each of you believes that you have evolved, that you have a large picture, that you see many things. Relative to where you have journeyed from, indeed, you have made progress. However, we guarantee you that you are not seeing the boundary that you presently set for yourself, the boundary that still defines what you believe you can and cannot do. This is what tethers you to this version, this frequency of reality.

These boundaries that you set, that you advertise and announce about yourselves, keep you from moving with the information that is beginning to awaken inside of you. The information is part of the spiritual upliftment. Different layers of reality are removed so that you become more in tune with the realms that are called spirit. That is what spiritual advancement is.

We want you to give up boundaries. We want you to stop defining and protecting every aspect of your lives.

Light represents information. Darkness represents ignorance, not being informed. You have heard us speak many times of the Family of Light or the

White T-Shirt and the Dark T-Shirt teams. You represent a return of the White T-Shirts. That's basically who you are. You are members of the Family of Light and we want you to contemplate who Light are. We want that to be a concept that filters through your consciousness.

You all know that the body is changing. There is a rearranging and a rebundling of the light encoded filaments that have been scattered inside of your physical body. Your bodies are being retooled, redesigned. Light encoded filaments make up the strand which forms each helix [of the DNA]. As this energy [during the energy accelerations] moves into the body, it is like a gridwork of energy that is superimposed or aligned over the physical body. All of the bodies must be intact in order for the light encoded filament bundling to be affected. What does this mean?

Remember there are millions of light encoded filaments. They have been purposely scattered in your DNA so that a long time ago when you were created, you could be controlled by some. There were those who were of Light who biogenetical created a great liberation within one species of the planet. Your reality, your world, at different times was raided. There were other forms of extraterrestrial stewardship or cosmic kings that came in and took over the project of your earth. This has been called "the fall" in religious terms. A change of administration took place.

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN__WINSTON
To: ALL
Date: 12/21/93
Re: PT 17/28: THE GOOD <CONT>

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These new administrators on your planet called themselves God with a big "G" when they were really gods with a little "g." They did a biogenetic manipulation upon many members of the species. Your relatives that made up

the organization of the DNA material were put asunder, or scattered within the body. That formed tiny fibers of data that were at random within the cells of the body. These are the light encoded filaments.

The light encoded filaments are beginning to find their counterparts and data, information, history that is your right to know, is organizing itself inside of your bodies in conjunction with the rays and the gridworks that are being put over your physical bodies, you who are members of the Family of Light.

It is an awesome task to carry light. Once you allow light to come into the body you begin the process of change. [It] is not always a joyous, uplifting, fun-filled time as some of you have discovered. In this process, when things are not so fun-filled, the first thing that you all do in order to keep yourself from evolving and from changing, you immediately begin to respond to all emotional events with fear. You blame someone else and you whine and you complain and you feel and believe that someone did something to you.

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
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The rest of the planet believes this. The rest of the planet are not members of the Family of Light. There are millions of you here, of course, and light is returning to this planet where the Dark T-shirts were in charge for a very, very long time, where the Dark T-shirts fed off of your emotions of fear and negativity and war and greed. Because this is a free will universe, all of this has been allowed. And, of course, Prime Creator, First Cause, is the Dark Team as well as the Family of Light. Prime Creator, First Cause is all things.

We teach you in terms of stories. Some day perhaps you will see through some of the stories that we tell and you will not need these stories any longer. You will be able to smash paradigms and come into a knowing of larger realities. Until that day, we speak to you in stories so that we can hold your interest and entice you along to areas where you are petrified to go and yet in areas where you have committed to the deepest portion of your soul to journey

You have agreed to carry light and to return light to this planet. So it is that as light begins to fill your bodies, your memories must be opened and you must evolve as the DNA evolves, into a multi-dimensional self, a multidimensional reality.

EDITOR'S NOTE: In earlier tapes the Pleiadians explained that as we are evolving biogenetically our DNA, which was a double helix, has now become a triple helix. The triple will become six, six will become nine and nine will become twelve. Each new strand relates to a corresponding chakra in the twelve chakra system.

When the triple helix was born, there was a rebundling of certain information which coincided with the double helix as your scientific community would describe it. There was stirring up and there were memories and there was energy that needed to be brought to the surface. The first two strands [the double helix] that are in each person relate to the first two chakras the base chakra and the chakra of sexuality.

The triple helix relates to the third chakra, that of feeling. As the triple helix came into blossoming and as the triple helix began to release its data, as the nervous system continued to evolve, the brain began to move into a functional capacity - full function you are striving for today rather than a mere 5-8%. This mutation process is all of the data. The complete history of yourselves in the universe is in these light encoded filaments which have been scattered inside of the self by beings who did

not want you to be that talented because they could not control you.

You are now coming to the time where there are three more strands so there [will] be six strands. The six strands will work you through the heart center, the throat center and the third eye center.

Anything that you have not let go of that has to do with identity, sexuality and feeling if you have not worked through these and simply used the material of your own history to create soap operas around your life that you want to run and have a non-ending show, you will get stuck in these areas. As the other frequencies, as the other DNA's begin to form, if you do not clear this stuff, everything will go into chaos in your body.

The self must explore all of the history of this body so that you can accept who and what this body is, and who and what this body has done and what has been done to it. If and when you can reach this place of understanding why you created others coming into your life to create great disturbances, then ideally you will put yourself in a position to sanely explore the channels of the multi-dimensional self where we guarantee you, you are not going to be pleased at what you have done.

Many of you have been practicing the art of projection. That means that you blame someone else for what you have created. That is acting completely against all that we have taught you. No one else does anything to you ever. You create your reality. In order for you to get the body ready to move into the multi-dimensional version of self, you must stop judging it.

The multi-dimensional self is where you literally begin to feel this data from the light-encoded filaments that is your history, that is your identity, that is the history of your world on this planet and of f of it. In order for you to have this history revealed to you as a frequency, you must move out of right and wrong and judgment. You must smash the paradigms.

We have carried the idea of sexuality into many of these concepts. A long time ago we taught you that sexuality is a frequency of ecstasy that was not taken away from you like the data in the DNA. You were left with the frequency of orgasmic experience in sexuality so that you could remember your higher identity.

When this energy, or this history of yourself begins to reveal itself and you begin to discover who you are, you have to unite many bodies in order to receive the full impact of the gridwork of your identity to let the 12 helixes fit in the body, to let the light encoded filaments rearrange themselves. It has to do with the mental body, which is of course connected to the physical body. Mentally you can send an image or you can stir up the physical body. Everyone gets stuck in the emotional body. The emotional body is connected to the spiritual body. The emotional body is the body that everybody wants to skip. "I want to evolve. I want a rapid acceleration and I do not want to go through the feeling center to do it."

You are connected to your multidimensional selves through your feelings. So it is through your feelings where primarily humans get stuck. That is why men have given up feeling. In your society, men have simply bypassed or recircuited the energy from the first chakra, the second chakra and they move up into thinking. That is why the female vibration has been very frustrated with the male vibration because the male vibration does not feel.

The male vibrations have lost their feeling into their second chakra. It has been very frustrating. If the male vibration felt, they could not go out and commit war. You cannot feel and take the life of another. In general, if your feeling center is open, you are connected to how someone else is. You would feel their pain and it would be a rare group of people who would get off on that kind of pain and killing. War occurs because feeling centers are shut down. So the male vibration has been in agony by

having feelings locked into the penis for all these years.

You may think it is a joke. It is not a joke. That is what allowed the patriarchal society to develop without feeling men. Your world has been organized by men for quite a number of thousands of years as the woman or the goddess energy has decided to be quiet for awhile. Now you are experiencing a reawakening of the goddess and the merging of the male and the female identity within each person which has been called on your planet the twin flame. The twin flame is the male and the female within each person.

QUESTION: Sometimes the things you really want to experience or that you crave to express and you feel like are truly you, you're terrified of experiencing. Are the craving and the fear somehow connected to the fact that the DNA has been scattered and the light is in there but you can't seem to get to it?

PLEIADIANS: Gold star for you. That is a very good stretch of understanding what you fight with to understand. The physical bodies of the creatures of earth were designed. You all represent the renegade group of Light. A renegade factor of Light shall we say. You have agreed to come back on the planet. You are on assignment. You come into these physical bodies and take them over. You intend through the power of your spiritual identity to change the physical body. You all selected with great care the genetic line that would best give you a head start with all of this. So each of you genetically chose your parentage or your genetic genealogical history somewhere where members of the Family of Light have threaded through your own genes.

When you begin to awaken this identity, this reality, when the coding begins to be fired in you, you must follow. The logical mind wants to fight with the coding. It is the logical mind to some extent that has a memory of the pain that was suffered when the fall took place. When man existed in

his right domain, man had the ability to understand many realities. Man had the ability to be multi-dimensional, to be one and equal with the gods. The gods raided this reality just like corporate raiders come in and take over a place because the pension funds are in great abundance the funds upon this planet were in great abundance. So long ago, in order to have these gods be believed as gods, they rearranged you genetically.

The DNA was like a fantastic library [before it was scattered]. Imagine going into a library and pulling all of the books off of the shelf and letting them all be heaped into the center of the room and then destroying the card catalog so there is no way to find information. That information exists, but if it is not stumbled upon it is lost. It is not cross-referenced.

That is what happened with your genetic structure. That is when the Family of Light was scattered from the planet. The Dark Team, that which operated out of ignorance, came in. The body carries a fear and a memory of striving for knowledge that the gods represented, that they took away from you. The gods who did this are magnificent space creatures. They can do many kinds of manipulations and work with realities in many different ways. When this occurred, man began to be in ignorance and man began to call these space creatures God with a big "g."

God with a big "g" has never visited this planet. God with a big "g" is in all things. You have only dealt with gods with a little "g" who have wanted to confuse you, who have thought of this as a place that they own out in the galactic fringes of this free-will universe.

QUESTION: It seems such a paradox; that on one hand we create our reality and on the other hand we have been genetically altered into ignorant beings.

PLEIADIANS: Yes. This is the paradox we want you to be confused with at this time.

You see, both of those concepts are boundaries. They define your reality.
There are enough of you awakened. You are not alone. The process is occurring so rapidly that you are ready to have a huge realization about your identity as members of the Family of Light. You must begin to integrate the concept that, yes, you are biogenetically manipulated and you create your own reality.

In this free-will zone all is allowed. One of the primary lessons that has been going on on this planet is, in a free-will zone, authority, sovereignty, tends to be the major issue all over the universe. You have the free-will to give up your authority and you allow others to define your existence. Others created you just like you create many things. You bring light to things you do not understand. Ideally, the things that you bring light to and the things that you become steward over, you have a certain degree of responsibility to. You have a certain compassion of stewardship and you balance out your power over what you create. The beings who created you, [had] their creation raided. Others came in and took over in this free-will zone where all is allowed.

You, as members of the Family of Light, have designed this time to alter the planet, to eventually alter the whole universe. The Family of Light is very vast. There are many more of many other kinds of families besides

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 18/28: THE GOOD <CONT>

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light. We are simply talking to you about light because that is your primary affiliation at this time. Perhaps [later] you will begin to realize what is beyond light, what else there is besides light.

QUESTION: When the DNA was scattered, where did the information go?

PLEIADIANS: It was all set asunder so that there was no way to make sense of the information. So, how do you find the information? The information is going to reveal itself to you. That is the process. You don't have to go looking for it. This is your heritage. This is who you are. It is the memories that are going to come flooding your consciousness. As the DNA begins to form these new strands, these new strands will travel along a nervous system in the body that is being developed at this time. Over this last year we worked with you to develop the nervous system, to pull light into the body, to oxygenate the system, to learn how to move through energy accelerations and call more ideas, more experiences into the body. As this process begins to grow itself and nurture itself in the body, you simply observe it.

You want to know how to access it. When you get stuck in your dramas, that is when you keep reading one of the books and don't let all of the information of the other books come together. There is a whole story.

The story has to do with your whole soul. The entire soul. You are, as members of the Family of Light, agreeing to hold in your physical body, conscious awareness of all of your- existence and to accept what you have done, the parts you played in all these existences. And then, to raid different realities, to change them according to the dictates of your agreement as a representative of the Family of Light. You have free will within this, of course.

The triple helix brings you into the feeling center. The feeling center is emotion. Emotion is linked, no doubt about it, and it is your road, it is your bridge, your ticket to the spiritual self.

When people don't like or deny the emotional self, they can't get in to the spiritual realms. The Christed one said "Know thyself." That was given on the planet a long time ago and distorted so that people could not

understand how grand indeed they were, that all they had to do was rearrange themselves.

It is always internal. When people want to know how to go about bringing the change upon the planet, we've always said work with yourself. Develop

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yourself. Move beyond the boundaries of self. Learn to become multi-dimensional. Learn to exist in the astral world. Learn to travel beyond the physical body. Stop defining the body as ending "here" which is what society encourages you to do so that you can be controlled.

In a free will zone control is part of the game because, in a free will zone someone is going to say, "I want to be in charge." You are members of the Family of Light. To what hierarchy and to what gods do you answer?

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors from another universe to help Earth through her transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

Barbara Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. The strength and purity of the message she is bringing very quickly captured the hearts of many seekers looking to be all that they can be Barbara has channeled at various Expos

and for groups across the United States, in Peru, Egypt, Germany and Japan.

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A Conversation With The Pleiadians

The Saga of the Family of Light II

It is time for all of you to redefine in a much greater sense your own identity. Events are transpiring in the cosmos that you and many of your political leaders have no idea of. You must stop this foolishness about your definitions of gods. You must stop this foolishness of thinking that there are beings who come from the skies to your planet with special talents and abilities and that they all are spiritually connected. You are going to discover as a species some very disturbing ideas over the next number of years; perhaps it will be not for fifteen or twenty years. Nonetheless, we are preparing you by decree of the Family of Light so that you can understand and be informed as to your own options.

The Family of Light has been noted for its penchant, its predilection for creating societies where there is a tremendous movement in all directions along the light rays. What does this mean? Light is information. The Family of Light is the Family of Information. There are consciousnesses that are Families of War, that spend perhaps billions of years in your conception of time, studying, promoting, experiencing control over consciousness. In a universe that is existing out of a limitation of time, all scenarios within a free will zone get played out.

This is a time for you to radically change your views about yourselves. It is time for you to bust down boundaries. It is time for you to rise [out of] the pettiness of day-to-day dramas and events, to begin to connect on a

cosmic level the higher drama that is occurring so that you can be better informed for your own intentions, purposes and drama. You must be able to understand your identity and your ability to ride your identity into any world that you choose.

You have had changes, many of you. Look back to see who you were one year ago and, ideally, each of you will feel much more empowered. Each of you will feel, ideally, that you do, in every instance, create your own reality. And, ideally, each of you would at this point accept that every situation that you experience, whether you are employed or unemployed, is by your own design. Ideally, at this time each and every one of you has the art of manifestation down, because it is now time for you to pull [in] the cosmic gridwork, a gridwork that is fired by light encoded filaments outside of your body and to plug this gridwork of information into your psyches so that you can become broadcasters of this data upon your planet.

[It is time for you] to smash down the boundaries around you. Those boundaries came from beliefs that were given to you when you were within the system of the double helix. As the other helixes form in your body and begin to bundle information together, and the Family of Light begins to once again vibrate upon this planet and change the vibrational course of this planet. You will discover that you will need to know and believe that you are much more capable than you presently believe you are. You must be much more discerning about what and who is going to come from the skies because you are going to be duped and you are going to be tricked and you are not going to understand it.

We see this because we know how easy it is to dupe you and to trick you. Sometimes we do it to you to move you along. We have said this to you. We have been very tricky with you. If we told you the whole story, many of you would have turned tail and run a long time ago. It is true. So, we have

instilled in you confidence. We have instilled in you [new information] that you create yourselves, that you create your reality by your thoughts. [With that information] you could begin to formulate a world that has been designed by the Family of Light so that a plan and a new gridwork can overlay a portion of this earth and that a completely new probability can burst forward, because there is potential for a great cosmic war here upon your planet at some time.

You have been given, in historical terms, names of beings and names and colors of rays and it has all been so much hocus-pocus that you do not even get a true picture of what is going on in the cosmos. You keep calling all of these beings gods, and you have a completely convoluted view.

You, as members of the Family of Light, have a stance in another reality that is that identity that you read about or that others worship. It is not to be worshiped. It simply is. It is no different than the you that sits before us. It has its own drama that it is working out in the same way that you do. It simply is more informed because it operates on a different frequency than you do. You came here to bring that frequency and to let that frequency once again reign upon the planet. That frequency that is informed, that creates an equality.

The Family of Light are renegades. They are definitely renegades. They bring something into reality that wreaks havoc of others' plans. And many say, "Oh, no, here comes the Light." Their systems, or their plans are set asunder because Light comes in and Light wrecks systems.

Systems of information, systems of society, systems of worlds, are formed by information that someone gives you. But they are formed more by the lack of information that someone gives you. What you do not know, what others withhold from you, forms your beliefs. As in sexuality. As in no one giving you the idea from the time that you were born that your thoughts create your world, etc. So, light represents information of a sort that has so

much movement that eventually all systems evolve. Light can be a systemless organization because it is constantly breaking down its boundaries.

Within the Family of Light there are those who are conservative. Who want to hold on. Who want to hold systems and ideas. You are a part of the renegades. You are not going to kneel down and worship anyone. There is no master that is going to come before you that you are going to agree to follow. You may for a while because you will have forgotten. But you will know that you are from that portion of the Family of Light that continuously carries a banner of freedom, to follow no one but the inner guidance.

There are those who do everything in their power to keep Light from coming into systems. There is a Divine Plan that is set about in many ways upon this planet. That Divine Plan has to do with a protection and a shielding of Light. Everything is done in its proper order. Light does not need front page advertisements or bulletin boards or newsletters. Light is a frequency and the frequency is what is spreading around the planet. As this frequency spreads, it spreads because members of the Family of Light allow information to be housed within their body and then let that information simply be dispersed by living, by being.

Can you understand there will be those who will come from the stars to your planet who will have abilities that will be incredible to the mass consciousness of the people upon this planet? These beings do not feel. They are not connected to any spiritual seeking. The choice of the seeking, of the awakening of the spiritual self is, of course, free to each person upon this planet, each person in this universe. Not everyone is going to realize it.

Just as you have cultivated very powerful individuals upon your planet who do not feel, who have no connection to their emotional and spiritual consciousness, there are those who exist in space who are extremely powerful space kings, space entities, who have nothing to do with

spirituality. They will be powerful forces, forces that if you meet them you could feel like David meeting Goliath. That is why it is important for all of you to learn how to alter your reality, to learn how to dance between the vibrations of frequency, to be able to flip into the station of the world that you will be wanting to experience.

QUESTION: So, these highly evolved, mental beings are disconnected from their spiritual center and are not members of Light?

PLEIADIANS: This is one of the great lessons for you as humans. The Family of Light portion of yourself knows this very well. But you are not awakened to that portion yet. You are still in the human portion. And the human portion has set boundaries about who is a good guy and who is a bad guy, and who is who in the space hierarchy. There have been tremendous amounts of literature on this and you have bought every one of them. We are telling you, smash all of those. Smash every one of them, including who you think we are.

Over the next number of years those who come from the skies will not be members of the Family of Light. They will be the mirror of those upon the planet. We have said to you, your lesson is becoming your own authority and stopping always giving over the decision making process to governmental people or parents or teachers or what have you. It is time for the people of the earth to become sovereign.

The people of the earth are going to need to be tricked first before they become aware. Many of you may find that you will be very frustrated. You will see things that others will not see. You will see a mass mania occurring upon this planet and you will not be able to live with it. You will see masses of people walk towards something, a false god that is foolishness. That will be the time, that will be the signal for you to go to your places of retreat.

You are beginning to feel what may be coming. As we have said to you

before, it is an awesome task to carry light. Once you put it in your body there is no stopping it. There is no saying, "I quit with the light team."
Once light is there, that is it.

We want you to realize that those beings who are space beings, who are on and around your planet at this time and who your governmental forces have made deals with, etc. they are dealing with the same issues that you are.

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From: JOHN__WINSTON
To: ALL
Date: 12/21/93
Re: PT 19/28: THE GOOD <CONT>

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There are those of the lower intelligence, the lower hierarchy, or whatever terms you wish to label them. They are beings who are reflecting your beliefs and your drama back at you. They have been accused of heinous behavior, doing mutations and abductions upon the human species that have sent an outcry among many of the organizational members of UFO study.

Yet they act as a mirror to show you your world, what you acquiesce to and what you acquiesce to let your leaders do all over the world. These extraterrestrials who come here do nothing different than your own species does or that the masses allow the [leaders] to do in their name because they do not rise up and say, "Hey, I do not approve of this ! "

There is a complacency upon this planet. "You do it for me. I don't want to be responsible. You become my governmental official. You become my teacher. You become my boss. Some one tell me what to do."

These extraterrestrials mirror this to you. Remember the movie "V?" Many years ago, the movie "V" was shown upon your planet to give you some idea of the cunning and the conniving of certain entities who will come from space that some will indeed worship and think they are absolutely powerful

masters. These scenarios are going to prove true. There is a pending merging of the human consciousness and the extraterrestrial alien presence upon this planet. It is being marketed to you at a rapid rate.

What we are saying is that many of you who have studied and who used your own discernment will be shocked and appalled at the foolishness and at the worship that the rest of the race will have toward certain beings from space who will pass themselves off as your creators, even though they do not have bodies that look like yours. They will be able to do many things, share many technologies. They will perhaps cure certain diseasements that they helped create in the first place by teaching germ warfare to your planetary scientists.

You will retreat because you will become disgusted with society because you will not fit with the new gods. Do you understand this? The new gods may be lizards? That's a little funny, you think? Hold on to your seats. You have no idea what is coming. That is why we said, "If we told you everything that was coming you would have scattered a long time ago."

And, remember we said to you [before] that some play on both teams because they are double agents, etc. It is very complicated. It is so complicated

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From: JOHN_-_WINSTON
To: ALL
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and it is time for you to grow up and understand it. We have held your hands for quite a few moons and we are pushing your paradigms, stretching your identity because we are preparing you for something so that you will be able to stand firmly in an identity and not be crushed by what you thought was out there.

Oh, dear humans, you are in for an adventure. And only you can carry this

adventure out. The non-physical realms continuously support you.
The
members of the Family of Light are around you and with you all of
the time.
Yet, it is up to you to master the laws that we have shared with
you and to
anchor them upon this planet.

When you begin to live all that we have taught you with this
divine
nonchalance, this trust of identity, this trust of synchronicity,
this
trust of being a part of a plan, then you will find that even in
the midst
of great calamity, of incredible odds, will you be able to defy
the laws of
man.

QUESTION: In a sense then, Light are the destroyers. We destroy
the old in
order to create this new world. So we can't really take a passive
role.

PLEIADIANS: Of course, you do not. You take an incredibly active
role. As
we said to you, there are many who say, "Oh, no, here come the
Light!"
Light is known to alter every vibrational frequency that it
encounters.
Light carries information. Information expands systems. And old
systems can
no longer exist. So, as light moves to destroy, it births new
systems by
what it leaves behind. A new order is formed.

[Some of you find it difficult to think of yourselves as
destroyers]
because you have a belief system about it. It is a paradigm.
Those who get
stuck within that vibration, if you do not smash those ideas, you
will
become very confined and restricted in experiencing reality.

Yes, you are destroyers. You are definitely destroyers. You
destroy systems
where the Dark Team prevails, where ignorance prevails. Light
goes in to
destroy all systems.

[When we talk about retreat.] we doubt you will want to stay. You
will feel
so isolated and so alone. You will feel the destruction of a
belief system
all around you and the formation of one that you have no
relationship to,
that of worship of perhaps lizard people, or some other kind of
people.

[The toys for children called Masters of the Universe] depict energies that are very non-spiritually connected and that are somewhat ferocious. They are legitimate depictions. Those humans or members of any consciousness that deal with struggle and that deal with fear of giving up or changing authority or the need for authority will have a tremendous combat with these creatures who are going to come from space.

QUESTION: What is the most effective way that we can deal with these energies? If we engage them on their level then we are just going to their level.

PLEIADIANS: This is what you are being trained for. This is where your cosmic diplomacy is going to come in very handy when those of you get your diplomas in that course.

You use your feeling center. You feel these things out and you allow. You have your wits about you to not want to go out with sticks and stones and bows and arrows that you made from your backyard and attack Masters of the Universe. You allow each person to have their drama. You understand impeccably that you create your own experience. Even if it seems as if a two mile ship is going to land on top of your house.

Being the destroyer on this basis means that by carrying light inside of your body, you bring that frequency onto the planet. And that frequency has information. The frequency of light is about the history of your identity. The history of your particular consciousness. As we have said, that consciousness was scattered from your data base or from your cellular structure because those who came in to be your gods could not control you if you had the same abilities that they did. So they came in and did the biogenetic experimentation and mutation that has been called "the fall." That was when the ignorance of man became more predominant. There were many different experimentations at that time. It went on for a very long period of time.

Light represents the putting together of that which was asunder.
All you
have to do is be. As you simply be and as you evolve yourself and
let your
own personal life evolve, you are to take for granted, and this
truly you
are to take for granted, all the other members of Light are
evolving as you
are. You send your telepathic broadcast out that you are here,
that your
presence is here as we always say to you, "We are here." We are
members
also of the Family of Light and we bring information with us.
That
information is broadcast everywhere.

There will be those who will seemingly be in chaos to you. To
themselves
they will feel as if they are in states of ecstasy for a while
[when they
find what they think is] new authority, a higher authority, a new
paradigm,
animal gods, or whatever.

Back to this animal god thing. Now you know why the Egyptians
have all of
those statues. These beings can do miraculous things. They are
the ones
that your governments are going to be working with. Your
government and the
members of all of the commissions are going to promote and speak
highly of
these particular entities because these particular entities are
going to
assist these beings for a while to have more and more wealth.

These beings who are not spiritually informed or leaning in
spiritual ways,
deny the existence of a force. They have developed scientific
principalities and technologies that are scattering around the
laws of
spirituality.

You all think that because you understand or you believe in the
spiritual
realms that each person as they evolve must naturally move into
that
information. It is not so. It is possible to become brilliant, a
master of
manipulating matter and reality without understanding spiritual
connections. Very important that you learn this.

QUESTION: How can connecting with our multi-dimensional selves
help us?

PLEIADIANS: There are portions of yourself that know of you that
you do not

know of. It is that that you are needing to bridge and pull together. You are an operative in the field of a larger identity, an identity that is seeking to discover all of it's field forces, all of its correspondents. And you, of course, are prime correspondent. You are in the hottest territory at this time. You are in the pivotal spot. This is the hot spot now.

Ideally, you will be able to become multi-dimensional travelers and you will be able to take the force from this body. Sometimes, perhaps, you will be working in the field, perhaps you will be gardening or chatting with someone or picking strawberries and something strikes you, a sound. And you go and sit and you allow [your current earth personality] to depart and with consciousness you take [that personality to where it] is needed to add to the Family of Light's capability in that reality. And you will know it. You will know it.

You all will become multidimensional players. You will travel with consciousness. It will be then that entertainment will come from the self. You will not seek to read books and listen to tapes and go to movies. You will be living those things. As you bring the abilities of the Family of Light upon this planet, others are not going to want you to be here because you will not fit with their gods.

Not everyone wants to be free. You, as members of the Family of Light, are going to create a new earth that is going to be free. Those who do not wish to be free will have their earth as well. There will be a splitting and a time of separation. Members of the Family of Light know that there is no need to force anything. They are simply to work together in harmony, to support one another, to seek one another out so that you feel comfort in what you are to do because some of the things that you are to do will be outrageous. Very outrageous.

QUESTION: Will we know whether these beings are Light or not by listening

to our own feeling centers and intuition?

PLEIADIANS: Yes, that is how you will understand if you are able to develop the ability of listening. There will be many who will turn to these and say, "Yes, -these are wonderful. I feel wonderful about them. They are so magnificent. Look what they can do." It will look as if they are coming to fix and to save your world. When in actuality, it is simply another form of authority and control.

What we are saying is that people will put a belief system and a paradigm on these entities. There will be a large marketing program that is already going on to sell the presence of these entities to you.

Many will turn to worshipping because it will seem as if miracles [are being performed]. It will seem [to be] the grandest event in the history of the world. It will be marketed as such. It will not be marketed as "our space brothers return." It will be marketed as if this is the first time they have ever come, as the biggest event in the history of your world.

There will be a very big surprise. At first it may seem that mankind is being given a whole new opportunity, a whole new golden era. Then [you] will find that the tyrannies will be larger than ever before.

The purpose, of course, is for each one to become sovereign. And for the planet to unite. [A friend of ours] used to say he wanted each person on the planet to make it. Each one is not there. Each one is not in that vibration that they all want to work in harmony at this time.

The Family of Light, as it has infiltrated and penetrated this planet, is going to create its own planetary sphere, its own earth. You will do this by building first your light communities. Then by working within the cosmic rays and within the time sectors. It will take a tremendous unity of strength and harmony.

QUESTION: Everywhere I look in my life, I see boundaries that I put there.

There are so many of them it seems that the easiest way would be to just intend that they go away because if I have to deal with each one of them it would take a long time.

PLEIADIANS: You are going to deal with each one of them. You would love to say, "Golden stardust, eliminate all that has limited me. Boom! I am free!" That is a classic example of wanting to re-circuit and bypass the feeling center. You have certain emotional beliefs or feelings that assist in making these boundaries outside of yourself. As you have to break the boundary you have to deal with the emotion that put the boundary there in the first place. Through the emotional body are you connected to the spiritual body. That is the problem to many people. They want to bypass that which is difficult because they are going to have to feel their way through it.

That is the gift that you want to sweep under the rug and say, "I don't want to do this." When that is your gemstones. That is your key to breaking through each boundary, even if you discover you have 101,000 of them. The thing to do is to not feel frustrated that you have two dozen boundaries. Simply say, "Isn't this interesting." Look at the boundaries that you have

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Re: PT 20/28: THE GOOD <CONT>

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set up and instead of [swearing at them,] simply observe. "Isn't this interesting." See if you can discover how it came about. What purpose it served. What grocery store you shopped in when you bought that item.

As soon as you acknowledge and recognize something and be willing to release it, it moves. When you cling or when you have fear or when you

think, "I like that boundary. That serves me very well." Then you limit yourself.

Feeling is what connects you to your humanity. Feeling is what connects you to your emotions. Emotions are connecting you in this realm of existence to your spiritual body. What we are saying is that emotions, feelings, are the key to being alive in this reality. Many realities exist without emotions. If you want to deny the emotional self in this lifetime then you had best just realize you have hung it up. Because if you are not going to be part of an emotional self then you are never going to make the game that we are talking about. You will simply be one of the masses who watches television and feels like she is a victim over and over and over again.

If you are feeling pain within your emotional body, ask yourself why you believe this pain is there and what purpose the pain serves and why do you choose to create pain through emotions. Why is it not your choice to create joy? All is choice. We need to remind you of this.

Most humans are afraid of the emotional center, the feeling center. They are afraid to feel. Trust your feelings no matter what they [are]. Trust that they lead you to something, the way that you feel brings you a realization.

You all want to be in life and be removed from it at the same time. "Let me just be here and be a powerful person but I don't want to feel or participate too much in it because it hurts too much and then I will get sucked down."

[When] you are not afraid of feeling and you are moving past judgment and you are allowing yourself to feel all the ways that you feel and you move through it, you will come to a tremendous breakthrough because you will be able to ride feeling into other realities. [Some of you] are afraid to feel in this reality so you will not even participate in this reality, let alone ride into other realities.

If you wish to have an acceleration, dive into something that brings up feeling. Stop skirting the issue so that you can think you are in control. Dive in the middle then see if you are in control.

It's not that you don't know how to feel. You are afraid of your feelings. You don't know what to do with them when you have them. They bring up a sense of powerlessness within you. You associate feeling with, "Oh, no, I blew it." You have a boundary of belief system that when something comes up that is emotional, that brings pain or feeling or anger to you that that is not good. It is time to stop tip-toeing around things. Stop avoiding your emotions.

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QUESTION: I have a fear that when I get into my emotions and let them flow that I will become less centered.

PLEIADIANS: Do you understand that because you have a fear of something it keeps you from experiencing it because you put up that wall that says, "If I go there it is bad." You put the brakes on so you don't go there. In actuality, sometimes the greatest thing is to simply say, "What the heck, I will go there." Then deal with being there while you are there and not worrying about being centered while you are in the feeling center.

That is wanting to take control into that situation again. Of course, you will strive to be centered within the feeling center. But if you intend to go into the feeling center and always just be centered, you are not giving yourself the range of movement that is needed to ride the emotions that knock down boundaries and belief systems.

You can make an intention to go into the feeling center and that you learn how to be centered there while you explore all of the opportunities of the feeling center. Not to say, "And I am going to be centered there." Then it sounds as if you won't allow yourself any movement within it.

Strive to have eventually a centeredness. A centeredness does not mean that things don't fluctuate. It means that you allow things to fluctuate. When the you allow things to fluctuate. When the boat is ready to tip over or when it is calm water, you allow it. You ride it. Then you get out of the event, whatever the ride was, a calm ride or a rough ride.

Anger serves a purpose. All of you want to get finished with it. You want to sweep it under the rug. You want to act as if it is no good. You act as if it is rotten vegetables. Throw it out. Bury it back in the garden. There is no purpose to it.

What we are intending to emphasize is that there is a purpose to fear and there is a purpose to anger. If people would allow themselves to express, to experience their fears, which may lead to the expression of anger, they would learn something. Those of you who want desperately to avoid fear and anger and make a huge issue not to confront it and who are really afraid of it, you have something great to learn through these techniques and you are simply afraid to experience it.

Most of the time you are wanting to be accepted. You feel, "No one will like me if I do this or if I feel this way." And you don't give yourself permission to have certain feelings. That is where the anger comes from. You make the anger because you make the judgments about what you can and cannot do.

If you do not give yourself permission to feel, you cannot learn. You can have good things in your life if you do not feel. It is not a very fulfilling existence. Feeling connects you with life.

We will say to you, enjoy yourselves during this time of transition. There

are many wonderful discoveries to be had. We trust that you will gather all of them for yourself.

This article was excerpted from the tape entitled "The Saga of the Family of Light II. " For further enlightenment on this topic, the two-tape set is available.

A Conversation With The Pleiadians Excerpted from the tape: In Search of the Exalted Self

We want to encourage you to seek the exalted self. In search of the exalted self is a quest that is well worthwhile. It is quite a quest, indeed.

You do not have to work with us continuously, or to work with anyone continuously to gather information. The only continuity that is needed is for you to continuously work with yourself and to seek the meaning of what we call the exalted self. Feel. What does that mean the exalted self? Triumphant. Liberated. Joyous in achievement. The highest in attainment.

Your planet is in desperate need of committed entities who are in search of the exalted self. The continuity that we have been speaking of that will behoove you to bring in to your lives, is that from moment to moment you know inside your being that you are committed to discover this exaltation. This exaltation can be translated in words as a frequency, as a wave of feeling, as a vibration. You all understand vibration in terms of Light and sound. Vibrations are ongoing. They carry forms of intelligence. They transmit forms of intelligence as well. When you look to yourself and do not forget that you are on this path and you continuously remind yourself that you are pulling Light into your body and that you are seeking to raise the frequency of your physical being, to defy the laws of man and to alter the frequency of the planet, this kind of continuity can do more than all of the books and the tapings in the world.

Your commitment to that exalted self there is nothing stronger. Once you make that commitment and once you speak to the gods and the goddesses,

you commit yourself to the energy of Light, to the energy of exaltation and uplifted frequency. Then you are marked. Then you must live according to what these energies put before you as you call for your task to be accelerated.

Many humans are very concerned about what is going on on the global scene. First of all, understand that the global scene is never telling you the truth to start with so you must not be worried about what the global scene is doing. Always in those terms there is a divine blueprint, a higher plan that is operating. You must learn at this stage of your development to begin to have direct translation of the divine blueprint. In other words, absolute confidence, knowing what is going, on at all times. This is where we want your commitment to move in to.

Our intention is to put a spark of life, a greater spark of life and Light inside each of you. We intend that the time that we have to speak to you is compounded upon itself so that information is transmitted on many, many levels and you can receive many moons' worth of instruction by simply being in receptivity .

QUESTION: I have a question about being grounded. I think I know what it is to be grounded and sometimes I think I forget.

PLEIADIANS: To be grounded is something that many do not comprehend the necessity of. You will all soon find out that when you move into greater and greater acceleration if you do not have a ground, something to connect you, to pull the worlds into one, you can have difficulty with the nervous system. The importance of being grounded as one alters one's frequency is this when frequency changes, when more Light comes into the body, the typical vehicle begins to receive much more data. Sometimes you get very bored living in your world and you just want to come into data receptivity. If you are not grounded you would not have a way of having that information enter your reality and putting it to use. It could simply overload your system or you would not be able to translate what you are getting and not be able to be calm.

You need to balance many worlds at once. How do you do this? By intention. By practice. By decree. Grounding allows worlds to merge and it allows you to access many worlds. It allows you to feel surges of energy and then to direct those surges of energy where you need them, when you need them to become super-human. A good way to ground yourself is to go outside and sit on the ground. Go outside and be in nature. Stand next to a tree. Or sit next to a tree for awhile. Or put your chair in the sun and read a book with the sun shining on you. Or go swimming or put your feet in water. These are the elements. They make up the Earth so you can feel them. Your jobs as you evolve, as the entire species moves to merge dimensions, your nervous systems must be able to translate all of this information that will blow the socks off of how you define your world. Absolutely. It is coming. In the last year the information that you may have known for years is becoming much more public. Many more humans who are not interested in extraterrestrials are interested in personal development. They are aware that there is a growing movement. Something is changing. All over the world. It is not just in the United States. There is a conflict at this time of energies. You could call it a skirmish. You could call it a grand battle. The battle is going to become grander still. It is whose frequency is going to prevail on this planet and who is going to own and manipulate and train your frequency. And who are you as a frequency, in disguise as a human, and what specifically is your job in this time? It is essential to know who you are, to know what you are doing when you are doing it. As you become interdimensional and multi-dimensional and as the frequencies alter and the energies accelerate, what occurs is that your body goes through drastic rapid change. Change that the nervous system, the conveyer of information, must handle.

Many of you know how to cook and use an oven. Some things you must bake at 350! for a certain amount of time and that is all there is to it.

What is happening on your planet now is that many humans operate at 350! frequency when the frequency is up to 450! and 500! now and they are going to get burned if they do not get taken out and find a way to ground themselves or integrate the experience. Let the buzzer go off to warn them that they are in many realities.

You must learn to handle many realities at once to realize you are doing it and then to have a place, this your Earth, to translate the information into. You would not be here if it wasn't important for you to ground information and energy into the Earth. So, whenever you are finding yourself electrified or energized, you must realize when you are in an altered state. You must realize how many versions of altered states there are. Then you must instruct yourself to become a conduit, like a big pipeline. When you realize that you are in an altered state and you are being given information, healing energy, exaltation, upliftment, act as a pipeline. Funnel it through yourself. Acknowledge, recognize that you are in a multi-dimensional expression. Register it. Do not analyze it. Let it filter through and into the Earth. It will make more sense later on.

A QUESTION: I have been having some experiences that I would call being in an altered state. I like some aspects of it. What I don't like about it is not being used to it and not knowing how to function in a normal way.

PLEIADIANS: People are getting on the band wagon. They are getting serious. They are getting committed. You must be committed all of the time. If these gifts, these abilities are becoming first-hand experience for any of you, you must learn to work with them. It is like someone is dumping barrels full of gold in your back yard and you are saying, "Gosh darn it, the gold is wrecking the grass." The lawn isn't as beautiful as it used to be because all of that gold is being dumped there. Whenever you get an experience, learn to participate within your experience. Be a full participant within your physical body. Enjoy it and have a good time with

it and learn how to simultaneously observe your experience, the impact of your experience, the affect your experience has on other people, on yourself, the results you get from all of your experiences. That means that whenever something of an extraordinary nature comes into being you can say to yourself, "Oh, goody goody, here it is again. What can I learn from this?" You can begin, when you are not having these experiences, to fantasize, to take charge of your life and act as if you can command or move one of these experiences the next time one sneaks up on you. It is the same way that some of you have learned to come awake in a dream and command your dream and stop being chased by boogie men. Or to learn how to make the bell ring when you are just about to get an "F." Or learn how to wake up in a dream and say, "Hey, this is a dream. I am out of here." That kind of belief and that kind of intention that you can have over all experiences of life you must as individuals, you must as a species, cultivate.

We guarantee you it is going to get tough. There is going to be such a vast acceleration within this decade that many will have no idea how to translate all of the experiences. Not only are the dimensions going to merge and you must be able to be this meeting place of spirit, you balance all of this. It is a tremendous task. Not only do you have all of these worlds to balance, at the same time the world that you call 3D is going to shatter itself as far as its historical perspective goes.

The Earth is going through an initiation at this time. You are going through an initiation because you are part of the Earth. You cannot separate yourself from this system. The Earth is transforming itself. It is intending to act as a domino for your solar system. It is intending to

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merge multiple worlds into one and to be grounded enough to allow all those worlds to exist and to be able to translate the experience. This is what your Earth is up to. So, of course, you all must be up to the same thing.

QUESTION: I don't seem to have control of getting myself back to a normal state.

PLEIADIANS: You must learn to cultivate it. You cultivate anything by your will, by intending that it is so. How does one learn to ride a bicycle? First of all, wanting to get a bike, wanting to ride it and then persistently sticking to it because one wants to do it and suddenly one is riding a bike. Imagine that you are in that state. Imagine that you have control over it. Imagine how you would act. Act as if and it is. Everything you want, humans, you must decree, determine and pull into reality by your will. Not someone else's will and not the laws that someone else says is possible or impossible. Yours. This is your exalted assignment.

We would also suggest that as the energy accelerates and as you have more to balance inside of the body that you be much more kind to the body,

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that you drink plenty of water, that you practice oxygenation and breathing on a daily basis, that you stretch or move the body in some way, acknowledge energy moving through your body. We suggest you get some bodywork done. Many humans in the influence of our words have been having their bodies Rolfed. They have been having the skeletal system realigned. Many go to chiropractic. Many are working on the emotional aspects, networking chiropractic. All kinds of things to allow the body to integrate the energy.

Another thing is that at this time you are working with a twelve

chakra system, seven inside the body and five outside of the body. These are energy centers. These are information centers. They move you. They assist you. They entrap you. They block you. By visualizing your seven energy centers moving, by working with acknowledgement of the various centers and by asking the centers to be opened by having bodywork done to open them, you allow yourself to accept a greater belief in the concept that you can control energy. All we are here to do is to convince you that you can do it, whatever it is that you want.

QUESTION: You have mentioned before about the DNA structure in the body changing and that extra strands of DNA are actually coming into the body. Can you speak about this?

PLEIADIANS: The evolving helixes are filled with information. They make up your DNA. You have seen there are two strands of your DNA that look like a ladder that is spiraled around. This spiral of the DNA is made up, each strand, of millions of tiny infinitesimal light-encoded filaments just like fiber optics. These fiber optics come together and allow a tremendous amount of energy to be transmitted. If you take the idea of super-conductor coupled with fiber optics and bring the super-conductor to a frequency or a temperature where it can be accessible, you are on the verge of an information explosion in the physical world.

The physical world is a clue to the spiritual world. The world of spirit, the world of self evolving is on the verge of a room temperature super-conductor coming together with fiber optics. Information explosion. Cheap energy. Free energy. Everything given to you. It all has to do with the evolving lightencoded filaments.

At one time in your history certain creator gods who put themselves in charge of your planet needed to have you operate in a certain way in order to control you. They needed to unplug your intelligence and so they did. So the light-encoded filaments were scattered. They were not connected. They are beginning to connect now because of the mutation process that is timed because certain humans have agreed to evolve, to

merge many worlds and to be able to attempt a noble effort to translate other worlds of reality onto this world. The quest to translate worlds and to make them merge and all make sense to free people, to free yourself.

These helixes evolve in sets of three. First the one starts and it makes three. Then three more evolve. Then three more. Then finally you have twelve. Twelve strands of helixes bundled together individually, a multitude of light-encoded filaments. When these twelve helixes, twelve strands of many, many light-encoded filaments begin to vibrate within the body, each of those strands corresponds to a chakra center.

The chakra centers are your energy centers. There are multitudes of chakra centers. There are multitudes of potential helixes that can form. Right now the most, the common denominator that the consciousness of man can handle without destroying himself is twelve. Many humans could handle multitudes more and activate many more chakra centers and many will. It is the status quo that is being raised now, that is being established, a new standard. So this evolutionary process will take place. For some it will take a while. All of this must travel through frequency of human encountering human around the planet because each human contact broadcasts it. So, of course, after a while the telepathic storehouse of it is so vast that it covers the planet and it becomes what man is.

These twelve helixes plug into the twelve chakra systems seven in the body, five outside the body. The seven in the body are not too difficult to work with because if you allow yourself to feel, you can physically touch and locate all of these places. It is when you get to the five outside of the body that you must begin to find new ways to figure out what is going on with something that you don't even know for sure is real.

The eighth chakra is in your realm of activity. It hovers anywhere between twelve inches and for some people further than that. Most keep the eighth chakra center close. The ninth will stay close as well, within a few feet, until the nine helixes are formed. Once the nine helixes are formed

this chakra will move out into the atmosphere of the Earth so that it becomes more of an Earth chakra, connecting into the gridwork. It is a link. The tenth, eleventh and twelve move much further. The tenth chakra once it is in line and plugged in will be in your solar system. The eleventh will move out into your galactic system and the twelfth will be located and anchored someplace in this universe. You will receive and be affected by information from these personal centers. These personal centers are collective centers as well. Just as your other personal chakra centers are collective centers as well. You must learn to translate the experience. You can see life is not going to be too much the same anymore.

Not all people on the planet are going through this right now because they are not all coded to respond at this particular time. Each person came in with a certain order, a map of when and where and how you can best operate. Many of you are learning how to follow that plan of the self that will lead you to discover the exalted self. Once you learn how to do it, life becomes effortless. Everything does become quite effortless because you become a vehicle for Light and you are moved by your intention to commit.

Different humans will be hit with the changes at different times. It would not do to have it all at once. It would create chaos. There is a certain order that is needed. As each one is able to translate the experience, they can turn to someone to assist them. For the beginning people it can be very difficult. You are the way showers. Once you are able to do it you make the path and show the others.

The more humans that can translate their experience, the more humans that can go and have experiences and not feel out of control with them but can cultivate them, go into them, gather information, change probabilities, move onto the corridor of time, alter their own lives and then come out with complete and total use of will as to how they use these altered states, the more that can do this, then the acceleration will be absolutely

phenomenal. Then, when there are that many consciousnesses on the planet registering that kind of ability, then the whole network that organizes and monitors human consciousness alters itself and more energy is able to come onto the planet because there are those that can accommodate it.

Everyone must learn to accommodate this energy. It must learn to be housed. It is like an oil well. What good do oil wells do you if they are untapped and shooting off here, there and everywhere? Very little. It is just a mucky mess. When, however, you take an oil well, natural gas or a waterfall and you insert your will for it and you put a purpose together or a way of directing the energy, then wealth occurs for those who direct those natural resources. You are being given an incredible natural resource at this time and you must tap it and direct it and you will all become very wealthy individuals. If you want wealth in the material world then that may be what you draw for yourself. But you will become wealthy in the realms of accessibility, in the realms of mastery.

QUESTION: I have a question about Light and Dark forces. The New Age movement talks about calling on the Light forces all of the time and never giving any energy to the Dark forces. I'm beginning to feel that the Dark forces are us, too, and we need to recognize that and heal it and integrate it.

PLEIADIANS: Yes. 3D is headed for a collision of dimensions not a collision of worlds, a collision of dimensions. Many dimensions are going to come crashing into each other. Some of these dimensions may seem horrifying and very frightening. The test, the initiation and initiation is always meaning to move through another reality to conquer it, to transmute it the initiation is to be faced with these energies and entities that seemingly are of incredible darkness and to understand that they are coming to merge with you because they are you, they are part of your multi-dimensional self and you are the standard bearer and you are Light. Dark will come to Light.

Be very clear when you deal with these things. If you are hesitating

do not do it. Be clear. Many people will befriend or encounter something that perhaps would frighten them in order to bring about a transmutation, in order to bring about a bridging of consciousness. Some of these entities that have been talked about on your planet, beings from space that are coming, the reptilians, the Greys, etc. are all real. You will have a chance to meet them all eventually.

When you think of your soul, you think of your soul as you have been taught, that human is exclusive. When you picture your soul you picture an evolution of human incarnations. What we want you to understand is that as you grow up in consciousness the story gets bigger. As you evolve in consciousness and you mature yourself to a certain frequency of life and you are able to grasp certain concepts and you are able to intend to implement them into your life the story gets bigger. You are convinced of the basics and so now the blanks can be filled in. You exist in multitudes of guises and forms. Things that you would think would be heinous, you must meet and integrate in order to evolve your soul.

Knowing how clever Prime Creator is, would that not be a plan of Prime Creator to give all kinds of guises, all kinds of opportunities of expression and then to have them meet on different planets at different times and they would all be the self? The self must recognize and realize it and bring about a unification, a harmony where all species can offer each other what they want. When that point comes from self-realization, when you seek that exalted self and you understand who that exalted self is and when you meet the portions of yourself in physical reality, you will ask, "What can I do for you? I know what we have in common." Not, "Your skin is different from mine." Or, "You have scales and I have smooth skin."

There is a meeting point of consciousness and Earth is the appointed place. That meeting is beginning to gather in many different ways. In order for the meeting to be a very successful meeting it must be very well orchestrated. Different consciousnesses must be introduced to one another

so as not to upset or disturb or alienate any.

Light forces as we define them Light means the promoting, the dispensing and the sharing of information. Dark means controlling and withholding information. Think about this and feel this. You have come onto this planet with a coded blueprint to carry Light and to bring about a huge planetary transformation. And you come to be the standard bearer of your soul, the portion of your soul that is going to lead, the portion of your soul that says, "I set the pace here and the pace is Light and information, no more being in the dark."

Think you maybe that there are portions of yourself that are in the dark that don't know how to find the Light except through you and they want it as well? They want solutions, answers. What you may be feeling is not necessarily the intent of the dark force but the emotional makeup of the dark force the fear of that which vibrates out of lack of information. You all know when you are informed you feel much better. If you are sitting in a room and it is dark and you are hearing noises and you are thinking something is in the corner you feel much better when you are informed, do you not? Portions of yourself that are uninformed are going to come to be informed. How do you do it? You shed Light, you share Light. Say, "I intend for all of my other selves to come along on this journey too and for them to get it as well." It is quite simple. We like to make it sound practical in your terms because if you can feel it is practical you will make it practical, and then it is yours.

QUESTION: Can you speak about ways to strengthen ourselves?

PLEIADIANS: What we suggest is not always how humans think they can strengthen themselves. It works very, very well. It is making an appointment with yourself and saying, "I love you, Self. You are a good Self. You are a wonderful Self. You are my Self. You are my own Self. You are my best Self. You are me here in this reality and I love you. You are magnificent. You are A-Number 1. The best Self."

When you give yourself the dignity of your own love as if you were

royalty receiving the accolades of the people. when you do that for the self that you are, the physical vehicle that is yours to operate with, everything changes and strength becomes yours because you believe in and love who you are. When you believe and love the vehicle that you are everything starts to go your way. The big thing is making the commitment to believe it is possible that you deserve love. No one else has to love you.

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 22/28: THE GOOD <CONT>

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You are not here to go around gathering love from other people to convince yourself that you are worth it.
 You are here to master a very difficult task in a system that is dark that gives very little input, stimulation, information about the true

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
To: ALL
Date: 12/21/93
Re: PT 23/28: THE GOOD GUYS F

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story. You are here to do the impossible. By loving yourself and making that commitment the number one step from which you operate every day, it falls into place.
 QUESTION: I have noticed in my personal life that it seems that men and women think very differently. What can we learn about each other that would make it easier to understand each other?
 PLEIADIANS: You will see that for a while it will seem there is even greater separation between man and woman as more men come into crisis in order to feel. The difference is a cultural difference. It is a learned cultural difference. It is a cultural difference that has been purposely

put to separate you. If you look at the myths that your Western religions are based upon, the whole role of the female is almost an embarrassment to the species. So in modern times it was purposely recorded in history by those who wish to uphold a patriarchal point of view that a woman was a trouble-maker, carried the curse and was inferior. Her worst factor was the curse, the menstruation because it made her erratic and she was moody and you could never trust her feelings. She was noted to feel, particularly around that thing which was called her curse.

The old stories of the magic of the female, the creator, the one able to bring birth, the one who had the mystery of the blood, the life force, bleeding, able to put that life force back into the Earth, those stories have been buried and covered away. The goddess who loves and nurtures. The man used to have the goddess energy inside and would feel the need for the goddess.

In the last number of thousand years, in order to better control the planet, all of the myths have been given you by extraterrestrials. The extraterrestrials have seeded all of your religious institutions. You are an experiment. At times it has been an uplifting and loving experiment. In recent times it has moved into incredible decay. You, as members of the Family of Light, have come to raid this planet and to pull Light back on it so that that nonsense never ever need be believed again. Man and woman are meant to complement each other.

At this time the best understanding that you can have is that in the male vibration, because of conditioning, because of genetics and because of a weak will within the male species, they believe that they cannot feel. Remember, feeling is emotion. How many times have we showed you where emotions can take you? Emotion is the key to getting off this planet. It is the key to figuring out the multi dimensional self and healing it and becoming one. By men being in charge of this planet for the last number of thousand years, the patriarchal society, the woman taking a position

underground actually, not even a back seat, it has not even been in consideration. You have been automatons. You have been performing roles women to produce children, to produce more wealth. Remember emotion is consciousness for others to feed off of.

When you truly wake up, when you really, really wake up, you will understand that every time a baby is born your wealth increases. One day there will be communities who will live honoring each individual's contribution because they occupy a physical body and they are in charge of a consciousness that can be cultivated to do anything. The more consciousnesses that pitch in together, guess what they can do? This is what we are striving for. We wish to convince you of your power so that you as a human species can put it to work. So that you can feel that you have every tool that you need for the times that are coming. And you do. You have your will and you have your mind.

The harmonics that the planet is looking for is a balance of self. Of course, the self is a composite of all things. You must balance all of your extraterrestrial selves, all of your multi-dimensional selves, your male and female.

QUESTION: I have a question about fear. Sometimes I can't distinguish between being fearful and being practical. How do you know whether you're feeding the fear or are you allowing yourself to become a victim of fear?

PLEIADIANS: Look at the energy packet that you are creating. Examine fear. It is useful. Do not be afraid of it. Do not say to yourself, "I have overcome all of my fears," because then there will be one right around the corner looking at you.

Fears are useful. They help you self correct so that you do not lose your life. They also show you your destructive thought patterns. Whenever you get a big fear, you must examine to see, "Is my life in threat here or is this me creating a reality or am I picking up on the mass psyche?" All of this you must learn to discern. How do you learn to discern it? By looking back over yourself and asking yourself, "Where is this fear coming from? What is it about?" Examine. Look at yourself. Look at your dreams to

see what fearful things are coming in the dreams. Sometimes when portions of yourself that have greater information than you do, when these portions want to assist you in something and you dismiss it, it will come to you in a dream so that you have some premonition in order to take action or not to take action. All events are designed to bring optimum growth. If you can remember that then it's a piece of cake.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors to help Earth through her transition from the third to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

The Pleiadians' first book The Bringers of the Dawn: The New Evolution of Man will be available soon from Bear & Co. Publishers.

Barbara Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan.

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A Conversation With The Pleiadians

Gods Trapped in Illusion

Welcome, indeed, to an opportunity to expand your consciousness, to an opportunity to demonstrate your cleverness, an opportunity to read energies. This evening's discussion is going to be a continuation of the chronicles of those on assignment out on the fringes of certain galactic

systems. These chronicles concern the gods trapped in illusion.
Not just
the gods that operate your planet. You, yourselves, as evolving
gods.

We remind you that at this time there is incredible galactic
identity
wishing to emerge throughout the identities of yourselves. This
galactic
understanding of mankind is something that you are trained to
take on. As
members of the Family of Light you are more than human, you are
part of an
intergalactic species that resonates with a certain type of life
fulfillment or employment. That employment is moving into systems
of
thought, systems of consciousness, established systems, and
changing them.
Wherever you go you bring change. You are members of the Family
of Light
and, as we have said to you often enough, light needs
information. You are
all fascinated with gathering data about unknown portions of your
world and
yourselves. You want to uncover those mysteries. It is part of
your nature.
As members of Family of Light you are for hire, you are available
to
travel, to go into different systems of existence and to take on
the native
disguise and to act as if you are a native born and bred,
evolving through.
Accept [that] you are in disguise, you are on assignment. You
come not to
just evolve through a system, to learn from it, you come to bust
it open,
to change it. A systems buster, that is what you are.

QUESTION: You have repeatedly mentioned that earth is a place
that beings
come and train themselves to become a god. One of the
realizations I've
made recently is when you tie this into what the creator gods
have done,
now I understand that you come to earth to learn how to be a
creator god,
to work with creation and this is the place where we learn our
integrity
about when and how we create life.

PLEIADIANS: Yes. That is very good. And the simplest part of that
training
is to begin to act as if you do. Do you understand that? Act as
if you do
create your own reality. Acting as if gives you a commitment of
intention.
You see, there are so many things we can say here, it is
difficult. We

could speak all evening long on just this one subject because there are those who learn from watching you learn. Then there are those who become so fascinated with certain human learning processes that the humans give over their power to certain energies and then there is learning on many, many levels. A long time ago we said to you that the humans in some situations are likened unto playthings of the gods. A long time ago we said this. We are choosing our words carefully here because we want you to really expand your picture. Also we want you all to know that you are in disguise as human. If you can study the earth knowing that you are in disguise as human it will give you a certain removal from the anguish or the emotional sucking that the planet is now going through, the emotional pain, the birthing process.

QUESTION: Are we as members of the Family of Light on some level creator gods in disguise working within our own experiment?

PLEIADIANS: This earth has been an experiment and it has been an experiment in biological creation, in genetics. A long time ago we said to you that the earth was designed to be an Intergalactic Exchange Center for information. It can sound like the whole world is made up of one file box after another. Can you picture a metallic world filled with file boxes and that is the earth as a center of information? Or can you picture an earth that is covered by computers as one comes and sits in a computer terminal and gets dataized by computer. That is another way of having an Intergalactic Exchange Center. However, those of you who have listened to what we have been sharing with you know that we have stated that when this project was put together for its own purposes that the call went out and many forms of sentient life donated their DNA. Does DNA make up file cabinets? Does DNA make up computers? Or does DNA make up humans and animals and plants?

The Intergalactic Exchange Center for information was to be what was called the Living Library. One would come onto the earth and one could plunge into

all of the experiences of those who participated by giving their life force to create a living life force here to be experienced. Knowledge would be stored genetically within all things. Remember we said that your creator gods were master geneticists? Remember when we spoke of the returning Reptilians and said that they are master geneticists as well? You have been led from the truth as to how information is truly experienced.

Recently we talked about the Adam and Eve chronicles and how knowledge was given to them and how knowledge was stored alive. Alive in the fruit that they ingested and through eating a substance they attained knowledge. Does that give you some idea perhaps of what this place is?

The original human was coded in a certain way to be a vehicle of experience, a vehicle that could be occupied. Throughout earth's history there have been many battles among the creator gods for ownership of this place. As we have said to you, about 300,000 years ago one of the more recent battles took place and certain energies have claimed ownership of this territory since that time. Since that time these that are master geneticists have been able with their incredible knowledge of that particular science to control the frequency of evolution on this planet. You as members of the Family of Light are sent here to change the frequency of the planet. It is quite simple. That is what your purpose basically is. You come as humans, yet you are not just humans. You came from your future into earth's past. Feel that for a moment. You have heard us say often enough that we come into your present, which is from our point of view

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
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Re: PT 23/28: THE GOOD <CONT>

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past, to make changes, to affect probable changes. You do the same.

You all feel that you were born and that you have had many past lives. We want you to picture a scenario where there is a plague that overruns the humans in this free-will zone and there is tremendous tyranny and frequency control, where there is fear and chaos taking over this universe. Quite imaginable. We want you to understand that technology can become so far-fetched that those existing in a time period that are besieged, beleaguered with this kind of frequency, can go back hundreds of thousands of years to points in time in order to change an existing present. From those time periods certain energies can change the chronicles of their own history.

You were sent from a point in the far distant future back through your past in order to prepare for a time when your talents could be utilized, when your abilities to sift through systems and change systems instantly could be manifest, could be put to work. This is some of what you are doing.

QUESTION: I've been having dreams lately about shedding my skin. In the dream I'm not a reptile, I'm human. And when the skin is shed there is nothing there but light.

PLEIADIANS: You are a systems buster. That is what your card says. "Systems Buster. Available for intergalactic systems altering. Travel with family

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN__WINSTON
To: ALL
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and have many friends. Reliable, efficient and adventurous work only." So, you and your buddies were called to go and bust a system. What does that mean, bust a system? It means that electromagnetically if a system is operating with 100 volts and they want to change the system to a million

volts you must learn to carry a million volts in a hundred volt body. That is what a systems buster is. As a systems buster you are capable of carrying any kind of energy because you are a certain species of creator.

The Original Planners, those whose project this earth was originally, set out to change what was going on here and to bring the Original Plan back into action. As all systems evolve and all forms of consciousness evolve, change is best when it comes from the inside rather than the outside. As members of the Family of Light you specialize in infiltrating systems in disguise of the natives. You live lives just like the natives and then when the time is ripe you receive the voltage and you transform yourself, still looking just like a native. Then you broadcast a new frequency because there are multitudes of you there to catch the prevailing frequency and you keep a gridwork activated amongst yourselves as you occupy the system, of course, in disguise, and you begin to change the whole system by changing the frequency in yourselves.

In order to understand the system you come from the future back into the past of the system evolving forward up until the time that you are ripe. What you are recalling are realities where you simultaneously exist, where you are simultaneously dealing with another version of the system. As systems busters and members of the Family of Light you incarnate not just into the human realm. As you are evolving here on this earth, striving to understand your identity and to incorporate this inner knowing with a life in disguise of a human there are portions of yourself working in many other realities doing the same thing and your world of dreams is the doorway through which you can very readily access this kind of experience.

Those of you who are courageous and those of you who are taking the sharp edges off of your reality, are beginning to have safe memory of other aspects of yourself. When you begin to realize how grandiose the plan is

for the dimensional changes of this place you will realize that operating purely from the stance of a human would be ineffective. As a mere human there would not be enough comprehension, enough energy to pull off what is going to be pulled off on this planet. So you are infiltrating many different realities at this time with a very parallel consciousness. You are changing many realities and you are beginning to awaken into them.

QUESTION: A lot of us are going through a lot of emotional upheaval at the moment. Can you speak to us about the value of emotions?

PLEIADIANS: When you have emotion inside the physical body there are chemical reactions that take place. When you do not use the emotions there is a different route that one may access. The emotions release hormones, enzymes, many other things, and these begin to have a catalytic effect upon one another. When the light encoded filaments, those tiny gossamer threads that carry all the data of your history, begin to be lined up with the proper emotion, one can move through memories into other realities. Emotion is very, very necessary. Many of you have made the mistake of not wanting to deal with emotion. It is one of your biggest fears, getting steeped into something very emotional and then what control do you have? You are all going to have to learn that there is a lot that you can discover by giving up control. Feeling very deeply about someone or something can catapult you into a higher memory of your identity. Be aware of this please.

QUESTION: You have recommended that a lot of us get in touch with these emotions and go through the emotional clearing, clearing the emotional body. If we can really get in touch with our early childhood emotions or those things that were traumatic, hard and painful, to me it is preparing for the meeting of the multidimensional selves which may have pain or trauma. Having the courage to feel everything prepares us for what is to come.

PLEIADIANS: If there is anything that you all need at this time to cultivate for yourselves it is the courage to feel, the courage to step forward in emotional identity with other versions of yourselves that maybe you don't really understand. That is why those of you who have had bodywork this year have definitely felt the results of it. Those of you who are wondering what to do next for yourselves, go have your body adjusted, have it worked upon, have it aligned, have different work done. Open what you are holding so tightly inside so that you can feel a little more vulnerable. One of the things that will happen for all of you is that your physiology is literally going to change as you begin to let go of what you have held onto in order to protect yourself. That is a big one. Remember we said to you, as members of the Family of Light you come in disguise of humans and you disguise from yourselves that you are not human so that you can understand the human dilemma, so that you can understand the effects of frequency control.

What does this mean, the effects of frequency control? We have said that 300,000 years ago when certain creator gods who are Reptilian by nature raided this reality and took it over, they changed the existing DNA of some of the humans that they gathered up for their experimentations. Of course, you must know that there are many civilizations that existed prior to this one. What occurred was that the human was rearranged and was left with what you know as the double helix. Then many instigative energies were put on this planet to make certain that with this double strand of information the humans would basically work through struggle and survival and that very little high achievement would come about and if it did it came about for a very short period of time. As members of the Family of Light, by changing the DNA you make it impossible for that scenario to continue to exist.

QUESTION: When you said "gods trapped in illusion," who are the gods? Are they us?

PLEIADIANS: To some extent they are you. Though we want you to understand that your Reptilian gods are trapped in illusion. Can you understand how vast everything is? Can you understand what a big ball game is going on? These creator gods that, yes, you have worshiped, and, yes, they are technologically far superior to anything you can conceive of, so what? They have forgotten who their gods are. They are gods lost or trapped in illusion. In the same way that they have controlled your frequency and made a controlled world for you and toyed and played with your world and set up one scenario after another and used frequency modulation to their own benefit to create certain broadcasts from the humans and direct these out of portals I into space for whatever nourishment or whatever use they have for this energy Remember consciousness is energy. Consciousness is in all things. Remember that your planet has been controlled by a society that has limited you and created chaos and fear and war and famine and man against man. That has been the history of the last 300,000 years. It has been man against man and that creates a certain fear amongst the natives. They broadcast it out. Collectively the planet broadcasts energy that these creator gods use. As members of the Family of Light you have come in to change the predominant frequency that is broadcast by the natives. You have come to be a living inspiration to show them how to act contrary to what they have been taught.

QUESTION: One of the things that I have come to realize is that we create our own reality, however, we also create our own illusions. Then, there is the controversy what is reality and what is illusion? I haven't tied it all together yet, but there is something that you said about being trapped in illusion .

PLEIADIANS: Trapped in illusion. Yes, because if you can understand that just as those of you who are beginning to stretch your consciousness realize that the planet itself it trapped in false knowledge, is trapped in

a false identity of what it is and you see how the humans are controlled by certain individuals, you must understand that the creator gods are trapped as well. They trapped themselves just as the humans trapped themselves. It looks as if the Lizzies trapped the humans, doesn't it? Remember, humans create their own reality. So, in actuality, the humans created being trapped and having genetic manipulation and DNA rearrangement by the Lizzies. Remember, everything that you create you experience. So they began their own version of it in their own lives and did not even know it. They are the gods trapped in illusion.

QUESTION: You have talked about the importance of holding the frequency of light and I don't quite understand.

PLEIADIANS: You have agreed to come in and to hold a certain amount of current, electromagnetic energy. When a human vehicle is souped-up with a certain amount of electromagnetic energy, of course, the whole vehicle operates very differently. As you have agreed to receive and to keep frequency by having a certain amount of electromagnetic energy continuously evolving within you, you change your own voltage, you change your own awareness in the process. By beginning to hold this frequency and keep it consistently, it means that eventually 100% of the time no matter what the situation is you will believe you create your own reality no matter what it looks like. That is a Keeper of Frequency. Frequency is consciousness. It is awareness. It is how you impact what is around you.

We have suggested to you from the very beginning to live with and get used to the idea that you create your experience, that you design it, that you are in charge of it. It is part of what you are led to believe on this planet, that you have nothing to do with it. That is part of the robbing of your own energy. Someone teaches you that you are not in charge and you buy it and you operate with a sense of powerlessness. "I am not in charge of my life. I have nothing to do with what happens to me. It is all out of my

hands." That is an incredible tyranny. It is exactly the opposite of how this planet operates.

QUESTION: Do your emotions affect holding your frequency? For instance, if you're upset or angry can you still maintain your frequency?

PLEIADIANS: It depends. When you become angry or upset, are you becoming angry and upset because you feel that someone did something to you or are you becoming angry and upset because once again you created a duplication of a situation to teach yourself because you have not gotten it?

QUESTION: If you look at anger as simply another expression of emotion without judging it, does it affect holding the frequency?

PLEIADIANS: Absolutely it affects holding the frequency. The frequency we are talking about that you are to bring to the planet is one of, I created it, I did it, I am in charge, I can undo it, I can heal, etc. Do you understand? You are bringing the frequency of potentiality. As Keepers of Frequency it is your assignment to consistently live like that, not to talk one way and to live another. That is when you are not a Keeper of Frequency. When you act angry and upset and when you are upset at yourself for acting angry and upset, you are acting victimized because you did something that you did not want to do and you are not being a Keeper of Frequency. Absolutely not. What are you showing everyone else? What liberation are you showing others? A Keeper of Frequency lives life in such a way that you begin to show others how you rise above every situation because you are able to keep what you know in the forefront of your mind that you create and no matter what things look like you are able to create with joy because you find, even in the anger, that what you create leads you somewhere.

QUESTION: So within holding and keeping the frequency is feeling as well, emotions without judging them.

PLEIADIANS: Without feeling disempowered or powerless. Usually when you are

angry, you are angry because you feel that you had nothing to do with what

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Origin: XBN - 0079 - C:CNSPIRE3
From: JOHN_-_WINSTON
To: ALL
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Re: PT 24/28: THE GOOD <CONT>

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occurred. Think back on this. There is no point in feeling angry with yourself. If you make the agreement with yourself that your self will always create one opportunity after another for a good adventure and a good time, if you live your life that way then you must trust that everything that you create is along that plan. It is being consistent with what you know.

We will go a little bit futuristic for you. Every human emits a certain frequency. We like to call it your song. It is your tune. In this controlled world, the frequency control has been set and you have been reminded to be fearful over and over again. When you were growing up your mother would say, "Don't stay out late," or whatever. You would have something said to you to put you into a vibrational frequency that could teeter on worry, fear, confusion, etc. Think about it. "Buckle up your seat belt, you are going to get into an accident." "You must take your vitamins." "You must have flu shots." All of these things, everything has been based, your whole society, on an underlying current that is not comfort. Your underlying current on this planet is not, "Hey, everything is cool." That is not what you have been taught.

When you learn to modulate and control the frequency that you broadcast and you begin to affect the whole planet with that, the planet begins to come into its own ownership. You are learning that there are patterns of behavior within individuals that are quite common. As you begin to recognize patterns and take them as global patterns rather than individual

patterns, you will be able to do emotional healing for the planet while coming into a realization of the why of certain things from a higher order,

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from a higher tune and you will be able to transmute many things on the planet because you will recognize the need of the planet, not just the individual. If you take things personally then you have hurt feelings. And when you have hurt feelings you are not a Keeper of Frequency because then you act as if everything isn't fine. We want you to see the divine order, the divine nonchalance, the perfection within all things. So, you may notice how you feel and you may only feel it for a second or two and say, "That is interesting. I feel this way and yet my higher self knows what this is about," so that you are able to transmute. By feeling powerless you have an idea how most of the planet feels all of the time. Do you follow this? All of you are so ready to make pronouncements on what you experience. You are to look at events as events and to see what comes of them. Always look at every event as opportunity.

It will become so essential at some point for you to know who is a Keeper of Frequency and who is not because there will come a time when you will be able to transmit knowledge quite easily. Some of you are already able to do this to a mild degree. When you can transmit knowledge you will want to know that the other person is consistent in their behavior and that their emotions do not run amok with them. Because if they are not consistent and if they are able to get lost in emotional dramas you will not be able to link with them. It will be like holding hands with a weak link. The times will come when you will want to count on who is a Keeper of Frequency and

who is not because your life and the lives of many will depend upon the stability and the consistency of those that you can look to. It will make a big difference.

QUESTION: We create our own reality and this planet is filled with information. If we think something, it is. Does this have something to do with how the Lizzies got enmeshed or trapped here?

PLEIADIANS: They got trapped here, yes. They are trapped in illusion. They don't really know what they got stuck in. You are hitting on something here though you must go further with

QUESTION: It makes me think that you have to be really responsible for everything you say and everything you think because they turn into the stone and bone of earth and affects everybody else.

PLEIADIANS: The earth was formed for a certain purpose, an Intergalactic Exchange Center for Information. This Exchange Center for Information is not the only one. There are a series of these Exchange Centers that make up a gridwork that unifies your

local universe together. This gridwork creates a living link of the Living Libraries. As systems busters you are operating in the parallel worlds at this time that are part of this gridwork. What has occurred in one probable future is a tremendous tyranny that exists over this local universe and the information systems have been vastly shut down. There is a stalling of your universe. Your universe has become so choked that it is stalling itself on life.

Through frequency modulation, the controlling of frequency, there has been an energy that has taken over many of these Information Centers and life information, everything as you know it, in your future is coming to a halt. In the future that we come from it is quite disturbing. We are members of the Family of Light in the same way that you are. We have been assigned to go to work with you in our past, in your present, to alter the far-reaching

future by changing events where they first began and where they could be meaningfully changed in the past from our present. In your present.

QUESTION: Will our present change our past?

PLEIADIANS: Yes. Listen to these words very carefully. You will change the past by making a new past. Not necessarily by eradicating an old past. Do you understand? So that a new road, a new probability comes to be. Everything that exists exists. We want to create a new avenue of choice. Being that you are systems busters, you are experts on bringing choice into systems. You go into systems where the choice has been limited. You allow the choice of a different potential. You are here to bring a potential of cooperation and harmony. That in itself is in complete opposition to the future, the future that we are assigned to create an alternate probability around.

Understand that where you are going to go is going to be most interesting. We have been very clever in the way that we have assisted your evolving consciousness. We have purposely set this up so that you discover for yourselves your own truth so that you will have a myriad of experiences to rely on for yourselves, so that you can have a family to look around at and to realize none of you ever have to be alone. And we have created an arena where you have permission to live your light, to finally come out from the deepest portion of your being and shine with who you have always known that you are.

The assignment continues, our task continues. Your task is vastly accelerated. Your work, all of yours, will go more inside of yourselves. The days of ongoing outside gatherings are at an end. The energy, everything that you seek, comes from spending time with yourselves. Those of you who are making the greatest leaps and the greatest accelerations are making the deepest commitment to have your bodies altered, to consciously change your speech patterns, your thinking patterns, and to begin to go

within, into quiet time, and to begin to hear what is being broadcast to you. You are all receiving the data. The problem is that you will not consistently accredit yourself with what you know. It is this that we constantly push you towards.

The benefits and the rewards that we have received from this are multitudinous. What you teach us is invaluable. You are showing us something, far more than you can ever realize. In your innocence and in your trust you emit a frequency that we utilize to beam into the future and we show something to those in our future that you in your now gift them without even realizing. You are quite noble. In many worlds you are quite famous. Some day you will know what that means.

This article was excerpted from the tape entitled "Gods Trapped in Illusion. " For further enlightenment on this topic, the entire tape is available by mail order for \$14.98 (plus s/h).

(616) 891-0410. Or, see tape pages to order.

The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors to help Earth through her transition from the third dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

The Pleiadians' first book, The Bringers of the Dawn: The New Evolution of Man, will be available in May, 1992, from Bear & Co. Publishers.

Barbara J. Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan.

You may contact Barbara at Bold Connections, P. O. Box 6521, Raleigh, NC 27628.

Conversation with the Pleiadians

Whose Plan Is It Anyway?

We are here. Many of you have heard us talk about your need to commit, to live to the highest attainment that you can achieve consistently, all of the time. You have heard us talk about the idea that you are involved in many dramas that are occurring in many places at one time. You have heard us say that your planet is in the midst of an incredible transformation. You have heard us talk about the Divine Plan. You have heard us talk about the Family of Light. You have heard us talk about the need for the Family of Light to begin to work together. Some of you have begun to question some of these things. Some of you have begun to say, "Well, whose plan is it anyway?" Whose plan do you operate under? Who are the overlords, the overseers, the owners of Earth? Someone does, indeed, own your Earth. Someone does, in deed, own every planetary combination of molecules that exist. Someone believes they do. You are isolated completely from the higher knowledge of existence. You are isolated and quarantined for a multitude of reasons according to certain plans. You are isolated by frequency control, electromagnetically. Sometimes it is even difficult to locate the Earth on maps that chart space. Some of the owners of your Earth have disguised the existence of Earth as you would know it and forgot it on the maps of existence for a long time. That is interesting, is it not? Why would they do that? Some of you have heard us speak that there are incredible treasures of consciousness locked here in the Earth. You have heard us speak about the original purpose of this planet, that it was to be a storehouse of information information that was gathered together and generously given by a huge collection of sentient consciousness. The experiment was to create a place, a storehouse of information where one could travel even from other universes into this universe and go into a Living Library and understand the purpose of the energy and the history of

the universal structure. Feel out what we are talking about because what lies ahead in the next few years is that this concept of the Living Library is going to be plugged in to your body. [What will it be like] to experience these things? Once you begin to plug your body in to the pebbles outside your door, the pebbles begin to sing to you what is in their molecules. Or the salamander that walks across the fence. Or the bird that comes to sing by your window in the morning. The Living Library was formed with a grand purpose. It was an experiment where life could genetically be implemented and planted with knowledge. When one came into this Living Library, if one knew how to play the frequency codes and learned how to change their own electromagnetic spectrum through thought, they could receive the entire history of the universe as it existed the insects, the plants, the soil, the rocks, the trees. All things on this planet were purposely designed to hold knowledge. It is just like your Library of Congress holds knowledge on the printed page or on microfilm. The Original Planners designed Earth and the solar system for a very important reason and then eons later there were schisms, separations. In your most modern times you have been owned and controlled by a very renegade group. This group started off very small and very insignificant and somehow created a raid of the probabilities of time and were able to go into many different realities because they began to own different portals that existed in space. There was a tremendous revolution and a great upheaval that lasted for millions of years. Your Earth was not affected by this until 300,000 years ago. You must remember that time is very elastic and affects different realities not all simultaneously. As we remind you over and over again, you are part of the Family of Light, energies that carry an ability to transform energies. You, as members of the Family of Light, have something in common. The characteristic that you share is that you are able to be impeccable transducers. It is like you could be struck by lightning

and keep going and it would just give you a high jolt and you would be on top of the world for the day. You can take energies that are sent from the cosmos and you can hold them in your body and change them and pass them out to the planet. Others cannot even perceive that this energy exists. The energy does not penetrate their physical body because there is nothing in the physical body to catch or to hold the energy because they have been rearranged as a species. A battle was fought amongst beings that you call gods whose sole job it was to oversee structures of consciousness that you call planets. When these tyrannical owners came and took over here 300,000

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Re: PT 25/28: THE GOOD <CONT>

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years ago, after tremendous destructions, they created an entirely different species and they genetically rearranged and manipulated who was left upon the planet. There is a plan now that is in the works. The plan has to do with bringing the original owners back into alignment with your Earth, bringing the Original Plan back into its own purpose. Who are the original owners? Whose drama are you in? Who is making a movie of your life? On what screens in the cosmos are you famous? Begin to think in these terms. Begin to allow yourself to expand your identity about who you believe you are, about perhaps how anonymous you are not. As members of the Family of Light you are sent on assignment to go in to alter a system. You have been trained to handle incredible amounts of energy. In Hollywood you have stuntmen. They are able to perform tricks and to take blows. You are like the stuntmen of energy. You are the stuntmen of life. This is what the Family of Light is. You are specialists within the systems. There are many

individuals on the planet at this time that are specialists. The Family of Light is here in the millions. There are other families of consciousness. When the time is right you will find that there will be many, many, many millions who will pool their energies together. The days of what you do not have in common will fall far to the past because events will unfold that will draw you all together and you will find that your life will never be sweeter. It is true. You will find that all of the emptiness and the loneliness and all of the things that have kept you separated from your higher identity will be gone.

Question: There is a lot of information coming to us now from off-planet beings yet, I understand they aren't allowed to alter free will. Is that right?

Pleiadians: There are two sets of laws. The drama that the Earth is presently involved in is a multidimensional drama. You are pressured into

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your own integrity at this time. Any lack of integrity will catch you with your pants down. It is true. So you must come on alignment with a consistency. Your globe must come on alignment with it's consistency. In other words, you cannot have corporations pretending to be environmentalists and at the same time doing more dumping and starting more wars than anyone else. That would create a tremendous dichotomy within the energy. There are those that are doing something in the ownership of your planet in this way. There are those who are not following the laws that say that a world exists in its own integrity and it is not allowed to have a frequency control. The energies that want to bring these laws of freedom back into existence are bringing in their plan. It is only one of the plans

that are presently clashing at this time on the planet. [There are those who] say, "Hey, you cannot involve yourself with this. Life must evolve."

On the other hand, if you are left alone and never had any assistance in evolution, you would go nowhere because you are owned. You cannot exist without those whose playthings you are. You do not exist separately. You exist in a collective. It is just that right now the humans are at the very low end of the collective, locked in 3D and frequency control. They have no idea of the richness of potentiality that comes from the cooperativeness of existence when one form of existence knows that it influences another, that it adds to it. It is a symbiotic relationship. We are not certain we are explaining this as appropriately as is necessary. It is very large.

Sometimes when we say you are the playthings of others, it pisses you off. You think, "Well, wait a minute. I have free-will. I do not have to be owned here. Who is going to tell me what to do?" At the same time, those who First Cause created to go out and create other worlds, could they exist without First Cause? You could not exist if someone didn't create you. You are the product of a plan. So you are the playthings of others. You have been the overlords when others have been your playthings. You get to act it all out in the multidimensional self, the self that knows that it has hundreds of thousands of simultaneous existences. It can be that vast. That much energy can collect and know itself, no big deal. There is a sense of reward. There is a sense of achievement because one knows how complex one is. One does not wonder if one is isolated all by themselves. One knows one is not. And information threads itself back and forth from one system of reality to another and one does not feel that one is owned and operated, one feels that one functions in a sense of harmony. Does your finger get mad when it has to go some place that it does not want to go and the rest of the body goes? You begin to understand that your hand can't say, "I'll stay home while you go here. I don't want to go with the rest of the body."

It is part of a collective. As your body ideally works together and understands the cooperation of all parts, it is the same with all of your identities. This is what your creator gods did not want the humans to have access to any longer because then they could not control them. So they destroyed the place as best they could, took what was left, rearranged the genetic structure and created a species that was biogenetically locked in ignorance and could perform and would emit fear. That fear was utilized. It was cultivated. It was harvested. It was used to broadcast out to control other worlds in your universe. This is what is presently being done in the Middle East at this time.

Question: It's almost like there is a culling of who is standing for the light now. People are being shaken and they are either paralyzed in fear or they're saying, "This is not right. I've had it. I'm not going to do this anymore." Now is the time and we cannot be lazy, we cannot sit on the fence. You are either going to be paralyzed or you will be moved into action.

Pleiadians: Yes. And those who are not moved will be affected by events that are formulating themselves with even greater impact. It is going to come about shortly. There is a steady increase. Whose plan is it anyway? There are many plans in action. It is like a multidimensional holographic chess game where different pieces are being moved and different ones have different intentions and another plan comes in. This one wants to do this. This one takes the energy of that one and lays this on top. There is tremendous creativity outside of your planet that is orchestrating events. Powers you have no idea of that exist, move human consciousness like puppets. You, as members of the Family of Light, are coded and programmed. It all lies within you. You must come to the place where you trust that you have it. You must begin to listen to the message, to the energy that is programmed inside of you, coded inside of you, that will begin to reveal

itself. There will be an ongoing communication to move you as those who oversee the planet use the plan of others to bring things about. Those who wish to control and up the frequency of fear do, indeed, do this. At the same time they count on their technological superiority to create frequency control and to have this fear frequency established upon the entire globe. They do not count on the members of the Family of Light having it together enough to telepathically link themselves and become an entity, a station of power on their own. There are those who are not informed enough of your abilities. Or, perhaps, they don't believe in them. We believe in you. We are counting on you. There are multitudes of energies, energies that have no number who are counting on you to be able to do this one simple thing to be able to transform your reality from the place of fear and chaos into a place of freedom simply because you intend it and you know that you can do it.

Question: I'm interested in knowing how to receive information or receive guidance.

Pleiadians: First of all, for all of you, let us go over a few basic things here. Believe it or not, everywhere around the globe at this time, the energy that you are all feeling is a very common thing. Many are not alone any longer. They have discovered a small family or a growing family of consciousness. They are beginning to understand that there is a purpose that is much grander to their life than they ever realized. They are being unified through one source or another. We are only one source of information. We are on assignment just as you are on assignment.

So, let us remind all of you all over the globe, wherever you are, those who are not here today in this time of February 19, those who are in the future, we speak to you as well. Begin to rely on yourself. Begin to know that how you think it is, is how it is. Begin to call and to commandeer to yourselves all of the assistance that you require for no matter what you

require it. There is not energy available only for some events and not for others. When you begin to recognize yourself as a member of the Family of Light, you realize that there is a host of energy that has been quite aware of who you are for a long time. They have been waiting for you to know it. Once you are certain of it, you can begin to have all of the assistance that you ever dreamed of and you can begin to operate at optimum capacity simply because you believe it. Trust and love what you have and the vehicle that you occupy. Begin to feel the communication that is waiting for you to listen. Then, with great discernment and no foolishness and with all fear put aside, begin to allow yourself to feel loved. Not by a woman or a man or a parent or a family member. Begin to feel love of self to self. As you begin to commit, to agree to love what you have, then you will begin to feel the multidimensional self's existence that loves you where you are on assignment because you feed all of these other identities a potential to bring about an incredible universal change of consciousness.

Question: Fear, as I understand it, is used as a food source and beamed off planet. Also, on other tapings it's been stated that this fear is directed to other worlds to keep them in control.

Pleiadians: It is like a radio station or a frequency that is sent to other worlds. This is what surrounds them. Like we said to you that there is something surrounding your planet that controls you.

Question: My question is that if the emotion fear is the desired frequency what occurs at the other end when on this end we have the World Peace Meditation? Does that disturb those beings who are using the fear?

Pleiadians: Of course it does. It is obvious that the signals that the planet was emitting at one time have changed. That is why you have the return of these beings, to deal with this.

Question: This frequency of fear that's being transmitted off planet, say

someone is utilizing it and all of a sudden mixed in the signal there's a great deal of love and happiness and joy does it do more than just give them indigestion?

Pleiadians: It gives them great concern. Great concern, indeed. Yet, sometimes because of the energy, the frequency, the link that has been established, there is nothing that can be done about it. When you believe that you are in charge, you are in charge. The will that you begin to muster will be tested. Sometimes something will come to throw you off track. Yet, when you can pull yourself back through will then you cannot be tampered with because you begin to operate on your own strength and you begin to receive energies. The electrical fence, or the energy that was put around the planet, keeps certain energies out to some extent. Also, when other energies were able to be penetrated through the electrical fence, there was no one there to receive them for a long period of time. The energy can come through but what if no one takes it into their body and can transmute it. What good does it do? It is like pouring water. It is great but if you don't have a container to catch it, it simply goes into the ground. The bodies of the humans could not be penetrated even when the Earth was found, even as electromagnetically the pulse of the Earth was uncovered. There was nothing here for a long time to receive, to hold the energy that would allow the reorganization that would allow the putting of the pages back together of the big book. As some of you around the planet are able to alter your frequency it is absolutely, positively noticed. It is quite understood within all existence that Earth is undergoing a tremendous shift at this time. It is counted on. It is planned on. It is a gigantic game. It is a gigantic war, as it would be in some energies' eyes. Your Earth exists in so many realities. We are not talking about one Earth or one reality of Earth. There are many versions of your Earth and of your future and of your present.

Question: Have those other aspects of ourselves figured out how to unlock the reality or come to an understanding of their multi-dimensional selves?

Pleiadians: Some of them have come to that realization and they wait for you to come to it. Others are still oblivious, have no idea that they are connected. You intellectually are told that you are connected and that you exist in many places. Some of you experientially have tip-toed into this. Yet, because of the over-eagerness of logical mind you have completely and totally discounted even the remembering of experiencing something of this nature. Sometimes it is difficult when you create the experience of it and then block the memory of its existence. You have no idea how intricate or how controlled the frequency of the body is and how many realities are always pushing at this reality and how many experiences you have that you blank out because you have no place to plug them in. You are continuously monitored as to the effect of the neurological changes that take place in your bodies. When you have this rewiring or this restructuring, we like to say you are going from a two-lane highway system to a twelve-lane highway system in your nervous system. When this takes place, you will have memory of events that run simultaneous to other events and at first you will maybe freak out a little bit because you will have no place to plug them in. In other words, say two years down the road you could be remembering a Thanksgiving dinner that you were having in 1989 or 1990. Suddenly you would have memory of an event that you never before remembered and you would have it right next to and parallel to the Thanksgiving dinner that you did remember. And you would realize that you were at two Thanksgivings. This is what will happen as the nervous system begins to come into a new pulsation, as the body is beginning to have the library put back together. As the lightencoded filaments reform themselves and begin to broadcast what they have available, the nervous system must be able to carry it and

translate it. Why do you think the brain has been dormant all of this time?
Why do you think you have been using such a small percentile?
Because the

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DNA was unplugged. That is why. Obviously if you have a brain and you are only using 5-8% of it there is a reason for the rest of it. Something in the body is not hooked up to it. Doesn't that make sense to you? Now the body begins to be hooked up, because rays from space, electromagnetic cosmic rays, can pierce through the electrical fence and you are here to catch them. You are on assignment to do it. The process has to be slow at first, otherwise you would be fried. It would be too much. It would be way too much for all of it to happen overnight. There is an unfolding that will take place so that eventually you will begin to bring about the full use of the brain on the planet. Whether it is in your lifetime or not we are not, certain. For yourselves, yes. When we say we are not certain if it is in

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your lifetime or not, it means for the whole human race, those who decide to stay here. For yourselves, yes, more than likely, you will go, if you are not frightened and you do not hold yourself back, you can extend your life by hundreds of years, you can move the body into complete rejuvenation that is unheard of at this time and you can come into complete operative

ability with the DNA in complete alignment of twelve strands operating with full brain capacity. Think about who you would be.

Question: In your opening comments you were speaking about whose plan is

it and maybe we could ask about how they affect our personal lives.

Recently I had a feeling for myself that I would be doing certain sorts of things in the future and I'm beginning to see there are other sorts of things and I'm wondering now how many plans are going on and if the plan is switched.

Pleiadians: The plans are always switching. There is always new juicy material to insert. New scripts to write. New ideas. Just as you get all excited and see new possibilities, those who utilize you, your puppeteers as it would be, get excited and see new possibilities as you become more available. As you become looser you make yourself available for wilder adventures.

Question: Okay. So what I'm wondering, the idea that there are many plans that we work with and that they are changing and that that's part of our job to be aware of the changes and to go with the new...

Pleiadians: Your job is to have a good time. To be clear about your availability and to be clear about the assignment that has been given to you, that you are a Keeper of Frequency and that you are here to defy the laws as they have presently been stated to man. In other words, everything that you have been taught about this place you are to defy. Every idea and every law that has been passed down to you through your educational system and all the degrees that you have tacked after your name. Any one that says "It stops here," you are to say "Watch me!" You are to defy everything, to change the paradigm that drastically so that everyone becomes confused and no one believes anything any longer. And you are to have a good time doing it. You are not to be overly concerned about the plans. Sometimes it is really none of your business. It is alright for you to speculate. Sometimes

you get too into worry and think that you have to orchestrate and check things out and you don't. You be available to keep frequency and your condition we would imagine to be a Keeper of Frequency is that you want to have a good time. And you want to be well compensated and you want to learn. And you want to have joy, safety and harmony. A little sex now and again.

Question: I'm getting that it's all connected. Light equals information. Love equals creation and DNA is creation. It's almost like in the universe and maybe the multiple universes this is a very important unique way of forming creation when love is involved and free will is involved. I'm stretching here to see that this is all connected. The free will and the light and the information and the DNA and how important the human being is. In fact, human being now becomes the hub instead of the rim.

Pleiadians: As a matter of fact, that is dawning on a few throughout this universal structure that the human being does hold the key and is a hub and was tucked away by the Original Planners just in case a probable world, a probable universe cropped up where worlds began to die because the love frequency was not in existence. We come on assignment, on assignment, from that probable universe. It does not mean that we are from that probable universe. It means that it is our assignment to deal with that probable universe. Remember we have said to you that we are renegades and that there are those within the Pleiadian system who think we are crazy. Who wonder and question what we are after and if it can be achieved. We started with a few and we can say to you that our name is now known around your world and it is spreading. Our name is being remembered from the cells of many humans. Our name, "the Pleiadians," which is only one collection of consciousness that represents the Pleiadian system your humans are coded to respond to that. That, alone, we are banking on to bring an awareness of consciousness within humans. That coding. Simply that code of Pleiadian

knowledge, the Pleiadian love for the humans be activated in the human memory and that through this can there be a shift. Without the insert of the Family of Light, your world is headed for destruction. First of all, it has been under control for all of this time. Without the insert from the future of the Family of Light, without the '60's to activate the codings of many members of the Family of Light, without this, there would be a take-over. There are probabilities where there has already been a takeover in your '50's and in your '70's and now in your '90's. You change the probabilities because you change the frequency here. You change everything by your presence. We are banking on the fact that as we change this kernel and that as the secret is unlocked in the humans, and as the humans are able to carry the frequency, that they will of their own knowledge and their own history [make a change]. You cannot force it on them. You can't force the humans to change. You can simply make the possibility available. As you make this frequency available and as the humans make this choice, they begin to insert something into a reality that is needed millions of years into the future. They begin to stand up to a tyranny that has taken over this universe far into the future where worlds are dying because there is no love. So, what occurs is that from this kernel, from this point in time are we and many others instigating the erasure of a probable universe where love and freedom are forgotten, where they have no context. That is part of the plan. These next twenty years are incredibly important. The events that are going on now are incredibly important. We want you to sharpen your wits. We want you to experience love and play in these multidimensional terms while enjoying life, while intending what you want, while going beyond limitations, while being a Keeper of Frequency and stating with clarity what you want as a Keeper of Frequency. As you become aware of your potentiality and as you become aware of your abilities, how would you like to be compensated for having developed these abilities? What

do you want? Get clear on it and forget it and then just watch these things come into manifestation. The more you worry about whether you have these abilities and what you deserve, the more you get yourself all turned around and twisted and don't know what you are doing.

Question: You said we have a lot of responsibility here. You talked about the future of the world and the universes coming from a point of no love. So we are to go on this path and have fun but we have a big purpose.

Pleiadians: That is why we tell you to have fun, because if you don't have fun you might take yourself too seriously and it might become too heavy of a burden and you all might check out and say, "We are not doing this." See, if we tell you to have fun and you create your own reality, we tell you to create this and you go and create it, then you will hang around a lot longer and we will get a lot more mileage out of you. If you are having fun you are more available. If you are having fun it is easier to utilize your energy than if you are not having fun. You are very resistant when you are not having fun. You are very mutable and available and flexible when you are having fun. You say, "More, Pleiadians! More! More!" Do you understand how we trick you in certain ways? If you are not having fun, stop it. We don't care what it is that you are involved in. If you are not having fun, don't do it because you are building up a resentment and you are building up a misuse of energy. If you don't like it, simply say, "I am not available. Sorry if I offend you. I'm not mad at you, I'm simply not available for something that is not fun." It might be your mother inviting you over to Sunday dinner. You might have been doing it for twenty years and now you say, "This is not fun anymore. I'm not available." You need to face these things and stop being victims in situations where you have refused to stand up and say, "I don't like this." Don't do any longer what you don't like. It doesn't mean that you have to be angry about it. You simply begin to stand up now for the integrity of your molecules.

Question: What if it involves your job? Do I just stop my job and don't pay my bills?

Pleiadians: You sound as if you have no choice. You sound as if the only choice that you believe that you have is that you have to stay in something that you don't have fun with because if you quit it there is no alternative. We are simply saying to you that when you begin to understand the idea that you have a right to have fun, that you can make much money and you can do many things to have fun. If you are stuck in a belief system that says, "I hate my job but I can't quit it because what am I going to do?" Hey, that is your reality that you have designed. We are saying to you that you can say, "You know what, I am not going to work any longer at things that aren't fun. I am going to stop all things that are not fun. I am only going to participate in things that are fun. I will be provided for and I will be safe." You have a tremendous fear about losing. This is how society controls you. The whole society is controlled by fear. How many of the millions in the United States do you think love their jobs? Very, very few. They go to their jobs because they believe that they have to in order to survive. There is a whole society that has been moved to keep their jobs based upon the whole idea of intimidation and that they need their jobs in order to survive. You have been fed an available material abundance and you feel that you cannot exist without it. Once you understand that that material world is only one weeny world and there is a spiritual world that is much more fun to start with and that you don't need jobs to keep yourselves going, that you can manifest what you want, simply because you are clever enough to believe what no one else believes, that you can get things for free and that you can simply bring things from other realities into this reality. When are you going to get this and start doing it? You all act as if it is completely difficult. It is if you argue for the limitations that your society has fed you with mind control. There is no arguing with us.

Question: Do you mean bringing something from another reality? Is that how one could theoretically win the lottery?

Pleiadians: To some extent. You act as if winning the lottery is an effort. What is the big deal? You don't have to rely upon the lottery. You can rely upon yourselves. You can rely upon your ability to commandeer reality to simply bring you what you want, to have money manifest for you. To have prosperity. To have nurturing and security simply be available for you. You completely erase the idea that you need to work hard for it or that someone would tell you that you don't deserve it for free. That is what stops you from getting it. You are afraid you don't deserve or you have been trained, you have been programmed with the idea that you must work in order to be compensated. That money doesn't grow on trees. No, it grows in the air. It doesn't grow on trees, it grows in the air and it can show up in your hand if you begin to believe it. It has a tendency to show up in drawers now and again. It is planted there by different energies. Things go from one reality to another. It is an open system. The more you get in tune with these nonphysical beings the more they will play with you with these kinds of energies. Your wrist watch is here one day, it is gone for two months and then it shows up again where you are certain you left it two months ago where you dusted and cleaned and looked high and low. Then all of a sudden it comes back. It happens to you all of the time. Get clear about what you want. Get playful with it. If you get clear about what you want and then worry about it, forget it. It is a waste of time. You are to get clear about what you want and then forget it and let it come to you and stop worrying and wondering about what your mother taught you, about what your sixth grade teacher taught you, about what your friends are going to say. That is what stops all these things from coming to you. Enough of a pep talk on creating your own reality. You are all well along the way and you are doing very well.

This article is excerpted from the two tape set entitled "Whose Plan is it Anyway?" For further enlightenment on this topic, the entire tape is available by mail order for \$14.98 (plus slh). (616) 891-0410. Or, see tape pages to order.

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The Pleiadians are a collective of extraterrestrials from the star system the Pleiades. They call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are here as ambassadors from another universe to help Earth through her transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing. The Pleiadians' first book The Bringers of the Dawn: The New Evolution of Man is available from Bear & Co. Publishers.

Barbara J. Marciniak is an internationally known trance channel from North Carolina. She began channeling in 1988. The strength and purity of the message she is bringing very quickly captured the hearts of many seekers looking to be all that they can be. Barbara has channeled at various Expos and for groups across the United States, in Peru, Egypt, Germany and Japan. You may contact Barbara through Bold Connections, P. O. Box 6521, Raleigh, NC 27628.

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For information on applying the Pleiadian teachings and
oxygenation through
BreathWork email or call showen@portal.com or 408-865-1768.

JW So that's all she wrote, dear John I brought your saddle home.

John Winston

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THE SOURCE: The Pleiadians are a collective of extraterrestrials from the star system The Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from The Pleiades to participate in the new experiment of Earth. The Pleiadians are now here as ambassadors from another universe to help Earth through her difficult transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

THE CHANNEL: Barbara J. Marciniak has been a student of Metaphysics for many years. She gives credit to the Seth material channeled by Jane Roberts for her insight into the necessity for conscious, intentional creation of personal experience. Barbara travels extensively. In Athens, Greece in May of 1988, she began channeling The Pleiadians after she and a group of friends experienced a spiritual awakening in the Great Pyramid at Giza. Barbara currently lives in Raleigh, North Carolina where she gives class sessions and workshops with The Pleiadians. You may contact Barbara at

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