



Appendix A: Criteria for Evaluating Information About a Larger Reality

Appendix B: Kinesiology as a Means to Obtain Information From Higher Dimensional Sources

Appendix C: Prophecies of Catastrophic Earth Changes and Other Scary Things

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Preparing Ourselves for the Great Shift

Appendix A

Criteria for Evaluating Information About a Larger Reality

Summary

This Appendix presents a more detailed discussion of the seven primary and seven secondary criteria identified in Chapter 2 which I use to evaluate information about the larger reality. These are the criteria I developed when I accepted that the methods I had used as a scientist to understand the workings of the physical world were not adequate to understand nonmaterial realms. I provide an example of the criteria applied to an energy healer who satisfies the criteria as a reliable source, one that I would not have accepted as reliable from my earlier frame of reference as a physical scientist. I also provide an example of applying the criteria to a physicist who claims to operate strictly within the framework of physical science, but who shows evidence of the Velikovsky Effect. The Appendix concludes with additional discussion of what I call rigid skeptics, their value and limitations, credulous believers, and the topic of alternative history, which still doesn't rest easy in my map of the territory.

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A1. Criteria for Evaluating the Reliability of a Source of Information

In Chapter 2, I describe the experiences that caused my shift from skeptic to believer in a larger nonphysical reality (Section 2.2.3) and outline the approach I developed to understanding this larger reality. When I reached the point in my own journey where I felt I had to take information about and from nonmaterial realms seriously, I realized that I had to open my mind in a way I had never done before. I decided to reject *nothing* a priori, even what appeared to me to be outlandish notions, such as reports of the lost technological civilizations of Atlantis and Lemuria, for which convincing geological or archeological evidence is limited. When I came across new information from a source that seemed reliable, I used it as a basis for extending my “map of the territory.” Multiple, independent reliable sources increased my confidence in that portion of the map. Information from sources that I felt were less reliable, but had no basis for rejecting, was penciled in, so to speak, until confirmed or contradicted.

Over time I developed a set of seven primary and seven secondary criteria to judge the reliability of an information source. I also developed additional criteria for evaluating information received from nonmaterial realms via channeling, which are discussed in Chapter 4 (Section 4.2). I do not claim that the process of weighing the different factors is objective or scientific, but it provides a basis for judgment that is systematic and explicit. The fourteen criteria are discussed below.

A2 Primary Criteria.

A2.1 *Controlled Experimental Evidence.* This, of course, is the *only* evidence that the Rigid Skeptic accepts as reliable. In Section 3.1.2, I discuss how the Experimenter Expectation Effect allows skeptics to

influence certain types of experimental results in a way that confirms his or her worldview. Many Open Believers have performed experiments that provide evidence for the existence of nonmaterial realms (see, especially Sections 3.3 and 3.4).

A2.2 Authenticity and Integrity. By authenticity I mean that the written or spoken words have a ring of truth. It is not the same as sincerity—someone can be sincere and deluded. Perhaps there is something about the tone or something else that raises a red flag, a feeling that something is not quite right. In my experience, women are better able to sense this quality than men (and I am thankful for the women in my life who have challenged me when they have sensed that I have strayed from authenticity). Integrity is similar to authenticity but a little more concrete. Lack of integrity may arise when someone has a vested monetary interest or whose position and status in society depends upon what they are saying. The converse is not necessarily true. We all have to make a living, and most of us try to do so without compromising our values. Nevertheless, whenever money and power are involved, the temptation is always there to compromise, so the possibility of such an influence should be considered if the source is not strong in relation to the other criteria.

A2.3 Humility. Humility is a quality that adds even greater weight to a sense of authenticity. False humility will be exposed by a lack of authenticity. Humility provides further assurance that the ego is not interfering with the information itself or how it has been interpreted. Arrogance and grandiosity, on the other hand, are clear warning signs that the information is somehow being distorted.

A2.4 Direct Empirical Observation. It is possible to directly observe nonmaterial realms using high sense perception (HSP—see Section 3.2.1). When other criteria are satisfied, I find this is a very valuable source of information.

A2.5 Not Derived from Other Sources. I give less weight to information that is clearly derived from or influenced by other well-known sources. This is not always easy to tell, because the influences can be subtle as with widespread knowledge in the New Age

community of the significance of the year 2012 in the Maya Calendar (see Section 7.2). When two sources agree on a major point, but differ in the details I take that as a good indication that the material is not derivative. By the same token if a source seems to be parroting information from another prior source, I do not take it as corroborative.

A2.6 Consistency with Other Reliable Sources. This criterion is most useful when application of other criteria suggest that the information is being distorted by ego filtration (Section 3.2.3). When information is consistent with other reliable sources, and not derivative, I accept it as adding to the weight of evidence.

A2.7 Internal Consistency. If a source of information is contradictory it becomes suspect—it is a sign of confusion and/or ego filtration. Information presented in a logical and well-organized manner is a positive attribute. It takes more effort to obtain useful information from dense and convoluted prose, a characteristic of some channeled information, but I accept such sources as reliable provided that other criteria are met.

A3 Secondary Criteria.

The attributes of a source of information covered in the secondary criteria described below are not essential. However, when present, I take them as giving greater weight to a source's reliability.

A3.1 Openness to Change. Some individuals, either through experience or intuition have no difficulty accepting the existence of nonmaterial realms. Others, like myself, come to such an acceptance reluctantly, or even feel like they are being dragged kicking and screaming. This reluctant acceptance usually comes about by a direct experience or some form of high sense perception that challenges the individual's framework of perception. I especially appreciate sources who take an open, often skeptical, observational approach to their experiences, and information they are receiving from or about nonmaterial realms.

A3.2 *Respect for Other Views.* Warning flags go up in my mind when views are expressed with dogmatic certainty and differing views are either not acknowledged or are addressed dismissively. On the other hand, when someone acknowledges differing views and discusses them respectfully, I am more inclined to be open to what the source has to say.

A3.3 *Respected by Other Reliable Sources.* This is a criterion I sometimes use in bookstores when trying to decide whether to buy a new book. If blurbs on the book jacket are by individuals I recognize and respect, and it looks like the book might contain a different perspective from my own, I usually buy it.

A3.4 *Sense of Humor.* Most people take themselves and what they believe too seriously. I have a strong tendency in this direction. My first introduction to nonmaterial realms was through the writings of Machaelle Small Wright (see discussion of nature intelligences in Section 3.6.3). Her no-nonsense, down-to-earth approach and sense of humor was immeasurably helpful in opening me to information that seemed totally weird from my perspective as a scientist.

A3.5 *Academic Credentials.* I have listed this criterion almost last because that's where I feel it belongs. An advanced academic degree such as a PhD provides no immunity from ego-filtration, and may well encourage it. That said, when other criteria are satisfied, a source with an advanced degree in physics or some other scientific discipline is a definite plus.

A3.6 *Anecdotal Evidence.* Anecdotal evidence arises from stories of people's experiences that may or may not be amenable to independent corroboration. Skeptics tend to dismiss such evidence, but a number of years ago I had an interesting conversation with the younger brother of a high school friend that changed by my view of anecdotal information. At the time of the conversation, my friend's younger brother had become a university professor of statistics. I was struck by a comment he made that statisticians pay attention to anecdotal information in the area of human health because it often provides evidence of something that is happening before enough data are available to obtain statistical

confirmation. As a secondary criterion anecdotal information may be useful as supportive information, but not as the primary basis for any conclusion. I offer anecdotal information in this book from time to time because it adds a personal touch to what might otherwise seem to be abstract.

A3.7 None of the Above. Over three hundred years ago Robert Burton wrote in *Anatomy of Melancholy*, “No rule is so general, which admits not some exception.” My final criterion allows all of the other criteria to be violated when other evidence suggests that the information has value. As an example, I offer the teachings of the spiritual teacher G.I. Gurdjieff (c.1870-1949). A friend of mine, who finds Gurdjieff’s teachings profound and helpful, admitted that if you look at his life, he had all the appearances of a flim-flam man. Peter Washington’s entertaining account of the history of Euroamerican spiritualism, *Madame Blavatsky’s Baboon* (Washington, 1993) certainly confirms this. Nevertheless, many individuals have found Gurdjieff’s teachings helpful in their spiritual path, so I am not able to dismiss it as unreliable, even though Gurdjieff does not satisfy most of the criteria I have presented here. I will qualify this criterion by saying that I do not use a source that falls in this category as a primary source of information, but sometimes find useful corroborative information to other sources.

A4 Several Examples of Applying the Criteria.

When I cite a person or book as a reliable source as support for a statement, I have applied the criteria described above and judged the source reliable. I will usually also provide a few pieces of information related to the criteria, but here I would like to provide several more detailed examples to illustrate the way in which I apply the criteria. My hope is that you will find my approach to this process sufficiently reasonable that for the most part you will give me the benefit of the doubt when I cite a source as reasonable. There are two situations where you should not accept my judgment. First, if you find the idea being presented too strange or improbable-sounding, I invite you to check out the source yourself, apply the criteria described above or additional criteria that you feel I’ve missed, and make your own judgment. Second, it is possible that I have incomplete information about the source and that I would

change my assessment with additional information. If you should ultimately disagree with my judgment concerning a source, please keep in mind that my approach to understanding the larger nonmaterial reality relies on *multiple* sources and lines of evidence.

A4.1 Barbara Brennan, Energy Healer.

I am a visual person so I especially appreciate direct observations beyond the material realm using *visual* high sense perception (HSP), also called clairvoyance. One observer I consider to be very reliable is Barbara Brennan, a healer who works with the human energy field (Brennan, 1988). As a child growing up in Wisconsin, Barbara was able to sense energy fields of plants and animals. Describing herself as an adolescent, she writes,

I began being interested in how things worked and why things are the way they are. I would question everything in a quest to find order and to understand the way the world worked (Brennan, 1988:5).

She went to college, received a Master of Science degree in atmospheric physics and worked for a number of years doing research for NASA. Barbara later trained and became a counselor, and eventually began to see colors around people's heads. When this began she remembered her childhood experiences and recognized them as the beginnings of HSP. As she shifted her healing practice to focus on the human energy field (the existence of which is still not accepted by the general scientific community) she became able to perceive aspects of the human energy field with increasing clarity. Barbara's book *Healing Hands of Light* provides a fascinating map of the human energy field based on years of direct observation. In it she describes many examples of healing using an approach that is relegated to the fringes of conventional medical practice.

Barbara was an Open Skeptic when she first began to perceive the human energy field as an adult. Her training as a physicist put her in a good position to try to make scientific sense of her direct experience. She found support for her experience in the frontiers of physics, and a long history of scientific investigation of the universal and human energy fields, still largely unacknowledged by the general scientific community (see Section 3.5.2). She

describes her experiences as an energy healer as an ongoing process that allows her practice to change as her understanding changes.

A4.2 Physicist Frank Tipler: The Velikovsky Effect.

My second example of applying the criteria is Frank Tipler's book, *The Physics of Immortality* (Tipler, 1994). Tipler's academic credentials are impeccable. He is Professor of Mathematical Physics at Tulane University, specializing in the rarefied branch of physics called global general relativity. As a theoretician his ideas have an internal consistency as far as I can tell and he explicitly lays out the fundamental assumptions that are critical to the case that he makes. At one point in his life, at least, he was open to change. He was a self-avowed atheist until he devised a mathematical model of the end of the universe, which he came to view as inexorably leading to logical proof of the existence of God. In all honesty I have to admit that I was unable to get past the first equation in his Appendix for scientists. But the main body of the book is well written, and is clearly the work of a brilliant mind capable of synthesizing information from many scientific disciplines and theology. That said, Tipler fails most of the other criteria I have developed for reliability. Another way of saying this is that the conclusions Tipler draws from his mathematical model of the end of the universe seem to be distorted by ego-filtration, and provides a good example of what I call the Velikovsky Effect (Section 3.1.3). The first warning flags go up in the Preface to the book:

We physicists are by and large an extremely arrogant group of scholars. Our arrogance stems from the reductionist perception that ours is the ultimate science, and from our undoubted achievements over the past few centuries...As one who has spent his entire life as a physicist, I not surprisingly share this arrogance. In my previous publications on religion and physics, I have attempted to conceal this arrogance (not very successfully). In this book, however, I have not bothered, mainly because such concealment in the past has prevented me from presenting the strongest case for reductionism. And reductionism is true (Tipler, 1994).

To his credit, Tipler is explicit about key assumptions he makes: (1) the human mind is no more than a computer with a large computing capacity, and

(2) conscious life in the universe will continue to the end of time and expand to fill it. Tipler's mathematical model predicts an end to the universe in about 80 billion years (the Omega Point). I make no claim to understand the mathematics, but as the universe approaches the Omega Point, Tipler predicts that it will take on the characteristics of a computer with an unimaginably large computing capacity which he equates with what theologians understand to be God. Using game theory and microeconomic theory he deduces that God is (will be?) beneficent, and consequently will choose to reincarnate all humans who have ever existed in a sort of virtual reality which will not be distinguishable from the physical reality we perceive today. In one of the concluding paragraphs of the 339-page text (followed by 178 pages of notes and mathematical appendices), Tipler states:

The Omega Point Theory allows the key concepts of the Judeo-Christian-Islamic tradition now to be modern physics concepts: theology is nothing but physical cosmology based on the assumption that life as a whole is immortal. A consequence of this assumption is that resurrection of everyone who has ever lived to eternal life. Physics has now absorbed theology; the divorce between science and religion, between reason and emotion, is over...Religion is now part of science (Tipler, 1994:338-339).

Spoken like a Rigid Skeptic, who I suspect became a bit too enamored with a single awesome possibility that follows from his unquestionably significant contributions to modern physics.

A5 Rigid Skeptics, Credulous Believers and Alternative History

It is not always easy to tell the difference between an Rigid and an Open Skeptic, but both play a valuable function in challenging sloppy thinking by left-brain rational Believers and delusional thinking by right-brain intuitive Believers. My own bias as a left-brain rational thinker is evident in the preceding statement and I acknowledge that there are other ways of looking at this. For example, a friend who is a long-time Lightworker with high sense perception recently told me that she, for one, is very skeptical of the scientific worldview.

A5.1 Professional Skeptics.

In Section 2.2.2 I mentioned the role that the Committee for the Scientific Investigation of Claims of the Paranormal (CSICOP) played in my own journey from Skeptic to Believer. CSICOP was formed in 1976 as the result of a symposium sponsored by the American Humanist Association titled “The New Irrationalism: Antiscience and Pseudoscience.” CSICOP (I’m sure the double entendre of the acronym was intentional) has a stated purpose to “not reject on *a priori* grounds, antecedent to inquiry, any or all such claims [of paranormal phenomena], but rather to examine them openly, completely, objectively, and carefully.” The founding co-chairmen were Dr. Paul Kurtz, a professor of philosophy at the State University of New York and Dr. Marcello Truzzi, a professor of Sociology at Eastern Michigan University. Less than a year after the committee was formed, Truzzi and others resigned because they were unhappy with “the crusading zeal and inquisitorial approach adopted by Kurtz and others in place of the spirit of scientific inquiry” (Milton, 1996:152). Since then CSICOP has functioned primarily as an advocacy group to lobby for a particular point of view (Broughton, 1991). The philosopher David Ray Griffin points out that skepticism, in the true sense of the term, suggests an attitude of doubt toward all ideas, *especially* those dominant in one's own society. He finds that the prominent members of CSICOP, however, show little skepticism about the late modern worldview, and act more like true believers with respect to the scientific worldview (Griffin, 1997:25).

Thus members of CSICOP really have come to behave like Psi Cops, professional Rigid Skeptics who dismiss any information that doesn't fit into the world view of mainstream science. Consequently, I pay attention to, but take with a grain of salt, anything written by individuals associated with the organization. Some of the better known CSICOP Rigid Skeptics include the science writer Martin Gardner, the magician Randi, Paul Kurtz, Michael Shermer, and Robert Sheaffer (see Table A-1 for books written by these individuals).

The best book I have read from a skeptic's perspective is *How to Think About Weird Things: Critical Thinking for a New Age* (Schick and Vaughn, 1999). The authors focus primarily on developing one's own critical thinking skills and apply the principles to a variety of weird things such as extrasensory

perception, UFOs, channeling, and near-death experiences. They draw different conclusions than I do about these topics, and I encourage skeptical readers to compare their analysis and conclusions with those I present and make your own judgments. By the way, one of the blurbs on the back of this book provides a good example of appeal to emotion rather than reason by criticizing the person rather than the ideas (known as argument *ad hominum*):

The best book in the world to help the layperson understand the trickery and stupidity which quacks, con men, ideologues, pseudoscientists, and politicians use to help slide their hands into our pockets and their ideas into our minds (Secretary of Tasmanian Skeptics).

A5.2 Credulous Believers.

There is a genre of books, generally written in a journalistic style for a popular audience that seems aimed at what I would call credulous believers (i.e., apt to believe without sufficient evidence; easily deceived). These books often rely on derivative information and do not draw a clear line between empirical data and speculation. I find the CSICOP skeptics especially useful for identifying questionable sources of information. For example, Randi (1980) provides compelling critiques of books by Erich von Däniken (“The only facts in his four books, *Chariots of the Gods?*, *Gods from Outer Space*, *The Gold of the Gods*, and *In Search of Ancient Gods* that I depend on are the page numbers”) and Charles Berlitz, author of *The Bermuda Triangle* (1975), *Mysteries from Forgotten Worlds* (1972), *Without a Trace* (1978) — “all of which contain such demonstrable errors and misstatements that the simplest investigation of the claims made easily shows that these books should have been classed as fiction rather than fact.”

I call such sources “questionably credible” (See Table A-1) and have not relied upon them in developing my map of the territory of larger reality. A lot of the UFO literature falls in this category to my mind. The strange thing is that I have found sources that I consider to be reliable that force me to accept that there is much truth in the basic premises offered by these questionable sources. Consequently, although I have not relied upon von Däniken's books for information, there are sources that I consider reliable which suggest there have been extraterrestrial influences on ancient civilizations (see Section

3.7.3). By the same token, volumes have been written about the lost civilizations of Atlantis and Lemuria which offer very little in the way of unambiguous physical evidence, but I have encountered so many channeled higher dimensional sources that speak of Atlantis and Lemuria that I accept their historical authenticity without being able to comfortably reconcile the information with geologic understanding of Earth's history in the last 100,000 years or so.

Consequently, I do not mean to be disrespectful of the authors of books that I have classified as “questionably credible” in Table A-1. They, too, have their role to play in preparing humanity for the Great Shift. Like my Lightworker friend who is skeptical of the scientific worldview, there are many who do not need to understand things analytically. Nevertheless, discernment is an important quality for those who prefer a more intuitive approach.

A5.3 Alternative History.

There is a substantial literature about ancient and more recent history that is not generally accepted by mainstream historians and archaeologists for which higher dimensional channeled sources that I consider reliable provide some corroboration. Extraterrestrial influences on ancient civilizations are now part of my map of the territory (Section 3.7.3) as are the ancient civilizations of Atlantis and Lemuria. This literature includes works careful scholarship in the case of Robert Temple and Zechariah Sitchin and the impressive compilation of scientifically published anomalous human archeological evidence in *Forbidden Archeology* (Cremo and Thompson, 1998). Other works are less scholarly, but may have interesting information. I have not been able to form a coherent understanding of this literature myself, but include many of these references in Table A-1 for anyone who finds these subjects interesting. Perhaps someday I will give a shot at synthesizing this literature and higher dimensional sources on Lemuria and Atlantis.

Table A-1 Index to Major References

Topic	References
A5.1 Professional Skeptics	Casti (1989), Gardner (1957, 1981), Humphrey (1996), Randi (1980), Raymo (1998), Rothman (1998), Schick and Vaughn (1999), Shermer (1997); <i>Parapsychology</i> : Kurtz (1985), Stenger (1990); <i>UFOs</i> : Sheaffer (1998)
A5.2 Credulous Believers	<i>Questionably Credible Sources</i> : Berlitz (1972, 1975, 1978, 1984), von Däniken (1970, 1971, 1974a&b, 1996), Velikovsky (1950, 1955)
A5.3 Alternative History	<i>Alternative Archeology</i> : Cremo and Thompson (1998), Collins (1997, 1998) Goodman (1977-retrocognition), Schwartz (1978, 1983-retrocognition); <i>Alternative/Secret History</i> : Kenyon (2005); <i>Egypt</i> : Loye (1983-precognition), Temple (1998); <i>Sitchin's Earth Chronicles</i> : Sitchin (1976-1998, 1990,1995, 2002); <i>Atlantis</i> : Andrews (2001, 2004), Cayce (1968), Childer (1996), Donnelly (1882), Flem-Ath and Flem-Ath (1997), Hope (1991), Muck (1950), Pellegrino (1991-Thera eruption), Spence (1926), Wilson and Flem-Ath (2000); <i>Lemuria/Mu</i> : Andrews (2004), Cervé (1931), Childer (1988), Churchward (1926, 1931a&b, 1933, 1934) Williams (2001); <i>Shadow Government/Illuminati/ Secret Societies</i> : Baigent et al. (1983), Cooper (1991), Gardener (2002), Ickes (1995, 2000, 2001), Knight and Lomas (1999), Maxwell (2003), Pauwells and Bergier (1964), Picknett and Prince (1997, 2001), Ravenscroft (1982); <i>Positive View of Illuminati</i> : Henry (2003)

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Appendix B

Kinesiology as a Means to Obtain Information From Higher Dimensional Sources

Summary

Kinesiology is a method by which the human muscular system can be used to obtain information from a person's Higher Self, guides, and other higher dimensional Beings. These methods can be used by anyone, although they require practice to attain proficiency. This appendix identifies major testing methods, such as muscle testing, finger testing, pendulum testing and use of dowsing rods. It also offers suggestions for appropriate uses and identifies types of questions that may be problematic.

Appendix Contents

- B1 What is Kinesiology Testing?
- B2 Major Types of Kinesiology Testing
- B3 Appropriate Uses of Kinesiology Testing
- B4 Problematic Questions for Kinesiology Testing
- B5 Conclusion

This appendix is for readers who, like me, have not developed high sense perception (HSP) for direct visual or auditory information about or from nonmaterial realms, but would like to actively engage in communication with these realms. For most of human history direct access to nonmaterial realms, other than intuition, was available only to a few individuals who were chosen to be great spiritual teachers and those dedicated to the mystical spiritual path. Those dedicated to the mystical spiritual path usually required a teacher who could initiate them into the secret teachings that would lead to contact with nonmaterial realms.

B1 What Is Kinesiology Testing?

One of the indications that the coming transformation of human consciousness will involve a greater awareness of, and connection to, nonmaterial realms is that in the last forty years a method has been developed that allows *any* individual to ask for guidance from nonmaterial realms and to

receive concrete answers. The technique is called *kinesiology testing*. Kinesiology is the study of muscles and their movement. *Applied kinesiology*, originally developed in the 1960s by Dr. George Goodheart (Goodheart, 1979), uses muscle testing as a diagnostic tool to identify weaknesses in the functioning of the human body and to identify foods and nutritional supplements that are helpful (or harmful). *Behavioral kinesiology*, developed by Dr. John Diamond in the late 1970s, uses the same basic technique to test the effect of emotional and intellectual stimuli. In both applied and behavioral kinesiology the answers to questions come from the individual's Higher Self (see Section 4.1.6 for more about the Higher Self). Machaelle Small Wright, also in the late 1970s, began working with the nature intelligences, who recommended using a variant of muscle testing called finger testing as simple way of communication that could be used by anyone. In this situation, the answer to a question is coming from the nature spirits or Elemental beings that the question is being directed to.

The physical mechanism in muscle testing involves subconscious control of the muscles being tested such that a positive response to a question or declarative statement allows the muscles to remain strong and resist pressure, while a negative response creates a weakness in the muscles causing them to give way under applied pressure. The commonly used two-person testing technique, where one person holds an arm out parallel to the floor and a second person applies downward pressure, has received extensive clinical testing, and when the appropriate protocols are used, yields consistent, repeatable results (Diamond 1979a&b; Goodheart 1979; Kendall et al. 1971; Valentine and Valentine, 1987; Walther 1981). There is an International College of Applied Kinesiology that trains health professionals who wish to use the technique.

Kinesiology testing is a powerful tool which requires commitment and integrity to use effectively. The technique is not foolproof. Ego-filtration and other factors (such as depression of the thymus gland function) can result in incorrect answers. When used by a trained health professional to obtain information focused on a client's health, the results are reliable. Single-person tests by individuals for themselves are less consistently reliable.

B2 Major Types of Kinesiology Testing

I am aware of five major methods for kinesiology testing. Each person is different, so I suggest you use your intuition when deciding which to try first. In general, two-person muscle testing is the most reliable, but it is nice not to be dependent on finding another person to help with the test whenever you want to ask a question. The methods are not mutually exclusive. You might select a type that you can use alone for routine use, and for greater certainty on particular questions, use the two person method. The major types are:

- ***Muscle Testing.*** The two-person muscle test described earlier is the most commonly used method by health practitioners. Eden (1998) recommends it over the finger testing method and describes a way to use the arm method alone using a weight that is held in the hand.
- ***Finger Testing.*** Machaelle Small Wright gives instructions for using the finger testing method in most of her books. For starters you might try *Co-Creative Science* (Wright, 1997). It involves using the thumb and index finger of one hand to press against the inner part of the circle formed by touching the thumb and little finger of the other hand. A positive response creates a strong circuit, and so the circle cannot be broken. A negative response allows the thumb and little finger to be pushed apart. Some people feel confident using the method right away, but Machaelle recommends allowing a year to develop a strong confidence with the test.
- ***Pendulum Testing.*** Descriptions of pendulum testing may not describe the method as kinesiology, but the response of a pendulum is the result of subtle subconscious muscular movements. Any object suspended by a string can be used. The pendulum is suspended in the air by holding the string between a finger and thumb. The direction of circling of the pendulum indicates the response to the question. By convention, clockwise indicates yes, and counterclockwise indicates no. You can, however, program your body so that different responses mean different things. I started out using finger testing, but eventually shifted to a pendulum. One of the reasons I like the pendulum is that you can obtain more than simple yes or no answers. For example, I have

programmed my pendulum to swing back and forth in a line when the answer to the question is “doesn't matter” or “your choice.” There are times when the answer to the question I ask is not appropriate for me to know for my personal or spiritual growth at that time. When that happens my pendulum doesn't move at all. Brennan (1988) describes a procedure for dowsing chakras with a pendulum and provides a chart of physiologic indications correlated with 17 different pendulum motions.

- ***Dowsing Rods.*** Dowsing rods are more commonly used to detect features below the surface of the earth, but, as with a pendulum, the movement of the rod or rods is muscularly controlled. Various types of rods can be used ranging from the traditional Y-shaped water witching rod to wires bent at right angles held in each hand. When using dowsing rods for yes/no answers to questions, the key factor is to clearly define which response corresponds to yes and which to no. Skeptics, of course, pooh-pooh the efficacy of dowsing rods. For example, the United States Geological Survey preformed a study in the early part of the twentieth century where a number of water dowsers from the eastern United States were taken to the arid west and asked to recommend where to drill for water. An equal number of holes were drilled at random locations, and the percentage of holes that hit water was compared between the two groups. The water dowsers did no better than the random drilling. My view at this time is that negative results of efforts to study dowsing scientifically can be explained by the Experimenter Expectation Effect (Section 3.1.2). In the example above, what the dowsers were sensing was sufficiently subtle that it was easy for the skeptical investigators to disrupt the perceptual abilities of the dowsers.
- ***Internal Sense.*** Very intuitive individuals may be able to develop an internal sense of physical response in the form of a feeling of openness or relaxation in the gut or heart area (positive answer) or tightness in one or the other (negative answer). When I first wrote this Appendix, I relied primarily on a pendulum as described above. I now rely almost exclusively on my internal sense.

B3 Appropriate Uses of Kinesiology Testing

I think there was a reason that kinesiology testing was not available to everyone through most of human history. There can be a strong temptation to use information obtained from nonmaterial realms for selfish gain. Kinesiology testing is available to us now because those of us who wish to be part of the coming transformation of human consciousness need all the help we can get. I offer here my thoughts on the ways in which kinesiology testing can help us participate in the Great Shift.

- ***Personal Health and Well Being.*** I use kinesiology testing continuously to help enhance my day-to-day living, ranging from decisions as to what clothes to wear (only when I am uncertain), to what will be a healthy snack, to what vitamin supplements to take. If nothing else, it keeps times of indecision to a minimum. When we ask questions in this area, we are speaking to our Higher Self. Keep in mind that our well being may not necessarily equate with good physical health. Dealing with poor health may be part of a person's life purpose.
- ***Guidance for Personal/Spiritual Growth.*** Questions related to our personal and/or spiritual growth are directed to our Higher Self and the spirit guide or guides who have been assigned to help us. Unless you are experiencing a period of intense growth, communication of this sort is not frequent. Periods of intense spiritual growth can be unsettling, and there may be a temptation to ask questions to try to understand things that aren't making sense at the time. In my experience, the reason for things that don't make sense at the time are often revealed when the time is right. When a question comes to my mind, I often ask first, "Is this an appropriate question at this time?" If the answer is "no," it is then easier for me to relax and go with the flow. A good time for kinesiology is when you receive strong intuitions that perhaps it is time to make a change in your life. Kinesiology testing can provide confirmation (or denial) and be used for additional guidance.
- ***Guidance for Work Related to Your Life Purpose.*** When we are actively engaged in work related to our life purpose, kinesiology testing can be used to obtain guidance if we become unsure about how to

proceed. One of my life purposes was to write this book. Many times when I felt unsure or uncertain I would ask, “Am I on the right track?” When the answer was “yes,” I took comfort and plowed on. When the answer was “no,” I erased what I had written and started again.

- ***For Consenting Individuals.*** Many health professionals use muscle testing as a diagnostic tool and to identify nutritional supplements or other measures that will enhance the health of their client. Finger testing (and other single-person methods) can be used to test another person by establishing physical contact with the person and directing questions to that person’s Higher Self. ***Surrogate testing***, as the procedure is called, can be used to test children or family members and friends who do not feel comfortable testing themselves. See Wright (1988, 1994, 1996) for a more detailed description of surrogate testing for health. Surrogate testing is probably best confined to addressing health issues; a friend or family member who would like to use kinesiology for other purposes should be encouraged to learn how to use it alone.
- ***Working With Nature.*** Kinesiology testing is integral to the Perelandra processes for working with the nature intelligences (Wright 1990, 1993, 1997).

B4 Problematic Questions For Kinesiology Testing

Health professionals who use kinesiology testing are bound by the code of ethics of their practice to use the method only for the benefit of their clients. I recommend that individuals who use kinesiology testing develop their own guidelines to help avoid unethical or problematic uses. I offer here the guidelines that I have developed for myself.

- ***Avoid Questions with Strong Egoic or Emotional Content.*** Questions related to personal issues that elicit strong emotions or for which you have a personal preference for the outcome of the answer can easily be influenced by ego-filtration. If you are terrified of cancer and think you might have it, “Do I have cancer?” is probably not a good question for kinesiology testing. Go get checked by a health professional.

- ***Avoid Questions Arising From Selfish Intentions.*** I try to avoid asking questions that are motivated by desire for personal financial gain, power or status.
- ***Avoid Questions That Serve No Specific Purpose.*** In the grand scheme of things idle curiosity is probably not a great sin, but I try to ask questions with the intention that I will use or act on the information.
- ***Avoid Questions About or For Non-Consenting Individuals.*** To ask questions about someone else who has not provided their consent is a serious breach of privacy. It gets tricky when the non-consenting individuals are people that we care about and for whom our desire is to be helpful. It is generally not helpful to those we love to ask questions about them when we have our own ideas about what they need. Ego-filtration can easily affect the answers we receive. It is safer (but still not foolproof) to ask what *you* can do to be helpful to the person you love.
- ***Avoid Questions About the Future.*** Questions about the future will be answered but can be viewed as a forecast based on conditions at the time the question is asked rather than a precise prediction. Information about the future tends to distract us from our tasks at hand in the present. We also shape our future by our thoughts and actions in the present. Isn't it better to shape our future as best we can by our intentions rather than letting the answer to a question about the future shape our perceptions? I am not suggesting that it is *never* appropriate to seek information about the future. Precognition is a well-established psychic phenomenon. Alberto Villoldo, an energy healer trained in the Inkan shamanic tradition, describes a process of tracking future selves to identify and align with a person's alternative future in which the greatest healing occurs (Villoldo, 2000).
- ***Avoid Questions About Human Thought and Condition.*** By human thought and condition I mean, among other things, politics, religion, philosophy, history, human behavior and levels of consciousness. "Why not?" you may be asking. This is an issue about which

reasonable people can disagree. My instincts tell me we can easily get into trouble when we shift from the personal level, where kinesiology testing is a valuable tool, to using it to understand broader aspects of human thought and condition. Human thought and experience is rich and complex, and each person's understanding of what is true and false is too conditioned on one's frame of reference to be understood by simple yes or no answers.

Perhaps I should say a little more about that last guideline. I formulated it after reading about research that has used kinesiology testing specifically to answer questions in this area. The more I read, the more uneasy I became. It seemed like the Velikovsky Effect was operating, the grand idea being: kinesiology testing provides a tool that can be used to establish truth and falsehood in all aspects of human affairs. I suspect that the Experimenter Expectation Effect may explain the consistency of results when the same question is asked of thousands of subjects. The most serious concern I have with this approach is the temptation to violate the guideline of avoiding questions about non-consenting individuals. The idea of establishing with certainty whether a politician or an accused criminal is telling the truth or lying is certainly tempting. My gut intuition tells me that it is not the right thing to do. It also strikes me as an invasion of privacy to quantify and rank the relative levels of consciousness of great public figures. I do not have any doubt, however, that the motivation for this research has been to benefit humanity.

B5 Conclusion

For those interested in pursuing kinesiology testing, the Index to Major References identifies more than a dozen sources for further information. If you are not a health professional, but would like to use kinesiology testing for your own health and well-being, I recommend Diamond (1979b) and Wright (1988, 1994). The best discussion I have seen of broader applications of kinesiology testing is Chapter 2 (Cracking the Communication Code) in the *Perelandra Garden Workbook* (Wright, 1993). I would like to close with a quote from that chapter:

Over the years, I've met quite a number of people who ignore what I'm saying here and, after learning kinesiology, start using it across the board for every situation imaginable. They become kinesiology addicts and cosmic yackers. Then one day they wake up feeling exhausted and thoroughly disgusted with themselves and blaming kinesiology, swear off it entirely. They jump from one extreme to another. In bringing this up, I'm trying to save you the trouble of going through this. Think. And use good old-fashioned common sense about when and when not to use kinesiology (Wright 1993: 32-33).

Table B1 Index to Major References on Kinesiology Testing

Topic	References
Kinesiology/Muscle Testing	Applied Kinesiology: Goodheart (1979), Valentine and Valentine (1987), Walther (1981), Walther et al. (2000); Behavioral Kinesiology: Diamond (1979a&b); Muscle Testing: Kendall et al. (1971)
Educational Kinesiology	Dennison and Dennison (1989), Hannaford (1995, 1997)
Dowsing	Bird (1979), Graves (1990), Lonegren (1986), MacLean (1976), Ross and Wright (1990), Wiley (1975)
Applications	Health: Brennan (1988-pendulum), Eden (1998), Wright (1988, 1994, 1996); Human Consciousness: Hawkins (1995); Nature Intelligences: Wright (1990, 1993, 1997)

Organizations:

Educational Kinesiology Foundation, Ventura CA, 800-356-6126 www.braingym.org .

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Appendix C

Prophecies of Catastrophic Earth Changes and Other Scary Things

[A]ny and all sources who predict terrible futures are to be discarded as dangerously untrue—no matter how well-intentioned they are—because the future is unformed and it will be the result of your imagination, creativity and intent. I would say that this is more important to grasp than any abstruse concepts about planetary or personal initiations or ascensions. Djwhal Khul (Starre, 2004:26).

Summary

I have relegated the scary topics covered here to an appendix because I choose not to give them much energy by my own focused attention. In Chapter 6, I offer the metaphor of a multidimensional Game of Duality as a way to understand, and not take too seriously, the difficult things that are happening on Earth at this time. It is not necessary to actively engage in the game to be part of the Great Shift. In fact, those who choose a spiritual, contemplative path provide tremendous energy in support of the Shift. On the other hand, those who see themselves as Warriors of Light and actively engage the dark side of human existence are also providing tremendous energy in support of the Shift. I have sought to understand the Game of Duality as best I can without getting too caught up in it. From my perspective, many Warriors of Light are unaware of the subtleties of the game as it is played by the Loyal Opposition or of the energy that they give to unnecessary possible timelines by focusing attention on predictions of catastrophic Earth changes.

I offer this Appendix with the perspective of someone who has played the Game of Duality somewhat reluctantly, but with enough direct experience to feel I have learned some things that may be useful for other players. I begin by emphasizing the importance of taking care in how we align our thoughts and focus our attention by offering an energetic framework for understanding the Game of Duality, followed by some cautions and precautions for positively-polarized souls who are actively playing the Game. I suggest some techniques for detecting “mixed” energy in the written word and for maintaining one’s positive polarization when engaged in the Game of Duality.

A major thesis of this book is that when Earth’s dimensional shift is completed, it will be a planet inhabited entirely by positively-polarized souls. In the meantime

Earth is a mixed-polarization planet, and for positively-polarized souls who are actively engaged in the Game of Duality, I offer information about the Loyal Opposition, covering the following topics: 1) the difficult path of service to self, 2) our Dark Brothers as teachers, 3) the Lucifer Experiment, 4) Earth Friends in the Loyal Opposition (EFITLO), 5) Mischievous/Neutral Extraterrestrial Organizations (METOs and NETOs), 6) Scary Extraterrestrial Experiences (SETEs), and 7) Religious and UFO Cults. I also present some information on ways to deal with mischievous entities and other energetic challenges.

This Appendix concludes with the topics of apocalypse, cataclysm, catastrophe and other exciting events by suggesting that there are a variety of reasons why people are fascinated with the subject, even though the timeline shift in 1987 means that catastrophic Earth changes are no longer likely (Section 7.4). I present the approach I have developed to support the non-catastrophic probable timeline and propose some quantitative criteria for determining whether an event is catastrophic. Finally, I offer my perspective on thirteen end-of-the world scenarios and present information on a number of Earth changes maps as evidence for the timeline shift.

Appendix Contents

- C1 Taking Care How We Align Our Thoughts and Focus Our Attention
 - C1.1 Energetic Aspects of the Game of Duality
 - C1.2 Cautions and Precautions for Positively-Polarized Souls
 - C1.3 Further Thoughts on Energetic Aspects of the Written Word
- C2 The Loyal Opposition on Planet Earth
 - C2.1 The Difficult Path of Service to Self
 - C2.2 Our Dark Brothers as Teachers
 - C2.3 The Lucifer Experiment
 - C2.4 Earth Friends in the Loyal Opposition (EFITLO)
 - C2.5 Mischievous/Neutral Extraterrestrial Organizations (METOs and NETOs)
 - C2.6 Scary Extraterrestrial Experiences (SETEs)
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C1 Taking Care How We Align Our Thoughts and Focus Our Attention

In Sections 2.5.4 and 2.5.5 I examine some of the scientific evidence that conscious thought is able to influence what happens in material reality. The power of our attention and intention can work as a two-edged sword. The more conscious we are of this potential, the better equipped we are to use it in positive ways.

C1.1 Energetic Aspects of the Game of Duality.

The subtlest aspect of the Game of Duality, as it is played in the third dimension on a mixed-polarity planet like Earth, is the energetic consequences of our thoughts, words and action (see Section 6.2.2 for more on how I understand the Game to be played at different dimensional levels). The energy of our thoughts, words and actions has a profound affect on our individual spiritual development but also interacts to varying degrees with the energy of the thoughts, words and actions of everyone else on the planet. In my own spiritual awakening process, when I accepted that my thoughts and words had energetic consequences, I became both more aware of the positive and negatives energies associated with my own thoughts and of the energies associated with the words I hear and read. With a greater awareness of my own thoughts, I have learned to consciously focus them to enhance their positive energy and to simply acknowledge and release thoughts with negative energy.

We are also affected by the energy of the thoughts, words and actions of others, especially those we interact with and those we focus our attention on via the media and the written word. One's emotional response is an imperfect way to discern whether the energies we are receiving from others is positive or negative. We may react negatively to sincere loving words that we don't feel we deserve, and positively to manipulative words that encourage us to feel superior to or better than someone else. Nevertheless, awareness of one's

emotional response to information is a valuable technique for discerning whether we are allowing positive or negative energies to impinge upon our personal energy fields.

C1.2 Cautions and Precautions for Positively-Polarized Souls.

I have relegated the “scary” topics covered here to an appendix at the end of this book because I choose not to give them undue energy by making them the center of my own attention or the attention of those who read this book. For those readers who have come this far, I have several requests to make of you. First, do not read the rest of this Appendix unless you really feel guided to do so. My sense is that the information presented here is not necessary for most people in order to consciously and joyfully participate in the Great Shift. If you *do* choose to continue reading, I ask that you pay particular attention to your emotional reactions as you proceed. This is an opportunity for you to develop your skills in playing the subtler aspects of the Game of Duality. If you feel fear, anger or indignation, please pause and look inward, following the emotion to its source. Whether the source of the emotion is within (an indication of a need for emotional healing) or truly a response to external negative energy, the energy of the emotion can be released by simply saying, “I release this feeling of (fear, anger, indignation, mistrust),” and replacing the emotion with a feeling of love.

By focusing our attention on the topics contained in this Appendix we move into an area of the Game of Duality where negatively-polarized souls are masters. In Section 6.2.2, I introduced the term “Loyal Opposition” for such souls, and I like to affectionately refer to them as our Loy Opp friends. Our Loy Opp friends are masters of manipulation, deceit, misdirection and obfuscation, while we positively-polarized souls avoid these same traits to the best of our ability. If we try to consciously use the methods of the Loyal Opposition, we play immediately into their hands. To give you an idea of how tricky it is to play this aspect of the game I would like to share some things I have learned as I have gingerly entered this territory. First, naive trust is easily manipulated. However, if we let ourselves be guided by mistrust, we again play into the hands of the Loyal Opposition. Rather than trust or mistrust, my advice can be summarized in three words: discernment, discernment, discernment (I recommend the same when dealing with higher dimensional information—see Chapter 4).

For me, the most challenging feature of this part of the Game is that we also play into the hands of the Loyal Opposition when we give in to the temptation to connect the negative energy associated with words and actions with the person they come from. It is rare to meet a negatively-polarized soul face to face. They are such masters of deception that they let positively-polarized souls inadvertently, and often with the best of intentions, sow the seeds of mistrust. A favorite technique is to create guilt by association, in which the good work of a positively polarized soul is perceived as tainted by association with individuals or programs that seem to be driven by negative energy.

Perhaps the greatest allies the negatively-polarized folks have at this level of the Game of Duality are our own mental and spiritual egos. Any positively-polarized soul who is attracted to playing the Game of Duality as a battle or confrontation between the forces of light and darkness, or truth and falsehood, is vulnerable to influences by higher dimensional, negatively-polarized souls via the mental and spiritual ego.

Did I get your attention with that last sentence? If not, please reread it. It may not seem fair that, even with the best of intentions, we are subject to having our thoughts influenced by negatively-polarized higher dimensional beings, but if you are reading this Appendix, you need to know this. I experienced such influences early in my own spiritual awakening and am grateful for the increased sensitivity that I have for detecting it in myself and in others (see also discussion of ego-filtration in Section 3.2.3). I have detected such higher dimensional manipulation in the written work of very experienced and spiritual Lightworkers, and I cannot guarantee that I am free of such influences myself. I will not give names here because the subtle manipulation I perceive pales energetically in relation to the positive energy they have brought to humanity and the planet.

The trickiest thing about engaging the Loyal Opposition is that it is so easy to fall into an us-versus-them frame of mind. To give you an idea of how tricky this is, even to identify ourselves as positively-polarized souls gives subtle energy to this kind of thinking. We and they are One and simply attuned to different shades of love.

Now we come to the most important “weapon” for those of us who choose to play the Game of Duality on the turf of the Loyal Opposition: Unconditional Love. Unconditional Love does not manipulate, does not deceive, does not mistrust. When faced with Unconditional Love, the Loyal Opposition must simply stand aside and observe or withdraw entirely.

In this Appendix we are dealing with the Loyal Opposition on their own turf by examining topics that easily elicit emotions of fear, anger, and mistrust. The decision to enter this arena of the Game of Duality is not one to be taken lightly. I honor your courage in joining me, and encourage you to bring along three things: caution, discernment, and Love. And the greatest of these is Love.

C1.3 Further Thoughts on Energetic Aspects of the Written Word.

After writing the above, I thought I was ready to delve into the topics in this Appendix while avoiding the pitfalls I have warned about. Instead, I found my writing slow to an excruciatingly slow pace as I carefully weighed the thought and intention behind every word I wrote, and eventually ground to a complete halt. I have come to recognize apparent blockages as opportunities to dig deeper into myself for understanding that allows a shift in perception. Conversations with my wife and a Lightworker friend who is well-attuned to the subtleties of the Game of Duality brought me to a clearer understanding of the reasons for the difficulty I was experiencing. This understanding has helped me refine my own approach to writing about scary or disturbing topics, as well as learn how to read material with “negative” energy without letting it affect me in an unhelpful way.

In the previous two sections, I spoke of positive and negative energy, a very dualistic way of looking at energy—but hey, this is the game we are playing, isn't it? My higher dimensional friend Aaron has taught me a different perspective that is relevant here. According to Aaron, it's all about how freely energy flows. Any thought or emotion which is followed by a contracted response within oneself restricts the flow of energy. The thought or emotion itself is not negative in and of itself. A contracted response, however, which often can become habitual, restricts the flow of energy.

You can do a simple exercise to experience what I am talking about. Think of someone you love and note the expansive feeling that comes from that thought. Now, think of someone you dislike or an experience that scared you. It's not necessarily a physical response, but did you notice a feeling of contraction or restriction within yourself? Learning to recognize a contracted response to my own thoughts and emotions in response to internal and external stimuli and consciously taking a breath and releasing the contractedness is the most powerful routine spiritual practice that I have found in my own life.

Spoken and written words create an energetic response in those who receive them through a complex interaction between the meaning that becomes attached to them by common usage, the way in which they are used by the speaker or writer, and one's own life (and perhaps incarnational) experience with the word. The same word can elicit completely different energetic responses in different individuals. For example, I have friends who experience a contracted response to the word "Christian" arising from unpleasant life experiences growing up in fundamentalist families, and I also have devout friends who feel expansive joy in response to the word. So instead of speaking of negative and positive energy associated with words, I will henceforth refer to contracted or open energy as shorthand for "contracted/open response to the flow of energy." Sometimes inspirational words have the ability to really open us up energetically, and I will sometimes use the term expansive energy for such language.

As we learn to recognize our energetic response to language, it is useful to differentiate, if possible, the energy imparted by common usage, the energy imparted by the person using the language, and the energy imparted by our personal life experience. In the first two cases, it is not "our" energy, and thus usually easier to let go of the contracted feeling. A contracted energetic response coming from one's life experience may not be released as easily because the response has become habitual. Recognizing the habitual response of contraction is useful for identifying directions for one's personal emotional healing work.

The mainstream audiovisual media, especially television, is largely designed to elicit a contracted energetic response of anger, fear, or helplessness through the use of visual images and added energetic nuances transmitted via the

voice and other sounds. Contracted energy in written media is subtler but has the same ability to affect us energetically in ways that are not beneficial if we are unaware of what is happening. By the same token, language, music and art can have expansive energy that opens our energy field in wonderful ways. Since I am communicating here with the written word, I would like to highlight some types of contracted energy that I have found in the course of research I have done for this Appendix:

- Mention of the beliefs, actions, behavior or work of other individuals or groups of people in a way that is disrespectful, dismissive, derogatory or ridiculing.
- Use of emotionally-loaded adjectives and other language with negative connotations.
- Frequent use of specific words that by common usage elicit a strong contracted response.
- Implications that all individuals, who have worked in association with a person considered to have questionable motives, are like him or her (guilt by association) or have been naively manipulated by that person.
- Strong ego influence (focus on self, name-dropping, inflated sense of self importance).
- Language that encourages an “us-versus-them” frame of mind.

In all of the above instances, the source of the contracted energy is the writer (his or her own “problem”), but may serve the purposes of the Loyal Opposition when those reading the material perpetuate the contracted energy by taking it on consciously or subconsciously. The difficulty I have encountered is that I can overreact when I perceive contracted energy in someone else’s writing and become overly concerned about the possibility that contracted energy may creep into my own writing. These feelings became acute with the topics in this Appendix because the published literature discussed here has a higher quotient of contracted energy compared to most of the written material I have relied upon in writing this book.

As you read the rest of this Appendix, I encourage you to pay attention to your energetic responses. As you read about the difficult path of service to self and the Lucifer experiment, can you feel compassion (expansive flow of energy) rather than pity (restricted flow of energy)? Pay attention to whether you feel a sense of contraction when you read about the secret shadow government, mischievous extraterrestrials, scary extraterrestrial contact experiences, and religious and UFO cults. A sense of contraction is a sign of a restricted flow of energy. The energy in conditions, thoughts or emotions that cause the contraction is not necessarily negative in and of itself.

The amount of flow restriction or openness that we habitually experience defines our degree of polarization. If you feel a sense of contraction while reading, I encourage you to pause, note the information and emotions that caused the contraction, take a deep breath, and visualize energy flowing through you until the contracted feeling passes. This is actually a good practice for any type of situation. This is the big advantage that we have over our friends in the Loyal Opposition. They lived for so long in a contracted state that they have forgotten how wonderful the expansive feeling of Love is.

My biggest challenge in covering this material has been to find ways to talk about this literature without resorting to the types of contracted-energy language I have identified above. Without being consciously aware of what I was doing, I had developed a number of strategies for dealing with this dilemma. This seems like a good place to make these strategies explicit.

- When specific terms have by common usage taken on a contracted energy, I use, or make up alternative terms that don't. Examples of this strategy are my use of referring to negatively-polarized souls of whatever dimensional persuasion as the Loyal Opposition, or EFITLO (Earth friends in the Loyal Opposition—see Section C2.4), and mischievous extraterrestrial organizations (METOs—see Section C2.5).
- I generally use down-to-earth, common everyday language with occasional light-hearted humor to talk about these topics as a way to demystify them.

- I try to be respectful of everyone who has ventured to deal with the Loyal Opposition on their own turf. I honor them all for the challenging work they have undertaken. It is a noble mission for a positively-polarized soul to expose oneself to so many opportunities to deal with contracted energy, and I will not fault anyone for letting some contracted energy make its way into their written work. The harshest thing I will say about such sources is that I perceive mixed energy in their work.

For those of us who are drawn to read about the topics covered in this Appendix, the task is to recognize mixed energies when we encounter them, harvest what seems useful and leave the rest. At the risk of sounding like a broken record, it all comes back to our responsibility to exercise discernment, discernment, discernment in all things.

C2 The Loyal Opposition on Planet Earth

Many Human Beings do not understand what darkness and light is, and so again we tell you: The definition of the dark side is “energy without love.” So many Human Beings are convinced that there are entities whose job it is to be dark! That is not so. There is no entity in the universe whose job it is to be dark. Again, there is no entity in the universe whose job it is to be dark (Kryon VII, 1999:193).

The Pleadians offer this perspective on the game of duality:

The battle of light and dark and good and evil is only between portions of yourself. These portions are multidimensional extensions or reincarnations of the same collective of energies that you are part of as an individual. Because you don't understand something you fear it. As separated forms of consciousness that are part of Prime Creator's game, you are in a universe that is made up of dualities. Prime Creator brought

*this universe into being with the components of free will so that free will could lead to chaos and then to realignment of energy and realization of the Creator within all things. **The Pleiadians** (Marciniak, 1992:82).*

The higher dimensional being (HDB) Kryon, whose messages consistently contain open and expansive energy, identifies several types of “dark” entities (1) technologically-advanced unenlightened biological ETs, (2) those seeking information about human emotion, and (3) entities that feed on human fear, (Kryon II, 1994:175-177). The first category includes ETs who work with what I call the EFITLO (Section C2.4) and I say a bit about them in Section C2.5 (METOs). The second category, in my scheme of things, includes ETs who are responsible for scary extraterrestrial contact experiences (SETEs—see Section C2.6). The third category ranges from basically harmless entities from lower astral realms that Robert Bruce (1999) calls astral wildlife (see Section C2.8 for pointers on ways to deal with these critters) to entities that can scare the pants of you.

C2.1 The Difficult Path of Service to Self.

In Section 6.2.2 I describe how the Game of Duality is played at different dimensional levels. The interesting thing is that it is much more difficult for negatively-polarized souls to move to higher dimensional levels than it is for positively-polarized souls. For example, according to Ra (1984), a negatively-polarized soul must be 95% negative (i.e. almost completely free of any caring for any other person) in order to shift from third to fourth density. In contrast, a positively-polarized soul needs only to be 51% polarized toward service to others in order to shift to fourth density.

Here I have to say that higher dimensional sources differ on the effect of negative polarization on individuated consciousness. For example, Zoosh says that 75% negativity shortens life span from one-third to two-thirds, and negativity beyond 80% causes a person to die. (Zoosh/Robert Shapiro, *Shining The Light IV*, November 26, 1996:496, www.lighttechnology.com). Elsewhere, in a discussion of a negatively-polarized planet in the Sirius star system, Zoosh noted that it was generally not much worse than 70% because people just can't tolerate more (Zoosh/RobertShapiro, *Shining The Light IV*, November 16, 1995:51, www.lighttechnology.com).

I'm not sure exactly how Zoosh's percentages relate to those given by Ra, but they give an inkling of what life on a negatively-polarized planet might be like. Imagine absolutely cut-throat free-market capitalism where there are no naive, well-intentioned people to manipulate at work or in the market place, where all personal relationships are coercive at best and abusive at worst. That's probably as close as we can come to understanding what it might be like to live in fourth density on a negatively-polarized planet. Your status is determined by how many others you are able to control. Very few souls on such a planet are able to climb to the top of the pecking order and make the shift to fifth density. According to Ra, Genghis Khan, whose Mongol Hordes massacred the population of entire cities, is an example of a negatively-polarized individual who shifted to fourth density when he died. Guess where he ended up when he reincarnated on a fourth-dimensional, negatively-polarized planet?

The one you speak of as Genghis Khan, at present [January 28, 1981, almost 800 years after his death in 1227], is incarnate in a physical light body which has the work of disseminating material of thought control to those who are what you may call crusaders. He is, as you would term this entity, a shipping clerk. (Ra, 1984, I:119)

I am guessing that a similar fate awaits the innermost circle of the Secret Shadow Government once the Great Shift is completed. They have chosen the negatively-polarized path through power and domination of others and I do not envy them one bit. Can you feel compassion for those who have chosen such a grim future? If not, I encourage you to reconsider whether you are suited for playing the Game of Duality on their turf and perhaps focus your attention elsewhere.

According to Ra, only souls that have the maturity to be able to make the shift from third to fourth density have been allowed to incarnate as we approach the Great Shift. Ra would not indicate how many negatively-polarized, third-density souls are on Earth at that time because it was not appropriate information for us to know. I agree that we don't need to know. But my intuition tells me that the number of fully negatively-polarized, third-density souls on planet Earth today is *very* small. The very large majority of us are

positively polarized, but many have forgotten this and act in ways that are not very nice.

C2.2 Our Dark Brothers as Teachers.

Hilarion, a higher dimensional Being who is a member of the White Brotherhood (at higher dimensions this name does not have either racist or patriarchal connotations) provides an interesting glimpse of how the forces of light and darkness negotiate the types of tests that an individual on a spiritual path may encounter. There is a Dark Brotherhood (here the name seems appropriate since I have not encountered the names of any of its members which seem to have a feminine energy) whose members are able to function at fifth and low sixth density consciousness levels by using certain mental techniques to shield themselves from the pain that negatively-polarized souls normally feel when exposed to the level of light and love that exists in these dimensions (Hilarion, 1981:12).

On a third-dimensional, mixed-polarity planet like Earth the Dark Brothers operate under certain constraints, which can be suspended under certain circumstances. Members of the Dark Brotherhood and Light Brotherhood/Sisterhood meet regularly, and Hilarion gives several examples of the kind of horse trading that takes place (my words, not his). For instance, when Hilarion's channel Maurice Cooke was early in his awakening process and using a pendulum to communicate with higher dimensions, the Dark Brothers were given a period of three weeks in which they had exclusive contact with the channel so that they could attempt to steer him away from a spiritual direction. In exchange, the White Brotherhood was allowed to speak directly through several of the Dark Brotherhood's channels, providing an opportunity to affect a number of souls who had fallen under the influence of earth personalities with a negative purpose (Hilarion, 1981:13-14).

If the above information is disturbing, I again ask you to reconsider whether this is a part of the game board where you really want to be playing in the Game of Duality. Maurice Cooke, in the example above, passed the test with no difficulties and used the time of direct contact with the Dark Brothers to good advantage. The type of testing described above is *not* typical, and when it happens, it usually occurs early in one's spiritual awakening process. Without going into details, when I initiated my own spiritual awakening by

saying “I’m ready, take me as far and as fast as you can,” I was totally clueless about the testing I would receive from my Dark Brothers. I won’t say it was easy, but I am deeply grateful for all that I have learned during these periods of testing.

I will offer one more example of how our Dark Brothers function as teachers. Karyn Mitchell in her book *Walk-Ins* describes an unusual case of a woman suffering from an extremely painful case of fibromyalgia (Mitchell, 1999—the walk-in phenomenon is complex, but at the simplest level can be understood as a kind of soul exchange taking place in a human body). Hypnotherapy revealed the following story. The original soul apparently loved a man so badly that she bargained with a negative entity named Susto. The deal was a barter, like selling your soul or betting with the devil. She could have the man she wanted, but Susto could have her body if she reached a point where she no longer wanted it. The man was very abusive (apparently due to some manipulation by Susto). When the original soul realized that she had made a poor bargain, Susto took over her body and killed it.

The walk-in soul had been observing from the Higher Astral Plane (this equates to fourth dimension in my dimensional classification scheme) and walked-in to prevent the darkness from winning so easily in this situation. Susto, however, attacked the subtle and etheric bodies to get even, causing the person’s painful condition. Mitchell was able to call higher powers to bring about a healing of the body. When it is over, Mitchell asks Susto why he does such things and the reply was: “It is what we do to assist people with their spiritual growth.” When Mitchell asked how such a violation could teach anyone anything, he responded: “One cannot learn about the Light unless they also experience darkness. It is what we do. We serve also. We serve as a contrast” (Mitchell, 1999).

C2.3 The Lucifer Experiment.

The Game of Duality seems to be played with particular seriousness by the monotheistic religious traditions of Judaism, Christianity and Islam and by the ancient Persian religion of Zoroastrianism. In the monotheistic traditions the dark side is embodied by the figures of Lucifer and Satan and in Zoroastrianism in the figure of Ahriman, the nearly equal evil counterpart to the principle of good, Ahura-Mazda. The Old Testament contains pretty

sketchy reference to the Dark Lords Lucifer and Satan, with only one mention of Lucifer, the fallen angel, in Isaiah (14:12), and mentions of Satan leading King David astray (I Chronicles 21:1) and testing Job with Yahweh's permission (Job 1, 7). Lucifer is not mentioned in the New Testament but Satan is given more prominence than in the Old Testament, being mentioned on fourteen occasions in Matthew, Mark, Luke, Acts, Romans, II Corinthians, I Timothy and Revelations.

Although the Old Testament provides little concrete information about Lucifer and Satan, by the time Jesus was born, a rich Jewish tradition had become established in which the archangel Lucifer fell from the Light and became God's adversary with the name Satan. Rudolf Steiner, the founder of anthroposophy considered Lucifer and Ahriman important enough that he wrote two books about how they have influenced humanity (Steiner, 1954, 1985). The theosophist Madame Blavatsky includes many mentions of Lucifer and Satan in her classic esoteric texts *Isis Unveiled* (Blavatsky, 1877) and *The Secrete Doctrine* (Blavatsky, 1888), although her integration of eastern religious traditions into her thinking makes it clear that she disapproved of the intense duality of Christian and certain aspects of the Jewish Cabbalistic mystical tradition.

I have focused on Lucifer and Satan here because their stories have a powerful energy for those of us who have grown up in the ambience of the Judeo-Christian, Euro-American worldview. This resonance makes us vulnerable to manipulation in the Game of Duality when we fall into the easy pattern of seeing what they represent as something other than and separate from us. This cultural influence often expresses itself in channeled material. For example, I see strong frame-of-reference filtration in the channeled *Urantia Book*, which devotes an entire chapter to the Lucifer rebellion and one-and-a-half pages of its index to references to Lucifer (Urantia Book Fellowship, 1955). In the cosmology of the *Urantia Book*, Lucifer was the instigator of a multi-stellar/planetary rebellion in the local universe that we inhabit with his first lieutenant Satan in charge of mischief-making on Urantia (Earth).

One of my hopes in writing about the Loyal Opposition, for those who are attracted to playing the Game of Duality on "their" turf, is to make it easier to carry love into "their" territory. To this end I would like to offer two different

stories about Lucifer that have made it easier for me to view him with love and appreciation. Drunvalo Mechizedek notes that the words “Lucifer rebellion” carry a stigma that has haunted mankind for at least as long as the Bible has been on Earth (Mechizedek, 2000:411). Drunvalo describes it as the “Lucifer Experiment,” in which Earth became the unfettered testing ground for free will:

With great respect between two brothers, the battle between good and evil began. It was a battle to the death, yet neither could die. It was a battle that had to be, for it was the will of God. For the overall sake of the universe, [Archangel] Michael supported the side of the light and the good, and Lucifer backed the side of darkness and evil. A new possibility was about to be lived. And we humans thought it was a great idea, this idea of free will (Melchizedek, 2000:412).

The idea that planet Earth was chosen as a special place in the cosmos to experiment with free will was one of the hardest things for me to accept in my map of the territory of the larger reality. In Section 8.2.1, I discuss this aspect of the Great Shift in more detail, including Ariel’s story of the origins of negativity on Earth. Here I will add some more details concerning Lucifer’s role in this story. Lucifer was a highly positively-polarized guardian angel at the beginning of the Earth experiment who experienced anxiety when mischievous extra-terrestrials began messing around with the experiment (elsewhere I refer to these ETs as neutral because the best information I have is that they were not strongly negatively polarized—see Section C2.5). If Lucifer had had a good vipassana meditation teacher, he would have made space for the anxiety instead of seeing it, or the actions of the ET’s, as “bad.” According to my higher dimensional friend Aaron (who has this story from his teacher Ariel):

The archangel who you now call Lucifer judged itself for those arisings [of anxiety], needed to be rid of those negative arisings in itself and thereby thought it needed to be rid of negativity in the universe through the exploration of that negativity... Lucifer became so entrapped that it needed to investigate the nature of negativity at ever-greater depths. To some degree what it does is merely to continue this investigation to see if it can find a

place where negativity finally is separate from positivity and may then be extended far enough out that it over-balances and becomes more powerful than positivity. Of course this cannot be so, but the exploration does lead to great suffering. (Aaron/Barbara Brodsky, transcripts of May 24 and 26, 1993)

C2.4 Earth Friends in the Loyal Opposition (EFITLO).

In Section 1.2.5, I speak of the cleansing effect of hidden ugly truths of abuse, manipulation and deception in government, commerce and religion being made public, and Table 1-4 identifies numerous mainstream books that have been published which expose this truth. My sense is that most of the individuals responsible for the ugliness discussed in Chapter 1 are positively-polarized souls who by agreement, or the choices they have made, have taken on the role of bad guys in the Game of Duality. Here we move into the domain of the negatively-polarized Loyal Opposition where the layers of manipulation and deception are deeper than we can probably fathom. This is territory where, in my opinion, some members of the New Age community give considerably more energy to the Loyal Opposition than is merited.

By writing about this topic, I find myself in interesting territory because, prior to looking into this, I never took conspiracy theories, such as those surrounding President Kennedy's assassination in 1963, very seriously. Let's start with a good news/bad news perspective on the subject. The good news is that higher dimensional sources in which I place great confidence agree that the time when negatively-polarized souls will have to leave planet Earth is coming in the not-too-distant future. The bad news is that they are very active in the world today and growing desperate because they are realizing that their ability to control events is slipping as more and more people awaken to their identity as powerful multidimensional Beings. The good news about the bad news is that whatever "they" do provides us with the opportunity to create positive energy in the Earth experiment by responding with Unconditional Love.

In the *Shining the Light* series of channeled material, published by Light Technology Publications, "they" are usually referred to as the secret shadow (or sinister) government (SSG), and, as the name implies, it is not the same as the public and private governmental, economic, and social institutions that

they manipulate. The Illuminati is another commonly used name for this relatively small group of negatively-polarized individuals who, in turn, are assisted and manipulated by higher dimensional negatively polarized souls. In current usage *Illuminati* usually has a negative connotation, but this has not always been the case. The term dates as least as far back as the fifteenth century when it was used by a Spanish society which claimed to possess superior enlightenment. Madame Blavatsky cites the Illuminati as examples of enlightened members of secret societies that had lost sight of their original purpose (Blavatsky, 1877, II:391). Investigative mythologist William Henry, on the other hand, uses the term Illuminati in a positive sense (Henry, 2003). Barbara Hand Clow uses the name “global elite” (Clow, 2001:158), but I find that this term to be too easily confused with usage by mainstream social scientists, such as C. Wright Mills’ power elite (Mills, 1956). For example, economist J.F. Rischard uses the same term as Clow without implying anything more sinister than it being a consequence of free-market capitalism (Rischard, 2002).

I perceive the names SSG, Illuminati (in most common current usage) and global elite all to have contracted energy associated with the names, and this is exactly what “they” want. My antidote to this is to offer a name that has no negative connotations: Earth Friends in the Loyal Opposition, or EFITLO, for short. It’s a little harder to get indignant about the shenanigans of the EFITLO compared to those of the conniving Illuminati, isn’t it? Can you feel the shift in energy within you when you are given a more neutral way to think about the mischief that negatively polarized individuals make on Earth?

As best I have been able to piece together information from a variety of sources, the EFITLO consist of a relatively small group of extremely powerful negatively-polarized individuals, who maintain a low public profile, as they manipulate and control the media, national governments, corporations, many religious institutions and even parts of the New Age movement for their own purposes rather than for the benefit of humanity as a whole. The EFITLO have been around for at least seven thousand years, and probably longer, a shadowy presence that has operated through secret societies and shaped human history in more ways than the most dedicated conspiracy investigator can document. The important thing to know about the EFITLO is that the number of truly negatively-polarized individuals has always been very small, and that today, even within its secret bases and in clandestine

government programs, the large majority of individuals involved in the day-to-day operations are positively polarized. The EFITLO have throughout history received the assistance of, and been manipulated themselves by, METOs (see next Section).

There is a substantial alternative history and conspiracy-theory literature on the murky practices of secret societies, such as the Knights Templar, Freemasons and more recent institutions such as the Trilateral Commission (see Table A-1 for selected references on this subject). I have delved into this literature enough to observe strong influences of the Velikovsky Effect. At the same time I have found a lot of information in this literature that I would previously have dismissed as outlandish, but is consistent with information from higher dimensional sources I consider reliable. Consequently it now has a place in my map of the territory of the larger reality. I find much of this literature to be written by well-intentioned individuals who, in my opinion, give unnecessary energy to the Loyal Opposition by the way they approach their subject. On the other hand, I honor greatly the heroic positively-polarized souls who have experienced excruciating physical, emotional and mental pain and suffering in secret mind control programs and have healed themselves and contributed huge energy to the Great Shift through forgiving those who caused their pain. If you really want to know the unspeakable things the U.S. government has done to thousands of its citizens or suspect that you may be one of those citizens, I recommend Judith K. Moore's *Song of Freedom*, in which she courageous and unflinchingly tells the story of her own experiences and healing journey (Moore, 2002).

Here I would like to comment specifically on the work of David Icke and the English writing team Lynn Picknett and Clive Prince (especially their book *The Stargate Conspiracy*) to illustrate some of my reservations about this literature. Before going any further I want to make it clear that I see everyone involved here proceeding with positive intentions. For example, I agree wholeheartedly with David Icke when he says:

[T]here is nothing to fear. Life is forever and everything is just an experience on the road to enlightenment. Viewed from the highest level of perception, there is no good and evil, only consciousness making choices to experience all there is to experience. The astonishing events which this book exposes are

in the process of coming to an end as the light of freedom dawns at last on the biggest transformation of consciousness this planet has seen in 26,000 years. It is, despite some of the information you are about to read, a wonderful time to be alive (Icke, 2000:xvii).

I appreciate the fact that Icke's ultimate message is one of love and the need to let go of fear as a way to free ourselves from the “matrix.” In contrast to the expansive energy of the above quote, however, I perceive very mixed energy in most of David Icke’s published work, which presents extensive and diverse evidence that humanity throughout history and today is controlled by a human-ruling elite, which in turn is controlled by a higher dimensional reptilian extraterrestrial race (Icke, 1995, 2000, 2001). I also see the Velikovsky Effect at work in Icke’s work, in that all information is interpreted in light of his primary thesis, and any perspectives that are not supportive are either ignored or ridiculed.

Lynn Picknett and Clive Prince, who I consider to be excellent alternative history investigators, provide a good example of how it is possible to get unsuspectingly mired in the netherworld of the Game of Duality. Their book *The Stargate Conspiracy* (Picknett and Prince, 2001) began as a simple project to examine Egyptian history as a follow up to their book *The Templar Revelation*, which argued that Christianity was essentially an offshoot of the Egyptian religion of Isis and Osiris (Picknett and Prince, 1997). To their growing discomfort, their research led them to conclude that there is a worldwide ET/New Age/CIA conspiracy intended to benefit a powerful few.

What I find interesting about *The Stargate Conspiracy* is that I do not see the influence of the Velikovsky effect. Picknett and Prince did not set out with a grand idea and selectively accumulate information in support of it. Rather they innocently started on one project (ancient Egypt) and found a bewildering number of leads and connections to the UFOs, extraterrestrials, paranormal research, and New Age channeling, and that led to a mass of information for which many interpretations were possible. It is a beautiful example of the Duhem-Quinn thesis that many interpretations of the same data are possible (Section 2.1.2). Without preconceptions they came to the conclusion that a conspiracy exists. However, once the authors’ frame of reference was established, they tended to interpret information as having

sinister implications consistent with their frame of reference that can just as well be interpreted as having positive implications.

I do not dispute the fundamental theses offered by Icke, Picknett, Prince, and many other well-intentioned investigators that humanity has been subject throughout history to manipulation by extraterrestrials and the EFITLO. I would like to suggest, however, that to the extent their work arises from, or creates in others, feelings of fear, anger, betrayal, outrage, or indignation, they (and their readers who respond in this way) have been outmaneuvered by the Loyal Opposition. This is no big deal when we look at the bigger picture and realize that it is just a game, and that we have really been outmaneuvered by ourselves because there is ultimately no “other” to outmaneuver “us.” As Walt Kelly’s cartoon character Pogo once wisely said: “We have met the enemy and he is us.” If you are interested in obtaining up-to-date, well-researched information on shenanigans of the EFITLO and those they manipulate, I recommend the Want to Know website: (www.wanttoknow.info).

C2.5 Mischievous/Neutral Extraterrestrial Organizations (METOs and NETOs).

I need to begin the discussion of METOs and NETOs with a caveat. In Section 6.3.3, I spoke of the 10,000 societies that represent the cultural diversity of humanity and suggested that in the future this had the potential to blossom into 100,000 societies. Our ET brothers and sisters and androgynes are members of hundreds of millions of societies in multiple timelines, and can interact with Earth from the past and the future (see Section 7.1 for more about multiple timelines and the fluidity of time). For example, Michael (the non de plume for a collection of HDBs) states that in this galaxy alone, there are more than 10 million ensouled species (Yarbro, 1980:268). From that perspective, I am humbly aware that any information I offer here is a small piece of a very big picture. I might add that one of the reasons the UFO/ET literature is sometimes confusing and contradictory is that many who investigate this subject confuse their small piece of the picture with the whole picture.

In Section 6.2.4, I suggest that as far as ETs are concerned, rather than being strictly black and white, there are shades of gray. The main thing that

distinguishes BETOs from METOs and NETOs is a firm commitment to respecting human free will. In terms of polarization, most of the BETOs that are supporting humanity and planet Earth as we make the Great Shift have a strong positive polarity. There is a gray area that I call neutral where there may be weak positive or negative polarization. The neutral ETs differ from the beneficial ETs in that they may violate human free will, but they can be differentiated from mischievous ETs by their lack of specific intention to do harm. The NETO's may be well intentioned, thinking that they are helping humanity, but may find that their interference has unintended "negative" consequence.

Let's take Ra, for example, channeled through Carla Rueckert, and the source of very high quality higher dimensional information (Section 4.2.3). Early on in the channeling sessions Ra says that one of its reasons for communicating to Earth was to make up for the unintended negative consequences of their involvement in early Egyptian civilization (Ra, 1984—they expressed it more circumspectly than I have stated here). Here, neutral ETs influenced early Egyptian civilization and entered Earth mythology as the god Ra. Regretting the consequences of their well-intentioned interference with human free will, some 6,000 some years later they communicated the *Ra Material* from a phase in their own spiritual evolution in which they were positively polarized.

The above example illustrates another important point I would like to make. The influence of a specific ET society on Earth at this time and in the past may reflect the influence of positive, neutral (as I have defined above) or negative polarization depending on the point in time (past, present or future) in their own spiritual evolution from which contact is being made. Furthermore, individuals within an ET society represent a spectrum of polarization, so it is possible (and in fact is happening on Earth right now) for both positively and negatively-polarized individuals from the same ET society to be involved in what is happening on Earth.

The Anunaki (also spelled Anunnaki) of the planet Nibiru, who I provisionally classify as neutral ETs, provide another interesting example (both these names come from Sumerian mythology). Most of the information I have encountered about the Anunaki suggests that no specific harm was intended in their interactions with humans, dating back some half a million years, but the ETs basically had their own agenda which made life pretty

miserable for a lot of humans. This is the picture that emerges from the historical scholarship of Zecariah Sitchin summarized in Section 3.7.3 (Sitchin, 1976), and Drunvalo Melchizedek generally confirms the story of the Anunaki (also called the Nefilim) with some additional details and slightly different interpretations using information he received from the HDB Thoth (Melchizedek, 1998:85-88). Paul Von Ward suggests a colonial analogy for the Anunaki's relationship to humans. Their more advanced technologically gave them an attitude of superiority that allowed them to use humans as slave labor, much the same way the European colonists used indigenous peoples for slave labor (Von Ward, 2004:243-254). David Icke, on the other hand characterizes the Anunaki as the grand-daddies of the bad guys, the reptilian progenitors of the EFITLO (Icke, 2001:87-111).

The reason I said I've provisionally classified the Anunaki as a NETO is that the weight of evidence I have encountered suggests this. However, a fascinating higher dimensional perspective comes from the "god" Anu himself and Jelaila Starr who identifies herself as the human representative of the Nibiruan Council in their book *We Are the Nibiruans* (Starr, 2003). Anu confirms the broad outline of the story of the Anunaki but places it in the galactic context of the "game of polarity integration" (Starr, 2003:62). There is much interesting information in this book, but there are two things of interest in the context of the discussion here. First, Anu identifies the prime players of the Game of Duality in this sector of the Milky Way galaxy as the reptilian races in the role of the bad guys and the human races in the role of the good guys. Second, he identifies the Anunaki as a primarily human race, but says that among his wives was a dragon queen who gave him a son Enki. I oversimplify a bit here, but the picture that emerges from Anu's version of the story is that most of the mischief done on Earth by the Anunaki has been done by those with reptilian genes, mainly through his grandson Marduk (Starr, 2003:105-109).

In the next section, I will say more about the Zeta Reticulans, who I also classify as NETOs, so let's move on to the mischievous ETs. From what I have pieced together, the METOs can be broadly classed as reptilian or human and as third dimensional (physical) or higher dimensional (most commonly fourth who are controlled by a relatively few fifth dimensional HDBs). The Orion constellation has been where a star-wars-type Game of Duality between BETOs and METOs has been played out at a grand scale

(Quan Yin 1996:90-92, 111-115; Royal and Priest 1992:39-48; Ra, 1984; Solara, 1989:215).

The EFITLO and mischievous extraterrestrials are intimately related, and at least three groups of third-dimensional, negatively-polarized ETs have been involved in secret operations on Earth. One group originates from Orion, a second from a planet in the Sirius star system and a third are called the Grays (Royal and Priest, 1992:91). Many positively-polarized souls incarnated on Earth today are working out karma related to prior incarnations where they made choices that caused considerable harm to other humans and planet Earth, especially during the time of Atlantis. Some sources suggest that there are some negatively-polarized souls from the planet Maldek, which was destroyed and whose remnants forms part of the asteroid belt between Mars and Jupiter, who are incarnated on Earth at this time (Solara, 1989:215), and Pleiadian sources suggest that Lucifer's fall from positive polarization occurred on Maldek and that the Lucifer rebellion began when he escaped to an Orion warrior colony (Quan Yin, 1996:168-174).

I have already indicated that humanity and planet Earth are far enough into the Great Shift that the EFITLO and METOs are having an increasingly difficult time maintaining "their" delusion of control. It is my understanding that in the foreseeable future all negatively-polarized individuated consciousness on Earth will either decide it is time to shift polarization or find a home elsewhere. So let's not give METOs any more attention and move on.

C2.6 Scary Extraterrestrial Experiences (SETEs).

From what I've been able to piece together, the large majority of scary ET encounter experiences (a term I prefer to alien abduction experiences) have *not* created fear by intention. Lyssa Royal and Kevin Priest have surveyed a variety of sources in order to identify ET motivations for contacts which are perceived by the human experiencing them as unwilling detainment. They have identified the following purposes: (1) study, (2) genetic sampling, (3) tracking of family genetic histories, (4) maintaining and developing hybridization programs, (5) human maternal response observation, (6) observation of neurological response to emotional stimuli, (7) communication, and (8) the inducement of fear and terror (Royal and Priest, 1992:91). Only the last purpose has a clearly harmful intent and has been

used by the negatively-polarized ET groups mentioned in the previous section (Greys, negative Sirians and negative Orions) apparently because they see fear and terror as inhibiting the development of higher human consciousness. The negative ETs represent a very small percentage of SETEs in the general population (Royal and Priest, 1999:109).

Most SETEs appear to have been the result of the unintentionally clumsy way in which the Zeta Reticuli-Earth genetic hybrid project has been carried out. The Zeta Reticuli of this time are a humanoid species that perceive themselves to be doomed to die out unless they can create a more vital hybrid with humans on Earth. Of the list of purposes for contact identified above, Royal and Priest, identify the Zeta Reticuli as using the first seven purposes, but not with the intent to induce fear and terror. Harvard psychologist John Mack, based on his interviews with individuals whose experiences indicated they were part of Zeta genetic hybrid program, concluded that something more complex than a simple one-sided experiment is taking place (Mack, 1994:414-417). He came to perceive it as possibly an awkward joining of two species for a purpose that serves both us and them but with difficulties for each. Section 1.4.3 discusses the largely positive transformative effects of SETEs on individuals.

The Zeta Reticuli-Earth genetic hybrid experiment is a complex topic, and *Visitors from Within* is a good place to start if you would like more information on this (Royal and Priest, 1999). The HDB Theodore, channeled through Gina Lake, confirms the positive intentions of the Zetas and provides additional information on the differences between the Zeta and the negatively polarized Greys, which look very much like the Zetas (Lake, 1993:91-102). The complexities of the subject arise from Zetas and Greys having common genetic origins and also from the existence of multiple, shifting timelines. For example, the ET HDB Joopah (who identifies himself as a ninth-dimensional Zetan) reported through channel Robert Shapiro a restructuring of the past in which

...there will be a rending or tearing of the timeline through that connection of our society to your society in the late forties to early fifties. The past and future of our people and yours have had enough separation that we are now at the point where those contacts in the time mentioned are beginning to change.

(Joopah/Robert Shapiro, Shining the Light V, February 20, 1997:55, www.lighttechnology.com)

The ET HDB Bashar, channeled by Darryl Anka, confirms the success of the Zeta-Earth hybrid experiment in at least one timeline. Bashar comes from the future and is a member of the positively-polarized Essassani civilization which is inhabited by Zeta-Earth hybrids (Anka, 1990: 187-212). Hannah Beaconsfield indicates that the Essassani are a fourth density society and that the Zeta-Earth hybrid experiment has resulted in the formation of other successful societies (Beaconsfield, 1997:137-141). The existence of multiple positively-polarized planetary societies arising from the Zeta-Earth hybrid is supported by a Zeta-Earth hybrid diplomat-in-training, channeled by Robert Shapiro in 1999. When asked about his home planet, the hybrid replied that it is a planet with Zeta Reticulan influence but different from Essassani (Shapiro, 2001:239-258).

C2.7 Religious and UFO Cults.

The primary definition of cult in the dictionary is a system of religious belief with a formal style of worship, but the more common meaning attributed to the word today is a sect or an unorthodox or false religion characterized by an excessive admiration for a person or idea (Schroeder, 2002:9). Rutgers sociologist Benjamin Zablocki defines a cult as an ideological organization held together by charismatic relationships and demanding total commitment. When it comes to cults, I think the operative word is “excessive.” Religious belief and belief in UFOs seem to bring out the best and worst in people. Relinquishing control of one’s life to leaders such as Jim Jones of the People’s Temple and Marshall Applewhite of the Heaven’s Gate UFO cult had the tragic consequence of death of more than 900 people by murder/suicide at Jonestown in 1978, and the mass suicide of thirty-nine Heaven’s Gate cult members in 1997. There are many paths that are available to participate in the Great Shift. Joining a religious or UFO cult is not one that I recommend. That said, there is a long and slippery slope that runs from religious or spiritual communities centered on the leadership of an enlightened and loving teacher down to the authoritarian, dogmatic and apocalyptic leadership of individuals like Jones and Applewhite. It seems to be in the nature of third-dimensional human existence that in community, individual egos function to create contracted energy even when the

fundamental energy is positively polarized.

Common properties of a potentially destructive and dangerous cult include:

- Authoritarian power structure
- Leader tends to be charismatic, determined and domineering
- Leader is self-appointed messianic figure who claims to have a special mission in life
- Leader centers the veneration of members on him or herself
- Tends to be totalitarian in control of members
- Tends to have a double set of ethics
- Primary purpose focuses on recruiting new members and fundraising
- Appears to be innovative and exclusive

The above characteristics were developed by the Fight Against Coercive Tactics Network (F.A.C.T. Net), which serves as a clearing house for information (pro and con) about organizations that may have cult-like characteristics (www.factnet.org). Other good lists of characteristics of destructive cults have been developed by the International Cultic Studies Association (ICSA): www.csj.org/infoserv_cult101/checklis.htm. See, also the Recovering Former Cultist's Support Network: (www.refocus.org/charcult.html).

C2.8 Dealing with Mischievous Entities and Other Energetic Challenges.

If you have come directly to this section out of curiosity, I recommend that you read all of the prior material in this Appendix first. If you have already done so, then you are sufficiently attracted to playing the multidimensional Game of Duality that, if you have not already done so, you may well find

yourself consciously encountering mischievous higher dimensional entities at some time in your journey. Without going into a lot of detail (remember that we give energy to where we focus our thoughts) I will offer a few observations and practical pointers.

Carla Rueckert, and her companions Don Elkins and Jim McCarty experienced sustained efforts by a powerful, negatively-polarized, fifth density entity to disrupt the transmissions of the Ra material. In her *Channeling Handbook* Carla acknowledges that many would interpret such an experience as psychic attack, but says that she prefers to call it psychic greeting, noting that this shift in attitude is the key to dealing with such an occurrence (Rueckert, 1987:56). I agree whole-heartedly. When a mischievous entity offers us a psychic greeting, it is giving us the opportunity to deal with our own fears and offer our own psychic greeting of Unconditional Love in return.

My higher dimensional friend Aaron taught me to challenge three times any entity whenever I had the slightest doubt about its intention. The challenge that I use is as follows:

Are you in service of Divine Light and Unconditional Love for all Beings?

If I do not sense a clear positive response, I respectfully thank the entity for testing my discernment and tell it to leave or, if it wants, to observe what I am doing from a distance without interfering. No positively-polarized entity will ever be offended by being questioned, so you should never hesitate to make such a challenge. Standard practice for individuals who serve as a channel for an HDB is to offer a challenge before allowing it to connect energetically. Those who choose to actively work with higher dimensional energies are most likely to encounter mischievous fourth density entities which reside in what is often called the astral plane. Those drawn to the practice of magic, shamanism, and conscious astral projection are also likely to experience such encounters. As discussed in Section C2.2, our fifth-density Dark Brothers rarely focus their direct attention on third density humans. If this happens, I can assure you that you will have the inner resources to deal with such attention, and have available to you whatever additional higher dimensional help you might need.

There are certain practices that are likely to bring a person in direct contact with mischievous entities: magic, shamanism and astral travel. I say a bit about each below:

- ***The Practice of White Magic.*** The practice of white and black magic is a prime arena in the Game of Duality. This is a huge subject, and one on which I can claim no expertise because it is an aspect of the game to which I have not felt drawn, although I have had some interesting encounters in this arena. Many people are drawn to it, judging from the large number of books that are available on the subject. For someone new to the subject, I like Christopher Penczak's approach of acknowledging the shadow side without giving it too much energy (Penczak, 2003; see especially Chapter 9, *The Art of Defense*). For the serious practitioner of magic, Fortune (1930) and Butler (1940) remain classics, and probably the most comprehensive recent treatment of the subject is by Robert Bruce (Bruce, 2002).
- ***Shamanic Practices.*** Shamanism is the indigenous counterpart to the practice of magic. I am more familiar with this way of working higher dimensionally and respect it greatly, although I am not a shamanic practitioner myself. Shamanic practice operates primarily on the astral plane where the Game of Duality is especially fluid. In my opinion, shamanic practices that involve healing of others are best learned under the guidance of an experienced shaman. I suggest discernment when participating in shamanic rituals and readiness to issue a challenge. A clairvoyant once reported to me seeing a mischievous entity slip into a shamanic circle being led by a shaman who became careless.
- ***Astral Wildlife and Lowlife.*** Certain adventurous souls are attracted to learning the art of conscious astral projection. Although I do not consider myself timid, this is not something that I have felt drawn to do, so again I am not able to speak from experience. Robert Bruce has systematically explored the astral dimension and describes a wide variety of nonphysical energetic life forms whose intelligence level varies enormously. The casual astral traveler may well encounter less intelligent animalistic and predatory forms that Bruce calls astral

wildlife (Bruce, 1999:478). The commonly encountered wildlife, according to Bruce, is harmless, but he notes that it is possible to encounter downright nasty, astral life forms. If you are drawn to astral travel, I recommend the concluding chapters of *Astral Dynamics* which provide information of what you might encounter and how to deal with it (Bruce, 1999; especially Chapters 33, 34, and 35).

So far I have addressed psychic greetings from higher dimensional entities that are perceived as separate from one's own energy field. It is also possible to receive psychic greetings from other humans who impinge unconsciously or consciously on one's own energy field (Brennan, 1993). Typically, the person who does this is not aware of what they are doing energetically, but some do this deliberately. Less neutral terms for such individuals include psychic vampire and energy predator or parasite (State, 2004). As I was doing research for this section, I was startled to find that there is a subculture of individuals who proudly accept the name psychic vampire and view themselves as having a positive role to play in the lives of those whose energy they feed upon (Belanger, 2004).

Setting Energetic Boundaries. I have had the experience of being with individuals who left me feeling drained of energy or with my own energy field feeling frazzled around the edges. I prefer to think of dealing with such situations as setting energetic boundaries. When you are feeling an energy drain or energetically ragged, a simple exercise to bolster your energy field is to visualize being enveloped in healing white light. Early in my own awakening I found that often my arms would spontaneously start making figure-eight motions. I had no idea what it signified until I read about the Celtic Weave in Donna Eden's book *Energy Medicine*. The Celtic Weave can be used to smooth and strengthen one's energy field. Eden also provides other simple methods for enhancing one's energy field (Eden, 1998).

Finally, there is the energetic challenge of intrusions within one's energy field that become attached to it in some way. Drunvalo Melchizedek identifies five types of entities and dysfunctional thought forms that may live within a person although they are not part of the person (Melchizedek, 2000:386):

1. A living being from another dimension who has somehow entered this world. In the world from which they came, they are useful and

necessary to the universe as a whole, but here they create problems.

2. A human spirit who, out of fear, has not left the third dimension and has chosen to reside within another person.
3. ET spirits who may or may not be from this dimension but are in the wrong place at the wrong time.
4. Dysfunctional thought forms, the thought of a human or other being that has arrived within a person, usually by intention. A spell, curse, directed hatred can all come to life within a person. Once within a person, it will usually take on a form, which might have almost any shape, and a life-force energy giving the appearance of being alive.
5. Rarely, there is a spirit of a highly-evolved nature who is good for a person, which will leave on its own at the right time.

A variant of the fourth type, which is a favorite of our ET brothers in the Loyal Opposition, is an energetic implant (also called a psychotronic implant) that functions as a block for realizing our potential as powerful positively-polarized, multidimensional Beings. The Higher Self of an individual who has such an implant will guide him or her to find a way to release the implant when the time is right for that person.

The idea of being possessed by a spirit can seem scary. The Catholic Church has developed rather heavy-handed procedures for exorcism. I would like to offer you an entirely different way to look at this phenomenon and some options for dealing with it if this might be an energetic issue for you.

The term *miasm* has been around since the Greek physician Hippocrates postulated that infectious diseases were transmitted by tainted air or water. Miasm is now used by practitioners of homeopathic medicine to refer to predispositions toward a disease pattern passed from one generation to the next. I would like to use the term in the precise way that Machaelle Small Wright defines it:

Miasms are energy realities that exist independently of and within life systems. A miasm may be viewed as a localized pocket or concentration of energies comprising elements that do not enhance, stabilize or maintain the balance and well-being of the larger life system. A miasm is a small energy reality that is part of a larger life system but is out of time and place with the overall direction and purpose of that larger system (Wright, 2002).

All of Melchizedek's categories fall within this definition, a definition which provides a neutral way to look at what is happening. Early in my awakening process my MAP team removed a miasm from my energy field (in Section 2.2.3 I describe how MAP—the Medical Assistance Program of the White Brotherhood—was instrumental in my initial spiritual awakening). After it was removed it felt like there was a large empty cavity in the left side of my torso, which was gradually reconstructed and filled by the end of the session. At the time I didn't have any frame of reference for calling it anything more than a miasm, and now that I do, I see no reason to try to categorize it further.

The gentlest way I know to remove a miasm oneself is to use Machaëlle Small Wright's Perelandra processes: flower essences, MAP, microbial balancing (Wright, 1988, 1994, 2004). Most shamanic and energy-healing practitioners use a frame of reference similar to Melchizedek's for understanding the phenomenon and have techniques for removing unwanted attachments to an individual's energy field. As always, I recommend using discernment when choosing who to ask for help.

C3 Apocalypse, Cataclysm, Catastrophe and Other Exciting Events

An interesting thing happened in the process of writing this book. In the Introduction, I spoke of how I came to the conclusion in the early 1990s that we had passed the point of no return in the damage humans were doing to themselves and the Earth. I saw a great dying of humans on the order of billions of people as inevitable. If I restrict my perspective to third-dimensional material reality, this remains a reasonable conclusion. My shift in viewpoint did not happen overnight. In fact the first outline for this book, dated November 1, 2003 had two parts, each with four chapters: Part I (CRASH—Current Reality As Seen Here) and Part II (Transforming Human

Consciousness). Fully half of the main text of the book was to be devoted to the scary stuff that I have now relegated to the few remaining pages in this Appendix, and the last chapter of Part II in the first outline was titled “If We Don’t Make It.”

In Section 7.5.3, I enumerate some of the many predictions of catastrophic Earth changes for the 1990s and the beginning of the new millennium that didn’t happen. Psychics and some higher dimensional sources continue to predict horrific changes in the future. Here I examine further the reasons for continued predictions of cataclysm and offer some suggestions for how to respond to such predictions. For those who find my rosy view of the future too Pollyanna-ish, I conclude by describing many ways the world *could* end with my own take on how probable they are in the absence of the timeline shift of 1987.

C3.1 Why Are We Fascinated by Predictions of Catastrophe?

When I concluded in the early 1990s that a great dying of humans was inevitable, the first thing I had to do was to face the fear of my own death. Even though I have set that fear to rest as certainly as it seems to be possible within the very powerful illusion of third-dimensional reality, I am still fascinated by the many dramatic possibilities for global catastrophe. Many other people are as well. This seems to derive from cellular memories arising from death by catastrophe in prior incarnational experiences on Earth and perhaps elsewhere. Barbara Hand Clow uses the term *catastrophobia* to describe the experience of being afflicted with an intense fear of catastrophes (Clow, 2001:1). Solara notes that:

in the astral worlds, one also finds the inter-galactic warriors, ever dueling to save and destroy planets as well as entire star systems—many are presently physically incarnated in 3D linear time to learn about the issues of power and control; most of these warriors were involved in Atlantis and deal with similar issues. Some carry memories of destroying their home planets and are here to atone for their misdeeds by helping to preserve this planet, or they may become prophets of doom and gloom (Solara, 1989:180-181).

C3.2 Staying on the Positive, Probable Timeline

In considering catastrophic Earth changes and other scary end-of-the-world scenarios, we are dealing with the powerful but simple emotion of fear. If you experience catastrophobia, what better time is there than now to begin to face and release the fear of death? One way to do this is to develop a healthy skepticism about any predictions or prophecies of what will happen in the future. Helen Wambach, whose reincarnation research is discussed in Section 3.3.6, also did interesting research progressing individuals to capture future “memories.” When she examined the accuracy of predictions by psychics, she found them to be no better than the relatively poor track record of think-tank futurists who develop future forecasts (Snow and Wambach, 1989). At a more individual level, Eileen Caddy, who co-founded the Findhorn Community in Scotland (Section 3.6.3) with Peter Caddy, tells in her autobiography that he often consulted psychics for advice. The last time she saw him he said that a psychic had just told him that he would live to be 120. Not long after seeing him she received news that he had been killed in an auto accident in February 1994 at the age of 77 (Caddy, 2002:237).

Higher dimensional sources vary considerably in their willingness to make predictions of the future. For example the HDB Seth, when asked why he didn’t make predictions for the future, responded:

I am not cautious, I am simply realistic. When you understand the nature of reality, then you realize that predictions of future events are basically meaningless. You can predict some events and they can occur, but you create the future in every moment (Roberts, 1972:411).

Zoosh says there are many true stories because there are probabilities, but we have the ability to cut through the probabilities that do not serve us. ((Zoosh/Robert Shapiro, *Shining The Light IV*, January 23, 1996:124, www.lighttechnology.com). Based on my limited understanding of the concept of multiple, coexisting timelines discussed in Section 7.1, it may be that some or all of the prophesied catastrophes that didn’t happen in the 1990s and up until late 2006 (as I write this) *did* happen in another timeline in which I have already died. The fact that you are reading this now means that you and I are both still on the positive, probable timeline.

I have developed a simple technique that helps me stay on this timeline when I encounter new prophecies of doom and destruction. For example, in November, 2005 I received an email from a friend reporting a prophecy given by a Native American Medicine Man in early October that within six months (March of 2006) a tidal wave would wipe out Los Angeles and that two eruptions in the Pacific Northwest would emit enough ash to destroy the Missouri River. I had no reason to doubt the authenticity of the Medicine Man or that there was a possible timeline in which this prophecy would happen. I reminded my friend that we give energy to where we focus our thoughts and explained that I choose to focus my energy on creating a future where geophysical events happen in such a way as to minimize harm to all living things.

If you should encounter scary predictions for the future, I encourage you to take the same attitude, and replace the images in your mind created by the prediction with an image of the future in which the event does not happen. In Chapter 5, I analyze data related to geophysical and astrophysical stresses that supports my thesis that these stresses *are* being released in ways that are less harmful than we would expect. If you would like to become more actively involved with others who have joined together with the conscious intention to modify geophysical and other stress release in a way that minimizes harm, I invite you to join the Earth Energy Healing Network: www.earthenergyhealing.org/EEHNetwork.htm. Below is a statement of intention or prayer that I often use whenever I become aware of a particular stress:

I ask that the location, timing and intensity of geophysical or ecological stresses related to [specify type of stress and geographic location if known] be released in a way that serves the highest good of Mother Earth and all Living Beings while minimizing harm.

C4 This Is the Way the World Ends.

One of the great cosmological questions of mainstream science is whether the universe will end with a bang or, as poet T.S. Eliot would have it, a whimper (in thermodynamic terms this would be described as the heat death of the

universe). There is certainly a colorful variety of ways that the world as we know it could come to an end in the foreseeable future. A substantial literature by mainstream and frontier scientists describes the possibilities in great detail: pole shifts, asteroid impact, killer earthquakes/tsunamis/storms/floods, a new ice age, hothouse earth, ecological collapse, disease pandemics, economic collapse, unleashing of weapons of mass destruction.

Here I develop some quantitative criteria for differentiating catastrophic events from disasters that fall within the range of historic human experience. Then I briefly offer my own assessment of the possibilities for a potpourri of disasters. I conclude this Appendix by looking at the fascinating phenomenon of Earth change maps, focusing on those that predict dramatic changes to the land areas of North America as the result of prophesied geophysical catastrophes.

C4.1 Quantifying Catastrophe.

One of the greatest ecological catastrophes in Earth history happened billions of years ago when free oxygen became a significant gas in the atmosphere. Up until that time, Earth was inhabited by myriads of bacteria which found oxygen to be lethally toxic. The consequence of this shift in the composition of the Earth's atmosphere was a great dying of methanogenic, nitrate-reducing, sulfate-reducing and other bacteria whose survival depended on the absence of oxygen. Their loss was our gain and the amazing diversity of life that we see on planet Earth is fueled by the added energy that oxygen metabolism adds to living systems.

In order to classify an event as catastrophic, some baseline needs to be established. A central thesis of this book is that a great dying of billions of humans is no longer inevitable, and better yet, unlikely. However, below I identify a number of events that could result in such a catastrophic dying. Here I suggest some ways to quantify catastrophe and to differentiate it from the natural and human-caused disasters which are a "normal" part of human experience. I will use two types of human death statistics as possible indicators for defining a catastrophic event (calculations based on world population of 6.5 billion in early 2006):

1. ***Single event death total > 0.9% world population = 60 million.*** I acknowledge that this would be an extreme event, and would effectively double the number of human deaths in a year (in 2002 deaths from all causes totaled about 57 million, or about 0.9% of the population in that year—Worldwatch Institute, 2005:49). Percentage-wise this is not as extreme as the influenza pandemic of 1918 which killed an estimated 20 to 40 million (1.2 to 2.4 percent of the world’s population—Worldwatch Institute, 2005:43). In 1992 the HBD Kryon, was asked the question: Will it be necessary for large numbers of humankind to be terminated in order to achieve balance? He responded: “The answer is yes. The numbers, however, only approach one percent of the life force here” (Kryon I, 1993:97). That percentage worked out to 55 million at the time, somewhat less than the number I have proposed. However, as I note below, other higher dimensional sources suggest the possibility of a much higher number.
2. ***Cumulative deaths (1992-2012) > 30 percent = 2.0 billion.*** I have chosen the cumulative numbers to apply to the time period from the end of the Armageddon bypass (Section 7.5.1) to the year that many predict something spectacular will happen (and which I say “something interesting might happen”—Section 7.5.4). I have set the cumulative threshold at a percentage that is near but less than the percentages for disastrous famines and disease epidemics in recorded history. The bubonic plague in Europe (1346-1349) and the 1770 famine in India killed up to one-third of the population, and smallpox epidemics in China (161-162 and 310-312) are estimated to have killed up to 40 percent of the population (Cook, 1981). The most catastrophic dying of humans over a more extended period affected the indigenous peoples of the western hemisphere where more than 90 percent of the population died (90 million from 1492 to 1600; Wright, 1992). This is the kind of percentage that would likely have died on the pre-1987 timeline.

I am committed to creating a reality in which no single event in the next ten years or so exceeds the first criterion (>60 million deaths). I believe that we have the capacity to keep the actual number far below this. The second criterion, which relates to cumulative deaths from disastrous events, implies multiple events that would exceed the 60 million-deaths threshold. As I said,

I am committed to creating a reality where nothing approaching this super-catastrophic threshold occurs. However, a variety of channels have suggested that the number of deaths between now and the not-too-distant future could be as high as 30 to 40 percent, or 2.0 to 2.6 billion (Valerie Donner, The New Ground Crew, email communication dated December 1, 2005). This range is within the percentages of disastrous historical events, but I would take no satisfaction in seeing cumulative deaths in the coming years reaching anything close to this range.

C4.2 A Potpourri of Catastrophes.

Here I say a bit about a baker's dozen of ways the world could end. Books that provide chapter-length treatment of most of these topics based on a mainstream scientific perspective are *Countdown to Apocalypse* (Halpern, 1998) and two titled *Doomsday* (Milne, 2000; Moran, 2003). Van Andel (1994) traces some of the shifts in mainstream geology towards accepting the significance of catastrophic events in shaping Earth processes. General books that offer mainstream social scientific/psychological perspectives on end-of-the-world prophecies include: Chandler (1993), Grosso (1995), Mann (1992), and Wojcik (1997). In Chapter 7, Section 7.5.3, I provide additional information on some of the many prophesied catastrophes that didn't happen.

1. ***Pole Shift.*** There is a substantial frontier science/alternative history literature suggesting that cataclysmic changes in Earth history are related to an abrupt shift in the axis of the Earth's rotation. The first such scholar was James Churchward who suggested that the ancient continent of Mu/Lemuria, which was located in what is now the Pacific Ocean, was destroyed by a lurch in the poles and associated catastrophic waves of water and ice (Churchward, 1934). Hugh Auchinloss Brown proposed that such catastrophic shifts were the consequence of a six thousand year cycle of off-center accumulation of polar ice (Brown, 1967). Valentine (1977) predicted that a catastrophic shift in the Antarctic ice sheet would occur in May 2000. Charles Hapgood proposed abrupt crustal displacements as a physical mechanism for pole shifts (Hapgood, 1958, 1966, 1970). Immanuel Velikovsky explained apparent abrupt changes in the Earth's axis of rotation as the result of gravitational effects of a near collision with Venus (Velikovsky, 1950, 1955—see Section 3.1.3 for more on

Velikovsky). John White summarizes the work of Brown, Hapgood, Velikovsky and several other less well known investigators of this topic (White, 1980). More recently R.W. Whitfield, without any direct reference to Velikovsky, Brown or Hapgood, suggests that a 30 degree shift of the Earth's axis could occur within four to six hours in a scenario similar to Velkovsky's (Whitfield, 1993). Rand and Rose Flem-Ath have proposed such an axis-shift in the late Pleistocene period, which ended around 10,000 years ago (Flem-Ath and Flem-Ath, 1997). I am aware of only one mainstream scientific reference that proposes a physical pole shifts as a mechanism for explaining shifts in the magnetic pole by Peter Warlow, an amateur theoretician, in a paper published in the *Journal of Physics* (Warlow, 1978). The reason there is no other mainstream literature suggesting a physical pole shift is that tremendous advances have been made in understanding the mechanisms of magnetic pole shifts, and there is no need to resort to the extreme explanations for the wandering of the magnetic pole. As I discuss in Section 5.6, I will not be at all surprised to see a *magnetic* pole reversal happening as part of the Great Shift. I see a physical pole shift as an extremely unlikely event.

2. *Mega-Tsunamis*. The possibility of death by tidal wave has been imprinted on our recent human consciousness since the tragic tsunami of December 2004 in which more than 200,000 people died. This death toll is several orders of magnitude below the threshold I identified earlier to classify the event as catastrophic, but it is possible that a mega-tsunami could kill more than 60 million people. Landslides triggered by the eruption of Cumbre Vieja volcano in the Canary Islands off the northwest coast of Africa would devastate the coasts of Africa, Europe, and North and South America with waves traveling at 500 miles/hour and reaching heights of 150 to 300 feet high when they reach the coasts (Ward and Day, 2001). If I were inclined to loose sleep over such things (which I am not), this is one that might do it. According to the Smithsonian Institution's Global Volcanism Program, Cumbre Vieja is the most active volcano in the Canary Islands, having had eruptions with lava flows that reached the sea in 1949 and 1971. As I document in Section 5.2, volcanic activity has been increasing worldwide. This is a situation where it wouldn't hurt to send an occasional prayer in the direction of the island of La Palma asking that

geophysical stresses be released there in a way which minimizes harm.

3. ***Catastrophic Sea-Level Rise.*** As early as 1975, Howard Wilcox, a marine scientist and physicist, warned that global warming was a greater threat than war, pollution or destruction of the rain forests since there would be melting of the ice caps and a rise in sea level with an inundation of low-lying areas by 2050 (Wilcox, 1975). According to the U.S. Geological Survey, complete melting of the Antarctic ice cap would raise global sea levels 240 feet (73.3 meters). Melting of the Greenland ice cap would add another 21 feet to the rise (6.55 meters). I find it conceivable that subglacial and oceanic volcanic eruptions in the Antarctic could cause rapid melting and a relatively rapid rise in sea-level. The volcano Erebus in Antarctica has been continuously active since at least 1972. It would not surprise me if actual sea-level rise in response to global warming is much faster than current mainstream scientific projections, which are on the order of feet per decade. Nevertheless, my sense is that a catastrophic rise in sea level is very unlikely.

4. ***Massive Volcanic Eruptions.*** At the end of the Permian geologic period a mass extinction wiped out 95% of the species on Earth at that time. Paul Renne, director of the Berkeley Geochronology Center at the University of California theorizes that climatic cooling resulting from gases released by massive volcanic eruptions in Siberia was the main cause of this extinction (Renne and Basu, 1991). In Section 5.2, I have documented a small but measurable increase in global volcanic activity, but nothing that would suggest catastrophic effects. The potential for disastrous volcanic eruptions is very real. A major eruption of Nyiragongo volcano in the Democratic Republic of the Congo could kill several million people in the matter of minutes. A major eruption of the Yellowstone National Park caldera would well do the same. My sense is that volcanic activity is unlikely to cause catastrophic levels of death (greater than 60 million), but the potential for substantial harm is real. A regular part of my own Earth healing practice is to focus intention to ease magmatic stresses around the planet so as to minimize harm to all living things.

5. ***Superstorms.*** Art Bell and Whitley Strieber offer a melodramatic scenario of a global superstorm triggered by a shift in the North Atlantic current that would probably qualify as catastrophic by my criteria (Bell and Strieber, 2000). We need look no further than the hurricane season of 2005, which for the first time went through the entire alphabet to name storms and several letters into the Greek alphabet, for evidence that extreme weather events are a dramatic aspect of Mother Earth's dimensional shift. Considering the extent of coastal devastation during the 2005 hurricane season, I find it remarkable that more lives were not lost. The death toll for Hurricane Katrina (thousands) was four orders of magnitude below my threshold for a catastrophic event. The potential for human harm from extreme weather events is ongoing, and as with volcanic activity, a regular part of my own Earth healing practice is to focus intention to ease atmospheric stresses around the planet so as to minimize harm to all living things.

6. ***Not Fire But Ice.*** It may seem strange to talk about a new Ice Age with a mainstream scientific consensus that global climate is warming rapidly, primarily as a result of human-related greenhouse gases. Nevertheless, there is good mainstream scientific evidence that a rapid climatic cooling within years could occur as a result of volcanic activity (see #4 above, and Ponte, 1976). It is only relatively recently that scientists have recognized the potential for rapid climatic cooling as a consequence of a shift in the North Atlantic current (Manabe and Stouffer, 1995). It is also only recently that studies of ice cores in Greenland, which provide an annual record of temperature changes going back 150,000 years, have shown that temperature fluctuations can be very rapid. Greenland ice cores indicate a warming of 5 to 10 degrees C (9 to 18 degrees F) over a period of 40 years at the end of the last Ice Age 10,000 years ago (Taylor et al., 1997; Taylor, 1999). Perhaps not coincidentally, without the Gulf Stream Europe would be 9 to 18 degrees cooler in the winter than it is now (Moran, 2003:84). Such a cooling over a period of tens of years could possibly cause catastrophic human deaths. There is also an Ice Age/ice catastrophe school in the frontier science/alternative history literature (Bell and Strieber, 2000; Brown, 1967; Don, 1981; Noone, 1996; Valentine, 1977). However, I have not encountered any higher dimensional

sources that identify this as a likely scenario.

7. ***Cosmic Ray Bombardment.*** Physicist and systems scientist Paul LaViolette, a frontier scientist whose work has strong grounding in mainstream science, in his book *Earth Under Fire* presents the thesis that extreme events associated with the close of the last Ice Age ten thousand years ago were related to intense cosmic rays, a Galactic superwave, from an explosion in the Galactic core (LaViolette, 2005). He notes a 26,000-year cycle to these superwaves, so the next major one probably isn't due for another 16,000 years or so.

8. ***Asteroid Impact.*** When I was a young student of geology in the late 1960s, the gradualist, uniformitarian school of thought was ascendant, and I have seen a shift within mainstream geology towards acceptance that infrequent catastrophic events are significant factors influencing geologic processes. Although not universally accepted, this shift is exemplified by acceptance of an asteroid impact as the primary cause of the great species extinction at the end of the Cretaceous period 65 million years ago, wiping out about three-quarters of the species of plants and animals. The effects of such an event were dramatized in 1994 when, contrary to the expectation of most experts, the crash of the Shoemaker-Levy comet into Jupiter produced spectacular and long-lasting effects on the planet (Halpern, 1998:199). Chapman and Morrison (1989) offer a good mainstream view of this topic. John Lewis, co-director of the NASA/University of Arizona Space Engineering Center, has suggested that the shift from a hunting-gathering to agricultural civilizations in the Middle East occurred after a cometary collision some eight to ten thousand years ago (Lewis, 1996). Halpern (1998:198) finds little geological evidence to support Lewis's thesis. Geologist J.B. Delair and science historian D.S. Allan have amassed hundreds of references, mostly from mainstream sources, to support their thesis that most geomorphic features of the "so-called" Ice Age can be explained by a cataclysmic encounter 11,500 years ago between Earth and a planet-sized body called Phaeton. Some pretty impressive Earth changes happened around the end of the Pleistocene (see also Cosmic Bombardment above), but I find the Velikovsky effect at work in their book *Cataclysm!* (Allan and Delair, 1997). I have encountered a number of higher dimensional

sources that suggest that a catastrophic asteroid or cometary impact in the 1990s was part of the probable timeline before 198, but that these were averted by the timeline shift (see Section 7.5.3).

9. ***Disease Pandemics.*** There is substantial, scary, mainstream/popular scientific literature on the subject of disease pandemics, if you are so inclined: Barker (1997), Garrett (1994), Peters and Olshaker (1997), Preston (1994), Radetsky (1991), Regis (1996), Rhodes (1997), and Ryan (1997). The Influenza pandemic of 1918 killed 21.6 million in the period of 8 weeks, or 1.2% of the world population, and the total death toll may have been as high as twice that. A comparable event today would kill 78 to 156 million. Furthermore, conditions today are even more favorable for the spread of flu viruses because more of the world's population is concentrated in urban areas and because air travel allows infected individuals to quickly move the virus to new areas. Again, if I were inclined to lose sleep over such things, this is what would keep me awake at night. In fact, several pandemics have already been averted thanks to decisive action by governments and world health authorities when the bird flu jumped to humans in Hong Kong in 1997 and during the SARS outbreak in 2003. A microbiologist friend has told me that if the current avian flu does *not* jump to humans and create a pandemic within the next two years (by the end of 2007), he will take it as very strong evidence in support of my thesis that the Great Shift will take place without a catastrophic dying of humans (it is near the end of 2007 as I make the final revisions to this Appendix). I encourage everyone who reads this to incorporate into their meditation or other spiritual practice, prayers, in whatever words or form is comfortable to you, asking that death and suffering of all living things from infectious diseases be minimized (in addition to respiratory infections, this would include HIV/AIDS, diarrhea, tuberculosis and malaria, which killed 11.5 million people in 2002).

10. ***Ecological Collapse.*** Species extinction, deforestation, desertification, depletion of fossil fuels, overfishing, soil, air and water contamination are all indicators that we humans have exceeded the carrying capacity of planet Earth. In ecological parlance, the concept of overshoot and collapse refers to populations that have grown to exceed the carrying capacity of their environment. They may continue to grow for a while,

but this is followed by an inevitable collapse to population levels well below the original carrying capacity in the absence of some dramatic change in resource availability. If I were to confine myself to a strictly materialist scientific perspective, I would rate this as having a high probability of resulting in a catastrophic dying of humans in the next ten to twenty years. As with economic collapse (see below), I have been expecting to see it start happening since the early 1990s and kept wondering why it hasn't. The great dying of other species on the planet is already occurring (Leakey and Lewin, 1995). I have encountered several higher dimensional sources that suggest that species extinction does not have the finality that we perceive in third-dimensional linear time, and that many species are choosing to leave the planet to return to their planets of origin, or are being collected and prepared for reintroduction to Earth once the dimensional shift is completed (see, for example, Pereira, 1996:139-142). I have to honestly say that I am not sure *how* we are going to make it through the Great Shift without an ecological collapse with catastrophic consequences for humans, except to say that I am confident that as we get farther into the Shift our capacity for human love and compassion, combined with technological assistance from the beneficial ETs will make this possible.

11. *Weapons of Mass Destruction.* Having come of age during the height of the Cold War in the 1960s and participated in the nuclear disarmament movement, I am perhaps more aware than many how close we came to global nuclear destruction of the planet during that period. With the end of the Cold War, the massive threat has been substantially reduced, but the possibility of great localized harm from the use of nuclear, chemical or biological weapons remains. A single event of this type would probably not exceed the catastrophic threshold, but would certainly be tragic.

12. *Economic Collapse.* I concluded in the 1990s that the global economy was unsustainable for reasons related to the ecological collapse scenario and have been waiting for it to happen since then. It keeps chugging along, sometimes in fits and starts, despite the ongoing predictions of many knowledgeable people. This is an issue that I have released to Spirit. If it happens, it happens. It will be hard on many

people, but in and of itself is unlikely to cause a catastrophic dying of humans. It also seems entirely possible to me that as humans let go of their fear, the global economy will be able to shift in a way that serves the highest good of all without major economic dislocations or continued harm to the planet.

13. *Christian Apocalypse*. The Christian apocalyptic tradition makes room for all of the above as means to winnow the sheep from the goats in preparation for the Second Coming of Christ. The millennium, which had significance only in the Christian-based Julian calendar (the year 2000 was simply an odd or even year of no unusual significance in the Jewish, Islamic and Buddhist calendars), has come and gone. I see little evidence for the prophesied ravages of the Four Horsemen of the Apocalypse (war, famine, pestilence, death). In fact, in Section 1.2.3, I present evidence for a steady decline in armed conflict since the early 1990s. Shaw (1995) provides a nice catalogue of failed prophecies of the end time by Christian fundamentalists since the late 1980s. There is quite a bit of channeled information that is informed by this perspective. However, higher dimensional sources in which I have confidence that speak of the second coming of Christ agree that the second coming is better understood as the awakening of the Christ Consciousness within each of us rather than the physical reappearance of the figure of Christ.

C4.3 The Earth Change Maps.

As a geologist, I love maps of every kind. In the course of research for this book I became fascinated by the number of Earth Change maps, produced by psychics that predict major changes in the coastline of North America and the rest of the world, that could only happen as a result of catastrophic geophysical events—earthquakes, massive volcanic collapse structures such as happened in the 1883 eruption of Krakatoa, and/or asteroid impact. The good news is that the time frame for most of these maps has come and gone and our coastlines around the planet are largely intact. The bad news is that some of these maps extend to the year 2012, so there is still a possibility for some of these changes occurring.

More than 20 Earth Change maps have been created, most of them focusing on the United States, but several are available that provide information about the entire planet (Kirkwood, 1995). Below I summarize information on ten that I have been able to examine or find specific information about.

1. Aron Abrahamsen has produced one of the earliest Earth Changes maps that I have seen based on psychic readings done in the early 1970s and privately published in a spiral bound book titled *The New Earth*. In this map most of the western United States east to western Kansas is under water except for about half of the states of Washington, Arizona, New Mexico and most of Montana. The eastern and western states are separated by a waterway 25 to 50 miles wide running from New Orleans to Lake Michigan, and the eastern coastline has moved about 25 to 50 miles inland (www.baproducts.com/aronabr.htm). See also his autobiography (Abrahamsen, 1993).
2. Jeffrey Goodman compiled a map based on consultations during the 1970s with a half dozen psychics (including Abrahamsen) that was published in his book *We Are the Earthquake Generation* (Goodman, 1979:45). This map showing coastlines projected for the period 1990-2000 is very similar to Abrahamsen's except that more of Arizona and New Mexico and less of Washington, Idaho and Montana are under water.
3. Ashton Pitre of Marble Falls, Texas independently developed a map of projected areas of devastation by flooding during the period 1995-1999. This map shows most of Washington, parts of Oregon and half of California under water with areas of secondary flooding extending into Nevada and Arizona. Submerged areas in the mid-Continent (following the Mississippi River valley) and the Gulf and Atlantic coasts are similar to the previously mentioned maps but more extensive (fifty plus miles along the Mississippi River and 50 to 100 miles inland for the Gulf and Atlantic coasts, including complete submergence of Florida (www.baproducts.com/ashton.htm)).
4. Gordon-Michael Scallion has developed some of the best known Earth Change Maps. He began having visions in 1979 and compiled his first map in 1982. Since then many versions have been published. The one

I have is his *Future Map of the United States: 1998-2001*, published in 1993. The general features are similar to the maps described above with the following differences: 1) the amount of the West Coast that is submerged falls between that of the Pitre and Abrahamsen/Goodman maps with coastline running from Phoenix, AZ, Sedona, AZ, Denver, CO, to Cheyenne, WY in the south; and Salt Lake City, UT, Boise, ID, and Salem, OR are all submerged but near the coastline, 2) a string of islands exists along the California coastal range and the Sierra Nevada mountain range, 3) submerged areas of the Central US and Gulf/Atlantic coast fall between those of the Abrahamsen/Goodman and Pitre maps. Another notable feature of the Scallion map is a new land mass off the Atlantic coast of Florida—the re-emergence of part of the continent of Atlantis.

5. Lori Toye, based on channeled information from various Ascended Masters, has produced the other best known maps of Earth changes. First published in 1988, the latest revised version of the *I Am America* map dates from 1993 and has a projected date of about 2001. Simplified versions of this map and maps for the rest of the world are presented in her book *Freedom Star* (Toye, 1995). The *I Am America* map is very similar to Scallion's map of submerged areas of the western U.S., with enough differences in detail to indicate that it is not derived from Scallion's map. The East coast remains relatively intact in this map except for the tip of Florida. More of Texas but less of the Upper Midwest is submerged compared to Scallion's map.
6. Mary Summer Rain, the New Age shamaness describes the visions of her teacher No-Eyes in *Phoenix Rising* (Summer Rain, 1987), and published a guide to surviving the Earth changes which included a map of areas of the United States subject to flooding as the result of a physical pole shift (Summer Rain, 1991:611). This map is similar to the Pitre map described above except that flooding is confined to the western parts of Washington, Oregon, and California and flooding is more extensive in the upper Midwest.
7. Dolores Cannon presents a number of maps in her book *Conversations with Nostradamus*. One is a "worst case" map for the U.S. and Mexico which shows most of North America under water with large

- islands formed in eastern Washington/Oregon, the southern Rockies, the central Rockies, the central U.S. (most of Iowa, Nebraska, Kansas and Missouri), the southern Appalachian mountains, the Adirondacks, and central Mexico (Cannon, 1991:296). This is the only map I have seen that is substantially different from the others described here (www.baproducts.com/cannon.htm).
8. George Shaffer has created a number of Earth change maps based on visions that came to him during meditations (www.bright.net/~gshaffer/earthchange.htm). One map of the United States is labeled probable Earth changes through the year 2005 and includes four irregularly shaped delineations marking severe changes on the West coast (Washington-Oregon, northern, central and southern California), an area in the central U.S including parts of Minnesota, Wisconsin, Iowa, Missouri and Illinois, and an area affecting about half of South Carolina and part of Georgia. Another map of probable Earth changes from an event in 2010 shows the entire western U.S. uninhabitable, extending eastward to the Northern Great Plains and central Texas. Shaffer does note that these prophecies can be changed or postponed by our positive thoughts.
 9. Chet Snow created a map in 1995 titled *America in the New Millennium* which presents the North American coastline after Earth changes from 1998-2012 foreseen in his book *Mass Dreams of the Future* (Snow and Wambach, 1989). The Atlantic Coast is very similar to Scallion's map and also includes a somewhat larger land mass east of Florida labeled as the New "Atlantis." The Central U.S. is more extensively flooded than any of the other maps except for Dolores Cannon's map, and the Western U.S. is similar to Mary Summer Rain's map, except that the area of the Sierra Nevada mountains form a large peninsula and eastern Nevada and western Utah and Arizona are submerged under water (www.baproducts.com/chetmap.htm).
 10. Gordon Michael Scallion's latest map (*Future Map of North America: 1998-2012*) is very similar to the 1998-2001 map except that the dates have changed and Canada and Mexico are included (www.matrixinstitute.com/futuremap.html).

In 1992, Kryon responded to questions concerning a Hopi map, which apparently was similar to the *I Am America* map, by saying that it and a similar map developed by Nostradamus in the sixteenth century were the probable future at the time they were made but that human consciousness had changed the timeline (Kryon I, 1993:95-96). A year later Kryon referred again to The Hopi map and Nostradamus prophecies, indicating that they were accurate at the time they were made because of the negative use to which humans had been using technology: “[I]t was the expectation of Spirit that Earth would be terminated; that the experiment would be over...” (Kryon II, 1994:193). On yet another occasion, Kryon said that Gordon Michael Scallion's map was an accurate probable future resulting from uncontrolled human experimentation with transmission of scalar ELF (extreme low frequency) energy (Kryon III, 1995:288).

As best I can tell, most of the maps described above were developed independently (Goodman's mapping effort began with Abrahamsen's map, but then was corroborated by a half dozen other psychics). These multiple lines of evidence suggest that the precognitive viewing and channeled information that formed the basis of these maps represent real possible timelines. Within the frame of reference I present in this book, the maps prepared prior to 1987 were based on slight variations of the probable future for the planet. The maps prepared after 1987 represent possible timelines but are no longer likely to happen. At least five of the maps described above predicted the changes to occur by 2001, yet they have not happened as of late 2007. I take this as confirmation of the timeline shift.

There are different ways of understanding this. For example, the HDB Zoosh, channeled by Robert Shapiro stated in 1996 that the events leading to changes shown in the *I Am America* map and related predictions have occurred and continue to occur on third-dimensional Earth, and that humanity is far enough into the dimensional shift not to have to experience the full dramatic impact of these Earth changes (Zoosh/Robert Shapiro, *Shining The Light IV*, May 23, 1996:261). This statement seems reasonable to me in light of additional evidence I present in Sections 7.5.2 and 8.3 that humanity and Earth are well into the shift to the fourth dimension.

As I mentioned earlier, I also consider it entirely possible that another “I” has already died in an alternative timeline. The *really* good news is that, as I

finish this Appendix in late 2007, no geophysical or ecological events that come even close to my definition of catastrophic have occurred. I will continue to co-create, along with so many others, a future where catastrophic Earth changes are *not* necessary, and I invite you to join us.

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