

*Interviewer:* Turn this up. I'm gonna have you say to me so it's on the tape that it's okay for me to record this.

*David Hallsted:* Oh, sure.

*Interviewer:* Great [Laughs].

*David Hallsted:* Did you want me to actually state that or just...

*Interviewer:* No. No. That's totally fine. And I think it is – so this is fine. So Ness said it was – that we should talk because you have avatars. Is that right?

*David Hallsted:* Well, everyone has avatars. I'm just more familiar with them 'cause **my avatar descended**.

*Interviewer:* So tell me more about that. So just – so you're a guy, you're – how old are you now?

*David Hallsted:* What year is this?

*Interviewer:* I think it's 2015.

*David Hallsted:* Oh, yeah. So I'm 55 [Laughs].

*Interviewer:* All right. And you kind of make business processes more lean, you're sort of a business consultant, kind of a – sort of an engineer, business consultant guy, and you're...

*David Hallsted:* Right.

*Interviewer:* Yeah. All right. So with that as background, tell me about avatars or tell me about the descent, learning about them through the descent.

*David Hallsted:* Oh, that's kind of a weird thing. They did it one time at birth 'cause I remember talking to my mom and her friend Mary **Zaniewski**, and they talked about a sensation where they felt like they're imploding internally **as they give birth. The same thing happens a second time. It happened when** I was with my girlfriend in Davis.

*Interviewer:* And how old were you then?

*David Hallsted:* Twenty-eight maybe. Yeah, I haven't done my timeline yet. I haven't, and I know I need to do that. So the **second coming or descent** is similar to being born – except for I wasn't being born.

Going through the birth canal and all that. So basically, there's just a large chunk of energy goes down on you to the point where your hand – your fingers curl around your hand chakras. It comes down so quickly. It was a really bizarre event. My girlfriend proceeded to kick me out right then and there –

*Interviewer:* Oh, yeah?

*David Hallsted:* – but I felt okay with it. Well, it was kind of bizarre because it went on for some period of time.

*Interviewer:* A couple of hours or a couple of weeks?

*David Hallsted:* No. I would guess probably three, four, five, minutes, something like that. It's pretty amazing because you're like on fire.

*Interviewer:* Do you look like you're on fire or you're...

*David Hallsted:* Oh, of course not.

*Interviewer:* No.

*David Hallsted:* Nothing. No, no, no.

*Interviewer:* But you experience yourself as if you're on fire?

*David Hallsted:* It's similar to what my mom and Mary **Zaniewski** talked about, which is you feel like you're imploding. Like you're – probably the best way to describe it is imagine every cell in your body sort of wanting to expand out or explode. All right?

*Interviewer:* Yeah.

*David Hallsted:* So it's just a large chunk of energy coming down.

*Interviewer:* So your girlfriend takes a look at this and says – did she kick you out on the spot?

*David Hallsted:* I went for a walk. I think she was used to some weird stuff that her mom used to do, and so it was kinda just weird for me. But the original reason why it happens is because we'd be laying in bed and she'd be grinding her teeth and I can see this white little string coming down on her, towards her. And so I realized that I could actually take that and move it to me and she stopped grinding her teeth. All right?

*Interviewer:* She would break her teeth?

*David Hallsted:* She would stop grinding her teeth.

*Interviewer:* Grinding her teeth.

*David Hallsted:* I'm sorry. I'll try and pronounce clearer. And it's just one of those times when it happened **and I received** the full brunt, force of it.

*Interviewer:* So it was the middle of the night or...

*David Hallsted:* Yeah. Well, what happens is she starts – she falls asleep, she starts grinding, I **would moved the white light** because I want to help her. And you fall asleep. Let's face it *[Laughs]*. You can only stay awake so long *[Laughs]*.

*Interviewer:* Yeah. So you moved the – have you deliberately moved the white light over to you when this happened?

*David Hallsted:* Well, yeah. It's sort of like it was coming down, as I see it in my mind. It sort of came down like a winding couple strings together.

*Interviewer:* Mm-hmm. Could you see it in the world as well or was it something you were seeing in your mind?

*David Hallsted:* Oh, no, I actually saw that. It was kind of weird. **(Just looked at the record and they used their avatar eyes to allow me to see it.)**

*Interviewer:* So you saw it definitely clearly outside of you?

*David Hallsted:* Yeah.

*Interviewer:* And did you know when you first saw it that it was supernatural or did...

*David Hallsted:* Didn't care.

*Interviewer:* You didn't care.

*David Hallsted:* No. Just it helped her.

*Interviewer:* So it's...

*David Hallsted:* Well, it's supernatural. Come on. **(Looked closer at the record and it is the path that connects us to the dream worlds. Ibol and her friends hijacked it to get to me.)**

*Interviewer:* But did you know that it was something that somebody else might not be able to see or did it...

*David Hallsted:* No.

*Interviewer:* No.

*David Hallsted:* Unless someone comes to the bedroom, I wouldn't know. (Can not be seen without avatar eyes for me.)

*Interviewer:* Yeah, so you couldn't have told the difference between that and this bench?

*David Hallsted:* Nah. It's just one of those things that happens. It happens briefly and you do it. You notice the reaction that happens to her and she's able to stop grinding. And I say, "Oh, well, I should keep on doing this. This is a good thing."

*Interviewer:* So you did this, and was it after you'd done that, then the avatar descended with that burst of energy?

*David Hallsted:* Yeah. It's similar to birthing; it's usually the one main person that's descending. Beside her, at different locations, her friends were helping to channel her down. That is what I saw when I looked at the record.

*Interviewer:* What do you mean looked at the record? (A person's record is a movie of everything you have done in this life.)

*David Hallsted:* Well, of that whole episode. I went and just got the record out and looked at it, put my body into it, looked around, and dropped back out to understand it. (I actually entered a record and not looked at it. When I did, her two friends saw a person surrounded by flames on their body. This was just a moment in time, and yet I could see their eye move and look at me though their bodies could not move.)

*Interviewer:* So I'm confused. And so that experience of all that energy coming in –

*David Hallsted:* Right. Oh.

*Interviewer:* – was that also a record?

*David Hallsted:* Well, everything's recorded.

*Interviewer:* So how do you go look at the record? (Since my avatar descended again, I now have access to her abilities, one being looking at records.)

*David Hallsted:* Well, since it's me, I can just look at it and just decide. I can pull it out, look at it.

*Interviewer:* Is it a piece of paper or is it just an experience? Is it like a memory? (A record is like looking at air, except you can see it because you use your avatar's eyes view it.)

*David Hallsted:* No. It's – a record is actually – I'm not sure what – I just call it a recording of what goes on. And so you can pull out records for anything that happens to you.

*Interviewer:* And is that in the material world or is that – is it different from the material world?

*David Hallsted:* Well, everything obeys the laws of physics. That's not deniable. But as in for something you can touch, no. Basically, you pull out a record, look at it, and I don't see anything. You're not gonna see anything. But if my avatar looks at with it – with me then I able to see things.

*Interviewer:* That's helpful.

*David Hallsted:* Right. Or I guess there're some clairvoyants that can actually see it, but I'm not clairvoyant. But everyone has an avatar.

*Interviewer:* So how did you discover more about your avatar? You had this amazing experience.

*David Hallsted:* Well, prior to that, though, there'd be weird things happening.

*Interviewer:* What kinds of weird things?

*David Hallsted:* Let me see...prior to that. Oh, for instance, my bike crash during triathlon training.

*Interviewer:* So you were training for a triathlon, and then what happened?

*David Hallsted:* And then I just – so in the blog I wrote about the bike crash being an avatar catch. So what happened as I crashed, she grabs me, there's three Indian avatars that spin me around. I end up landing on my feet.

*Interviewer:* Landing on your feet.

*David Hallsted:* Oh, yeah. This is very bizarre thing. Ending in a gymnastic **two** bouncing. You know how gymnasts when they finish they do a bounce?

*Interviewer:* Yeah.

*David Hallsted:* So I was completely astonished. I landed on my feet.

*Interviewer:* Wow. And you – because your avatar helped you?

*David Hallsted:* Well, she arranged with the three other Indian avatars at the local university at D-Q to help me out. And she knew the crash was coming up. **I wrote about this in my blog.**

*Interviewer:* I haven't seen your blog yet.

*David Hallsted:* Oh, you haven't?

*Interviewer:* So I need to see that.

*David Hallsted:* That's all right. You don't have to if you don't want to.

*Interviewer:* No, I will. I will. It sounds great.

*David Hallsted:* Well, it's different. **The result of the crash was a slight injury to the right shoulder.** I should have just been a scraped mess, but I'm on my feet. And then I hear this voice telling me to go over to the other side of the road to change my **flat** tire. I proceeded to have an argument with whomever. I said, "Well, this side of the road is just as flat as the other side of the road." And another avatar said, "Well, if you go to the other side, you'll get a ride back home." I go, "Oh, yeah, I could do that."*[Laughs]*

*Interviewer:* So when you hear it, is it in your mind or out in the world or sort of in between?

*David Hallsted:* Oh, it's in your mind.

*Interviewer:* So it's...

*David Hallsted:* But it's a distinct voice.

*Interviewer:* So you're not hearing it the way you hear my voice?

*David Hallsted:* Well, yes, if I close my eyes, it would be the same to some extent.

*Interviewer:* Interesting.

*David Hallsted:* If I closed my eyes and you talked, it'd be something similar to that. But it would be here.

*Interviewer:* Here meaning...

*David Hallsted:* In my head.

*Interviewer:* – in your head. So it feels, you know it's not your voice.

*David Hallsted:* Oh, well, when you think about the tones and the mannerisms, they're all unique to people. You can tell who's who. I **remember my mom told me before I left for driving** my son to Willamette University in Oregon **todo** a rest stop. At the rest stop, I hear a voice say, "Oh, good. You're stopping." It was her voice, **which is** unique to her. You can actually hear the tone of their voice and know who it is.

*Interviewer:* So you recognized her?

*David Hallsted:* Oh, yeah.

*Interviewer:* Yeah.

*David Hallsted:* It's just like I was talking to her or something like that.

*Interviewer:* And when was the first time you recognized her?

*David Hallsted:* Who? My mom?

*Interviewer:* No. You're avatar.

*David Hallsted:* Well, the first time I have a memory of her was at Kindergarten. At birth, they descend and leave a remnant of them in you to help you through your life. So, in Kindergarten is the first clear memory I have of her help. I'm in the playground, **I see a kid walk** by the swing sets and gets bashed in the head. Then another kid walks the **same path** and gets hit too. I realize, "I need to go play with a ball in the corner of the playground because life is too dangerous over there." *[Laughs]*

*Interviewer:* Yeah. Yeah. Sensible man.

*David Hallsted:* Well [laughs], and so the teacher comes up to me and says, "What are you doing playing over here?" I say, "I'm not going out there." [Laughs] But see, that's what's helpful about avatars. She's looking out for me.

*Interviewer:* So you heard her. And did she say...

*David Hallsted:* Oh, no. At that point you're just doing things. It's more of an avatar thought force in which they're directing you a certain way, where you want to go.

*Interviewer:* And how did you know it was an avatar rather than your own desire? (It is part both, you're afraid, thus you cooperate and do the suggestion, which is to be safe.)

*David Hallsted:* Oh, I can look at the record. I haven't looked at it, but it's – I'm pretty positive that – maybe I should look at it. That's one thing I haven't written about. I actually need to record it. In one of the blogs, I actually have a list of all the things I want to write a book on. Actually, I'm gonna divide it into three different books, probably four 'cause I got too many things in the easy section. I could write two books on that. So I'm interested in doing that. But it's just something I got to look at it. But it's one of the things you're into, thinking, "Why would I make that decision?" So you get help. (Do I really talk like this? LOL)

*Interviewer:* And did you know at the time that you were being directed by somebody else or did you just figure that out afterwards?

*David Hallsted:* No, you don't really. For instance, there's one time I was at Playas, NM in the desert and I was going for walk. And all of a sudden a coyote comes out from behind a bush. Just a coyote out of nowhere comes out from behind the bush. I had a pick with me and raised it up. The coyote's thinking, "Oh, this is not a good idea." And goes back beyond the bush and disappears. But I don't think anything else about it. (My avatar used force thought to make me forget about it.)

They direct your thoughts and say "Okay, don't think about it anymore. You don't really need to figure it out. You be happy and walk on your way."

*Interviewer:* Yep. So is that what the avatar does or...



*David Hallsted:* I'm pretty sure. Yeah. Because if you really thought about it and it disappeared from nowhere – came from nowhere and disappeared to nowhere, how is that possible?

*Interviewer:* So is the coyote part of the avatar or the coyote...

*David Hallsted:* Oh, no. That was somebody who wanted to take a walk with me.  
*Interviewer:* The coyote wanted to take a walk with you? (I asked, and it was Crazy Horse in a coyote shell.)

*David Hallsted:* Yeah, yeah.

*Interviewer:* And your avatar thought it wasn't a good idea?

*David Hallsted:* If a wild animal comes up to you, what do you do? \_\_\_\_\_  
[laughs], "Whoa. What the heck you doing?"

*Interviewer:* Yeah.

*David Hallsted:* It's more of, "Oh, dude, get away!" [Laughs]

*Interviewer:* Yeah.

*David Hallsted:* It's more along those lines.

*Interviewer:* Yeah, yeah, yeah, yeah, yeah. (She could be a rock singer.)

*David Hallsted:* So I don't think she had to really help me or anything. I haven't looked at it. That's one of the things I have listed on the blog I want to record. (The Indian avatar made a coyote shell and got in it to take a walk. It was the one of the three Indians that helped with my bike crash, but this walk was years before the bike crash.) (A more interesting question is why did he think it could take a walk with me? In the record, it seems that he want to talk to my avatar.)

*Interviewer:* Yeah. So when you record it, what are you doing?

*David Hallsted:* Oh, when I'm writing it up?

*Interviewer:* When you look at the record, what are you doing?

*David Hallsted:* Oh, just you look at it. Oh, well, in the beginning when I looked at records, it'd be like single panes or it'd be like some type of object shape and you can look at the different panes. Now I look at timeline. It's a moving record where I can actually look at it, take

it apart and move it at different angles. And you can actually look at all the different aspects.

*Interviewer:* So if you were gonna describe that, you might – in a different way, you might say that you were looking at memory, you're looking at a piece of time?

*David Hallsted:* No. The record keepers – it's a record. Everything you do is recorded.

*Interviewer:* But is it recorded with images or with words?

*David Hallsted:* It's just like a movie. (And sound though there may be more that I have to look at.)

*Interviewer:* So it's a movie. So it's like you're looking at a piece of a movie from your past?

*David Hallsted:* But it's different, because you can actually look at it and take it apart and **view** the various aspects of it. You can blow it up, shrink it down, move it away, move it out, see how other timelines go into it, and follow that timeline to different ones. You can look at things and trying to figure out – that's kind of a pretty bird. (In the record, the Hummingbird Mum was keeping a watch on me.)

*Interviewer:* Yeah.

*David Hallsted:* Where things are going if you have permission.

*Interviewer:* How do you get permission?

*David Hallsted:* Well, from the avatars, it's really no big. It's really humans. Even in my blog I mentioned it because someone raised a concern, a mental comment. You can actually hear the comments coming through the airwaves. And so they were concerned...

*Interviewer:* And do you hear it with your ears or do you hear it in your mind?

*David Hallsted:* Well, I haven't written about this and I possibly [laughs] – this is supposed to be a quiet place [Laughs].

*Interviewer:* I know. Sorry about that.

*David Hallsted:* No. That's all right. You're the one recording. So it's more along the lines of the avatar let me hear it. **And if their avatar wants to stop me from** listening, they **draw down a bind to shut me out.** By

listening, I can understand what concerns people have. And so that's one of the reasons why I wrote the thing about reading a record because people were concerned that I **can** read anyone's record and you can't. An example I used in the blog **was** that a **record keeper** put down my brother Mike's timeline and I could see the parts where our timelines interact. **The blank parts I can't see because** we hadn't interacted. To relieve people's anxiety, I **wrote that I couldn't** just go in and read anyone's record. **You need** permission, to see their side of the story.

*Interviewer:* Yeah. \_\_\_\_\_.

*David Hallsted:* So that's part of the reasons why I haven't written some post that I'd like to write because I permission from people. But I can't get permission, so I can't write about it. **(Though I can because the record is published in a newspaper, which allows me access to read the record.)**

*Interviewer:* That's true. And when you see the movie, is it like you're seeing it the way you see the sound and the bench or do you see it in a different way?

*David Hallsted:* Oh, so if I was gonna look at a record here, it'd be like here.

*Interviewer:* About two –

*David Hallsted:* Yeah, I see everything...

*Interviewer:* – feet in front of your nose.

*David Hallsted:* Or however close I want to do it.

*Interviewer:* Yeah.

*David Hallsted:* But it...

*Interviewer:* But it feels like it's outside of you? It doesn't feel like it's inside?

*David Hallsted:* Oh, it is definitely outside of you, unless you go in it, which you shouldn't do. Don't go in records, you will alter the record. **I wrote about that in the blog too. It gets hard to look at records. I spent time making a clean space around the house, because we live in a soup of energy. A clean area allows for a clean read of a record.**

*Interviewer:* And when you clean it, is it like you sweep and you wash the windows?

*David Hallsted:* No, I have –

*Interviewer:* Or do you do something different?

*David Hallsted:* – I set up four different corners above and below so it's always clean. (I have avatars at each corner, who connect to each other to form a box, a clean area.)

*Interviewer:* So I might call that magic. Would you use that word?

*David Hallsted:* Sure, if you want to be Muggle [Laughs].

*Interviewer:* So you wouldn't use the word magic?

*David Hallsted:* Nah, 'cause anyone can do it.

*Interviewer:* Yeah, yeah.

*David Hallsted:* It's no big deal.

*Interviewer:* No, no, no. There are a bunch of books that teach you how to do this stuff. And do you read books like that? Books. Sometimes people call it the occult or...

*David Hallsted:* Well, I used to read all those books, but I had to throw 'em all out.

*Interviewer:* Oh, how come?

*David Hallsted:* In fact, I used to have theosophy books and I just chucked 'em all. Just they weren't very accurate.

*Interviewer:* So which of the books on magic were you reading? Do you remember?

*David Hallsted:* No. I read maybe one or two. I read a whole bunch of theosophy stuff.

*Interviewer:* And what wasn't accurate about it?

*David Hallsted:* Well, most of it [Laughs]. (For Helen B., certain aspects were correct. Theosophy missed the avatar stuff or chose not to write about it.)

*Interviewer:* All right [Laughs].

*David Hallsted:* Sorry [Laughs].

*Interviewer:* All right. So when you're cleaning...

*David Hallsted:* I don't clean. I've set up a clean area.

*Interviewer:* Oh, you set up a – so how do you set up that clean area?

*David Hallsted:* I don't know. I'll figure it out when I do. That's one of the things in my to-dos. I haven't done it yet. What I did was spent time – there's like – one's a tree, one's a stream, one's a dead tree. And so what you do is you connect all to. And I really haven't looked at it. I remember doing it, but it's been a while. (Use all four corners and link them together. Make a mental box and extent the ceiling up and floor down. Then inspect every last inch, which is quick because you use your avatar for the inspection. If it is setup correctly, you should feel a difference when you leave and enter the clean area. The avatar at each corner maintain the clean area.)

*Interviewer:* \_\_\_\_\_.

*David Hallsted:* No. That's okay.

*Interviewer:* \_\_\_\_\_.

*David Hallsted:* It's probably what helps this place out.

*Interviewer:* And so do you do that in your mind or do you actually go there and draw things air and...

*David Hallsted:* That's a lot of work. Well, no, draw it in the air. 'Cause you can actually – as part of the avatar consciousness, which I also wrote about in the blog [laughs]...

*Interviewer:* I'll make sure I – okay.

*David Hallsted:* I've written a lot. Don't worry about.

*Interviewer:* So what's the – how would I get into your blog?

*David Hallsted:* Oh, just type my name and blog.

*Interviewer:* So how do you...

*David Hallsted:* Oh, you can do it later. I'll tell you.

*Interviewer:* I just want to make sure I got it. So David. And how do you spell – it's Hallstead, right?

*David Hallsted:* Yeah. H-A-L-L –

*Interviewer:* H-A-L-L –

*David Hallsted:* -S-T-E-D.

*Interviewer:* – S-T-E-D.

*David Hallsted:* And just blog and it'll come up. 'Cause I was just wondering if you search yourself, what comes up.

*Interviewer:* So it doesn't...

*David Hallsted:* It'll be on there somewhere. H-A-L-L-S-T-E-D.

*Interviewer:* Right. Maybe that's the – autocorrect is such a dangerous thing.

*David Hallsted:* Uh-huh. (I knew right then that she was avatar hacked. LOL. Her avatar wanted to do the interview, not look a site that she could do later.)

*Interviewer:* It's very frustrating. So how does this – how does the avatar work?

*David Hallsted:* Huh?

*Interviewer:* So the avatar...

*David Hallsted:* How do they work?

*Interviewer:* Yeah. How do you – so you...

*David Hallsted:* Do you mean your whole upbringing?

*Interviewer:* Yeah. So do you feel the presence of your avatar?

*David Hallsted:* No, most people don't.

*Interviewer:* And you don't feel their presence either?

*David Hallsted:* Me?

*Interviewer:* Yeah.

*David Hallsted:* Oh, yeah.

*Interviewer:* You do feel their presence.

*David Hallsted:* Oh, yeah, **but not all the time.**

*Interviewer:* So can you tell me more about that? Where are you feeling that I'm not feeling?

*David Hallsted:* Oh, just probably more being able to be aware of it.

*Interviewer:* Yeah. So can you say more about that?

*David Hallsted:* Oh, interesting. I hadn't even thought about that 'cause it's just so – I think it's because she wasn't very happy where she was living, so she spent more time in me than probably normal.

*Interviewer:* How did you know that she was in you?

*David Hallsted:* Well, you don't.

*Interviewer:* So you don't. But there must be some things that you feel. **(tones and mannerism)**

*David Hallsted:* Well, for instance, 'cause she spent time in me, she wasn't doing her work in school. So all of a sudden I'd be really worried about an exam coming up. I have a job, **so** why am I worried about an exam *[Laughs]*? I **said** calmly to myself, "Just relax, do the best you can. You'll be okay on the exam." There's another time where she'd forgot to do some homework about whales. I had to look up stuff on whales. She used my eyes and did it all. She's sort of a slacker. **(Forgive me Ibol!)**

*Interviewer:* So how did you know that she wanted you to do that?

*David Hallsted:* You get the impression to do it.

*Interviewer:* And can you say more what that feels like to have – is it an impression in your mind? In your heart or what...

*David Hallsted:* It's more here.

*Interviewer:* More in your mind?

*David Hallsted:* Yeah.

*Interviewer:* And so – and is it – and the impression is wales. Is it a \_\_\_\_\_ or...

*David Hallsted:* No. It's probably like, "Wait. I got to look up whales"  
*[Laughs]."*

*Interviewer:* Wales. This is the mammal?

*David Hallsted:* Yeah.

*Interviewer:* Yeah.

*David Hallsted:* I'm sorry. Am I not speaking clearly?

*Interviewer:* Sometimes you don't speak so clearly.

*David Hallsted:* Yeah. Forgive me. (I need to spend more time in my body.  
Now who is the slacker...LOL)

*Interviewer:* That's okay. That's okay. And does she talk to you?

*David Hallsted:* Well, yeah. She's busy, though, now.

*Interviewer:* What's she doing now?

*David Hallsted:* I don't know *[Laughs]*.

*Interviewer:* So when she talks to you, how do you know that she's talking to you?

*David Hallsted:* Well, the voice, the tone. (tone and mannerism)

*Interviewer:* The tone. So you –

*David Hallsted:* Oh, yeah.

*Interviewer:* – know it's her.

*David Hallsted:* Yeah.

*Interviewer:* And do you have back-and-forth conversations?

*David Hallsted:* Sure. Nowadays. Yeah.

*Interviewer:* Yeah.



*David Hallsted:* And she usually – since we're both busy, we're both doing different things, so I let other avatars take over.

*Interviewer:* So how many avatars do you experience?

*David Hallsted:* Two new ones every day, **one in me and one as the avatar.**

*Interviewer:* Oh, wow. So that's a lot of avatars.

*David Hallsted:* Well, but it's only since been like 2012.

*Interviewer:* So that's – what happened in 2012?

*David Hallsted:* Ah, very interesting. Well, actually, a little bit before that. So one of the things that happened to me was I got stuck on a different timeline.

*Interviewer:* Cool.

*David Hallsted:* Maybe.

*Interviewer:* Not too cool [*Laughs*].

*David Hallsted:* Maybe [*Laughs*]. Maybe. Maybe not. So for some reason, I pulled the car into the garage and I cleaned the recycling buckets to bring everything in. I'm walking where there isn't a car. So I proceed to open the door, go inside and ask, "Who's up there?" Susan says, "She's here." So I open the garage door again and I look...

*Interviewer:* Susan's the avatar?

*David Hallsted:* No. That's my –

*Interviewer:* Wife.

*David Hallsted:* – formal wife. And so I open the garage door and look and see, "Oh, there's a car there." But I just was walking through it. That's not a good thing.

*Interviewer:* I see. So you experienced yourself...

*David Hallsted:* Physically getting put on a timeline that – I should not have been able to walk through that car. The car was not there. Which is another reason that led me to clean that whole area, so I have a clean area.

*Interviewer:* Has anything like that happened again?

*David Hallsted:* Nope.

*Interviewer:* That's pretty good.

*David Hallsted:* Not a good thing.

*Interviewer:* So it didn't \_\_\_\_\_...

*David Hallsted:* So what's the problem with something like that? So basically I could be walking across the street, I had been there many times before, and all of a sudden step in front of a bus.

*Interviewer:* That'd be bad.

*David Hallsted:* That's right. So the short-term solution was to have me wake up in the middle of the night doing this. And she was \_\_\_\_\_  
[Crosstalk]. (I never used it so it not worth explaining it.)

*Interviewer:* That crossing your hands.

*David Hallsted:* Well, no.

*Interviewer:* Crossing your...

*David Hallsted:* It was this.

*Interviewer:* With the two finger extended and the thumb.

*David Hallsted:* Right. Right. 'Cause I never had to do it, but basically it lifted up someone so possibly I could stop something. But a better solution was to have the lucky penny thing? It turned out to be really lucky because all of a sudden that penny's unique to you on that timeline.

*Interviewer:* Yeah.

*David Hallsted:* Right. So those are good pennies. But there'd be times where I'd come to a place where I think I've been before and I don't see any markers anywhere. One time I remember asking my kids, "Is it okay to cross?" 'Cause I didn't have a clue, there were no markers.

*Interviewer:* To cross the street.

*David Hallsted:* Right.

*Interviewer:* Or to cross...

*David Hallsted:* To cross the street because you don't know.

*Interviewer:* So you ask – who do you ask?

*David Hallsted:* Oh, it was my kids. We were on a hike.

*Interviewer:* So you've got kids.

*David Hallsted:* Well, they're in college now. So the better solution was to just actually put an avatar in me, a new one every day.

*Interviewer:* So you made that conscious decision?

*David Hallsted:* Well, yeah, it worked out.

*Interviewer:* So is that – so you thought that's – and the avatars kind of take care of you?

*David Hallsted:* No. They go to work for me. I get to do other things *[Laughs]*.

*Interviewer:* And what do they do that – what are they working?

*David Hallsted:* Just in my job.

*Interviewer:* And what are they doing?

*David Hallsted:* My job.

*Interviewer:* So that you're both doing your job?

*David Hallsted:* Well, no. No. I give 'em run of the body. So this is gonna be a little advanced, on the harder level. So in the blog I mention easy, middle, advanced. And so basically when they descend into you a second time you ascend.

*Interviewer:* So you can do other things.

*David Hallsted:* Yeah. I can do other things. Visit places. Do other things.

*Interviewer:* Go visit your sister? (Interesting. This is a hint on something I need to do. Thanks)

*David Hallsted:* Why?

*Interviewer:* Sorry. I thought that's what you said.

*David Hallsted:* Oh, I'm sorry. You can do other things.

*Interviewer:* What other things?

*David Hallsted:* Well, pick a place.

*Interviewer:* I don't know. India.

*David Hallsted:* Yeah. Well, I've been there. Well, hold it. No. They came over. That didn't work out too well. The deities have their own problems. But you can go off and do other things that you've been tasked to do.

*Interviewer:* What kinds of things?

*David Hallsted:* Oh, that's getting more advanced. Can we back off on that one?  
**Plus I barely understand the subject myself.**

*Interviewer:* Okay.

*David Hallsted:* Let's go to a simple one. We'll talk about – so every morning there's an avatar in **my body and one as an avatar on my shoulders.**

*Interviewer:* A new one.

*David Hallsted:* A new **pair. Each morning, with both inside of me, they** mark themselves. **I do the sign of the cross on the forehead invoking my name as I do it. I thought that was** kind of cool because JC was doing it. He had everyone do it, so I just thought I'll do it. Then I, **the avatar pair of the day, draw two swords out of my stomach and put them back in and draw two new swords. (JC=Jesus Christ) (The mark on the forehead acts as a key to get into the my flat, the clean area.)**

*Interviewer:* Swords.

*David Hallsted:* Yes. Avatar weapons. I arm **the avatar on my shoulder to avoid any shenanigans we may encounter that day.** And so after that there's always one that's in shotgun position, which is on your shoulders. You have one too. They'll go to work for me to allow me to do whatever I'm supposed to do. Although, I did agree with your **avatar to be here today. (Avatar weapons can only hurt avatars.)**

*Interviewer:* Thank you. **(Avatar speak)**

*David Hallsted:* Well, we prearranged it. That's why you don't see me talking in third person. So in other words, you don't hear me saying, "Oh, David decided this." (we = David and Tanya's avatar)

*Interviewer:* So you agreed with my avatar that you would be here –

*David Hallsted:* Yes.

*Interviewer:* – rather than your avatar. (The avatars of the day, one in me and one on the shoulders. I took my body over right before I meet you, and left right after we parted.)

*David Hallsted:* That agreement was made ahead of time and I agreed to be here.

*Interviewer:* And so \_\_\_\_\_ [crosstalk]...

*David Hallsted:* Are you okay with that?

*Interviewer:* Yeah. That's great. Will your avatar ever say, "David thinks or David does or –"

*David Hallsted:* That's when they slip up. It's so funny when they slip up [Laughs]. There's so many stories of them slipping up it's outrageous. For instance, we were working on the gutters of the house. We were redoing the gutters. The avatars of the week were comet maidens. (Comet maidens help direct comets on their path in the galaxy.) They're petrified of high places. Every time I got up the ladder, she would say, "I can't believe I'm going up the ladder again." But the next week I had the Tasmanian Mum and daughters over, and the Mum was okay walking in high places. As I'm walking on the scaffolding, my son goes, "Wow. You're really confident. You're not even hooking in anymore." We have hooks on the house eaves to attach a safety lines. That's when she realized, "Oh, yeah, I have to hook the line just like David would be hooking in."

*Interviewer:* Oh.

*David Hallsted:* But to her it was no big deal to be walking around in high places because she does it all the time where she lives, on Tasmania Island.

*Interviewer:* I see.

*David Hallsted:* So it's funny to see them slip up. Another slipup [laughs] – these are some of my funny stories. So on the walls we put semi-gloss

paint 'cause I use 'em for chalkboards. I'm talking to my son about his budget. And all of a sudden I have to spell Berkeley. And I told John, "I don't know how to spell Berkeley." Of course I know how to spell Berkley. So it goes on the list of things. We got to make sure the avatars learn how to spell Berkeley [Laughs]. Otherwise, they'll slip up again.

*Interviewer:* And do you ever – when they're in you, when you know that they're sort of in charge, do you feel different?

*David Hallsted:* Well, if they do any physical harm, I have **to pop** back in and take the brunt of it. Unless it's an avatar substitution, where – which is written in the blog, in which they'll take it.

*Interviewer:* And when – what kind of physical harm do they do?

*David Hallsted:* Oh, they just \_\_\_\_\_.

*Interviewer:* Like?

*David Hallsted:* Well, actually, nothing really happens. Well, actually, maybe a couple things. One time I was being tested and so the Moms was testing me and so it made me drop this heavy beam on my finger, on this finger.

*Interviewer:* Ow.

*David Hallsted:* I came back and I asked the Mom, "Can you please not do that anymore?" But it was a test to see if I'd come back.

*Interviewer:* So some people talk about that – experiences like that as coming in and out of their body and they are in their – when they're not in their body, they're not so aware of what's happening in their body. Does that happen to you? Do you...

*David Hallsted:* Not in the least bit. Oh [Laughs]. This is a funny one. So [laughs] there's all these funny things that happen. So Ibol likes – that's the name of my avatar, Ibol. She likes Easter a lot. She loves Easter. So I **always let her be in me and do** Easter 'cause she likes hiding eggs and all that. **I let Ibol have my body while I was my sister dog, Copper. I surprise Ibol by being the dog and we got to kiss, because we never get to physically kiss.** She, **being me**, had taken pictures and I hadn't known about it **because I was busy doing dog things. When I saw the pictures I said, "Who took these pictures? And by the way, they're not focused** [Laughs]. **(Normally, I**

remotely supervise my body to ensure nothing bad happens and help with the picture taking.)

*Interviewer:* So she took the pictures and you didn't remember her taking the pictures? [Crosstalk].

*David Hallsted:* No, I just – it was...(I was the dog., though I can't seem to pull up those records. Hmmm. Something else to look at.)

*Interviewer:* You just found the pictures.

*David Hallsted:* Right. And I'm only telling you part of the story because it's a little hard to do the other part. (I filled in the story above.)

*Interviewer:* Let's actually move to the next area.

*David Hallsted:* It's area number two.

*Interviewer:* It's area number two. I'll just keep this running.

*David Hallsted:* Where're seats? Oh, they're some there. Go ahead.

*Interviewer:* Yeah, yeah.

*David Hallsted:* So is this okay? Are you okay with this?

*Interviewer:* Yeah. This is great. Yeah. This is wonderful. And it's – I'm just trying to figure out – it's really interesting. I was trying to figure out –

*David Hallsted:* Figure out what?

*Interviewer:* – what you're experiencing. And so – in language that I – that makes sense to me. And so when the avatars show up, is it more like you're...

*David Hallsted:* What do you mean by show up?

*Interviewer:* Well, when \_\_\_\_\_ [crosstalk]...

*David Hallsted:* You always have – you have one.

*Interviewer:* Yeah. \_\_\_\_\_ [crosstalk]...

*David Hallsted:* And I can hold a second conversation with him and you.

*Interviewer:* And can you – is that kind of in your mind or is he talking outside or...

*David Hallsted:* Nah, he's usually quiet [*Laughs*]. He's gonna be more quiet since I said him. I'm sorry about that [*Laughs*]. (Normally I do not tell a person the sex of their avatar.)

*Interviewer:* When your avatar's sort of in charge of your body, is it...

*David Hallsted:* Mm, well, they sort of guide you. When you're young, you remember how you have your invisible friend when you're young, you're always talking?

*Interviewer:* Mm-hmm.

*David Hallsted:* Well, that's your avatar talking. (avatar speak)

*Interviewer:* So is it more like having an invisible friend **than** being possessed? **Does** that make sense to you?

*David Hallsted:* **They** can do an avatar substitution. It's really not a good thing, though, for them, **because they take the damage**.

*Interviewer:* Mm-hmm. But do you ever feel like you're possessed?

*David Hallsted:* Well, they might do an avatar speak.

*Interviewer:* Let's go in the – yeah, let's go up there. They might do an avatar...

*David Hallsted:* Basically – in the blog again [*laughs*]...

*Interviewer:* Uh-huh. Yeah. Which I'll find.

*David Hallsted:* Avatar speak, they **superimpose** their face **over your face** and **use** you to speak. In the blog, I have **links** of people doing walk-throughs or **a** YouTube **vlog** where avatar speaks happens. Avatar speak is common. It happens all the time. You can see it because all of a sudden they start talking in different tones, mannerisms, **and sometimes third person references**.

*Interviewer:* If the person starts talking in different tones and mannerisms, the human.

*David Hallsted:* Yeah.

*Interviewer:* Yeah.



*David Hallsted:* So it's really just easy to see.

*Interviewer:* All right. So do people ever – that's a Buddha's Hand.

*David Hallsted:* What?

*Interviewer:* And that tree looks so much healthier than my tree. Anyway, never mind.

*David Hallsted:* What is a Buddha's Hand?

*Interviewer:* You see those...

*David Hallsted:* Is it a lemon tree?

*Interviewer:* No. You see that fruit in the middle?

*David Hallsted:* Yeah.

*Interviewer:* That's a Buddha's Hand.

*David Hallsted:* Does he manage every tree then?

*Interviewer:* Who?

*David Hallsted:* Buddha *[Laughs]*. Well, I don't know. Maybe he does. That's the problem when you get named after certain things. You're tied to that. I swear if anything's named after me, I'm, like, taking **it out**. *[Laughs]*.

*Interviewer:* I see. I see.

*David Hallsted:* So don't – try not getting named after anything.

*Interviewer:* Yeah.

*David Hallsted:* Sorry about that. It's off the record *[Laughs]*. **(you can leave it in)**

*Interviewer:* So the new avatar that comes into your – that takes charge every day –

*David Hallsted:* Oh, yeah, yeah, yeah.

*Interviewer:* – so do you have a relationship with that avatar? Do you talk to that avatar?

*David Hallsted:* No, I got a bunch of work to do. I'll admit my **physical** life's very structured. It's got to be 'cause that's the only way you can avoid hiccups or misses. But it's interesting to see how they handle things differently. They're all individuals. They're all people 'cause avatars are just people. They don't have physical bodies. And the reason I use the word avatar **is because** if they want to, they can take on a physical shell and be here. So in the blog there's a couple **of post** about shells. I have a video of an avatar that took on a marmot **shell**.

*Interviewer:* Wow.

*David Hallsted:* Yeah. It's kinda cool.

*Interviewer:* Yeah. \_\_\_\_\_. I'd love to see it.

*David Hallsted:* Yeah.

*Interviewer:* I'm sorry.

*David Hallsted:* It's more detailed. Yeah. I just recently wrote another one about shell that was a snake.

*Interviewer:* A snake?

*David Hallsted:* I was trying to play a prank and it backfired. Oh, well [*Laughs*].

*Interviewer:* All right [*Laughs*].

*David Hallsted:* The shells are common, though. They're more common than you would think.

*Interviewer:* So the avatar takes on the shell?

*David Hallsted:* Mm-hmm.

*Interviewer:* So how did you learn that it was an avatar? How did you learn the word avatar?

*David Hallsted:* I asked 'em.

*Interviewer:* You asked them.

*David Hallsted:* I said, "What do you want to be called? I got to call you something." And they agreed to **be called avatars** because they can

take on a physical shell. But they're just people. When you talk to enough of 'em, they're just people.

*Interviewer:* And are they people who were once in human form or are they...

*David Hallsted:* No. They're just people.

*Interviewer:* They're just people. So they're not spirits?

*David Hallsted:* What's a spirit?

*Interviewer:* So you wouldn't call them spirits?

*David Hallsted:* Well, I don't know. What's – I don't know. What's a spirit? I don't know what a spirit is. . (I just looked it up. It seems that avatars on Venus can stop taking care of their avatar left on Earth once the soul is taken away. The soulless avatar, spirit, wanders around aimlessly looking for purpose.)

*Interviewer:* So some people think that humans who have died, who physically died...

*David Hallsted:* Oh, like a soul.

*Interviewer:* Yeah. And they stay around and interact.

*David Hallsted:* Well, that probably might be their avatar that sticks around. I wrote a blog post about the bone records I extract from the bone. The story has a happy ending, even though she got – well, got killed and a wolf ate her. Her avatar stuck around her body while the soul keeper took her soul away. The avatar stuck around the body and she ended up getting to know the wolf avatar and joined him on his journey.

*Interviewer:* So how would you – what's the difference, do you think, between an avatar and a soul?

*David Hallsted:* Well, I don't know. I haven't looked at that

*Interviewer:* All right. That's good. \_\_\_\_\_.

*David Hallsted:* Yeah. Because yeah, well, when we're done with this discussion, I'm gonna turn it back over to the avatar, and then they can just finish out the day.

*Interviewer:* All right. And do you ever hear the – your main avatar, your...

*David Hallsted:* Her?

*Interviewer:* Her.

*David Hallsted:* Ibol?

*Interviewer:* Ikil? (She is laughing...LOL)

*David Hallsted:* Ibol.

*Interviewer:* Ibol.

*David Hallsted:* I-B-O-L.

*Interviewer:* Ibol. Yeah.

*David Hallsted:* Oh, yeah. Blonde, blue-eye. Sure.

*Interviewer:* Yeah. So do you see her sometimes?

*David Hallsted:* Oh, here's a funny story [Laughs]. So she breaks rules all the time. So we're at \_\_\_\_\_ – or we're at – there's the Redwood Forest that's by Tamalpais. That's called...

*Interviewer:* Isn't that Tamalpais Park?

*David Hallsted:* No, it's not the park, but it's the Redwood Forest that there's in the valley.

*Interviewer:* John Muir Woods?

*David Hallsted:* Ah, Muir Woods. Yes. So – and this is about taking on shells. So I'm walking with my boys coming back from long hike. I'm walking back and all of a sudden I see this elderly woman looking at me with gorgeous blue eyes like she's in love with me. And then this woman behind her saying, "Stop looking at him [Laughs]." So it's those weird things where you can see those type of things. 'Cause I remember talking to – 'cause I didn't know who it was. I just thought it was really odd. (As part of her class assignment, they had to go down and observe a human. Those eyes are amazing, I have never seen someone look at me and know they are in love with me.)

*Interviewer:* That she was looking at you?

*David Hallsted:* Right.

*Interviewer:* Yeah.

*David Hallsted:* And then get her to fess up to it later.

*Interviewer:* And she did fess up?

*David Hallsted:* Well, yeah, that was at the time when – I think it was before I started really getting into this stuff, being able to do it and actually read records and things like that.

*Interviewer:* So when did you start being able to do it?

*David Hallsted:* Somewhere in 2012. I haven't – I know I need to do a timeline. I know that's gonna be on the blog. One of the things I want to do is be very transparent in all this. So I need to do a blog with timelines. And I need to do a blog about all the avatars **that have been in me**. Maybe I should just turn the journal over. I don't know. I haven't decided.

*Interviewer:* Do your avatars ever write for you?

*David Hallsted:* Yes and no.

*Interviewer:* Do they ever...

*David Hallsted:* They do the work. They do the stuff at work. After 2012. Yeah, I mean, they'll start the blogs and write. I will be very impatience because there's too many interruptions from everyone else, and say, "Stop" when you type.

*Interviewer:* And do you say that out loud or do you say that in your mind? (**in my mind, unless it is way overboard.**)

*David Hallsted:* Oh, no, it'd be – it's just like – let's say there was other people sitting here that you can't see and they'd be just talking. So it's – so you can understand, in order to hear a physical **voice from you got to have physical molecules for the ear to hear**. A few time, I can their voice as clear as I hear yours. (**This has been happening more often. I think they re testing it for a human shell.**)

*Interviewer:* Oh, wow.

*David Hallsted:* So what it is, is more you hear it mentally. But there's different tones.

*Interviewer:* So the ones who you've been able to hear –

*David Hallsted:* Not all of them.

*Interviewer:* – physically – so they're all **mental voices** and then there's some that you can hear physically the way you hear my voice?

*David Hallsted:* Well, that's very rare 'cause why –

*Interviewer:* That's rare.

*David Hallsted:* – I guess it's more effort. I haven't even figured out why.

*Interviewer:* But sometimes you do, sometimes you don't?

*David Hallsted:* Well, it's more they don't because it's probably more effort on their part.

*Interviewer:* Do you ever hear sometimes there's a kind of whispering? Do you ever hear that?

*David Hallsted:* Are they whispering 'cause they don't want me to hear it [*Laughs*]?

*Interviewer:* \_\_\_\_\_.

*David Hallsted:* 'Cause they'd be going like [mumbling], he's gonna hear us, so they whisper. I guess. I don't know. If I hear stuff like that, I'll probably ask, "Are you talking about something?" I'll just physically just – or mentally just ask 'em, "What the heck's going on?" **The room Ibol was in had a viewing bubble of me where she and her two friends would talk about what to do next. Ibol would come in and just start to talk and the other two would do side whispers telling her that he can hear you. Yes they do whisper.**

*Interviewer:* So does she – are you always aware when she's interacting with you?

*David Hallsted:* Yes. Well, hold it. Well, in a couple ways. She has these amazing eyes that when – let's say there's an avatar. She comes in to be in that avatar to talk to me, the eyes, it's like they somewhat hurt, but they don't hurt because they're amazing. And then you hear her voice. And then she has her own set of mannerisms too on how she handles things.

*Interviewer:* And she has ever spoken physically with those physical molecules?

*David Hallsted:* Well, yeah. At Easter she takes over. Oh, you mean outside?

*Interviewer:* Yeah.

*David Hallsted:* No, she hasn't.

*Interviewer:* She hasn't.

*David Hallsted:* I think there's only one actually that did that. (It is happening more often. They will make a physical sound and wake me up from my nap.)

*Interviewer:* And was that – when they – when that happened, was that a good experience or a bad experience?

*David Hallsted:* There's one time an avatar talked to me though I do not who it was. So I'm gonna – I haven't looked at it. And I don't really want to look at it here, although this seems to be – to be pretty clean. So I'm gonna... (A clean space is necessary to access record and not have them tainted.)

*Interviewer:* Yeah, yeah. No. That's totally great.

*David Hallsted:* 'Cause I don't want to get into having to retract things.

*Interviewer:* Yeah. No, no, no. Absolutely. So some people who might use a different language to talk about the avatars, some people experience good avatars and then bad avatars.

*David Hallsted:* Well, they're all people. There's no good or bad. Well, there's some that are – shouldn't be doing what they're doing. Just like there's no gods or demons, no saints, no devils. They're just all people.

*Interviewer:* Yeah. And so are – so your – the avatars that you spend time with, are they – are any of them really bad?

*David Hallsted:* Well, the whole point is to help them out. So they come over and become one. There's a reason why they turn bad. And so you got to help 'em.

*Interviewer:* How do you help 'em?

*David Hallsted:* Next subject [Laughs]. Well, because that's another hard one. Yeah. That's another hard one. I won't – and we'll probably talk later and I can get more into that. But I need to also think about it a little bit. (The schism affect humans and avatar. I need to spend more time looking at it though I am currently working on the world's deadliest puzzle to fix the schism. The schism will be book three, that is, if book one and two go well.)

*Interviewer:* Sure. Is Ibil – Ibol, is she...

*David Hallsted:* Ibil – Ibol? How do you pronounce that?

*Interviewer:* Well, \_\_\_\_\_. How did you find out her name?

*David Hallsted:* Oh. I just ...(I am staring at the sky and doing a mental phone call to my brother to get clearance to tell Tanya.)...that one. My brother told me.

*Interviewer:* How did he find out her name?

*David Hallsted:* No clearance [Laughs]. Sorry [Laughs].

*Interviewer:* That's okay [Laughs]. Do you have back-and-forth conversations with her?

*David Hallsted:* She was with me for over 50 years.

*Interviewer:* So yes. And is she – she's kind of like a – she started as an imaginary friend, as being like an imaginary friend.

*David Hallsted:* She's pretty good. Back to me now.

*Interviewer:* What did she say?

*David Hallsted:* Oh, nothing. She gets emotional sometimes.

*Interviewer:* So you look like you're getting kind of emotional.

*David Hallsted:* Right. But the way to take care of that is you need to do this, quickly take it all down and put it to the ground. (you ground the emotion)

*Interviewer:* So you're using your hands to kind of push it away and...

*David Hallsted:* Or you can do it mentally. Sometimes you can or can't.



*Interviewer:* And it sounds like she's pretty fond of you.

*David Hallsted:* Yeah.

*Interviewer:* Yeah. And you're pretty fond of her?

*David Hallsted:* Yeah, but see, the goal an avatar is to find someone human for you.

*Interviewer:* So I'm trying to figure out...

*David Hallsted:* So there's countless blondes that I've tried to be with that didn't work out. Well, I shouldn't say countless. Hands.

*Interviewer:* And Sue is your ex-wife?

*David Hallsted:* Yeah. You can call her that. She's a friend now. Well, sort of. We do talk. I live in the basement.

*Interviewer:* Oh, and she lives in the main house?

*David Hallsted:* Yeah. What was kind of interesting is I gave her everything. She decided to build the basement out for me. So that worked out really well.

*Interviewer:* Oh, that's great.

*David Hallsted:* Everything's new there.

*Interviewer:* That's great.

*David Hallsted:* Everything upstairs **needs repair**. [Laughs].

*Interviewer:* So she's in the upstairs of the house and you're in the basement.

*David Hallsted:* Uh-huh.

*Interviewer:* Are you technically divorced or...

*David Hallsted:* Yes. She has her boyfriend upstairs.

*Interviewer:* Oh, that's kind of a pain.

*David Hallsted:* No. It's just life.

*Interviewer:* And the kids, when they come home, they can see you both.

*David Hallsted:* Uh-huh.

*Interviewer:* That's great.

*David Hallsted:* Yeah. She wanted to avoid the kids being dragged from house to house never having a home. So I think that's why she gave me the -

*Interviewer:* The basement.

*David Hallsted:* – go ahead to build out the basement.

*Interviewer:* Yeah.

*David Hallsted:* Uh-huh. \_\_\_\_\_.

*Interviewer:* Go ahead. So that's pretty cool.

*David Hallsted:* You have to be very flexible. 'Cause the whole avatar world is kind of a loopy thing.

*Interviewer:* Did Ibol ever manifest through your wife when she was your wife?

*David Hallsted:* No. (Her care taker gave Ibol a two sided record. One side showed me unhappy with a human; the other was me being happy with her. She looked at it often as she struggled to find happiness on Venus.)

*Interviewer:* No. And is she more like the imaginary friend of a kid or is she different than that? An imaginary friend, people – it's always outside, that the friend is always outside and sometimes you...

*David Hallsted:* Your avatar's on your shoulder. Well, that's when you get older. I call it the shotgun position. (Your avatar is there to protect you.)

*Interviewer:* And so the new avatars, though, when you get a new avatar every day, it comes into you?

*David Hallsted:* Uh-huh. One is in my body and one's rides shotgun.

*Interviewer:* So you got two on you at any...

*David Hallsted:* Uh-huh. (One time recently, I had four. The two had their own avatar that came along for the ride.)

*Interviewer:* Two in you at any time. And the one that leaves you at the end of the day 'cause you're gonna get a new one the next day...

*David Hallsted:* Well, they got to go through dream **world** now.

*Interviewer:* What's dream **world**?

*David Hallsted:* So for me, dreams, it's just another world in which I exist. And then I do things. It's like crystal clear. Just absolutely crystal clear, just like being here and talking. There's be things I'll see and read, there'll be things that they'll do. Ride horses, stuff like that. It's just – but it's a different world.

*Interviewer:* And do you experience it when you're asleep or do you experience it also when you're awake?

*David Hallsted:* It's only a few times they've actually needed help when I was awake. So what they could do is they could use me in between as sort of like a phone. So they're someplace where they can't communicate, they can use me to communicate to the others. But that's only happened like once.

*Interviewer:* When you – and in that state, were you...

*David Hallsted:* I was at work.

*Interviewer:* You're at work. And is it like you kind of stop paying attention to what you're doing at work and you're totally engaged with the dreamland experience?

*David Hallsted:* Well, it's a little distracting. It's like the one thing – one of the best books I read was "Brain Rules" and it actually talks about how...

*Interviewer:* \_\_\_\_\_.

*David Hallsted:* "Brain Rules".

*Interviewer:* "Brain Rules".

*David Hallsted:* By John Medina. And it basically says you can do one higher-level function at one time. So, of course, the dreamland thing is the higher-level function. So I **have to** stop, **though I can** eat, and do some lower-level stuff. So it's the whole thing with the records. It's like when you're looking at a record, I use my hands to move it about because movement is close to a higher-level function.

*Interviewer:* So physically you're using your hands.

*David Hallsted:* Yeah. 'Cause you take a record, spread it out and **start to view it**. I use my hands because it's hard **to** just to see a record in the first place much less manipulate it. So I actually use my physical hands to **interact with a record or timeline**.

*Interviewer:* And when you're – when you – do you have memories of going to dreamland every evening? Some people have vivid dreams, really remember them and there's – the line between dreaming and waking is kinda – it's not so clear.

*David Hallsted:* It's just a different world.

*Interviewer:* It's a different world. And some people...

*David Hallsted:* But it's real.

*Interviewer:* So some people can't remember going to dreamland at all.

*David Hallsted:* Right. So why is that?

*Interviewer:* Yeah.

*David Hallsted:* Are you asking me?

*Interviewer:* So it's...

*David Hallsted:* No. I'm asking you why is that? (**I want you to think outside your box.**)

*Interviewer:* I don't know. But it sounds like for you – every morning do you remember having been to dreamland?

*David Hallsted:* Oh, yeah. It's pretty transparent. I think – well, if you think about it, that's the whole reason why I think some people's avatars don't talk to them 'cause if it's not gonna benefit them, they're not gonna do it. That's one thing I explain in the blog under the FAQs for avatars. 'Cause some people...

*Interviewer:* Under –

*David Hallsted:* FAQ.

*Interviewer:* FAQ.

*David Hallsted:* Frequently asked questions. Just because I knew people would have questions about that. It's like, "Their avatars talk to them."

Why does not mine?" It's because it's probably gonna bug you or bother you and it's not gonna be helpful. It's probably **similar** in dreamland. If it's not gonna help them in any way, maybe it's not good for them to remember that stuff.

*Interviewer:* Did Susan understand all this?

*David Hallsted:* Oh, I kept it away from her.

*Interviewer:* Oh. How come?

*David Hallsted:* Well, it's the kids. You know this whole thing about being crazy people. I didn't want to lose the kids. So the kids are at the point where I – they can – they're off to do what they want, and I can now do what I want.

*Interviewer:* Does she think you're crazy?

*David Hallsted:* She doesn't know about it yet [*Laughs*].

*Interviewer:* Oh, she doesn't know about the avatars?

*David Hallsted:* She'll find out the blog sooner or later. I have a feeling the kids will find out too.

*Interviewer:* But has – did she ever – she didn't stick you in the hospital at any point, did she? Or did you end up...

*David Hallsted:* No, I didn't.

*Interviewer:* You never. So it's...

*David Hallsted:* Nah. Things happened. There's things that happened while I was with her and you just – you go, "Okay, I'll deal with it as one of part of my life, and I'll deal with it **as a** part of life."

*Interviewer:* So you worry about being crazy because that's – is that what you think that she might think about you if she found out about the avatars?

*David Hallsted:* Well, see, I didn't understand the whole concept about avatars. For instance, there's one blog in there where we go to Devil's Bridge in Switzerland. And so I actually see an image of a soldier dragging another soldier to an alcove or to a – an alcove, right?

*Interviewer:* Yeah.

- David Hallsted:* And I see it repeated over and over again. I see it, but I'm not gonna broadcast it to anyone else, but I see it.
- Interviewer:* Do you see it in dreamland or see it in the world?
- David Hallsted:* Well, it's just an image. It's sort of like – if anything, it's a record. But it got so embedded over and over again that you can actually see it and look at it. (My avatar sees it thus I can see it using her eyes, but it is air to my physical eye. When my avatar descended for a second time (the 2<sup>nd</sup> coming) she gave me access to her abilities. One of them is using her avatar eye to see timelines.)
- Interviewer:* So you see...
- David Hallsted:* My sister was able to do stuff like that.
- Interviewer:* So you see like a tree, but you see something else superimposed upon it?
- David Hallsted:* Well, just some activity going on in front of it.
- Interviewer:* And is it like – can you see through the activity or is it \_\_\_\_\_?
- David Hallsted:* So for example – a lot of things you want to get at. I did a blog on moving picture. So there's three timelines that join together. There's a riveter, there's a beam walker, and the photographer that took the picture. When you look at the picture, I actually see other activity of those people happening. You can switch views because they're all on the same timeline. They join and they branch off, going to different places. So you can see stuff like that, but you got to use your avatar's vision to see that.
- Interviewer:* Using your avatar's vision.
- David Hallsted:* Yeah. I'm not clairvoyant.
- Interviewer:* Yeah. So is there – I guess one of the things I'm really intrigued by is the difference between hear – your external senses and your internal senses.
- David Hallsted:* External.
- Interviewer:* So there are times when you hear with your eyes like that physical stuff, those physical molecules of \_\_\_\_\_.

*David Hallsted:* Oh, I think it's more mental.

*Interviewer:* So it's mostly mental for you, but it sounds...

*David Hallsted:* Well, now, here's something that's interesting and I haven't looked at it. I went to take a nap – or the avatar went and took a nap and had to get woken up. And all of a sudden you use this loud crash out in the front area. And they wake up. If you look, there's nothing there. So **I did physically hear something.**

*Interviewer:* Yeah.

*David Hallsted:* I don't know. I understand how the ear works. You got the little hairs, they vibrate, they transmit through the cochlea and the little – there's the hammer and the whatever thing, but I don't know if you hear it. I guess it's your throat chakra, you hear it through that or versus your – 'cause I think your throat chakra's the one that's hearing that stuff. Or whether you hear it through your ears. I don't know. **(Debra Lampshire just talked about this at her last event. There is a location on the throat that vibrates with mental thought. I would guess that it is the throat chakra location.)**

*Interviewer:* Are you ever –

*David Hallsted:* I haven't looked at it.

*Interviewer:* – are you confused – are you ever uncertain whether it's your avatar speaking or your own thoughts? **(What are your own thoughts? Don't they come from somewhere?)**

*David Hallsted:* No. Well, so now you're getting – there's one blog about avatar forced thoughts. So that could be that. **An avatar** could steer **you in** a different direction. **Most** of the time, if you're doing work or doing a puzzle or whatever, it's probably **your own thoughts**. **My avatar** spent a lot of time with me. She wasn't happy where she was.

*Interviewer:* And when Ibol is spending time with you, can you distinguish between ordinary thoughts and talking to her?

*David Hallsted:* Ordinary thoughts and talking to her. No, when you talk, you're talking to her. Well, now.

*Interviewer:* So, yes, you can make that distinction.

*David Hallsted:* Well, now.

*Interviewer:* Yeah.

*David Hallsted:* Hold it. For instance, on the last blog I did, so the prank was being played on my son Ben. **They** were trying to scare him with **a** snake. She went and did an avatar forced thought to announce to the rest of the Indian avatars not to play **any more** pranks. So she made the announcement. But it's something I thought also. So maybe the lines are blurred. That didn't make it into the blog because the editor said, "It's all about the snake." Threw out stuff left and right. I have a good editor. **(He is helping me now.)**

*Interviewer:* And the editor is the – is also an avatar or...

*David Hallsted:* No. Actually, I think he has a physical body. He's just East Coast. So if I write it **at night**, it works mostly.

*Interviewer:* So is there somebody – usually whenever you write **they go** in your blog. But you actually have an editor who **edits** your blog?

*David Hallsted:* Oh, he's a really good editor too. Well, 'cause I'm an engineer.

*Interviewer:* You're...

*David Hallsted:* I'm an engineer. I don't write very well *[Laughs]*.

*Interviewer:* Oh, so you have somebody else helping you.

*David Hallsted:* Yeah, yeah, yeah. Actually, yeah, it's a male, actually. It's kinda interesting. **The avatar and I** write the post and then **the editor and I** go through and edit it.

*Interviewer:* I see. So he edits stuff out.

*David Hallsted:* Yeah. Yeah, it's really nice. You get access to a lot of different things and people and places. **.(Anyone who is dead I have access to.)**

*Interviewer:* Yeah

*David Hallsted:* And it helps a lot. For instance, let's say I have a medical issue I want to check out. So I get Alice who's the avatar for **Alta Bates Hospital**, one of **Alta Bates' middle** name is Alice. I'll just have her descend, check out my body, and then see if everything's okay.

*Interviewer:* And so the editor on the East Coast, is that a human or is that...



*David Hallsted:* I think it is a human, actually. I was surprised. I tried looking him up. I forget his name though.

*Interviewer:* Could you find him?

*David Hallsted:* No. He's off on some little island in North Carolina.

*Interviewer:* Oh, how'd you make contact with him?

*David Hallsted:* Well, I actually wrote him a story for his Hawaiian **Spooky** Stories. And so I guess he's indebted to me for that. He's wants to edit my stuff. Previously I had – oh, my God. I had a Microsoft Word and three Google editors. It was crazy. It didn't work. So I finally got a professional person that actually helped me with the blog and it worked out much better. So it's just – they're just like people.

*Interviewer:* So do you pay him?

*David Hallsted:* There's no monetary system in the avatar world, which is another reason why when people start getting to know their avatars and start doing the right thing, money's gonna disappear because there's no money. And when you start talking to your own religious leaders and JC and all the other dudes, they're just people. So that sort of disappears. So it's kind of interesting. It's a great time to be alive 'cause bottom-up is happening versus top-down, which usually happens. So bottom-up people are finding their own self, not having to rely on a priest or some elder to do what they want. They can do it themselves. So it's excellent.

*Interviewer:* Great. And does Ibol have a kind of – can she take charge of the other avatars? Is she more important than they are?

*David Hallsted:* She won't admit that, but there are teams of them going around doing stuff. Just think of a process. How does that shrub grow? **It may** sound right what the science is trying to figure out. No. There's a shrub avatar.

*Interviewer:* So the avatar...

*David Hallsted:* **The shrub avatars** want to be known as gnomes, **though** they don't wear those little red caps. They have little wild, busy hair. So I got that on record. *[Laughs]* I had this argument with a **gnome when I was doing the post how to spot an avatar location**. I said, "No, you're a shrub avatar.", and he said "No." So this long argument went on. Finally I said, "Well, now you gonna dress up as little

gnomes?" "Yeah," **replied the gnome**. "The ones with the little **red pointy** hats and all that?" I'm sorry about that. (**I am still bugged me that argument. I need to let it go.**)

*Interviewer:* So some people who are really able to have these experiences –

*David Hallsted:* Uh-huh.

*Interviewer:* – had really rotten childhoods. Did that happen to you?

*David Hallsted:* No, not really.

*Interviewer:* Nobody beating you up or some \_\_\_\_\_?

*David Hallsted:* Yeah. Well, let me think. She was pretty good about that. Ibol was. I more or less was raised normally. She's probably just a little bit aggravated with me that I didn't get a girlfriend sooner.

*Interviewer:* And you didn't have what people call sexual abuse?

*David Hallsted:* Oh, no, no, no.

*Interviewer:* No, no.

*David Hallsted:* No. In fact, so there were six kids in the family **with a Mom and Dad**. Mom was a stay-at-home mom. She was kinda cool. She played games with us and did things.

*Interviewer:* That's great.

*David Hallsted:* So we had a pretty good childhood.

*Interviewer:* Yeah. That's great.

*David Hallsted:* So I'm not one of those – I don't know. I know I shouldn't be judging. Sorry about that.

*Interviewer:* All right. Do your brothers and sisters know about avatars?

*David Hallsted:* Well, I've talked to **Dawna**, Mike, and Steve. They're the ones who want me to write a book on this. So I'm using the blog to organize everything.

*Interviewer:* Great.

*David Hallsted:* And I'm being very transparent about it all.

*Interviewer:* Yeah. That's great. That's great. This is really helpful. So I so should go away and think about this, and I should read your blog.

*David Hallsted:* Eh, if you want.

*Interviewer:* Yeah.

*David Hallsted:* It's up to you.

*Interviewer:* I will.

*[End of Audio]*