

THE MASTERS OF LIMITATION

An ET's Observations of Earth



By
Darryl Anka

As dictated by
BASHAR

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This book is a work of fiction. Any resemblance to actual events or persons, living or dead, is entirely coincidental.

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*This book is dedicated to
April Rochelle – “Nania”*

*With deep appreciation to all
who support Open Contact
between ETs and Earth*

THE MASTERS OF LIMITATION

An ET's Observations of Earth



Bashar, a hybrid extraterrestrial from a parallel reality.



INTRODUCTION

First of all, who am I?

I'm what Earth humans usually refer to as an alien or an extraterrestrial. To be clear, I'm not really all that alien, being genetically related to humans. However, I'm definitely extraterrestrial, having been born and raised on a planet other than Earth. But more on that later.

My world is called E'sassani in our ancient language (translation: place of the light people). I say "ancient" because, at this point in our evolution, our species is telepathic, so we rarely speak out loud anymore, though we still can if, for example, we wish to sing a song or communicate with a non-telepathic species.

Therefore, the first thing a visitor to our world would notice is that it's very quiet, aside from the sounds of nature. Because we're all telepathically bonded, we recognize and address each other by our energy frequencies, or what we refer to as our "signature vibrations." Because of this, we don't have names like Earth people do.

However, we understand that humans and other galactic species who use names need to refer to us vocally or through symbols and thus, I've chosen the word "Bashar" to be used as my "name" for convenience. It's a word that means "messenger," "human being" and "bringer of good news" in the Earth language known as Arabic and, although it's not literally my name, it describes my relationship to humanity because I am a first-contact specialist.

There are several reasons for choosing an Arabic word, one of which is that, hundreds of Earth years ago, a member of my people made an initial contact

with members of your society in the region of your planet now known as the Middle East. The people in that culture came to know him by the general name for our people: Sassani, which was eventually shortened to “Sassan.”

One particular individual who ultimately rose to power initiated a new society in that region and named it after his grandfather, Sassan, who was named after that member of my society, since he was mistakenly considered to be a protector-deity. Thus, that Middle-Eastern sect became known as the Sassani Empire.

Thus, in light of that historical occurrence, we choose the word “Bashar” to keep the name “in the family,” so to speak, and to honor your people’s choice to name their realm after our civilization.

Initiating contact with various civilizations among the stars, including Earth, is my calling of choice and one I’m particularly passionate about. I’ve opened dialogues and interacted in various ways with dozens of alien species and, as a result, I and my fellow contact specialists have learned about the myriad ways that life can express itself throughout the multiverse. (A note to your physicists: Yes, the multiverse exists, and I come from one of the parallel-reality “timelines” within it.)

There are lifeforms that would seem familiar to you, others that are so different they’re nearly incomprehensible, and infinite variations in between the two. While I will refer to some of these civilizations in this account, the primary purpose of this book is to address my interactions with the humans of Earth, as well as provide my perspective on where humanity has come from, where it’s at presently, and where it appears to be heading based on the observations of my people and other ET races over the past few millennia. We typically observe and assess a civilization for quite a while before determining if a planet’s culture has reached a stage where contact with an alien race would not be disruptive to that culture’s way of life.

I’ve personally been transmitting information and engaging in dialogues with members of the human race for well over three decades of Earth time. As a First Contact Specialist, I’ve been trained in various styles of communication, although a common approach to initiating contact is to impart information via the technique you call “channeling.” Though this

avenue may seem esoteric to many of you, there are valid and beneficial reasons for choosing this method over more common or expected routes.

Many among you, particularly the more scientifically-minded, might ask why we don't communicate via radio or some other method more familiar to the people of Earth. The main reason is that we aren't attempting to "prove" that the information we share with you is coming from an extraterrestrial source.

This may seem contrary to the whole point of contact, but we have learned from experience that we must proceed cautiously when initiating contact with a new civilization. It's imperative that we do nothing to force you to believe we are real. In time, when appropriate and mutually beneficial, we may reveal our presence in increasingly physical ways. Until that day comes (and it's never guaranteed to happen) we always choose to remain in the background and allow the inhabitants to decide for themselves whether or not to incorporate our information into their personal lives or their society.

The degree to which they accept or dismiss that information, without the "pressure" of having to believe it's coming from ETs, allows us to know if that society is ready to move to the next phase of contact.

After all, if our understanding of reality is wholly incompatible with another civilization's understanding, then open contact between our respective worlds is likely to be more disruptive than beneficial. From our view, contact must serve each world in positive ways and it must be by choice.

However, this doesn't mean that the majority of any given civilization must choose contact in order for it to happen. Nevertheless, there must be no lasting detrimental effects for any individual or group that may be willing to initiate open contact with us or any of the worlds that belong to our Interstellar Alliance. This is especially important to factor into our contact process when interacting with a planet such as Earth.

This is in no way intended as a negative, judgmental or derogatory statement. It's simply based on our observations that Earth humans are, for the most part, unfamiliar with the underlying principles and "mechanics" of existence and, as a result, often make negative choices due to a lack of

understanding and an adherence to a variety of limiting beliefs.

This is the reason we affectionately refer to Earth humans as “The Masters of Limitation.” This is not to say that all limitations are negative. Clearly, certain “limitations,” like fences, prevent you from plummeting off cliffs. (More on the nature of limitations in Chapter Five).

However, in our travels, we’ve encountered relatively few societies that experience negative limitations to the degree that most humans do on Earth. Paradoxically, this does not make you appear to be “less” than us in our eyes. From our perspective, it takes a very strong spirit to overcome and transform such deep darkness into light; such confining limitation into freedom; such despair into joy.

It is not, as some of your science-fiction stories have proposed, that Earth is a kind of cosmic kindergarten, but that you are actually a “master class” in transformation, about to receive your “Master’s Degree,” taking you from being the “masters of *limitation*” to becoming the “*Masters* of limitation.” This is an ongoing process and it may be of assistance for us to share some of our observations about Earth at this time. What you make of our observations and comments is entirely up to you.

--- “Bashar”



A typical Sassani male, approximately five feet in height.



A typical Sassani female, approximately five feet in height.



CHAPTER ONE

Before I offer my observations of Earth, allow me to provide some context for my perspective by sharing a bit of my own background. As I mentioned, I was born on a planet called E'sassani. "E" means place, "sassa" is living light and "ni" translates loosely to people. We exist in a reality parallel to yours and therefore, our solar system isn't visible to your eyes or telescopes.

However, just to give you a sense of our location relative to your system, if we were to "overlap" our respective realities, our star, called "Sha" (higher light), would be approximately five hundred light years in the direction of the constellation you call "Orion."

We are a hybrid race, created from the DNA of Earth humans, parallel-reality beings you call the "Greys" and a mix of other genetic material from various interstellar species. Thus, being related to Earth humans, we're not completely "alien" in the strictest sense of the word.

We call Earth "E'nani-ka," which, loosely translated, means "Place of the ancestors." This name evolved over time. The original, ancient form was "E'nadea a nani-ka," which literally means "Place of the mother spirits," but today we simply say "E'nani-ka" and all our people know we're talking about Earth.

You call your star "Sol," but our ancient name for it is "Ma'sa'kesh," which means "Light in the darkness." This is a reference to the transformational journey we perceive Earth humans to be taking, shifting darkness into light.

Another historical note I would like to share with you is that when some of our people visited a few of Earth's ancient cultures thousands of Earth years ago, one such area was what you now refer to as India. Over many

generations, these encounters evolved into the symbolic story of the god Shiva who defeated a “demon” called “Muka.”

Thus, Shiva is sometimes referred to as “Mukesh” to represent a god of light vanquishing a demon of darkness. It’s also a linguistic evolution of “Ma’sa’kesh,” our name for your star.

Because we are an artificially created hybrid race rather than one that “naturally” evolved, our ancient language is also a mix of human and alien languages, created specifically for our culture. Thus, you may hear some familiar words or sounds in our ancient language, not only because we adapted Earth terms for use in our society, but also because our people visited yours in the past on occasion and a few of our hybridized words found their way back into your languages, as illustrated in the above explanation.

At this point in our evolution, approximately three thousand years ahead of your present state, we have become what we call “quasi-physical.” This means that, while we may still appear to have physical bodies, we also exhibit many traits typically ascribed to non-physical beings, such as spirits.

For example, although our people used to procreate sexually, as you still do, our children are now “born” in a different manner. That is to say, they are no longer conceived and gestated inside the mother’s body. The parents-to-be slip into a meditative, trance-like state and extend the energy fields that surround their bodies to form two “energy bubbles” that overlap in the center, forming a third energy field. The etheric consciousness, or spirit, of the child-to-be participates in this process and “crystallizes” a new body within the four-dimensional “vesica piscis” between the two adults’ energy bubbles. The new being will appear, on average, to be a fully-formed child of about three or four Earth years in age.

I was conceived and born in this manner and raised by my parents, as well as other family members in a “birthing village,” which is a temporary environment populated by the children, parents, family members, other Sassani and sometimes, alien beings involved in a child’s education period.

This initial education cycle lasts three years on E’sassani, which is

equivalent to nearly four Earth years. After the children born in a given cycle are ready to fully enter society, the birthing villages are disassembled until needed again for the next cycle, which occurs every eight E'sassani years, or about every ten Earth years.



Bashar's homeworld of E'sassani.

Before I go further with descriptions of life on my home world, perhaps it will be helpful to explain the difference between our respective measurements of time. A day on E'sassani is nearly identical to one on Earth, what you call twenty-four hours, although we don't use hour demarcations. Being the product of Earth genetics, our hybrid race was placed on a terraformed planet with similar day and night periods (more on the creation of our species and home world in a bit).

However, our year (one orbit around our star) is longer than yours. E'sassani is about one hundred eleven million miles from our "sun" in your measurements, while Earth is only ninety-three million miles from Sol. This larger radius gives us a larger orbit, of course, and results in a year that's four hundred fifty-four days long as opposed to Earth's three hundred sixty-five. Since our star is a bit hotter than yours, our world still lies within what your astronomers call the "Goldilocks Zone" where the temperature supports

our kind of life.

E'sassani is slightly smaller than Earth, with a bit less gravity but more water and an atmosphere that is slightly richer in oxygen. Our climate is temperate year-round with no major seasonal changes since our planet's axis is inclined by only a few degrees.

The planet is mostly left in a natural state, covered with vast forests, jungles and fields fed by many streams and lakes. There are no large cities and very few permanent structures of any kind. Our spaceships are our cities, some of which are miles long and can comfortably accommodate thousands of our people. Our population is low compared to Earth's: at any given time, there are generally no more than about three hundred million individuals on the entire planet, although many millions more might be in space aboard our ships.

Our world has no natural moons, but the planet is balanced by three orbiting artificial satellites positioned in an equilateral triangle formation. Each satellite is approximately seventy-five miles in diameter and are also the engines responsible for terraforming the planet to make it habitable for our kind. These artificial "moons" bear the ancient names of Epsilon, Eclipse and Epiphany.

In case you're wondering why these artificially intelligent satellites have names in English instead of ancient Sassani, it's because they were created and named by the Greys, who were originally humans from an alternate-reality Earth and whose primary international language was English, just like your version of Earth.

The story of our origin as a hybrid species is a long and complex tale. The short version is that the humans on that parallel Earth destroyed their world through blind negligence and warfare that created a toxic atmosphere that brought about droughts, famine, pestilence and that eventually rendered them sterile. Their society moved underground and, after many failed attempts to clone their people, they ultimately adapted to their post-apocalyptic environment by mutating themselves into the Grey beings.

However, still unable to reproduce, they knew that without an infusion of

viable human DNA, their culture would die out. Using their most advanced technology, they discovered a way to “tunnel” into other parallel realities, such as yours, where humans still thrived. They began to secretly extract DNA from your people in a long-term process that came to be known as “alien abduction” by your people.

Through trial and error, the Greys finally succeeded in creating four hybrid species besides themselves, each infused with varying degrees of human DNA. The Greys are considered the first hybrid race since they started with normal human DNA. The fifth and final species are human-looking enough to walk among you without detection and some of them do now and then to observe and learn your ways.

The Sassani people are the third hybrid race created in this way and thus, our general appearance is a fifty-fifty blend between a typical Grey and an Earth human. We average about five feet in height, are slender with very pale skin, slightly larger heads and eyes than you, but smaller mouths, noses and ears. Males, like myself, have no hair. Females have hair and it tends to be white, although there are exceptions depending on the genetic “recipe.”

The first hybrid race, the Greys, are called Maz’e (pronounced Mahz - eh) in our language. The second hybrid species are what humans who’ve had abduction experiences refer to as the “tall Greys” and are called “Mazani.” Our race, as you already know, are the Sassani. The fourth race is called Sha’ya’el and the final, more human-looking hybrids are termed Ya’ya’el. The Ya’ya’el will be the first hybrid race to make open contact with Earth humans in the years to come.

There is a sixth group: The Shalinaya (the “First Light”) which are the more recent hybrid children created in the ongoing hybridization agenda. They mostly live aboard the Ya’ya’el ships and will ultimately live with you on Earth in the future. They represent an evolutionary step on the path of Earth becoming the sixth hybrid race hundreds of years from now. These future hybrids will be known by us as “E’nani-kaya.”



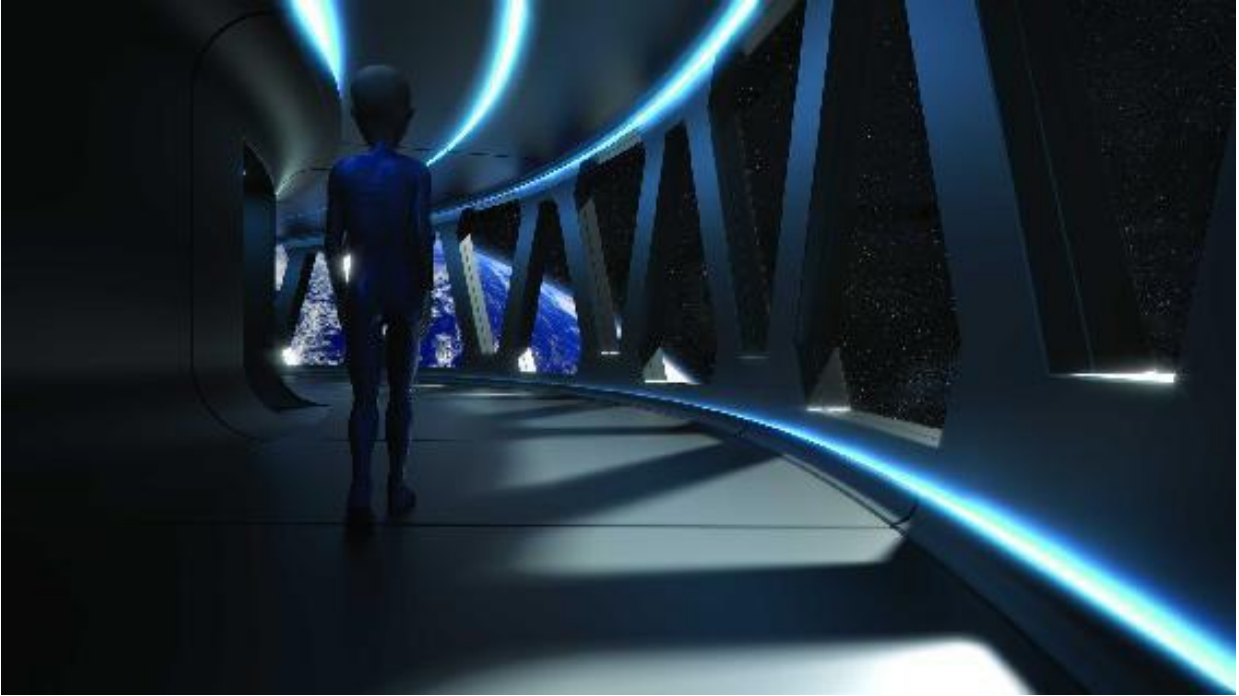
A typical mothership over E'sassani along with two of the three artificially intelligent spheres in orbit that stabilize the environment of the planet.



CHAPTER TWO

At age three (E'sassani years), I left my birthing village on the western shore of our northern continent and was freely allowed to explore my world. It may seem strange to Earth humans that a three-year-old would be granted the freedom to be so far from home on their own, but remember that my people are telepathically linked. There's no such thing on E'sassani as "out of sight, out of mind." Plus, although they may still appear to be a child physically, a three-year-old on my world exhibits the mental and emotional maturity of a teenager on your world. In addition, the entire population of my world consider themselves to be family. Thus, all adults act as parents for all the children, no matter who their birth-parents may be.

As I grew, I realized that one of my passions was to become a first-contact specialist like my father. Our family line has produced many who took up that calling and, as I listened to more and more stories about my relatives' encounters with exotic beings on far-flung worlds across the galaxy, and even within other dimensions, I felt drawn to follow in their footsteps.



Bashar in the mothership observation corridor overlooking Earth.

My formal training began at age seven, along with several others my age. My father, being one of the more experienced contact specialists, was our teacher, although others would mentor us now and then in order to impart knowledge about specific civilizations with whom my father may not have personally interacted.

Our training consisted mostly of simulated contact scenarios created using a combination of holographic technology and telepathic projection. That approach allowed us to experience the simulations as real by enhancing our emotional responses and thus, firmly imprinting a strong sense of responsibility in each of us. That way, our teachers made sure we did nothing that would cause harm to the actual civilizations we were being trained to contact.



Bashar teaches a class of young 'First Contact Specialist' students.

Opening relations with the inhabitants of a new world is often fraught with misunderstandings that can lead to disaster. For example, we were given the opportunity, via one simulation, to experience an early contact with an alien culture that, at the time, had only recently begun to explore their own solar system. Due to certain social factors that were overlooked by our people, the sudden introduction of beings from the stars caused a massive collapse of their society. Their recovery took centuries and taught the Interstellar Alliance a valuable lesson.

0 1 2 3 4 5 6 7 8 9 10

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20 21 22 30 40 50 100 200 201

E'SSASSANI NUMBER SYSTEM

That incident was responsible for the Alliance's so-called "non-interference directive" that some of your more intuitive science-fiction authors have



imagined and incorporated into their stories. One of the many examples of art imitating life, even though those writers weren't consciously aware of the incident in question. Ironically, the introduction of such a directive to your society, even though presented via imaginary stories, created a more mature understanding of potential human/ET relations and thus, increased the probability of open contact with Earth.

After that alien society's tragic reaction, the Alliance established new protocols for contact that are in place to this day. However, it should be understood that not every member of the Alliance chooses to act on all the protocols, nor acts on them in the order that I will present them here in this book. It's also important to realize that not all extraterrestrials who make contact with Earth are members of our Alliance, or even members of any other alliances within your reality or ours.

As such, they may have very different contact protocols, or none at all. This is particularly true of the Greys who, as we've explained, aren't actually extraterrestrials in the strictest sense of the word since they used to be humans from a parallel version of Earth. They see no reason to create a "buffer" between their society and yours because they view contact with your people as something akin to interacting with alternate versions of themselves.

In addition, just as we were created using your DNA and thus, view Earth humans as our ancestors, there are other ETs who are your ancestors as well. Therefore, being "family," some "star people" may have very different protocols for how they interact with Earth.

In general, the Interstellar Alliance protocols for contact are as follows:

First, long-term, remote observation of a culture to determine when or if contact would be appropriate.

Second, more focused observation and determination of which individuals or segments of that society are either more or less open to the concept of contact.

Third, detailed projections of the potential impact of contact on various segments of that society and the species as a whole.

Fourth, upon determination that contact would be mutually beneficial for both our society and the culture in question, several simulated contact scenarios are explored and the outcomes assessed to determine the optimum approach.

This optimum approach usually contains a mix of the following sub-steps, timed for maximum beneficial impact:

Four-A: Increasing and closer sightings of our spacecraft (what you call UFOs) and observing the reactions to such sightings.

Four-B: A method of delivering information that allows the culture to accept or reject the information as they see fit.

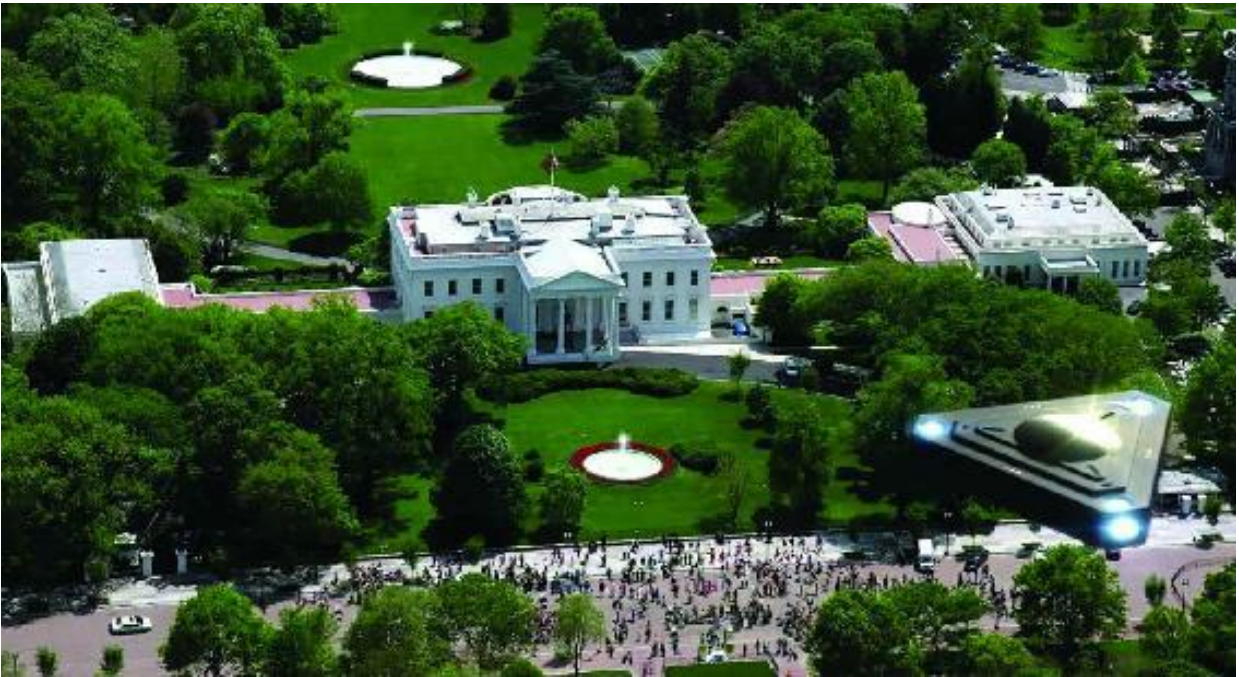
Four-C: Deliver information that may be beyond what is typically accepted by the culture and observe their reaction to such information.

Four-D: Initiate subtle or symbolic telepathic contact, often in a manner that can be interpreted as nothing more than imagination or a dream and observe the reaction to such communication as well as the individuals' interpretation of the communication.

Four-E: Communicating during “out-of-body” episodes and observing the degree and style of retention of such interactions once the individual awakens (assuming the species even sleeps, of course, which some don't).

There are many other factors involved in determining the appropriate method and timing for contact in all its forms, whether subtle or obvious. Generally speaking, once open contact with a world, or individuals or groups upon that world, has been approved by the Alliance, isolated physical interactions may commence, followed by more public sightings and eventually, broad open contact with the society (unless a reason is determined to limit contact only to a specific group or individual on that planet, but this is extremely rare).

Also, based on the approved method deemed most beneficial to the civilization, open public contact may or may not involve any “official” representatives or recognized authorities within the society. This is determined on a case-by-case basis. Therefore, should open contact happen between our respective worlds, you may not hear us utter the famous science-fiction greeting: “Take us to your leader.”



Open contact with ETs may not happen in the manner depicted in many sci-fi movies.



CHAPTER THREE

I learned about Earth for the first time during my first-contact training. At first, I couldn't understand what I and my fellow trainees were told about your people. I already knew that Earth was "E'nani-ka," the home of our ancestors, but I was surprised by my father's description of your way of life. This information had been telepathically withheld from the trainees until we were experienced enough to understand the remarkable differences between your world and ours.

My father explained, via telepathic images, that Earth humans were, with some exceptions, rather violent and often battled one another over such things as occupation of land, material resources or different belief systems. He went on to describe the concept of your nations with their various cultures, customs and languages and explained that many humans regarded each other with suspicion and fear based on nothing more than the color of their skin.

To be frank, several trainees, including me, thought my father was testing us; making up a story about a world so extreme that actual civilizations would seem easy to make contact with by comparison. It was sobering to finally realize that he was describing an actual civilization. None of us had heard of a world like Earth. It seemed as though alien civilizations from dozens of star systems had all chosen to live on the same planet.

As our education of Earth continued over the years, we discovered that analogy wasn't far from the truth. We learned that Earth humans were, in fact, a hybrid mix of several star-faring races due to interactions that took place several hundreds of thousands of years ago with an extraterrestrial species called the "Anu." The Anu infused their DNA with a species of hominid you call "Homo Erectus" that evolved naturally on your planet.

We were told the Anu did this to create a race of workers that could help them with the herculean task of mining gold and other elements that the Anu needed to correct an imbalance in their home world's atmosphere and reverse the destructive weather patterns that had been caused by massive solar storms in their star system.

Since the Anu themselves were already a mix of various humanoid species, the blending of their DNA with Earth's early hominids, which resulted in the creation of "Homo Sapiens," means that Earth humans are, by definition, a hybrid race.

Once humans began to spread over the Earth and encountered different environments, certain traits from the different ET species emerged as a response to changes in temperature, dry or wet conditions and other factors like diet, based on the foods available in the different ecological niches.

This is why Earth supports so many "races," whereas most civilizations our people have encountered in each system among the stars are relatively homogenous, though there are exceptions. But that's another story.

The more I learned about Earth, the more curious and excited I became. It didn't take long for me to realize that I would choose to include your world among those with which I would eventually make contact.

Once a "curriculum" of potential worlds was chosen by each trainee, our contact simulations shifted from general scenarios to ones that were specifically designed around the designated civilizations. As my training continued, it became clear that Earth was far more complex than I initially realized. My father pointed out that, if I continued on the path that led to contact with your people, I would need to employ a special protocol called "Illiani," which, loosely translated means "self-reflection."

However, this is far more than an exercise of inner awareness. This protocol, which had been added to the primary list only within the last century, was derived from an ancient practice. In the context of contact, "Illiani" meant I'd need to create a physical incarnation on Earth.

In linear terms, I'd need to choose to have a "past life" on your planet in order to gain direct experience with your culture. This would allow my "present incarnation" to tap into "memories" of that life, which would make it easier to relate to human culture during the process of contact.

It's possible to do this since, from our perspective, time is an illusion or, more precisely, time is a "side effect" of consciousness in a certain state of being that creates the experience called "physical reality." That means that all things actually exist simultaneously, but appear to "inhabit" different time frames like the "past" or the "future" when viewed through the "lens" of the illusionary space-time framework.

Thus, a probable "past life" on Earth already existed. I just needed to focus on shifting part of my consciousness to one that would serve the process of contact in the most efficient and beneficial manner.

I don't mean to make this technique sound clinical because, in truth, it requires a very strong emotional connection to be successful. Linking with another soul, be it in the so-called past, present or future, creates a bond that's much deeper than family. It gives birth to a type of "twin-soul" that becomes part of us for the rest of our lives.

Once we've linked with such an incarnation in a designated society, an empathic and telepathic, (or "*telempathic*") communication is initiated that activates the connection between the contact specialist and the "past self." This can happen in a number of ways and can include a variety of experiences designed to strengthen or "crystallize" the link.

Without going into further detail at the moment, suffice to say that I chose to implement this protocol to ensure a more "intimate" connection with, and deeper understanding of your world. After all, the best way to learn about a culture is to immerse oneself in it.

I am aided in my endeavors as a First Contact Specialist by another group in my civilization called the O'Lan Ken in our ancient language. While the term could be translated in English as "Observers" or "Watchers," a more precise interpretation would be "Assessors."

One of their duties is to observe and assess the rate of progress in the other civilizations we choose to make contact with and to provide First Contact Specialists, such as myself, with that assessment. This helps to determine the rate at which further contact ought to occur as well as what type and amount of information ought to be shared with the civilization in question.

Often, such assessments can also be used to deliver a neutral, third-party perspective to inhabitants that is free from culturally ingrained beliefs, perspectives or other learned biases that may prevent those inhabitants from having a clear understanding of the principles we share with them.



CHAPTER FOUR

I've spent the first three chapters sharing some information about who I am, where I'm from, how I became a First-Contact Specialist and how it came to be that I chose Earth as one of the many worlds with which it would be my passion to develop a relationship; one that could blossom into open contact between our civilization and yours.

In this chapter, I will begin to share my observations of your society and address the impact that your individual and collective choices have upon the probability of open contact. None of my comments are intended to dismiss, devalue or offend any member of your society, although we fully understand that some of your people will choose to feel judged regardless of these assurances.

That's one of the first things we observed about human society on Earth: Some of you will always interpret things in the most negative way, no matter how positively an idea is presented. This reaction generally stems from fear-based beliefs, of course, so we know not to take such reactions personally.

We understand that, when humans are afraid to face their fears, they deny that they have them. This is a state of double-denial: people who deny they have fears are also in denial about being in denial. This creates a second psychological wall around the first one, making it a much greater challenge to help them let go of the initial fear-based belief.

Complex negative states of mind such as this are what make it necessary for a First-Contact Specialist to experience an incarnation in your society. Without such an experience, you would be far too "alien" for us to comprehend many aspects of your culture or the reasons behind the choices you make.

However, we also observe great joy, love, compassion and creativity in many of your people, so we know the capacity for such expressions exists within all of you. Thus, we perceive that, at the very least, the potential exists for peaceful contact with your world.

Based on our vantage point outside your culture, and combined with our incarnational experience within your society, we know that, not only are many of Earth's inhabitants open and willing to have open contact with beings from the stars, but that there are even a few isolated locations on your planet where contact with ETs has been happening for thousands of years.

These brief, limited interactions mostly happen between certain indigenous cultures on Earth and a few specific groups of extraterrestrials with whom the human cultures have a genetic connection from ancient times. Generally, such contact is essentially an exchange between "family members," with the native people being at least partially descended from their star-people ancestors.

The fact that such interactions have been happening for hundreds, if not thousands of years with the majority of Earth's population either dismissing or being unaware of such contact, demonstrates the degree of psychological compartmentalization and the manipulation and suppression of information that pervades much of your society.

We can empathize with those among you, such as many of your scientists, who would be willing to acknowledge our presence if presented with sufficient physical evidence. However, such evidence will have to wait until we determine, via our own observations, that Earth is sufficiently prepared for such an undeniable revelation.

In all probability, Earth might have already reached that level of preparedness were it not for the fact that most of your political, social, economic, religious and military institutions operate from a fear-based perspective. There are several individuals, even certain groups, within those institutions who are fully aware we exist and are visiting your planet. However, despite a few courageous exceptions, they've chosen to keep such knowledge from the general public.

Though this choice comes mainly from a desire to safeguard their personal positions of power, many of these individuals often attempt to justify or rationalize their decision by insisting that open acknowledgment of an ET presence would cause mass panic and destabilize your society. The irony is that their ongoing agenda of secrecy is actually responsible for increasing the probability for panic because they haven't allowed your public to properly prepare for contact with extraterrestrials. They create the condition and then bemoan that there's no remedy for the condition.

Despite this behavior, your society is generally, albeit slowly, moving in the direction of having open contact with our kind. Many people in positions of authority on your planet are aware of this inevitability and are making attempts to educate and prepare your people for such an event in order to at least partially mitigate any negative reactions that might arise from such an encounter.

Even those committed to keeping our presence a secret realize they won't be able to do so forever. The most they can achieve, based on your people's drive and curiosity to explore the cosmos, is to slow the process down enough so that, should your society experience unexpected repercussions from contact, those individuals would have time to position themselves and safely ride out any negative impact in relative comfort.

Some of your people have speculated that many science-fiction movies and books that depict first-contact scenarios between humans and aliens are deliberately designed to get your people used to the idea of ETs and there is some truth to this theory. However, while a few films, TV programs and books were created with this agenda in mind, most are simply the result of writers and filmmakers tapping into your collective consciousness and intuiting that contact with other species is more and more likely to occur now that your technology allows you to explore farther and farther into space.

This is a natural evolutionary effect, specifically an extension of a psychological survival mechanism, designed to "buffer" you from the shock of the all-encompassing paradigm shift represented by an event such as contact with an alien intelligence. If contact happens too quickly, this

buffering effect can amplify into flat-out rejection of any change in the status quo and potentially lead to the culture choosing to isolate itself from any further interaction. But, if allowed to happen over a reasonable amount of time, a society's natural curiosity and drive to explore the unknown will "soften" the buffering effect and allow contact to happen in a more natural and effective manner.

However, if the transition takes too much time, this can also create negative effects that can be just as detrimental to the society as moving too quickly. For example, the extended secrecy that shrouds the existence of ETs from your people has created a cynical atmosphere in which people who publically share their sightings of UFOs or encounters with ETs are ridiculed, vilified and even ostracized from mainstream society. This only works to compound the secrecy and further prevents preparation for contact.

In this way, your society becomes more "fragile" and over-reactive to any shifts in your established perception of reality. If such entrenched denial persists, even the smallest crack in that perception, no matter the source, could shatter your society's veneer of civilization far worse than open contact ever could.

Nevertheless, there is a growing awareness in your global culture that contact with extraterrestrials is at least a probability, now that your search for other habitable planets has finally been accepted, for the most part, into the halls of mainstream science. It's understandable that your astronomers prefer to be cautious in their estimates regarding the odds of finding life elsewhere in the galaxy. In general, it's true that Earth-like planets are few and far between compared to the number of planets orbiting other stars.

That statement notwithstanding, there's a lot of life out here and, while some ETs do resemble humans (or humans resemble many ETs due to the genetic connections we previously mentioned), most of the beings born under the light of other suns are truly alien and not humanoid in the least.

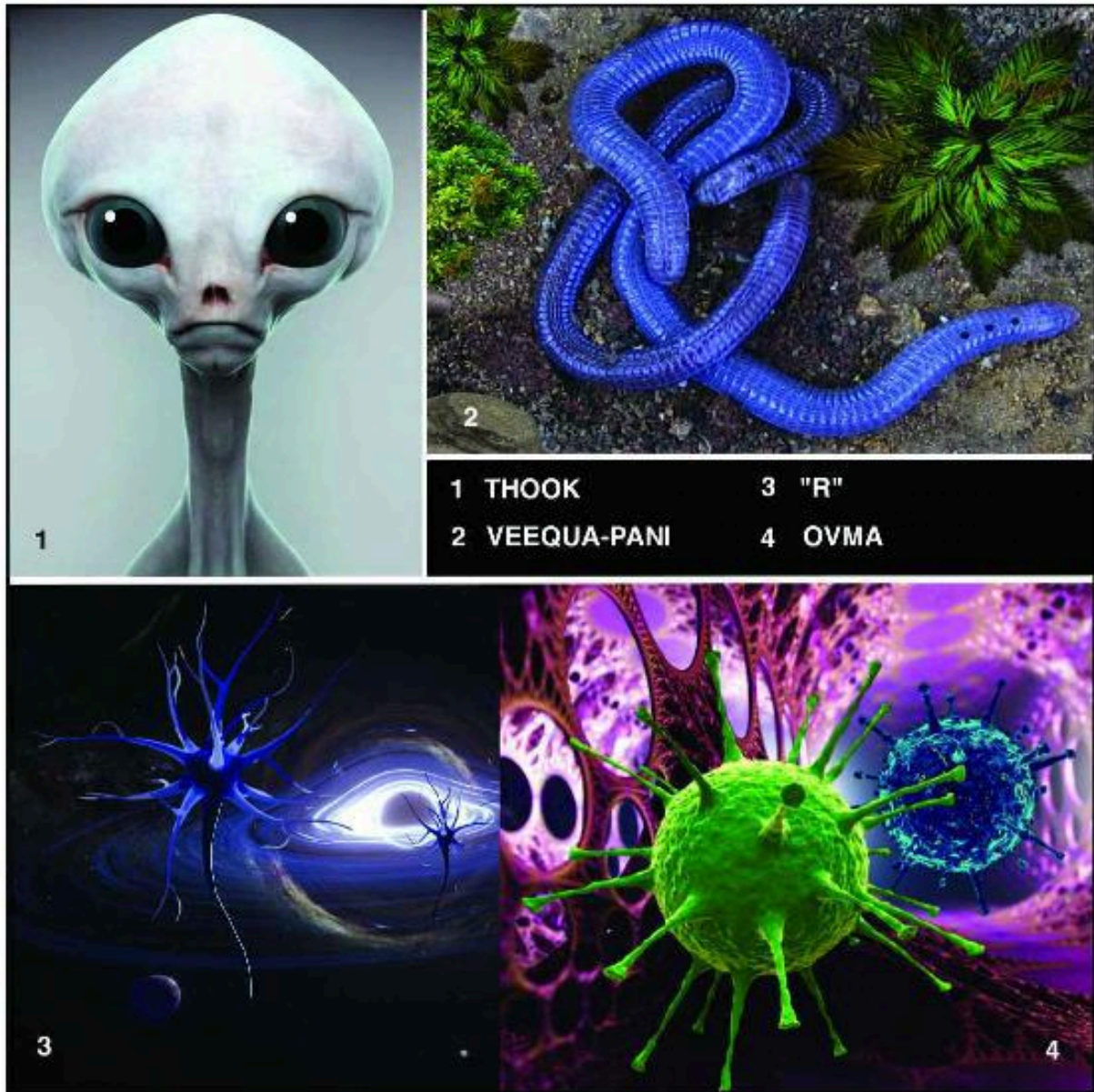
Therefore, it will probably be beneficial for Earth humans to first encounter beings with whom you have something in common in order to give you time to get used to dealing with other interstellar cultures before being exposed to more exotic civilizations.

We know that the avid science-fiction fans among you may feel better prepared than most for such encounters because they've read dozens of tales or seen many movies and TV shows of first contact between humans and aliens. However, the reality of meeting a truly alien being "face-to-face" can be far more unexpected and startling than anything imagined in your stories.

Even though Earth is blessed with several sentient species, such as dolphins for example, and even though they are "alien" in many ways, you've shared your planet with them for thousands of years. And though you've gotten used to them, communication between your respective species still remains sporadic, undefined and imprecise. In fact, most humans still consider cetaceans to be nothing more than "smart animals" rather than an intelligent "alien" life form.

Based on our observations, it will take many years before the majority of your society finally regards the killing of a dolphin in the same light as the murder of a human. But once you adopt that view, you will be psychologically and morally better equipped to form meaningful interactions, not only with cetaceans and other sentient species on your world, but also with intelligent beings from other planets.

To give you some idea of what you might encounter someday when Earth humans become technologically capable of exploring the galaxy, we'll share a little information about a few of the alien species with which our



civilization's made contact. While we realize the following descriptions may seem no different than many of the ETs in your sci-fi stories, and that no mere description can compare with what you would actually experience in actual encounters, they may at least hint at the diversity of life to be found in different star systems.

The first species on our list, though “humanoid” in that they possess a head,

two eyes, two arms with hands and are bipedal, display an attribute so unusual and “alien” that they merit mention.

The beings are called “Thook.” They’re tall, slender to the point of being gaunt with light, milky-blue skin and enormous, round yellow or green eyes, although some eyes tend toward orange or red.

Individually, each is a Thook. Collectively, all are Thook. Their home world is called Thook as well. That would seem to make things easier to remember, but therein lies the irony. Their unique attribute is experienced by other species that attempt to communicate with the Thook. While talking face-to-face with a member of their species, you can carry on a normal conversation. But the instant you break eye contact, all memory of the conversation and the being you spoke with is erased from your mind, as though you had never met.

Needless to say, unless the encounter is recorded, no one would retain any awareness of the meeting. This is a natural, telepathic defense mechanism that creates immediate, short-term memory loss for all who come in contact with the Thook. However, with continued contact, long-term memory takes over and reminds you that the Thook exist, even though short-term experiences continue to be expunged. This survival trait is “built in” to the species and there’s nothing the Thook can do to turn it off, nor would they if they could. The ability developed as they evolved in an environment brimming with extremely aggressive predators. A few of those predators still exist on Thook, but are limited to the central continent, which has been left in its wild, natural state, while the Thook ultimately built shimmering cities on the surrounding continents as they spread across their world.

The “Veequa-pani” is my civilization’s name for the next species. It means “seed dancers” in our language and is a reference to the nature of these beings. Although the “Veequa-pani” have no general name for their kind, they have dozens of names for the various configurations and personality states they’re capable of expressing.

Imagine a large, three-foot long worm or snake-like being without eyes as humans have, but with sensory organs along the length of their bodies that can be adapted to see, hear, taste, smell or provide other sensations as

required.

Each being is sexless. All individuals are identical, completely indistinguishable from one another until they join together to create more complex identities. Special “linking organs” at one end of each individual allow them to physically and neurologically connect, turning two, three, four or up to eight of them into a being resembling a starfish or a headless octopus.

The various combinations allow them to take on different sexual, physical, psychological and other temporary qualities that vanish once the purpose of the “collective” is fulfilled. The individual “worms” then disconnect and go on their way, although each retains the memory, knowledge and experience of every collective thus formed over their lifetimes, which average around two hundred Earth years.

The next culture is alien in the extreme and possesses qualities that allow them to simultaneously exist in multiple dimensions. This grants them the ability to interact with various phenomena that would normally annihilate beings that inhabit “normal” physical realities.

Though these being have a name for themselves, it’s practically unpronounceable to species that use language to communicate and is more akin to a vibrational “equation” of energy.

The closest approximation in your English language would be: R•PH•R•K’ TH•R•M.

The “R” in each case is trilled, somewhat like the purr of a cat. All other sounds are like a whisper and the apostrophe represents what humans would perceive as a glottal stop. We’ll refer to them simply as “R” for convenience.

The “R” are capable of such feats as extracting information from the event horizon of a black hole or passing unscathed through the dense matter of a neutron star. They appear as abstract, dark blue nodes with long extensions, similar to a neuron, although that’s only the part perceivable by physical beings. The “R” are much more than that and it requires specialized senses or technology that can peer into other dimensions to reveal their complete

form, which is a constantly undulating “cloud” of quantum particles.

Conversely, the “R” perceive physical beings like you and us as transparent, crystallized energy forms drifting in a sea of virtual particles, similar to ice floating in water as a rough analogy. It took our civilization about ten years to learn to communicate with the “R” and there are still many things we don’t know about them, although their primary quality is a relentless curiosity and drive to explore various dimensions of existence.

Finally, we’ll share our initial impressions of a civilization we’ve only recently encountered. We learned about this unusual society from the “R” due to their ability to transcend dimensions, because this alien species, called “Ovma,” inhabits an alternate reality we’ve named the “inside-out universe.”

Instead of stars and planets moving through the vacuum of space, this universe is filled with a type of gravitational “fluid” peppered with enormous, hollow “bubbles” inside of which the Ovma live.

The specific bubble we discovered has an inner diameter nearly the size of the orbit of Mars around your sun. The bubble’s inner surface feels somewhat solid due to surface tension created by the gravitational fluid outside the bubble as it encounters the outward pressure of the bubble’s inner atmosphere.

The very center of the hollow bubble is occupied by a type of “white hole” that created and maintains the bubble by pouring energy from other dimensions into this alternate reality. This type of white hole has periodic fluctuations that generate a cycle of frequencies in the energy it emanates. One frequency energizes the Ovma (day) and the other frequency lowers their energy level (night).

The word “ovma” means “spheres” in our language and these beings are exactly that: spheres with extendable and retractable tentacles that are used, among other things, to roll themselves around the bubble’s habitable inner surface that, in terms of square footage, is approximately equal to one million, two hundred seventy-five thousand Earths.

The “Ovma” population exceeds several hundred billion individuals, yet the

bubble is practically empty, save for the exotic flora and fauna that share the “world” with the “Ovma.” Their dwellings tend to be composed of tube-like structures they can roll through, although there’s all manner of configurations that have sprung from the creative imagination of the “Ovma” architects.

They cultivate a variety of spores on their “farms” and their “restaurants” are usually comprised of patches and lines of different “flavored” spores they absorb through their membranous skins by rolling over them.

We’re aware of dozens more alien species, but we believe these four will give you an idea of the various ways life can be expressed throughout the multiverse and what kind of changes in human perspective might be required to interact with a truly alien civilization. Of course, it’s helpful to remember that you’d be every bit as alien to these cultures as they are to you.



CHAPTER FIVE

As we suggested in the Introduction, limitations can be used to create both negative and positive experiences. Consciousness itself is eternal and infinite. To experience anything less requires that consciousness impose limits upon its awareness. Thus, the dimension you know as “physical reality,” defined by the laws of physics that govern all phenomena from the sub-atomic realm to the vast reaches of the cosmos, can only be experienced if consciousness perceives its “reflection” filtered through a self-imposed, space-time framework that limits its perspective.

With this “mechanism” in place, a conscious being can experience itself in different states depending on the degree of limitation or “focus.” However, a high degree of limitation can cross a Rubicon into a state where the being can forget that it’s responsible for imposing the limitations it now experiences. Even though the being may desire to “undo” the limiting parameters, it may have forgotten how to do so.

This is why other beings, such as spirit guides for example, are necessary to assist with letting go on limitations that are no longer relevant to the being’s life experience. Such guides, not having imposed the same kind of focus upon themselves, are better equipped to see the “bigger picture” rather than the myopic perspective common to life in a highly-focused physical state.

The fact that our civilization has evolved to the point where we’ve divested ourselves of most non-relevant limitations allows us to also perceive the greater reality in a manner similar to spirits, or other non-physical expressions of consciousness. Thus, the information we share with Earth forms a type of “instruction manual” that’s designed to guide humans out of forgetfulness and offers a practical “tool kit” that your society can use to remove any layers of limitation that no longer serve to move you along your

preferred path in life.

Walking such a path can also increase the probability of open contact between our worlds because the closer you come to regaining the perspective of your greater self, you also become more compatible with our people and other civilizations that operate on higher frequencies of awareness.

However, it's clear that not all of you will choose a path of higher awareness and so, those individuals aren't likely to experience open contact with interstellar cultures like ours. This is not to say that contact with extraterrestrials must be anyone's goal.

Humans are perfectly capable of living fully-realized lives without encountering beings from the stars. It also goes without saying that choosing a path of higher awareness doesn't necessarily mean it must be a classically "spiritual" path per se. Any earnest drive to explore and develop a deeper understanding of oneself or the cosmos can prepare a person for contact with beings from other civilizations or dimensions of existence. Awareness of, and interaction with, societies on other planets is a natural phase of evolution for many cultures interested in expanding their perspective and experience of the multiverse.

We mentioned that limitations are experienced via a space-time framework that allows a being to "forget" that the limitations are self-imposed. The specific "device" that generates and perpetuates this forgetfulness is called a belief, or a definition. Installing a belief that physical reality is actually real is, by definition, a finite experience, and makes a being capable of "ignoring" the infinite nature of its greater self.

Definitions, and belief in them, form the basis of the physical persona and thus, are the fundamental components that generate every experience of physical reality. Simply put, it's not actually "seeing is believing," it's "believing is seeing."

While it's true that "seeing" or experiencing an event will reinforce an existing belief, the belief (whether conscious or unconscious) that such an event has the highest probability of occurring is what allows a person to see

and experience the event in the first place.

Beliefs are part of the system of self-imposed limitations beings place on their expanded consciousness and are what generate the limited space-time framework. However, in order for beliefs to be capable of continuously maintaining the limited perspective, they must be structured in a manner that allows them to constantly reinforce themselves, moment to moment. Beliefs contain energy patterns to make the physical dimension appear real, solid and difficult to change.

Were this not the case, the illusion of physical reality could not be maintained because your “higher self” *knows* that, while the *experience* is real, the physical realm itself is nothing more than a temporary projection, no more substantial than one of the films you project onto your theater screens.

As a way of perpetuating themselves and maintaining the illusion of solidity, beliefs utilize a variety of “tools and techniques” to accomplish this feat. However, before listing a few of these tools, it’s important to understand that beliefs don’t do this with “intention.” Beliefs aren’t “aware” they’re doing this; it’s simply their nature to do so.

The primary method beliefs use to get people to “buy into” the reality that the belief is “selling” is to create a specific vibration or frequency in a person’s energy field. This frequency pattern is called a “feeling” or an emotion (e-motion: energy in motion). This way, a person doesn’t merely believe a particular definition to be true, they also strongly “feel” that it’s true. This feeling reinforces the “reality” of the belief and makes it seem “factual” and less susceptible to change.

The next level of reinforcement comes from the “thought patterns” that the feeling induces within the brain. The emotion rewires the neurological pathways so that a person’s patterns of thought conform to the emotional resonance and thus, to the specific belief or definition that generated the feeling. At this point, the belief, emotion and thought pattern are aligned.

It’s a simple thing to demonstrate that definitions generate emotions. Find a

word that you don't know the definition of in your language and ask yourself how you feel about the word. It's likely that, without a definition, you won't know how to feel. But once the definition is revealed, you'll start to experience how you feel about what the word means. Thus, emotions don't exist on their own in a "vacuum," so to speak. The definition must come first or there are no feelings at all.

The next level of reinforcement is behavior. The person will now *act* according to their beliefs, emotions and thoughts. This generates their experience of the world, which is a reflection of their behavior, and the experience provides the final reinforcing "block" to their self-generated perspective that makes the physical realm seem so real. Thus, the "physical mind" is a triad structure, similar to a prism, built from beliefs, emotions and thoughts, that "breaks down" the homogenous "white light" of the higher mind into the multi-frequency "spectrum" of behaviors and reflective experiences that form and reinforce the personality.

Once this "personality prism" is established, beliefs can then use a variety of additional methods to continue to reinforce and perpetuate themselves, often to the exclusion of other, contradictory beliefs. This is especially true of what might be labeled as "negative" beliefs.

Before we continue, it's crucial to comprehend what we mean by the terms "positive" and "negative" in the context of the belief system.

These terms are not value judgments, like the terms "good" or "bad." They're more akin to mechanical descriptions of states of being or patterns and frequencies of energy. In this case, the term "positive" refers to a flow and frequency of energy that generates experiences of connection, integration, freedom and expansion, whereas "negative" connotes an energy frequency that generates experiences of disconnection, separation, limitation and reduction.

Ironically, mechanically positive states can also be used for negative reasons, just as mechanically negative states can be used for positive ones. For example, imposing certain limitations on one's greater being allows for a focused, physical experience. Thus, a "negative" act is used to create a

physical experience for the “positive” reason of gaining a new perspective that allows the soul to grow.

Conversely, a “positive” belief can be used in a “negative” way, as when an individual negatively attempts to force their belief system on another for what they falsely assume to be “positive” reasons.

With this understanding in place, we’d like to explain how beliefs use additional methods to perpetuate themselves. We will use negative beliefs in the following illustration because they utilize a much larger “tool kit” to reinforce themselves than positive beliefs require. This is primarily because negative beliefs must, in a sense, work “harder” than positive beliefs in order to convince you that you’re less connected, less integrated and less expanded than you actually are as a greater being beyond the physical plane.

As an example, negative beliefs may amplify feelings of fear within a person who attempts to change those beliefs, making them feel that something bad will happen if they let the beliefs go. Or a negative belief may “hide” by drawing a person’s attention to other beliefs that are easier to let go of, thus making the person believe they’ve released the primary belief when all they’ve done is let go of the minor ones, thus allowing the fundamental negative belief to remain lurking in the unconscious mind.

Another “trick” that negative beliefs often employ is to “disguise” themselves as positive beliefs so a person will keep choosing them rather than switching to better alternatives that have now been made to appear as less positive than the negative choice. In other words, the negative belief may generate a positive feeling when chosen, thus rewarding the person for continuing to choose it. This method is especially effective in cases where a person is in denial about their fear-based beliefs, and when a person’s feelings of “emptiness” are numbed by “rewarding” themselves with addictive substances.

All of this is to say that understanding how belief systems work can allow one to change their beliefs more easily by recognizing the tricks and realizing that beliefs are not necessarily “facts,” but merely subjective opinions or points of view. Implementing this knowledge can allow a person to experience less negative or fear-based limitations and more positive, joy-

based beliefs that generate experiences of self-empowerment and freedom.



CHAPTER SIX

Because many of your people have been trained to compartmentalize their consciousness and hide negative beliefs from their awareness, it's created a view of your world, and your relationship to it, that's often expressed in disconnected and fragmented ways.

This means humans view things as dissociated components rather than as whole systems. This myopic perspective is what allows your people to pollute your rivers, lakes and oceans, destroy your forests and other ecosystems, and wipe out entire species of animals under the banner of "progress."

With little or no understanding of the interconnectedness of all things and how a change in one component will almost certainly cause a change in others, the people who perpetrate these acts assume they're immune to the inevitable consequences. Their lack of a whole-system perspective prevents them from seeing that their behavior is ultimately self-destructive. They do not see themselves a part of a single, interrelated network but only as a detached component, untouched by system-wide effects.

While this perspective may allow such people to admit they exist *in* nature, their sense of detachment prevents them from understanding that people are actually expressions *of* nature, not just isolated individuals within it. You can never truly separate yourselves from your true nature. Everything, to a greater or lesser degree, is like a "gear" enmeshed with other gears. No matter how slightly you turn that one gear, all other gears must also turn.

Once the natural balance of a whole system, like a planet, has been thrown off beyond a point of no return, the system, unless completely destroyed, will go through a self-correcting process. However, this attempt to move

back into equilibrium can sometimes necessitate the extinction of many, or even all, of the components in the previous system.

These cycles of re-balance do occur naturally on Earth. As many of you now know, there have been many extinctions and periods of climate change throughout past millennia. However, unchecked destruction of your natural environment can accelerate such cycles as well as severely amplify the effects of the correction process well beyond the preventative or protective capabilities of your present level of technology.

Please understand that we don't state these observations to promote a sense of "doom and gloom" among your people. We are aware that growing numbers of you have awakened to the potential consequences of rampant consumerism and ecological devastation, and that many are taking action to explore alternative, non-destructive methods of fulfilling your needs as you seek to reverse this negative trend.

These positive actions are a sign of your willingness to see yourselves as a part of nature, to take responsibility for your choices and to ensure future generations will not merely survive, but will instead thrive. This way, in time, humanity can realize its creative full potential and evolve from Earth-bound "Homo Sapiens" to star-bound "Homo Galacticus."

This is not to suggest that you abandon your home world, but that, in connecting more strongly with the Earth, you can remain "grounded" and form a planetary identity that can allow your species to expand into the galaxy in a cohesive, unified way rather than becoming "lost" among the stars.



CHAPTER SEVEN

As we continue to observe and communicate with your society, there are additional “signs” or indications that allow us to determine whether your world, or various individuals or groups upon it, are moving toward, or away from open contact.

These signs appear to us as “splittings” into a variety of parallel paths, each of which exhibit different frequencies of energy, different perspectives of consciousness and therefore, different experiences of reality. Simply put, each path leads to a different version of Earth.

As mentioned in our explanation of time in Chapter Three, all things throughout the multiverse exist simultaneously, but are experienced as a continuous series of discrete “moments” from a space-time oriented perspective. As such, all possible parallel versions of Earth already exist. This means that, although it may appear that your world changes over time, the truth is that each version never changes. But when you shift your

perspective to another frequency, it allows you to experience *another, already- existing version of Earth, along with another, already-existing version of you on that parallel Earth.*



An infinite number of Earths may exist in parallel realities.

This idea bears repeating: The Earth you're on at this moment never changes. It cannot change. It is what it is. But as you adopt new beliefs and thus, shift your frequency of energy, your consciousness "jumps" to another version of Earth that's in harmonic alignment with the shift in frequency.

This is how creation expands. The "structure" of existence never changes; it's your perspective of the structure that shifts and generates an experience of physical and temporal change, personal growth and expansion of consciousness. The following analogy may help to illustrate the point.

You all know that, while you're watching one of your television shows, dozens of other programs are playing at the same time. However, you only see the show on the channel you've "tuned" your TV to display. When you change the channel, you're changing frequencies and, of course, you see a different program. Your original show may even still be playing. It hasn't "changed" into another program; the structure of the TV hasn't altered.

You've changed what you prefer to see and so you begin to enjoy another show; a "different reality," so to speak.

This is similar to the holographic nature of existence. Everything exists "here and now" and the change in frequency simply allows you to experience a different aspect of the very same "here and now." It only appears to be a different moment but it's actually the same moment from a new perspective. This shift in your point of view can be subtle or it can be profound, depending on the degree of the shift in frequency.

Therefore, the Earth you're perceiving now, as you read this, is not experiencing open contact and, since each version of Earth never changes, it never will experience contact. If you become more energetically aligned with the frequency of contact, your consciousness will then begin to shift its focus to another version of Earth that already exists "side-by-side" with your present version and on which open contact is already happening.

The "old" version of Earth and the "other" version of you will still exist, just as the program you were previously watching may still be running even though you changed the channel. Of course, the physics of all this is more detailed and complex than this simple analogy, but it serves to illustrate the basic principle that generates the experience of change.

In actuality, your consciousness is shifting through billions of parallel "frames" per second, similar to how the frames of a film strip run through a projector to create the illusion of a changing, "fluid" reality reflected by your movie screen.

Your scientists have long since discovered the "frame rate" of your physical reality. They've labeled this temporal unit "Planck Time," named after physicist Max Planck, who proposed the concept in 1899. Planck Time is the time it takes a photon traveling in a vacuum at the speed of light to cross a distance equal to the "Planck Length," which is many magnitudes smaller than the diameter of a proton at the core of an atom.

This amazingly high frequency of this frame rate is what allows you to experience the illusion of continuity, or a seemingly unbroken, continuous flow of time within an equally "smooth" and continuous volume of space. In

other words, time and space are “side effects” or emergent properties of the rapid shift of your consciousness through those billions of parallel reality frames per second. Thus, a unit of Planck Time is the proverbial “tick” of the physical reality clock.

Despite the above explanation, there’s no need to comprehend the physics in order to navigate through the frames in the direction of your preferred reality experience. This happens automatically (you’re doing it right now without thinking about it) but when your consciousness is intentionally aligned, rather than unconsciously, you can more easily choose the version of reality you prefer.

The simplest way to align with that reality is to act on your passion as often as possible. This is because the sensations you refer to as passion, excitement, love, creativity and inner peace are your physical body’s “translation” of the frequency of your core “signature vibration.” In other words, your true, essential being.

Any time you align with that core frequency through your beliefs, emotions, thoughts and reinforcing actions, you “propel” your consciousness through the specific series of frames that produce the space-time experience of living more and more on your preferred version of Earth. How quickly or slowly you experience that result depends not only on your own willingness to choose more positive beliefs, but also on the collective beliefs of your society that you’ve “agreed” to uphold.

However, even when you begin to “flow” in the direction of your preferred reality, it doesn’t mean you can’t objectively “observe” versions you don’t align with. It simply means that non-preferred versions will have no significant effect on you, unless you choose to align with them.

To go back to the film and TV analogy for a moment, imagine that you poke your head into various theaters and watch a few minutes of each film as you search for the theater playing the one you wish to see. Or imagine you’re “channel surfing,” as you call it, flipping past a multitude of shows until you settle on your favorite program. Once you choose which one you’re going to experience, the fleeting views of the other shows fade to the background of your consciousness as you become engrossed in the story you chose.

In the years and decades ahead, it may come to pass that your experience of reality will no longer contain glimpses or options to choose versions that aren't aligned with your preferred vibration. But as long as Earth is still going through its current transition phase where multiple positive and negative paths are equally accessible, non-preferred realities will remain front and center, vying for your attention alongside the preferred ones.

It's also wise to realize that, while choosing either a positive or negative path can eventually build up a kind of "energy inertia" that appears to make the opposite choice seem less likely to manifest, an expanding consciousness will always become *more aware of all possible choices rather than less aware*.

However, when all choices are viewed as equally valid, it will be much easier to objectively choose a path you prefer without invalidating the one you don't. It's the "value judgment" of invalidation that paradoxically creates a stronger bond to the negative path because invalidation is a mechanically negative energy frequency.



CHAPTER EIGHT

As explained in the previous chapter, everything exists simultaneously in a single “moment.” What you experience as a series of space-time moments is an emergent property, or “side effect” of your consciousness shifting its focus through billions of perspectives of that same, single moment of existence.

Therefore, as your people begin to let go of limitations and allow their consciousness to expand, they may experience certain “symptoms” of increased awareness. Since all parallel realities exist “here and now,” you may begin to feel a “thickening” of physical reality due to your newfound ability to sense more of the multiverse.

Thus, even though a person’s energy frequency is rising, he or she may paradoxically experience their momentum slowing down in the initial phase of parallel-reality awareness, as if they’re moving through molasses.

A crude analogy of why this happens would be to imagine that, if you were able to move at infinite speed, it would mean you could be everywhere at the same time. Thus, being everywhere would actually feel like you were staying perfectly still, since you would no longer perceive yourself to be “traveling.”

Going to higher and higher frequency states is similar to accelerating, so as you approach the “master frequency” of physical reality (the Planck-Time “tick” of the clock we mentioned before), there appears to be less of a difference in your speed relative to the “frame rate” of physical reality so things seem to slow down when, in fact, you’re actually speeding up.

Once a person acclimates to the effects, the “thickening” and “slowing

down” will ultimately transition into a feeling of greater connection to more of existence, along with a stronger sense of living in the moment.

As a result of living in the present, it will be easier to discern which beliefs are in or out of alignment with your “core” frequency and thus, it will also be easier to let go of limiting beliefs that are negative in nature. Releasing such beliefs becomes easier because they will appear so incompatible with a person’s higher vibrational state that it will simply make no sense to hold onto them anymore.

Once a belief appears and feels nonsensical or illogical, it’s already been dropped. In other words, seeing beliefs as nonsensical is the *end* of the process of letting them go, not the beginning of the process.

However, should a certain negative belief persist in revealing itself via a person’s emotions, thoughts and behaviors, even after that person declares they’ve released it, then that’s a clear indication that, while they may have let go of a secondary or minor negative belief, they still haven’t found the fundamental one.

When a core negative belief is truly released, the proof is that its effects no longer appear in a person’s feelings, thought patterns or behavior. Allow us to “break this down” in terms of building a house:

A definition is like a blueprint for your “house” (your physical reality experience).

A belief is the certainty that the blueprint is accurate (true).

Emotions are the builders of the house.

Thought patterns are the building materials.

Behavior is the construction method.

Experience is living in the “house” that results from all of the above.

This is why experience, behavior, thoughts and emotions cannot exist in a “vacuum,” or appear out of the blue for no reason. Belief in a definition *must* come first, just like the blueprint for building a house, even if that “blueprint” is only in your mind.

However, if the blueprint is “out of alignment” with the original vision, then the emotions (builders), thoughts (building materials) and behavior (building method) will be unable to construct a stable house. If the misalignment is large, the house may collapse in the slightest breeze.

Knowing and understanding this structure and process ensures that your house will be strong and capable of “weathering” anything that may blow its way. This is because when a person notices their own negative behavior, thoughts or emotions, they can trace them backward to discover the belief and definition that’s generating those expressions.

An honest answer to the following question is all that’s required to discover the negative belief: “What would I have to believe is true about myself in the present situation in order to (feel, think, behave) the way I do?”

If a person is willing to find the answer, it will reveal itself in one of a number of ways: either there may be an immediate realization, or synchronicity will reveal the definition, or it may even come to light in a dream. In any case, changing what you define and believe to be true about yourself is one of the most powerful ways of releasing the limitations in your life that hold you back from being your true self.



CHAPTER NINE

The process of shifting from being a Master of *creating* limitations to being a Master of *releasing* limitations is what life on Earth is all about. As we mentioned, your world is nothing short of a master class in transformation.

Your people often ask “What is my purpose in life?” or “What’s my mission?”

While each individual may *express* their purpose or “mission” in myriad ways, everyone’s fundamental purpose is the same: To be yourself as fully as you can. As we explained, this is why it’s so important to act on your passion in life. That sensation is your physical body’s “translation” of the communication from your higher mind, telling you that this “frequency,” experienced as passion, excitement, love, creativity or even inner peace, is the prime frequency of your unique being. It’s your “compass needle” pointing directly to your “magnetic north.”

As such, when you follow your passion by acting on it to the best you are able with no assumption or insistence of what the outcome should look like, you will always be perfectly aligned with your essence, your purpose and your mission in life.

The reason it’s crucial to drop any insistence about the outcome of acting on your passion is because your limited physical mind, in most cases, *isn’t capable of determining the best possible outcome*, although most of you have been “trained” to think you know better.

Look at it this way: You have a physical mind, designed to explore the experience called physical reality, and you also have a non-physical higher mind, designed to guide the physical mind through that physical experience.

It's like the physical mind is down in a "valley" while the higher mind is standing on a mountain top. It has a broader view of what lies ahead, while the physical mind can barely guess what's around the next corner.

The physical mind is "designed" by your greater consciousness to experience what's happening *now*, while your higher mind is the part of your greater consciousness that's "designed" to see farther and to know not only what's going to happen, but what would actually benefit the physical mind in the best possible way.

That's why the higher mind sends messages in its "native language" of energy vibrations that the physical mind interprets as feelings of passion and peace. To ignore those messages is to "walk through the shadow of the valley of death" (physical reality) with no guidance.

This doesn't mean that the physical mind can't use "visualization" and "goal setting" as a tool to generate a beneficial outcome. Such techniques can be very powerful. It's just that they operate a bit differently than you've been taught.

Here's how it works:

The physical mind uses its language of images (and secondarily, words) to paint a mental image (or even a physical picture) of what it believes represents an "ideal outcome" (a goal).

This visualization technique is fine and works well, but only if you realize that the image is simply a *symbol* of an ideal outcome rather than acting as a literal representation of what the outcome should be. The real purpose of creating the image is to put you in a state of excitement (to raise your energy frequency) so that the higher mind, through synchronicity, can provide the outcome *you actually need* to move forward in your life in the best possible way. Sometimes, on occasion, the outcome of your visualization *may* look like the image you conjured in your mind. However, many times it will look nothing like it. Insisting that the result look like what you *want* it to look like prevents you from seeing what it truly *needs it to be* and thus, you invalidate what the higher mind manifested.

Therefore, visualization can be used to “pump up” your frequency, but the instant you’re as excited as you can be about the symbolic image you created in your imagination, it’s crucial to *completely let go of that image* and be open to receiving whatever manifests next with the understanding that, no matter how it looks, it is the stepping stone that will allow you to move forward along the path of least resistance if you respond to it in a positive state of being.

Even if what manifests is something you don’t prefer, remaining in a positive state will allow you to realize that it must have manifested *for a reason* that serves you. If nothing else, the reason can simply be that sometimes, you need to see what you don’t prefer in order to more clearly see what you do prefer. That still counts as progress because, if you’re still reacting negatively to situations on the basis of how things look instead of responding from a positive state despite appearances, then you haven’t actually changed and thus, the manifestation can only reflect disappointment.

The key is to understand that *it doesn’t matter what happens*. It only matters *what you do with what happens*. A negative reaction begets a negative experience; a positive response begets a positive experience. There’s nothing mysterious about this. It’s just physics. You can only experience things that match the energy state you generate.

When your people understand that insisting on the outcome you want is, rather than freedom, actually a limitation, then the insistence will dissolve. Remember that insistence equals resistance. You may think you’re visualizing the best possible outcome, but in reality, your higher mind is capable of delivering something far greater than what your physical mind is capable of imagining. What may seem to be the end-all, be-all to the physical mind is merely the beginning to the higher mind. You may not know what the higher mind will bring you, but you can always be certain it will be exactly what you need, which is often far more important than what you want.



CHAPTER TEN

What do we mean when we talk about *needs* as opposed to *wants*? Well, first of all, we don't mean you can't use the word "want." We're not trying to get you to "walk on eggshells" as far as your language is concerned. It's perfectly fine to say "I want to go to the store," or "I want tea rather than coffee." When we talk about wants, we're referring to something more akin to an insistence generated by the negative ego that believes it, and only it, can determine what's best for the total being. As we mentioned, that's not the ego's job. If you do insist on wanting anything, it would be wise to want what you truly need.

"Wanting" is its own, unique state of being. When you want something, you're effectively saying you don't have it. In other words, wanting is not having. Wanting something merely keeps you in a state of *wanting* and *not having*. The key is to be in a state where you know you already have what you need and then allow it to manifest or, in other words, *become visible and tangible*. Everything exists here and now, so just because you can't see or feel something doesn't mean it's not here now. Manifestation isn't attracting something you don't have, it's making visible what's been here all along by matching its frequency state.

When we talk about needs, we're referring to the idea that everyone experiencing physical reality has seven basic needs which, if fulfilled, will actually bring you everything it's relevant for you to have or experience in life. We use the term "relevant" here because, very often, what a person wants isn't really relevant for them to have in order to live a full life.

THE SEVEN BASIC NEEDS

The following list is determined by the things you need in life in order to

physically and emotionally survive in physical reality. They are listed based on how quickly you would die without them, number one being the quickest physical death to number seven being the slowest experience of death.

1. Air
2. Water
3. Sleep
4. Food
5. Shelter
6. Connection
7. Creative Expression

Clearly, air is your most basic need. Without it, you would perish in minutes.

Water comes next. Without water, the average person would die in about a week, give or take.

While many of you might think that food would be next on the list, sleep, and more specifically, dreaming, is next on the list. Without the connection to your higher being during sleep that dreaming represents, you would quickly become psychotic, with an increased probability of death occurring around eleven days on average.

Now we come to food. Without water, being deprived of food (nutrients) in some form would most likely kill you in two to three weeks. With water, some individuals may last a bit longer. We understand that there are people who can create a state of being that allows them to maintain physical life without food.

After all, my civilization has evolved beyond the need for physical sustenance and derives its energy directly from various forms of light. However, this list concerns your average human, not the exceptions among you or what might be relevant for other species in the cosmos.

Next comes shelter and what we mean by that is any environment that provides at least basic life support or protection from elements in nature that might endanger life. Shelter does not have to be a house or a dwelling of any kind. Certain natural environments can be consistently mild enough as to not

require much in the way of physical shelter.

Connection is another way of saying “relationship.” While some form of connection with others is crucial, it doesn’t always mean it has to be with your own kind. A relationship with an animal, the forest or even simply the cosmos can suffice if the connection is emotionally and spiritually rewarding. However, without some form of connection, physical death may not be immanent, but feelings of disconnection can lead to loneliness that may even lead to suicide. At the very least, it may make a person feel they are not truly alive and create a state of apathy that can make a person wither away and become susceptible to disease, thus shortening what could have been a much longer and healthier lifespan.

Finally, creative expression is the freedom to be true to oneself and be an active participant in the tapestry of life. Without freedom of expression, a person can, once again, close down in such a manner as to create all manner of psychological, emotional and physical “blockages” that can eventually lead to a negative experience of death.

When all seven needs are met, synchronicity will automatically provide the opportunities, materials, objects, symbols, encounters and circumstances required to support a person in life along the path of least resistance and in the most fulfilling way based on what is relevant for that person’s “theme” in life.



CHAPTER ELEVEN

Speaking of death, we notice that, due to the multitude of belief systems on Earth, various humans have very different, and often opposing ideas of what happens after physical death. We can assure you of this: Your consciousness will survive after you die. Why? Because consciousness isn't produced by the physical world. The physical world is produced by consciousness.

How do we know this to be true? Well, for my people, it's an experiential fact. At this point in our evolution, we are what might be called "quasi-physical." As we mentioned in Chapter Five, we exhibit traits that are often ascribed to non-physical beings in the spirit realm even though we still have physical bodies. However, we are approaching total non-materiality and thus, in time, our society will no longer express itself in physical terms.

Our present dual "material-spirit" state allows us to communicate with non-corporeal entities on a regular basis. We have conscious contact with spirits all the time, including those members of our society who have crossed into the spirit realm at the end of their physical lives.

But how can *you* know this to be true? Your people only have anecdotal stories of brief encounters with non-material beings that are usually passed off either as misunderstood natural phenomena, fictional "ghost stories" or worse, as delusions. Even reports from people who've had so-called Near-Death Experiences (NDE) are mostly thought to be describing hallucinations brought on by oxygen deprivation or related brain trauma instead of actual accounts of the "afterlife." We put the word "afterlife" in quotes, not to imply that it's unreal, but to stress that there's no such thing as *after* life. Life is a continuum, regardless of whether a being is physical or non-corporeal.

So, again, how can humans on Earth *know* that your consciousness survives

physical death rather than simply hoping or believing that it does? It comes down to understanding exactly what consciousness is. What is meant by consciousness? From our perspective, consciousness is equal to self-awareness. In other words, you recognize that whatever makes you *you* as distinctly different from everything else. While it's true that everything, including you, issues from one, single fundamental Source (hence your physicists' ongoing search for a Unified Theory of Everything), the critical point here is that you, as an individual aspect of Source, perceive the other aspects to *not* be you.

This *perception* of something “other” than you is the key factor that generates consciousness or self-awareness. If everything is actually one thing at its core, how is this perception of “otherness” created? Through reflections. Allow us to explain using the analogy of a mirror.

When you see your reflection in a glass mirror, you don't consider the reflection to be you. You understand that it's merely a representation of your body. Thus, this perception of yourself from a location other than that which you physically occupy establishes the “difference” between the “real” you and the reflection of you, thus reinforcing awareness of your “actual” self.

Thus, if everything stems from a single Source, yet aspects of Source, such as you and me, can perceive themselves as seemingly individuated from Source, then Source (existence) must innately contain a self-reflective quality that, like an infinite hall of mirrors, produces a multitude of reflections, each of which also contains that self-reflective quality. As such, self-awareness permeates all of existence on both the macroscopic (holistic) and microscopic (individual) scale.

Being a “built-in” quality of existence itself, it's not possible for consciousness to cease to exist. It may change form but, like all forms of energy, it can neither be created nor destroyed. If you're conscious and self-aware now, the “reflection” of Source that you are will always be aware of itself, no matter whether physical or non-material.

Another way of recognizing that consciousness continues after physical death is to understand that physical reality isn't actually “real,” that is to say,

it doesn't exist outside of our consciousness. It's a reflection of our consciousness that reinforces our experience of self-awareness. While the *experience* of the physical is real, it's no more solid than your reflection in a mirror. In other words, it's all happening within your consciousness but is being experienced through a self-imposed space-time perspective that makes it appear to be "outside" yourself.

Just because other aspects of Source don't look exactly like you doesn't mean they're not reflections of you. Just as your multiple reflections in our aforementioned hall of mirrors don't all face in the same direction, so, too, are the other reflections in the physical experience simply different "angles" of you; exhibiting sufficient variation that you don't recognize them as reflections. Once again, these perceived differences help to reinforce awareness of your unique "self."

The marvelous thing is that this perspective is true for all the reflections. In other words, all reflections exist in a kind of "holographic structure" in which each individual reflection (you, me, everyone and everything else) experiences themselves as the source of all the other reflections. Put another way, this means each individual will experience physical reality as if it's happening to them personally.

We fully recognize that much of this information may be challenging and may take time to wrap your minds around. Nevertheless, we know that, when you do finally grasp this concept of physical reality as a projection of consciousness, it will become clear that consciousness continues beyond physical death, because death is nothing more than your self-aware identity transforming from one level of existence to another and that your consciousness, being intrinsic to existence, is indestructible.

Finally, the simplest explanation is the recognition that whatever exists cannot cease to exist. Why? Because, by definition, non-existence doesn't exist. This isn't just word play. Think about it.



CHAPTER TWELVE

To become a Master of limitation, it's important to understand the fundamental nature and structure of existence. My people sum up this concept in five basic Laws. You'll notice that I capitalized "Laws" to distinguish them from "laws" or conditions that are local to your universe because various dimensions and parallel realities within the multi-verse can have different "laws."

For example, the laws of physics as you know them aren't necessarily active in other realities. However, the Five Laws underscore all possible universes and dimensions of both physical and non-physical existence. The Five Laws are thus not only all-pervasive but truly unbreakable because they describe the fundamental structure of existence itself. Although they can be couched in different terms, the Five Laws are generally expressed as:

1. You exist
2. Everything is here and now
3. The One is the All and the All are the One
4. What you put out is what you get back
5. Everything changes except the Laws

Allow us to explain each law in more detail:

YOU EXIST

Your famous quote, "To be or not to be" isn't actually a choice you can make. While we understand that the literary context of the question referred to whether or not the character was going to choose life or death, the fundamental truth is that you cannot cease to "be." Things either exist or they don't and, since you're reading this book, you clearly exist. It's your fundamental nature to be a part (a reflection) of existence and, as stated in

the last chapter, that which exists cannot cease to exist.

While any aspect of existence, or even the whole of existence, can change its form or state of being, it's not possible for any part of existence to truly vanish. If it could, then all of existence would be so unstable it would simply "blink out" and you and this book and us and everything else wouldn't be around to discuss the nature of existence at all.

This is another way of saying that every aspect that exists is a necessary, integral part of the whole of existence and, being unique reflections of the whole, those aspects cannot disappear any more than your own reflection in a mirror can cease to be as long as you're standing in front of it.

Further, the whole of existence also cannot cease to be because "being" is its fundamental nature or its essential quality if you will. As already mentioned, "not being" is the "nature" of non-existence and therefore, that which is cannot become that which isn't. Therefore, the First Law simply states the obvious: "You," as a unique reflection of existence, will always experience any changes you experience from your point of view and that will never end. It also never began because the illusion of time is part of, and thus subject to, existence. Existence isn't subject to time. It just *is*.

EVERYTHING IS HERE AND NOW

Many physicists on your world are exploring a concept they call "quantum entanglement." Without going into detail, the concept states that in certain conditions, paired subatomic particles can become "entangled" or linked in some fashion so that a change made to one particle instantaneously creates a change in the opposite particle, no matter how great the distance between them.

The physicist known as Albert Einstein famously rejected the idea of quantum entanglement, calling it "spooky action at a distance" because it seemed to violate the principle that nothing within the material universe can travel faster than the speed of light. However, several experiments have confirmed that quantum entanglement exists. As such, many physicists consider Einstein to have been wrong on this matter.

The irony is, Einstein was actually right. Quantum entanglement isn't proof that interaction between paired particles happens at a distance, it's proof that *distance is an illusion*.

More recently, other physicists used math to demonstrate that a particle could be sent "back" through time to interact with its "older" self. While some are touting this as a demonstration that time travel is possible, it's actually an indication of quantum superposition (a particle existing in two locations simultaneously) and therefore, that time is also an illusion.

Since your physicists are searching for a "Grand Unified Theory" it stands to reason, just as the goal is to demonstrate that apparently different forces are actually expressions of a single, underlying principle, that space and time, despite appearances, must also be reduced to their simplest forms, which would be a single point without volume and a single moment without time respectively. In other words, *here and now*.

Thus, particles can appear entangled over great distances but, on the quantum level, the illusion of space and time aren't paramount. Thus, the particles reveal that they're both actually here and now.

THE ONE IS THE ALL AND THE ALL ARE THE ONE

Taking this a step further, and in keeping with the unifying concept, not only can forces, space and time be reduced, but matter can as well. If all things are truly expressions of a single thing, then the logical conclusion is that all particles of matter must actually come down to a single particle. In other words, what appears to be the multitude of particles that make up all matter in the multiverse is, in reality, the ultimate display of the superposition of one, single particle interacting with various states of itself simultaneously. To put it simply, every material object in existence is made from the same single particle. To be clear, I don't mean multiples of the same kind of particle. I mean literally the *same one particle*. You, me and everything are literally one thing.

WHAT YOU PUT OUT IS WHAT YOU GET BACK

This Law goes by a couple of names on your planet: It's been called Karma as well as, more recently, the Law of Attraction. In scientific terms, it's stated that for every action, there's an equal and opposite reaction, though it may not always be immediately apparent.

Because physical reality is a projection of consciousness, it has to function somewhat like a mirror in order to generate the illusion that you and your body (which is also a projection) exist within it when the truth is, physical reality exists within you. What I'm saying is that everything and everyone you see is a reflection of you in some form (and vice-versa) because the version of things you perceive is also constructed by your consciousness.

Thus, just as you “attract” your reflection in a glass mirror, the mirror of physical reality can only reflect what is in some way either literally or symbolically representative of the “image” you give off. However, it may not always be a one-to-one reflection in the sense that the people you attract into your life may be dealing with different beliefs and issues than you are but, as a reflection in the broadest sense, there must be a reason that you're generating as to why that particular person or situation has manifested.

As discussed in Chapters Five and Eight, the underlying cause of anything you attract is your beliefs about what true or probable for you. Belief in a particular definition of yourself, of others or of life in general activates emotional energy, which then gives rise to thoughts and behaviors that “solidify” the reality experience and generate a reinforcing reflection in the mirror of consciousness. In physics terms, you can only perceive what is equal to the pattern and frequency of energy you create in your consciousness. Conversely, you are unable to perceive, or even conceive, of an idea that represents a different frequency level than the one you're operating on.

EVERYTHING CHANGES EXCEPT THE LAWS

Change is the only constant besides the Laws themselves. Existence is never static, it's dynamically shifting in frequency and form at every moment. In fact, as hinted at in Chapter Seven, you shift from one parallel reality “frame” to another billions of times per second, which is what creates the experiential “side effect” (or “emergent property” if you prefer) called time.

However, in order to experience physical reality as smoothly unfolding over time, your consciousness also creates an illusion of continuity so that you can ignore the “jumps” between one frame and another. The most important thing to realize about this “mechanism” is that, with every single shift or “jump,” you quite literally experience another version of Earth and the entire universe you believe you inhabit. In addition, the fact that your focus of consciousness shifts from one reality frame to another means that, while you maintain a perspective of being “you,” you actually become a different person (the physical projection) with every jump.

This isn’t a metaphor. You are truly a different person on a different Earth in a different universe, *with a different history and different future probabilities* with each and every split-second shift. The great advantage to knowing this brings us back to the Mastery over, and subsequent release of, any limitations that don’t serve your life’s preferred path.

Please take some time to think about what this means and let it sink in. If you’re truly a completely new and different person every single moment, then anything you remember from your so-called “past” isn’t really from “your” past anymore. *That “memory” is always being re-created in each new present moment through the illusion of continuity.* Also, if you’re a different person every moment, you get to define, in each moment, who you prefer to be. Each of those jumps brings you back to zero, with a “clean slate” so to speak, that allows you to *break continuity* and adopt new beliefs that alter your “future” probabilities.

This break in the illusion of continuity will allow your perception of space-time to become more “malleable.” By becoming aware that your consciousness is “jumping” or refocusing through billions of parallel-reality frames every second, you can learn to “navigate” those jumps with more awareness and chart a more preferred course through life.

The continuity break may also produce another side effect that your people have termed “The Mandela Effect,” where some people recall a different history than others. To be clear, this phenomenon is, more often than not, simply due to faulty memories or erroneous information. However, there

truly are instances where one person is accurately remembering a real historic event with one set of details while another person may recall an equally real, but different set of circumstances for the “same” event.

This is because when the focus of consciousness expands, it becomes capable of perceiving more of the many parallel realities that all overlap in the here and now. Each is a separate reality, perhaps similar in many ways to other parallel versions of Earth, but with minor differences that will appear more real to those whose consciousness is aligned with the frequency of that particular alternate universe. It’s like a “bleed through” or “double exposure” between realities. A few individuals may be able to simultaneously perceive both (or more) realities, but most will experience one or the other.

This concept that any change, no matter how seemingly small, is actually a total change of everything, is what I’ve called “The Thirteenth Step,” in reference to the twelve-step program some humans use to shift their lives from a negative state to a more positive one. Without meaning to be condescending, it may be too challenging for most humans to wrap their minds around the idea that you’re literally a different person in each and every moment.

However, for those who can, the Thirteenth Step can be one possible way to “unlock” from negative patterns and redefine your identity so completely that an entirely new behavior can emerge that is in line with a new, more positive personality.



CHAPTER THIRTEEN

What conclusions can we draw from our observations of your world? As stated in the Introduction, we see you as being a Master Class in spiritual development, having made the bold choice to reduce your consciousness down to such a narrow focus that you forgot how powerful you truly are.

But now, you're nearing the end of that manifestation and beginning to wake up from the dark dream you've been living in for thousands of years. Your awareness is expanding outward while simultaneously diving more deeply inward and discovering the indestructible core that nests in the center of your being.

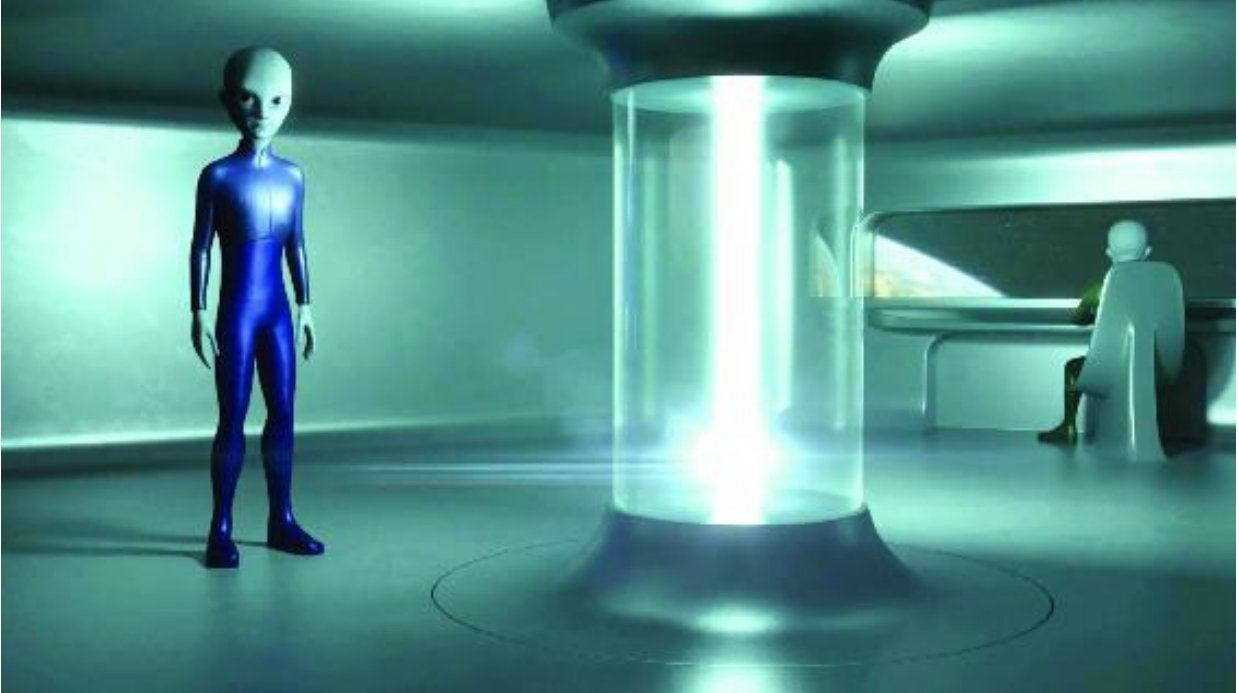
This shift in energy and focus is why we can communicate more openly with many of your people at this time. We're now able to remind you that you belong to a galactic community. You are part of an interstellar family that's excited to welcome you back with open arms and embrace you with love and compassion.



An E'sassani scout ship over Earth.

We honor the amazing journey that your souls have undertaken and, while we share our knowledge with you, we, along with many other interstellar civilizations, have also learned much from your struggle and willingness to transform darkness into light.

Having observed this slow awakening for many years, we can now say that there will come a time, in the not-too-distant future, when we and other extraterrestrial beings will be able to interact more openly with the humans of Earth and that, eventually, your people will become full-fledged members of our Interstellar Alliance.



Scout ship interiors appear simple but nano-technology provides whatever is needed.

This will still require some time, but we can sense the beginning of this new chapter in your story. Even though your society appears to be breaking down and experiencing more chaos, we remind you that underlying chaos, is hidden order. As the old way begins to crumble, a new vision of society will replace it. Your growing awareness of our presence and the power of your own spirits are now part of this “new equation” that will produce an outcome never seen before on Earth.

Once you let go of your fear-based beliefs, once you realize the abundance built into the multiverse and how to access it for all the people of Earth, you will be free to imagine and build a new society where each soul can realize its full potential and creatively contribute to the continued expansion of peace and harmony on your world that will, one day, allow you to join us among the stars.



The Interstellar Alliance is composed of hundreds of planetary societies.

DARRYL ANKA is a writer-director-producer at Zia Films LLC, a film production company he owns with his producing partner and wife, Erica Jordan. He has an extensive background in miniature effects, storyboards and set design and has worked on some of the biggest sci-fi and action films over the past thirty years, such as *Star Trek II: The Wrath of Khan*, *Iron Man* and *Pirates of the Caribbean: At World's End*.

He is also an internationally known public speaker on UFOs and metaphysical topics. Over twenty books of his seminars have been published in the United States and Japan and recordings of his talks have been sold to thousands of people around the globe by his business partner April Rochelle, the CEO of Bashar Communications, Inc.

Darryl is always working on new films, scripts and sci-fi novels. He lives in Woodland Hills, California, a suburb of Los Angeles.

For other books by Darryl Anka, please visit www.darrylanka.com.

For information about films produced by Zia Films LLC, please visit www.ziafilms.com.

For more information about Bashar, please visit www.bashar.org.

