

Stardust:

**A Conversation with
Galactic Archangel Orion**

Marty Boyle

With great love & appreciation, Stardust is dedicated to
Keith Boyle, Deb Clark, Elizabeth Crane, Elaine Dian, Kris Hawke,
Cassie Anderson, Natalie Sist, Bunny Navar, Rob Havlovick, &
the Soul formerly known as The Artist Formerly Known as Prince

Preface

Several years ago, I was told that if I so chose, I would write a book – spiritual fiction – on the coming Ascension. At the time, I had no idea of what the Ascension even was, and seriously questioned my qualifications to write such a book. Initial research only confirmed that whole qualification issue. By this time in my life, I had written more than 30 books – the vast majority being adolescent spiritual fiction – and, as was the case with those books, I was told to have Faith and Trust for this new book, for like the others, I would be guided by a host of spiritual writing guides.

Amazingly, that combination of Faith and Trust worked, and five months later, *Stardust* was born. A dear friend suggested I make it into a podcast. Not only would that avoid the frustratingly long editing and publishing timeline for traditional publication for me, personally, but *Stardust* would reach those it was meant to reach much sooner.

This Time Around is the other spiritual fiction on martyrboyle.com. Written more than 25 years ago, I had received a veritable plethora of rejections for its publication. One day – after that plethora – I was sitting in my living room, idly thinking about the book and wondering what I should do. Suddenly, a Voice in my head clearly reminded me, “You did not write that book for money.” When I agreed, the Voice continued. “Put it on the internet.” And so I did. I gave it to the world.

I feel the same way about *Stardust*, so wisely bypassed on that veritable plethora, and not only created the podcast, but put the book on my website, as well.

I think we can all agree that the world is a mess out there. It is my hope and prayer that *Stardust* not only helps you navigate the chaos, but brings you Divine Peace within that chaos so that your soul continues to shine and uplift you. Oh, and a word of caution: you may wish to fasten your safety belt before reading/listening to it. You’re in for a wild ride!

With much Cosmic Love and Light,

Marty Boyle

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Chapter 1

I put down the book I was reading and gently rubbed my eyes. For several weeks, I had been seeing flashes of what looked like starlight in my peripheral vision. My yearly vision appointment was coming up, so made a mental note to mention it. Suddenly and quite inexplicably, my mind was engulfed with stars. Thousands and thousands of stars. Millions. It appeared as if whole galaxies swept through my mind's eye, and I could only gasp in its beauty. As the vision finally ebbed, the light in my room grew brighter. And brighter. I rubbed my eyes again and squinted, trying to adjust to the light. Immediately, the light lessened enough for me to fully open my eyes. There, in front of me was a massive glowing being.

The first thing I noticed was the overwhelming peace that suddenly filled me. Instinctively, I closed my eyes to fully embrace it. After a long moment of Divine bliss, I returned to myself and gazed at the towering presence. A powerful masculine energy emanated from it, but as soon as I felt that, the energy became distinctly feminine. I had the sense that I could perceive this amazing being's energy either way, but for some reason, I felt the masculine energy better suited it. Suddenly, stars surrounded him, seemingly flowing through him and becoming a part of him. Being a big fan of angels and archangels, I searched for wings, but found none. I suddenly remembered that angels are brilliant light beings, but we humans do love our paradigms, and winged angels would be one of them. Ergo, should those of us embracing this paradigm encounter angels on the physical plane, most likely, they are winged. But not this guy.

My eyes moved to his face. Or what should have been his face. All I saw were legions of more stars, sparkling brightly. *Hmm*, I thought, knowing my paradigm of a Divine visitation called for a face, for I understood with every fiber of my being that the vision in front of me came from God. *It appears there's a face issue here.*

Releasing my very human face paradigm momentarily, and having resolved the wing issue, I moved on and examined the beautiful aura surrounding him. It was filled with the colors of the nighttime sky – deep purples and midnight blues with glints of sparkly soft pink and orange light running through it – just like a galaxy filled with twinkling stars. I felt more than a bit overwhelmed with the massive power and expansiveness of his energy. His power felt ancient – as in the beginnings-of-the-Universe ancient, and it humbled me. For another long moment, I could only gape at the exquisite being, trying to come to terms with what I was experiencing.

Compassion flowed from him, and I found I could easily hear him speak. “Be not afraid. I am Orion, and I come from God. I am here to help humanity evolve.”

I gaped at him, stunned that this was happening to me. *Orion? Like my favorite constellation, Orion – Orion, the hunter?* A vision of the constellation came to mind, and the hunter was clearly visible, as described by Ancient Greek mythology. The three stars in his belt making up the Orion constellation were clearly visible, as well, for I had often gazed at the constellation in wonder. I began to muse. *Hmmm. As the myth goes, Orion was a tall, handsome, mighty hunter, who ticked off a god for misdeeds, and as punishment, was placed into the nighttime sky for all eternity. His bow is extended toward the Pleiades, and he is being chased by the scorpion from the constellation Scorpius.* Mulling this over, I found I could only nod at Orion's words. Besides, what could I possibly say to a Divine being who had just materialized in front of me – especially one being chased by an enormous scorpion?

I had a sense that he smiled at me, and I realized that he could hear my thoughts. He smiled again and continued speaking.

“It’s the face thing, Soul, isn’t it?”

My face crimsoned, and I nodded tentatively, not wanting to say something stupid that might send him packing.

Again, I got the sense that he might be grinning at me. “Tell you what,” he said. “All of my human interactions are uniquely individual. Some don’t mind the *face issue*, as you succinctly put it, and are happy connecting solely with my energy, but others – like you – would prefer to see a human face.” He paused for a moment, as if thinking. “Tell me, what does your paradigm think I look like? How would you envision me?”

My eyes widened. *I can design this Divine creature any way I wish?*

He nodded in reply.

I cleared my throat. “Well, I guess I would envision you as a tall, dark, handsome male with deep, midnight blue hair, parted on the side, fashionably longish bangs that sweep back to the rest of your hair, which then falls past your shoulders.” He remained quiet while I paused. “On second thought, I confess I do love a man bun, so perhaps you could have one of those, maybe with tendrils loosely falling from the the bun – but no bangs.” When he didn’t answer, I figured he was either ticked or waiting for more description. I opted for the latter, desperately hoping it wasn’t the former, and he was biding his time for Divine retribution.

I straightened my shoulders, threw off my insecurities and continued. “Perhaps, since your aura is so massive, I’m thinking you should be a large being. Not chunky, but tall. With a good physique. Maybe a distinguished nose.” I tapped my finger on my chin in thought. “Perhaps with a lovely Latin complexion. I wouldn’t mind a five-o’clock shadow on your face, but no beard or mustache, please. Let’s keep it simple. Oh, and expressive, beautiful midnight blue eyes. Maybe with a twinkle in them, you know?”

“Anything else?”

“Hmm. I think that just about covers it.”

“Wings or no wings?”

“That’s a tough one. Let’s go with no wings for now and we can always amend that choice later if the occasion warrants it.” I paused again and then blurted, “Wait! I’m thinking if I can design your body, maybe I can do the same with your clothes.” He nodded and I continued.

“Even though we have just met, for a celestial hotshot, you seem easy-going, so I don’t think a long white robe and sandals exactly fit your personality. Maybe we can go with the casual look. With your star/Universe connection, how about indigo jeans – broken in, thank you – and a dark blue denim shirt with the sleeves partially rolled up? Perhaps a nice pair of black work boots?” I paused a moment. “Okay, I think that takes care of it.” I peered at him, holding my breath. In a heartbeat, Orion had become exactly as I had designed him. But I had forgotten one thing – age. Before me was a hunched-over, ancient-looking man, his gnarled fingers grasping an equally ancient walking stick.

With a grin on his wrinkles-upon-wrinkled face, he chuckled. “You didn’t specify an age, and since you correctly assumed my energy to be ancient, here I am!”

“Oh, dear,” I murmured. “I don’t want to appear ageist, and I certainly am open-minded, but, ...” I looked at him.

“Old geezer doesn’t play into this paradigm of yours?” I could feel my cheeks redden, as I weakly nodded. Without another word, he slowly began to shed years. Decades. And within a few moments, the stoop was gone, and in its place stood a tall, handsome man of middle age.

“Stop!” I called, worried that if I kept mum, he would continue to regress in age to infancy. Not that I have anything against infants, per se – I had had four of my own – but Orion in diapers just didn’t cut it in my paradigm.

He winked at me, and slowly turned around for approval. I was ecstatic and clapped my hands together in glee. *I did a great job! He is one darn good-looking galactic archangel, if I do say so, myself!*

“Now, do I look like someone with whom you can begin a relationship?” He leaned closer to me. My eyes met his, and I gasped again, for inside those midnight blue eyes were entire galaxies.

I could only nod. And gulp audibly. For a long moment, there was silence. I scanned my memory, wondering why, after working with angels for years, I was not familiar with this particular one.

“I don’t want to appear ungracious or unwelcoming, Archangel Orion, but I don’t seem to recall you in all the angel books I’ve read. You’re obviously ancient ...” He began to grin, and I quickly tried to recover. “You know, ancient energy ... ancient Universe... that sort of thing.”

Orion took pity on me and smiled gently. “You’re right, Soul. I am ancient, but have only recently stepped forward onto your planet, which you call Earth, but which the rest of the Universe calls Gaia. As I said, I am here to help humanity.”

“Your job description sounds angelic. Are you an angel?”

He nodded. “I am known as The Galactic Archangel. Orion means *Rising in the Sky*. As a Divine cosmic being, my purview is the entire Universe. As an archangel, I also work with other archangels to guide entire groups of humans, as well as those off-planet.”

“Off planet?”

The angel nodded. “The rest of the Universe and all of its dimensions, but we’ll chat about all of that at another time.”

“Okay. Patience is my middle name.” Orion lifted one perfectly designed brow in skepticism, so I quickly changed the subject.

“I’m just thrilled to be having this conversation with you, but honestly, I can’t figure out for the life of me, how I would deserve such a thing. Why me?”

His gaze caught mine, and he held it for several moments. Softly, he asked, “Why not you? You have never asked the angelic realm for help?”

I reddened. Again. “Yes, of course I have, but millions must ask for help from the angelic realm. I haven’t heard of too many people who receive an angelic visitation, let alone one that works with the entire Universe.”

“Remember, all those prayers from all those millions – and let’s up that number to billions – of humans are heard. Archangels can be everywhere at once, guiding and supporting all those who request our assistance. But remember, before we can help, we first must be invited into their lives. It’s our way of honoring humanity’s great gift of Free Will. The bottom line? You have begun to question your place in the Universe, and asked for help in understanding, and voila! I came. All humans are worthy of angelic assistance.”

I nodded. “Okay, I guess I can go with that for the time being, and try and release my self-doubt. As for your question, yes. When I read or hear about another angel, I make it a point to invite the Divine being into my life. Like a heavenly safety belt. More or less.” I paused.

The angel grinned. “Like my constellation? You know, belt? As in Orion’s belt?”

I smiled and rolled my eyes; his response was another grin. I cleared my throat. “I’m trying to get a grasp on you, so I hope you don’t mind the interrogation.” He smiled and nodded,

so I continued. “Since you mentioned your constellation, let’s talk about that. You actually hang out there?”

“Yes, while I spend *time* in the Orion constellation, most of my *time* is equally spent with the rest of the Universe.”

“Why emphasize the word *time*?”

“Your planet is the only one in the Universe that uses the construct of time – linear time. Minutes become hours, which become days, which become years and lifetimes, decades and millennia. The rest of the Universe has no such constraints. We operate on simultaneous existence. There is no past or future. All takes place now. In the Now.” He paused. “Think of a vinyl music record with perhaps eight songs on each side. There is a song, and then a pause, and then a song, and then a pause, and so on. That would be linear time – one song/event after another. Now think of that vinyl record with no pauses and all the music – all the songs – are playing at the same time – in exquisite harmony. That would be simultaneous existence. Without the constructs of past and future, all of your lifetimes are happening at the same time. The now.”

My mouth dropped open and I squeaked, “Lifetimes? As in plural?”

Orion chuckled and nodded. “Yes, but before we go any farther with this, please invite me into your life.”

“Galactic Archangel Orion, I deeply appreciate the opportunity you are giving me, and I graciously invite you into my life.” I paused. “Does that cover it?”

The angel nodded. “And now, I think it’s the perfect time to stretch our legs and go on a journey. Are you in?”

“I am so in!” Suddenly, I glanced at my watch and my face fell. “Drat. I have a dental appointment in a couple of hours. Will we be back in time or should I call and reschedule it?”

“Soul, where we’re going, there is no linear time. When we complete our journey, you will find that no time has been lost in your physical world.” He paused and pointed to my watch. “What time is it?”

“1:10 p.m.”

“Okay, remember that, and when we return, you can see for yourself!”

I smiled. *A journey! I’m actually going on a journey with a galactic archangel!*

And then, there was no more time for musing, for with a soft whooshing sound, the great and powerful Archangel Orion and I shifted.

Chapter 2

I blinked several times, as I adjusted to our mode of transportation, and then looked around me. We were in a magnificent green garden with delicate shrubs and well-manicured trees. I could hear the tinkling of a nearby waterfall, and looked toward the sound. The water was gently cascading over ancient-looking boulders into a small pond. Nearby, was an imposing gold statue of the Buddha in meditation. Looking up, I saw towering mountains, as if reaching to heaven. Mists swirled around them.

Looking in the other direction, I realized that I could see just the tip of what appeared to be a very large, very old building, topped with a golden roof. I peered closely at that roof, and made out three gold objects on a raised platform. In the center was a golden, spoked wheel, flanked by two deer, lying down and gazing at the wheel. I turned to make sure that Orion was still with me.

Without my even forming a question, he whispered, “The wheel symbolizes Buddha. The deer represent humanity, learning from Buddha.”

I nodded, and he gently pointed to an older man shuffling toward us as if in meditation, for his lips were moving as he fingered well-worn prayer beads. He was dressed in what appeared to be two garments. The inner sleeveless undergarment was burnt orange with dark red edging. The outer garment was a deep maroon, and covered his body from the chest down; one end was draped over his left shoulder, exposing his right arm. His hands were pressed together in front of his heart in prayer. His head was shaved, and he wore wire-rim glasses. His back was stooped, but even if he were to straighten, he seemed less than five feet tall, his build slight. Fascinated, I held my breath and watched his approach, hoping he would stop and talk with us. I got my wish because he soon stood before us, smiling.

“Namasté,” he said quietly, bowing to each of us. To say he smiled at me is an understatement. His whole face was aglow, and the Peace within his smile coursed through me, leaving me transfixed. Perhaps understanding this, he bowed again and spoke. “I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, light, peace and joy. When you are in that place in you and I am in that place in me, We Are One. I offer you my humblest greetings and wish to welcome you to this holy site. Feel free to ask any questions that come to mind.”

I glanced up at my guide, hoping he would explain. He placed his hands together and answered, “Namasté.” I quickly did the same.

“I was known as Sangpo [SANG-po] Lama, a Tibetan monk. We spent most of our day in meditation, but also studied Buddhist classics, conducted religious rituals, as well as assisting our people in times of trial.” He paused. “Come, let us walk.” I nodded and the three of us moved slowly as he continued to finger his well-worn beads. For a long time, we were silent, but I sensed he was waiting for me to begin.

“I am humbled that you would take the time to help me understand. When you greeted us, you said you were a Tibetan monk. You appear to still be that, but are you telling me that you are in – what? Spirit form right now?”

He nodded. “I have had many, many lifetimes throughout the Universe, all focused on my strong belief in humanity and their evolution. One such life was here at this beautiful monastery, built in the 12th century.” He paused as if trying to find words. “Soul, in your linear time, my lifetime here would have been some 500 years ago.”

My mouth fell open, but no words came forth. The lama smiled again, filling me with what I could only describe as Divine Light and Peace.

“Tibetans believe lamas are intermediaries between them and our deities, although they also understand that we are not superior to them, nor do we dictate our teachings. We merely help them connect with Source. Tibetan Buddhism is a rich and varied philosophy – a combination of Indian Buddhism, Chinese Buddhism, and tantric teachings.”

“Tantric teachings?”

Sangpo Lama nodded. “There are many Tantric practices. Some work with sound through *mantra*, which are sacred words and phrases; some with *mudra*, which are ritualized hand motions; some with sight through visualizations and *mandalas*, which are diagrams of the universe; and some with vital energies through *meditation and yoga*.” He paused, looked up at me and continued.

“I know many of your Western religions presently don’t hold reincarnation as a tenet in their spiritual belief system, but half the world’s population believes in some sort of re-birth. It is a belief in the Hindu religion, as well as that of Jainism, Buddhism, Sikhism, and Kabbalah Judaism, to name a few. Basically, after the physical body dies, it is left behind and the soul returns to God. There, it may choose to rest and reflect on its lifetime.” The lama paused.

“And then the soul returns to Earth in another body?”

He smiled. “It actually depends upon their belief systems – their paradigms. Buddhists believe in both rebirth and reincarnation. Rebirth is not voluntary, but in this religion, it is dependent on Karma. *Karma* is a Sanskrit word that means *act, action or word*. The law of karma teaches that all human thoughts, words and actions begin a chain of cause and effect, and that they will personally experience the effects of their thoughts, words, and actions. For example, let’s say that in one lifetime, you chose to experience wealth and royalty, but you abused your great power. Accordingly, with their understanding of Karma, which seeks to return balance to the soul, your next lifetime might be one in which you experience a life of poverty, ruled, perhaps, by a cruel king. This belief in Karma is paramount to those who believe in rebirth.” We walked toward the waterfall, and its sound filled my soul. I quickly moved my attention back to the lama, but before he could continue, I asked another question.

“I believe you said with their understanding of Karma. Are you saying there is more to it?”

The lama nodded. “It is complicated. Many souls get trapped within the karmic wheel. Because each soul chooses its challenges before reincarnation – the Life Chart – whatever has not been learned from previous lifetimes, is automatically added to the new list of challenges. Too often, the same mistakes are made, which prevents them from learning the lesson and moving forward. The soul then becomes stuck on the wheel, for once a lesson is written into their Life Charts, the soul must learn it – even if it takes many lifetimes.”

When I look confused, he smiled. “Before souls choose to reincarnate, they spend time in self-reflection, examining their other lifetimes – both past and future, since they run concurrently. If they had recently had a lifetime of great wealth and power, they may choose to experience the opposite: poverty and powerlessness, in order to have diverse opportunities for soul growth. They are not forced into a Karmic lifetime, but embrace a diverse opportunity to expand that soul growth.”

“Karma is an Earth construct, not found on other realms. Tell me, can you imagine Source/God/Allah – whatever name you wish to give the Creator – sitting at a cosmic computer with a balance sheet, calculating future lifetimes based on past ones?”

I shook my head, and then said, “Wait! You know about computers and balance sheets? How is that possible?”

The little lama chuckled. “Remember that my sacred task is to help humanity evolve. How could I be of assistance if I don’t know what’s going on in your world? On this side of the veil, our eyesight is far better than your limited 20/20 vision!” It was my turn to chuckle. This whole thing just blows my mind! When Orion smiled and nodded, Sangpo continued.

“One of humanity’s greatest gifts is Free Will. That includes choosing what kind of lifetime is best for the learning you wish to acquire.” He paused. “Still with me?” When I nodded, he continued. “But before you ask, Orion tells me that you will learn about Cosmic Laws at another part of your journey.” Once again, I nodded, and he cleared his throat.

“While rebirth is involuntary, reincarnation is voluntary, and is based on what the soul wishes to experience for the learning within.” He paused. “Different religions espousing reincarnation have their own belief systems, but the theme of reincarnation is strong in many parts of the world, mostly within the Eastern philosophies. The soul has lots of choices, depending upon whether or not it wishes to return to the physical world.”

“So, all souls eventually reincarnate?”

Orion smiled, clasped his hands in prayer and bowed to the monk. “May I?”

When the lama nodded, Orion continued. “Souls may choose to remain in the non-physical realm and study anything in order to gain understanding and wisdom to further progress their souls. That would include anything that piques their interest, as well as participating in philosophical discussions, creating great works of art, poetry or music – the list goes on and on. Free Will again. Others choose to remain in the non-physical realm and help souls throughout the Universe with their challenges.”

“If souls wish to reincarnate, they are given guides, who will help them plan their next lifetime. First, they must determine what they most desire to learn, which becomes the basic framework of their lifetimes. Once that has been determined, options for their new lifetimes abound.”

“Like?”

“Well, perhaps, they have had several lifetimes as a biological female, so this time, they would like to experience a biological male lifetime. But, within that, they may decide if they would like to experience traditional genders or learn from an experience that encompasses non-binary. Besides gender identity, choices must be made for parentage, siblings, location, emotional, psychological or physical health issues, abusive situations – the choices are all made to further evolve the soul throughout the experiences of that particular lifetime.”

“But as difficult as Gaia is as a learning environment – the most difficult in the Universe with its density, challenges and Ego – progression can be made more quickly while in physical form than in spirit form. Once souls make the decision to reincarnate, they are oftentimes so caught up with the pure excitement of returning, that they forget the difficulties that Earth, itself, presents, and request a great number of challenges.”

“Sounds like spiritual over-achievers. And no one stops them? Or at least tries to discourage them?”

Sangpo smiled. “As I said earlier, souls have guides to help them design the framework of their next lifetime. These guides try to temper their enthusiasm in over-achieving, as you put it, but Free Will prevents them from discouraging the number and types of chosen challenges.”

“So, what happens when they land on Earth overloaded with challenges?”

“They may have extra guides and angels to help them navigate the physical world, or they may be given gifts.”

“Gifts? What sort?”

“They are without number, and can include anything like a strong love of music and/or the arts and nature, which would help alleviate the stress of their challenges. Perhaps they are given intuitive abilities, so that they can more easily hear guidance. They may be surrounded with supportive, like-minded people. The list goes on and on.” Orion paused.

“But once challenges have been written, they must be carried out. If they are unable to do so in that particular lifetime, those challenges are automatically added to the next Life Chart.”

Yikes! What’s writ is it? I thought of all those people I know who seem to be facing endless challenges.

Orion smiled and waited, knowing a question was coming.

“Would one of those choices be when, how and where that human dies?”

Orion nodded. “Let’s talk about that, for much of humanity currently has an incomplete understanding of death. Within the myriad of choices available to a soul, another such choice is the selection of exit points.”

“As in the soul exiting the body? Dying?”

“Yes. Remembering that the whole purpose of incarnation is to procure learning and experience, once the soul – not the intellectual or emotional mind – understands that the goals for that particular lifetime have been met, they may return Home. Before incarnation, another choice is to determine several exit points throughout their lifetime at which time, they may choose to leave.”

“That doesn’t seem hard to understand, but I’m guessing that there must be something else to it – something that may be difficult for humans to understand.”

Orion nodded. “How many times have you heard someone say, “Why did God take my child?” “Why didn’t my child get the chance to grow up?” “Why did I pray that my father survive his cancer, but died, when others seemingly recovered with prayer? Weren’t my prayers good enough?”

I reddened. How many times had I asked the question: *With so many family and friends praying for a miracle for my beloved father with esophageal cancer, why did he die? Were our prayers not good enough to be answered? Is anyone even listening?*

Orion took a step toward me and encompassed me in his arms. Compassion, Peace and Love filled me, instantly calming me. I sighed deeply.

“Can you even begin to imagine a God so completely filled with Unconditional Love for all of Creation, to arbitrarily take a soul early? No souls are *taken*. There is no *too early*. Regardless of the human’s age or circumstances, each soul makes the determination to use one of the exit points available. All prayers are heard and answered, even though you may not think that to be the case. Simply, if your prayers contradict Life Chart decisions, the prayer energy is blocked by your Higher Self. If what you pray for is not best for your Higher Self – say, winning the lottery – again, it is blocked, but every one of those prayers is answered – with Grace.”

“Higher Self? Is that another name for soul?”

The angel smiled and shook his head. “The soul designs your incarnations, and decides which experiences/challenges it wishes to take on in the physical body. The Higher Self is the highest, best aspect of you, and can see and understand all your chosen challenges for the growth you seek. The Higher Self directs the soul throughout your life. Both your soul and your Higher Self have unlimited vision of your life purposes, and connection to All That Is.” Orion paused. “I

promise we will discuss this more at a later stop, but for now, understand that as you follow your guidance, you will begin to merge with your Higher Self, which will then lead toward soul evolution – the whole point of reincarnation on this planet.”

“And that’s where you come in, right, Orion? I believe you said you were here to help us evolve.”

“Yes, but I am only one of many, many Lightworkers on both sides of the veil, working toward the goal of human and planetary evolution. Before the planet can evolve, however, humans must evolve.”

I gasped. “Have you seen Earth lately? It’s a mess with humanity spewing vitriolic anger and hate. How in heaven’s name could we possibly get everyone to put aside the hate, and make the choice to evolve?”

Orion smiled. “In heaven’s name, Soul – also known as *Love*. Yes, Earth is besieged with challenges at this time, but only by putting aside Ego, Drama, the need to be right, and choosing Love, is the change possible.” The angel smiled. “Besides, Gaia can evolve only if humans takes personal responsibility for their actions, and make the choice to evolve.”

“When you were a kid, did you ever play on a seesaw? A teeter-totter?” When I nodded, Orion continued. “When the seesaw is balanced, what must happen for it to swing either up or down?”

“More weight. Maybe a boulder.” He nodded.

“You don’t need a boulder, though, to make the change that I’m referencing. Logic tells you that you just need 51% to tip the scale of the seesaw. It’s the same with humanity, but far fewer than 51% is actually needed to make the shift.”

“How is that possible?”

“I promise that we will speak more of this later, but know for now that Collective Consciousness will spread spiritual knowledge and wisdom to many, many others in order to awaken them in order to make the evolutionary shift.”

“Collective Consciousness?”

“Let’s start with consciousness – the ability to be aware of one’s surroundings and respond to them. You think of that as being awake. Being *unconscious* means that you are neither aware nor responsive to your surroundings – like being asleep. Now, *living consciously* means the ability to view the world objectively, and make choices in a way that not only considers you, but everyone and everything else. The Big Picture or the macrocosm. Conversely, *living unconsciously* refers to someone who has little mental awareness, other than in a narrow, subjective, personal way. The Little Picture or the microcosm. Higher Consciousness can be thought of as you, originating in a thought form that became your Higher Self. You understand that your Higher Self is eternal, unlimited, and immaterial.”

“*Collective Consciousness* refers to the level of consciousness or awareness held by a group, or collective, and comes from their collected group paradigms and myths. This collective can be families, communities, nations, species, or the Universe. The goal appears to be simple: humanity moves from Collective Consciousness to *Unity Consciousness*, where its primary consideration is of the whole, rather than the one. It considers the wellbeing of every being on Earth in a way that is integrated, and harmonious to all.”

“Whoa, not exactly simple. It sounds like an enormous task. Exactly how could that ever be accomplished?”

“Great question for another stop on our journey, I promise.”

I nodded, “I can be patient. Again, my middle name, but, are you allowed to tell me, should that evolution occur, what would happen next?”

“As One, humanity would move toward the Light and the Age of God. Again, know that for now. Your understanding will deepen as we progress on our journey.”

I nodded, but my thoughts went back to my beloved father, and losing him. My eyes filled with tears.

Orion whispered, “You didn’t lose him, Soul. Your father experienced the kind of life he fashioned before incarnation, including the cancer experience. Had he chosen to experience a non-deadly cancer, he would have survived. Your father chose a cancer death for the learning it would bring him, as well as for his beloved family.”

“But I don’t understand. My dad loved us so much. Why would he choose to experience so much pain and sorrow for himself and his family?”

“Because of his great love for his family. Before he finalized his life choices, he met with each of you – also in spirit form at that time – and you all agreed to not only support him, but learn the lessons from the family’s cancer journey, as well as experiencing the sacred task of helping a soul cross.”

He released me and continued. “Many humans will react negatively to this, for they have long held their *God Grudge* – their paradigm that God not only allows suffering and death, but that he wills them to be so. It has become an integral part of them. As a result, they may be unwilling to release it, which is fine – Free Will and all, but if they can, they will at last feel at Peace.” Orion paused, and I jumped in.

“There are so many individual and global challenges going on in the world right now.”

Orion nodded. “But the beautiful part of all the lesson learning – for that is what it is – is that once humans have truly learned the lesson, the challenge is gone – unless they requested more learning from that challenge, and so then, of course, the challenge will continue. Free Will is greatly honored by all of us in the non-physical world.”

“Okay, I think I get that whole challenge thing, but how can we best learn these lessons? I like that idea of once learned, gone!”

“Before we discuss that, let me give what you will perceive as good news about all the challenges and lessons to be learned.” My eyebrows shot up. At last!

“Once challenges are written – *writ is it* – humans may at any time amend the Life Charts they had made before incarnating.” I opened my mouth, but he put up his hand.

“This is another Gift that was given to incarnating souls. Let’s say you had chosen to be in an automobile crash. You cannot scratch it off the list, but unless you chose to be severely injured or die for the lessons within it, you can amend the car crash to be only a fender bender.”

“Whoa, wait. Let me get this straight. Changing a Life Chart choice is illegal, but amending it breaks no celestial rule? There’s no fine print, barring amendment? It’s not considered cheating?”

“Nope. No fine print. No cheating involved.”

“So, how does one go about amending such a choice? Is there some fancy rigmarole or click your heels together three times or something?”

“No, Dorothy. You simply need to sit in silence and then tell your guides that you wish to amend some of your Life Chart choices. Your list can be as long as you wish, and can go something like this: *“If I have chosen a car accident for any of my incarnations, unless I chose to make it fatal for the lessons within, I now amend the choice to be only a fender bender, and I choose to learn that lesson smoothly and easily. I am deeply grateful for this opportunity.”*

Orion grinned. “It works with any challenge that you think you may have charted. There is no rule that dictates that lessons must be learned painfully – unless ...”

I grinned and finished his sentence. “... a soul has chosen that!”

“Perhaps now is a good time to share something else with you that you might have not considered. When faced with a difficult challenge, many humans pray for strength. Because thoughts create their reality and the request doesn’t go against their Life Chart, their prayers are answered, although usually not in the manner that they had hoped for. More challenges will be put in their path, for, in order to gain strength in your world, difficult challenges must be overcome. In other words, instead of resolving one challenge, you must now resolve many. You will, indeed, grow stronger, but at what cost?”

“Yikes!” I paused, mulling over his words. “So what should we pray for?”

“When praying, always express gratitude for the challenges facing you – that you chose. Then, humbly ask for the Grace to face them and learn from them.”

“Whoa,” I replied. “That’s another game changer.”

After a long moment of trying to wrap my head around it all, I finally asked, “Let’s continue with learning lessons. How can we humans best learn our lessons?”

Orion smiled. “First, you have to move Ego out of the picture.”

“Wait. What’s wrong with Ego that we have to move it out of the way?”

“Ego was a great gift given to you to provide your individuality. Without it, all souls would experience the same things the same ways. It also served as a safety net, protecting you – warning you when danger appeared. Soul and Ego worked hand in hand, but over time, Ego staged a coup, making demands, which surpassed basic protection and moved into a not-always benevolent dictatorship.”

I raised my eyebrows in confusion. Orion smiled and continued.

“Let’s say that an interesting opportunity arises for you in your work place. Soul would tell you to embrace it for the learning that would come – that this was part of your Life Chart, and much good will come out of it. Ego, on the other hand, instantly becomes hysterical.

“What about me?” it would scream, throwing an impressive tantrum. ‘We won’t be safe if you take that job! It’s way out of our comfort zone! If you take that job, we’ll have to move to a different place, which is probably rampant with vicious criminals, and you’ll be murdered in your sleep!! Don’t take that job! Protect me at all costs! It. Is. All. About. Me!’ Pure Ego-speak. And with that, Ego would jump into the metaphorical bed and pull the covers over its head, quivering in fear.”

I shuddered. “Oh. That doesn’t sound good at all.”

The archangel nodded. “Instead of going through all that Ego Drama, living in Fear, rise above the situation that holds a challenge or opportunity for you and look down upon it – just as you might with a chess board. This not only broadens your perspective, but you can more clearly discern the possible lessons within, and make your decision based in Love, not Fear.” He paused. “Souls should not live their lives in Fear. Nor can they live their lives with one foot in Fear and the other in Love. Stop straddling the fence. Make a choice and stick to it – Fear or Love. They’re your only options.” Orion winked at me. “Personally, I’d go with Love. You’ll not only be happier, but it will ensure that you are on your path, meeting your chosen challenges and learning from them.”

Sangpo nodded and quietly added, “There is no right or wrong with any of our conversation. While some may embrace what we have to say, feeling a rightness in their souls, others just aren’t ready to do so. Free Will. No punishment. Perhaps, one day, they will awaken

and come to a new awareness that will embrace these ideas. Or, perhaps, they will continue to live their lives in Fear, and adamantly refuse to open their hearts to Love. All humans are greatly loved, regardless of their choices.”

I nodded and asked, “If it’s all right, could we talk a bit more about death?” When both of my celestial guides nodded, I continued. “Sangpo, you used the phrase *No punishment*. What about after you die? You know, Judgment Day?”

Sangpo smiled sadly. “I believe many humans fear death because they are fearful of such a thing. How very sad that so many of your religions use the threat of judgment, condemnation, purgatory and hell in order to more easily control you. The truth goes back to your belief systems, Free Will, and the power of your thoughts to create your reality. If you tightly hold the paradigm of purgatory within you, then for you there is a purgatory-like existence after you die. Same with hell.”

I started to protest, but Sangpo lifted a hand. “I know what you want to say, and it sounds as if God is cruel and has no compassion, but please understand. God and compassion have nothing to do with you stubbornly clinging to a particular paradigm. Hell and purgatory are all illusions. Delusions. As soon as the soul makes the realization that there is no judgment or condemnation, purgatory or hell, it rises from that self-made horror and moves into the Light.”

“That sounds really scary. How long would it take for that realization?”

“Remember, Earth is the only existence with linear time, but I understand what you’re asking. It would be up to the individual soul. Loving souls gather and encourage the soul, but in the end, the soul must take personal spiritual responsibility to release the old paradigm and take that first step toward Light.”

“Okay,” I said. “I get that, but what about heaven? Surely you’re not going to tell me that’s an illusion, as well.” I paused. “Are you?”

“Like purgatory and hell, heaven is also a paradigm. It is not a place, but a state of mind in Unity Consciousness. Having said that, Free Will dictates that if your idea of heaven – your paradigm – is sitting on a beach, making sand castles, then that’s your heaven. At some point – like your realization about hell and purgatory being only illusionary – you will come to understand that heaven is Unity Consciousness.” He paused. “And, while we’re at it, let’s remove another paradigm and replace it with Truth. Most of humanity believes that everything on Earth is real. I say to you that everything on Earth is just an illusion for The Great Earth Experiment, but we’ll discuss that experiment on another stop. Once you are able to truly incorporate that into your mind, you will find that you can view it all from a higher perspective. It not only elevates your thinking and vibrations, but it progresses your soul’s evolution.”

Orion nodded. “When we first met, I told you that I am here to help humanity evolve. All humans will either choose not to have anything to do with personal evolution and cling to their old paradigms, or evolve in the time frame that their souls deem best for them. No pressure. No timetable. Free Will.”

“I wish to evolve, Orion, although at this point, I have no idea what that even looks like.”

“And so evolve, you shall, along with anyone else on Gaia who wishes to do so. But, as for what it looks like, let’s keep that nugget for another spot on our journey. It is wise to take this conversation in baby steps.”

I sighed again. “Okay. Let’s return to our discussion of reincarnation, please. It all sounds so logical. One and done seems closed minded if you believe that souls have assumed human bodies to learn from their experiences.” I paused. “Why isn’t reincarnation in Western religions?”

Lama Sangpo nodded. “There is a great deal of evidence to support the theory that early Christianity embraced rebirth/reincarnation. In 367 AD, Pope Athanasius of Alexandria designated a list of 66 books that would form the Church canon, some of which spoke of rebirth, which became official Church teaching. Then, in 553, during the Church’s fifth Ecumenical Council, which sought to form a slimmed-down Church doctrine, the Council was hijacked by Roman Emperor Justinian, who wanted to be the sole arbiter of Church doctrine. One decree emerging from his council stated, ‘If anyone asserts the fabulous pre-existence of souls, shall assert the monstrous restoration which follows from it: let him be anathema.’”

I must have looked confused because Orion added, “Essentially, that ruling meant that anyone who believed in reincarnation was damned, and those who professed a belief in reincarnation could be excommunicated from the Church.”

For a moment, I was sad, wondering how much our lives had changed with that one decree. “So, why did Justinian boot reincarnation? Was he threatened by it?”

“His rule was a dictatorial one, and he wanted total control over the masses. He wanted to be the link – the middleman of sorts – through which heaven could be attained. In his mind, eliminating reincarnation was the perfect solution. Another decree that came out of the Council was that no one was permitted to read holy scripture and decide for themselves what it meant, again, leaving the Church – now Justinian – as the only intermediary between God and humanity.”

“And what about in the ensuing years? Weren’t there believers who fought to get that tenet back into Church doctrine?”

“Justinian lived another twelve years, during which time he never wavered. And after he died, his followers made sure that there was no way that reincarnation could be returned to Church doctrine. But reincarnation was never expunged totally. There are several references in the Bible about reincarnation. Jesus identifies John the Baptist as Elijah several times in the book of Mark. In the gospel of Matthew, Jesus asks his disciples who people say he is. They tell him that people suspect he may be one of the prophets in the Old Testament.”

I was persistent. “So, you’re saying that in the 1,500 years since the death of Justinian, no one lobbied to return reincarnation to Church doctrine?”

Orion nodded. “That’s exactly what I’m saying. The power of the Church remained supreme.”

I thought a long moment. “I’m guessing that by the time Martin Luther nailed his 95 theses to the church door in 1517, creating a schism from the Catholic Church and sparking the Protestant Reformation, the concept of reincarnation was long null and void, which meant most of the protestant churches did not embrace it as a tenet, either.”

Again, Orion nodded and asked, “Have you a better understanding of the basics of reincarnation now?” When I nodded, he continued. “We will address this topic further at another stop on our journey, as well.”

The archangel turned to Sangpo Lama and bowed, hands in prayer. “It was, indeed, a great honor to speak with you today, Lama. Thank you for your gracious welcome and willingness to share your beautiful faith.”

I turned and bowed, as well. “I am deeply grateful for not only your words today, but for all of your lifetimes, filled with love for humanity in order to help us evolve. Thank you.”

Sangpo Lama smiled at me and reached his hand toward me. I immediately knelt in front of him and he placed his hand on my head. He gently closed his eyes and began a Buddhist blessing. “May we all be well, happy and peaceful. May no harm come to us. May we all also

have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May our parents, our teachers and mentors, our friends, as well as all living beings across the world be well, happy and peaceful. May no harm come to them. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.” SangPo paused. “Namasté.”

As I rose to say goodbye, tears filled my eyes and I swiped at them. When at last I rose, Sangpo Lama was gone. Orion smiled at me, understanding the depth of my emotion. The Galactic Archangel engulfed me within his arms. I closed my eyes and breathed in the peace of the monastery, the little lama with his beautiful, gentle soul, and my own cosmic guide.

“Namasté, SangPo,” I whispered.

Within moments, my sadness faded, and I prayed we could continue our journey. I heard a soft whooshing sound and knew my prayer had been granted.

Chapter 3

I blinked and gazed around me. I found we had traveled to what looked like an elementary school playground, but I had already learned that with Archangel Orion as my guide, anything was possible, so didn't want to make assumptions. Again, apparently, it was time for recess, for dozens of young children were squealing with delight as they played on the equipment with their friends, and raced around, burning off all that pent-up energy from the morning. Looking at their clothing, I surmised that this was modern day. I looked up at Orion and smiled, remembering my many years as an elementary teacher. I had never minded recess duty because I, too, needed to be outdoors, soaking up the healing rays of the sun, and reveling in my students' joy.

I watched an exciting game of tag, which came so close to where we were standing, that I reflexively jumped back; the kids missed running into me by inches. When there was no reaction, I concluded that they did not see us – we must be invisible. That is why I was surprised when my attention moved to the swings, and I watched as one little girl slowed herself, jumped off the swing, and began to skip in our direction. She looked to be about five years old, but seemed small for her age. She was a beautiful little girl with lovely dark brown skin; her dark curly hair was pulled back into two cute knots on the top of her head. Brightly colored barrettes completed her fashionable look. She wore a frilly pink dress with a white sweater. On her feet were lacy socks and black patent leather shoes. I chuckled, thinking that the choice of her clothing that day must have been a lively *conversation* at home with her mother, which the young girl had obviously won. As she continued to walk toward us, I noticed one knee was skinned.

Having experienced the tag game, I was confident that we remained invisible. We weren't. When she was a few feet away, she grinned, charmingly revealing several gaps in her teeth. I smiled and spun around to see who was the lucky object of that smile. There was no one behind us. I turned back to find the girl right in front of us. I could only gasp.

"She can see us?" I whispered to Orion.

The girl nodded. "Of course, I can see you, silly! You're standing right there, aren't you?"

I fumbled for words. "But the kids playing tag didn't seem to see us. How is it that you can?"

Orion chuckled. "Soul, I want you to meet a very special human – Faith." The little girl put out her hand and I grasped it. For someone so small, she had a good grip on my much larger hand. "Faith, this is Soul, who I was telling you about."

Faith grinned and released her hand. Suddenly, the school bell rang, signaling the end of recess. All of the children came running toward the nearby door. Within moments, they had quieted somewhat, and the teachers began to lead them back inside. I turned to Faith.

"Aren't you going in?"

"Oh, I am," she replied, pointing toward the end of the line. There stood Faith 2.0, who smiled and gave us a little wave. As she walked by us, she winked. Within moments, the school door closed and the playground was quiet.

I looked at Orion, my eyebrows furrowed in confusion. "What just happened?"

The archangel smiled. "Humanity's potential is limitless. You are only limited by your imagination. This is just one example. When we first met, we spoke of simultaneous existence,

as opposed to linear time, remember? That all of your lifetimes are concurrent – all happening at the same time.”

I nodded, and he continued. “Another version of Faith merely moved from another lifetime to this one in order to speak with you.”

I shook my head in astonishment. *Merely. Wonder what’s next?*

Faith giggled. “What’s next, Soul, is how about we sit at the picnic table to have our discussion?”

I glanced at Orion, who nodded, and once we settled in, he began. “On this stop of our journey, one of our topics will be the history of your planet’s human evolution. Faith is here to lead us.” He paused. “Actually, Faith is one of many who have come to Gaia in physical form to help lead humanity into the next phase of evolution, but we’ll address the particulars of that at the end of our discussion.” He paused. “Faith, would you like to begin?”

Faith nodded. “I guess we should begin by understanding that Gaia was designed as The Great Earth Experiment. Its purpose was simple: to have humanity walk as One toward Light. All That Is. God. Spirit. Source. It wasn’t the first such experiment of its kind, but the others had failed, so I imagine they were holding their breaths, so to speak, with this model.”

My jaw dropped. “Failed? Why did the others fail?”

“Those experiments were designed without Ego, negativity and density, and life was so beautiful and easy that those in the early experiments had no desire to move together toward the Light. They were happy where they were.”

“So, what? They were scrapped? And, by the way, who’s they?”

Faith smiled at Orion. “She doesn’t miss a trick, does she?” He grinned in reply. “We’re about to get to *they*, but let’s finish this discussion first.”

“May I?” asked the archangel. When Faith nodded, he continued, “*Scrapped*. Interesting term, Soul, but, yes, those experiments were scrapped. In this particular iteration, difficult challenges were inserted – Ego, density, negativity, survival instinct...”

My hand shot up. “Wait, please! I hate to keep interrupting you, but what do you mean survival instinct? Why wouldn’t the survival instinct help us in reaching our goals instead of it being a challenge?”

Faith smiled. “No worries. Like all children on your realm at this time, I am here to teach you. Feel free to ask questions at any time. As for that question, the survival instinct to which Orion was referring is a personal survival instinct, as opposed to a collective survival instinct, whereby humanity not only survives together, but thrives together. The personal survival instinct kept you separate from each other. Ego is also of a personal nature, so goes against everything the designers hoped for humanity, but they understood that without overcoming those challenges, there could be no success.” When she paused, Orion spoke.

“Perhaps the strongest challenge was the feeling of disconnection from the Light. From Source. Now, as for who designed the experiments, let’s ...”

“I know, I know. Let’s wait until the end of this discussion, right?”

Orion grinned. “Actually, I was going to tell you that intergalactic and interdimensional beings were the designers, but I think you’re right. The details can come later.”

I gasped. “What?! You’re actually going to leave me hanging after that?”

He paused. “Are you ready to hear this? It feels like more than a baby step.” I gulped and nodded. He continued. “Okay, Soul, you asked for it. Before this experiment began, the designers – those intergalactic and interdimensional beings – put out a call to the Universe, asking for volunteers to be part of this latest experiment. The thought was to incorporate parts of

their DNA strands – those parts which have so far eluded your scientists’ understanding – so that humanity’s DNA would be truly universal. Doing this provided a much-needed interest for the entire Universe to see this experiment flourish since each was so uniquely invested.”

My jaw dropped, and Orion gently closed my mouth. I finally squeaked, “So, what you’re telling me is that our human DNA comes from the stars?”

Faith smiled and nodded. “All within the Universe comes from the cosmos, but I prefer to think of all of us as Stardust!”

Stardust. Mind blowing!

Orion waited, knowing I needed time to process. After a long moment, he asked, “Soul? You okay? Could we move on here or do you need more time?”

I smiled, tears filling my eyes. “It’s all so strange, but if I’m honest, it somehow feels right. Stardust!” I paused, and my eyes grew large. “I have another question.” When they nodded, I took a deep breath and continued. “Where is God in all of this?”

Orion placed his hands on top of mine. “All That Is – God/Spirit/Allah/Yaweh/Source is the Creator of the entire Universe, not just your planet. I know that has been a favorite paradigm of many humans, but they need to expand their minds and hearts to process and understand this concept. All of this – and us – stem from the Divine Creator.”

My mind was reeling. After a moment, I cleared my throat and said, “I’ll be honest, when I was growing up, my paradigm of God was the benevolent old white man on a throne with a crown and scepter, who banished evil doers to hell. My paradigm of angels strengthened, and I happily grabbed it with both hands. Benevolent Light beings protecting us. What could be better?” I peered at Orion. “Please tell me that paradigm still holds, as I grapple with this new information.”

Orion smiled and nodded. “The angelic and devic realms are all real, and love and protect all, so you don’t have to scrap that paradigm, too, but more on that later. Baby steps.”

Breathing a secret sigh of relief, I nodded and motioned for Faith to continue.

“I am going to give you a brief overlay of early Gaia, but let’s first set the stage. Routinely, all of the councils in the Universe, send out beings, who move from planet to planet across the multiverse, searching for those that might sustain life. When they find one, and the council agrees that it is viable, other beings are sent to begin to nurture that planet, while others track its progress. Such was the case with Earth. After millions of Earth years, once the planet began to cool after its violent, volcanic beginning, Gaia qualified as a potentially viable planet, and its designers got to work. As a result, cells began to form, which eventually became minerals, which in turn, became plant life. Hundreds of millions of your Earth years later, once a food supply was established, tiny amoebas emerged, which eventually formed the very beginnings of the animal kingdom.”

Faith paused, smoothed her dress, and sighed happily. “I just love pink, don’t you?”

I freely admit that it was a bit of a challenge with the juxtaposition of Faith as an adorable five year-old in her pink frilly dress, and Faith as an extremely intelligent entity, who seemed to have zapped herself from a different lifetime or dimension, all of which was happening simultaneously. *Yikes!*

When the little girl smiled, I realized she could read my thoughts. “Don’t worry, Soul, I promise that you’ll get more and more used to this as you continue on your journey.” She grinned at the angel. “As Orion likes to remind us, baby steps!” She paused. “But, now, let’s get back to our discussion, shall we?”

“After the animal kingdom was established, it was deemed that the time had come for the creation of other intelligent beings, who would serve as stewards of the planet. And just as there are stages of human development – infancy, childhood, etc. – and planetary stages – ice age, bronze age, etc., – there are also spiritual stages of humanity, known as the root races.” Faith paused. “Ready?”

When I nodded, she began. “The first root race, the Polarians, took place in what your scientists call the Pre-Cambrian period – the earliest part of Earth’s history. These beings were not physical, but etheric. They communicated by thought transference. Their form was astral, leaving no physical remains. Human’s sense of hearing evolved in this first stage, as well.”

“Excuse me, Faith. What’s the Earth linear time frame?”

“It was a period approximately from 541 million years ago to 4,600 million years ago. But, before I explain the second root race, you need to know that there was no clear delineation between root races. There was a great deal of overlapping of characteristics over millions of Earth years between when one race ended and the next emerged. With me so far?” When I nodded, Faith continued.

“The second root race, the Hyperboreans, was semi-astral, but grew denser as Earth years progressed. It was during this period that bones, organs, hair and skin began. The sense of touch evolved during this time, as well. This race had a sound-language, a chant-like communication. Toward the end of this era, their form began to resemble that of present-day humans.”

“And the third one?” I asked.

“The third root race held the Lemurians. They were a peace-loving, deeply spiritual, vegetarian race. During this era, the earliest beings were still partly ethereal in nature, but by the end of that era, they had evolved into full physicality. The sense of sight evolved during this time. They communicated by thought transference, although the chants were slowly evolving by the end of this era to monosyllabic speech. These humans appeared during the Triassic period of the Mesozoic era and continued to evolve during the Jurassic and Cretaceous periods, which began some 44 million years ago. Earth scientists called these latter-day Lemurian humans cave-men. Earth’s earliest mammals were part of this era, as well.”

“The fourth root race were the Atlanteans. They existed some 4.5 million years ago and were also physical in form.”

“Atlanteans!” I cried, slapping the table in excitement. “As in the lost continent of Atlantis?!”

Faith smiled at my enthusiasm and nodded. “Atlanteans produced one of the most brilliant civilizations, utilizing powerful crystals. Early on, they were a spiritual race, but as the race progressed, they degenerated into an nonspiritual race with strong material instincts – Ego, greed, and power, pure and simple.” She paused.

“One of the overlapping characteristics between these two races was psychic ability. Initially, Atlanteans had the psychic abilities of the Lemurians, but over time and misuse of those abilities for selfish ends, their ability to communicate psychically was lost, and the beginnings of speech began to evolve.”

“Didn’t Atlantis sink?!” I whispered.

“The bulk of Atlantis was submerged during the Earth time known as the Miocene Epoch, which existed from about 23 million years ago to 5 million years ago. It was during this stage of human development that the sense of taste evolved.”

“I love this! But, if Atlantis was the fourth root race, how many are there?”

“Seven.”

“Whoa! Please continue, Faith.”

“The fifth root race are the Aryans.”

“Aryans?” My eyes widened. “As in Hitler wanting to make a pure Aryan race?”

A shadow of sorrow crossed Faith’s face. “Yes, Hitler used that word in his quest to make what he termed the perfect race, but the word Aryan is an ancient Classical Sanskrit word meaning *honorable, respectable, and noble* – a far cry from Hitler’s machinations.”

“Ah, thanks, Faith. That makes me feel better. Go on. What was the Aryan root race like?”

“This fifth root race began about one million years ago in Central Asia.” Faith paused.

“A million years ago?” I sat a moment in thought. “Time seems to be speeding up. Are we in the fifth root race today?”

“Yes, humankind is presently in the fifth root race. And as for time appearing to speed up, you are also correct. As to why, that explanation will come later.”

“Okay, so, if we’re in the fifth root race presently, and time is speeding up, what will six and seven be like?”

“Excellent question,” Faith replied. “Let’s just say for now that seeds of the sixth root race are already being sown on Earth and will become more numerous in your future. The flesh of the sixth race will be very tender and soft, and that of the seventh will be almost transparent. The races will grow greater in intellect and spirit. The new sense of the sixth root race will be what you call hunches. The new seventh root race sense will be intuition and thought transference.”

“So, this whole thing – the Great Earth Experiment – is cyclical,” I concluded. “The first root race was ethereal, and by the end, we return to ethereal form.” She looked at Orion and Faith for confirmation.

“Yes,” replied Faith. “That’s it in a nutshell.”

I grinned. “Nutshell? Is that some deeply spiritual description?!” I paused for a moment and studied Faith.

Faith giggled. “Go on,” she prodded, “ask your question!”

“I’m just trying to put together some pieces of the puzzle in my mind, and a question begs to be asked.” When Faith nodded, I continued.

“I guess I’m wondering why we met with you on this stop.” Faith giggled again. “Please don’t take that the wrong way, but there must be a correlation between you and root races, right? And that’s why Orion chose you to speak with us.”

Faith stood up, brushed off the top of the picnic table and sat on it, her legs tucked daintily underneath her frilly dress. She glanced at her shoes and then back to me. “Don’t these shiny shoes just sparkle in the sunshine?”

I nodded. These types of questions were right up my human alley. So to speak. I smiled.

“They do, indeed, sparkle, Faith,” I replied. “Just like stardust!”

Faith grinned. “Look at you, Soul! Integration of spiritual learning into your Earthly life. Just what we were hoping for you and all humanity!” She leaned over and patted me on the head, puppy-style. “Well done! I’ll address that question, but again, let’s set the stage, so this information can be more easily understood within its proper context.” She took a deep breath.

“While humanity is presently in the fifth root race, the Aryans, seeds for the next root race have been sown since mid-way through the twentieth century. Once again, a call went out everywhere in the Universe, urging those who operate in Love – Lightworkers – to come to Gaia to speed up the progression of the planet.”

“In the 1940’s, two major events occurred that also sped up Gaia’s evolution. In 1943, researchers and doctors first termed a condition they found in some children: *infantile autism*. While that term was coined for the scientific and medical world, autistic children are a critical part of the evolution. And then, the latter part of the 1940’s saw the beginnings of the birth of Golden Children, also known as Star Children.”

“Golden Children?” I breathed. “Autism? Are you saying that those on the spectrum are Star Children?”

Faith nodded. “Yes, regardless of whether or not they remember, their souls do. But besides autistic Star Children, there were many other Star Children who arrived to assist in Gaia’s evolution, as well. Also, at this point, many, many compassionate, loving, intelligent beings across the Universe agreed to incarnate in a human body to assist with all Star Children, working together to help move humanity toward Oneness, where only peace, unconditional love and joy exist.”

I nodded. “The teeter totter and Collective Consciousness.”

“Yes, dear Soul. Remember, we talked about humanity’s sacred task to move all of humanity toward Oneness – the Age of God.”

I nodded. Again.

She paused. “At that time, you asked how this was possible. One answer is Star Children.”

“The first wave of Star Children, *the Indigo Children*, incarnated after World War II, and lasted through 1980, which your researchers term the Baby Boomer Generation. The Indigos born during that time were special children who had come to break down old paradigms. They are warrior souls, passionate in their beliefs, and standing up and fighting for what they believe is right.”

“Whoa! Sounds like a description of those who protested for civil rights and peace and against the Vietnam War during the ‘60’s.”

Faith nodded. “Exactly. You may know of the immense positive impact many of those peaceful protests had on laws and government.” She paused. “Many of those particular souls incarnated with the gifts of healing and clairvoyance.”

“They were psychic?”

“Actually, all humans incarnate with these gifts, but some choose not to develop or even acknowledge them. Once again, Free Will.”

“Many of these Indigos battled depression in their young lives because they were experiencing life on planet Earth for the first time with its great density and negativity. Frankly, they felt very alone, separated from Source, not feeling as if they fit in, and wished to go Home. Unfortunately, far too many of these brave souls were diagnosed with ADD/ADHD and were medicated, or were diagnosed as mentally ill, and institutionalized, often in barbaric facilities. Other special children with autism were lucky, and were sheltered within loving families, accepted for who they are, and taught by wise teachers to not only survive, but thrive in the world.”

“As these Indigos settled into the world, another generation of Star Children arrived: *Crystal Children*. Born mostly from 1980-2005, these children incarnated to heal emotional wounds with unconditional love. They have a forgiving nature, and are very sensitive, warm and caring. But they are powerful, and when meeting people, if they choose, they may often feel what is in those other’s hearts. These sensitives have gifts of clairvoyance and healing, as well.”

“And all those Crystal Children know they have those gifts?”

“Their souls know it. Remember, souls make their own Life Charts before incarnating, so some chose to experience their spiritual gifts, some chose not to, oftentimes terrified of the great power within themselves. Free Will.”

“*Rainbow Children* were the third generation of special children who have come to help humanity evolve. They began to incarnate after 2005. Their gifts and tasks are similar to earlier Star Children, but they are particularly psychic, a gift that will emerge as they grow older. They are brave, strong-willed, and have high energy and forgiving hearts. A great number of these Rainbow Children incarnated onto Gaia after 2010.”

“More and more volunteers across the Universe continued to come to Earth. In 2012, *Violet Crystal Children* began their arrival. Their task is to heal humanity and Earth. 2015 brought in the *Diamond Children*, who will be part of the new world teachers. And to answer your earlier question, Soul, I am one of the Diamond Children.”

“Indigo children broke down paradigms of traditional thinking. Crystal children have begun to build a new foundation with new paradigms that will shift the planet back into alignment. Rainbow children are here to teach humanity to open their minds and hearts, embracing who we really are, knowing we are all connected. And Diamond children are humanity’s teachers.”

“But, what you may not realize is that besides those who are Star Children, there are many Universal beings who have always lived among you, guiding and protecting humanity. With all of that Love and Light directed at humanity and Gaia, you can see how that teeter totter and Collective Consciousness can gently drop us into The Age of God.”

I shook my head in wonderment. It all sounds amazing.

“All Star Children – regardless of whether or not they are on the spectrum – each have their own talents and gifts. When children makes that realization, they will come to understand their true tasks for this incarnation and develop the gifts that are theirs if they so choose. Even if they are not yet aware of them, the gifts are theirs, waiting to be discovered. Hidden gems. Actually, all of humanity holds these precious hidden gems within them, as well. The gems are there, just waiting to be found.”

For a long moment, silence and Peace filled us. I breathed deeply of it, hoping that one day, I would find my own hidden gems. I smiled at that thought.

Finally, Orion cleared his throat. “Faith, you have done a remarkable job today. I am proud of you!”

I smiled and added, “Thank you from the bottom of my heart, Faith, for not only speaking with me today, but for what you are doing for humanity. I am deeply grateful.” I paused a moment in thought.

Faith looked at me expectantly. “Ask.”

“Well, I can’t help but wonder at the timing of all of this. For millions of Earth years, we seemed to have moved along in our progression, guided and protected by loving beings, and then at the mid-point of the 20th century, everything changes. Time sped up. It seems to me that something must have happened. Something must have precipitated this change. Am I right? What happened?”

Faith’s face fell for just a moment before she recovered, gave me a weak smile, and quietly uttered three words. “The atomic bomb.”

And with that, there was a small whooshing sound, and the three of us shifted.

Chapter 4

I blinked, and as soon as we landed, I instinctively shuttered my eyes. Dust swirled around us, making it difficult to see. Orion, where are you?! I felt very alone and vulnerable, and Fear gripped me. *You didn't leave me, did you? Orion!*

Suddenly, I was engulfed in an intergalactic archangelic bear hug. Peace flowed through me, and I began to relax. For a long moment, I chose to remain within that Peace.

At last I sighed and whispered, "Please don't let me go, Orion."

"I won't let go until you're ready, Soul, but know that you are always safe. All humans are surrounded with many loving entities, who guide, love and protect them. Are there challenges in the world? Absolutely, but how you view them is up to you. Let's deepen our previous discussion on Fear versus Love, shall we?"

"There is no reason to allow Fear to overtake you – here or at any time in your life. Unless, of course, you're being chased by a snarling cackle of hungry hyenas, at which point, feel free to be afraid."

"Cackle?"

Orion nodded. "Cackle, clan, pack. When dealing with snarling hyenas, I believe it is prudent to use the correct terminology. They are known to be a bit high strung when they are hungry. Using incorrect terminology might further enflame them. Just a suggestion." I chuckled, and he continued. "Other than that little scenario, Fear is not a wise choice, for a choice it truly is. Fear is a very strong illusion, but, remember, in the entire Universe, there is nothing more powerful than Love." He paused and looked around.

"You have two options in any situation in which you find yourself. You can respond with Love, trusting that since you are protected, you can safely venture out of your comfort zone. Or, you can react with Fear, which seems to be the default mechanism for far too many humans whenever a new situation presents itself. You may find yourself overwhelmed with the tasks you had set for yourself before incarnation. Love allows you to expand your worldview to access the macrocosm, which then opens up wonderful opportunities for you. Fear constricts your worldview, and you are trapped within the microcosm with Ego running the show. It clamps down on anything new, severely limiting your Earth experience."

He paused. "Remember our little talk about Ego?" When I nodded, he continued. "Ego rises directly out of Fear. *Stop! I'm terrified! It's all about me!* So, what's it going to be, Soul? Quiver in your fear-based, Ego reaction or respond to this next stop on our journey with Love, and Trust that no matter what happens, it will be all right?"

"All of that makes sense, but I have a question," I mumbled into his soft denim shirt. "Shoot."

"Okay, let's say that I learn to view everything with Love and Trust. The macrocosm. Isn't that a little, ..., well, ... naïve? There is so much negativity in the world, and many humans live in horrendous situations. Do you really expect humanity not to run screaming under their beds to quiver in Fear?"

"Great question, Soul. This is a Life Chart question." When I nodded, he continued. "Many – if not most – of those situations were chosen by souls to experience and learn the lessons within." He paused.

"Let me give you an example. If souls chose to experience abuse, they will obviously have difficult lifetimes. But if those souls make the realization that they have learned all the lessons within the challenge of abuse, and they no longer need those experiences, they can

request help to remove themselves from the situations. When you pray and ask for help, the Universe will guide them to safety – unless it goes against their Life Charts.”

“How?”

“Remember that each human is surrounded by wise, protective and loving guides during an entire lifetime, but all prayers are heard and answered, and more help arrives – in the way of a SWAT team of sorts. Perhaps this team will place another human in the soul’s life, who will direct them out of the situation. Perhaps a compassionate neighbor will be prompted to guide them to the right people. Perhaps the team will whisper advice and encouragement – whatever it takes to support the soul. That help can be as varied as the situations may be. And with all that human and SWAT team support, the soul can make the choice to move from Fear to Love and Trust, circumstances may change and the experience is freed from the challenge. Great courage is often needed in order to accomplish that.” Orion paused. “Proper protocol dictates to not only express gratitude for those beings who assisted, but thank God/Spirit/All That Is/the Universe for allowing you your chosen experiences. It’s always a good idea to voice the lessons learned, so that the Life Chart experience can be crossed off the list. So to speak.”

“Now, Soul, having said all that, it’s time for you to make a decision. Which do you choose for the next step on our journey: response or reaction? There are parts of this stop that will be challenging, so be confident in making that decision.”

“No cackles of hungry hyenas here, right?”

“Nope. Nary a one.”

“In that case, I choose Love and Trust.”

I could feel Orion’s great expansive Love energy flow through me again. “Good choice, Soul. Now that you remember you are safe, please open your eyes.”

Wanting Orion to be proud of me, I took a deep breath, moved out of his embrace, and opened my eyes. The dust continued to swirl, but I found it didn’t bother my eyes. However, I was shocked by what I saw: a barren land. Completely barren. Everything was in semi-darkness, as if the sun was unable to penetrate the heavy dust cover. I scanned the horizon, but found no birds, animals, grass, trees, or people. There were no buildings, no playgrounds, no houses, no thing. Nothing.

Just as I was about to ask Orion where we were, I noticed something out of the corner of my eye. I turned toward it and watched it walk slowly toward me. To my shock, it was a small humanoid creature, about three and a half feet tall with a small, thin torso, pale gray in color. It had an oversized, pear-shaped, hairless head with large, black, almond-shaped, opaque eyes. There were small orifices for ears, nostrils, and mouth. Its head and body were elongated, lacking in muscular definition and visible skeletal structure; there was no genitalia. As it grew even closer, I could see long, thin hands with four jointless fingers. The being’s long, thin legs were proportional to its arms, which hung to its knees, but both arms and legs were disproportionate to its short body. As it moved slowly, I realized that its legs were jointed differently than humans, but its feet were more human-like. It was holding a thin, foot-long cylinder. My jaw dropped.

I watched Orion smile and greet the being. “It is good to see you again. I would like to introduce you to Soul. She is here to learn from you, if you would be so kind.”

I have been given permission to speak with the human, he replied through clear thought transference. Because I love humanity and Gaia, it would be my privilege to have such a discussion. He nodded at me. All my words had evaporated, and I scrambled to find them. When Orion coughed quietly, I got my act together.

“Hello,” I said. “It is truly a privilege to speak with you. I appreciate anything you would like to share.” I paused. “Have you a name?”

It is more logical if I am permitted to first speak of my origins. He looked at me for some type of confirmation. When I smiled and nodded, he continued.

I am known as a Gray [Grey], and come from the Zeta Reticuli [ZAY-tuh Ree-TIC-yuh-lee] Constellation. It is a binary star system, consisting of Zeta 1 and Zeta 2 Reticuli. Together, my star system is known simply as Zeta Reticuli.

“Is your constellation far from planet Earth?”

The Zeta Reticuli Constellation is 39 lightyears from Earth, and the two stars are separated by more than 3700 AU – what your scientists term Astronomical Units. It paused, and then added, For your reference point, 1 AU is the average distance between Earth and Sun. The human naked eye can easily see our beautiful star system from Earth’s southern atmosphere. It paused again.

I understand that names are important for humans. I just am – as are each of us in the Universe – but for today’s intent and purpose, you may simply refer to me as Zeta. Does that meet with your expectations? Again, I nodded. Feel free to ask me anything. It is critically important – especially at this juncture in your planet’s evolution – that you comprehend as much as you are able. I understand that it is your task to pass that understanding on to others. Without awaiting a reply, the Gray continued.

Perhaps, a little background will enhance your learning on this stop. Our Universe includes multiple universes on different dimensions. Most of them are part of their own interstarsystem confederations. These cosmic confederations are made up of Intergalactic Councils, some of which are the Pleiadian High Council, the Arcturian Council, the Star Council, the Sirian High Council, the Andromedan High Council, the Lyrian High Council, and the Orion Galactic Council.

Zeta paused and considered me thoughtfully. *I feel you wish to know my gender and my present task. Is that a correct assumption?*

I nodded, a bit chagrined.

It is merely logical human curiosity. I am male. To more clearly understand what I do, let me use an analogy from your world. You might think of me as a Worker. It is my great honor that the Intergalactic Council asked if I would like the position I currently hold. It is a logical assumption that I accepted this great honor. Our work force for this mission is predominately male.

“No women?”

On our planet, like many others in the Universe, females are deemed precious because they are the child bearers, ensuring our survival as a species. As such, females are sacred. As a rule, they cannot be placed in potentially dangerous situations. Males are considered expendable; thus, Workers are male dominated.

“Male dominated? That tells me that there may be no specific law against female Workers?”

If a female Gray wishes to become a Worker, she must seek special dispensation to be assigned to this work. Such requests are rare, but Free Will operates on our planet, as well. Some females choose to go off-planet for the experiences and understanding such a request would provide. Then, when she feels the experience is complete, she returns to the planet for another assignment.

“And you, Zeta? You’re happy being a Worker, as you call it? Do you have other opportunities if you wish?”

I suspect you, like most humans, feel a negative connotation to the phrase ‘Worker.’ We are not mindless slaves or beings with inferior intelligence, so can only do the menial tasks of a Worker. Instead, it is our sacred task to be assigned critical missions by the Intergalactic Council, and we carry those out with great love.

“That’s amazing. Are you permitted to tell me about your present mission?”

Our sacred task is to travel to planets that have suffered great cataclysmic desecration/destruction, to perform assessment procedures.

“Great cataclysmic desecration/destruction? Assessment procedures?”

Zeta handed me the slender cylinder he had been carrying. It was light weight. The bottom section felt a bit like plastic, although I suspected that it was formed of a material, native to his constellation. The top section had a clear window. I handed it back to him with a smile.

This tool is for such assessments. It is my understanding that Orion has already discussed Watchers/Workers going to different star systems and planets to determine the viability of that planet’s ability to sustain life. I nodded.

Many times, when such a planet is found, God/Spirit/All That Is, ignites the spark, and Life begins. Again, many times, we go to check on its progress and find that the planet is flourishing, much to our great pleasure, for we feel very protective of the planets under our jurisdiction. As a part of our mission, we spend a great deal of time with them, learning about them. As a result, we grow very close to the planet and its inhabitants.

Sometimes, however, we return to check on the progress of a planet and this is what we find. He moved his arms around, indicating the dust and the utter barrenness as far as the eye could see. Zeta’s head dropped. The desecration of a planet deeply saddens us. We have such a vested interest, and have watched their successful progress for millennia, only to return to find the precious planet and its inhabitants destroyed. We feel we have failed the Council, but even more, failed those innocent, loving souls and animal life who had made the planet their home. So many lives lost.

“What caused the destruction of this particular planet?” I asked.

Greed. It almost always comes down to greed. Those in leadership positions forget that the basis of their society is Love, and over time, become greedy and seek more and more personal power. Or governments storing and growing their weapons of mass destruction in a way to prove dominance in their world. The need to be always right. The need to overpower the weak in order to increase their power. Believing that no matter what decisions are made, there will be no negative consequences – at least for those in power. And then finally, against the caution urged by calmer heads, that arsenal is ignited, which ignites others’ arsenals, until ... He waved his arms around ... *we return to find this. God lit the spark to create life, but humanity lit the spark to destroy it.*

“I am truly sorry, Zeta,” I said. “You have a very difficult mission.”

Yes, but, many civilizations remember that their society is based on Love, and thrive. I have to keep that in mind when I witness such wanton desecration of a living, breathing planet, for planets are highly intelligent, loving, sentient beings.

But besides finding thriving planets, those that do not survive like this one, there is yet another situation. Sometimes, we return to a planet that seems on the brink of destruction.

“And you stop it? Surely, you have that kind of power.”

The Councils made strict rules for this type of situation, Soul. Noninterference is one of the cardinal rules of the Universe. When I looked confused, the Gray continued. Intergalactic beings may assist the occupants of a planet, but under no circumstances, may there be interference.

“Sounds like the Prime Directive from Star Trek’s Starfleet, prohibiting its members from interfering with the natural development of alien civilizations.”

I smiled at Orion, and softly added, “I’m a Trekkie!”

Orion smiled. “So am I!”

Zeta looked from Orion to me and then replied, *It appears I have no understanding of this Star Trek reference, but it sounds as if its governing principle is the same as that of the Intergalactic Council. He paused. There are other dictates that we follow – that the entire universe follows: the Cosmic Laws. Do you have awareness of these laws?* When I looked confused, he continued.

There are many cosmic or universal laws which maintain order in the entire universe, but for our purposes today, we will examine eight. They are not like human laws, which carry punishment if not followed. It may be challenging to assimilate this, but these laws are a necessity to keep the universe from falling into chaos. It’s good to know them as humanity continues its spiritual evolution. By understanding them, humans can avoid creating imbalance both in their lives and the universe. Again, your thoughts create your reality. He paused. The first three are immutable, which means they are Absolute, and can never be changed or transcended, while the other five are mutable, or able to be changed or transcended.

The first cosmic law is The Law of Mentalism. Very simply, it states that All is Mind – the Universe is Mental. Everything in the physical world has its origins in the mental world. It further states that there is a single Universal Consciousness, also known as the Universal Mind, from which all things manifest or come to be. Humans’ minds – a part of the Universal Mind – bring about their own reality – true Mind Power. Briefly, that is the sum total of the collective consciousness in the Universe. More will be discussed on this later. When I nodded, the Gray continued.

The second cosmic law is The Law of Correspondence, which in this case means a close similarity, connection or equivalence. This law is often described as: As above, so below; as below, so above. The law states that there is harmony, agreement and correspondence among the physical, mental and spiritual realms. Furthermore, there is no separation since everything originates from Source. All is One. One is All. Zeta looked at Orion. *Would you like to discuss a few of these principles?* The archangel nodded.

“The third cosmic law is The Law of Vibration, which is often described as Nothing rests; everything moves; everything vibrates. Your scientists are in complete agreement with this law; they understand that everything in the Universe vibrates, but at different frequencies. Under this law comes Like energy attracts like energy. Whatever you think, do, or say – whether positive or negative – goes out into the Universe and seeks out like energy. At some point, whether it is in your present lifetime or another, it returns to you, loaded with like energy.”

I interrupted. “So, if we think, do or say something negative, we’re really going to get zapped with that boomeranging, ramped-up energy at some point?”

Orion nodded. “But conversely, if you think, do or say something positive – performing kindness, helping others, showing compassion – that energy is also sent out into the Universe, where it seeks like energy and boomerangs back to you at some point. Whether you are a young

child or an adult – or realize it or not – you have complete control over your mind, your choices and the boomerang.” He paused. “Because it’s a cosmic law, it will return.”

“So, basically, what goes around, comes around?”

“Exactly. The fourth cosmic law is The Law of Polarity, often described as Everything has duality, everything has its pair of opposites, and while the opposites are identical in nature, they differ in degree.”

I grinned. “That’s a mouthful! What’s it all mean?”

Orion smiled. “Actually, it’s quite simple. It means that there are two sides to everything. And when things appear to be opposites – such as cold and hot – they are actually the same, just degrees of temperature. This holds true with love and hate, as well. They appear polar opposites, but they are the same – powerful emotions. And if you feel you would like to transform your thoughts, you can do so by raising your vibrations, but we will discuss that further at another stop of our journey.”

“The fifth cosmic law is The Law of Rhythm, which can be described as Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.”

My eyes widened. “Maybe you can explain that one?”

“Glad to, Soul. Everything in the Universe follows a cyclical pattern – waves in the ocean rise and fall, as do civilizations, as well as your thoughts.” Orion paused for a long moment. “If only that understanding would return to those in such despair that suicide sounds like a viable option, they would find hope that the despair would not last forever, and peace and contentment would eventually return to them.”

“I’m not sure that in the heat of the moment, humans would remember that,” I said softly. “Oftentimes, they are in intense physical and emotional pain.”

“And that’s one of the tragedies behind suicides,” Orion replied. “If humans, both young and old, truly understood this cosmic law – and were immersed in that understanding at an early age, your world would be a far better place – a place of peace, knowing difficulties won’t last forever.” Orion gave me a few minutes to assimilate his words. He nodded to Zeta, who continued.

The sixth cosmic law is The Law of Cause and Effect, which states: Every cause has its effect; every effect has its cause. This law tells us that every single effect seen in your world has an origin in your mind. Again, the power of your mind and its thoughts are one of the greatest forces on your planet. Mastering your mind will allow you to become the master of your destiny.

He paused. *We’re up to number seven. Ready?* He waited for me to nod, and when I did, he continued.

The seventh cosmic law is The Law of Gender, which states: Gender is in everything; everything has its masculine and feminine principles. What humans might refer to as opposite sexes, are found everywhere – plants, minerals, electrons, humans, to name a few. Feminine qualities are love, patience, intuition and gentleness, while masculine qualities are energy, self-reliance, logic and intellect.

It is wise to cultivate those qualities which are not strong in your personality, and when you integrate them with your gender’s qualities, you will be complete, which is one of the goals for the human race – to walk as One.

Zeta lifted his hand, and with his index finger, drew an infinity symbol, which lingered in the air.

The Law of Divine Love is number eight. This Love is not romantic love, but the acceptance of others as they are without judgment or expectations. This law states: If you go out of your way to express unconditional love, you automatically rise above Fear, and, as you transcend your fears, you automatically open to the expression of unconditional love. And, like this infinity sign, love never ends, but continues forever.

I know you have discussed this earlier, but its importance bears repetition. This law reminds humans that they have Free Will to choose to live their lives either in Fear or in Love – you cannot choose both. In choosing Fear, Ego – with its accompanying drama and negativity – is given free reign over your life, and you and your Higher Self are no longer in charge. When you experience challenges, Fear closes you down, and you react, which only makes the difficult situation more difficult. By choosing Love, you can rise above difficult situations and respond, opening up your mind to view the situation more clearly, allowing yourself to learn the lessons within, which is what you have asked to do.

Zeta smiled at me. And, as we talked about earlier, when you send out Love into the Universe, it boomerangs back to you.” He paused. “If you really wish to experience unconditional love, move out of your comfort zone and look around you. You will find a plethora of opportunities to express that kind of love.

For a long moment, silence filled the area. So much to learn. So much to understand. I took a deep breath. “Could we please return to our discussion of noninterference?” Zeta nodded. “If there is a noninterference rule, can you do anything when you check in on a planet and you feel it’s in danger of desecration, as you phrased it?”

We can help, but not interfere.

My gaze went from the angel to the alien. “How would you help?”

Orion smiled at Zeta. “May I?” When Zeta nodded, Orion began. “Have you ever heard of the concept of *multiple discovery*?” I nodded.

“I’ve read about that. I find it fascinating, but would like to know more.”

“The concept of multiple discovery is the hypothesis that many scientific discoveries and inventions are made independently and more or less simultaneously by multiple humans across your world.”

“Such as?”

“There are multiple discoveries in both science and inventions. For example, the same day that Alexander Graham Bell filed a patent for the telephone in Boston, Massachusetts, Elisha Gray filed a similar one in Highland Park, Illinois. Human controversy still continues as to who should get credit.” Another invention is the blast furnace, which was independently invented during the same time frame in China, Europe and Africa.” He paused. “In the 17th century, the independent formulation of calculus was credited to Isaac Newton, but also Gottfried Wilhelm Leibniz and others. The 18th century discovery of oxygen was credited to Carl Wilhelm Scheel, Joseph Priestly, Antoine Lavoisier and others. Magnetism was discovered independently in Greece, China and India. The list goes on and on. In fact, the prestigious Nobel Prize Committee understands this concept, so will give an award to more than one scientist for the same discovery.”

“Your inventor and scientist, Thomas Edison, did not want to waste valuable time sleeping, so limited his sleep to 3-4 hours a night. To compensate, he was well known for his power naps. But during these naps, he would hold three small steel balls in his hand. When he drifted off – as it happens with all humans – his mind would enter the hypnagogic state. This is theta state, the brief transitional stage between full wakefulness and sleep, and the threshold

between sleep and dreams, and the real world. There he would get visions of inventions. As his mind moved toward sleep, the balls would drop out of his hands, awakening him, so he could sketch the vision he saw during hypnagogia. He had learned early on that sleep erases the visions, so wanted to make sure they were captured. There are many more examples throughout your planet's history, but that should suffice for now."

After a pause, he added, "The same is true, however, with music and books. Many musicians have reported over Earth time that they heard a song or piece of music in a dream, and wrote it down upon awakening. Many authors dream of stories or an entire book, which they furtively write down upon awakening. J.K. Rowling had just such an experience on a train ride in 1990. She reported that the book concept for Harry Potter just fell into her head."

I was confused. "That's all fascinating, but what does it have to do with our discussion?"

Zeta took a step closer to me, but there was no fear. *Dear Soul, we so love humanity, that we brought those visions and dreams to many around your world. Like sowing grass seed, some take, while others do not. In order to ensure that the seed comes to fruition, extra seeds are planted. Hence, multiple discovery.*

"But what about that noninterference rule? Isn't that breaking it?"

No, Zeta replied. *We understand and hold that directive deep within our hearts. The Earth was created in order to evolve, and decisions are made by the intergalactic council to give humanity a push forward. A jump start, if you will. He paused. I will be frank. This is a very sensitive issue. On other planets that have been found viable, the push was too much, and so, we have learned to be very judicious.*

"Well, that's incredible, but somehow, again, it makes sense to me." I thought a long moment. "What about structures? Like the pyramids, Stonehenge, or any other massive structure that early humankind was not capable of building?"

Zeta nodded. *All of those structures you mentioned, as well as the many others scattered around your world, were placed on those sites by loving beings. Some were used as communication devices, some were for protection, while others were used for spiritual guidance.*

Again, I nodded, my mind reeling with all that I had learned on this stop. Orion nodded to Zeta, and I knew our visit was almost at an end. I also knew that one question had yet to be asked and answered.

"Wait!" I called, jumping to my feet. "We haven't addressed the elephant in the room. So to speak."

Orion looked amused. "Hyenas and now elephants? Are you sure that instead of being a teacher, you aren't a wildlife specialist in your present lifetime?"

I glanced at the little alien creature. It was obvious he had not understood.

"Orion is using humor, Zeta. Something that makes you chuckle."

Chuckle. I like that. I will tell my friends about this chuckle when I return. He paused. What is this elephant question? I might preface my answer with the fact that there very well may be other planets with elephants besides yours, but of that, I am unaware. Does that answer the elephant question?

"Elephant in the room is just an expression. It means that no one has spoken about something huge, even though it is right before our eyes."

Aah, and what is this elephant in the room question, Soul?

I glanced at Orion, who nodded. I took a deep breath and opened my mouth, hoping my foot would not find its way there. I had no desire to be at the heart of any interstellar crisis involving elephants.

“Okay, I sure hope the question doesn’t offend you, but many humans have heard tales of alien abductions, and then upon returning to their lives, finding marks on their bodies. Some swear atrocities have been committed to them aboard an alien craft, while strapped to a table-of-sorts, but only have vague memories of the horrifying experience. Still others claim that during one drive home, which normally took thirty minutes, it took them four hours to complete. And, of course, many of us have seen horror movies that involve gruesome alien invasions.” I paused. “I totally believe you when you say that aliens are peace-loving and are here because they love humanity and want to see us evolve, but what about these issues?”

Zeta nodded. *Let me see if I can address all of these serious concerns, Soul, but first of all, let me ask you a question. You were a teacher. Tell me, are all teachers across the world good humans? Or are all those in ministry across the world good humans? What about the leaders in your countries around the world? Are they all good humans?*

The question surprised me, and it took me a moment to clarify my thoughts. “Well, most of them are good humans. You can find rotten apples in any bushel of otherwise perfectly ripe apples.”

Another chuckle, no? I was unaware that our discussion had turned to produce. I quickly put up my hand, but he continued. That was a chuckle, Soul, but perhaps you get my meaning behind the questions I posed. To use another human phrase, if I may be permitted, are you a glass half-full type of human or a glass half-empty one? Do you choose to see the good in people, or just the bad? Your perception of the world colors your reality, much like your thoughts create your reality.

To specifically answer your question, Soul, the vast majority of alien life creations are loving and peaceful, and only want the best for humanity, but we have some rotten apples in our bushel, as well. Let me apologize now to those humans who may have encountered – and may be traumatized – by some of those rotten apples. On behalf of the Universe and all its wonderful creations within, I deeply apologize.

Having said that, however, the answer is yes. For different reasons, abductions and subsequent medical procedures aboard a craft are not uncommon, but whether or not there is memory of their soul agreement to participate in such a situation, advances in medicine on your planet have been the result of many of these abductions. Those marks on the body you spoke of are for painless diagnostic procedures, and fade within a very short time. Without meaning to disparage you and your planet, our understanding of ‘health’ is vastly superior to you. There is no physical surgery needed to resolve a health issue. Your planet is the only one whose surgeons actually cut into the physical body.

Yes, in many situations, linear time is affected, while in other situations, no time is lost from the time a human comes aboard to when they return to Earth. As for alien invasions, you can rest easy. And, if I might be permitted another chuckle, if one ponders, one might realize that such an ‘invasion’ has already occurred, for as I told you earlier, we have walked among you for decades. Remember, too, that we – humans and alien life forms – are all Stardust. We all share Universal DNA. Cosmic DNA. Enjoy your science fiction movies, but remember that as you are watching them and munching on popcorn, it remains a movie.

Suddenly, a movie screen appeared in front of us. The projected scene was one of a busy street in a major metropolitan city. Many people were walking; others were waiting at the intersection to cross the street. Busy cars, taxis, and buses hurried to their destinations. It looked perfectly normal, and I couldn’t help but wonder what this scene had to do with our discussion. As if Zeta had heard my thought, suddenly, the screen shimmered and changed. I gasped, for

probably one in four humans were something other than human. My eyes wide and my heart pounding, I turned to Zeta for an explanation.

Your knee-jerk reaction is the main reason we have not yet made ourselves known on a global basis. We have walked your planet with you for many, many decades. One day – in the near-distant future – this illusion will slowly drop for all humanity, and at long last, humans will understand that we all share Universal DNA.

“Are you saying that with this Cosmic DNA strand, humanity is some type of hybrid race?”

Zeta nodded. *Yes, but this is not a recent addition to your DNA. The human species contained the Universal strand from its earliest beginnings. And, those on the screen who looked human are still part of the hybrid human race with the shared Cosmic DNA. We are all Stardust. We are all One.* He paused, and when the screen faded from view, his eyes met mine. *Does that successfully address the elephant concerns?*

I nodded and gulped audibly, wishing I hadn’t had that knee-jerk reaction. “And to answer your question, I am definitely a glass half-full human, with another shattering paradigm down around my ankles. I suspect like most humans, I will just have to let all you have graciously shared, roll around my mind for a while before it settles in and gets comfortable. But I pledge to continue to work on understanding it, as I work to integrate it into my life.” I paused as Orion smiled and turned to Zeta.

“Thank you for speaking with us today, dear friend. May all your travels be safe ones, as you complete your sacred tasks.”

“Thank you,” I added. “I greatly appreciate you talking to me, but mostly for all you are doing for the evolution of humanity.” I paused. “By the way, are you finished with your assessments for this planet?”

Zeta replied, *Yes, I have. My findings have already been uploaded to what you would perceive as the Council’s computers.* He bowed. *It has been my pleasure. I hope to visit with you another time.*

Zeta started to fade when a sudden thought struck me. “Wait!” I cried. “We never talked about this place. Did you find this planet viable?”

No. The destruction and desecration was so great that we don’t believe it will ever become viable again. It is a very sad situation, indeed.

“So, what happened, if you don’t mind me asking?”

Soul, you need to not only understand, but then extend that knowledge to the world. The downfall of this planet occurred out of Greed, Power, and Ego. Many of its inhabitants forgot the mission each had vowed to accept before incarnating – accepting stewardship of your planet and moving as One to the Age of God. In many cases, there was a complete disregard of precious life. It fills all of us with great sorrow because we had such high hopes for this bountiful planet and beautiful souls. We intervened with love and support, but we failed. I am filled with sorrow because we failed. Because I failed.

Tears streaked my cheek, and I knew our time was quickly coming to an end, but I had one more question. I could already hear the beginning of the whooshing sound, signaling our exit. I quickly asked, “You never gave us the name of this planet. Where are we?”

As if in reply, I heard only the soft whooshing sound, and the three of us shifted.

Chapter 5

Quickly, I got my bearings and opened my eyes. After first checking to ensure that Orion hadn't abandoned me, I gazed around the area, with an eye out for any roving cackles of hungry hyenas. None in sight. We appeared to be in a lush, beautiful setting. Tree branches danced in the slight breeze, and a riot of colorful flowers gently reached toward the sun; the sky was pristine blue. I sighed deeply, grateful that once again, all was right in my world.

Suddenly, I remembered Zeta and the question I had asked, and the answer he had never given. A rush of Fear threatened to engulf me, but I knew I had to put the knowledge and wisdom I had been learning to the test. I consciously worked on releasing it. *I am grateful. I am learning. I am grateful. I am learning. I am grateful. I am learning.* I swiped at the remnants of tears on my cheeks, and turned to the galactic archangel.

"Zeta didn't answer my last question, Orion. Was that desecrated planet Earth?" I held my breath, knowing the impact of his reply.

Orion smiled gently. "Would it really make any difference in your mind if I identified the planet's name? Say, would you be happier if you were told that it was not Earth? All that devastation? The entire planet destroyed with all the living beings who called it home? Obliterated?" He paused. "A far more compassionate question would be *What can we do to prevent it from happening again?*"

My stomach soured with shame. "I'm sorry, Orion. You're right. It's that human part of me that wants to keep my world safe. The more Zeta spoke, the more I became invested in that planet, so I can't begin to imagine the grief Zeta and those working for its survival feel about the desecration. So much loss. But, it's not only a horrendous tragedy for that planet and its inhabitants, but for all of us, even if we knew nothing about it – its life or its death." I paused. "What can be done ... er, ... what can *I* do to prevent it from happening again?"

A deep, gentle voice seemed to flow through me: "As is all creation, you are greatly loved just as you are – not as you wish yourself to be." I spun around, anxious to meet my next guide, but saw only the vibrant woods. My attention was suddenly drawn to a towering ancient oak tree. I watched, spellbound, as a shimmering began at the top of the tree and moved to its base. A very tall, slender being emerged from the tree, itself, and began to move toward us. I watched his progress with excitement, for I had always held a special love for trees.

Like the ancient, towering oak, the being was very tall; it looked to be at least 20' tall. His face and body were elongated. He had a narrow, deeply lined face, thick, gray hair, which flowed down his back, a long, thick gray beard, a matching thick gray mustache, and small, piercing black eyes. I could see a mouth under the bushy mustache, but hair covered what might have been his ears. His nose appeared to be a knot in his wooden body. Not surprisingly, his coloring was that of an oak – soft brown, aged with streaks of gray. Tree branches provided arms, and rather than walk, he seemed to float several inches off the ground. I was speechless – not only by his physical size, but the massive power and grace emanating from him. At last he stood before us, smiling widely and wrinkling even more broadly.

Orion returned the smile and reached out to embrace him. "Tree Spirit, I have missed your gentle soul and wise counsel. It is always good to renew our deep friendship."

"Greetings, Archangel Orion! It is good to see you again, as well. Thank you for including me on your journey." The ancient spirit's gaze left Orion and settled on me, his black eyes twinkling. "And it appears you have brought a visitor to our beautiful refuge." He leaned

toward me, extending an arm in greeting. “I am known as Tree Spirit. Pray, by what name are you known?”

Without even a hint of fear, I reached out and placed both of my hands on the branch. Before I had a chance to answer, Orion replied, “While this visitor may not yet know or understand this, she is representing humanity for our journey today. As such, I believe you can universally address her as I do: Soul.”

“Soul, it is, then.” As I gently released my hand, he asked, “And have you learned many things thus far on your journey, Soul?”

I craned my neck and nodded, but when the spirit realized that his height was a challenge for me, he slowly began to shrink. Once he reached Orion’s size, he stopped.

“Better?”

I smiled and nodded. “Much better, thank you. Tree Spirit, I am grateful that you agreed to speak with me today.” I glanced back at the angel. “As Orion said, I had no idea that I was representing anyone, let alone all of humanity on this journey. I have to admit that hearing that makes me very nervous and emotional.” I bit my lip, trying to hold back tears. Taking a deep breath, I continued, “If what Orion says is true, I would like to state for the record that I am a rather mediocre representative of humanity.”

Tree Spirit spoke. “*Mediocre*, eh? We’ll address that, but for now, let’s make ourselves comfortable, shall we?” Immediately, two beautiful park benches appeared. Tree Spirit motioned for me to take the bench that was festooned with lovely, soft cushions and pillows. I giggled and sat down, falling into luxurious comfort. On the bench facing me, sat one galactic archangel and one devic realm spirit, smiling at my delight. I sighed with contentment, and marveled at this unbelievable opportunity. I suddenly realized that my soul yearned to understand so much more. I opened my mouth to speak, but Tree Spirit held up a branch arm. When I nodded, he began.

“Earth is the most difficult classroom in the Universe for returning souls. As such, humans here are greatly admired by all of us. We understand that some days, it takes tremendous courage and resilience for humans just to get out of bed and face their daily challenges. But more importantly, it takes tremendous courage and love to come to Earth at this juncture, whether or not you realize it. Even if you are unaware of your soul contract made before this incarnation, if you are alive now, you have answered the call from the Universe to help Gaia and humanity heal and prepare to make the shift.”

The tree spirit leaned toward me, and his eyes twinkled with what I could only describe as Divine Love. “Let’s talk about *mediocre*. First of all, all humans are equally precious. You may wish to think of Gaia as a massive, exquisite chain, with each link representing a Divine creation, including humans. As I believe you say in your vernacular, *A chain is only as strong as its weakest link*. Does great wealth strengthen that chain? Worldly position and power? Great talent or fame?” I shook my head, but I had no idea where he was going with this allegory. “It’s what is inside the chain that determines the strength of it, not the outside trappings. Today, we’re going to talk a bit about how to help each chain link strengthen in order to protect the chain’s survival, as well as that of all the links.” He paused. “Let’s get back to you and your beautiful humanity. You said you are nervous. Why?”

I stumbled, trying to find the words. “It scares me that I might mess this up, when the information is so desperately needed.” I paused and gazed at Orion. “Of all the humans you could have visited, why me?”

“We talked about this earlier,” the archangel reminded me, “but I understand that given what you have just learned, it would be prudent to repeat it. It’s simple. I visit countless humans,

but as for why you specifically, you prayed to better understand, and God put your request in my in-box. You/your chain link is just as critical to the health of the chain as anyone else. It's sometimes challenging to remember that during difficult times, but trust me. You – and the rest of humanity – are exactly where you are supposed to be, surrounded by the people with whom you have chosen, doing what you are to be doing, hopefully, remaining on your path.” He paused. “It is critical that you understand what I am about to say. You – and the rest of humanity – are greatly loved because of your humanity, not despite it. Soul, you can't mess this up. Just continue to expand your heart and mind, and Trust that it is all unfolding as it must.” He paused a long moment, his exquisite, cosmic eyes probing mine.

“We have a great deal to discuss before I answer your question about the identity of that desecrated planet.” When Orion paused, I quickly nodded and sat up, somehow knowing this was why we had come to this peaceful refuge.

“Let's start with Mother Earth – Gaia. She is a beautiful, powerful, highly intelligent, living, sentient being...”

“*Sentient?*”

“Able to perceive or feel.”

My eyes widened. “Gaia can perceive and feel?”

Tree Spirit nodded and continued Orion's train of thought. “Gaia is highly proficient at balancing negativity, but the negativity on your planet has skyrocketed, to coin a human phrase. Add that high level of negativity to the damage done to Gaia, and we knew she was in trouble. Remember, a call went out into the Universe to come help her, and many, many souls responded. Some came to educate humanity, others came to actively work to stop the destruction, and some came simply to be.” When I looked confused, he continued. “Their mission was to mingle with humanity, spreading Love and positive energy. It's rather like lighting one candle, which can then light the next, and so on, but as opposed to the power of lighting candles, these beings were using Divine Love and Peace. The hope was that a *Divine Domino Effect* might occur.”

“And did it?”

“That answer will also come later, Soul.” Orion nodded at Tree Spirit, who continued.

“As Zeta reminded you, before incarnation, humanity pledged to be stewards of the Earth. Of Gaia. But once onto the earth plane with all of its negativity and denseness, far too many souls forgot this pledge, and struggled just to survive the physical planet, rather than spread Love and thrive.”

Tree Spirit waved his branch arms and suddenly, another large screen appeared in front of us, playing a video of sorts. It was gut wrenching and graphic – massive barges dumping plastic and trash into the oceans, as well as showing its deadly consequences on sea life. Tears began to stream down my face. I saw woodland and jungle creatures trying to flee for their lives in order to escape human's deadly chainsaws, destroying their habitats for profit. I witnessed deforestation of the Amazon rain forest, which provides a great deal of the world's oxygen, as well as a multitude of plants that could have been formulated into medicine for humanity. More tears fell as I watched baby creatures ripped from their mothers to sell in the world-wide exotic pet trade. I saw humans killing animals, not for food, but for sport, and toxins dumped into rivers and lakes, compromising the water supply. I wept as I saw beautiful, majestic elephants slowly and painfully dying from massive infections after poachers had viciously sliced off their tusks for ivory.

Suddenly, the film ended, and the screen faded from view, but my tears continued into sobs. Tree Spirit smiled sadly. “Soul, I believe you have seen enough, although that was only the

beginning of the human atrocities against Gaia and its realms.” He paused, waiting for me to compose myself.

“Think of Gaia as a massive ecosystem. Simply, she must remain balanced or she cannot exist. Gaia’s elementals – the devic realm, of which I am a part – have tremendously critical tasks in our own individual domains, but one sacred mission we share is to balance Gaia. As the human population expanded, and forests were razed, far too many humans showed little regard to help maintain that precarious balance, and as such, the situation grew more grave. Across the globe, many species are gone, or endangered, but conservation efforts are generally too little, too late, performed by too few. Global wars with their hatred and desecration have had a devastating effect on Gaia. And, as you are aware, climate change is overwhelming many parts of your planet, and the evidence is everywhere.”

“What is the truth about climate change?” I asked. “Is it all down to humanity and the terrible choices we have made, and are still being made? Is it part of a cyclical Earth pattern, or a part of something bigger? Something spiritual?”

“Excellent question, Soul,” replied the spirit, “but it is complex. While it is true that Gaia moves through natural cyclical warming and cooling patterns over her lifetime, Humans need to personally accept that they have played a significant part in Gaia’s imbalance. While some nations are serious about being proactive in protecting Gaia, far too many others view this beautiful planet – both on your planet, itself, or in outer space around it – as their personal dumping grounds. And while those physical activities have played a part in affecting Gaia’s health, far more devastating has been the toxic negativity of the humans on Gaia.”

“Humans and all of God’s creations – from the largest whale to the smallest blade of grass – are interconnected, but communicate on different frequencies. Most humans have forgotten that deep universal Spirit connection that binds us all together as One.”

“Is climate change bringing the massive storms we’re seeing?”

“Yes, but it is not Gaia’s intent to cause terrible pain and suffering, for she loves and cherishes each human. When Gaia is out of balance, sometimes the spirit realm is the only one who can help restore that balance. Air and water spirits combine their forces, creating hurricanes, typhoons, earthquakes, tsunamis, and massive storms/tornadoes – all these help cleanse the planet from dense negativity and help renew balance to Gaia.”

“But all those lost lives, all that suffering? Why would she do that if she loves and cherishes us?”

“Everything must be broken down in order to rise and be reborn. And that includes Gaia.” He paused. “Actually, you are beginning to see this breaking down process in many of your institutions around the globe. A new world – and that’s where humanity is headed – can only be created within the ashes of the crumbling old world. In essence, a spiritual and physical phoenix of sorts.” He paused and then continued.

“Is it not proper protocol on an airplane that is experiencing mechanical trouble, that the mother places the oxygen mask on herself first, so that she can better help her children?” When I nodded, Tree Spirit continued. “Mother Gaia does the same thing, but it’s a bit of a Catch 22. In order for her children to be healed, she must first be healed.” He paused. “Conversely, humans must first heal themselves from within before they are able to heal Gaia.”

“I would like to think that there are many humans out there who are trying to heal Mother Gaia.”

“Yes,” replied Tree Spirit. “But until humans have healed themselves, they cannot possibly try to heal anyone else – including Gaia.”

“You saw the effects of wanton disregard to a sacred planet, did you not?” When I nodded, Tree Spirit continued. “Without this critical cleansing, there may come a time when our planet could be on the brink of extinction, as well.”

“But to return to lost lives, I believe you have already learned that souls write their Life Charts, right?”

I finished his thought softly. “So, if they wanted to help cleanse the planet for the lessons learned, they would have chosen to experience that destruction in order to help Gaia.” I paused. “I guess I get that, but my heart still goes out for the humans and animals that suffer and die in such catastrophes.”

Tree Spirit nodded. “Remember, out of death comes life – the silver lining of sorts. And one phoenix that arises from the ashes from the much-needed cleansing, would be the banding together of communities, nations, and the world. Nations compassionately join hands and minds and hearts to help those in need. That is exactly what the hope is for humanity – that all can remember the interconnection, and move forward as One toward the Age of God, but without it being the result of a cataclysmic event.”

Orion leaned forward on the bench; his beautiful face grew even more serious. “We need to discuss something else, Soul, before I eventually answer the question you asked when we first arrived: *Was that desecrated planet Earth?* Let’s talk about the healing properties of Forgiveness.”

“Forgiveness? Why is that so critical?”

“Many things in your world weigh down your soul – think of them as unneeded baggage. Most of the baggage includes holding onto hurts and grudges, whether they be small or large, some of which may have been with you your whole life – or may be carried over from previous lifetimes. Far too many humans feel a sense of entitlement and superiority over others, and play out their lives within that paradigm. Others have an intense need to be right. All of it weighs down your soul. The purpose of our journey today is to prepare humanity for the shift – which we will discuss later, I promise! But in order to make such a shift, you cannot be weighed down with negativity. If you want to shift with the planet, you need to lighten your soul, and the best way to do that is to show Love and Compassion to all, and to simply forgive.” He paused. “The how is simple, as well. Go to that quiet place within you, and place the situation or person in your mind’s eye, and simply and sincerely say, ‘I forgive you.’ Of course, you will most likely have to repeat that many times in order to lighten your soul.”

“Somehow, I think that may not be so simple,” I said. “There have been so many angry words everywhere, causing so much hurt and grief. I’m guessing that it would be really hard for humans to face those people who have caused such hurt and pain, and tell them they are forgiven.”

“Did I mention facing people?” Orion asked. “Expand your mind to see that situation, and understand that Forgiveness is for healing your soul, as well as the soul of the others. When humans are angry, they are angry with people, not their souls, so sending Forgiveness healing Light touches their souls, as well as your own. You can forgive someone in your mind, heart and soul without confronting anyone. Forgiveness is Divine compassionate energy, and so after gathering up like energy, it will return to you like a balm to your soul.” He paused. “The Law of Vibration, remember?” I nodded.

“Self-forgiveness is greatly needed, as well. Many humans emotionally beat themselves up on a regular basis, and so are in great need of soul healing. *I forgive myself. I am learning. I forgive myself. I am learning. I forgive myself. I am learning.*”

Orion softly continued. “Returning to our previous discussion of planetary annihilation, you need to know that should that occur, besides the horrendous death of planet Earth, the negative repercussions of nuclear devastation would ripple throughout the Universe, endangering all of us. In order to prevent such a universal cataclysm, it is critically important that the inhabitants of Gaia remember their personal interconnection with not only Gaia, but with all creation. The best way to truly help Gaia is for each inhabitant to take personal responsibility for their actions, words and thoughts.”

“I get the *action* part, but what do you mean, *words and thoughts*?”

“It all comes down to energy, Soul,” Orion replied. “You learned that the Universe, and all it contains, is made of vibrating energy. Some vibrate at different speeds than others – and we’ll discuss that at a later stop – but everything vibrates with energy. When you show Love and Compassion to another creation or situation, that action creates Love energy. Like a boomerang, the energy first goes to the object of your compassion, but before it returns to you, it gathers like energy – Divine Love – which will return to you, as well. When you think hateful thoughts, gossip, say something with the express intent to hurt another, spew vitriol – the list goes on and on – yes, that negative energy is sent to the person or situation, but before it returns, it gathers like energy and then zaps you, as well. Thus, spewing negativity is harming not only others, but to your own soul, as well.”

“Whoa. That gives new meaning to Jesus’s words: *Love thine enemy*.”

Tree Spirit smiled and nodded. “Yes, but it wouldn’t be spiritually constructive for you to send energy only to those you love. The challenge is to send Love Energy to those you do not love – *Love thine enemy*. If you make it a daily habit to blast Light and Love energy to everyone who is a difficult person in your life, your life will be transformed.”

“How is that even possible?”

“Just like Forgiveness, Soul. Every time you think of that person, blasting Love energy will eventually heal the difficult situation. Love is the most powerful energy in the Universe – far greater than humanity’s nuclear weaponry. And it only takes a moment to make a huge change.”

“How would I do that?”

“Again, go to the quiet part of your mind, visualize the person, and reach within your spirit for Love and Light energy and direct it to them. Each time you send Love and Light, it becomes easier, and eventually, it will become second nature.”

“That sounds like something I could do, but what about that person who was just dumped on with spiteful negative energy? What can they do with all those slings and arrows heading straight for them?”

“They can learn to protect themselves from such onslaughts.” I held up my hand to interrupt, but Orion smiled. “The best way to protect yourself is to take a quiet moment before you start your day and ask us for protection. Visualize yourself wrapped in White Light around you, and remember to dissolve Fear at every moment. *I am grateful. I am learning. I am grateful. I am learning. I am grateful. I am learning.* Ask for angels to stand guard in your mind, heart and soul. If you can do those simple things, your soul will become impervious to negativity’s slings and arrows, as you phrased it.”

“And now, I am ready to answer your question about the identity of the barren planet. The desecrated planet was not Earth.” I held up my hand, but he only smiled and continued. “I know. The word *human* was used several times during our discussion, which most likely lead you to believe that we were discussing your planet.” He paused.

“At one point in your history, humankind believed that Earth was flat. All the decrees by all the esteemed scientists of that day did not change the truth that the world was not flat. Now, you scoff at that antiquated paradigm. The same holds true for many humans concerning extra terrestrial life. Human, with Ego on full display, decreed that not only were humans the only life in the Universe, but if there was any other, you were also the most intelligent. Ha! But, I will be truthful with you, as I have always been. There will be many who will scoff at the information you are learning and then sharing with the world. Know that many books have been written, and many more will come. There are countless Lightworkers sharing the message of our journey, so you are not alone.” He paused. “Are you strong enough to stand up for what is right, even if you feel as if you may be standing alone?”

I gasped. “I am a retired sixth grade teacher. That’s just what I used to ask my beloved students!”

“I know, Soul, but instead of asking them, I’m asking you. What you have already learned will smash many, closely held paradigms, but what is ahead on our journey will truly test that expanded heart and mind of yours.”

I gulped. Do I have the courage to *walk the talk*? I gulped again, my heart racing, and finally nodded. “I am deeply humbled that I have been given this sacred task, and I vow to deliver the messages, no matter how paradigm-smashing they may be – and regardless of human reaction.” I paused a moment and then whispered, “I hope.”

“You’ll be fine. You won’t be alone, but like all humans, you are always surrounded by a great number of White Light beings – angelic, devic, and galactic! Just keep that little tidbit in mind every time your nerves and emotions threaten to overwhelm you.”

“Thanks, Orion. I’ll try to remember that.” I paused. “The word, *devic*, has been mentioned a couple of times. Who or what makes up the devic realm?”

Tree Spirit winked and smiled broadly. “The devic realm is the connection between nature and animals to Gaia.” Suddenly, the veil before my eyes must have lifted because the devic realm suddenly made itself known. I gasped with delight as I watched garden faeries, gnomes, elves, unicorns, satyrs, mermaids and mermen, dragons, dwarves, trolls, other tree spirits and so many others that I soon tired of trying to identify them, and just marveled at them.

“They’re real and so beautiful!” I grinned widely and called, “I love you and all that you do for humanity and Gaia!” Once the nature beings threw me kisses and waved goodbye, the veil was firmly replaced.

I looked at Orion with wide eyes, filled with hope. “Will there ever come a time when that veil is forever lifted?”

Orion smiled and nodded. “With the shift, everything is changing. One of these days, the veil will shift, as well – for all humanity.”

I sighed, and the three of us sat in companionable silence for a long moment. Orion finally spoke.

“Let’s talk about egocentric paradigms.” I raised my eyebrows in confusion, but he put up one finger to continue. “The Universe is a vast place, Soul, with countless numbers of planets. For centuries, as we said, your inhabitants believed that they were the only intelligent life in the Universe. It’s all about me! Sound familiar?”

I nodded. “Ego-speak.”

“Exactly. It’s well past time to lounge comfortably in the microcosm and watch the world drift by. Humans must expand their hearts and minds in order to live bravely and thrive in the

macrocosm.” He paused and winked at me. “I hate to break the news to you, but your planet is not the only one inhabited by humans.”

I freely admit it. I was shocked, but again, some part of me seemed to resonate with that truth. After a long moment, I nodded.

Orion nodded, as well, obviously pleased. “Humans everywhere – need to look within themselves and locate those parts that need to be uplifted.” He paused. “While we have yet to discuss the matter in detail, one of these days, Gaia and her beloved inhabitants are going on a spiritual trip – Ascension. If you’re interested in being a part of the greatest event in humanity’s history, lighten up both emotionally and spiritually. Do it now. It takes time to cleanse yourself, and if you’re coming, you’re going to have to pack Light-ly.” When he paused, Tree Spirit continued.

“First, unpack all the hurts and grudges and respond with forgiveness. But just as important, is to just be happy. Laugh! Feel unbridled joy! And if you can’t, then make it your main priority, for God/Spirit/All That Is did not grant you this supreme gift to come to Earth just to mope, moan and groan your way through life. When you rise each morning, make Joy an important part of your day. You have an amazing opportunity to truly Live your life, filled with Joy. Talk with the trees – we love interacting with humans and animals. We are all sentient beings on this Great Earth Experiment walking as One toward the Age of God! Walk barefoot in the grass, spend time in nature, for nature is one of Source’s most valuable gifts to Gaia. Turn off your electronic devices, meditate, practice unconditional love, spend time near water, listen to music, dance, sing! Send Love and Light energy to Gaia all day long, every day. Learn to release baggage, instead of harboring heavy grudges.” Tree Spirit paused.

“There are so many ways to Lighten up. Yes, there are a huge number of critical issues to be resolved on your planet, but there was no directive stating that you should do so filled with doom and gloom! Whether there is memory or not, you are here at this pivotal moment in time to not only actively prepare the planet and its inhabitants for ascension, but to be a Light to all. If you are alive, be alive! And as for that Divine Domino Effect? Your positive energy will ignite others, which will ignite others in that domino effect. Given all those changes, it will all gently click into place so that Gaia and humanity can ascend in a benevolent manner.”

Orion and Tree Spirit stood and embraced each other, and then the spirit turned to me and embraced me, as well. I inhaled deeply, and was filled with a pleasant, woodsy feeling of unconditional Love.

“Thank you for visiting me today, Soul. I have so enjoyed speaking with you. He paused and winked. “And, do chat with all of us in the devic realm – from the tiniest flower fairies to the largest deep ocean spirits. We are all on this great adventure together!” He paused.

“And if I might add, please honor the trees in your world, Soul, for not only do they provide life-giving oxygen for humanity, but trees act as sentinels for Gaia. As their branches move heavenward, they reach for loving, healing cosmic energy, which they will then absorb, move through their root systems, and then spread throughout Gaia.”

“Your majestic mountains also act as sentinels, and reach heavenward to absorb the healing cosmic energy. This energy is also sent out into the surrounding area, clearing it of any negativity. In fact, many mountains act like a vortex into the higher realms, and as a result, are deeply spiritual. Send gratitude to both the spirits of the mountains and that of the trees, thanking them for all they do for you, humanity, Gaia and the Universe. And don’t be afraid to hug trees, or meditate near mountains for that matter, for there is a beautiful exchange of vibrational energy when you send and receive Divine Love, which will then raise your vibrations.”

“Thank you, Tree Spirit! I will honor your words in my mind and soul, and share your messages with all!” I paused. “And when I get back home, I promise to hug more trees!”
And with a soft whooshing sound, Tree Spirit, Orion, and I shifted.

Chapter 6

I blinked several times, and found that Archangel Orion and I had been transported to a cozy bedroom. The walls were a soft gray, as was the plush carpet. Not surprisingly, there were beautifully framed artwork and photographs of nature and the Universe adorning the walls. I spent a moment gazing at them, and then turned back to the room. I smiled, for there was a writing desk with a comfortable chair. The desk faced one window, which showcased a beautiful wood.

I sighed in satisfaction, and gazed at the bed. It was plush, and covered with an exquisite pale gray/pink quilt. Fluffy pillows had been placed to make the bed even more inviting. I walked over to it and glanced at Orion. When he nodded, I slowly sat down on the edge. I suspect that Orion sprinkled me with angel dust, for I suddenly found myself sleepy. Very sleepy. After yawning several times, Orion spoke.

“You have learned a great deal so far on our journey, and I thought it might be best for you to rest.”

“But, I don’t want to waste any time sleeping,” I protested my way through another huge yawn. “Taking a short nap won’t pull me back into linear time, will it? My time with you is precious, and I have so much more to learn.”

“You are safe in simultaneous existence, Soul. None of your linear time will have passed during this nap. Trust.”

I nodded. The time had passed for me to leap up from the bed and try to convince him to continue my lessons, for my body felt leaden, and Trusting, I found I had just enough strength to stretch out on the bed before I drifted off into a deep sleep.

This sleep state instantly intrigued me, for I was able to acknowledge that while I knew I was asleep, I was also aware. Deeply aware. I felt Orion’s presence, so knew no hungry cackle of hyenas lurked anywhere, and relaxed into the experience. I glanced at myself and found I had not changed clothing. I was me.

I looked around and felt compelled to moved toward a large white house. The front door easily opened, and I walked inside, feeling as if it was somehow my house. I was more than a bit dismayed to see that while it was not dirty, per se, there was clutter everywhere. Without understanding why, I happily began to reorganize and deal with the mess. When I picked up an object, I had to make a decision: keep it, give it away, or recycle it. Somehow, I knew where all of it was supposed to be, moving it from the debris pile. I began in the living room, and went methodically from room to room, floor to floor, reorganizing, not moving on until I was content that the room was as it should be. I chuckled to myself as I realized that I found great satisfaction in reorganizing my own physical home and life. Finally, I returned to the living room and put my hands on my hips, double checking that all was in place. Two bags sat by the door; one massive bag would be given away and the other one would be recycled. I smiled in satisfaction of a job well done, grabbed the bags surprisingly easily and walked outside, closing and latching the door behind me. I felt a strong desire to keep the house pristine for its occupant.

As I turned back from the door, I was stunned to see that raging flood waters now ran through the street, which weren’t there earlier. I understood instinctively that somehow I was to traverse the turbulence, but how?

I walked tentatively to the end of the driveway, debating my choices. There was no dream ferry boat or row boat, so that was out. There were no friendly giants or pterodactyls who might carry me over. I saw no helicopter hovering, awaiting my climb aboard to fly over the

water. No Moses to part the river. In point of fact, there were no people or animals on which I might rely to help me cross the river, let alone Moses, pterodactyls, or giants. Sighing deeply, I came to the last option on the list: step off the curb, place my feet in the churning waters and walk. Alone. The good news is that I know how to swim. The bad news is this doesn't look like the city pool.

Fear threatened to engulf me, but suddenly I heard a voice in my head – Orion. *You have been taught. How will you respond?* Resolutely, I thanked Ego for all it has done for me, and told it to take a hike. I had enough on my plate without adding that debilitating emotional reaction. Choosing to respond, I took a deep breath and prayed, *Please help me.* I inched toward the raging water and finally, my heart pounding, I stepped into the river.

Instantly, the turbulence slowed until it stopped completely. It had become a clear, peaceful, shallow creek. Sending Gratitude, I easily crossed the river.

Once I got to the other side, I turned back and gazed at my accomplishment with pride. I knew that had I not faced Fear and ventured forth to try to accomplish my task, I would have been stuck on the edge of the river for a very long time. As in an Eternal-very-long-time.

I looked down at myself and made the sudden realization that I was pregnant. Heavily pregnant. Surprisingly, I wasn't as surprised at the situation as I might have been in my physical world. I released the need to know, embraced the situation, patted my bump, and sent it waves of Love and Peace.

Once I accepted and embraced the whole pregnancy scenario, I slowly made my way back to consciousness. As I opened my eyes, I was delighted to see the pretty cozy bedroom, as well as my favorite galactic archangel sitting on the desk chair, smiling.

"Welcome back! Feeling rested?" When I nodded, he continued. "What do you remember of the dream, Soul?"

"Well, I was in a large, white house with many rooms. I was all alone, but I wasn't lonely."

"What were you doing?"

"I went from room to room ..." I paused and closed my eyes gently to recall the memory. "Reorganizing!" I exclaimed. "I was cleaning out these rooms filled with clutter!" I chuckled. "Cleaning and reorganizing seems to be a running theme through my lifetime since I enjoy that task in my physical life!"

He smiled. "What did you do with the clutter?"

"Two bags somehow appeared – one large and one small. The first seemed earmarked for the items I would give to others, and the smaller bag was for those items that were not needed, and would be recycled. The rest of the objects remained in the room. Some of those I returned to where I perceived they belonged, while I found better places for others. I scoured each room, and was happy to see that when I was finally done, I found everything still freshly reorganized." I paused to check my memory.

"Then, I went outside and found that the street was filled with raging flood waters. Somehow, I knew that I had to experience it and cross to the other side."

"Were the flood waters clean or murky, Soul?"

"They were clear, but I was nervous about being swept up in the violence of the current."

"Did you get through the water?"

I nodded. "Yes, but I had to get tough with Ego and Fear before I could even start. I then took a deep breath, and when I stepped into the water, the turbulence disappeared, and I was

easily able to cross.” I paused and grinned. “And this is where it gets really weird. I glanced down and realized that I was pregnant. Very pregnant.”

“How did you feel about that?”

“How anyone my age would feel if they found out they were with child, and had apparently been so for some time.” Mentally, I reached back for the dream. “Actually, in truth, it didn’t seem to bother me that I was long past childbearing years, but pregnant none-the-less. I remember thinking it unusual, but interesting.”

“Did you, in fact, give birth?”

“No, I released the need to understand that whole pregnancy thing, and then the dream was over.” I gazed at Orion. “You’ve asked me a lot of questions. What’s it all mean?”

“Dreams are a wonderful way for the subconscious part of you to connect to your consciousness.” When I looked confused, the angel chuckled. “Soul, don’t you think that the mere fact that humans sleep one-third of their lifetimes might be significant?”

“I guess I thought I was just tired.” I yawned and rubbed my eyes and sat up against the soft pillows and sighed, thoroughly enjoying this cozy room and quiet conversation with Orion.

“Human scientists and researchers have found that your conscious mind – that part of your mind that is aware of itself and the world – represents only 3% of your brain, while the other 97% belongs to the subconscious. 95% of your brain activity takes place in the subconscious, showing that humans are generally unaware of the great untapped power of the subconscious. And while understanding the subconscious can help you tap into its immense power, it is also the origin of your worries, doubts, fears and anxiety, although the vast majority of those worries do not materialize.” I nodded.

“Let’s continue, Soul. Earlier on our journey, we talked about the power of thought, word, action, and deed vibrations. Simply, your thoughts become your reality, as it does for all humans. If you allow your subconscious to run rampant with negativity, your reality will be like that raging flood. If, however, you can train your subconscious to transmit only positive energy thoughts, which are just as powerful as negative energy thoughts, you can create a new reality for yourself.” He paused. “Do you remember the part of the dream when you refused to allow Fear to overwhelm you as you faced the raging flood waters?” When I nodded, he continued.

“That is the perfect example of retraining your subconscious to transmit only positive energy vibrations. But, in order to create a new reality for you, this retraining must be part of an every-moment habit. Ego and Fear have settled in and become very comfortable in humans’ subconscious, so a concerted effort is needed every minute of every day in order to create a positive vibrational reality.”

“But, let’s return to your dream, Soul. Dreams serve many purposes, one of which is they can help you resolve problems that your conscious state cannot. How often have you gone to sleep, unable to resolve a sticky situation or problem, and awakened, confident that you had the solution? What you’ve done is to hand over the problem to your subconscious, which is not battling all the distractions and games with which your conscious mind has to contend. But, remember, there’s no linear time anywhere else but on your earth realm, so that’s why some dreams make no sense with regard to time. As earthly selves may have difficulty with the concept of simultaneous existence, the etheric realm may have just as much difficulty with the linear time concept.”

A thought occurred to me. “Speaking of the etheric realm, are spiritual entities involved in the resolving of those problems as I sleep?”

Orion smiled and replied, “Yes, Soul. Dreams are a wonderful way for us to connect and communicate with those on the physical realm. We do much of our healing and work with humans during those times. Remember, your vast army of protectors are with you to guide and protect you all times of the day and night.”

“Dreams can foretell the future, as well.” He put up a hand as I was about to ask something. “No, we’re not talking about seers or psychics, Soul. Everyone has the ability to connect and communicate either during awake or sleep time. If you want to better understand, make a habit of jotting down your dreams when you wake from one, even if they make little to no sense. Remember our talk about Thomas Edison doing just that? ”When I nodded, he continued. “Hold onto those descriptions for a month and then reread them and see if you better understand them. Also pay close attention to lucid dreams, Soul.”

“Lucid dreams?”

He nodded. “Very vivid dreams in which the the sleeper is fully aware that he or she is dreaming. Like your house dream. They generally take place during the REM – Rapid Eye Movement – sleep stage. Because you are aware, you can often guide these dreams in order to find answers to problems or questions that arise in your conscious state. It also gives you some degree of control over what is happening in the dream. For example, if you are writing, you can create different scenarios, playing them out in your dreams before bringing them forward into your consciousness and onto the page. And the best part, lucid dreams often contain messages for the sleeper.”

“In general, dreams reflect strong desires, so if humans pay attention to lucid dreams, as well, then they can learn to recognize their true feelings and more easily work with them to accomplish their sacred tasks.”

“Do lucid dreams just happen randomly or could I train myself to experience them?”

“First of all, Soul, nothing happens randomly, as you put it, and yes, you can train yourself to have lucid dreams. Before going to sleep at night, tell yourself repeatedly that you will be aware of your dreams as they are occurring. Have paper and pen by your bed to write down any dream. Do not judge the dream; merely jot it down. It might take some practice, but you don’t need special skills – anyone can do it.”

“Let’s take your dream, for instance. You said you were in a large, white house with many rooms. That provides three different scenarios: white represents cleanliness and light; a house represents your spirituality, and the many rooms represent the many facets of that spirituality. What were you doing in those rooms? Decluttering. Does that sound like something that Tree Spirit talked about – releasing negativity?” I nodded, and Orion paused a moment.

“After ridding yourself of the clutter, you went outside and realized that a flood was swirling in front of you. Water, representing the subconscious and being afraid of getting swept away by the flood, means that you worry that you cannot handle your tasks and challenges. But, it was significant because the water was clear and not murky, so the challenge wasn’t fraught with too much negativity. The flood waters represent challenges you are currently facing.” Orion paused again. “How did you respond to the flood?”

“Well, I knew I had to get to the other side, so when Ego and Fear showed up, I booted them. As soon as I found the courage to Trust and walk into the river, the water tamed, and so I easily made it across. Sounds like not only surviving challenges, but thriving within them, right?” I paused. “But what about the pregnancy? That was decidedly weird.”

Orion smiled. “In your case, it would be symbolic for getting ready to birth new ideas and experiences.” When I nodded, he continued.

“But, before we move forward, let’s talk about another type of dream, which is highly significant, but one that many humans disregard: daydreams.” I started to protest, but he chuckled. “Look at you. I bet you were going to say that daydreams are just your imagination, right?” I nodded guiltily. “How many times have events happened that you sloughed off as *coincidences* or *just my imagination*? How many times have you seen *serendipity* at work – the occurrence and development of beneficial events seemingly by chance – in your life and you have ignored it, thinking that it was just your imagination?” He paused when he saw he was losing me. So to speak.

“For example, let’s say you are working at a job that doesn’t feel right to you, but you lack the courage to find another job. You walk into work one day only to learn that the company has down-sized, and you have become redundant. That was serendipity. You had no choice but to find another job.

I nodded. Again, guilty as charged.

“Imagination is the seat of the soul – the feeling part of your mind, based in your subconscious. That, alone, makes the subconscious much more powerful than the conscious mind. But just because imagination’s not logically intellectual, humans often give it little credence. If you could throw away one phrase as you’re clearing out the clutter in those rooms of yours, let it be this: It’s just my imagination! You’ll find your life will become much more enriched.”

“Yet another powerful way for those of us on this side of the veil to reach you is through *synchronicity*, which is the simultaneous occurrence of events through their meaning. You might think of it as taking serendipity one step farther.” He paused as my eyebrows rose. “Let’s go back to the Universe nudging you to find that new job. That very same afternoon that you have been found redundant, you learn about a job opportunity at a different, nearby company. It’s your dream job.” He paused. “That would be synchronicity. How would you feel?”

“To be honest, a bit weirded out, but I would be thrilled! I would feel as if the Universe has my back.”

Orion nodded. “Good. It always does. Now, once you start looking for serendipity and synchronicity, you will find them all around you. Think of them as clues that God leaves for you to follow.”

“Let’s go back to daydreams, for they, too, are a barometer of your subconscious mind. Pay specific attention to your daydreams – what are they? If something keeps surfacing, it would be wise to address it. It’s no coincidence that they are coming to the surface of your consciousness. Listen to these daydreams, for oftentimes, they are clues to help you on your path.”

“So, daydreams are good?”

“Daydreams are like all thoughts. They transmit either positive or negative energy vibrations, Soul. If you find yourself lacking in positivity in thought, word, action, or daydreaming, you need to become aware of that, and work toward changing your thought patterns. It all comes down to Free Will and personal responsibility.” He paused.

“Sleep dreams also send out energy, Soul.” I looked at him, startled. He continued. “Have you ever awakened yourself in the midst of a frightening dream?” I nodded. “You need to be aware that that negative energy, is also being sent out into the Universe, only to boomerang, find like energy, and return to you. It would behoove you to train yourself to dream only in a positive fashion.”

“How could I possibly do that? And as for thoughts, I must have a million of them every day!”

Orion smiled. “Did I say it would be easy? Your neuroscientists have determined that humans send out approximately 70,000 thoughts every day. Again, you need to retrain your thoughts so that they are positive.”

“That sounds like a gargantuan task, Orion.”

“It’s like any other challenge. The first question to yourself is: how much do you want to send out only positive thoughts in order to help heal Mother Gaia?”

I reddened. “Well, when you put it that way, I guess retraining my mindset would be worth it for everyone – most especially Gaia.”

I thought a long moment, pondering the effect of my own dreams on Gaia and the Universe. Suddenly, another thought crossed my mind. “Speaking of being sent out into the Universe, are out-of-body experiences real or are they just bizarre dreams?”

“Yes, Soul. Out-of-body experiences, also called astral travel, are real, and most occur during sleep times. Many humans can easily perceive leaving their physical bodies to become Light bodies in order to explore the astral plane; others find it a more challenging process.”

“I would think that would be terrifying – leaving your body behind to hang out on the astral plane. Wouldn’t you just float away?”

“At all times, humans have a thin, silver cord that acts like a lifeline to the traveling soul, connecting their etheric and physical bodies. It keeps their souls from floating away, as you so aptly put it. Do you happen to recall any out-of-body experiences of your own?”

“No, I don’t have any memories of flitting around the Universe. I think I would pretty much remember suddenly being given the ability to stretch my wings and soar.” I paused. “But, if there are no cackles of hungry hyenas involved, how might I train myself to go out onto the astral plane? And what would happen if I did, providing the hungry hyenas have been kept at bay?”

Orion nodded. “Astral travel, also known as astral projection, or remote viewing, is used for both pleasure or learning. But memory or not, you have, indeed, been *flitting* about the Universe, Soul.”

“I have?” I squeaked. “Why would I do that – astral traveling?”

“Some like to see the world from a different perspective; some like to speak with loved ones who have passed on – the whys are unique to each traveler.” I opened my mouth, but he continued. “As to how to experience astral travel, the very first thing you do is to surround yourself with protective White Light. Next, try lying down on your back in a comfortable position, and fully relax, focusing on your breathing. Then, imagine yourself gently rolling out of your body, and move toward the ceiling, and then out from there. Look down at yourself, as though someone else was looking at you. Finally, be patient with yourself. Remember, like lucid dreaming, you are training your mind, and it may take time.”

He paused. “Soul, what have you learned on this part of our journey?”

“Well, I learned that I’m busy clearing out the old paradigms inside of me, making way for the new and improved me. For the most part, I appear to be facing my challenges squarely and successfully. And finally, I’m ready to give birth to something, which hopefully, won’t involve an inordinate amount of exhaustion, diapering, strong odors and round-the-clock feedings.”

“Well done!” Orion chuckled and pointed out the window. “Would you like to visit that wood?” I quickly rose from the bed, peered out the window, and nodded. Amidst a small whooshing sound we were standing at the edge of the beautiful trees.

Gazing around me slowly, I took in my surroundings. I seemed to be standing in a park. The first thing I noticed was the Peace and Love that enveloped the area. I breathed deeply of it, and then turned around to see a kaleidoscope of color everywhere I looked. I found my human self trying to attach a name to each, but quickly gave up when I realized that these colors would not be found in any crayon box in my world.

There was no sign of any pesky earth paradigms here because the cloudless sky was a mint green, the trees were bright yellow, and the grass was pale blue. My gaze travelled to a beautiful pink gazebo, with inviting cushions. A soft purple rain fell gently over the gazebo, and I felt compelled to move toward it. A thrill shot through me when I realized that I was not walking on the grass, but floating about three inches above it. I sensed Orion chuckling at my humanity, and I grinned sheepishly in reply. I stood next to the gazebo, allowing the purple rain to fall on me. When I turned my face heavenward, I gasped. Realization hit me that this purple rain held God Presence. All That Is. The One. As Divine Love poured onto, into, and through me, I felt an all-encompassing Oneness. For a long moment, I stood in the Rain, overcome with emotion.

Suddenly, my attention was drawn to the inside of the gazebo. I saw the back of a figure sitting on a bench. It appeared to be a woman. Is she waiting for me? A bit reluctantly, I moved out of the Rain, and floated inside, bringing the God Presence with me. The woman turned around, smiled, and softly greeted me. “Hello, dear Marty. It’s so good to see my best friend again!”

For a split second, my system was paralyzed with shock. *Deb?* Sudden tears streamed down my face, and my heart pounded. I finally croaked, “*Deb?!?*”

She nodded and stood, all 5’3 1/2” of her, and opened her arms to me. Without hesitation, I leaped into them, embracing her as if I could never let her go. Again. After a long moment, she whispered, “Come, let’s sit. We have lots to talk about.”

More than a bit reluctantly, I released Deb, sat next to her, and openly observed her. She still looked like my dearest friend with her cute, short brown hair and delicate frame, which belied her strength as a formidable basement weight lifter. She was dressed as she normally did when working in her beautiful gardens: shorts, a tee shirt and garden shoes. I was struck by two things: not only did Deb glow with Health and God Presence, but she looked to be considerably younger than when she was diagnosed with stage four ovarian cancer more than twenty years earlier. Her eyes still twinkled when she smiled, and her energy was the same – bright and effervescent. That particular lifetime of hers, as well as many others I suspect, Deb had been a mystic and a Lightworker, choosing to help humanity evolve. She worked with Archangel Michael, bringing messages of hope to the world: The Michael Messages. Deb’s death was devastating to her family, friends, and me. And although I understood that she had chosen that lifetime and death once upon a time, space and dimension, the human side of me greatly grieved. And now, she sat beside me, smiling her Deb smile.

Suddenly, I remembered my archangel guide. “Have you met Orion?” I looked around, but, surprisingly, he was nowhere to be seen. Deb placed her hands in mine.

“Orion stepped out for a coffee,” she replied, eyes twinkling. “Actually, he thought we might like to have this conversation privately. He’ll be back, but until then, I promise to be the look-out for any roving cackles!”

I grinned at her. “Yep. You know me, Deb, but I promise I’m working on it. All of it!”
“I know you are, Marty. I’m proud to call you my friend.” She paused. “Shall we get started? I would like to return to a bit of your earlier discussions, okay?” I nodded, and Deb began.

“Let’s begin with *sentience*. I know you’ve already talked about that with Tree Spirit – the ability to perceive and feel – but I would like us to delve into it a little deeper today.” I nodded, desperately trying to hold back my unabashed wonder that Deb and I were having a conversation more than twenty years after her death. I shook my head slightly and let the wonder go. I wanted to be present for this part of the journey, not embroiled in the emotion surrounding it. Deb smiled, knowing my thoughts, and loving me as I am – not as I thought I should be.

“Are you ready?” she asked softly. When I nodded, she continued.

“Besides humanity, all living creatures are sentient. All sentient creations contain the God Spark, known as the soul. With me so far?”

I started to nod, but suddenly realized what she was saying. “Wait. Are you saying that every living creation has a soul? Like animals?”

Deb nodded. “Can a cat perceive – when it has a mind to? Can a dog feel?” When I nodded, she continued. “I believe you and Tree Spirit talked about a chain, with each of us being a critical link to the strength of the chain, so this just moves that allegory one step further. Imagine the Universe and everything within it, this time as one massive grid. *The God Grid*. Everything – from the tiniest microorganism to the largest – is on the Grid, and as a result, you can see our deep connection with everyone and everything in the Universe.” She paused a moment. “So, yes, every sentient creation has the God spark – a soul – including animals.”

Paradigms began crashing around me, but it was important that I understand. “Just not inanimate objects, right?” I paused, looked around the edge of the forest, saw a large boulder and pointed to it. “Like that – a boulder. That doesn’t breathe, so that’s not part of the grid?”

“Breathing is not part of the definition of sentience. The ability to perceive or feel. No breathing. Remember, you have learned that the entire Universe vibrates, as well as everything within it, which includes crystals, minerals and even boulders. The key difference is that some have higher vibrations, while others vibrate at a much slower rate, but they all vibrate.” Deb paused. “As for your boulder example, as challenging as this may be to understand, a boulder is a sentient creation. It may not breathe or walk or talk, but it can perceive.” My eyes widened, but she continued.

“Tell me, have you ever sat upon a boulder?” I nodded. “Do you remember learning that one reason for reincarnation is to just *be*, and send out Light and Love. That’s exactly what Boulder Spirit does, and that’s exactly why you feel so comforted and peaceful after spending time on the boulder. The spirit is sending you positive vibrational energy from deep within Gaia, even though its own frequency is low. I understand that Orion will further discuss vibration with you more deeply at another stop.”

“Okay,” I replied, “but let’s get back to animals. If each animal has a soul, does it also have Free Will?” When Deb nodded, I continued. “And with that Free Will, they can choose to reincarnate after death?”

“If that is their wish, then yes.” Her eyes twinkled. She knew where I was going with this, but was going to make me work for it.

“So, what I think you’re saying is that a cat could reincarnate as another cat unless it wishes to remain in the etheric realm?”

“Yes,” Deb replied. “Go on.”

“So accordingly, a miniature poodle could reincarnate as a Great Dane, using that Free Will.”

“Yes,” Deb repeated. “Go on. Connect the dots.”

“What do you mean, *Connect the dots*? That’s pretty mind-blowing as it is. Reincarnation is not only for humans but for anything on the grid. That’s not all?”

Deb shook her head. “See if you can figure this out for yourself, friend.”

I thought a long moment. “Are you going to say that a cat could conceivably incarnate as a dog or vice-versa, although personally, that’s rather hard to fathom, giving cats’ innate superiority paradigm of being top of the food chain. Is that what you’re saying?”

“Yeeeessss.” Deb patiently waited. I didn’t want to disappoint her. I suspected another paradigm was about to bite the dust. *What else? What’s left?*

Truth be told, I’m not sure if my best friend grew tired of waiting for my human brain to connect those dots, or she was concerned that if she didn’t help me move along, humanity may never evolve. I was rather hoping for the former, not wishing to be the sole cause of humanity’s lack of evolution.

A sudden thought hit me like a brick, and I gasped. “Are you suggesting that because humans are a part of the Grid, animals can leave the animal realm and reincarnate as humans? And vice-versa? You’re really not saying that, are you?”

Deb smiled and nodded. “*Metempsychosis*, also called *transmigration of souls*.”

My jaw dropped, and I scrambled for a definition. “Transmigrate? As in *travel/transfer across*? And that’s actually permitted? It doesn’t break any God Rule somewhere?”

She chuckled. “No God Rule breakage involved. Simply, transmigration means the energy from one one state of existence is transferred to another for reincarnation purposes. This metempsychosis can happen between any human and anything else on the God Grid in order to gain more diverse experiences. Again, God gave Free Will to the entire grid, so transmigration is one of the options after death for all creations.” My best friend in the entire Universe paused. “If humans believe in reincarnation, many think they have returned maybe a dozen times. But, remember that Free Will plays a huge part in reincarnation. Many humans have actually reincarnated hundreds of time during the linear timeframe on Earth. Some of their lifetimes have been only moments or hours in linear time, while others may span decades. All have Free Will to experience the lessons that will expand the growth of their soul.”

My mind raced with competing thoughts. *Which animals do I know whose last life was human? Do I know anyone who reminds me of a cat or a dog?* The possibilities seemed as endless as the number of human paradigms we hold closely. Except for that last one, which now lay shattered on the gazebo floor.

Deb watched me with that darn twinkle in her eyes. I closed my eyes. *Is she up to something? Now what?*

I admit it. I was so busy inside my head that I didn’t realize that another visitor had arrived. When I heard a soft whimper, my eyes flew open. There, next to me, sat Pete, our beautiful golden retriever, who had died a year earlier. His now whole, healthy, young body quivered with unbridled excitement. I flung my arms around him, and the tears began anew.

“My precious Pete! Oh, my darling boy! How I have missed you! I love you so much!” I scratched behind his ears and he melted into my fingers in delight. “I just can’t believe I get to see you again!” I turned to Deb to express my gratitude. Except Deb was gone. I spun around, trying to locate her, and immediately felt her loss. My loss.

Suddenly, like talking with Zeta, my mind softly buzzed with another thought transference. *Don't worry, Mom. You'll see her again one of these days!*

Again, I spun around. Is someone messing with me? Pete and I were the only ones in or around the gazebo. What is going on?! Suddenly, another thought exploded into my mind. *Deb's soul transmigrated into Pete?!*

When I thought paradigms were shattering around me earlier, it was nothing compared to what I was now feeling. And as excited as I was to hold my precious boy, a part of me grieved that I had not known Deb had incarnated as him. How might my life had been different had I known? What might we have accomplished together with that understanding?

Pete sniffed. *That knowledge wasn't yours to have. Have you not yet learned that regrets are against the rules around here? No regrets, Mom.* He paused and gazed at me with his soulful eyes. *It wasn't yours to know. It's all unfolding as you designed it when you made your Life Chart, regardless of the fact that when Deb and I arrived, you were in the dark. So to speak.*

I could only stare at my precious dog. I nodded and continued to rub him, hoping this experience would not only last a long time – in this place without time – but that I would carry this as a memory when I returned to linear time. I had a thousand questions. A million questions, but I knew, regardless of my wishes, that our time together would be coming to an end more quickly than I would like, so I asked only one.

“Why?”

You and Deb had unfinished business. The two of you were in the middle of co-writing a book when she crossed. In the seven years that Maggie and I lived with you and Dad, you wrote twenty books for adolescents. Don't you think that's rather significant? Deb's soul returned through me to help write those books. And because she had learned all her lessons, she had no use for any more Life Charts. She wanted to be one of the beings Zeta talked about, whose intent by coming back was to observe, just be, and send Love and Light vibrations to all – a deeply sacred task. And help you write those books.

Pete thought a moment and then continued. *In fact, the day you and Dad brought us home, you both took us out into the backyard so that we could become acclimated to it. Do you, remember?*

Tears filled my eyes, and I nodded. With a shaking voice, I added, “I will never forget it. That very first day, you walked around the yard a bit, but then walked over to me where Dad and I were sitting. Suddenly, you leaped onto my lap, snuggled up to me, put your head on my shoulder, and fell asleep! I knew then and there that something magical was occurring, and was filled with Gratitude. I just didn't know how magical.”

“As for completing sacred tasks, Deb certainly did that as you, Pete. You and I were as devoted to each other as much as Deb and I had been. I could feel your eyes on me all day, every day, just watching and sending Love. We were joined at the hip for those seven glorious years!” I paused as another thought struck me, and I quickly looked around.

“Maggie? Is Maggie here, too?” When Pete shook his head, I asked, “Is she happy and healthy and romping and barking her head off to her heart's content in the heavenly fields?”

Pete grinned with his inimitable Pete grin. *Maggie sends her love to you and Dad. I offered to let her join us, but she said something about playing tournament tag with a bunch of dragonflies this afternoon.* He paused and licked my hand. *All of your precious pets are happy and Alive: Barney, Jasper, Punky, Abby, Gabe, and Maggie and me. We're just waiting to help you and Dad cross over when it's your time.*

I gathered Pete into my arms for a last embrace, for I could see he was beginning to fade, and my tears began again.

“How do I say goodbye to you again, Pete?”

Don't say goodbye, Mom. Say Namasté, It means so much more than just 'farewell.'

“Will Deb be coming back?”

Pete was now almost translucent. *You will see Deb next when you see me. Together, we'll help you cross.*

“I love you, Pete!” I called, as he smiled before disappearing completely. “I am so grateful that you shared my life. I love you, Deb! I am grateful for you, as well. Please continue to watch over me!”

All too soon, I found I was the only sentient being left in the gazebo. “Namasté,” I whispered, as I swiped at my eyes. I gazed at the purple Rain, falling gently all around me. “Namasté, Deb and Pete.”

And with a small whooshing sound, Orion and I shifted.



Chapter 7

I blinked my eyes to become acclimated to the transitional change, and relaxed when I spotted Orion standing next to me. My attention was drawn to a massive, Greek-influenced structure – complete with towering columns – standing on a nearby rise. Shimmering white marble steps graced the front of the edifice. The building seemed to glow from within, even with the brilliant sunshine. I squinted into the Light, and immediately, it lessened. For a long time, I was speechless.

“Wow,” I finally muttered. “This is truly awe-some!” I paused and looked around the area, not recognizing it. “Where are we, Orion?”

“This is the Hall of Records. You see it this way because your paradigm or perception of the Hall of Records – for many humans, as well – is a stunning example of Greek architecture, so this is the result.” He paused. “As beautiful as this is, however, the Hall of Records is not a physical construct, but is of an etheric nature.”

I continued to gaze around the area. “This is unbelievably beautiful, but, if you don’t mind my asking, why are we here?”

Instantly, there was a shimmering, and another being stepped forward. I gasped at the sight before my eyes: an enormous angel, emanating immense power.

“Greetings, Orion,” he began as they reached forward and grasped each other’s arms. “It’s good to see you. How can I be of help?”

“Greetings! It is always good to see you, dear friend.” He glanced at me. “I would like you to meet Soul. Soul, this is a dear friend of mine, ...”

Our visitor finished Orion’s sentence with a smile. “I am Archangel Metatron,” he said simply. I continued to gape. Metatron was truly huge – even larger than Orion, and was fairly bursting with powerful energy. His golden-brown hair fell in soft waves to his shoulders, and framed his gentle face. Like Orion, he appeared young, but, was in fact, ageless. He wore a long, crystalline tunic with swirling colors of pink, green and white; white sandals covered his feet. A deep purple aura surrounded him, and I could feel a profound expanse of wisdom within him. Interwoven on his tunic over his chest area was a glowing cube, containing geometric shapes of circles and lines. His powerful wings were a brilliant white, as well.

Metatron stepped forward and embraced me within those wings. We stood for a long moment, as I inhaled the Divine Love, which was coursing through my mind, body, and soul. For that moment, the dozens of questions that flooded within me, stilled.

Finally, Orion broke the silence. “Soul, Metatron will be one of your guides on this stop of our journey. Feel free to ask him any questions, just as you would do with me.”

“May I know why I am meeting you now?” I asked.

Metatron smiled and nodded. “Okay, we’re just going to jump right in, eh?” When I nodded, he continued. “First, you need to invite me into your life, Soul.”

I reddened. “I forgot that part. Angel Protocol, Free Will and all. Archangel Metatron, I invite you into my life.” I paused. “Does that cover it?”

He nodded and smiled at Orion. “I like this human already. Down to business it is!”

“I am the archangel for the Akashic Records, the Higher Self, channeling, and psychic development, as well as the Angel of Sacred Geometry. I help humans achieve their soul purposes through spiritual awakening and soul ascension.”

Something inside of me clicked into place.

“Soul ascension?” I looked at Orion, who winked. “That’s why Orion and I are making this journey – to learn about soul ascension. Thank you for taking the time today to help me understand.”

Metatron chuckled. “I’m just another part of the God Grid, but I can help you, humanity, and Mother Gaia make that ascension more smoothly. I promise that you’ll learn about that later.”

I nodded and winked at Orion. “I’ve heard that phrase a time or two during our journey.” I continued. “*The Angel of Sacred Geometry*? Does that glowing cube on your chest have something to do with it?”

“Yes,” Metatron answered, as he touched the cube. “It has many names: The Merkabah Cube, Metatron’s Cube, or The Flower of Life. Basically, these geometric designs represent the basis of all physical matter.”

As he spoke, the air shimmered, and to my great surprise, the cube that had been affixed to Metatron’s tunic was now quietly sitting and spinning in his hands. It seemed to glow and move with an unearthly life all its own. As I watched spellbound, Metatron moved closer to me.

“May I?” Metatron asked. “Will you Trust me?”

I nodded, transfixed. Without another word, the cube slowly left Metatron’s hands and entered my body. At first, I felt a curious sensation of movement within me. This was followed by Peace flooding my entire body. My eyes shining, I locked my gaze with Metatron’s.

“What’s it doing?” I whispered. “It feels amazing!”

Metatron smiled. “Basically, the cube uses centrifugal force to clear away lower energies – negativity. Then, because Nature abhors a vacuum, it floods those spaces in your body, mind and soul with healing energy.”

“So, what makes it *sacred* geometry?”

The cube exited my body, and Metatron handed it to me.

“Look at the design patterns. They are universal patterns, which means that they are used in the design of everything in the universe. These basic patterns are perceived as *sacred*, thus the phrase sacred geometry. Look carefully around your world, and you will find these patterns everywhere. Humanity often uses them when designing buildings and structures. Many artists use sacred geometry in artwork, and nature is filled with sacred patterns.”

Metatron paused and clicked his fingers. Instantly, images of sacred geometry in art, architecture and nature appeared in front of us. I gasped. “See what I mean?” Metatron asked.

I nodded. Rather reluctantly, I returned the cube to its guardian. I thought a long moment, and said, “You mentioned you are the archangel for the Akashic Records. Can you tell me about them?”

He nodded. “Yes, but we need to discuss a few things before we get to the Akasha.” He paused. “As the cube cleansed your entire body, it also focused on your chakras. Are you familiar with chakras?”

“Well, I’ve heard that word used for years, but am not sure what they really are and what they do, but I would like to know more. That is, if you have the time.”

Metatron chuckled. “No linear time involved here, Soul. Let’s sit down and discuss this, shall we?” He pointed to a beautiful wooden bench, and the three of us moved toward it. When we were settled, Metatron continued.

“Remember, you are a mind/body/spirit, made up of energy, as is everything else in the Universe. Think of your chakras as an organizational system for all that considerable energy inside your body.”

“The human energy field within the body is broken up into hundreds of important areas, organizing the energy and moving it along to other areas in need of energy or needing to move their excess energy. Think of it like stations along a subway, taking passengers back and forth, as needed. The chakras relate to the senses, specific organs, and even spiritual abilities. There are 7 main chakras inside the body, but we’ll briefly discuss another five, forming the 12-chakra system.”

“*Chakra* is a Sanskrit word, meaning *wheel* – or the Hindi translation, *wheel of spinning Energy*. Think of them as whirling, vortex-like powerhouses of energy – kind of like invisible, spinning rechargeable batteries.”

“What charges those batteries?”

“A continual stream of cosmic energy. It’s similar to your house being connected to a central power station, with electrical energy coming online as needed. Chakras are aligned in the human body from above the top of your head down your spine, although there are more minor chakras scattered throughout the rest of the body.”

“Chakras also connect your spiritual body to your physical one,” continued Metatron. “They regulate the flow of energy throughout your whole system, keeping you balanced. When they are not in sync with one another, your chakras become unbalanced, making you veer off-line, you might say. And with that imbalance comes discomfort or physical, mental or emotional illness.”

“Keeping them balanced must be critical. The consequences don’t sound like anything I’d want in my life. How do they veer off-line?”

“Sometimes, chakras get blocked because of stress, or emotional or physical issues. As I describe each, notice if the symptoms of that blocked chakra are similar to something within you. If so, breathe healing energy into it. Once you know which chakra needs to be balanced, and work to get it back online, your entire body, mind and spirit will align with Source Energy.”

“And before you ask, cleansing chakras is relatively easy: spend more time in nature than you do with electronics. Walk, garden, talk to the plants, swim, or hug a tree. Listen to soothing music instead of the negativity known as *the news*. Carry crystals in your pocket to remind you to continually align your chakras. Meditate, focusing on each chakra, imagining them healthy and spinning smoothly in a clockwise motion. This draws energy from the Universal Energy Field. I know that’s a lot to begin with, but are you ready to move on?” When I nodded, Metatron continued.

“As I said, there are twelve major chakras in and outside of the body. The first chakra is *the root chakra*, located at the base of the spine, known as the coccyx. This chakra is related to the adrenal glands, the spinal column, prostate, blood, kidneys, colon and anus, as well as your legs, feet, and bones. If this chakra is not balanced, a human could experience problems in those areas, as well as paranoia, fear, procrastination and defensiveness. When the root chakra is balanced, humans can more easily feel their connection to the earth and their surroundings.” Metatron paused. “The root chakra’s element is Earth, so in order to cleanse it, move into nature. Take a walk, garden, and ask for Earth spirits to unblock and cleanse it.”

“The second chakra is the orange *sacral or navel chakra*, located about three inches below the navel. It works with the lower abdomen, kidneys, bladder, circulatory system, reproductive system, and glands. On the emotional side, the sacral chakra deals with emotional states, sexuality, and vitality. Emotional problems or obsessive behavior can be the result of imbalance. However, when it is balanced, there is an increased sensitivity, creativity and

emotional calm. The element for the sacral chakra is water. Go to a lake or ocean, or even a creek in your neighborhood park. Ask the water spirits to help cleanse that chakra.”

“And the third?”

“The third chakra is the yellow *solar plexus chakra*, located a few inches above the navel. This chakra deals with your digestive system, muscles, pancreas and adrenals. It is the base of your emotions, such as laughter, joy, anger and personal power. When this chakra is not spinning smoothly, issues can arise such as a anger, frustration, a feeling that your life has no direction, or feeling a victim mentality. When the third chakra is cleansed, it can increase personal power. This third chakra has the element of fire. Make a campfire or sit in the sun, and ask the fire elements to help with the healing of this chakra.”

“The fourth chakra is the green *heart chakra*, and is the center of love, intuition, compassion, harmony and peace. It may be helpful to imagine this chakra to be a kind of bridge, linking the physical and spiritual worlds. The heart chakra works with your heart, lungs, arms, hands and thymus gland. When this chakra is out of alignment, there can be harm to the immune system, the heart and lungs, as well as feeling a lack of compassion. The element for the heart chakra is air. Go outside and feel the breeze on your face and ask air spirits to cleanse and balance this chakra.”

“The fifth chakra is the turquoise blue *throat chakra*, found in the throat. This is associated with communication, creativity, self-expression and judgment, as well as the neck, shoulders, arms, hands, thyroid and parathyroid glands. It deals with the sense of inner and outer hearing, fashioning together ideas, healing, transformation and purification. When the throat chakra is out of balance, problems can occur as a cessation of creativity, dishonesty or communication issues. When it is cleansed, a human may gain clairaudience – clear hearing – and higher communication abilities. The element for the throat chakra is ether. Again, go outside and spend time watching the clouds, or gazing at the stars and ask for alignment.”

“The sixth chakra’s color is indigo, and is located between the eyebrows, linked to the pituitary gland. It is called *the brow chakra* or the ...”

“The third eye!” I whispered. “That’s the chakra for the third eye, I bet!”

“Good for you, Soul!” Metatron replied, smiling at me. “The element for the third-eye chakra is light. It is associated with the hypothalamus, the pituitary gland, and the pineal gland. When it is imbalanced, there can be a lack of clarity, anxiety, depression, lack of imagination, as well as the physical symptoms of hormonal imbalance. When the third eye has been cleansed, it opens the way for enhanced intuition, greater clarity and creativity, greater self-awareness, a reduction of anxiety and stress, and a deeper spiritual connection. To cleanse this chakra, spend time in the sun, asking light spirits to clear and balance this chakra.”

“The seventh chakra is violet, *the crown chakra*, and is located at the top of your head. Other colors are also associated with this chakra, including white, silver white, gold, and violet white. It deals with the cerebral cortex, central nervous system and the pituitary gland, and is concerned with information, understanding, acceptance and bliss. This is the human place of Source connection. When not in balance, psychological problems can manifest. When it is cleansed, a greater understanding of higher intelligence and wisdom can be accessed. Spiritual powers are also found in this chakra. The element for the crown chakra is inner-light. Meditation is the key for not only this chakra, but for all of them. Again, ask nature spirits to heal and balance all your chakras.”

“The eighth chakra is located slightly above the crown chakra, and transcends space and time. It is called *the soul star chakra*, also known as *The Seat of the Soul*, and is located above

the crown chakra. It's the chakra of Divine Love and spiritual compassion, and is a connector between your Higher Self, other dimensions, and the Akashic Records."

My eyes lit up, but Metatron only smiled and continued. "To cleanse this chakra, sit quietly and imagine a bright light coming down from the Universe, filling up and cleansing your soul star chakra. Or, go outside on a cloudless night and gaze up at the stars, asking for healing of your eighth chakra."

"The ninth chakra, *the spirit chakra*, is located outside the physical body, above the crown chakra. It allows access to your soul's higher purpose. Think of it as the door to the energies that spiritually shape you, such as angels, spirit guides and other celestial beings."

"The tenth chakra, *the Universal chakra*, is located about a foot and a half below the surface of the ground. It is very physical in nature because it works with the energies of the earth. It plays a role in any DNA-related or hereditary issues."

"The eleventh chakra, *the galactic chakra*, is located outside the human body, and makes up the energy field that connects humans to the etheric realm. It uses the mind as a powerful tool to shape matter, as well as allowing you the ability to travel beyond space and time, and communicate with higher dimensional beings."

"The twelfth chakra, *the Divine gateway chakra*, is located outside the entire chakra system, and allows you to move beyond your perceived reality into the Universe. It is described as the chakra of mastery of the soul's purpose through the human existence. Once this chakra has been activated, a human can open portals to other worlds and realms, and connect with the cosmos."

I shook my head in amazement. "Now I understand how healthy chakras are critical to our minds, bodies and spirits. I hope I remember all of this so that I can clean and balance my chakras when I return." I paused. "You mentioned the Akashic. Are we ready to talk about it yet?"

"Pretty soon, Soul. Patience is a virtue, you know."

Orion chuckled. "I hear that *Patience* is Soul's middle name!" Metatron winked at me, and I reddened. Again.

"Sorry about that. How about if I ask this question instead: How do you keep all of the chakras spinning freely and aligned with each other?"

Metatron grinned. "Much better! Some chakras can be partially or fully closed for some people, especially the indigo and violet chakras – the third-eye and crown chakras. Unblocking or opening chakras is relatively simple, but it's not a one-shot deal, and must be ongoing. Because each individual is unique, there is no one-size-fits-all procedure. In general, it's wise to first read about and understand the particular chakra that s/he is wishing to work on. Then, after going within and meditating upon it, try to determine how that chakra may have become unbalanced or locked. Once that realization is made, the chakra will begin to heal, spin freely, and energy will begin to flow as it should. A side benefit is that once a chakra is free, it helps the others become unblocked, as well. The best way to do this is to commit to daily meditation and contemplation." He paused and asked, "Do you meditate?"

"I sit in silence every day, pray and then try to clear my mind to meditate, but truth be told, I am definitely still a work in progress."

"You'll get there, Soul. The basic principle is easy – concentrate on the breath, clear your mind and connect with Spirit. It just takes persistence and patience."

“Yoga also helps balance chakras, so it would be a good idea to do that, as well. Self-discovery is the most important facet of unblocking/opening chakras, although it is challenging for some people to look that deeply into their own lives.”

I thought a long moment. “You’ve given me a great deal to think about. It sounds like it all comes down – again – to personal responsibility and Free Will.” Metatron nodded. “I’m just guessing here, but if people choose to use their Free Will and take personal responsibility for cleansing and balancing their own chakras, the whole ascension process – which is coming our way, but I’m not going to ask about it yet since Orion will only say, that it is a discussion for another stop on our journey – will be smoother and more easily accomplished.”

“Well done, Soul!” Metatron boomed. “Now, how about if we leave this bench and move our conversation into the Hall of Records?”

I jumped up eagerly. Orion and Metatron laughed and joined me. Together, we walked up the white marble steps, opened the intricately carved, massive wooden doors, and stepped inside. I gazed openmouthed at all I saw. To say the Hall was *massive*, would be a considerable understatement, for there were floor-to-ceiling bookshelves as far as my eyes could see. There were some comfortable-looking chairs, scattered around the room, seemingly awaiting Records visitors.

After a long moment with my mouth still agape, I realized that someone was waiting for us. It was an old man. As in an ancient old man. And as frail as he appeared to be, he easily carried a large book. He wore a simple white tunic; his feet were encased in simple sandals. He was rather short with a long, flowing white beard and hair. His skin reflected a Persian heritage, but I was frankly surprised to see that someone so evidently aged, bore a face without the wrinkles of time. His eyes were dark brown and seemed to peer into my soul. Which, in fact, he was.

After allowing me time to observe him, he spoke. “Hello, Soul. Welcome to the Great Hall. The Akasha.”

I smiled at him and glanced at my angelic guides. And found that there was now only one. What happened to Metatron? I was struck by the similarity of Deb/Pete and now Metatron/... and?

“Enoch,” the man replied, reading my thoughts. “My name is Enoch, and I am Keeper of the Records.”

“Enoch,” I mused. “That’s an interesting name. Biblical references, I believe.”

Enoch smiled. “Yes, Soul, when they wrote about Enoch, they were writing about me. My lifetime on Earth was many, many centuries ago, actually predating Moses, who was also a prophet. As Enoch, I worked as a scholar and scribe – one who keeps records.”

“The prophet Enoch!” I cried. “I’ve heard of you!”

Enoch’s brown eyes twinkled. “Phew, that’s a relief. My PR firm must be keeping my name out there! I’ll have to look into giving them a pay raise.”

I was so caught up in my head, that I failed to hear his humorous reply. Something in my mind wanted to click into place, but a piece of the puzzle was elusive. “If it isn’t rude, could I ask how you came to have this job?”

Enoch chuckled. “My job, huh? When I died, God/All That Is appointed me as his angelic scribe. I am one of only two humans at that time who were transformed into angelic form.” He saw the question forming in my mind before I could get the words out. “Archangel Sandalphon was the other angel, whose human roots were that as the prophet Elijah. And as

humanity grows closer to ascension, more humans who have passed over have been upgraded to archangel status in order to assist with the ascension process.”

“Kind of an *all hands on deck*, eh?” I asked.

Enoch chuckled and nodded. “Exactly.”

“I get all that, but which angel did you become in your transformation?”

“Archangel Metatron.” In an instant, Enoch transformed into Metatron, who smiled at me before the image faded, and Enoch returned. “It’s similar to your Earthly job-sharing experience. As Metatron, I work with the other angels and archangels, helping humanity. When someone wishes to access the Records, however, it is my job, as Enoch, to assist them. “As the Scribe of God, one of my Divine responsibilities is to aid in the recording of all of their thoughts, words and deeds into the Akashic Records.”

“Whoa!” I exclaimed. “With billions of humans on Earth, how is that even possible?”

“Maybe it would be easier to understand if you think of the Akasha as a celestial super-computer, located in the Hall of Records. And while I am the archangel in charge of the Records, it is actually humans who input their own thoughts, words and deeds.”

“So, why would we do that?”

“Well, let’s go back to the purpose of human incarnations,” Enoch suggested. “There is no great mystery as to why you have chosen the Earth experience this time around – or any other time. Besides the desire to share the entirety of your lifetimes and experiences with Spirit, each time you incarnated, you pledged to experience joy and unconditional love amidst the extreme density of the planet.”

“That’s it? Nothing else?”

“You have the challenges you selected for a particular lifetime, and you certainly incarnated at this time because you wanted to prepare humanity and Gaia for ascension, but as for the main purpose, it is to experience joy and love. There are offshoots of those, which would include compassion, generosity, respect for all life – anything that would impact the planet in a positive manner, as well as those around you. Your soul enters all of that information into the Records, so that it is available to all souls who wish to learn from your experiences.”

“Now that you have some basic understanding, let’s return to our discussion of the Akashic Records. I know it seems overwhelming in scope and size, but every soul has a Book of Life, which each can access at any time.” The scribe’s eyes twinkled, knowing what my next question would be. He beat me to it.

“As to *why*, you may want to access your book to see the connection you have with other lives, as well as the connection you share with others or all creation. Access the Records with good intent, for malicious intent will block your ability to read them. And when you are in your Record, it is more productive to state which challenge you are facing at the present time, and ask how that may relate to similar challenges in other lifetimes.”

“So it can tell me about my past, as well as my future?”

“Remember that linear time is only an Earth construct – an illusion – and you are living all of your lifetimes simultaneously. Having said, that, then, yes, the records hold past and probable future events, based on the choices you make. But if you change your choices, the records reflect that.” He paused.

“When you access your records, it is important to keep an open mind and a nonjudgmental, compassionate heart. There may be experiences in this lifetime or others which you see that may be perceived as negative, but you cannot allow your emotions or Ego to interact with the reading, or the reading will end. Let’s say one lifetime, you chose to experience power

over others and abuse them. Another lifetime, perhaps to experience those same issues but from the opposing view; you chose to be not only powerless, but the abused. Both of them provided many lessons for your soul, and those around you. Once you pass through the veil at the time of death, you will understand that although there were lifetimes that you had earlier perceived as *bad* or *good*, your soul allows you to understand that these were chosen experiences that brought tremendous soul growth, for you and those around you, for which you are profoundly grateful. Again, it's Free Will at work here, but understand before going into the Records that you may be surprised at what you learn."

"Could a human access others' records or just their own?"

"Actually, both," replied Enoch. "If you receive permission from someone, you can access another's records, but you can also ask for guidance within your own records how another person plays a part. In that case, you aren't accessing the other's records, but rather, in what capacity s/he is a part of your own."

"This all sounds so official and so serious," I said a bit nervously. "I sure hope I can follow all the rules." I paused. "Will it be like watching a movie?"

"Well, it is serious, but know that if you approach the Akasha in the right manner, you will enjoy your time here, learning about your soul's journey. As for how you will receive the information contained within, it depends upon the individual human. Some access information visually – like watching a movie or movie clips. Others get feelings or see pictures or symbols that with practice, you can learn to interpret. Some experience the reading through auditory channels from guides and other Light beings. You may even receive more information in your dreams. Be open to how you receive any and all information, being grateful throughout your time in the Records."

He paused and waved his arm around the massive room, filled with precious soul knowledge. "The books, themselves, are merely symbolic of the Akasha. Going back to perception and paradigms, you believe knowledge comes from books. Hence, these are books. Others may perceive them as scrolls. The name of the vehicle holding spiritual knowledge is not important. The knowledge within, however, is priceless."

"If you approach the Akasha in the right frame of mind, you will find the Records will bring you many benefits. Reading them will elevate your vibrational energy, allowing you more ease in connection. It will help resolve issues that seem to have been a pattern in your life by finding the root of the problem in the Akasha, and resolving that problem, thereby eliminating it in this and successive lifetimes. Your spiritual awareness will be stimulated and heightened, and you will also be able to clear what you perceive as karma, once you understand how it has affected you throughout your lifetimes, and forgive yourself, for God does not judge you. Reading the records releases trauma, as well, unburdening the soul – releasing baggage. Getting a clear understanding of your Life Chart and challenges for this incarnation can help you remain on your chosen path. You will also find that your creative expression will become greater as a result from your time spent in the Akashic Records. And finally, the Records empower you to live within your soul's beauty and glory, which will help in your ascension."

I glanced at my own Book of Life that the ancient scribe carried easily. There appeared to be some type of runic characters etched delicately on the cover. "Is that my name?"

Enoch smiled gently. "You have had many, many lifetimes, sweet Soul. You may be known as Martha or Marty in this particular lifetime, but it is not your eternal name. The etching you see here is your soul name or spiritual identity. Remember, everything in the universe vibrates, so it won't surprise you that your soul name is a vibration, as well as a tool that helps

elevate your energy to more easily connect with Source Energy or God.” He paused and handed me my book. In awe, I gently ran my fingers over the etching.

“How do you pronounce it?” I asked.

Again, Enoch chuckled. “The human tongue is not equipped to pronounce a soul name.” He gazed at me for a long moment. “Knowing your affinity for dragonflies, you might wish to think of it as the language of the dragonflies.”

As I cradled the precious book, my excitement grew, although truth be told, Ego and Fear were doing their best to deter me. *What if I discover something awful about myself?* As soon as that thought leaped forward, I took a deep breath, expressed gratitude, and squelched it.

“Soul, the answer to your unspoken question is an easy one. Most souls have had hundreds of incarnations with different challenges. Some of those incarnations have been mere minutes or hours or days. Others were decades, but regardless of their length, incarnating souls have chosen a plethora of experiences.” When I looked confused, he continued. “And although we have already discussed this, its importance bears repeating. Once you pass through the veil at the time of death, you will understand that although there were lifetimes that you had earlier perceived as *bad* or *good*, your soul allows you to understand that these were chosen experiences that brought tremendous soul growth, for which you become profoundly grateful. But until that time, you must Trust.”

“Do you remember your discussion about writing your Life Chart, and that your chosen challenges could be amended?” I nodded. “When you are in the Records, you can also ask to see those challenges, and amend them as you wish. Remember, the challenges remain, but the intensity may be lessened – unless it goes against your chart.” Again, I nodded.

“Be sure to ask focused questions. It won’t be a productive session if you just want to know about a past lifetime, although there is nothing that will prevent you from meandering through your records out of interest and curiosity. It would be far more productive, though, to think of an issue that you are facing and ask for information to find the possible root in a different lifetime. Perhaps even ask to be shown the lifetime in which the issue started. Be as specific as possible in your request in order to make the most out of each session. And finally, because the Akasha is my domain, I will be with you each time you access the Records.” The scribe paused and peered deeply into my eyes. “Would you like to read your Record?” I nodded. “Are you ready to begin?” Again, I nodded, a bit tentatively. “I sincerely hope that you find the answers that you seek within this sacred tome.”

The angel held out his arms and invited Orion and me to join him in holding hands. Somehow, the book faded from my arms, and I joined them. “It is important to pray before and after readings. First, express your gratitude for your life, as well as the Akasha, which will help you navigate that life. Be grateful for your soul and Higher Self, which assist in that navigation. Pray that you will remain open-minded and open-hearted as you read the Records.”

And with that, the book reappeared and I was suddenly – and mind blowingly – *lifted* into the Records. All too soon, my experience ended, and I found myself once again standing next to Orion and Enoch. “Before we discuss what you learned, we need to re-seal the Records,” Enoch said. “Express gratitude for the love, understanding, knowledge and compassion shown to you. State that you now close your record. And be at peace with all you have learned.”

I did as Enoch suggested, and for a long moment, silence filled the Great Hall. I glanced at Orion and Enoch, not knowing how to verbalize all that I had learned. I opened my mouth several times with the intention of speech, but nothing came out. Finally, I whispered, “I am greatly loved.”

My guides smiled broadly. Enoch reached for my all-too human hands and held them, filling every crevice of my being with Divine Love and Peace. It touched me beyond words, and I could only stand there and silently weep. When Enoch released my hands, Orion embraced me for a long moment. Finally, he spoke.

“More information and knowledge will appear in the coming days, weeks and months, but know that given all that information, what you have just verbalized is the core of your Record, as it is for all souls: You are greatly loved.”

Still embracing me through my tears, Orion looked at Enoch. “Thank you for all that you do for humankind. We deeply appreciate your efforts and Love – especially at this time of Ascension.”

With tears still streaming down my face, I could only whisper, “I am deeply grateful, Enoch.”

And with a soft whooshing sound, Orion and I shifted.

Chapter 8

I was pleasantly surprised to see I no longer had to acclimate myself on this next stop of our journey. *I must be evolving! Pretty soon I'll be Highly Evolved and zipping around the Universe!* I heard a deep chuckle, and gazed up to find Orion grinning. I could feel my face warm, and realized that there were no cohesive thoughts in my brain to explain my desire to zip around the universe without further looking like an idiot.

“You are!” Orion replied, obviously trying to restrain himself. When my eyes widened, he hastily added, “Not an idiot, per se, but you are becoming Highly Evolved!” He paused. “Having said that, I hate to be a buzz kill, Soul, but all of humanity is evolving at a rapid pace these days – becoming Highly Evolved, that is – so you’re in good company.”

I peered closely at the galactic archangel to see if he was serious. Knowing we had things to do and folks to talk to, my accommodating Ego and I decided that it was the former. I smiled innocently at Orion, knowing that we both knew my innocent look was merely a face-saving ruse, and I turned to gaze around the area.

I gasped, for we were in an exquisite, massive garden. Everywhere I looked, there was a riot of color. Flowers of every size, color and description filled the area. Without words, I glanced at my guide, who nodded.

I slowly walked through the garden, touching and sending Love to all of the plants. As I did so, the blooms gently moved toward me, as if nourished and grateful for the Love I sent them. I was surprised that what I had always considered spring flowers were blooming brilliantly alongside summer and autumn flowers: Bright yellow daffodils, cream-colored tulips, roses of every shade, white peonies, multi-colored zinnias, delicate marigolds, a variety of colorful chrysanthemums, as well as dozens upon dozens of plants that were unknown to me. Walking amidst the large, showy blossoms, I came upon tiny, delicate, lavender violets, whose petals were gently dancing in the beautiful sunshine. I reached down and brushed them with my fingertips. Suddenly, a tiny female voice ripped the silence of the garden.

“HEY!”

Startled, I instinctively jumped back, trying to regain my balance without squashing any plants. I looked down and was relieved to see that all of the plants seemed to have survived me. I gazed around the area, but could not locate the embodiment of that voice. Once again, it pierced the serenity of the garden – and sent shock waves through my system.

“Be careful, Human!”

I began hopping about, looking for a spot that contained no blooms that I might inadvertently crush. I quickly nodded in the direction of the faceless voice, but apparently, she was not yet satisfied that I had not come with the intention of destroying all her hard work.

The voice continued. “I’ll have you know that I have spent my entire heart and lifetime to the tending of these delicate blooms, and I do not wish for some clumsy, big-footed human to trample all over them!”

How do I get myself out of this predicament? My face reddened again, and I looked back at Orion, who just shrugged as if to say, *You’re on your own, Soul.*

I closed my eyes gently, took a deep breath, and sent waves of Love throughout the garden. I remembered Tree Spirit, and silently implored him to help. Something must have worked because the voice had gone silent. I waited another moment – just in case. Suddenly, I heard a soft sniffing sound, and narrowed my eyes to see if it was *safe* to come out.

There, floating in front of my eyes was an exquisite creation. Her face was human-like with nose and ears, and violet eyes similar to humans, although her eyes were spaced farther apart. She had hands and feet, and soft, rosy-lilac, gaseous skin, the color akin to the flowers under her loving protection. Her hair was light brown with close-cropped thick curls, generally unkempt by her continual flitting from task to task, as well as running her hands through it when she was excited. She looked to be about 6" high. She was dressed in a short, cinched purple tunic; her delicate pearlescent wings resembled that of a dragonfly, and shimmered in the sunshine. My mouth hung open. I knew this creature. As a child, I had inhaled books about her and her kin. This diminutive beauty was a garden faerie.

"You are exquisite!" I breathed, hoping that she would stay and talk to me. "As is your beautiful garden!" I paused. "I certainly hope I didn't crush any of these plants, especially your tiny violets." Her reply was another sniff. It appeared as if the verdict was still out, so to speak, as to whether I be friend or foe.

The faerie gazed at Orion for a moment, and then her face lit up.

"Orion! I was so caught up with Human's clumsiness that I didn't recognize you." She paused. "Nice duds, Dude! I take it that you can vouch for her?"

The angel nodded solemnly. "My dear friend, Violet, may I please introduce you to another dear friend of mine, Soul. Soul, please meet Violet, a decidedly uncommon common garden faerie."

Violet's critical gaze traveled my body before she nodded at Orion, and returned to me. "Tell me," she said. "Your parents named you *Soul*?"

I cleared my throat nervously, not wishing to set her off again. "No, my Earth name this time around is Martha, but I prefer Marty. Orion calls me Soul since I am the sole human on this journey we are taking together." I quickly shut up, still worried about upsetting the apple cart. Or the violet cart. So to speak. "You can call me anything you want, Violet." I paused, wringing my hands. "I am so sorry to have upset you and caused chaos in your garden. It truly was not my intention. From now on, I promise to be more careful in your garden, and in all of nature."

Apparently, she had somehow *downloaded my file*, for it seemed that all was forgiven, and she smiled broadly. "I know of your great love for the devic realm – the faerie realm – and welcome you to my garden! If you are careful, you may touch any bloom that tickles your fancy."

I looked at Orion, who just smiled and nodded. He seemed to be expecting me to continue to navigate the present situation on my own. Not wanting to disappoint him, I returned my gaze to Violet. "How is it that I may see you now, but normally, I can only imagine that the devic realm is all around us? Is it a density issue or a dimensional one – or are they the same thing?"

Violet studied me for a moment. "I believe this calls for a sit-down discussion, Soul. Let's move to that bench over there and get comfortable."

I followed her lead, and soon, we found an unusual bench – the arm rests were greatly elevated. I soon found out why. Orion and I nestled comfortably on the bench, while Violet perched on the arm rest, so she was still at my eye level. For a moment, I reveled at her tiny perfection. She turned prettily so that I could admire her more fully. I buried a chuckle deep within me, hoping she remained unaware of it.

"Okay," Violet began, "as I understand that question, there are three discussions to be had: the devic realm, density, and dimensions. I know that you have already spoken to Tree Spirit on an earlier stop of your journey, right?" When I nodded, she continued. "As you learned,

Tree Spirit and I are two of many hundreds – thousands – millions – billions of devic realm members in the 4th and 5th Dimensional Universe. We are sentient beings, and are just as real as you. As Tree Spirit told you, the devic realm is the integral connector between nature, animals, and humans to Gaia.”

“Your love for us as a child seemed quite natural to you. The stories adults read to you – which they took as fiction and you took as fact – gave you a strong devic foundation, filled with Love for all of us. Far too many other children, who were repeatedly told that the faerie realm was only imaginary, sorrowfully accepted that understanding, and allowed the door between us to close. Sadly, we watched them grow, knowing how much richer their lives would have been had they been encouraged to believe in us.”

“Most devic realm members need no Ego. Think of angels and Tree Spirit – all lovey-dovey, cooey-woeey, gentle, and kind, filled with unconditional love for all humanity and Gaia – no Ego.” She paused and grinned. “And then there are the faeries like me – as Orion described as a decidedly uncommon common garden faerie – with Ego.”

I was perplexed. “Why do you need Ego?”

“First, do you recall the earlier discussion with Orion about the purpose of Ego? *Ego was a great gift given to you to provide your individuality. Without it, all souls would experience the same things the same ways. It also served as a safety net, protecting you – warning you when danger appeared. Soul and Ego worked hand in hand, but over time, Ego staged a coup, making demands, which surpassed basic protection and moved into dictatorship.*

“Mother Gaia has bestowed upon the faeries the sacred task as protectors of nature – plants and trees, as well as anything else that grows on Earth. They are all integral parts of nature. As a protector, we take our sacred task very seriously, and judge humans who come into our environment. Are they gentle and loving or do they mean to do us harm? If it is the former, we are happy to see them, for there is an exchange of love between us, which raises their vibrations, which is the whole purpose of Ascension...” She glanced at Orion, who smiled and raised one eyebrow. “... but of which I will not speak since it’s apparently on another stop of your journey, and I don’t want the Big Guy over there to be ticked at me. Going back to humans whom we judge to be harmful, we will often seek a little vengeance if they mistreat any of our beloved creations.” She paused and winked at me. “You know, just harmless, little pranks.”

“Obviously, I did not have a firm grip on Ego when you arrived. You may not realize this, but I can be a bit impulsive, you might say, and I jumped to the wrong conclusion. I am sorry if I frightened you.” She paused for a moment, and then grinned broadly. “And so, the bottom line here is that I am extremely important!”

Orion coughed gently, and Violet reddened. “Er, ... Let me amend that statement. The devic realm is extremely important to all of Nature, which is extremely important to all of Gaia, which is extremely important to the Universe.” She grinned sheepishly at Orion. “Better?”

When he nodded, I said, “Thank you for explaining your beautiful realm, Violet. I understand and love it even more now.” I paused. “You said you wanted to explain density and dimensions, right?”

Violet smiled and nodded. “Right. Density and dimensions describe two different things. Simply, density refers to how much mass – or energy – is in a particular amount of space. It is the state of matter of your existence, as well as the level of your conscious development. Basically, density is the physical aspect of dimensions.” Violet paused when I looked confused.

“For example, you and the rest of humanity live in physical matter – density. It defines everything about a particular lifetime – your body, the environment in which you live, and your

approach for learning the lessons you have chosen. Gravity – one of the foundations of the physical world – also plays a significant role in physicality. Its force pulls you down to Earth, keeping you solidly affixed to it.”

“So, gravity is not good?”

“All is good, Soul. Without gravity and density, this Great Earth Experiment 3.0 would fail just like the others. Gravity, Ego, and density are critical for not only the success of the experiment, but for making the shift. There is another type of gravity that is also crucial – *spiritual gravity*. It acts upon the psyche as a call toward the invisible. As humans draw closer to the source of this call, it becomes stronger.” That’s the force that draws human souls together so that they may walk as One toward The Age of God.” I was doing my darnedest to understand, but Violet could tell I was floundering.

“Okay, let’s pivot, Soul. You learned about vibration, right? How everything in the Universe vibrates, although some vibrations are lower than others?” Violet paused, and suddenly her beautiful eyes lit up. “Oh, remember Boulder Spirit?” I nodded in excitement.

“Boulder Spirit vibrates at a low level reality of awareness, making him energetically very dense. With me?” Again, I nodded, feeling a bit like a bobble head doll. “On the other hand, I vibrate at a much higher level of reality awareness, and the Big Guy over here vibrates at an even higher level of reality awareness. In a nutshell, the higher the density, the higher the level reality of awareness. Beings progress from third density upwards. In each density, they learn the lessons of that level, and begin to learn the lessons of the next one. The more lessons a soul can learn, the more Light can be moved upwards through the chakras, which I believe Metatron discussed. The whole purpose of your journey – and all humanity – is one of self-discovery as you raise your vibrations together.”

Violet paused. “There. That takes care of density. Got all that before we tackle dimensions?” She paused again. “Maybe let it rumblenate around your brain for a while, and you will eventually understand.”

“*Rumblenate? Do you mean ruminare?*”

Violet sniffed, placed her hands on her hips and gazed at me. “Rumblenate, ruminare. All the same to me.”

I nodded. My brain scrambling for understanding, and suddenly, most of the pieces clicked together, and I nodded. “You’re right, Violet. I’m going to have to think about it all for a while – let it rumblenate for a bit more, but I think I’ll eventually get it.”

Orion smiled encouragingly at me. “Don’t be so hard on yourself, Soul. You’ll get it after a bit of rumblenation.”

I turned back to Violet. “Let’s move forward!”

“Great! Let’s start with the basics of dimensions, shall we? To begin, a dimension is not different places or levels, but just a way of perceiving the Universe. Like density, the higher the dimension, the more you are able to perceive. We, on the other side of the veil, know that there is a great deal of talk on planet Earth right now about moving from the 3rd or 4th Dimension to the 5th Dimension. As a result, many humans believe that the Ascension will be a physical move from one dimension to the next for humanity and Gaia. Unpack your suitcase, Soul – you’re not going anywhere because dimensions are not locations, but perceptions. All dimensions occupy the same space. Simply, they are dimensions of measurement, the first three being physical, while the rest are ethereal.” Violet saw my blank face and added, “That may sound confusing, but I’ll explain.”

I nodded, eager to learn more. “But, before we talk about the 3rd, 4th and 5th dimensions, what happened to the 1st and the 2nd? Why don’t we ever hear about them?”

Violet nodded. “I understand your curiosity and your yearning for understanding, so I’m going to try to keep this simple for you.”

I gazed at the decidedly uncommon common garden faerie, wondering if her comment was an insult or a compliment. I had already learned that Violet could be, ... well, a bit unpredictable. Regardless, I was excited to understand.

“As I said, physicality exists only in the first three dimensions. Let’s not start with the 1st Dimension, but the 0-Dimension. Visualize a single point or dot – no length, width, height or depth – it cannot be measured. Now, add another dot and draw a straight line to connect them. This length can be measured. And that is the 1st Dimension.” When I raised my eyebrows, she continued.

“Now, if you add measurable width to it, it could become a square or plane, which is the 2nd Dimension – length plus width. In the 3rd Dimension, the length and width are still there, but measurable height has been added. Think of many squares or planes stacked on top of each other: a cube. And because of that height, the cube now has volume.”

“And that’s why we live in the 3rd Dimension? Because we have volume?”

“Everything with volume has matter, making the 3rd Dimension a physical one.” Violet paused.

“Now, we move to the ethereal, higher vibrational levels. The 4th Dimension is a deeply spiritual realm, inhabited by spirit guides, angels, the devic realm, and other Divine beings, which are primarily energy forms. Simultaneous existence operates in this dimension. As you will see for yourself one day, linear time will appear as archaic as you now view the premise that the world is flat. The 4th Dimension is a place where thoughts, emotions, ideas, concepts, understanding, knowing, and consciousness, itself, exist. Because of their higher vibration, humans can access this realm while either asleep or after raising their 3-D vibrational levels to 4-D in meditation. They are then able to easily communicate with their loved ones on the other side.”

A lightbulb suddenly lit up my brain. “Those humans would be called multi-dimensional?”

Violet nodded. “Yes, but since every human can easily access the 4th Dimension during sleep cycles and meditation, all of humanity is considered multi-dimensional.” Violet clapped her tiny hands, clearly impressed with herself.

“And the 5th Dimension?”

Violet smiled. “Like the 4th Dimension, there is only simultaneous existence in 5-D. The 5th Dimension is a superconscious area of clear white light, of simultaneous knowledge, insight and intuition, of all form in time and space, and of divine consciousness.”

I gulped. Violet understood. “Let’s put it this way, Soul. Just as it is challenging for you ensconced in linear time to fully understand simultaneous existence, so is it challenging for you in the 3rd Dimension to fully understand the higher dimensions. I think the wise course at this time would be to accept both concepts on Faith, and Trust that one of these days, you will live in simultaneous existence in the 5th Dimension.

I nodded. I could do that. “And that is where our perception is moving one of these days – the 5th Dimension?”

“Again, *moving* is not really an accurate description. Maybe a better way to look at it is that humanity’s perception will be *uplifted* into the perception of the 5th Dimension – just as you were uplifted into the Akashic Records.”

“And that’s it? Just five dimensions?”

Violet paused in thought. “Actually, there are many more, but let’s just say for your purpose of understanding the 5th Dimension, that the higher dimensions are just that. They are for soul purposes, but are way above my pay grade.”

She grinned at Orion, who nodded. “Another conversation for another day, perhaps.”

I thought a long moment. “I’ve heard about portals. Do they fall within this conversation?”

Orion nodded. “Basically, portals are intersections between dimensions. They can be found across your world – across the Universe. Interdimensionality can be easily accessed through such openings.” He paused. “In fact, your NASA admitted in 2015 that the idea of Earth portals, which they described as areas on the planet that instantly teleport human beings from one place to the other – are a reality that they have been studying for some time. One of their spacecraft, the Themis, as well European probes, have amassed considerable data to confirm that magnetic stargate portals exist in many locations on your planet.”

My eyes suddenly widened. Again. “Is the Bermuda Triangle such a portal?”

Orion nodded. “Your scientists and researchers have given portals a great deal of investigation, and will continue to do so. Again, this topic is weighty and might best be suited for another day.” He smiled at the exquisite faerie. “Anything else before ending this conversation, Violet?”

She shook her head. “So, that’s dimensionality in a nutshell – at least for dimensions 0-5. Orion will go into more detail about moving your perception into the 5th Dimension at another stop along the way. The purpose of this was to give you just a taste so it can start rumblenating around in your mind.”

She turned to Orion. “How’d I do, Angel? I’ve been practicing so that I would get it just right.”

Orion chuckled. “It was perfect. You very effectively set the stage for what is to come.”

“*You set the stage for what is to come.* Interesting choice of wording, Orion.” Peace filled the area, as my two guides gave me some time to begin my rumblenating.

I thought a long moment on all I had learned thus far on the journey. *How did humanity get it so wrong?*

A new voice broke the silence. “I believe I can help with that.”

I spun around and gasped. The next guide had arrived. Here was another imposing angel – tall and muscular with magnificent, powerful white wings, although not as towering as Archangel Metatron. This angel’s dark brown hair lay softly on his shoulders. He wore a soft, cream-colored tunic that fell to his knees, cinched simply at the waist. Sandals laced up his calves. Power and majesty oozed from every part of him; he was an angel’s angel to be sure.

Orion smiled and moved forward to greet the new arrival. He then turned to me and said, “Soul, I would like you to meet Archangel Michael. Michael, this is Soul, a dear friend of mine.

I leaped off the bench. “*Michael?*” I gasped, thoroughly flummoxed. “Archangel Michael!” My mind’s eye reeled backward more than twenty years earlier when my best friend, Deb, had started working with Archangel Michael. Without thinking, my hand moved to touch the medal on a chain around my neck – my Michael medal.

Violet's gaze turned from me to the visitor. "Michael, is it just me or does Soul actually know you?"

Michael chuckled. "Hello, dear Violet. Yes, we go 'way back, don't we, Soul?"

I nodded numbly. "Yes, but this is the first time I've been able to actually see you." Suddenly, my mind went blank, and I could only stutter, "You're so ..., so ... beautiful!"

Violet snorted. Of course. "I don't believe I heard you call me beautiful when you met me, Soul. Hmmpf." The faerie crossed her arms and pouted.

"Violet, I truly think you are an incredibly beautiful and powerful, decidedly uncommon common garden faerie." There. Hopefully, she will accept my sincere compliment.

Violet sniffed once more. "Well, if you truly believe that, then I can be magnanimous and accept your apology."

Apology? "Thank you, Violet. If it's okay with you, might I chat with Michael now?"

When she sniffed again, I took it as a yes. I turned to Michael, hoping to make a better impression than my initial one, although I still secretly believed that he was one beautiful angel.

Giving me a bit of time to compose myself, Michael pointed to a chair opposite our bench that had somehow materialized. "May I join you?"

"Please do," I answered. I settled back onto the bench again, anxious to hear the answer to my question.

"I have a rather lengthy answer, so if you could just bear with me, I believe you will understand." I nodded and sat forward.

Michael moved his arms, and suddenly, we saw a fluid, bright white light. In that moment of time, I understood that Love was causing form in the heart of the Light. It became part of the Light, made of the Light. There was balance and quiet and stillness as I watched the consciousness – the energy – growing in form. I felt Love and Divine Will breathing, and movement began with the form desiring to express itself. In utter amazement, I felt the Divine Will choose to create a physical reality; sound, word, spirit and energy merged so that a form/matter/material creation could begin to be experienced. It coalesced, implanting its Identity in Light and Spirit into evolution.

As this vision faded, Michael began. "Loved One, as you remember who you are, you will realize all life is created in God's image. There is a holographic imprint of His Image in every cell of every life form. You are not separate from God, each other, or any life!

"Consciousness and divine will are an ultimate expression of God's love through His Word, and is given freely to mankind. Because of this, you are able to question, learn, grow, and create for yourself. You are conscious of your beingness.

"You were conceived with an innate love for the earth plane, which made you the ideal stewards of the Earth. As you have chosen to move further into the density of material creation, you have hardened your consciousness – forgotten the truth of who you are and your connection to all life. When you began to isolate yourself from other life, you forgot its glorious value, putting more importance on power over other life forms and each other. Soon, you forgot the responsibility you have of stewardship for your planet. This has caused a feeling of separation from each other, from God's Grace and Love, and from the very planet on which you live.

"When you remember the connection you share with all life, you will no longer be able to take for granted the responsibility you share by being stewards of the Earth. You will see His image in all life, making destruction abhorrent to you. You will feel connected again through honor and respect for yourself, and the prolific life on Earth. A sense of the perfection in creation will fill you when you witness the life cycle of a butterfly, or the miracle of a bird in flight, or the

magnificence of a tree. Balance will return as you begin to treasure all life as a precious gift and your innate connection to it.

“Do not lose hope when you begin to open your eyes to the chaos and destruction man has created. Just as your spirit is beginning to see action and reaction on your planet, so are many others, causing a great change in your vibrations. An exponential progression is taking place as each one of you once again accepts the responsibility of stewardship, and feels your true identity in all life. You will come into your true power through love and respect for life, making the power that has been used for destruction seem as nothing. You will see through the illusions created when mankind began manipulating symbols and concepts as he described God’s image. Know that you have always retained your identity in the infinite and eternal Light of God’s Heart and Spirit.

“The changes in vibration so many of you are experiencing due to your progression allows us in the celestial realm deeper communication with you. Both individually and collectively, you are dispensing with the illusion of a gap between the physical and spiritual realities. Our destiny is interwoven with your own; we watch and wait patiently for your divine will to request our guidance and assistance. Even when you are not aware of us, angels are always with you, waiting to remind you of your Goodness and Light.”

Tears filled my eyes, and I was overcome with emotion for a long moment. Michael smiled softly, and waited for me to find the words.

At last I said, “Humanity has certainly been on a roller coaster for millennia. It just seems so odd that this transition should now be upon us. You talked about God’s Heart and Spirit. I can’t help but wonder how religious leaders across the globe will view all of this – the Ascension. Will they discern the truth and encourage their followers to take personal responsibility to prepare themselves for the most exciting event in the history of the world? Or will they batten down the hatches, and continue full-steam ahead, controlling their followers so that their power remains secure?”

Michael smiled at me again. “Remember the discussion Zeta had with you when you asked about the elephant in the room?” When I nodded, he continued. “You were a teacher. Tell me, are all teachers across the world good humans? Or are all those in the ministry across the world good humans? What about the leaders in your countries around the world? Are they all good humans? And your response was that some of them are good, but not all, right?” I nodded again.

“As to how humanity got it all wrong, remember that much of humanity got it all right. Your attention is drawn to those who you perceive got it wrong, but let me give you what may be another lengthy answer.”

“When life began to be immersed in matter, there was a need to remember and celebrate your connection to each other and your relationship with all life. Just as you needed food, water, and air to keep your bodies alive, so did your soul need sustenance to keep it healthy and alive.

“Music in the air signaled the time for life to come together to rejoice – to share the God force connected to life. All life was included and there was communication among all species. You even have a phrase for this phenomena. You call it collective consciousness. Some of you still remember this time and find yourselves spontaneously talking to plants and animals, only to chastise yourselves when your ego kicks in and says you are not able to do such a thing!

“It was not uncommon during these celebrations to travel dimensions, enabling humans to visit angelic realms and vice-versa. There was a very real cooperation and jubilation over what was being created on earth. This was the origin of prayer. It was an opening of the heart in

gratitude for love being able to express itself and create. Dimension traveling is still very real, but most of you are only aware of it on a subconscious level or through dreaming.

“As humans became more submerged in matter, religion also began to change. When you forgot your connection through God to all life and saw yourselves as separate, your focus turned to other priorities. As a separate entity, you felt the need for protection, and Ego began to take the place of Holy Spirit.

“Ego made you forget how beautiful and special you were, and you felt the need to have the world outside of you reinforce your very purpose for existence. This created a false need for power and control over life, making you forget your very connection to All That Is. You found yourselves unable to hear the music of your heart, reminding you to come together to rejoice and celebrate, but because you missed this, you began to break off into separate groups – reinforcing your feeling of separation – forming different ideas on how this ritual of religion should take place. Some of you with the strongest egos – hence the deeper need for power – became leaders of different groups and led your flocks in all different directions.

“Your history shows you what happened after this occurred. Your attitude of separation led you to misunderstanding of each other, which led to hatred, war, and the strife that you know to this day. You even forgot your connection to the life called Earth, and the earth simply became your stage to act out your scenarios of power play. Throughout time, enlightened souls even agreed to live amongst you to remind you of the innate love in which you were created, but even though many of you heard and felt truth in your hearts, you were not convinced as a collective species.

“Because the true reality of your existence is not separate, you must all take responsibility for the negativity that has been created in the name of religion. A balance can be restored when you remember what beautiful beings you are, innately connected through the Holy Spirit. When power and control are no longer your focus, you will be able to understand that your separate ideas about religion are false. Without power play, you will begin to see that different religious groups are saying the same things, only in different words. Communication can be restored through love, and the walls you have separated yourselves with, will crumble.”

For a long moment, silence and Peace permeated the garden, and I took the time to actively listen. I was surprised to hear a cacophony of sound that seemed to flow through me: the buzz of bees, the chirp of birds, the songs of crickets, and the flutter of delicate hummingbird wings, as well as all the other sounds typically found in a garden – all in exquisite harmony. Suddenly, my inner ears vibrated, and I heard – for that moment in time – the steady, harmonic heartbeat of Gaia. I was embraced by her unconditional Love, and could form no words. I glanced over to Michael with tears in my eyes.

Gently, he replied, “Allow thoughts, feelings and actions to emanate from your inner light. As surely as the sun rises with each new dawn, so shall your love light long to radiate from you to all life. Think love, express love freely and it will return a hundred fold.”

I whispered, “But, how can we do this amidst the constant challenges in our daily lives?” Michael smiled.

“Loved One, ask yourself this: If your life on Earth were not filled with challenges and change, would your spirit grow? Change is a constant, but growth is a choice. You have all chosen paths that will allow your souls expansion and expression. No matter how dark or terrible any challenge may appear, there is always the choice, eminently yours, on how you think, feel and act. It is easy to be grateful when you are feeling all is well. I say to you be grateful even in

the face of adversity, for your Higher Self rejoices as each new change or challenge assists in your growth; the angels rejoice with you.”

Michael smiled, and began to fade from view. I felt a brief moment of panic, wanting to understand all that he had to teach me. But I had been taught, and I knew I needed to respond.

“Thank you for coming today and for everything you are doing for Gaia and humanity, Michael. I love you!”

“You are greatly loved, Soul, as is all of humanity. Remember, for all humans, their choices are theirs alone to make. And all humans will be greatly loved, regardless of their choices.” And with that, Michael disappeared.

For another long moment, silence returned to our little group of three. Finally, Violet stood up and dusted herself off.

“Soul, it’s been great fun hangin’ with you and Orion today. Sounds as if you’ve learned a great deal since the beginning of your journey. Remember, it’s your task to pass on the learning and wisdom that you’ve accumulated – once you’re done with all that rumblenation.”

Orion smiled at his dear little friend. “Thank you for coming, Violet. I send you and your precious creations unconditional Universal Love and Light.”

The decidedly uncommon common garden faerie grinned at Orion, and then winked at me as she, too, started to fade. “Later, ‘Gator!”

And with those wise words of Violet wisdom ringing in my ears, I heard another sound – a soft whooshing sound, and I knew our time in the garden was coming to an end, as well.

“I love you, Violet!” I called. “Thank you for everything!”

And with that, Orion and I shifted.

Chapter 9

I smiled within the sudden brilliance of Light. Instead of somehow lessening the radiance, as was the case on other stops of the journey, I was pleasantly surprised to find that my eyes instantly adjusted to it. My first very-human thought was of Orion, making sure that he, too, had made the shift. I smiled innocently at him, knowing full well that he knew that I knew.

I gazed around me, enraptured with my surroundings. It reminded me somewhat of the beautiful garden that Violet tended, but somehow, this was different – heightened. The colors were not only vibrant and decidedly of unearthly variety, but they seemed to glow from within. I saw towering, glorious trees, and immediately thought of Tree Spirit, and sent Love to them. I watched as animals contentedly grazed; some of the animals were familiar to me, while others were not. I watched a baby lamb curl up beside a magnificent lion, who then placed a soft, paternal paw around it. My eyes widened, as did my mind and heart chakra. *What is this place?!*

Orion smiled. “Welcome to the 5th Dimension, Soul! Take all the time you like before we have our little chat. This is the last stop on our journey, and I want you to become aware of this as much as you can in preparation for when you – humanity and Gaia – make the shift. I believe that if you have a sense what the 5th Dimension looks and feels like, you can more easily access it when the time comes for you to ascend.”

I could only nod, and started walking toward a small cluster of nearby animals. The young were frolicking, while their parents looked on proudly. When I grew closer, I gasped, for I realized that they were not just any animals, but a pack of hyenas. A cackle. I turned and saw that Orion was right behind me. “Those are cackles, Orion. Cackles of hyenas!”

Orion’s eyes peered into mine. “Tell me, Soul, are you afraid?”

I probed my mind and found all Fear had somehow dissipated. Utterly amazed, I shook my head, and he smiled.

“There is no Fear in the 5th Dimension, Soul. Just Love.” He pointed to a group of creatures and people and added, “They want to say hello. Shall we?” When I nodded, he said, “Just think yourself there, Soul. You can walk if you want, but teleportation is also available to you at any time in this dimension.” When I looked confused, he added, “Remember that your thoughts create your reality?” When I nodded, he continued. “That comes easily in the 5th Dimension. Go ahead and try it – think yourself there.”

Trusting my galactic archangel guide, my mind concentrated on the group, and instantly, I stood in front of them. Sudden recognition dawned, and tears welled up in my eyes. I knew these devic realm creatures and humans intimately, for they were our characters in those five books that Deb and I had co-written: *The Devic Realm Chronicles*. My favorite gnomes, Mr. and Mrs. Little, smiled and stepped forward. I knelt and gently embraced them. Behind them stood the rest of the devic and human characters: Nightingale, Bob, Dove, Grasshopper, the Ladybug sisters, Dragon, Meg and her lovely girls, Miranda, Emma and Annie, Koron and Korinne, Micah and Joseph, as well as a whole host of gnomes – they were all there. I gathered them all around me, and sent them as much Love as I could. After a long moment, we moved apart and my attention was drawn to Mrs. Little, who lovingly gazed at me.

Mrs. Little, known far and wide as Miss Lillian, was prim and proper in her dress and fresh, white apron, which was promptly changed to one of a dozen others if it were ever to get dirty or mussed. While somewhat shy, Miss Lillian dearly loved to laugh and dance. Her eyes twinkled with her love of Life, her husband of more than 100 years, and the wood. She wore her

silver-streaked hair pulled back into a proper gnome bun at the nape of her neck. Her expertly patched dress over a flounce of delicate petticoat covered her legs almost entirely.

Miss Lillian spoke softly. “We wish to thank you and Deb for bringing us forth from this dimension to the 3rd Dimension,” she said softly. “We are all very grateful, and are so happy that soon humanity and Gaia will be joining us in the 5th Dimension.”

As she spoke, the group started to fade and another group stepped up. My face lit up as I recognized my beloved characters from the fifteen books of *The Archangel Chronicles*, one of two series written in those seven years that my husband and I were sacred care-givers to our beloved dogs, Pete and Maggie. Fifteen glorious archangels surrounded the group of mostly teens, and I embraced them all for a long moment. Suddenly, I heard a very familiar voice.

“Dagnabbit, Soul, it’s good to see ya!” I grinned. I’d know that voice anywhere – Amos, my favorite mountain man. He was an old man; his face bore wrinkles upon wrinkles. Amos wore small, round rimless glasses, which had slipped to the tip of his nose. His scraggly, snow-white hair was covered with an old battered brown hat. He wore a faded blue plaid shirt with the sleeves rolled up to the elbow, old, faded overalls with patches upon patches, and a pair of dilapidated boots. The group parted so that I could hug him.

“Amos, you are just as I imagined you to be!” He patted my back a bit awkwardly, and I released him, much to his relief.

“That’s cuz’n that eemajanashun of yor’n done birthed us! And we’uns are mighty grateful-like ya did!”

As Amos spoke, the group began to fade. “Once I make the shift, we’ll have a good long chat, Amos!”

I heard Amos’s gleeful laugh, and a third group became form. I would know this group anywhere, as well. Like the other books, I had spend years with all of them, and knew them as well as I knew myself. *The Dragon Chronicles*. These characters and their books were also written in those same seven years, and starred dragons, faeries, elves and dwarves, pegasi, trolls, and unicorns, besides a host of other devic realm creatures. Against the #1 parenting rule that you should equally love all your children, I confess I had a favorite character – and at that moment, he moved toward me.

Gæmar [Guh-MAR], the dragon pride leader, boasted brilliant blue and emerald green scales, which sparkled in the sunshine. The dragon was of gargantuan size – at least 20 feet high and 100 feet long. His magnificent wingspan was more than 250 feet. His huge, lidded eyes gazed at me with unconditional Love. The center of each eye held a black slit; the surrounding eyeball bore shades of emerald green and gold. When he smiled, his razor teeth glistened in the sun. His talons were hard, calcified bone with three fingers/toes facing forward and one facing back for balance. A glistening pearl was embedded into each talon. Hard, bony knobs trailed his spine, and his serpentine tail curled around him. He was proud of his mere 750 human years old, and considered himself to be in the prime of his life. In short, Gæmar was magnificent. I clapped my hands in pure delight, and the dragon shrunk in size so that I could leap into his outstretched arms. After a long moment, I moved back to better view my other beloved characters.

“Hello, my dear friends,” I called. “I have missed you all!”

Gæmar smiled. “We check in on you every day, Soul, – usually when you are asleep. We are deeply grateful you and Deb brought us forward and gave us life. And now that humanity is getting ready to make the Great Shift, it will be even easier to chat with you.”

All of my many characters returned. “We love you!” they cried. “Thank you!”

“I love you all!”

And with that, they slowly faded. I sighed contentedly and turned to Orion. “They’re all so wonderful, aren’t they?”

The archangel nodded. “That they are.” He paused a moment. “Ready for our big conversation now?”

I could only nod. I looked around the area and spied a beautiful, crystal-blue lake with comfortable-looking chairs set out on the beach.

“Interested?” Orion asked.

“You bet!” I replied. “Last one to the chairs is a rotten egg!” I thought myself there, and laughed to find Orion already sitting with his legs propped up as if he had been there for hours.

“What?!” he demanded when I put my arms on my hips in mock indignation. “What can I say? There are a few perks to being a very special, powerful, galactic archangel.”

I chuckled as we sat, and I gazed around in wonder. The glistening lake first drew my attention. There were dragonflies darting in and around the surface, swans graced the water, and, in the surrounding trees, birds of every description sang their songs to Mother Gaia. Once I had embraced it all, I turned to Orion.

“Is it just us now? No fancy visitor guides?”

Orion’s face remained deadpan, and he leaned forward, piercing my eyes with his own, “So, what you’re saying is that a conversation with only a very special, powerful – and I believe you used the description *darn good-looking galactic archangel* – is not enough for you, Human?”

My mind flew back to the time that I had been permitted to design Orion to my choosing. *He is one darn good-looking galactic archangel, if I do say so, myself!* My face crimsoned, and I briefly wondered if I would be able to leave my red face in the 3rd Dimension.

“Sorry, it’s just that with each stop, we have spoken with someone else very special besides my very special, powerful, and favorite galactic archangel.” I paused to see if my ploy had resolved any possible hurt feelings. When Orion gave no sign that he was upset, I smiled at him and said, “Okay, I’m as ready as I’ll ever be. Lay it on me!”

“Our visitors and I have alluded to the coming shift more than a few times, but I thought it would be easier for you and the rest of humanity for me to give more detail in order to better prepare you for the shift. Feel free to pepper me with questions as we go along, Soul, for I have learned that you are a very curious human, and will be brimming with questions.” I nodded gratefully and smiled.

“Let’s start at the beginning. There will come an Earth time in which many humans, as well as Gaia, herself, will ascend to the 5th Dimension.”

I put up my hand. “*Many?* As in not all?”

“Free Will is greatly honored throughout the Universe, Soul. No one is pressured to make this shift. It is a deeply personal soul decision. 5-D is a judgment-free zone, as well, so regardless of the choice that is made, all humans will continue to be greatly loved and cherished by God/Source/All That Is and the rest of the Universe. But having said that, ascension remains an individual decision: *yea* or *nay*.”

I gazed around the area. “But, who wouldn’t want to experience all of this? What would keep someone from wanting this?”

“Simply put, in order for a human to ascend, their vibrations must be raised. In order to do that, baggage must be shed. Remember that we discussed this with Tree Spirit?” When I nodded, Orion continued.

“Baggage – Fear, Grudge-Holding, Self-Righteousness, Anger, Hate, as well as a host of

others. Just as you wouldn't try to haul a suitcase weighing 500 pounds up a steep hill, you have to learn how to travel Light-ly in order to ascend. Remember, there are only two paths on which to travel your life: Love with Compassion, Kindness, and Unconditional Love for all, or Fear with Ego, Grudge-holding, Anger, Self-righteousness, Judgment, Condemnation, and Hate. The emotions that travel with Love lighten your body, mind and soul, while Fear and its components are heavy, and drag down your body, mind and soul. This is the primary choice humans must make: Love will help them move forward, while Fear will keep them rooted in the 3rd Dimension. Once humans have ridden themselves of the baggage, released limiting paradigms, aligned their bodies, minds and souls with their desire to ascend, they can be confident that they are fulfilling their soul purpose this time around."

"Whoa. Humanity has a great deal of work ahead of them in order to lighten the load, so to speak?"

Orion nodded. "Perhaps you will better understand if I share with you the simple key to all of this: Release, surrender, and allow. *Releasing* is to consciously remove that baggage; *surrendering* means to acknowledge, accept, and joyfully welcome that Source is guiding you within that deep Unconditional Love; and, *allowing* is to simply ascend, knowing this is what you had chosen, once upon a time, space and dimension."

"Why do I have the feeling that this sounds easier than it actually is?"

"Humanity has wallowed in Fear since the beginning of their earthly existence. I rather think that some will look at this choice, and not understanding what the new dimension is like, will opt for the Fear they know, rather than Fear of the unknown. And when they hear that there is no Fear whatsoever in this dimension, some may cling even more so to what they know. *How could I live my life without Fear? It's... it's all I've ever known.*"

"Okay, Orion, I get that, but let's get down to brass tacks. Specifically, how does one go about lightening the load – ridding ourselves of that baggage?"

Archangel Orion smiled. "Raising your vibrations is not difficult. Let me give you a few specific ways to do just that. Walk within nature, immerse yourself in the sun, soak in a bath, gaze at beautiful artwork, create, spend time with animals, stroke your pets, volunteer in your community, clean up a park, sleep enough to rest your body, mind and soul, practice yoga, be like a child, hold a sleeping baby, garden, play musical instruments, take off your shoes and walk on the grass, hug a tree, go out at night and fill your soul with the exquisite beauty of the Universe. Stretch your body, exercise, swim, surf, visualize yourself with positive energy, drink lots of water, eat healthy, clean food like lots of organic fruits and vegetables, avoid foods with additives, preservatives, or fried and fatty foods, graze instead of eating heavy meals. Read uplifting, positive books, unplug electronic devices, avoid the negativity of the news, breathe deeply and relax, meditate, just be still in the present moment, pray, cleanse and balance your chakras, work with crystals, aromatherapy and incense, choose happiness every time – for joy is a deliberate choice. Avoid judgments, be and stay positive, give without thought of reciprocation, declutter your mind and rid yourself of addictions of any kind, for they separate you from Source. Avoid violence in all forms, forgive yourself, remove yourself from negative situations and/or friendships and surround yourself with uplifting, positive people who love and support you. Live a life of peace, gently and lovingly thank Ego for all it has done for you, and then tell it that you choose to follow the Divine Wisdom emanating from your heart chakra. Release any heavy energies within you for they create harm and disharmony, live within an attitude of gratitude, accept and love yourself and others, and if you find you cannot love someone, love their eternal soul. Let go of grudges, allow yourself permission to rid yourself of

the past because your old paradigms and reality were only an illusion. Turn off that tape player in your mind continually on *repeat* that tells you, *Who do you think you are? You are not worthy*, and know that you are, indeed, worthy of wholeness and joy. Smile, laugh, laugh, laugh, sing, dance, and FORGIVE, FORGIVE, FORGIVE!”

Orion paused. “Is that enough, Soul? Does it all qualify as *brass tacks*? Because I’m sure I can come up with more if given a bit more time. The bottom line is live, think and make only positive choices. Continually uplift yourselves so that the actual uplift will be smooth and easy.”

I shook my head, a bit dazed. “Actually, none of that sounds impossible, although it’s a darn shame that chocolate-covered doughnuts appear to be on that *Forbidden List*.” I don’t imagine there are exceptions, are there? Maybe some fine print?” Orion’s eyes twinkled, but he shook his head. I sighed in resignation.

Orion winked at me and grinned. “Don’t sweat the small stuff, Soul. Occasionally eating a chocolate-covered doughnut will not keep you from ascending, but your bodies are trying to en-Lighten, and fried food will only weigh them down. That list is meant to help you more easily ascend, not to just deprive you of your favorite foods and tick you off.” Orion paused.

“But that is an interesting observation, Soul – chocolate covered doughnuts, that is. After hearing that list, many humans may realize that they need to change their mindsets – their paradigms – about many things, including the food they put into their bodies. The whole purpose of lightening the load is not to only raise your vibrations, but also to continue to hold the vibrations in that higher state. For many humans, that will be a total life change.”

“So it’s a *test*.”

“No, Soul. It’s a *choice*. While you may think that task to be impossible – following the list I gave you for raising your vibrations – you are forgetting about the effect of the Collective Consciousness, cosmic energy, and the billions of loving spirits who will help you accomplish your goal, should you decide you want to ascend. After a period of time, you will find that foods such as your beloved chocolate-covered doughnuts will not even appeal to you, and instead, you will crave food that will deeply satisfy your body, mind, and spirit. As a result, healthy eating will become a fully integrated component of your lives, not something to be grudgingly undertaken. Do not become discouraged, for each human is a work in progress. Remember, you are greatly loved – not despite your humanity, but because of it. If your desire is to ascend, then, so you shall.”

“Well, when you put it that way, I get it.” I paused a moment in thought. “What you said about not being able to hold the higher vibration sounds kind of harsh. Isn’t God a loving, forgiving God, who will just allow all of humanity to ascend?” Orion opened his mouth to reply, but I continued. “What about all those humans all over the world who have never even heard the word *Ascension*. Will they be left behind in the 3rd Dimension?”

“First of all, remember our conversation on the Collective Consciousness and its power to move the awakening and higher consciousness process to humans?” I nodded and he continued.

“And as for the others, just ask yourself this: Are they positive people who love others and work unselfishly to help all in need? If so, their vibrations are raised enough to ascend, regardless of whether or not they are aware of the Ascension. Or are they selfish, hateful people, ensconced in Fear? Like a lead balloon does not float, they will remain in 3-D.”

I thought a long moment. “You know, this whole ascension thing reminds me somewhat of the Fundamentalist Christian view of The Rapture. I can’t help but wonder: is there a foundational difference between *The Rapture* and *The Ascension*?”

Orion smiled. “1 Thessalonians 4:17. *Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.*”

My face was blank. “What does that even mean – in simple terms?”

“Many Fundamentalist Christians believe that Jesus Christ will suddenly return to Earth at some point and take all Christians – alive and/or dead – up to heaven, where they will remain with Him for eternity.” Orion paused. “And that would be a small percentage of humanity.”

“But what about those who do not practice Christianity? What happens to them in The Rapture scenario?”

“The Book of Revelations states that there will be war, blood, famine and death with horrible and oppressive terror everywhere.”

I shuddered. “Okay, that definitely does not sound like the Ascension.”

“You can look at The Rapture as being *exclusive* with its judgment, condemnation, and restriction, and The Ascension as being *inclusive*, filled with Unconditional Love and Light, embracing all of those who choose to make the shift, not just a selected few.”

Orion gave me a few moments to process the information, for he knew it would rock me. He was right.

Finally, I took a deep breath and said, “Let’s get back to The Ascension. I am still trying to wrap my mind around what that whole thing might look like. What about those who choose not to ascend and they’re family or friends? How could I possibly leave them behind? That would rip me apart if, say, my brother wasn’t ascending with me.” I paused. “And what about our beloved pets? Will they be left behind? I’m telling you right now that many humans will refuse to shift without their pets.”

“You bring up three issues, Soul. Let me try to address them all. First of all, we’re talking about the great gift God has given humanity: Free Will. The decision to ascend must be a purely individual choice. While you can encourage family and friends to lighten up, you know from experience that no one can be forced to accept such a drastic life change. And for many, it will be a drastic life change.”

“Second, and I know this is going to sound very strange, indeed, but at some point, there will be a gentle emotional pulling away from those who have made the decision not to ascend. It’s not like, ‘Whoa, wait! I’m ascending without my brother! Let me off this roller coaster!’ As difficult as this may sound, without even realizing it, you will lose the urge to check on those friends and family who have made the decision to stay, so it doesn’t rip you apart.”

“And as for your beloved pets, remember learning that animals are sentient creatures with souls of their own? It will be their decision, as well, but the vast majority will choose to remain with their beloved families, so will also ascend.”

“As your vibrations increase, and your consciousness grows and spreads, the more you will operate from a place of Love, and it will naturally invite others into that frequency. Trust is a huge component of this process. Regardless of whether or not there is conscious understanding, the main mission for humans alive at this time is to facilitate the ascension process for themselves, others, and Gaia. Like Boulder Spirit, many times, en-Light-ened humans’ presence near them may activate their own searches for Truth. Trust and remember that every human has the God gift to decide.”

“That sounds easy, but if I spread the word among friends and family, and they think I’m going crazy with this ascension talk, well, let’s just say that it’s going to be challenging and sad.”

“Honor them and their souls, knowing that they, too, must make their own personal decisions.” He paused. “I don’t believe I ever told you that this would be an easy task to spread the word, did I?” I shook my head. “Stand up for what you believe in, Soul. Yes, your message may bring you ridicule from many, but even if your message only brings one soul onboard, so to speak, will it be worth the possible reaction?”

I thought a long moment and nodded. “When you gave me that list, you didn’t mention going to church, synagogue or mosque.”

“Remember Archangel Michael’s message on religion during our last stop?” When I nodded, he continued.

“My best advice is one of common sense: if the religion you practice is uplifting, is inclusive and loving toward all, and encourages you to seek God and all that’s holy, by all means, add it to the above list. However, if it seeks to control you or keep you down, you may wish to remove it from your life as a negative influence. Ascension is benevolent, and that kind of negative influence – any negative influence – has no place within it.”

“Okay, I get that, so let’s move on. How will we know if we’re on the path to Ascension? What would that look like? Specifically?”

The archangel smiled. “Again with the specificity. I can do that, but your question raises two issues we should address: the symptoms of awakening and the stages of ascension. Let’s start with the first, the symptoms of awakening.” I nodded, excited by what Orion would reveal. Maybe there was hope for those donuts yet.

“First of all, like the previous question, the answer I give may not be your experience, but there are some general signs that you are progressing toward ascension. Again, avoid those who claim there is only one correct way for your body, mind and soul to prepare for Ascension, and it is through them and their teachings. Charlatans will abound during these stages, and it’s vital that you remain grounded and stay the path that your Higher Self and your heart and soul have set for you.”

“Getting back to your question, you may have none or few of these symptoms, or you may have several. It’s all individual in nature. It might be wise to keep a journal of your entire journey, so that you can see how far you’ve come. Make notations of any unusual symptoms that occur. But, remember, see a doctor if you believe something you are experiencing may be something that portends a serious medical or emotional issue, and not merely Ascension symptoms.”

“You may or may not experience physical symptoms like body aches, headaches, ringing in your ears, unusual dreams, a sensitivity to bright light and sound, the sudden appearance of cold and flu-like symptoms, tingling in various parts of your body, hot flashes, chills, clumsiness, sudden changes in appetite and food habits, waking up between 2 and 4 a.m. when the soul becomes very active, general sleep issues, lethargy or an uptake in energy, bouts of euphoria, followed by feeling low, just to name a few.” I gulped. Orion smiled gently and continued.

“You may feel psychological symptoms like anxiety and nervousness without an obvious reason, you may feel drawn to nature or may feel like detaching yourself from family and friends, you may become overly-emotional, you may feel confused or forgetful, you may feel disoriented or may feel a loss of identity.”

I shuddered. “That definitely doesn’t sound fun. And just how long do these symptoms last?”

“It varies, but eventually, everything falls into place and the symptoms disappear. Remember those symptoms allow you to become a spiritual being operating on high vibrational frequency levels. You may feel some of those symptoms slightly or feel a bit overwhelmed by them. Be patient with yourself. Surrender yourself to the changes of ascension so that they can more easily flow through your life. Take a salt bath, or use other spiritual cleansing methods in addition to making healthy diet and lifestyle changes to support your body. Lavender essential oil and meditation are additional tools that can help you. Spend time in nature to help yourself to ground and integrate your new levels of light. Begin to look for signs that the Ascension’s final stages are around you. Live your life in high vibration, as much as you can, as often as you can. And finally, rest often as much as possible.”

“And although many humans are just learning now about Ascension, humanity and Gaia have been gently and slowly shifting since December, 2012, so that the actual ascension event will be a smooth, easy one.” Orion paused. “Should we continue onto the stages of Ascension, or do you need a minute? I know it seems like a great deal of information, but just gently allow yourself to absorb it. Would you like to continue?” I gulped and nodded.

“The first stage of Ascension is simply *Awakening*. This is the stage where you may first question your beliefs and values. It may be that you read a book about spirituality, which contains that high vibrational energy and it flips a switch inside you. Or, you may come to the realization that you are deeply missing something in your life, but you cannot pinpoint what that might be. You may begin to question everything, and all of that is very good, for you are awakening from a deep slumber, and suddenly, you are in need of answers.”

“Which brings us to the second stage, *Seeking*. There are many ways for you to find those answers: workshops, lectures, starting a yoga and/or meditation practice, talking with others, or reading books, but remember whenever you read, you must discern. If it doesn’t ring true for you, put it down and try another. It may be just one sentence in one book, which triggers something in your soul – that switch flipping. The key, again, is to remain open-minded, stay true to yourself, leaving judgment at the door. Judgment – like chocolate-covered doughnuts – weighs you down. In a nutshell, there is no correct way to seek spiritual truth. Don’t allow anyone to tell you that there is just one way, for there are countless ways. And in telling you that, they are not operating from a place of Love, but Fear and Ego. Just trust your intuition and follow your heart chakra and your gut.”

“The third stage of Ascension is *Integration* as you work to make all you have learned an integral part of you – body, mind and soul. Be patient with yourself with all the stages, but this one in particular. You may feel as if you have a foot in both the physical and spiritual worlds. If you feel that you are floundering, ask your many guides and angels to assist as you work on integration. Remember, old habits and paradigms are often hard to break. Don’t become discouraged if you hit a patch of rocky road. Reach out to friends and family for support. Remember, these stages are moving you toward your soul’s desire: Ascension.”

“The fourth stage of Ascension is *Transformation*. Remember all that baggage? If there is any left to discard, now is the time.” Orion paused. “Remember when you stood in your dream house, gazing around at all the clutter and making decisions on what to do with it all? Take this stage the same way, as well. Examine your life critically. What doesn’t *fit* any more, given the knowledge and understanding that you have accrued? Just as you did with the clutter, rid yourself of your baggage. Humans have the need to tightly grasp their beloved paradigms – like a toddler with her baby blanket – and releasing them may not necessarily be easy. Take deep breaths as often as possible. On the in-breath through your nose, think, *I gratefully embrace what*

God/the Universe/Source wishes to give me. On the out-breath through your mouth, think, I release what isn't serving me. Let those simple phrases become part of your daily life – all day long. They will serve you well.”

“Just as you will get through the symptoms, you’ll get through these stages, as well. Once you have ridden yourself of the baggage, released limiting paradigms, aligned your body, mind and soul with your desire to ascend, and raised your vibrational energy, you can become confident that you are fulfilling your soul’s desire. After that period of physical, emotional and spiritual adjustment, there will come a calm period, which will remain for a long time – a time of Divine Peace, which is the last stage of Ascension: complete liberation, self-realization, Joy, Peace and Love.” Orion paused a long moment and then asked. “Soul? You okay? Still with me?”

“It’s just so much to remember, Orion, but I promise I’ll work on all of it.”

“Don’t try to memorize what I tell you. Just let it dwell within you – *rumbulating*, as Violet suggested. If you take the time to listen to your heart and soul, you will be guided throughout this entire process.” Orion paused.

“You will hear of much doom and gloom to come in your world before the Ascension. Turn off the television and unplug your devices if some spew those predictions, and remember that Ascension is benevolent, and that you are safe.”

“I’m guessing that everything that deals with the Ascension was all part of our individual Life Charts, right?” Orion nodded.

“Yes, but you won’t be alone. As humanity goes through this higher ascension, massive amounts of healing Light, as well as higher levels of intuition and consciousness are bombarding Gaia to help in this process. As you know, beings from across the Universe are greatly interested, and are responsible for those beams of Love Light. So, too, those same beams of Love energy are rising from deep within Gaia and embracing you, as well. After being buried when Gaia was first created, they are finally finding their way to the surface to assist you at this critical juncture. And, as humans increase their own vibrations, it becomes a chain reaction, which expands to others, which expands to many others until it’s a massive wave that becomes the new vibration of Gaia.”

“When humans create peace and harmony in their own lives, that’s the reality for Gaia that they are creating. Your thoughts create your reality. The more humans who can create peace and harmony, the more the Collective Consciousness will expand, so that a greater number of humans will ascend.” He paused. “Have you heard of *The Hundredth Monkey Theory*?” When my brow furrowed in confusion, he continued.

“Groups of researchers were studying monkeys and their habits on two separate islands, too far apart for the monkeys to travel and interact with each other. One group of researchers watched the monkeys eat sweet potatoes that were coated in sand. Suddenly, one day, a female took it to the edge of the ocean and washed it before eating. Slowly, the other monkeys on that same island, followed her lead. What amazed those researchers, however, was that very soon after, the monkeys on the other island also began to wash the potatoes before eating them. This led the researchers to conclude that when a critical number achieves awareness, this new awareness may be communicated from mind to mind. In other words, expansion of the Collective Consciousness will spread and awaken countless others around the globe.” Orion paused. “You have learned so much, Soul. I am proud of you.”

“Thank you. I’m trying, but, as you know, this is just the beginning.” I paused.

“When my beloved mother was 79 years old, she was viciously beaten in her garage on a sunny, Sunday, May morning during a car jacking. I had begun to awaken almost a year earlier, and so had learned a great deal in the ensuing months. My sister, Tisa, called to tell me of the attack, and as tears streamed down my face, a Voice in my head calmly said, *You have been taught. How will you respond?* Before the telephone call ended, I put aside Ego, forgave the attackers, and sent Love to them. At that moment, I knew with every fiber of my being that it was time to Walk the Talk. I feel that same way now.”

“How did choosing to *respond* instead of *react* change your perspective of your mother’s attack?”

“Had I chosen to react in Fear, I would have had to deal with Anger, Fear, and possibly Hate. Certainly Bitterness. And working with my sisters and my mother over the summer in her healing process, that negativity would have surrounded them, as well, hampering Mom’s healing. Responding in Love, I felt unfettered as we helped our mother heal, and was able to surround my sisters and my mother with Divine Love.” I paused.

“The attackers were caught within a week, and before the sentencing at the end of that healing summer, my mother was asked to give a victim statement. It was beautiful, expressing gratitude that she was healing. There was no sign of victimhood anywhere in that statement.” I paused. “I understand that if Mom could rise above the situation and find the good in the face of the difficult challenge, then I can surely do what is being asked of me now.”

For a long moment, neither of us talked. I found myself embraced by the beauty around us. Finally, I spoke.

“And, you said that the Universe is watching humanity closely as we go through this process?”

Orion nodded. “Gaia, herself, is also changing her vibrational frequency, as she prepares to uplift into this new dimension. Planet Earth is critical for Universal Harmony, so as your vibrations and consciousness grows, it expands the Collective Consciousness, which then ripples throughout the Universe. There have been other shifts in the past, but this is the first time in the Universe that an entire planet will shift. Just like you, Gaia made her choice, which was actually made when the designers found Gaia viable for life.” Orion paused. “Besides, this is not only the first mass ascension, but the largest.”

“What do you mean, not only the first mass ascension?”

“Remember there was much furor around the ending of the Mayan calendar on December 21, 2012? Will the world end? Is Doomsday upon us?” When I nodded, he continued. “It was obviously not the end of the world, but the end of a cycle. Ten days later when 2013 began, the world began its shift into the 5th Dimension.”

“As for other mass ascensions, many Mayan tribes, had raised their vibrations enough to shift into this dimension. Other indigenous tribes around the world have also shifted, so mass ascension is not a new concept to Gaia.”

I laughed. “Maybe not new to you and Gaia, but certainly new to most of humanity, me included!”

I gazed around the area and then turned back to the archangel. “Why do I have the strangest feeling that I’ve been here before? That somehow all of this looks familiar?”

“That’s easy,” replied Orion. “Because you have been here before.”

My jaw dropped and I jumped to my feet. “What?! I’ve been here before? I hate to contradict a very special, powerful, galactic archangel, but surely, I would have remembered experiencing these glorious colors and sights!”

“Many, many humans will feel that same way. They may have crossed over during meditation, but most practice shifting during sleep. I think it’s rather practical for souls to opt for some run-throughs. So to speak. Think of it as practice for the real thing.”

I sat for a long time, deep within my thoughts, which threatened to overwhelm me. Finally, I spoke.

“So, I guess the million-dollar question is: when is the Ascension coming?”

“Hang in there, Soul. You’re doing great! 2012 marked the end of the Atlantean Golden Age, which completed a 5,126 year cycle, and moved Gaia into the next 26,000 year cycle. Groundwork was laid during this timeframe for the Ascension. A global cleansing began at that point. Your recent history from that period shows an enormous amount of global unrest, the pandemic, violent protests, mass shootings, which continue today, unfortunately, and massive, ferocious storms and earthquakes.”

“But how would those tragedies help cleanse the Earth?”

“In each case, humanity went within themselves to find answers that would try to explain the tragedies, which then brought them into a higher degree of spirituality. The chaos also gave them a new respect and gratitude toward their own lives. When these tragedies occur, take all that chaos and recognize how it makes you feel. Then, take that energy and use it to heal your own body before you can even think about healing Mother Gaia.”

“And while much of the unrest on Earth continues today, the third part of this timeline is also in preparation for the Ascension. It is at this stage that humanity will begin to build the blueprint for the new world. It will be a time for clearing out the old to make way for the new. Old, closely held, illusional paradigms will fall, allowing new understanding. Hatred, racism and anything that separates you from each other and Source, will become unacceptable. The preconditioned, deeply felt fear of alien life will fade and eventually disappear, allowing you to more easily accept that all of humanity – and those beings throughout the Universe – share the common DNA strand of Stardust. Holistic medicine will gain more popularity, including Reiki. People will learn how to live sustainably, and technology – yes, including artificial intelligence – will move forward by leaps and bounds. But on that note, remember that all technology must grow only with open-hearted users. During this stage, crystals will be commonly used to cleanse and purify water, and holistic healing will become the norm.”

“May I know when the actual shift will occur? Will it be in my lifetime?”

“Many humans living now will, indeed, be a part of the Ascension. Before incarnation, others chose to only help humanity prepare for the shift, and will have already crossed over by that time, ready to greet those shifting souls and help acclimate them to the new normal, which happens to be the last part of the timeline. At this point, humanity is settling into that new normal.”

“Many other highly evolved souls will lower their vibrations to Gaia’s 3-D frequency so that they can continue their sacred task of awakening and guiding humanity. Then, when they deem it is time for them to make the shift, they will once again raise their vibrations and move forward.”

I could only nod at this point. For a long time, we sat silently as my mind tried to grasp everything Orion had said. Finally, I broke the silence. “I admit I’m having trouble imagining what the whole Ascension would actually look like.”

“I understand that you and humanity would like specifics, but you are not to know everything at this point. Trust. You will know when you have made the shift. Perhaps Gaia and humanity will make the shift during a sleep cycle. Perhaps not. *When* you shift is not as

important as *that* you shift. Suddenly, Life feels softer, gentler, sweeter, happier. No more heavy density. No more negativity. At first, humans will have their enlightened physical body, requiring nutritious, sustainable sustenance. In the far-distant future, however, they will come to the realization that they no longer need a physical body, and will release their bodies, and begin the process of becoming pure energy.” He paused. “But, again, that’s a bit farther down the road. So to speak.”

I could feel my face drain of color. “This is mind-blowing, Orion. What you’ve given me is a handbook for the Ascension of humanity. *Ascension 101*.” I paused. “I hear you, but a part of me still yearns for everyone to move forward to the Age of God. You know, leave no souls behind?” I paused a long moment. “What if we realize that the Ascension is upon us, and those who had not prepared suddenly wish to shift. Is it too late for them?”

“It may be too late for the mass ascension, but remember those highly evolved souls – those Lightworkers – who stayed behind, will assist them in raising their vibrations and shifting.”

“Do you also recall our discussion about a soul who passes with the closely held paradigm that they must spend time in purgatory and/or hell until they realize that those are only illusions, and can then move forward into the Light?” I nodded. “So, too, is Ascension. If a human closely holds the paradigm that their 3rd dimensional world is their reality, they will remain there as others ascend – until they come to the realization that their 3-D world truly is only an illusion.”

I sighed with satisfaction, knowing that anyone with a change of heart can eventually shift. I was better able to accept that whole Doughnut Issue with my new understanding.

“There are layers within the 5th Dimension. The higher the vibrational frequency that you can hold, the farther *out* you may choose to reside, but your Free Will remains as to which layer you choose. The layers are also fluid, so if you choose to ascend farther *out*, you merely continue to raise your vibrations. As in everything, it all comes back to *Your thoughts create your reality*. This layering has nothing to do with any type of status or wealth or power, but only with the vibrational frequency that is preferred and chosen.”

“So, what happens to those who decide not to make the shift? They’re not punished or anything, right?”

“Tell me, after all you’ve learned, do you view God/the Universe/Source as one who punishes? Again, there is no retribution, no punishment.”

I nodded. “What about the horror stories about what will happen to those humans who remain in the 3rd Dimension – stories of tragedies and massive storms and destruction. Kind of like The Rapture. Is it true?”

Orion looked at me sadly. “Doesn’t that perfectly describe your 3rd dimensional world right now? Look at the divisions humanity has created for Ego, wealth and power. Look at the disparity between the haves and the have nots. Look at the global political rancor. Look at the families and friends who have been ripped apart over that rancor. Look at the school shootings, the mass shootings, and the violent attacks on the innocent. Look at the wars, many of which have been fought in the name of God. Look at all the human trafficking involving innocents – children included – who have been horrifically maimed, deeply traumatized and/or murdered. Look at the number of humans who have lost their way, and are suffering from mental and emotional health issues.” Orion paused as my eyes welled again. “I could go on for days, Soul. Your 3rd Dimensional world is the horror. Choosing to remain in all of that baffles me, but Free Will allows the horror to continue, for their thoughts create their realities, as well.” He paused.

“But remember, before incarnation, those souls who have chosen to be a victim in all those horrors for the purpose of individual expanded spiritual growth, also chose to experience

them for the spiritual growth of humanity – to expand the Collective Consciousness so that Gaia can ascend at this critical point.”

Emotions threatened to overwhelm me. Orion gathered me into his arms and whispered, “Soul, I know I’ve given you a great deal of information, but just take a breath, wipe your tears, and do all you can to spread this message to others, who will spread it to others, who will spread it to others, awakening many. The Divine Domino Effect. And, although many will hear and awaken, others will choose not to hear and remain in 3-D. It is not up to you to make that discernment. Just stand up and speak out – even if some days you feel as if you are standing alone.”

And with that, I heard a small whooshing sound, and Orion, that very special, powerful, and darn good-looking galactic archangel and I shifted.

Chapter 10

When I opened my eyes, I realized that I was in my backyard in what appeared to be the middle of the night. I first checked that my favorite galactic archangel had traveled with me, and grinned at him, knowing once again that he knew that I knew. My eyes lifted and I gasped with wonder. The crystal-clear nighttime sky was ablaze with constellations. I turned slowly around, trying to embrace it all, hoping this memory would remain with me forever.

Spotting our two chaise lounges, Orion motioned for us to stretch out on them to take in the glorious sight. I sank onto one and continued to search the sky. Finally, I found my favorite constellation, Orion. The star system seemed brighter than normal, and I knew it glowed in homage to their beloved archangel.

I sighed with deep satisfaction. Wistfully, I said, “Your constellation is beautiful, Orion. Wouldn’t it be amazing if I could visit you there someday?”

“Should you choose to take no exit points between now and the Ascension, you will be able to do just that if you so wish. There is no linear time anywhere other than 3-D Earth, and there is no gravity pulling you back to planet Earth. Thoughts become your reality happens instantaneously.” He paused. “Remember greeting your book characters when we visited the 5th Dimension?”

“I’ll never forget that. As I wrote my beloved characters into existence, I could see them so clearly that I often felt they were real – alive. I wished that one day I could meet them all.”

“And that’s exactly why they materialized in 5-D. Your thoughts brought you a new reality, which included giving life to your characters. You released the old paradigm of *It’s just my imagination*, so you were able to embrace the new: *Thoughts create my reality*.”

“I know you would prefer that all of your questions be answered about life in the 5th Dimension, but as I said, at this point, I have shared everything you need to know. Delightful surprises abound in the 5th Dimension, but how can they be surprises if I tell you all about them now? Just know that there is no more dis-ease, no more pain, no more broken bodies, minds and spirits – just pure Divine Love, Health and Joy.”

My jaw dropped. “Are you saying that if anyone with a life-threatening disease can raise their vibrational frequencies high enough to ascend – or the Collective Consciousness can raise their vibrations, they will be free of all traces of that disease upon ascension?” He nodded.

“That would be a miracle!”

“Pure, Divine Love.” He paused. “Interesting that you should use the word *miracle*. It is defined as *an extraordinary event manifesting divine intervention in human affairs*. Simply put, in the 5th Dimension, extraordinary becomes ordinary.” He paused. “Remember that we spoke of the layers of the 5th Dimension?” When I nodded, he continued. “The higher your vibrational frequency, the farther out you may choose to reside. Your manifestation abilities also increase with each layer, but even the denser layers allow your thoughts to create your own reality, so in the 5th Dimension, everyone will be free from physical, mental, and emotional dis-ease.”

“Does that include death?”

Orion nodded. “Remember our conversation that at some point in the far-distant future, your lighter, stronger, younger physical body will continue to grow even lighter until it finally becomes just a Light being?” I nodded and he continued.

“If an ascended soul wishes to leave, there is no death, per se. Death in both 3-D and 5-D is merely an energy transfer from one vehicle to another. And if they so choose, they may

transfer back to the energy of God/the Universe/All That Is. But other than a desire to transfer, there is no death.”

“To be honest, that whole idea of Ascension seems mind-boggling to me – that all those humans with high vibrational frequencies will ascend together.”

The angel paused. “Your neuroscientists understand that humanity uses only 10 % of their brain capabilities. Most of humanity believes the greatest unknown is outer space, but actually, it is the human brain. Neuroscientists used an MRI to test gurus in deep meditation. Literally, their brains lit up the screen. Even more amazing, their meditation showed permanent transformation in the brain as a result of meditative states. In short, the power of your brain remains limited in 3-D, but will expand to 100% in 5-D.”

Once again, the archangel paused. “Remember our discussion of Consciousness?” When I nodded, Orion continued. “I would like to add one more piece to that discussion – *Christ Consciousness*.” I opened my mouth, but he held up a hand. “First, allow me a moment to explain, and then you can ask all the questions you like, for it is imperative that you understand.”

“Christ Consciousness is the God/Christ within us, and is not the promotion of Jesus Christ or Christianity over other world religions and beliefs; anyone in any religion can seek and live their lives within Christ Consciousness. It is named after the Christ that you know as Jesus because he held within him the qualities that designate Christ Consciousness: the awareness of the presence of God at the heart of everything in creation – every atom, being, plant, rock, animal, sun, moon – everywhere.”

“It sounds very similar to that whole *sentience* discussion we had. Every creation has the God spark within it.”

Orion nodded. “The more you seek to attain Christ Consciousness, the closer you move to Source.”

“How would I do that?”

“Remove the baggage from your life, surrender your Ego, and open yourself to Source. Remember that first cosmic law: everything is mental. Go within. Seek, surrender, and open.”

I nodded. “It’s challenging for me to wrap my head around all of this, Orion. I think what is most mind-blowing is that in the billions of years that Earth – Gaia – has existed, Ascension will now take place within many people’s lifetimes.” He opened his mouth, but I put my hand up. “I understand the whole concept of simultaneous existence – at least as much as my human brain can – but why now?”

“Think back to all you have learned on this journey, Soul. Billions of life energies around the Universe, as well as ascended masters, angels – the entire White Light Army – have nurtured humanity throughout its long and often gruesome history.” He paused. “I must say here that the rest of the Universe chuckles when humanity’s Ego states unequivocally that humans are the only intelligent life source in the Universe. And while you bring a chuckle to these vastly intelligent beings, much as you might chuckle at the thoughts and actions of a beloved three-year old, they will continue to lovingly help humanity and Gaia to ascend. My suggestion is to kindly ask Ego to step aside and be grateful for all Stardust everywhere. But in answer to your question, even with all the negativity and violence on Gaia, enough humans will have raised their vibrational frequency so that Ascension can take place within that short period of time.”

Silence filled my backyard, and I gazed at the incredibly beautiful starry sky. I gasped as several falling stars seemed to chase each other into Earth’s atmosphere. After a lengthy time, Orion spoke.

“Soul, what if meditation was deemed as critical to a child’s knowledge and understanding as math, reading or science? What if meditation became second nature for all the world’s children, who then teach it to their elders? Think of the effects of global meditation.”

“A two-month experiment in the summer of 1993 was set up by Dr. John Hagelin, a quantum physicist. He believed that through group meditation, the field of consciousness could reduce crime and social stress. Hagelin predicted that if he were to amass a large group of people who would meditate together, the city’s HRA rate – homicides, rapes, and assaults – would be lowered by 20%. Hagelin hoped to attract 175 meditators for his experiment, but more than 1,750 accepted his invitation to participate.”

“During this experiment, the HRA crime rate was decreased by 23.3%. The statistical probability that this result could reflect chance variation in crime levels was less than 2 in 1 billion. Not surprisingly, when the experiment was concluded, the crime levels rose, but it confirmed Hagelin’s theory that the field of consciousness was more powerful than previously considered.”

“What if humans focused on creating their own heaven on Earth now? What if they came together with others who were also creating their own heaven on Earth, and then, together, expand the energy throughout your planet? Before you know it, humans will have changed the world.”

“Much of humanity still tightly grasps a *Savior Paradigm*. Many religions around the globe have fostered the belief that all humanity has to do is just sit tight, and God/Allah/Source will come to save them from the chaos and violence of the world. That paradigm has to end. Humanity has everything within them to save themselves, and the saving of themselves and Gaia starts now.” Orion continued.

“What if humanity understood that the most critical and damaging illusions in their lives are Fear and Karma? We have talked a great deal about the effect of Fear in your life, but Karma and its belief that you must pay for the sins of the past and then fall into the Ego trap, making the same mistakes over and over again. That must be released, as well. What if humanity was able to release Fear and Karma so that they may embrace Divine Love?”

“What if humanity took emotional accountability for themselves? Instead of judging others and find them lacking, what if they rid themselves of self-righteousness, judgment and condemnation, and opened their heart chakras to view humanity from the macrocosm? And while they’re at it, what if they removed self-judgment, as well? This will more easily lead to self-reflection, and they can step into their truth, come to a higher level of awareness, and become their best selves.”

“What if humanity shed its fear of interaction with extraterrestrials? What if humans dissolved the paradigm of superiority, and worked together to create a new Universe for all? What if all those who discern the truth in this be the voice of calm for others to follow? What might you do together? At some point, the Earth’s vibrations will be high enough to allow extraterrestrial visibility. When that happens, remember to be the voice of calm.”

He paused, knowing I had yet another question. “You talk of a gentle Ascension once the vibrational frequency has risen, but what about 3-D Earth before that critical point has been achieved? Will those in power around the world, just sit back and allow it all to happen without their thumb clearly keeping us all in our place?”

“There is no doubt that there will be chaos around the globe as long-held paradigms crumble, but not through violence but through that higher level of awareness. Amidst the chaos, Trust that this is all an illusion, and is in preparation for the Ascension. Above all, don’t allow

yourself to buy into Fear. Again, be the voice of calm. Greedy leaders, afraid that they no longer have control over the masses, will spread Fear among the people that Ascension is the work of the devil – or worse. Do not be fooled. It is all an illusion.”

“Again, stand up for what you believe in, even if you feel you are standing alone – because you won’t be alone. Again, be the voice of calm in the midst of that chaos, and remember to blast the naysayers with Divine Love. Remain focused and on your path. Ascend.”

Orion gazed at me. “You still with me?”

Truth be told, my thoughts were churning, as I tried to assimilate so much information. Knowing that, Orion gently placed his hands on my head. Instantly, Divine Peace filled me, body, mind and soul, and I nodded.

Quietly, he asked, “Should we stop?”

“No!” I cried, and then softly added, “Tell me more, please.”

The archangel of the galaxy nodded. And while the chaos of my mind was gone, I was still able to look at all of it in wonder. I felt overwhelming gratitude to Orion and all those whose paths we had crossed on our journey: Sangpo, Faith, Zeta, Tree Spirit, Deb, Pete, Metatron, Enoch, Violet, Archangel Michael, and all my beloved book characters. Orion gave me another few minutes to gather myself before continuing.

“Since early on in Gaia’s inception, this planet has tightly grasped a war mentality. You have seen it play out throughout your history books. That mentality cannot just disappear on its own. What if the world leaders went to war and all their warriors put down their weapons and chose Peace over War? What if in your own little reality, you become a *Peace Warrior*, as well? What if your act of doing that spreads to others, who spread it to others like a Peace chain reaction – yet another Divine Domino Effect?”

“What if adults began to once again believe in the devic realm? What if they understood that all of the devas slipped into another dimension because once upon a time and place, they had been hunted for sport? And speaking of sport, what if the desire for all blood sport faded? What if humanity stopped hunting and killing? What if humanity understood at last that all Life is sacred?”

“What if humans put down their electronic devices, much of which is spewing negativity, and, instead, listened to their Higher Selves’ guidance? What might be accomplished if such a thing were to occur?”

“And, speaking of negativity, what if humans learned how to *transmute* – *transform* – Fear and Anger into Divine Love and Peace?”

“How could we do that?”

“The same way you increase your vibrations that we talked about earlier. Once your vibrations are raised, blast Divine Love and Peace to the negativity, but remember, this is an ongoing process. There is a great deal of negativity on your planet, and it will take a concentrated, ongoing global effort to dispel it.”

He paused for another moment, and my gaze shifted from the beauty of the nighttime sky to the angel.

“What if you were to write a book about all of this – our journey together – as a personal invitation for humanity to ascend?”

I felt the blood drain from my face, and the chaos returned. I jerked to a sitting position. “*What?!*” I squeaked. “*Me?!*” I paused for a deep breath and continued. “You want me to write such a book? With all the highly evolved folks out there in the world who would understand it all, why don’t they write it? I hate to disillusion you, and I have loved our time together and all

the visitors with whom we have spoken, but I can't imagine that I should be your writer. For heaven's sake, I'm not even very good at meditating, and then there's that whole Doughnut Issue going against me. Sure, I love Gaia and humanity, and wish to see us evolve, but writing such a critical book without any fancy initials after my name? I just can't see your rationale." My voice slowed to a stop when I realized that Orion was staring at me with that darn galactic archangelic grin.

He waited a beat before asking, "Tell me, Soul, is your Ego about done with its tantrum?"

Decidedly red-faced, I nodded numbly. "I guess." *Why did I even think he would listen to my argument and realize the foolishness of his proposition?*

"Soul, no one is forcing you to write this book, and there will be many others who have and will step up to join you in communicating this message to the planet, but we know you. You are a storyteller by nature, you have been giving all this sacred information, and you love humanity and Gaia. Voilà! You could write this book. Besides, you do have fancy initials after your name: *Marty Boyle, S.E.J.: Spirit on an Earth Journey*. The same fancy initials every human can claim. Think of this book as a personal invitation for humanity to witness the greatest event in the history of the world – in the Universe – a planet and billions of its inhabitants choosing to ascend! How could you *not* want to write such a book?"

"You'll be with me?"

"Every step of the way, promise. Carefully guard yourself against cackles as you write. Don't second-guess yourself. And, if you have to, just pretend you can do it."

"Fake it 'til you make it?"

Orion grinned. "Exactly. Besides me, there is a plethora of writing guides, loved ones, spirits, ETs, angels and devas, all who want in on this action. Your writing room might get a bit cramped, but I promise we will all love and support you and this book, and will help get it out into the world when it is complete."

"Well," I began slowly, "when you put it like that, how could I refuse?" I grinned at him. "Perhaps as its author, I might just find a little Doughnut Issue Loophole."

Orion laughed. "No need to search for loopholes, Soul. Go ahead and enjoy a chocolate-covered doughnut occasionally, but remember the Big Picture here: Releasing the past in order to embrace the amazing future." He paused. "Unless I am mistaken, chocolate-covered doughnuts fall into the category of the past! Besides, I told you that the urge for fried and fatty food will slowly fade. You will only crave healthy, sustainable food."

Orion gracefully rose from the chaise, and I joined him, knowing that our time together was nearing its end. *How could I possibly say goodbye to this incredible galactic archangel?*

"Thank you for everything," I began. "I promise to let it rumblenate as much as possible. And as for that book, I would be proud to be its creator, regardless of its reception. I am deeply grateful for the opportunity, Orion." I leaned closer to him and whispered, "Perhaps we can forget about that unfortunate little tantrum back there?"

Orion grinned. "I am happy to report that I have released it so that I may embrace the glorious future!" He paused and then hugged me. "It has been an honor and a privilege to have spent this time with you, Soul. I, too, will have wonderful memories of our journey."

A tear started to streak my cheek. "I love you, Orion. Thank you. I am deeply grateful, as is all humanity."

Suddenly, the backyard was gone, and I was in my living room, sitting on the sofa, my mind reeling with all I had learned and experienced. *Phew! That was some journey!*

I heard a soft reply, “Indeed, it was!” There was a pause. “You and humanity are greatly loved by all of us. Oh, and by the way, Soul, check your watch!”

I grinned and looked down, knowing full well what I would find. 1:10 p.m.