



YOUR SPIRITUAL REVOLUTION

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DNA & ENLIGHTENMENT

Great White Brotherhood

Reiki - The Divine Touch

Spiritual Wisdom

The Golden Age



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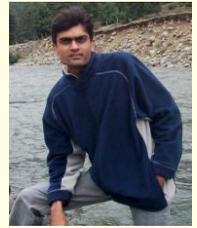
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Message From The Executive Editor

Enlightenment - what is it? Is it limited to mind only or physical body is also involved? What has DNA to do with enlightenment?



With recent advancements in science and technology, in all fields, we find more and more scientific minded people probing such questions from broader perspective. What is 'junk DNA'? With so much evolved human body, can there be something like 'junk DNA' still existing in our body? Or we are actually unable to understand its real function?

This issue throws more light on recent discoveries about human DNA, its relation to enlightenment, DNA activation and how our thoughts affect our DNA.

I always wondered how I grew from one cell into this complex body along with a brain that can think! DNA is like the master code that controls our physical growth. So is the so called 'junk DNA' basically having code for further evolution into much advanced type of body? Like the transition of caterpillar into butterfly, do we humans also possess potential to become super-humans?

Does certain words, sounds, prayers, symbols or exercises act as triggers and activate this code?

Besides interesting cover story on DNA, this issue also features other equally interesting articles including a short story and spiritual poems.

With Love,

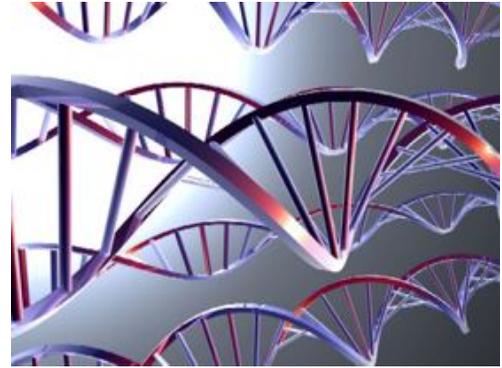
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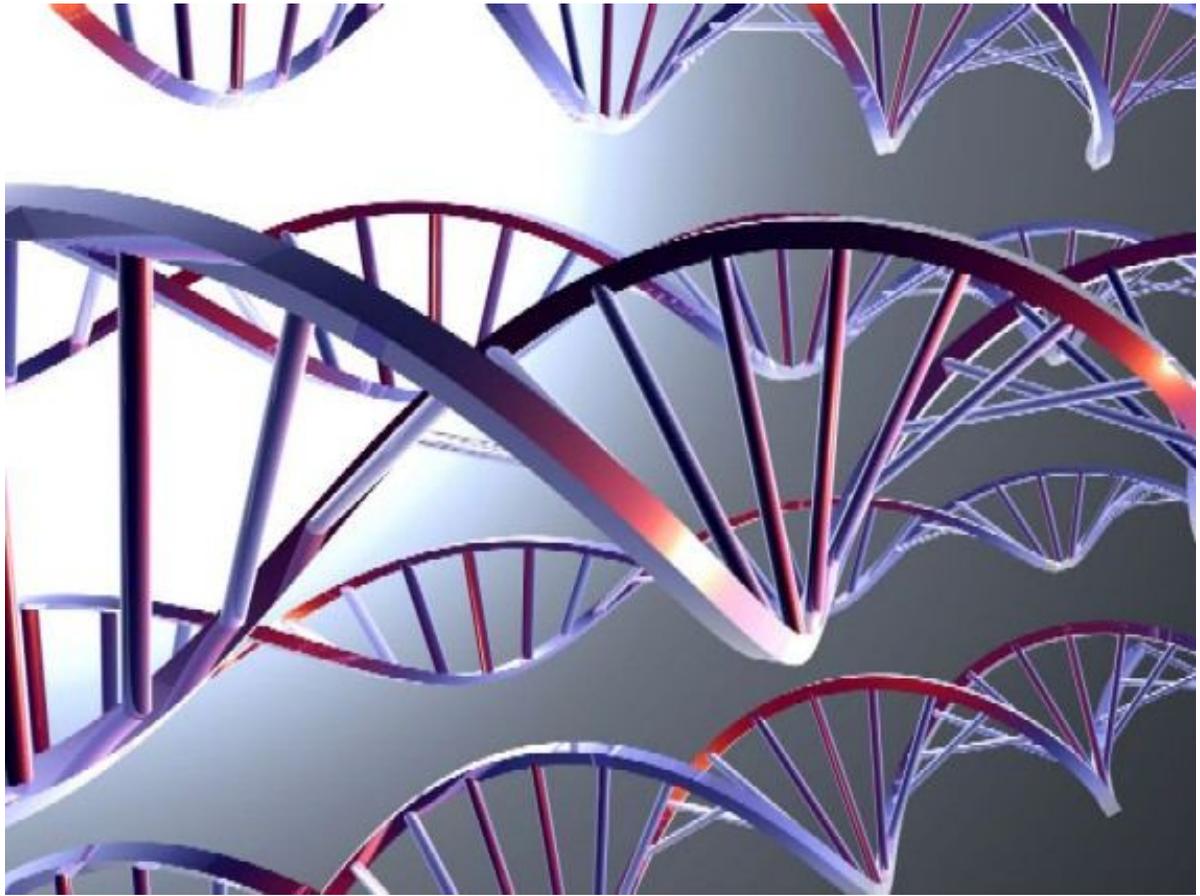
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Bridging Heaven & Earth

Genetic Activation & the New Human

By Sol Luckman

From the new evolutionary perspectives of punctuated equilibrium and intelligent design, the human brain can be compared to a three-stop roadmap that unambiguously charts the nearly spontaneous evolutions of our species from reptilian to mammalian and now to "angelic." This final cortex that is currently activating in many people has been scientifically demonstrated to be the only light-sensitive layer of our three-part brain--capable of tracking the movement of the sun, for instance, even from inside a windowless room.

Here it must be stressed that much of the information mainstream science has propagated about

biology is misinformation and perhaps disinformation: certainly incorrect and perhaps intentionally misleading. For example, it appears that in humans the brain and central nervous system may not be composed entirely of organic matter; they might also contain up to ten percent of the following six precious metals: gold, iridium, osmium, palladium, platinum, and rhodium. This information has remained largely hidden from the public at least in part because current technology is simply not designed to detect such metals that normally exist in human physiology in multidimensional states.

Renowned historian Sir Laurence Gardner,

bestselling author of *Bloodline of the Holy Grail* and *Genesis of the Grail Kings*, offers evidence that these six extraordinary metals that appear to form part of the angelic or triune cortex and central nervous system not only exist in humans but can be made to align their atomic spins so as to become higher-dimensional and thereby create an internal source of "torsion" bioenergy that manifests as light. Certain "areas of the brain can be stimulated to extend human consciousness beyond any imagining," writes Gardner when discussing the prized alchemical knowledge contained in the *Book of Thoth*. By employing sound and intention to activate our internal "chassis" of precious metals, we can stimulate creation of what has been called the lightbody from within. This internal bioenergy is often called kundalini, which according to Vedic teachings, has the potential to unfold one's complete bio-spiritual enlightenment (the lightbody) when fully awakened.

Kinesiological testing suggests that these six metals energetically correspond to, and can be activated by, the six notes of the ancient (and according to a number of scholars, creational) Solfeggio scale. Combined with a specific vowel-only phonetic code that medieval alchemists referred to as the Green Language and the Koran calls the Language of the Birds, the six notes of this transformational musical scale that was hidden away by the Roman church for centuries can be voiced to stimulate the six precious metals that form part of the triune cortex--greatly increasing consciousness and encouraging even more radical changes in physiology.

I offer that such "ener-genetic" activation is capable of initiating a progressive monatomic "high-spin" effect that produces bioacoustic and bioelectric signals capable of turning the body's liquid crystals from hexagons into interlocking tetrahedrons or merkabahs, an ancient Hebrew term

meaning "vehicle of light" and another name for the lightbody (Figure 1). This phenomenon is somewhat akin to the use of kind words to metamorphose the shape of water molecules as documented in recent Japanese studies conducted by Masaru Emoto. Dr. Emoto's fascinating research establishes that torsion or subspace energy generated by human language can alter the structure of water. When the water in question surrounds the DNA molecule--and all DNA in the body is surrounded by water--it has the vibratory power to transfer its new molecular structure to the genome via "jumping DNA," mobile DNA units also known as transposons that can be manipulated by conscious intention or belief.

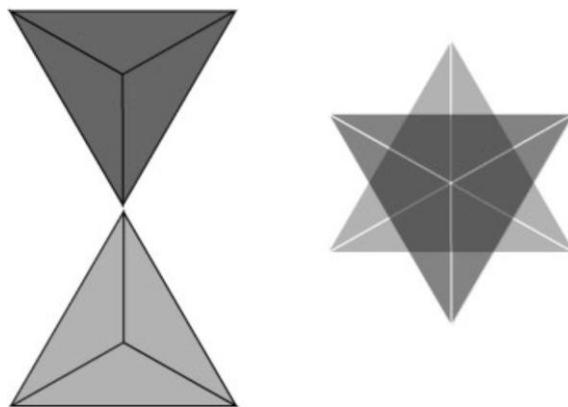


Figure 1: From Book One on the Regenerics Method, *Conscious Healing*: Tetrahedron and Merkabah. Note how from a three-dimensional perspective, the merkabah is an interface between a downward-pointing tetrahedron and an upward-pointing one, creating a molecular marriage between "above" and "below." In this vein it is also interesting to remark the similarity between this convergence and that of the theoretically funnel-shaped black and white holes approaching each other to create the timewave that gives rise to evolution at Galactic Center.

In the case of tetrahedral water molecules (whose tripartite form recalls the trinity), this highly structured and energized liquid compound penetrates the membrane of cells, harmonically signaling "junk" or

potential DNA to begin creating the lightbody. Potential DNA, in turn, projects a new unified frequency or "consciousness field" around the body. The ener-genetic precondition for the next biological expression of the human species, the lightbody, the Unified Consciousness Field is no longer composed of energy gradations in the form of electromagnetic or auric bands (or for that matter, chakras) but is truly a gestalt that gradually comes to resonate throughout at Source's elemental, signature tone--called by investigative mythologist William Henry the tone of Ge--at which point the individual consciousness grounding itself in the lightbody can be considered fully unified with Source, or enlightened.

I propose the paradox that the "tone" of Ge is not really a frequency as we understand the term but rather absolute Silence, the omnipotent creatural Stillness of unconditional love that differentiates into torsion waves of sound and then light during the threefold process of universal manifestation. The void state, Silent Stillness, is the primal formative matrix and "proportionately our most fundamental reality," Iona Miller and Richard Miller remind us in an excellent article on quantum biobiology entitled "From Helix to Hologram: An Ode on the Human Genome." "In essence, we emerge from pre-geometrically structured nothingness. DNA is the projector" of our reality from the embryonic stage forward.

In another article appearing in DNA Monthly called "The Universe Is Obsolete: A Gallery of Multiverse Theories," Iona Miller and Richard Miller theorize on Silent Stillness from a more cosmological perspective. "Sound waves originated in the first instant of the universe's life," they propose. "Vacuum-spawned particles flickering into existence from the Void were energized ... to remain in the real world. This sudden influx of countless particles from the vacuum was like throwing a stone

into the dense particle pond of the early universe. Pressure waves rippling through the gas were nothing more than sound waves. The entire universe rang like a bell." The authors go on to postulate that the particle fog then "cleared and the universe became transparent. There was no longer enough pressure to support the sound waves. But now photons traveled freely through space ('Let there be Light')."

Yet another article reprinted in DNA Monthly further addresses the relationship between sound and light. In "Music to the Ears: The Infrared Frequencies of DNA Bases," composer Susan Alexjander relates how, with the assistance of renowned biologist David Deamer, she was able to measure the infrared energies of DNA nucleotides, translate them into sound, and thereby create an unprecedented type of DNA music.

Alexjander explains, "An octave in light is the same ratio as an octave in sound--2:1. A perfect fifth, or a relationship of 3:2, is the same proportion in light as in sound and can be interpolated to the world of geometry, architecture, movements of the planets, and so forth, so long as there is a periodic or regular vibration. By discovering patterns of ratios in light, we are simply translating into a sound medium to 'hear' information and assess interrelationships. It could also be argued that both light and sound refer back to a common archetype which, as yet, is unknown to us, not unlike cousins who relate back to a common relative."

This archetypal "common relative" of light and sound, I contend, is Silent Stillness.

The divine triune structure of Silent Stillness giving rise to Sound (the Word or Holy Spirit) which then becomes Light (the sun or Son) is one way of conceptualizing the Sacred Trinity (Figure 2). When this trinitized energy has finally expressed itself in and as the Unified Consciousness Field, our cells can begin to replicate a new tetrahedral crystallinity, a biological trinity, based on the lightbody template.

This is a deeply personal and internal process that, in the end, requires the individual to adapt his or her own belief system (the spiritual body) to accept enlightenment as a biological reality. Creation of such a biological reality is, I propose, the ultimate form of healing or "wholing."

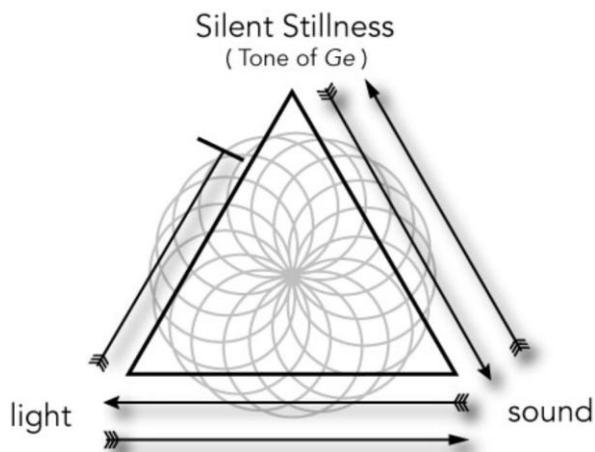


Figure 2: From Book One on the Regenetics Method, *Conscious Healing: The Sacred Trinity*. The image above illustrates the threefold process of universal manifestation in which Silent Stillness (the "tone" of Ge) gives rise to sound, which then translates into light (the holographic multiverse). Note that to return "home" to Source, we must retrace our steps from light to sound. Attempting to achieve bio-spiritual enlightenment without embracing the transformational sound current of the Audible Life Stream is a short-cut that leads to a dead-end.

The creational trinity composed of nothingness, sound and light is not unique to the Western worldview; it is also foregrounded in many Eastern philosophies. In Taoism, to cite one example, Silent Stillness is referred to as the Tao. The Tao gives rise to what Lao Tzu, author of the Tao Te Ching, calls the "ten thousand things" (the light-based holographic multiverse) by way of the breath (sound). From this perspective, Lao Tzu's references to "Immortals" are likely not metaphors but indicate

those "sages" who have arrived at bio-spiritual transcendence through immanence ("Holy Flesh" in Catholic terminology) by activating their lightbodies.

Many ancient peoples believed that to survive and thrive through the Galactic Alignment that is now occurring, an event the Izapans immortalized as December 21, 2012, in their sacred "Long Count" calendar, one must develop a lightbody--an evolved biology that throughout history has been called by many names. In the Bible, for instance, it is referred to as the "Spiritual Body" and the "Wedding Garment."

Indian philosopher and holy man Sri Aurobindo calls it the "Divine Body." Other historical names for the lightbody include the "Diamond Body" and "Jade Body" (Taoism), the "Adam Kadmon" (Kabala), the "Adamantine Body" (Tantra), the "Glorified Body" (Christianity), the "Superconductive Body" (Vedanta), the "Supercelestial Body" (Sufism), the "Radiant Body" (Neo-Platonism), the "Immortal Body" (Hermeticism), the "Body of Bliss" (Kriya Yoga), the "Perfect Body" (Mithraism), and the "Golden Body" (Emerald Tablets).

According to author and researcher Sai Grafio, who contributed to the foregoing list, the Tibetan Buddhist tradition is the only ancient tradition that referred to our ascensional vehicle as the lightbody--although this has become the term of choice in much recent literature on the subject. It goes almost without saying that the building of any kind of body, "natural" or "supernatural," is accomplished by way of life's basic building block, DNA, in one form or another.

Judith Bluestone Polich in *Return of the Children of Light*, calling the divine lightbody blueprint the "god-seed," offers a helpful analogy for how the lightbody unfolds both individually and collectively: the "seed of any flower has within it a hidden code contained in the plant's DNA that becomes activated under certain conditions ... Similarly, the light codes within the human form may be viewed as spiritual

DNA ... the inner forces that trigger the process of enlightenment. The ultimate maturation of the god-seed ... is divinity, an example of which is Christ consciousness.”

On a species level, accessing Christ or unity consciousness, and ultimately assuming its corresponding physiology, implies being capable of naturally utilizing hypercommunication. In the animal kingdom, hypercommunication has been successfully employed for millions of years. In *Networked Intelligence* Grazyna Fosar and Franz Bludorf point to the minutely orchestrated flow of life in insect colonies as an example. When a queen ant is separated from her colony, construction normally continues. If the queen is killed, however, all work stops. Apparently, the queen sends the "construction blueprint" even from great distances via the collective consciousness/DNA of her colony. She can be as far away as she wants, as long as she remains alive.

Fosar and Bludorf compellingly argue that during prehistory humanity was, like most animal species, closely connected to group consciousness. To evolve and experience individuality, and ultimately individuation, humans chose to abandon hypercommunication almost completely. Now that we are relatively grounded in our individual consciousness, we are in a position to create a new network of group consciousness: one in which we obtain access to all information via our DNA--a conclusion with many similarities to biologist Rupert Sheldrake's concept of Morphic Resonance. Just as with the Internet, Fosar and Bludorf demonstrate, one can "upload" data into the biological Internet that is DNA, "download" data from it, and even "email" other participants. This is the basic understanding behind the new nonlocal medicine, to use Dr. Larry Dossey's phrase, and is eloquently explicated in Gregg Braden's new book, *The Divine Matrix: Bridging Time, Space, Miracles, and Belief*.

It is my personal belief, one I share with perhaps millions of others, that the time is quickly approaching for the maturation of the god-seed and global lightbody activation leading to a hypercommunication revolution with the ability to unite all of humanity as a differentiated, enlightened consciousness. "The age that has been written about, whispered about, and spoken about is upon you," writes Barbara Marciniak. "It is the age when humanity physically mutates ... and literally turns into something ... it was not a short time before ... multidimensional beings." For the ancient Incas, our generation, which is fortunate enough to experience the "end of history" with the Galactic Alignment of 2011-13, is poised to become the true chakarunas, "the bridge people" tasked with creating Heaven on Earth.

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***New Discoveries about
Human DNA***

By Mitchell Earl Gibson MD

DNA has been a great mystery for many years. During the middle part of the twentieth century, two scientists, Watson and Crick, discovered the basic structure and design of the human DNA molecule. For decades this structure had eluded researchers. Watson and Crick received the Nobel Prize for their work.



The human genome has since been the subject of intense research. There are a number of remarkable discoveries in the field of human DNA that have direct bearing on our discussion of the human body of light and other phenomena.

Human DNA is a biologically complex molecule. It coordinates communication between all the major organ systems of the body. There is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies without cutting out and replacing single genes. Less than 10% of our DNA is used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The remaining 90% are considered “junk DNA.”

Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore that 90% of “junk DNA.” Their results, findings and conclusions are simply revolutionary!

According to their findings, our DNA is not only responsible for the construction of our body but also serves as a data storage and communication center. DNA seems to store all the information necessary for the creation of human language.

The Russian biophysicist and molecular biolo-

gist Pjotr Garjajev has explored the vibrational behavior of DNA. He has discovered that living chromosomes function much like a holographic computer. He has found that chromosomes use a form of endogenous DNA energy in order to communicate with the body. These researchers have managed to modulate certain frequency patterns (sound) onto a laser-like energy ray that influences the function of DNA.

Since the basic structure of DNA-alkaline pairs and of language (as explained earlier) is of the same structure, no DNA decoding is necessary. One can simply use words and sentences of the human language! This, too, was experimentally proven! In this way, these researchers found a way to make fundamental changes in the human body simply by using words and sounds.

Living DNA substance (in living tissue, not in vitro) reacts to language-modulated laser rays and even to radio waves, if the proper frequencies (sound) are being used. This may explain why affirmations and hypnosis have such strong effects on the human body. This also has bearing on the phenomenon of mantra and its effect on the body.

While western researchers cut single genes from DNA strands and insert them elsewhere, the Russians enthusiastically created devices that influence cellular metabolism through modulated radio and light frequencies, thus repairing genetic defects.

They even captured information patterns of a particular species of DNA and transmitted it onto another DNA type. In this way, they were able to reprogram cells to another genome. Using this technique, frog embryos were transformed into salamander embryos simply by transmitting the DNA information patterns! The process was achieved without traditional gene-cutting or splicing techniques.

Esoteric and spiritual teachers have known for ages

that our body is programmable by language, words and thought. This has now been scientifically demonstrated. Can a similar principle explain the effect of mantra on the human form?

Russian scientists also found out that human DNA can cause disturbing patterns in a vacuum, thus producing magnetized wormholes! Wormholes are the microscopic equivalents of the so-called Einstein-Rosen bridges in the vicinity of black holes (left by burned-out stars). These are tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time. DNA attracts these bits of information and passes them on to our consciousness. This process of hyper-communication (telepathy, channeling) is most effective in a state of relaxation.

Researchers in many parts of the world have shown telepathy to be a reality. As a matter of fact, many animals and plants show this ability! Stress, worry, or an overly analytical intellect work to prevent successful hyper-communication. In nature, hyper-communication has been successfully applied for millions of years. The organized flow of life in insects proves this dramatically. Modern man knows it only on a much more subtle level as “intuition.

When a queen ant is separated from her colony, the remaining worker ants will continue building fervently according to plan. However, if the queen is killed, all work in the colony stops. No ant will know what to do. Apparently, the queen transmits the “building plans” even if far away via the group consciousness with her subjects. She can be as far away as she wants, as long as she is alive. (1)

In humans, hyper-communication is most often encountered when one suddenly gains access to information that is outside one's knowledge base. Such hyper-communication is then experienced as inspiration or intuition (also in trance channeling). The Italian composer Giuseppe Tartini dreamt one night that a devil sat at his bedside playing the violin. The next morning Tartini was able to write down the piece exactly from memory. He called it the Devil's Trill Sonata. It is one of the most complex pieces of music ever written. According to Tartini, it came from a dream.

The Russian scientists also irradiated DNA samples with laser light. On screen, a typical wave pattern was formed. When they removed the DNA sample, the wave pattern did not disappear, it remained. Many controlled experiments showed that the pattern continued to come from the removed sample, whose energy field apparently remained by itself. This effect is now called phantom DNA effect. It is surmised that energy from outside of space and time still flows through the activated wormholes after the DNA was removed. The side effects encountered most often in hyper-communication in humans are inexplicable electromagnetic fields in the vicinity of the persons concerned.

DNA is also an organic superconductor that can work at normal body temperature, as opposed to artificial superconductors which require extremely low temperatures between -200 and -140°C to function. In addition, all superconductors are able to store light and thus information. This further explains how DNA can store information.

There is another phenomenon linked to DNA and wormholes. Normally, these super-small wormholes



are highly unstable and are maintained only for the tiniest fractions of a second. Under certain conditions stable wormholes can organize themselves, which then form distinctive vacuum domains.

Vacuum domains are self-radiant balls of ionized gas that contain considerable amounts of energy. Inside these domains, gravity can transform into electricity. There are regions in different parts of the world where such radiant balls appear very often. They appear as radiant balls of light.

Sometimes these balls of light rise from the ground, rise upwards into the sky, and move as if guided by thought. Vacuum domains emit waves of low frequency that are in the same range as human brain wave activity. Researchers have discovered that these balls of light contain immense amounts of energy and are capable of mutating human genes.

Many spiritual teachers also produce such visible balls or columns of light in deep meditation. They are able to produce these phenomena at will. The

most prodigious of these have allowed the phenomena to be photographed.

Are the phenomena that we have discussed in regard to this new research on DNA responsible for the creation of the light-body? Using the proper mantra and meditative state, is it possible to produce powerful vacuum domains using only the energy of DNA? It is possible that with the proper mantra, human DNA may cause the physical form to transform into an exotic form of matter that we are only beginning to explore? As you can see from our discussion, science is only beginning to understand the mysteries of the most basic tenets of our reality.

DNA, matter, energy, consciousness are still mysteries that elude even the greatest of our scientists. Many people reading this book might have dismissed the possibility of a human light form out of hand. As you can see thus far, there are many mysteries relating to the human condition that leave room for even greater mysteries that lie beyond.

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OUR DNA

The source and goal we call GOD

By Divyaa Kummar

We often think in terms of Gods creating us; but in truth it we who create our gods! As humans, we sense our purest qualities, but unable to accept them as 'self', we view them outside us initially...and call these our Gods and Masters. It is actually vision of Self - our highest ideas of Self encoded in our very Dna- but unable to claim these within us, we project them onto a 'god' outside.



Seers of earlier days viewed these highest

potentials, qualities, essences 'That' we truly are, and in order to describe them to the larger people, they gave them form and name. For example, describing life force as Shiva; abundance as Lakshmi; wisdom as Saraswati. And to further enumerate these qualities or essences, as each is made up of innumerable facets (for example life force can be expressed as power, as will and desire, as awareness even; and abundance is so many things at deeper and deeper levels: joy and bliss and profusion of all that is within to name but a few) and it could take sentences or pages or books to explore all the nuances of any one 'quality'... were stories and mythology woven around them. This is called anthropomorphism - whereby we personal-

ize or humanize an abstract quality to understand it better! We give it human name and form and history even! We bring the abstract to life to understand it better! The intangible aspects that make up our universe, or explain what creation really is, was too subtle for initial mankind to truly grasp... and this tangibility made it easier! It's truly what 'stories' are! It is what makes up most of mythology. For through these 'stories' can we more easily understand and identify the purer nuances of Self! And thus seek to be them!

And thus have our purest visions of Self, become our gods! And thus is our source projected outside as our goal! And thus are they all immanent in our Dna...that record keeper so to say that keeps all that we are intact within us while we play the game of seeming separation and ignorance! But bear in mind that the word 'pure' is without the judgment of being better than 'dense'! For actually the only difference in pure and dense is the vibratory frequency at which I am exploring or experiencing Self! Thus yes, while pure does refer to our 'finer' vibrations ...in the larger picture it is these finer aspects of self, which choose the 'denser' experiences to add to their finesse! And thus it works so beautifully! Finer aspects of Self, explore the denser realms to add to the perfection of Self ...perfection doesn't remain a static state of being! And yet, while we explore the more tangible realms we retain our purest aspects- outside us as gods to merge with! And within us -as our DNA to propel us forward!

From this follows the understanding that if our thoughts and feelings are the creative power through which we create life - then surely- critical mass humanity conjuring their gods in any given appearance would create these forms on inner levels?

Whereby we would tangibly feel their 'presence' as such and thus consider them 'real'? Strengthening our belief in 'them' and adding to that vitality that we first created on the inner planes! And thus drawing even more succor from these vitally tangible if not physical forms that hold (or are shaped by) our highest potentials! Yet if we can now make our gods more humane...not merely view them in the lofty, out-of-reach visuals that benefited us as early mankind, our gods will indeed exist as you and me...and the new avatars that the world is waiting for will 'be'! Now is the time, and you are the avatar!

Lets take this a little further and view our gods in different ways- Mythological 'gods' which I have referred to above- the pure potentials and qualities That I Am. Thus qualities that makes up our very Dna! And our historical gods like Buddha, Jesus, Mahavir, Mohammed (to name a few) who as mankind actualized these pure potentials within them! The yet unknown gods that we are, individualizations each on this same journey or play, unraveling the potential immanent in our DNA! What science calls extending the frontiers of our brain! And the Whole, Godself; from which



we 'descend' metaphorically ...for actually the cosmic play is happening within the Whole! Not outside as we usually conjure! There is no thing other than I...no 'outside'! This is why there is no time and space! To grasp this beyond the intellectual, view in analogy yourself dreaming of visiting another country; conjure yourself older... and now younger; visualize what you consider ideal playmates to join you...and observe all of this happened within you, in the now! In that no space within you! And this is how we play our Cosmic game as God- within!

More so, our historical gods (like all of us) are each a unique exploration of the Whole; a finely honed

focus of the Whole; taking 'back' or actualizing an inimitable, distinctive aspect of the Whole! And thus each 'god' shows a different facet...none 'teaching' exactly the same! And sometimes humanity gets confused as to which is the truth! But that's the whole point of creation! Whereby each individuation explores and actualizes a unique aspect of the whole for the whole! We imbue the whole with a unique slant! We desire a distinctive experience for the whole! And thus must we not get perplexed by what the different gods are saying, but take from each god what helps us create our own vision and realization of the whole! For if we all 'go back' with the same picture...what a waste of eternity! And yet, bear in mind that actualizing any one aspect to its fullest potential, automatically leads to all our other divine qualities actualizing within us...for each facet is only a doorway! And once we 'enter' the whole through it, we actualize all that is within! And become the divine beings that we are!

And if we keep in mind, that 'they' our gods, are in the largest sense, 'earlier' aspects of Self (in non-linear terms or it all happens simultaneously) we do not feel so distanced from our highest potentials. As an earlier self, they are inherent in me and always there for me to tap into...and contribute to! For 'they' the gods are not stagnant, finished...but expanding every moment through us, their extended selves! Perfection is a dynamic state of being...not an end as we often consider it to be! And thus as current self taps into this ever expanding 'god or higher potential', there is always more to tap into and thus further actualize! We contribute to our god selves even as they to us...what a beautiful cycle...!

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By C J Martes

We've come to understand that thoughts are energy. Actions are energy. Your entire life is filled with energy frequencies.

Pay careful attention to what you project into the world. Thoughts are can be very powerful attractors.

A recent study shows just how powerful we really are at the basic level of our mere thoughts.

There is now scientific evidence proving just how important our thoughts can be to health and personal wellbeing.

Recent studies show that DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes.

Our DNA is not only responsible for the construction of our body but it also serves as data storage and communication. This is an important key to changing our DNA structures.

We only use 10% of our DNA for building

proteins in the body. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA". But is it really "junk" or useless DNA?



The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the way in which words are put together to form phrases and sentences, the study of meaning in language forms and the basic rules of grammar.

They found that the alkalines of our DNA follow regular grammar and do have set rules just like our languages. This discovery proves a point that human languages did not appear coincidentally but are a reflection of our inherent DNA.

Scientists have managed, for example, to modulate

certain frequency patterns onto a laser ray and with it influenced the DNA frequency and thus changed the genetic information itself.

Since the basic structure of DNA-alkaline pairs and of language (as explained earlier) are of the same structure, no DNA decoding is necessary. One can simply use words and sentences of the human language!

This, too, was experimentally proven! Living DNA substance will always react to language-modulated laser rays and even to radio waves, if the proper frequencies are being used. This finally and scientifically explains why affirmations, hypnosis and the like can have such strong effects on humans and their bodies.

We now know that it is entirely normal and natural for our DNA to react to language. While western researcher cut single genes from the DNA strands and insert them elsewhere, the Russians enthusiastically worked on devices that can influence the cellular metabolism through suitable modulated radio and light frequencies and thus repair genetic defects.

Imagine how easily it would make it to repair genetic defects such as Downs Syndrome.

While a western researcher cut single genes from the DNA strands and inserted them elsewhere, the Russians enthusiastically worked on devices that can influence the cellular metabolism through suitable modulated radio and light frequencies and thus repair genetic defects.

Esoteric and spiritual teachers have known for ages that our body is programmable by language, words and thought. This has now been scientifically



proven and explained. Of course the frequency has to be correct. And this is why not everybody is equally successful or can do it with always the same strength. The individual person must work on the inner processes and maturity in order to establish a conscious communication with the DNA.

However, Russian researchers are working on a method that is not dependent on these factors but will ALWAYS work, provided one uses the correct frequency. If done, many of the world's illnesses could be cured with frequency alone. An amazing and startling discovery!

The more developed an individual's consciousness is, the less need is there for any type of device! One can achieve these results by oneself, and science will finally stop laughing at such ideas and will confirm and explain the results.

Scientists also found out that our DNA can also cause disturbing patterns in the quantum vacuum, thus producing magnetized wormholes!

These are tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time.

Your DNA attracts these bits of information and passes them on to our consciousness. This process of hypercommunication is most effective in a state of relaxation.

Stress and worries block effective or successful hypercommunication. It distorts the information making it useless to us.

As we initiate greater individual consciousness, we can create a new form of group consciousness, namely one, in which we attain access to all the group's information via our DNA.

We now know that just as on the internet our DNA can feed its proper data into the network, can call up data from the network and can establish contact with other participants in the network.

Remote healing, telepathy or "remote sensing" about the state of relatives etc. can thus be explained. Some animals know also from afar when their owners plan to return home. That can be freshly interpreted and explained via the concepts of group consciousness and hypercommunication.

Any collective consciousness cannot be sensibly used over any period of time without a distinctive individuality. Otherwise we would revert to a primitive herd instinct that is easily manipulated.

Hypercommunication in the new millennium means something quite different: Researchers think that if humans with full individuality would regain group consciousness, they would have a god-like power to create, alter and shape things on Earth! AND humanity is collectively moving toward such a group consciousness of the new kind.

These discoveries will change the face of our understanding our physiology and how we perceive the capabilities of us as individuals.

Spiritual growth seems to be the key component. Since this is a primarily focus of many individual's today, you can see just how important this really is.

So starting working with and perceive your thoughts as a tool you're your transformation. Your thoughts can become a powerful force for change in your spiritual awareness and growth.

While doing so, remind yourself that you have the power to change the world - simply one thought at a time.

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Great White Brotherhood

By Ellaeenah



What is the Great White Brotherhood that we hear and read so much about?

The Great White Brotherhood is our own... I might use the word...

'earthly' or human strain of energy that has expanded to reach levels of consciousness far above our own. The hierarchy, as we consider them, is nothing else but that strain of human consciousness that keeps expanding. At each level of expansion, there are

certain 'Beingnesses', certain aspects of individuated energy. As the expansion can touch greater levels of consciousness, there you would find those individuated energies, again from the same strain of human consciousness, that are existing at that level of consciousness. That is how this hierarchy is formed.

The Great White Brotherhood comprise of varied levels of consciousness, beyond 7th dimension; from that dimension onwards starts the Great White Brotherhood. But understand that I am using the word 'dimension' very loosely just to give you an idea of an expanded level of consciousness. It is that level of

consciousness that needs to be attained before one is accepted into, what humanity has called, the Great White Brotherhood.

From there on, the growth pattern begins to differ slightly from our growth pattern. The way the Great White Brotherhood begins to expand is through SERVICE. The only expansion possible, in this body called the Great White brotherhood, is through complete and utter service. But here too, there is a twist. If the service is done because of the growth that is needed, it means that it's coming from a sense of need, of desire. That service does not add to an expanded consciousness. That service, which is undertaken for the growth of another, without any other intent attached to it, that service leads to consciousness.

The Brotherhood keeps expanding; there is no end to the Brotherhood. Let us assume X, so that I don't need to give it a name, is at the highest level of expansion, in the Brotherhood, at present. That level of expansion is not the ultimate. It will keep expanding, and as the highest level keeps expanding, the rungs of the hierarchy naturally keep increasing in number, so more and more empowerment comes into the Great White Brotherhood.

There are several of the Great White Brotherhood who live embodied lives because their Essential Spirit Structure have attained the minimum 7th dimensional consciousness, but they need to be in embodied form because their entire consciousness, as a structure, is not balanced. The Essential part has already reached, and is moving beyond, but there is one area of the structure that has not kept up with the momentum of this expansion. That area needs the boost to come up to this level, so that there is a completely balanced growth in that individuated aspect, and so they take embodiment.

Those aspects of consciousness, which reach the very high aspects of the Brotherhood, must reach

that only out of BALANCE. They do not face any imbalance. The lower aspects of the Great White Brotherhood may face this imbalance, and need to take birth.

What is the new cosmic energy that is coming to us right now: the electric blue light?

First, one has to understand the difference between the universal energy and the cosmic energy. The universal energy comprises of all that energy which a human being can access, in physical consciousness; not all may access it, but there is a possibility of any human being, being able to access universal energy, in all its magnificence, in all its completion, at a very conscious level.

Then we go into cosmic energy. The cosmic energy essentially is one which a human being, in physical structure, cannot consciously access, but given the required expanse of Spirit, embodied Spirit can access it at a level which I'm going to call 'a non-conscious conscious level'. The cosmic energy, to be taken into the physical body, needs to then come through the universal energy, because the universal energy really is all that humanity has put out. And remember that all those whom we consider Masters were also a part of humanity. The level of empowerment they have given our universe remains at that expanded level. That is why our universal energy is huge and magnificent in itself.

The cosmic energy comes straight from Non-Energy. It comes through modifications, which are far fewer in number than the universal energy. So you can say that the cosmic energy is a far less modified Non-Energy than the universal energy. Having undergone fewer modifications than the universal energy, it cannot easily be accessed by the physical structure, and thus needs to come through, is carried on the waves of universal energy. What we consider as the electric blue light, or we consider it to be like the platinum ray, these are terms we are giving ourselves.

These terms we give so that we understand that a strain of cosmic energy that is coming through is, at present, slightly different from what was coming through a little earlier, and different from what will come through in future. So universal energy provides us with a name because for us, as physical structures, name gives us a definite definition.

This is the electric blue light and yet, it is neither electric nor blue. It is a strain of the cosmic energy, which is a very little modified Non-Energy that is coming through, at present, on Earth, for the purpose of removal of all 3 dimensional memory. It works on the memory of humanity, as a whole; that which we do not remember, we will not carry forward. So coming on the waves of universal energy, it aids us in not remembering. But when we say we forget, we actually mean that we assimilate. We can't ever forget anything; it means we completely assimilate, take back into our Core, all that is our Power.

When the Great White Brotherhood comes in to give a message, would it not be your strand of energy, which is actually channeling through you?

Each and every one of us, in that sense, belongs to the Great White Brotherhood; each and every one of us, in that sense, belongs to the Christ Office. We experience ourselves only in this limited form, but we are, in a unified form, far greater than this limited form. So, in that sense of the very large picture, of course, we all are part of the Great White Brotherhood because that aspect of S, whom she calls the Maitreya, is none other than her own strain of energy that has reached that level of expansion, which humanity has given a defined name, the Maitreya. But when one would trace it backwards, one would see that this same strain of energy would be going into S or going into you, because that same strain of energy, as it comes into its lower levels of consciousness, breaks itself up into so many parts, all of which will experience every thing together,

because at those levels of consciousness, levels being low, experiences can come only pertaining to that level of consciousness; whereas, if I split myself up into so many parts of me, each part experiencing something restricted to that consciousness, eventually I have experienced ALL. So of course, we all are part of the Great White Brotherhood. We all are part of the Christ Office.

The Christ Office is that part of the Great White Brotherhood that has undertaken a special mission. Because we are human we need a label in order to understand; we still don't understand it all completely, but even to give us some semblance of understanding of how the universe is, how energy divides itself, how it functions, we give it these labels, like the Christ Office.

Who are the Brotherhood of Keepers?

Earlier you touched upon that aspect of energy which holds that aspect of cosmic force which erases memory, and now you're touching upon that aspect of energy which holds memory, which retains it.

Now why is it necessary to retain that memory? We all know that evolution neither started with us, nor is it going to end with us. We are all part of evolution, part of the process of Non-Energy experiencing itself as Energy. Memories are kept safe, secure; they are treasured. They are like sacred possessions kept safe. When another strand of evolution will begin its journey, those same memories will gently be released upon energy waves. That strand will not experience, will not go through the same things as us, but our memories aid them in their evolution process.

Let me give you an example: the memories of evolutions that have gone before us are aiding us now. The memories of those evolutionary species, which we call aliens, are aiding us now. What I am receiving is that, at several times when an alien being comes through a medium and talks to you, guiding you, the channel is actually 'touching' the memory, and not the

alien being at all. But the memory is kept so safe, so secure, so strong, that when it is presented to you in this form, it seems as though it is an actual entity.

The Brotherhood of Keepers has this as its main task. The other tasks coming from memory are keeping everything in balance. There is growth taking place in all aspects of energy, not only species, so when I say all aspects of energy, I'm talking of 'universes' as aspects of energy, 'galaxies' as aspects of energy, what is below the Earth as aspects of energy. Evolution is multi-pronged. We tend to think it only from our perspective, but we are only one 'thread' of evolution. All the 'threads' work together to form this big picture. The Keepers hold that picture in memory and, therefore, growth and balance has to constantly be maintained.

What is the meaning of separation from the Creator?

I'm now going to then focus on only one aspect of energy that modified itself to being us. Please understand I'm not now referring to the WHOLE. I'm only focusing upon one area.

That aspect of energy, you must understand, is also a modified energy. Non-Energy modified itself into Unified Energy, without any separation. That first modification was essential for Non-Energy to begin its process of manifestation, of manifested awareness of experience. That was the first modification for our strain; a part of Unified Energy modified itself to experience this part or this 'thread' of evolution. Now this thread of evolution modified itself into, let us give it a term, the 'Earth-type Energy'. When it modified itself into that, then it had to separate itself even further, in order to then

experience itself. Just as I said earlier, the Maitreya modified himself into so many parts, that is the same process that takes place at all levels.

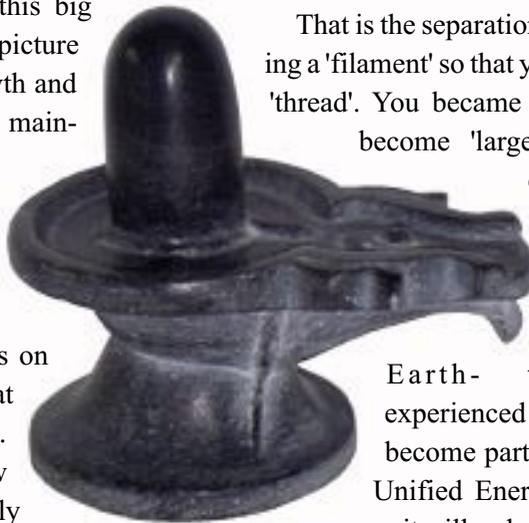
Now that energy, Earth-type Energy, modified itself into 'human beings'. But we know that before that, were the various different experiences, like stone, metal, fish, bird, and so on. I'm not going to focus on those right now, so let's say, human beings. So you, S___, were a drop in that modified part, which was called the Earth-type Energy. This energy wanted to experience itself as this 'thread'. This thread, although it seems one, has a million tiny filaments running through it. One of the filaments is called S___.

That is the separation you have referred to: becoming a 'filament' so that you may then again become the 'thread'. You became very 'small' in order then to become 'large'. That thread, when it is completely stretched to its limit, which means all experiences over, will go back and become part of the Earth-type energy. When the Earth-type energy has completely experienced itself, it will go back and become part of the Unified Energy. When Unified Energy has completed all experience, it will go back and become Non-Energy.

Is there something called the Cosmic Lingam, and if so, how can I work with those energies?

First of all, let us understand 'lingam', and then your question will be answered automatically. If you will, throw your mind back, D___, to an entire channeling where the Shiva Lingam was explained to us. The yoni has the Creationary Energy, out of which rises the male symbol, which we have called the lingam, which is the symbol of the Executionary Energies. Both merge together to form the complete symbol. If that is so, then there has to be a Cosmic Lingam.

Understand again, that the cosmic energies we



touch, the cosmic energies we access/will access, are/will be our strain of cosmic energies; that strain of cosmic energy, K___, which will be able to exist in 'male' and 'female' duality. There are strains of cosmic energies that cannot survive in a realm of duality; that need a realm, a dimension, of complete Unified Energy Structure. So we are accessing not complete cosmic energies, but those strains that can survive and empower universal energy even in a dimension of duality. That strain, of cosmic energy, D___, is the Cosmic Lingam that you are referring to. The strain of cosmic energy within itself is a Unified Energy; it does not have 'male' and 'female' distinctions. It is Unified Energy but it can contain within itself, the Creationary and the Executionary as diverse, and yet ONE. The Cosmic Lingam, if one had to visualize it, would never have the yoni and the lingam as separate. It would be one whole. Sometimes, in your vision, it might appear only vertical. Sometimes, in your vision, it might appear only flat.

How to use the Cosmic Lingam? The best way is to attach the Cosmic Lingam into your energy grid; to literally form an attachment. Please understand that cosmic energies need volition on your part. They come down into our realm, and they remain untouched. Our energies, however contaminated you may consider the Earth energies to be, its negativity cannot touch Cosmic Energies. They remain untouched, in their fullest state of empowerment, till out of complete volition you wish to access, hook on to, that cosmic energy. In that sense, the Cosmic Lingam is in the HERE and the NOW.

The fact that you have even got a name 'cosmic lingam' means that it exists.

There is nothing that this brain can ever make up. It does not have the ability to make up anything. The brain has the ability to access levels of consciousness, levels of energy, which it cannot make 'sense' of. That is why I ask you not to try to only make

'sense' of things, because due to that desire we will often restrict our experiences. The brain cannot make 'sense' of it and goes into its own little imbalance because of that, because it cannot make sense of it. It has 'registered' but the brain does not know whether it pertains to the eyes, the nose, the mouth, the ears, touch or taste, and it gets into a state of confused imbalance, giving you the feeling I have made it up. It does not exist. If you were to coin any word right now, which is, in your perception, gibberish, please understand that that word would be a systematic coming together of sounds that already exist in the energy realms right now. That is why you have been able to put them together; the brain considers it 'gibberish' but it is already present.

So you can link to that Cosmic Lingam; let it take whatever 'view' it needs to take. It might need to take an image for your easy understanding. Allow it to take shape or colour or form or sensation, whatever it needs to take for you to know it's there. Once you've hooked onto it, there is a constant flow; it's a pipeline then into your energy structure. It's there and you can use it as you wish.

There are so many different perceptions of Shiva... god, deity, being, energy...which is true? If it's energy why has it been given a physical form, statue?

Firstly, one has to understand that most of us look at Shiva as a deity, as a god, as a 'being' and none of this is true. That statue of Shiva has been given a physical form so that we can see with our physical eyes, so that then the brain can accept there is 'Shiva'.

Shiva goes far beyond a physical form. Non-Energy modified itself into Unified Energy which then modified itself into 'our' strain of energy. That energy is Shiva. So you are touching our outermost levels of consciousness, when you refer to Shiva energy. That energy can have no physical sense at all.

I'm being asked to link the question of Shiva energy

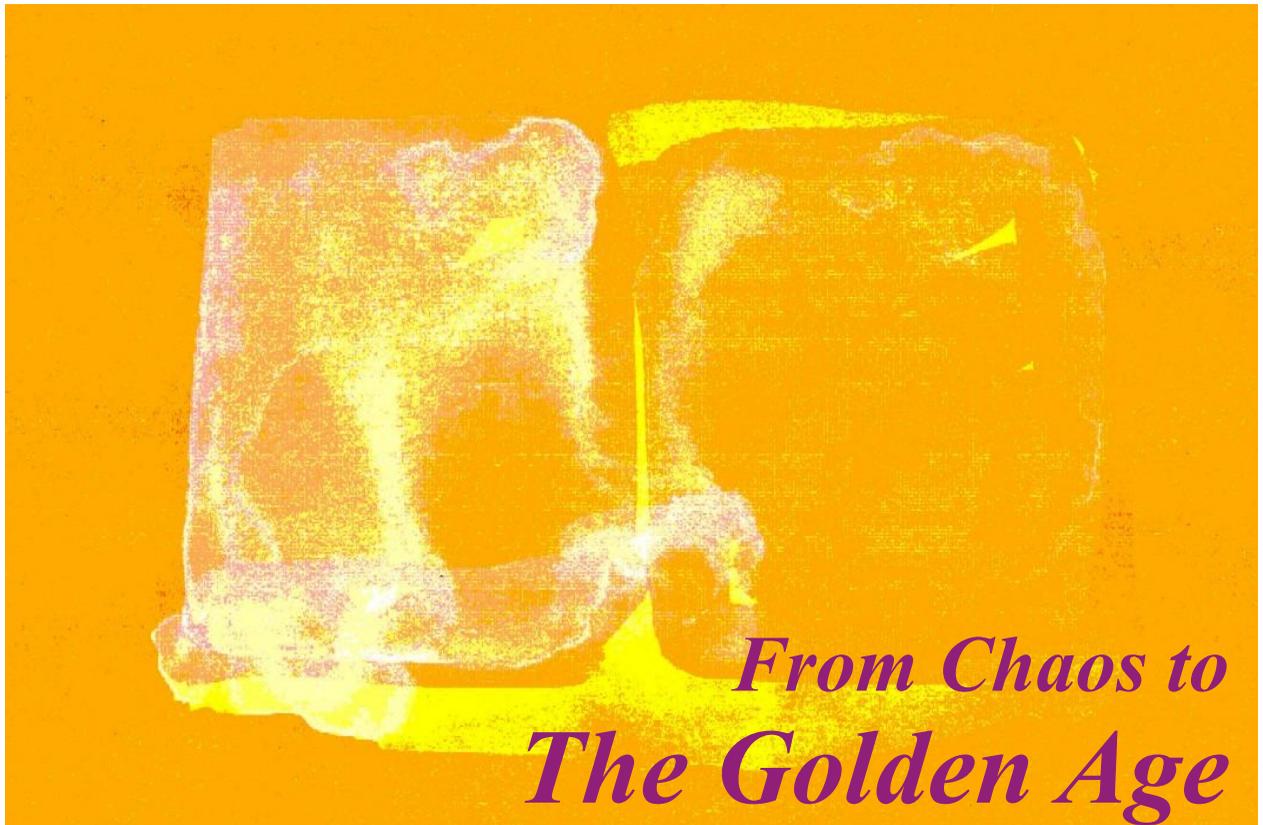
to L____'s choice of topic for today, death, for all of us to understand why Shiva has been called the destroyer.

The Shiva energy is actually Unified Energy. Like Cosmic Energy, it has the power of the 'male' and 'female' within it, but unlike the Cosmic Energy, which will never separate into a manifested aspect of the 'male' and 'female', the Shiva Energy can. It can, when needed, modify itself into two aspects of itself: one, which we call the 'male', which we have given the name Shiva, which is really a wrong name because it's the UNITY that is Shiva, and the other, which we have called the Shakti, considering that to be the 'feminine'.

The process of any death is really the process of the manifestation of Shiva Energy. It creates with its 'female aspect' and it executes the creation with its 'male' aspect. There is no death. It's just a removing of old, and creating anew. It is because death has not been understood that Shiva Energy has often been linked with that of the destroyer. The Shiva is not the destroyer at all. The Shiva energy is actually the purest and the most powerful energy of birthing. It is not at all the energy of death and destruction, as we have considered it to be.

Now when we focus upon Shiva, when we offer our adoration to Shiva, please understand what you are doing very consciously. In that symbolic adoration of Shiva, you are opening yourself, inviting this energy to bring in rebirth, within you, in your physical, as well as in your environment. You cannot then resent that the old, which has to be removed for the birthing process, will be a natural part of the Shiva energy functioning.

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From Chaos to The Golden Age

By Margo Kirtikar PhD



In spite of all the chaos around us we are living in very exciting and privileged times. I wrote about this in detail in my book 'Visions Unusual' in 2000, as I was sitting in bed recovering from a broken leg. From deep within I was prompted to join the rank of many visionaries who were aware, to write in simple words about this very special time in world history. I felt privileged. Privileged because, as a mystic, I knew we were living witnesses to a new era where we, humanity had arrived at a major evolutionary turning point.

We are witnessing an old world slowly dying and a new world emerging. The chaos that we are

experiencing is nothing but the labour pangs of the birth of a new civilization, a new world. A new way of life is looming on the horizon for the majority, who are either just waking up to this fact, or struggling hard through the confusion and upheaval, without understanding, hanging on to a life style, ideals and beliefs that they refuse to give up for fear of the unknown. I would imagine that all fanatics fall into this category as they frantically fight to hold on to their old long outdated beliefs. In their panic to survive they are causing havoc for everyone around them.

A large amount of humanity all over the world are 'waking up' on a daily basis, to see the 'Light' with an instinctive new understanding that something huge is happening here. Massive transformations are taking

place individually, universally, cosmically demanding that we conform, that we transform by changing our thinking patterns, our behavior, our belief system, our way of life. These people, again all over the world, feel an inner urge from deep within, that forces them to face themselves, to break ties, to make choices, to take new paths, to accept new responsibilities, to lead new lives, and they cannot but obey this inner urge as they move on more enlightened.

And then there are the many amongst humanity of all colors, shapes and sizes, who are deep in the midst of the ocean of changes and activities, who are busy paving the way for the rest of humanity, some famous others less famous but all are on the march to embrace the new world civilization. This is very apparent if we look at all the individuals and communities being established all over the globe, sprouting like mushrooms, dedicated to help humanity. Their commitment is to help and serve the less privileged humanity. All are enlightened people. We don't talk about individual enlightenment any more, we talk about group enlightenment.

Everywhere around us there is evidence of upheaval in every field. Old ideas are being dumped fast. Political realities and alliances are constantly assuming new forms. Technology has made us a global society, but the pace of life has speeded up to the point where many people now feel overwhelmed by events and by the excess of responsibilities. Looking back at the last century, in the past two decades, we have made more progress than in the past 2000 years of our human history. We see the upheavals in economics, in business, in politics, in education, in science, in technology, in psychology, in medicine. Technology has opened wide new worlds of possibilities for us, and it continues to surprise us daily with even more novelties. We have more knowledge at our finger tips than we can ever imagine, of anything and everything we need to

know about. Even knowledge of the esoteric world, there are no secrets any more. In my book I mention the fact that we may even begin to understand God! And I was not far from the truth. Today more and more knowledge is revealed to the masses, be that about the human being, the brain and DNA or about the psychic world, the Hierarchy and Masters, and perhaps we even have aliens amongst us, who are here with a mission to help humanity through this difficult cosmic period of changes.

DNA makes it possible today to know your parents if you are in doubt and to find criminals without any error of jailing or putting to death the wrong person. Through our advanced medical knowledge of DNA and genes it is possible for parents to have a design child according to their wishes, or to repair sick genes before birth. Things are possible today that my parents never even dreamt about. We can even manipulate DNA with our thoughts. That is how far we've leaped forward from ten years ago. It seems as unreal as having aliens walk amongst us. But it is true, we can manipulate our DNA with our thoughts.

We hear about children all over the world born with very special talents and it is quite clear that the system of education is lagging far behind. Bright energetic new age children are branded with ADHD, Attention Deficit Hyperactivity Disorder, and drugged to docility blocking their genius traits, out of sheer ignorance and fear by the adult population who has no idea how to cope with them. In most cases the children are born far advanced in intelligence than their parents and neither schools nor parents are able to cope with them let alone educate them and guide them through life. Perhaps this explains the extreme youth violence in the world. The media and the movie industry is just as much at fault with the violence shown on the screen. It is even more horrifying because we know that what our brains and minds are exposed to influence our behavior.

Today new age, esoterics, spirituality,

enlightenment, self healing have become common household words. Quantum leaps have been made in the past decade. I remember only two decades ago, I had to be very careful and weigh every one of my words on these themes. I was often branded as a little crazy, a little off in the head. Today soul, intuition, astral travel, telepathy, clairvoyance, are all common every day words. Quantum leaps in our thinking process has taken place and is taking place as individual, group and global consciousness is expanding. The human brain is the most complex object in the known universe. Billions of neurons connect and interact with trillions of synapses yet scientific research is still clueless as to how the brain really works as far as mind and preferences are concerned. Clueless because although science knows much more today then ever before, traditional science still does not accept many eastern concepts of the mind. I was told a while back, by a young scientist, that he was part of a team working on a project where research was being made to find the soul or consciousness in the physical brain. I couldn't help but laugh. Some physicists and a few scientists are embracing new ideas and accept the concept of univesal mind, cosmic mind etc. because they have reached a dead end as far as traditional science and medicine goes. It is a step in the right direction.

I have been practicing psychology for many years, helping, counseling, guiding, training, teaching, healing people for the past fifteen years. I have constantly continued with my own education to learn about new methods of healing and what I have noticed through the years that more and more healing is becoming faster faster. Through the power of thought and the power of the individual mind connecting with the universal cosmic mind, we are able to self heal instantly now. Naturally one needs to be trained in the art of thinking, the art of visualizing, the art of imagination, the art of concentration, discipline, practice, etc. But the

bottom line is if and when you make the effort and you have the training, you are able to heal yourself instantly. Some go even as far as to say they are healed from illnesses that traditional medicine has written off as lost cases, meaning no chance of healing. Yet by a miracle when they turned to the right alternative healers they have been completely healed. As more and more enlightened people take over powerful positions in all areas and fields of governments, businesses, economics and communitis the nearer we will be to the coming Golden Age. The Golden Age will come about only when many people are enlightened and live in harmony with universal laws. Following are some relevant universal laws from my book 'Flowing with Universal Laws' written in 2002.

The Law of Light

Cosmic Light is Spirit, is God, is All that is.

Light cannot be perceived without darkness. However, light being of the highest vibration always prevails. Light is absolute. Enlightenment is an outcome of light. First we need to realize that everywhere about us there exists a universal substance that we call Cosmic Light. The Bible refers to this as Spirit. This is the One Pure Primal Essence out of which emanates all Creation. It is the 'Pure Life Substance' of the First Cause, God. This is infinite and we may draw upon it at any time, for anything that we require, by the power of concentration. This 'Pure Electronic Light' is the great limitless storehouse of the Universe. In it is all perfection and out of it comes all that is.

We are presently witnessing the earth as it is passing through the throes of a tremendous new birth, and will continue to be in a transition period in the few years ahead. It is changing now in a cosmic way, from the attitude of war into that of peace, in accordance with the new age of Aquarius. We will witness changes such as hatred to love, selfishness to unselfishness and into full recognition that in the future, we the human

family must exert strength enough to live according to the law of Love.

We have arrived at a certain time in the process of evolution of our planet and we humanity must express the full peace, harmony, perfection and the divine plan of the system to which we belong. When the time comes we humanity either move forward in fulfillment of God's plan or those of us who will not come into alignment with the new vibrations, will move on to another school room of the Universe, until those personalities learn obedience to life.

The law of Life is heaven, peace, harmony and love to every created thing. Even the ethers of infinite space express this harmony everywhere. We human beings are the only creators of hell. Each one of us carries our own heaven or hell with us every moment of our life, for these are but the results of our own mental and emotional states, which we have created because of our own attitude. All misery, darkness and ignorance exist only because of lack of love. The Light does not receive disharmony into itself. As students we enter the light, to become all light, hence all perfection. To have disharmony drop away from our body or our affairs, we must let go of all thought, feeling and words about imperfection. It is forgiveness that fills all with Light's perfection.

The Law of Lotus

This is the name given to the influence from the cosmic law of Attraction that linked the two poles of spirit and matter producing upon the plane of mind

the egoic lotus or the 'Flower of the Self.' It is the law that enables the lotus to draw from the lower water and matter aspect the moisture and heat needed for its unfoldment. It governs the process of petal unfoldment and, therefore, itself demonstrates as a triple law:

The law of Solar Heat Knowledge petals

The law of Solar Light Love petals

The law of Solar Fire Sacrifice petals

There are several energy centers distributed all over the human body through which the human connects with the universe. These energy centers are known as chakras.

Chakra is Sanskrit for the 'wheel of life.' As the human develops in consciousness the charkas unfold. The symbol for each chakra is a lotus with a certain number of petals.

As the individual progresses on the path of evolution each chakra opens and flows and the

lotus of knowledge unfolds its petals. All of this occurs on the psychic level. The symbol of the root chakra is a four petal lotus and for the hip chakra is a six petal lotus. The solar plexus is represented by a ten petal lotus. A twelve petal lotus is the symbol for the heart chakra and a sixteen petal lotus for the throat chakra. For the third eye chakra the lotus symbol has ninety six petals and for the crown chakra on top of the head it is a thousand petal lotus. As the individual expands in consciousness the lotus petals open to allow universal energies to flow through the human. When all petals are open then the individual has reached divinity. Enlightenment.



The Law of Life

In accordance with the law of Life the spiritual and the psychic coordinate and balance one another in the world of the spirit and material. On this plane the soul must serve time until perfection is achieved before returning back to the Source. In accordance with this law one changes and grows constantly with each additional impression and experience of life. Issues in life are not determined by outward conditions but by one's own consciousness.

The law of Life on earth requires that we human kind must acknowledge and give credit where its due, namely, to our Creator. We must feel gratitude and only then can we lift ourselves out of the world of limitations where we have put ourselves in of our own free will.

This law requires us to understand that the human body as it is has no power and no intelligence in its actions. We need to recognize that there is a Spirit guiding our thoughts, emotions, movements, actions, behavior and so on. The 'I', the Spirit determines everything we do and our physical body follows this guidance. The Creator gave us consciousness and it is this consciousness that is the creative sustaining and maintaining principle. We are given dominion through our consciousness. Life is the intelligent direction within. Think of your body as your radio, and your consciousness is the director of your radio. You can tune into or out of any activity or condition as you wish. You can change the program of your life if you do not like it and make it better.

The law of Life says that the only way to expand is to give of one's self. The more you give of yourself the more you and your world will expand. Life is the greatest of all mysteries. The truth of life is to be found in respiration, in breathing.

The Law of Vibration

This is the atomic law of the solar system, one of the seven laws of the solar system, also referred to as the law of Fire and is the basic law of evolution. All is rhythm and movement and when all that evolves on each plane attains the vibration of the atomic sub plane the goal is reached. The law of Vibration is the law of progress, of movement and of rotation. On the seventh or lowest plane, the vibration is slow, clogged and lethargic from the standpoint of the first, and it is in learning to vibrate or to rotate more rapidly, that we mount the path of return. It, therefore, involves building a finer matter of the form. All vehicles, the physical and psychic, astral, mental, buddhic and atmic, have all to be purified and refined.

The aim of the evolution for us is love dominated by intelligence or intelligence dominated by love for the interaction to be complete. The law of Vibration states that any vibration which is sent out for good, for service, increases into higher frequencies as it moves through space, until it returns to its origin, bringing the gifts of those higher frequencies back to the sender. Forces drawing on vibration for selfish purposes such as lust, power, greed, decrease vibrations in their frequency level. When beings send out selfish energies, those energies bring back, as magnets the lower vibrational forces the drawing of energy, decreasing the vibratory rate. On the other hand, radiance, the giving forth of energy and good deeds increase the vibrator rate. When beings radiate good, those energies increase into higher frequencies and bring back good. You can increase your vibration level through purifying your bodies of all negative energies, keeping a positive attitude towards life and by doing good deeds.

The universe is in a dynamic state. All forms vibrate and have energy. The higher the rate of vibration the greater the energy. All objects are

composed of different arrangements of the same elementary particles and each has its own frequency and, therefore, its own amount of energy. The higher the energy level of a form the greater is the capacity to participate in higher life activities. Minerals, plants, animals and humans are all made of the same basic particles, the nature and the qualities of their lives differ because of their energy and vibration level.

Atoms always vibrate with such great rapidity that they seem motionless to the physical eye. At the other end of the scale are objects that vibrate so slowly that they also appear to be motionless or non-existent. In between are the various vibrations of living entities that range from consciousness all the way down to the lowly dust particle that plays an important role in the food chain. Still there are things even lower than dust. If we were to follow the scale of life all the way down to the utmost regions of the negative pole (undifferentiated matter), we again would find ourselves in the realm of spirit- the Alpha and the Omega. All that is, begins in spirit and ends in spirit completing a single cycle of evolution that will be repeated countless numbers of times through eternity.

Everything vibrates at a frequency and according to our own vibration level we are connected to receive the same vibratory frequencies. We can change our vibration level if we want to connect to higher frequencies, just like we change our TV channels to connect with and to receive different frequencies. This law of great importance to us. The more we are able to raise our vibration level the more we are in tune with the natural laws of the cosmos, the more enlightened we are and the more harmony we will experience in our life.

End

Universal laws provide order, structure and justice to the world, but a realm controlled by order

alone becomes just as stagnant as one stifled by chaos. Chaos and disorder express the principle of possibility unfettered by rules. Where universal laws provide order, chaos provides balance. Under the law of Chaos, we, humanity have free will and choice. Therefore, the chaos that we are presently experiencing around us, is the result of our own choices. Just as birth pangs accompany new life, so chaos is the lifeline leading us to a new Golden Age.

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Reiki- The Divine Touch

By Praveena Sanjay



Reiki- I choose to call it "Faith Healing" is a hands-on Healing therapy that is used to heal illnesses at all the 3 levels- emotional, physical and mental . As per the Universal Wisdom, Reiki energy is accessible to all of us, and through the initiation method, a person becomes a Reiki channel and is able to tap this energy and use it to heal people. The discipline of Reiki is based on the concept of " There is nothing Like Linear time". It is

believed that there exists nothing like Time and space and what we are experiencing is "The present moment or NOW " . I have been associated with Reiki for the past 8 years and Life has since been transformational. I choose to explain it this way: No method of healing- be it Allopathy, Homeopathic, Yoga, Aromatherapy or Reiki is effective or beneficial unless the person getting healed is positive and receptive towards the same. Dr. Deepak Chopra is a firm believer of what we call as the "Mind body connection" and I believe strongly that our thought patterns have a major effect on our health. People who are extremely positive and

happy tend to remain healthy most of the time..

Reiki believes that the root of all illness is "Emotion". Every disease be it a minor cold to diseases like Cancer have a mind body connection. It is believed that People who have repressed resentment or anger inside them fall prey to cancer. Every illness has a psychological connection to it and the extent to which a person gets healed depends on how positive he remains towards the healing process. I would not say Blind faith is a requisite, but a positive inclination towards healing and the belief that " I would be healed " is enough to make miracles happen. This is very evident from the fact that 2 patients suffering from the same disease have different responses towards the same treatment. One may be healed in no time, never to have it again, and the other might worsen his health by remaining in a state of depression and negativity .

Reiki has been extremely beneficial in curing all types of Illnesses of any origin- be it stress, or diseases like spondylitis, Migraine etc to diseases of psychosomatic origin. Many people ask me" How is it possible to heal a person suffering from acute diseases like Migraine". I say the key to this is "Faith". Faith can move mountains as the old proverb goes , holds true here. Whenever a person comes for healing, The first step that starts the healing process effectively is the 'Faith in Reiki" and this is true for all the methods of treatment like medicines, Yoga etc. The positive attitude and receptivity in a person opens up channels through which healing happens.

Reiki, as I said before is a hands on healing technique wherein the healer places hands on the affected parts of the patient to enable healing. First the healing begins by opening up the blocked energy centers (or chakras). Once the Chakras are opened up, The Reiki energy flows in; enabling healing. During the Reiki treatment, it is possible that pain ,aches, fever or psychological effects like Sadness

or depression crop up. This is natural and ensures that healing is happening effectively. There are various illnesses which are repressed inside us which we are not aware of, and healing just opens up these blocks and heals from the Root. I encourage people coming for my sessions for Taking Meditation sessions as well. This aids in Healing and Reiki is one such discipline which encourages other healing options along with Reiki treatments.

We are living in an era where Emotional stress and burden is so much that we do not realize what it is doing to our psyche and hence our Physical bodies. Only when we fall prey to acute diseases do we realize we need to Slow down. It is believed that the illness first strikes at the Auric level and then the damage is done to the Body. By the time the body gets affected, The damage has already been done . The Aura gets clouded due to negative emotions like Anger, Envy, hatred, resentment, guilt , Fear.

The key to Good health has always been Happiness. And what's the Key to happiness? Well every one has a different definition for the same. The key to it lies in living a soulful and enriched life that includes the Right kind of Food, Right sleep, Right Habits, positive attitude towards Life, Loving and accepting oneself fully.

The keys to living a Spiritually enriching Life are :

- ♦ Do not indulge in gossips, as it depletes the energy
- ♦ Do not stick onto negativity(emotions) for long
- ♦ Make Positive affirmations daily
- ♦ Appreciate another person (your spouse, sibling or parents) daily at least once;
- ♦ Feel good about yourself by remembering your achievements and your positive qualities
- ♦ Do Spiritual activities like meditation for at least 10 minutes.
- ♦ Eat healthy foods.

Erimi Kapsido

- ♦ Try and be expressive about your feelings and thoughts.

- ♦ Read a lot. Especially Spirituality based, Self help books that inspire you. Re read booksread as many times as you can; it gets engraved in the neural pathways and then we are able to use this wisdom in our daily lives...

- ♦ Make it a point to maintain a good relationship with the people who are close to you. If an issue or argument bothers you, be brave enough to communicate with the person concerned. Repressed emotions and feelings are the major cause for illness

- ♦ Practice the act of forgiveness. This can only happen if you forgive yourself for all your deeds and accept yourself as the person you are.

Healing is not about just curing your body of an illness but it is a whole process that involves cleaning your system off negative emotions, feelings, toxins and replacing them with the feelings of Unconditional Love, acceptance and Peace.

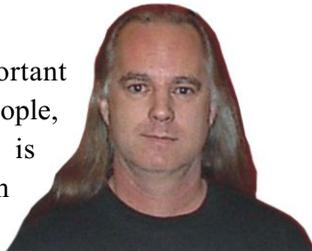
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Spiritual Wisdom

By Gordon Wayne

Wisdom is an important spiritual virtue for many people, and the utopian ideal is obviously infinite wisdom or omniscience. Unfortunately, we humans have finite intellects that cannot comprehend infinite wisdom and mortal egos with delusions of knowing everything of consequences. Fortunately though, our mortal imaginations can compensate and give us a glimpse of infinite wisdom.



If we could amass all the information within every human brain on earth, then we could get a tiny glimpse of infinite knowledge; if we could gather all the knowledge and wisdom from every human brain throughout history, then we could increase that tiny glimpse tenfold; if we could collect every thought

and feeling from every creature possessing a cerebellum throughout earth's history, then we might get a respectable insight into infinite knowledge; and if we could assemble all the knowledge from every biological entity on every planet throughout the universe and eternity, then we might understand the full extent of infinite wisdom.

Naturally, this introduces a significant problem because of the potential for endless contradictions in thoughts, feelings, knowledge, and beliefs. For instance, some people believe deities exist while others do not believe they exist, and some people believe aliens are visiting earth while others doubt aliens exist. Some people get around this conundrum by declaring that their knowledge and beliefs are the only knowledge and beliefs that truly conform to the utopian ideal. Declaring that our knowledge and beliefs are the only knowledge and beliefs that

conform to the utopian ideal is simply human hubris.

Infinite knowledge and wisdom though would understand why some finite intellects believe earth is flat while other finite intellects believe earth is round. For our finite intellects to appreciate infinite wisdom, we should strive to learn something from everybody we meet whether they are older, younger, male, female, rich, poor, friend or opponent. We should strive to learn something from people of average intelligence, people below average intelligence, and those above average intelligence.

Perhaps the greatest challenge is learning something from people with different beliefs, especially those with radically different beliefs. Nevertheless, we should try to understand why one neighbor is a theist and another is an atheist, why one person believes prehistoric monsters exist and another does not. We could even try to understand an animal's thoughts and feelings, which is not difficult because most pet-owners will happily provide a detailed dissertation of their pet's thoughts and feelings. Alternatively, biologists and animal psychologists might be happy to give us a synopsis of their research into primate epistemology, feline cognizance, or bovine apprehension.

For a greater appreciation of infinite wisdom, we could investigate the relationship between cultural knowledge and individual knowledge. Individual intellectual development is the process through which nescient brains learn from the repository of cultural knowledge and develop into mature intellects. Cultural intellectual development is the process in which a society's knowledge grows as its people investigate the secrets of life, reality, the world, and the universe.

For instance, when somebody discovers the earth's crust consists of tectonic plates, then society's knowledge will evolve from believing the ground never moves to believing the ground moves. Since individual intellects develop from cultural knowl-

edge, individual intellects will subsequently evolve from believing in an unmovable ground to an imperceptibly shifting ground. Infinite wisdom would understand the symbiotic relationship between individual intellects and cultural intelligence. It would understand the journey from believing the universe orbits the earth to believing earth orbits the sun.

To expand our personal appreciation of this relationship, we could study the evolution of cultural knowledge from ancient civilizations to contemporary societies. We could study classic turning points in cultural understanding such as Newtonian physics, Copernican astronomy, Darwinian evolution, and Einstein's relativity. We could also study cultural achievements such as classical Greek philosophy, Chinese philosophy, Roman politics, Persian mathematics and astronomy, etcetera. A thorough understanding of every intellectual development is probably unrealistic but we should consider an abbreviated understanding of each development.

Some people may question the spiritual significance of studying secular subjects such as astronomy and biology. Infinite wisdom though would understand that everything connects to everything else so learning mathematics or cooking is as important as studying theology. Technically, infinite knowledge and wisdom would know everything about everything whether physics, childbearing, music, politics, laundry, philosophy, drama, or gardening. Although our finite brains and finite intellects can never experience infinite wisdom, everything we learn brings us a little closer to appreciating true omniscience. This includes everything we learn from diverse sources that apparently contradict each other.

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THE MAP

By Alex N. Moyer



One day, a man traveling on an old dirt road surrounded by colorful flowers and beautiful scenery came upon a rather ordinary looking cafe. It was a strange site to see on such a road as he was traveling.

And in fact it seemed as though it didn't even belong. The man stopped at the cafe's entrance, which was little more than an old wooden door. And after a moment's thought, and some hesitation, he decided to go in.

Inside, the cafe looked rather ordinary as well. It

was filled with ordinary people, and in fact seemed rather dull and mundane. The man was already missing the many wonders outside the cafe, but he was feeling a little thirsty so he ordered something and sat down at a worn out looking table in the corner. The light above shined down upon the man showing his features in greater detail. He was an old man, well dressed, yet rugged in appearance. Upon closer observation it seemed as though life itself had etched the collective struggles of humanity upon his physical frame, beyond even what one might expect from someone as old as he. It was not easy to tell if the scars on his face were from some unsavory employment, general hardships, or some internal struggles that

could no longer be kept at bay.

Upon shifting one's perspective just a little beyond these tell tale signs of hardship and struggle, something else could also be seen. Subtly hidden within the hard callouses that surrounded his eyes, like the sparkle of a diamond in the midst of crumbling rocks, one could see a hint of youthful and excited energy that was slowly growing brighter and brighter.

After several minutes of sitting quietly without touching his drink, other than to move it around the table, the man began to look around nervously at the other people in the cafe. He noticed that they all looked rather ordinary as well, and seemed to be quietly engaged in the cafe's general peacefulness. While observing this, he was somewhat surprised to see a dragonfly buzzing quit freely around the cafe. No one else seemed to notice or at least pay it much attention.

After the moment had passed and the old man had moved his drink back and forth a few more times without taking a sip, it became quite obvious that he could no longer contain the youthful and excited energy, which had now built up to such an extent that it seemed to fill his entire body. A decision was formed, and he stood up moving with unbridled purpose towards the center of the cafe."

"The cafe itself seemed to absorb the man's now overflowing mixture of excitement and nervousness, as if the subtle silence and peacefulness had its own energy beyond what the old man could muster. But slowly the cafe seemed to change by some will of it's own, and all eyes turned to look upon the old man.

"Do you people know what I have discovered?!" he said. "It is the greatest discovery in human history! And I have decided to share this with you here today, because others must know of this wonder." He then reached into one of the pockets in

the expensive looking coat he was wearing, and slowly, with the reverence of a priest who had in his possession the holy grail, he pulled out what seemed to be a map.

Again he spoke "Here in my hand is a map of Reality! Not an ordinary map, oh no, but one which allows me to go anywhere and do anything in Reality that I want, anything I can imagine!" The man's excitement itself now seemed to take him into another reality, one in which his youthfulness turned to longing. "This world can no longer hinder me from doing whatever I want. I will no longer be looked down upon as a poor old man. I can be richer than Kings! I can have all the beautiful women I want! I can travel to other dimensions! I can even rule the world, the universe!" While he continued talking about all the things he could do, and how much power he now had, another man, who had been sitting silently with his drink at another table across the cafe stood up and walked over to the old man.

As as this strange, but rather ordinary looking man, came before him, the old man suddenly stopped talking. Then, for reasons he couldn't seem to fathom, he was drawn to look into the strange man's eyes. For nearly a minute they just stared at each other. Then, without warning, the strange man grabbed the map from the old man's hand, and tore it into several pieces.

After a moment, the old man, realizing what had happened, began to scream. "What have you done! You fool! Why would you do such a thing? You ignorant fool, do you know what you have done!"

The strange man remained silent, as the peacefulness of the cafe again seemed to absorb the angry cries of the old man.

When the strange man finally spoke, it was in a voice that seemed to echo the same silent peacefulness of the cafe.

"I have given you a new map, one which does not require paper. It starts here, in this very moment, and

you will create it as you travel. You will discover places which were not even printed on your old map, and journey to worlds yet unexplored and uncreated. All you need to do is open your eyes and your heart to see the wonders before you, and go where you will" said the strange man.

After hearing this, the old man said "I think your all crazy! And want nothing to do but sit here and waste your lives away. So I will leave you here to your quite boring lives, and hope to never see you again!" On saying this, he walked out of the cafe in great despair, and back onto the road.

Though he hadn't been in the cafe for very long, as he stepped out onto the road he noticed that it seemed darker than before, and colder. The sun no longer brightened the colors of the plants and flowers, and the wind seemed to blow with a subtle harshness. "Fools...I could have changed the world" said the man to himself, as he continued his journey down the old road, now lost in thoughts of dreams deferred.

After he had walked for awhile muttering to himself and to anyone else within hearing distance who might sympathize with his great loss, he began to notice that the old road he was walking on was beginning to lose its distinction and was fading into the landscape. "What's this?! Ack! If I only had my map... Now I'm just an old man who has reached the end of the road." said the old man in a tired voice filled with exhaustion and despair.

He sat down barely able to stand anymore, and decided to sleep, not caring what manner of beasts or man might be about. He decided that this might as well be the end of his life too if God or anyone else wanted it more than he. Dreams came to him filled with wondrous exotic places and mighty oceans that echoed the voices of creation, the most marvelous dreams he had ever had that filled his heart with longing.

When he awoke, he found himself lying in the middle of a grassy field surrounded by flowers of such vibrant colors and sweet scents that he almost cried at the beauty of it. "How did I get here? This can't be the same place where I went to sleep last night... How could I have not seen such beauty as this?" said the old man now feeling a youthful and excited energy rising into him once more. As he looked in wonder at the sights around him, feeling the warm breeze blowing softly through his thin hair, he noticed something that looked like a path just beyond the other side of the field.

He slowly walked over to the path across the field, enjoying the beauty that surrounded him, and began to travel once again. As he walked he began to hear sounds that he hadn't heard before...sounds of moving water rushing back and forth.

He noticed the path had turned to sand, and all sorts of exotic trees and plants now surrounded him on either side, but what really caught his attention was the wondrous ocean that lay before him that seemed so vast he couldn't even imagine an end to it. As he took in the scenery before him he began to realize something. The man in the cafe had been right after all. He really didn't need a map of Reality, because Reality was all around him, and inside him, and nothing was really ordinary. He only needed to open himself to the wonders before him.

He smiled as he walked along the beach knowing there was much to learn and discover.

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Spiritual Poems

The Key

*I came upon a gate one day
Outside an open field
And on the bars there hung a sign
Which space and time concealed
Upon the ground, beneath the dirt
I found a golden key
I looked upon the gate once more
To find what I could see
The gate which stood there, stood no more
A memory from a dream
Upon the ground I found a path
Along a silver stream
My journey followed down this path
To see what I could see
To find what I was looking for
The path to destiny
I left the seeds of happiness
And turned round with a smile
I left the seeds of sadness
And walked a lonely mile
I left the seeds of victory
And heard the sound of cheers
I left the seeds of tragedy
And wiped away my tears
I left the seeds of intellect
And pondered thru the night
I left the seeds of beauty
And saw an angel's light
When last my path had reached it's end
A vision came to me
I looked upon my gate again
Outside an open sea
There was a lock upon the gate
But now I had the key
And the sign upon the gate now read
Infinite possibility..*

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Seekers

*Seekers
Be seekers
For eons to come*

*Seers
Be seers
Of wisdom you shall have none*

*As truth
Is not miles away
Or distant in time
It is in enchantment
Of thy rhythm divine*

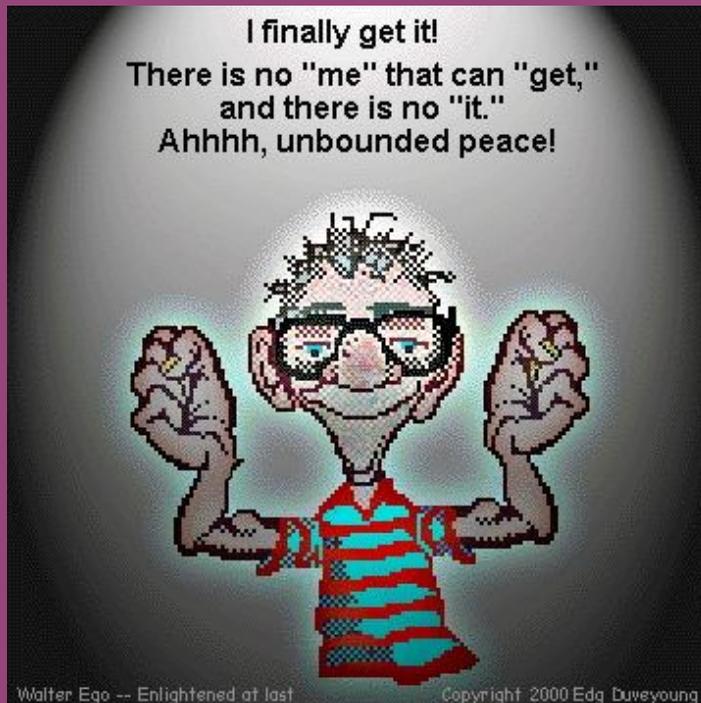
*Feel the bliss
Do not seek light
As a seeker you shall never be
In thy embellished heaven, as many a seeker see*

*Light will thus be
Without what you call I
As you choose splendour
Whilst light be in surrender*

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HUMOR TIME!

THE LIFE OF WALTER EGO - Cartoon Universe



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THE LIFE OF WALTER EGO - Look who's talking

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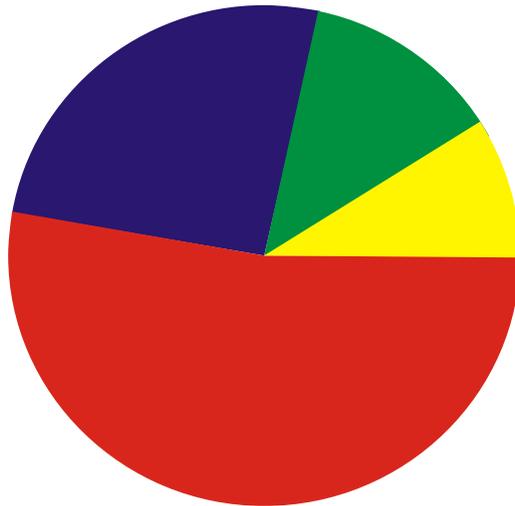
THE LIFE OF WALTER EGO -- Can I find my Witness?



www.duveyoung.com

YSR October Month Poll Result

How often do you visit places of worship like temple, church, mosque etc?



■ Daily - (54%)

■ Monthly - (13%)

■ Weekly - (22%)

■ Never - (11%)

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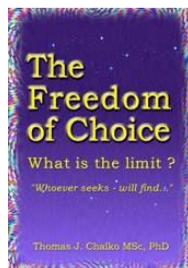
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- ♦ **Truth** leads to Peace & Happiness
- ♦ Art and Science of **Balance**
- ♦ Brain is in the **Mind**
- ♦ Love and Fear - **Duality** in Design
- ♦ **Awareness** Transforms
- ♦ Consciousness + Energy = **Reality**
- ♦ Law of **Attraction** - Act to Attract
- ♦ **Freedom** of Choice - Evolution vs Entropy
- ♦ Law of **Karma**
- ♦ **Time & Space** - An illusion
- ♦ **Psychic / paranormal** abilities exist
- ♦ As above so below: Microcosm vs **Macrocosm**
- ♦ **Change** is the only constant - **Evolution**
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