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## The Abortion Debate: Its Deeper Meaning

*Few social issues provoke as fierce a debate as that over abortion, intensified now as the Supreme Court appears determined to further circumscribe women's reproductive options. As Alexander points out, the abortion debate is an expression of deeper currents flowing beneath society, and he addresses the issue from that perspective.*

*This article is based on a channeled lecture delivered by Alexander at last October's Whole Life Expo in New York City.*

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As the flow of daily events in an individual's life rides atop deeper unseen currents, so can communal events be understood as symbolic expressions of themes and issues emerging from the collective unconscious. On both individual and mass levels, those events carrying great emotional impact derive their energy from the friction sparked as psychic structures are built up and torn down, grating against each other in the private or communal psyche. During times of great upheaval -- private or collective -- the clash between incompatible psychic structures spills into symbolic expression as highly charged events.

As western culture's traditional mechanistic, soulless world-view collapses into the multifarious global crisis, an ascendent world-view struggles to rise into awareness and right the course. The disparity between the two cosmologies is so great, and the urgency of the crisis so compelling, that the schism between the two world-views roils with energy, cascading into symbolic expression as communal events of passionate intensity.

Because the battle over abortion resembles just that -- a battle, a war -- and because it evokes such fervent passions on both sides of the issue, abortion stands as one of the key symbols of the

friction between the ascending new world-view and the declining old world-view. With that understanding, we can view abortion as though through a prism, examining each theme or color which blends into the white-heat battle of "pro-life" versus "pro-choice."

### The Fetus As Symbol: The Fear Driving the "Pro-Life" Camp

As mentioned above, social issues of great emotional intensity are often symbolic expressions of eruptions in the collective unconscious. The more hysterical, rigid, and uncompromising a person or group is in advocating a position, the greater the chance that the advocacy is but the surface expression of deeper issues with which the person or group is grappling. In the case of the "pro-life" side of the abortion debate, we find perhaps the shrillest, most uncompromising, most militant advocates of any social issue. More, we find apparent contradictions and hypocrisy; as, for example, in those who claim "sanctity of life" as their motive while bombing abortion clinics.

When surface contradictions appear, fear is at work. Indeed, it is fear, not respect for the sanctity of life, that fuels the "pro-life" camp. Let us look briefly at the nature of fear and its manifestations.

Behind every irrational fear lies an erroneous belief. Erroneous beliefs are those contrary to reality, and irrational fears are the outer coatings on such beliefs. Most often such belief-fear couplings are carried as psychic scars from childhood, where one's innate self-love and trust in the world's safety have been perverted. Obscuring an erroneous belief behind an irrational fear makes difficult an accurate assessment of one's fundamental beliefs; in addition, fears often further mask their true source by latching onto entirely disparate beliefs.

Here is the source of the apparent contradictions and hypocrisy in those motivated by fear. Because fears seek psychic strength by attaching themselves to disparate beliefs, those beliefs may well contradict each other or cancel each other out. The fear masking itself behind the contradictory beliefs is the unifying nexus, binding the contradictory values in an irrational, jumbled stew of hypocrisy.

As another aspect of the nature of fear, it is a psychological maxim that inner conflicts and fears which are too frightening to openly acknowledge and accept may be projected onto others, onto the world at large, as a way of gaining distance from them and therefore dealing with them in a safer, more oblique manner. This defense mechanism of "projection" allows one to deal with inner conflicts at arm's length, avoiding the intensity of probing introspection.

These principles help us to understand the motivations of the "pro-life" camp. For here we find a shrill, impassioned group railing against the slaughter of "pre-born children," while engaging in the apparent hypocrisy of ignoring the needs and rights of already born women and children, with some even engaging in violence carrying the potential for severe harm.

When surface contradictions appear, fear is at work. What beliefs do the "pro-life" forces hold? First, most base their actions on a traditional, often fundamentalist, Christianity. The Old Testament Jehovah was the world's first dysfunctional parent, alternately blessing and condemning His human creations, drowning the race when it dissatisfied Him, demanding infanticide of Abraham as proof of obeisance.

To believe in the Jehovah model of a creator, then, is to live in perpetual fear of a wrathful, vengeful creator figure who has the power and the will to snuff out the lives of those who dis-

please Him. One feels tiny, frail, and helpless, a mere insect under God's stern and unforgiving gaze -- and heel. While Jesus' later teachings were meant to steer the race toward an image of a God of love and forgiveness, conservative Christians tend to cling to the Old Testament Jehovah as the model of their creator.

Consider the fetus. It is tiny, frail, and helpless. It is utterly dependent on its mother, forever at her mercy, incapable of independent action or freeing itself from her omnipotent control. The mother-fetus relationship thus symbolically represents the relationship between conservative Christian and Jehovah. And because one hesitates to do battle against a wrathful and omnipotent God --- a prudent choice! -- the inner conflict is projected outward, onto the world at large, onto the fetuses floating in their helpless dependency. Here the fundamentalist can finally do battle against the secretly despised creator figure. Here millennia of chafing under the creator's capricious omnipotence can finally be rectified.

*The "pro-life" forces are not battling for the lives of the unborn. They are battling for their own lives.*

The act of abortion is an exquisitely precise enactment of the fundamentalist's greatest fear, that of being snuffed out by a creator figure. The mother -- exercising her life-and-death power -- chooses to terminate a pregnancy and the fetus is destroyed during the abortion procedure. It is the fundamentalist's horror: an omnipotent decision to end a life followed by an act of lethal violence against a tiny and helpless being. Abortion thus becomes a gruesome drama scripted by the fundamentalist's darkest nightmares.

As mentioned, fears often latch onto beliefs far removed from their genuine source. In this case, a fear born of a belief in one's impotent helplessness instead trumpets the "sanctity of life" as its basis. But beliefs fueled by fear always reveal themselves in the end by hypocrisies and contradictions.

Where is the respect for the "sanctity of life" in forcing women to bring unwanted babies to term? Where is the respect for the "sanctity of life" in further crowding a grossly overpopulated planet?

Where is the respect for the "sanctity of life" in attacking, berating, threatening, even assaulting those involved in the abortion procedure? The apparent hypocrisy reveals that the "pro-life" camp is motivated not by respect for life but by fear, fear projected outward and symbolically enacted by a mother choosing to end a pregnancy.

This explains the hysteria, the fury, the rigid, uncompromising stance, the willingness to suffer arrest and prison, to defy the authorities, to commit verbal and physical violence: The "pro-life" forces are not battling for the lives of the unborn. They are battling for their own lives.

### **The Pro-Choice Camp: The Goddess Emerges**

Although the pro-choice side of the abortion debate is not fueled by sublimated fear as is the "pro-life" camp, still the pro-choice advocacy of a "woman's right to control her body" is but the surface expression of a deeper undercurrent flowing beneath society. We may refer to this ascendent system of values as the emerging "Goddess principle."

Most readers will already be familiar with the Goddess concept, a growing body of thought digging deep into humanity's roots for evidence of a time when the feminine principles of inclusion, compassion, and harmony between the sexes governed human affairs. Yet this anthropological probing is itself another expression of a still deeper shift occurring in the species's collective unconscious.

Western culture has for millennia been dominated by the patriarchy principle, a system ruled by predominantly masculine values of competition, violence, and dominance. As this system plays itself out, manifesting as a world torn by war, poverty, and impending ecological catastrophe, the system's spiritual barrenness becomes apparent. As humanity casts about for a fresh philosophical framework to right its course, long-suppressed bodies of thought percolate into awareness. The emerging interest in Goddess religions and cultures reflects the deeper understanding that western culture's core malaise results from its disregard for feminine spiritual principles. At base, the difference between the sexes is this: man is the material keeper of the world,

while woman is the spiritual keeper of the world. Only a harmonious, respectful blend of these energies and perspectives results in a healthy, just, sane world.

So the pro-choice rallying cry of a woman's right to control her own body is, in fact, one narrow slice of the deeper emergence of the Goddess principle, a world-view which cherishes and upholds everyone's freedom and dignity, not just those of the pregnant woman. The pro-choice forces are the front-line soldiers in the larger struggle to restore western culture to its neglected spiritual roots.

### **The Morality of Abortion: When Does Human Life Begin?**

If all life is sacred, is abortion murder? Are embryos to be considered "pre-born children," as the "pro-life" forces claim? At what point does a fetus become "human"? When does a soul attach itself to the growing fetus?

Such questions can never be resolved among the various political, scientific, and religious camps debating the abortion issue, as there is no agreement on fundamental beliefs and values. We offer our perspective from the spiritual dimension, where the process of a soul linking with a human body is perhaps more clearly understood.

No life exists without consciousness; indeed, consciousness precedes corporal form. Without consciousness infusing a living being, it soon decays into a heap of inorganic elements. A growing fetus can be sufficiently infused with consciousness by its mother that there is no necessity for a "soul," a distinct sprout of consciousness, to link with the child *in utero*. In fact, in some cases a soul does not link with a child until after birth. "Crib death syndrome" is frequently a result of a child born without a soul having "claimed" it as the vehicle for earthly exploration.

Given this understanding, as a general rule a soul "links" with a fetus between the third and ninth month of pregnancy. As the fetus grows and the pregnancy takes on increasing importance to the mother, her thoughts increasingly fill with plans and expectations for the new life she carries. As a woman's thoughts focus more intently on her growing child, her thought process ripples to the level of consciousness where those souls eager for earthly life can perceive and evaluate it. Based on the degree of congruence between a

soul's life purpose and the expected childhood experiences to be offered by a particular mother, the match is made.

For this reason, a woman who becomes pregnant through accident or assault, who has no desire or means to raise a child, and who therefore contemplates abortion, will radiate a starkly different thought process regarding the fetus she carries. No soul seeking a lifetime commitment to earth would link with the fetus growing inside such a woman. The process is self-selecting, then, and occurs on a level of consciousness beyond the normal waking focus.

The question of when a fetus becomes "human," and whether abortion is therefore murder, simply reflects ignorance of the process through which souls link with their earthly bodies. From the perspective of the soul level of consciousness, one can no more "murder" an unselected fetus than one can "murder" an inanimate object. Murder is the deliberate destruction of life; and where no life infuses a tiny fetus, abortion entails no violation.

## The Old Order's Last Gasp

Abortion has been legal in America since 1973. Why, then, have the anti-abortion forces risen to prominence in the Eighties, particularly the late Eighties? Why have the protests, blockades, and harassment reached a fever pitch in the last few years?

As mentioned earlier, social issues fraught with passion and polemic are fueled by the friction between conflicting world-views, one decaying, the other ascending. Each of the last three decades has served as a phase in the three-step process of cultural revolution. The Sixties saw the initial burst of energy infusing society with a fresh vision and vitality, chipping away at the edifice of white male patriarchy, manifesting as the Vietnam War protests, the civil rights movement, rising environmental awareness, women's liberation, and revolutionary leaps in art, music, and philosophy. The Seventies was the decade of rest and reflection, when the legacy of the Sixties was sifted through and evaluated, to retain what was truly of value and permanence while discarding the excess and harm of the Sixties' rougher edges. In the Eighties, society is once again infused with a fresh burst of energy, but this time its purpose is to set the stage, in clear and unmistakable terms, for the struggle

between the declining old order and the ascending new order.

Like a fire throwing off a few final sparks before decaying to cold ash, a philosophy or world-view whose time has passed will be infused with a final burst of energy as it grinds against its successor world-view. This process is apparent in the Eighties, with the rise of the right wing in politics and religion. For all its apparent strength, the right wing's growth is best understood as the rise before the fall, a final hoisting of the flag and beating of the drums before surrendering to the inevitable ascendance of a new world-view, a new world order.

This process takes place on levels beyond human affairs as well, as the Eighties has witnessed evidence of appalling ecological developments, including the hole in the polar ozone layer, rain forest destruction, the unprecedented droughts, temperature extremes, and storms of uncommon frequency and severity. The Earth itself plays a part in the schism between old and new orders, as it presents in starkest terms the choice between perpetuating the old order approach to nature -- thus leading to ultimate ecological collapse -- or embracing the new order approach based on respect for nature's wisdom and sanctity.

Thus, the anti-abortion forces have risen to prominence in the Eighties, particularly the late Eighties, as an expression of the impending final showdown between old and new orders. By synthesizing old order religion -- a Bible-based belief in an omniscient, capricious creator figure -- and old order conservative politics, the anti-abortion forces serve as advocates for the decaying world-view as it succumbs to the fresh vitality of the ascending new world order.

The Nineties will be experienced as the "time of trial," when those conflicts

set up in the prior three decades come to final debate and resolution. Either the new world-view is embraced, leading to ecological and social restoration, or the old order triumphs at the expense of a habitable planet and social cohesion. The abortion debate plays an invaluable role in the process, standing as it does as a symbol for the deeper upheavals occurring in the collective unconscious.

## Abortion as a Social Crucible

We have examined abortion from several perspectives, all with an eye toward unearthing the deeper societal currents flowing beneath the protest marches and stinging rhetoric. As mentioned before, any social issue engendering passionate emotion and fervent debate derives its energy from the grinding schism between two opposing world-views, one ascending and one decaying. Abortion is a rich metaphor for the emergence of the new order, for it weaves together questions of the meaning and sanctity of life; social control versus individual freedom; the Judeo-Christian legacy of an omnipotent, wrathful God, hidden beneath the "pro-life" camp's hysteria; the emergence of the "Goddess," a life-affirming, inclusive, compassionate spirituality; and it illumines the fractured philosophical underpinning of western culture, as scientific, religious, and political world-views clash in antagonistic conflict over these vital issues.

As mountains rise inexorably from the sea, so is humanity ever carried to greater heights of spiritual understanding. The clash between the old order and the new order is best viewed not as a struggle between world-views of equal strength and validity, but as the furious dying assault of the decaying old order

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railing against the emerging new order. The rise of the right wing in general can best be understood as the deathbed shudders of the dying old order, struggling to its elbows for a few final blasts of reactionary protest before succumbing to the ineluctable emergence of the new order.

The abortion debate is a crucible in which this struggle takes place; it reduces the deeper process to a manageable, symbolic expression. The battle over abortion is thus best viewed as one strand of the greater social tapestry being woven as the old order's decaying thread is replaced with the vibrant fiber of a culture living in harmony with nature's principles.

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## Questions & Answers

*What is the process through which a discarnate entity's thoughts find expression in English? Does the entity actually "speak" in English or does the channel choose the words? Do entities have to study the native language of their hosts?*

**Alexander:** To understand how a nonphysical consciousness expresses itself in human language, first consider that the process is identical for all beings, whether in human form or not. That is, a thought exists first as a preverbal unit of consciousness, an amorphous swirl of information. Human infants and animals

have thoughts and emotions, for example, but lacking the ability to squeeze thought into symbolic language, they express their thoughts through direct action. If you consider the times when "words failed" to adequately express an emotion or experience, you realize that words, language, are but the symbolic coating on an experience which exists in full vibrancy only on the preverbal level of consciousness.

Given this understanding, it is no great leap to understand the process through which nonphysical entities "speak" through their human hosts. Behind every word of every human language lies a preverbal "thought-form" of which the word is the symbolic expression. "Cat" in English and "gato" in Spanish differ in their symbolic expression, but the preverbal thought-form they represent remains identical. So an entity feeding a stream of thought through a human host need only link with the host's consciousness in a trance state; and as the host's consciousness accelerates and the entity's thought-forms decelerate, a link is made through which thought-form assumes the symbolic expression of the host's native language.

No entity "speaks" in any human language. We offer our material in nonverbal form, which is then translated by the host's consciousness. As a result, the precision and eloquence of a given entity are controlled by the linguistic fluency of the host. Writers frequently make excellent channels, for their love of language ensures a smooth, accurate translation of the material. By the same token, channels whose command of language is not as strong may appear to give voice to entities needing a course in remedial grammar. Again, it is the host's

facility with language that determines the verbal expression of the entity's material.

In a sense, entities may "study" English or other host languages, for as there are great differences among human cultures, so are those differences reflected in their languages. Each culture carries its fundamental world-view as the foundation of its verbal and written expression. Some cultures offer deep, rich, varied expressions for emotional content, while others excel in highly technical jargon. So an entity choosing to speak through a particular host may "study" the basics of the host's language for an understanding of the parameters through which material will be delivered. But, again, the specific words and phrases produced will be determined solely on the host's side of the exchange.

*Readers' questions of general interest are invited.*

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# The ALEXANDER JOURNAL

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## Gaia Bank & Trust: Building a Natural Economy

In the current euphoria over the collapse of communism and the embrace by some communist countries of "market socialism," meaning a move toward capitalist principles, few discern the deeper meaning of these events, or what they might portend for the future of capitalist economies. Indeed, as the capitalist and communist frameworks are both built upon western culture's divorce from the natural order, both must ultimately fail. That communism has done so first demonstrates only that in principle and practice it represents a far deeper violation of natural law than capitalism. Let us examine in detail the principles of nature's economy -- meaning the precepts by which nature creates and handles energy, her "capital" -- and contrast them with the principles of western culture's two main economic expressions, capitalism and communism.

### The Principles of Nature's Economy

While energy and consciousness infuse every element of creation, from the electron's dance to the whirl of galaxies, for this discussion we will consider that the fundamental source of life energy for your world is that created by plants during photosynthesis. This energy is the basic building block of the food chain, upon which all living beings depend. As plant energy is the elemental thread of the web of life, it is the "capital" of nature's economy. With this understanding, we can explore the principles which govern the natural economy.

The first principle, while valid at the level of plants, is even more apparent at the subatomic level: Energy is in constant motion. Modern physics has cast aside the notion of a bedrock world of granular building blocks coalescing into structures of ever greater size. Instead, the physical system is seen as fields of pulsating activity, waves and particles dancing in perpetual motion,

weaving the fabric you perceive as a bedrock world and universe.

Energy must be free to flow in its natural course. Consider the consequences of unnaturally blocking energy's free flow -- damming a river, repressing anger, arteriosclerosis -- and one finds a "negative" result accruing, a clue that natural law has been violated.

In nature's economy, free-flowing plant energy is the foundation of every healthy ecosystem. Plants use the sun's energy to grow leaves, roots, flowers, and fruit, absorbing the sun's rays and transmuting its energy into the eternal cycle of birth, growth, and release. Upon release of physical form, a plant's stored energy is freed, eaten by animals or returning to the earth during decay. The sun's energy is never frozen into place during the plant's life cycle, never locked away unavailable for use by the plant or others. The sun's warm spark fuels a perpetual, free-flowing dance of energy.

The second principle of nature's economy is this: Nature always seeks balance. While nature may abhor a vacuum, she also cares little for imbalance. Nature creates a bedrock foundation of balance upon which all the astonishing diversity of creation depends. Harmony ensues when all elements of a system are functioning smoothly, within their natural ranges of activity, with no one element so out of balance as to violate the smooth performance of the whole.

When you open the door of a warm house on a cold day, the temperatures balance, leaving a lukewarm house. When you mix red and yellow dyes, they balance, into orange. When the earth's plates grind against each other, the building pressure balances, into an earthquake. At every level of existence, from the electron exchange of chemical reactions, to the homeostasis sustaining mammalian form, to the imponderable sweep of the galaxies, nature always seeks balance.

The third principle of nature's economy may seem more philosophical than physical at first: Every living being, plant or animal, is driven by the urge toward self-fulfillment. Nothing simply exists without purpose. The plant stretches toward the sun, the bird builds its nest, the child paints and sings, all driven by the unconscious but unquenchable urge to live, to grow, to find self-fulfillment, each within the contours of its creaturehood. Each being is born a bundle of potential, and spends its life striving to express and fulfill that potential as broadly and grandly as it can. While often reduced by western scientists to "instincts" like self-preservation and the avoidance of pain, every being is driven first and foremost by the urge toward self-fulfillment, the realization of its divine potential.

A corollary of this principle is that the highest harmony results when each being is free to pursue its private self-fulfillment without interference or control by others. You may marvel at the wondrous interwoven web of life in a given ecosystem, from a desert to an arctic plain to the ocean's depths, but no creature within these systems gives a moment's thought to sustaining the larger scheme in which it plays a part, and no overseer dictates how each shall live. The harmony arises spontaneously, seemingly miraculously, from each creature's pursuit of its own self-fulfillment.

The last law of nature's economy we will consider here is this: Nature knows no surplus. The plant uses the sun's energy for growth and producing seed; it does not generate more chlorophyll than it can use. Each creature arises every morning needing to find its food anew; nature's creatures own no silos. Hibernating creatures build up fat to sustain them through the long winter, and squirrels bury their winter's cache, but neither builds surplus beyond what it needs to survive until spring, when daily foraging must resume.

If energy must remain in constant motion, then surplus is a violation, for it represents energy extracted from the perpetual dance, held apart from the ceaseless recycling of the natural world. No creature living in harmony with nature hoards more than it reasonably needs to survive; for every creature lives with a deep, unconscious faith and trust in nature's beneficence.

## The Principles of Western Culture

Before focusing specifically on western culture's economic systems, let us take a broader look at the basic principles underlying all of western culture. For all realms of thought and activity -- whether science, religion, politics, or economics -- are built upon the foundation of western culture's core values, as a myriad of houses could be built upon a given foundation.

The overarching value driving western culture is that humanity is separated, even divorced, from nature. Western culture views itself as having stepped outside of the natural world and its guiding principles, and is freed from conducting itself in accordance with nature's plan. This core value permeates every aspect of western culture.

Another core value of western culture, through which it filters experience, is the linear perspective. Nature works in cycles, spheres, loops, feedback, and balance. Western culture thinks and works in straight lines, right angles, boxes, and exponential growth. As an example, consider the housing created by cultures living in harmony with nature -- the Eskimo's igloo, the Native American's tepee, the African tribe's thatched hut -- all are built in a rounded or sloping shape, mimicking nature's spherical pattern, and allowing the free circulation of heat and air. Western culture, by contrast, lives in boxes with flat planes and right angles, in which dead air and heat are trapped in the corners. Western culture's linear perspective developed from its divorce from nature and her principles, resulting in structures -- physical, theoretical, economic -- which violate natural law.

## The Principles of Human Economy

Understanding the core values of western culture as divorce from nature

and a linear perspective, let us examine how these values lay the foundation on which western economics is built.

First, what is money? At base, human capital is identical to nature's capital: plant energy. As humanity progressed from nomadic tribes to agriculture, the entire tribe was no longer required to hunt and prepare food; those tending the crops could produce more than they needed, thus freeing some to engage in other labor. Currency arose as "symbolic food," which could be exchanged for real food as needed. Farmers grew more food than their families needed, freeing the town's other specialists -- blacksmith, priest, mayor, doctor -- to pursue their work, be paid in currency (symbolic food), and exchange the currency with the farmer for the real thing.

The same process holds true today: you work a job, are paid in currency, and exchange that currency for food. That there is money left over for other necessities and luxuries does not invalidate the principle that money is symbolic food; every groaning empty belly echoes this principle's truth. At base, then, both natural and human economies are built on the same foundation: "capital" is symbolic food, stored plant energy.

The basis of capitalism is private property, but does nature know private property? It is true that almost all creatures create private inviolate spheres of control, often known as nests, which serve as a home base offering security from the elements and predators and a nursery for the young. Most creatures will defend their spheres of control vehemently, often violently, sometimes to the death. It seems, then, that nature's design includes the notion of private property to the extent of providing each creature a safe haven, which others may violate only at their peril.

While no one begrudges a human family its safe warm home, the massive accumulation of property far beyond need or reason grinds against the conscience. Recognizing the violation of moral law which allows some to accumulate vast wealth while others starve, capitalist countries evolve governmental structures and laws which seek to redistribute, through taxation and social programs, the excess property holdings of the rich. While the impulse is noble and in harmony with nature's guiding principle of balancing extremes, we must

look deeper and ask why anyone would want to accumulate such vast holdings, why anyone would live with the acquisition of property as one's central life purpose.

We must look to the spiritual life of western culture, or what remains of it. Unlike native cultures, which recognize the spirituality of all creation, western culture drained the natural world of spiritual content when it dispensed with the gods of Greek and Roman mythology and installed one omniscient God high in the heavens, standing apart from His creation as a sculptor regards his clay. Believing in an omniscient, all-powerful creator fosters a sense of childish impotence; worse, the earth is no longer regarded as host to innumerable swarms of consciousness, manifesting in sky and water and tree, but is seen as a cold, indifferent bed of rock upon which one lives under the unblinking gaze of a capricious creator. More, the individual no longer feels the flow of spirituality through himself and all creation, but stands meaningless and empty without validation from above.

In addition, as traditional religion has lost its grasp and given way to the ascendance of reason and science, many are left with no spiritual life whatsoever. This total divorce from spiritual truth triggers a quiet terror, an existential insecurity, in the face of a random existence without design or purpose and the belief in physical death as the cessation of consciousness.

The intrinsic urge toward self-fulfillment, toward realization of one's highest potential, is blunted from healthy expression -- fulfilling oneself in the security of a world pulsing with spirituality immanent in all things -- and is perverted into two extremes: the relinquishing of all worldly possessions in the

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hope of currying favor with the creator, as in taking a vow of poverty; or the frantic accumulation of property and possessions as the only standard of self-worth in a world without meaning.

It is noteworthy that the two superpowers, one a bastion of capitalism, the other of communism, explicitly divorce economic and political life from spiritual life. The American Constitution decrees the separation of church from state, while the Soviet Union bans religious practice altogether. This cements in the very foundation of modern economic life the absolute divorce of spiritual truth from economic practice.

### The Principles of Capitalism

Capitalism does embrace nature's fundamental law that every being must be free to pursue its self-fulfillment without interference or restriction. By allowing each person to accumulate wealth in his name and for his benefit, capitalism upholds this fundamental law. The problem arises when, because of the spiritual emptiness of western culture, the accumulation of wealth becomes the sole standard of meaning, leading to violation of other natural principles.

First, each person is free to accumulate far more than he could ever spend, in one lifetime or ten. This violates nature's principle of holding no surplus, of gathering one's "capital" on a daily basis, in the faith and trust that nature's beneficence will replenish tomorrow what is used today.

Allowing unfettered accumulation leads to violation of another law of nature's economy, that of balance. Whereas nature brings extremes back toward the center, pure capitalism results in the opposite: a polarity of rich and poor, the rich owning the means of production and feeding off the labor of the poor. In this century, the moral outrage over such a system led to demands for governmental action to right the balance; most western economies are now a mix of free enterprise and government programs redistributing wealth and creating "balance," a middle class, softening the rough edges of the rich-poor polarity. Because such governmental programs, however well-intentioned, do not address the fundamental source of the imbalance, they are ultimately ineffective in healing the economy; witness the rise of the homeless concurrent with the extraordinary wealth of those mani-

culating the economy with takeovers and junk bonds. If the root source of imbalance is not faced and resolved, the extremes become more extreme until the system collapses.

Finally, capitalism is fueled by the goal of perpetual growth. This fixation with linear economic growth violates nature's principle of working in cycles, feedback, loops. Since western culture's economy is built on the two pillars of consumerism and war, and since both pillars require the destruction of natural resources, the goal of perpetually expanding such an economy is ultimately suicidal. The outcome of such a system is not only collapse of the economy, but of the global ecosystem as well.

While capitalism is in harmony with nature's fundamental urge toward self-fulfillment, the spiritual barrenness of western culture leads its capitalist economies to violate virtually every other natural law. As we have seen, such a system cannot be sustained indefinitely and must ultimately collapse.

### The Principles of Communism

Communism arose as a protest against the horrific injustice of capitalism as practiced in the nineteenth century, the extreme poles of rich and poor, the atrocious working conditions and hours, the enslavement of children, the abject disregard for the human dignity of workers. Despite its noble intentions, in its formulation communism violates the one natural law capitalism embraces, that of allowing unfettered effort toward self-fulfillment, perverted as that may be into material accumulation. Rather than allowing each person the hope and opportunity to earn and keep the fruits of his labors, communism absorbs all effort into one centralized structure -- the state -- which takes it upon itself to distribute the nation's wealth as it deems proper.

While communism may seem to be built upon nature's principle of balance, it violates the even deeper principle of freedom of self-fulfillment. Further, it achieves its "balance" through the forced participation of all workers sacrificing their labor for the "common good." Because sacrifice in nature is always voluntary and limited to one's immediate circle, communism's forced sacrifice violates natural law.

Nowhere is this more apparent than in the limited allowances of private

property sometimes allowed in communist regimes. A privately owned plot of land is miraculously four times more productive than a state-owned plot next to it. Does privately owned soil carry more nutrients, and receive favorable treatment from sun and rain? The difference lies in the consciousness of the farmer tending such plots; when his urge toward self-fulfillment is granted free play, he naturally works harder and with more care to produce a bountiful crop.

As many have noted, communism seems so ideal in principle, and always manifests so wretchedly in practice. Indeed, the ideal communist state -- where everyone's needs are met and all work in harmony for the common good -- is precisely how nature works. But because western culture is fundamentally divorced from nature, no structure built upon this violative foundation can operate in harmony with natural law. Communism, arising as a reaction against capitalism's violations, is itself an even greater violation. As a result, it is doomed to collapse sooner and with a greater crash than capitalism -- as recent events have borne out.

### The Natural Human Economy

If capitalism and communism, the two main economic structures of western culture, must ultimately fail, then what will replace them? How would an economic system in harmony with nature's principles be shaped?

Before we examine the details of such an economy, we must look to the very root of western culture's crisis: western culture has no genuine spiritual life. A spiritual system originating millennia ago in a distant time and place, now frozen into fossilized ritual and dogma, carries no vibrancy or power to speak to Space Age culture. It takes the threat of global extinction, of ecocide, to force modern culture to recognize fundamental truth: the human species holds no "dominion" over the earth, but is inextricably interwoven with all other species in the web of life.

This spiritual revolution will heal western culture's most gaping wound: its existential insecurity in the face of a capricious creator, or of meaningless existence in an empty void. Once each person feels within himself the pulsing spiritual warmth infusing all of creation, the need for external, material standards of self-worth will fade. Gone will be the

frantic accumulation of wealth and property as the sole expression of the urge toward self-fulfillment. In its place will come a calm and inviolate security born of one's innate divinity and intrinsic worth in a universe suffused with meaning.

Building upon such a sturdy spiritual foundation, a healthy human economy will naturally evolve in harmony with nature's principles. The most profound change will be in the approach to capital and private property. Capital--ownership of the means of production -- and private property -- purchased "rights" to control land -- will undergo radical reformation.

The sharp demarcation between owners and workers which now marks capitalist economies will evolve toward greater worker participation and ownership. In harmony with nature's urge toward self-fulfillment, workers will enjoy the fruits of their labors in proportion to the overall health of an enterprise, rather than receiving a given wage regardless of profit. Already this trend is seen as workers demand "profit sharing" payments. As this trend continues, a more holistic approach to business will emerge in which workers and management view themselves as interconnected and mutually dependent parts of the whole, and therefore equally sharing in an enterprise's profit or loss. Another aspect of this trend is the rise of worker-owned businesses, where the "owner" class has been eliminated. These are the first steps toward the evolution of the ownership of capital.

More fundamental will be change in thinking about private property. Only a culture divorced from nature could devise a system in which one can pur-

chase the right to own and destroy the earth's skin with impunity. Ascending above "property rights" will be "moral laws" which dictate the use of land. The total acreage one person may own will shrink to what is reasonably required for one's home and garden; the rest will be common land for the benefit of all. Such a trend is evident in the "land trust" movement, where ownership of land is held by the community, and only dwellings are privately held. The right to alter land or build upon it will take into account the larger biotic community, as the impact of change on the greater ecosystem must be considered. Plants and animals will be understood to have "rights" to seek self-fulfillment in their natural homes, undisturbed by man; as of now, only "endangered" species are granted this respect, and only marginally.

Beneath these changes in the approach to private property will be the recognition that no one can "own" the earth; it is given, freely and without deed or mortgage, to all species as a divine crucible for growth and exploration. "Property rights" will be subordinated to higher moral law.

All other principles of the natural economy will find expression in human economy as well. The principle of balance means an end to extremes of wealth and poverty. The restoration of balance of wealth cannot be accomplished through force -- a violation -- but through each person's taking care of his reasonable needs, with perhaps a monetary equivalent of the squirrel's cache in the bank, and no more. Such an approach to personal wealth will evolve in step with the restoration of community as the basic unit of human culture, as those of working age contribute to

sustaining the young and old. While government now provides such security, its future shrinkage will return the responsibility to its proper place, the community.

Finally, an economy in harmony with natural law will operate in recognition of nature's cyclicity, rather than in pursuit of perpetual growth. Natural resources will be utilized only at the rate that nature can replace them. This means a simpler, less materialistic lifestyle. It means a reduction in the human population, as the current numbers far exceed the earth's capacity to sustain them. It means knowing the source of what one buys, that no violation has been committed in a product's creation. It means recycling every possible scrap. It means caring for one's body, with food and shelter, as the vehicle of consciousness, while recognizing that the only worthy life is one spent in growth and experience which elevate the spirit and endure beyond release of physical form.

Such an economic revolution is but one facet of the larger spiritual revolution now swelling beneath the crumbling foundations of western culture. No one will impose such a new economic order; it will arise naturally, organically, from a people restored to their natural and spiritual origins. When each person feels the innate divinity pulsing within, senses the interconnection with all of life, and lives consciously in harmony with natural law, then all cultural expressions -- politics, religion, economics -- will naturally be transformed. Such is the new economic order, the New Age, toward which you are headed.

*The Questions & Answers column will resume with the next issue.*

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# The ALEXANDER JOURNAL

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## UFOs and Alien Encounters: Invasion or Fantasy?

*The success of several recent books detailing alleged encounters with UFOs and their alien occupants testifies to our eternal fascination with the question of life beyond our planet. Yet the paradox remains: For all the reported increase in sightings, encounters, and abductions, scant physical evidence remains to convince the skeptic requiring hard proof of alien visitation.*

*Moving beyond the debate as currently framed, Alexander offers a perspective which confirms the essential validity of the "visitor" experience — in certain terms — while affirming that we are not the prey of alien hordes descending en masse to probe and terrify us. Indeed, the ultimate significance of the phenomenon may not lie in resolving the debate over its literal validity, but in the life-changing, even mystical experience of those whose lives are shattered by "alien" encounters.*

\* \* \* \* \*

The "visitor" phenomenon is the latest version of a process which has accompanied the human species throughout its history. The current manifestation stands unique, however, because it is inextricably linked to the global crisis now looming before you. The phenomenon is in fact the result of several factors, which we shall explore one at a time.

First is the partnership between the human species and its spiritual source. Communication between the spiritual realm and the human species has guided your race from time immemorial; and in those early days, was consciously understood and accepted as an essential and intrinsic part of the human experience. In the millennia since, human cultures have constructed pantheons of gods, demons, angels, cherubs, and fairies as symbols of the basic reality that you are never alone, never cast adrift in an empty universe, but are forever cushioned and guided by the spiritual realm.

Your earth is now at the most crucial danger point of its history, for you hold in your power both the capacity to destroy yourselves with nuclear death and to make the planet unlivable through environmental degradation. However large the problems of the past, never has the planet as a whole faced such dire peril, literally threatening to unravel nature's meticulously interwoven web of life.

Flipping this situation over, examining the positive side, never have you held such opportunity to correct your course, to do so en masse, as a unified people and race. For ecological catastrophe respects no boundaries; neither does radiation. You will face up to these problems as a species, united, or will perish in the detritus of your common ignorance. Because the times are so dire, the consequences so frightful, there is a deep unconscious cry sent out by your species to the spiritual realm, pleading for guidance. While there is always an unconscious flow between spiritual and human realms, in times of great peril the human species sends up shoots of urgency as it seeks to forge a new worldview and thus avert catastrophe.

Now, in terms most difficult to explain, you share the physical space of your planet with many different "versions" of the planet's history. All time is simultaneous. All probable and parallel earths exist at the same time, in the same space. You are prevented from conscious awareness of other probable earths because each probable earth carries a distinct vibrational frequency at its core, at its axis. Each individual also carries a unique vibrational frequency carried within the spine, which "locks" one into experiencing life on a particular probable earth. A soul seeking rebirth will search out the probable earth, the time period, the inherent challenges of the era and so forth, most in harmony with the soul's desired experience and growth. Once the selection of a probable earth is made,

one aligns oneself with that earth not only by choosing parents who are already upon it, but by configuring one's intrinsic core energy to align with the axis of that probable earth. Thus, you share the physical space of your planet with an infinite variety of probable earths, while under ordinary circumstances never becoming aware of the other versions which occupy the same space. You are tuned to a very narrow band or frequency and all else is lost to you, just as many radio or television programs are broadcast simultaneously, but you can tune into only one frequency, one program, at a time.

When a probable earth such as yours sends up a universal cry for guidance, in a sense you weaken, or make more permeable, the normally rigid barrier between probable earths. While you normally rest safe and sound in the illusory bed of your reality, times of peril and danger can weaken the membrane between probable earths as you seek to draw in alternate frequencies other than the one on which you and your planet operate.

There are probable earths on which the human species never deviated from living in harmony with nature's principles. There are probable earths reduced to radioactive cinder. As you stand at the brink of catastrophe, your need for information and guidance is so great that you weaken the normally impermeable barrier between probable earths to perceive how other civilizations have handled similar problems and challenges, to learn from them quickly, rather than through your own trial and error, as you normally would.

When the normally rigid barrier between probable realities is weakened, it is possible that those in other realities may take advantage of this in order to expand their field of knowledge, just as you seek to expand your field of knowledge by drawing upon the experiences of others. Just as you might be curious



about the evolutionary progress on other realities radically different from your own, so it stands to reason that beings from other realities would find you of interest. This does not mean you are at their mercy. It means that if you make the choice, on levels unconscious, you may be open to visitations.

Everything you physically perceive is simply the result of electromagnetic waves being interpreted in highly specific and unique fashion by your senses. Your eyes see along a narrow band of vibration; your ears hear along another band of vibration. Other species do not interpret physical reality as you do; some have far broader ranges of perception, some can perceive what is invisible or silent to you. So all physically experienced phenomena are your unique interpretations of essentially nonphysical energy. You see one version of a given reality, while others with different visual perceptive mechanisms would see something entirely different, and both would be equally valid. You are always *interpreting* when you experience the physical world, not perceiving a bedrock reality.

Given that, the visual and aural experiences of those receiving "visitors" will be their interpretation of essentially nonphysical material. Visitations are not intrusions of actual physical beings but psychological intrusions, interpreted by your senses as physical manifestations. The "beings" seen and heard are psychological projections from probable earths, oozing through the now-permeable barrier between probable realities. Because you automatically assume, or your brain is conditioned to assume, that the highest form of life is man, you will automatically imbue such creatures with humanoid characteristics such as arms, legs, heads, etc. And yet the psychological structures involved are so radically and impossibly different from your own that the brain cannot fully mask them as human, cannot hallucinate these beings into appearing completely human. The brain goes as far as it can in interpreting these beings along the lines of its neuronal structures, but at some point this breaks down, for these are indeed beings -- psychological beings -- so utterly foreign to your experience that the brain is unequipped to experience them in their true form. As in a dream, the brain squashes essentially nonphysical material down into symbol as a way of making it palatable, or understandable, to the everyday waking consciousness.

In deepest terms, the intruders are psychological beings who would best be interpreted as bodies of light, amorphous and vaporous. Yet your brain is not innately equipped to make this interpretation, for it senses also the great intelligence and curiosity of these beings. Unable to create the hallucination of an intelligent, curious cloud of vapor, the brain must struggle to render the image in more palatable, traditional terms. It does so by forcing a hallucination of as humanoid an appearance as possible, granting them limbs and eyes and so forth.

You see now why these beings don't leave evidence of windows and doors ajar, or other forced entry. They are not physical beings. They are psychological entities, interpreted by the brain within the limitations of its design.

The experiences some have of being transported, of finding themselves aboard space ships and so on, are again psychological events interpreted in physical fashion. The visitors are interested in probing the human psyche, for it contains all knowledge of the condition, evolution and history of your planet. There is no need to rend the body asunder to find this information; it is all contained within the psyche, invisible to you. Again, any such experience of having one's psyche probed and examined will be interpreted in physical terms because there is no other way for the brain to render a satisfactory explanation to itself of what occurred. You cannot wake up and say, "I had my psyche probed last night." You do not know where your psyche is, if you acknowledge having one at all, and there is literally no way for your brain, as it has evolved in your framework, to absorb and express the event. It must be interpreted along the lines of its training and structure, rendering a psychological event as a physical event.

The body is a reflection of the psyche. It is the physical version of the psyche you carry with you from birth to death. If your psyche is probed in unfamiliar, uncomfortable ways, it stands to reason there may well be a physical aftereffect, for the body faithfully reflects the condition of the psyche. Scars, residual feelings of pain and so on, are pulsations from the psyche, expressions of the unfamiliar intrusion.

\* \* \*

Let us broaden our discussion to some of the other physical effects beyond bodily effects: the sighting of lights in the sky, space ships, unusual lights and noises in the home, and so on.

There are essentially three levels of energy density on your level of awareness: thought, event and object. In basic terms, everything of which you are aware -- from your briefest thought to the tallest mountain -- is composed of grids of electromagnetic energy. The density of these grids determines whether they are experienced as thought, event or object.

As we have said, the experiences of those receiving "visitors" are psychological events, interpreted by the brain as physical events. As these psychological beings from probable realities approach your system, they must intertwine their unique axis energy with that of your planet, in a sense creating a hybrid energy, a bridge, across which they can travel. There will be blending, mixtures of energy and intent as the desire to cross the threshold intensifies. Again, human eyes may interpret these amorphous grids of energy and intent along physical lines: as lights, space ships and so forth. Frequently an individual receiving "visitors" will become aware of such manifestations, whether as lights in the house or a craft in the sky, because that individual has agreed -- on levels unconscious -- to participate in the event. These sightings are the first indications or portents, then, that a probable reality is oozing through the membrane into yours. Those who have chosen to participate will find themselves aware of such phenomena precisely because they are precognitively aware of the impending visitation. Again, the brain struggles to make physical sense of a psychological

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phenomenon: energy crossing the normally impermeable boundary between probable realities.

In very, very rare instances the thrust from a probable reality will be of such an intensity that there may be a residual physical mark left on the earth. This is extremely rare. For all the thousands of reports of sightings and visitations, then, you see why there is so little evidence -- so little physical evidence -- of the visitations. They are primarily psychological events.

\* \* \*

Who are the psychological beings probing your reality? What is the nature of their civilization, and why are they poking about at this time?

Just as your culture and world cry out for guidance in this perilous time, so will others be motivated to seek information of assistance to their tottering civilizations. A content, stable, happy civilization would have no reason to cross the barrier between probable realities. It is only those in trouble to some degree who would take advantage and slip across the barrier.

As such, there may well be elements of desperation and arrogance on the part of those crossing over -- for like your species plundering the natural and animal worlds desperately seeking cures for the diseases which are products of your culture, so can other civilizations conduct themselves with an urgency precluding tact and consideration. If they were not desperate for knowledge, they would not be here.

In a sense the beings involved are highly evolved in technological and scientific terms while woefully lacking in an emotional component. The energy sent off by your species is one of great emotional turmoil because you have created weapons with which to destroy yourselves, and find yourselves in the dilemma of not having the courage or wisdom to eliminate them. Your problems are not technological problems as much as they are human, emotional problems -- how can we learn to love and trust one another? So it is this flavor to your crisis which attracts these beings who find themselves bereft of an emotional component to their civilization and understand intuitively the importance of emotion, without knowing precisely how to go about installing it among themselves.

So to plumb the depths and reaches of the human psyche, as they are doing, is a way of finding out what makes humans tick -- and cry, and laugh, and love. You can see right away the intrinsic fallacy at work: how can one scientifically evaluate the importance of emotion and human kindness? All such is entirely outside the realm of science. Just as your sense mechanisms often distort reality, rendering psychological events as physical occurrences, so is their basic approach similarly askew, rendering them unable to obtain the knowledge they so ardently desire. You cannot rip apart a corpse, examine the heart, and determine the nature of love! And yet this is what this civilization, in its ignorance, is attempting to do.

*In deepest terms, the intruders are psychological beings who would best be interpreted as bodies of light.*

Because your culture is scientifically backward when compared to theirs, and because science is held as the pinnacle of a civilization's worth, it naturally follows that there may be a certain arrogance or disregard for your dignity on their part as they conduct their explorations. Do you not demonstrate similar contempt for every species other than your own, ripping them apart to understand what makes them tick, in order to alleviate your self-imposed suffering? The same process is at work in this instance of cross-barrier contact.

There is also a certain awe, though, a certain respect for the human species because it has this mysterious, magical quality of emotion which is incomprehensible to them, not reducible to equations and diagrams, and yet seemingly so rich, so wondrous. In the same way you view exotic native peoples of the globe: you envy their deep instinctive harmony with the earth, their fantastical rituals and beliefs, their rich and dark history; yet you are not ready to invite them home for dinner! The approach is the same here: one of interest and probing, but also a somewhat fearful hanging back lest one be overwhelmed by a foreign culture.

We affirm that you are at the mercy of nothing and nothing may enter your life but that which you draw to yourself.

In the individuals involved in visitations, there may be a sense of foreboding about the fate of the planet, about the future, fear for one's children in a world so sick, and it is precisely these individuals whose psyches cry out the loudest for guidance from beyond. Thus they render themselves more open to visitation than those who hold no such fears and worries. The worries themselves weaken the barrier between realities, and on an individual level contribute to the drawing in of "visitor" experience.

However frightening such experiences may be, nonetheless they serve to blast apart one's previously narrow view of reality, as inculcated from childhood, and that is precisely the point. Such individuals can never again walk through their days accepting scientific dogma without question; they know something very much deeper is out there. This is the first step for such individuals to begin a spiritual quest, if they choose to make it, for they can never go back to the old style of thinking, the traditional western world-view. Such a world-view has no place for "visitor" experiences, so unless one is willing to declare oneself insane, it is the traditional world-view which must be discarded. In its place, if fears do not block the process, can be a blossoming of enlightenment and spiritual growth which can indeed help right the planet's course. So ultimately, in the long run, those individuals involved in "visitor" experiences feel the most anguish about the planet's condition, thus opening themselves to contact from alternate realities, and ultimately that experience forces fundamental shifts in their way of thinking. So the challenge is met, the cry is answered, the mind is expanded, the soul is nourished.

To sum up, the "visitor" experience is a blend of several conditions: your species' crying out for spiritual guidance, weakening the membrane between probable realities; the brain's struggle to render unfamiliar psychological events in physical terms; and your species' rich emotional life serving as the focus for civilizations collapsing from excessive rationalism. As with every experience, those involved in "visitations" have made the choice, albeit unconsciously, to participate, and their experiences serve to trigger a spiritual search for meaning which may ultimately help heal your earth's malaise.

\* \* \* \* \*

## Questions & Answers

*Q: "Is there a continuous creation of new souls somewhere in the spirit world, and why would so many souls be created that this planet is driven into overpopulation destruction? This indicates a very unintelligent universe."*

First let us address the question of "soul creation," for an understanding of the process through which consciousness attaches itself to human form will illuminate other aspects of the overpopulation question.

Because all time is simultaneous, in deepest terms there is no point of "creation" for a soul; souls, projections of consciousness, exist in eternal viability within the womb of All That Is. Within your space-time framework, however, All That Is splinters Its consciousness into families of consciousness, oversouls, individual souls, and so on, in Its thirst for an infinite variety of experience. As consciousness splinters in the progression from its ultimate source to that animating one human form, it increasingly specializes, narrowing its focus and range of awareness. While many believe they have souls, or understand the concept of reincarnation and oversouls, such remain cognitive abstractions, thoughts and ideas, rather than experienced realities. The consciousness vitalizing human form turns outward, toward the physical world, for experience and "forgets" its ultimate source.

Each person, each nation, each world, is but one version of an infinite

sea of probabilities. The life you recount as your own is simply a fragment of all probable "yous" swarming in equal validity within their realities. Your life story, your biography, is one small sliver of your greater multidimensional reality.

The same holds true of the earth as well; all possible versions of its history exist in equal validity. The flow of historical events, as you recount them, is one slice of the infinite sea of probable earths existing in eternal validity beyond the space-time framework.

Thus, there are probable earths on which the human population never exceeded sustainable limits, and probable earths where human overpopulation has so burdened the ecological balance that rampant starvation and disease force a reduction in population. This latter probability looms ever closer to your experienced reality, a shadow in the recesses of consciousness urging you to avert its horrific suffering through immediate constructive action.

The question of "where all the souls are coming from" as your population mounts thus misses the point. Since all probable earths exist simultaneously, with their varying levels of human population, souls are not "coming from" anywhere, but are merely being drawn into expression within your experienced reality. There is no set number of "souls" manufactured at some distant dawn of time, nor is there a surplus anxiously awaiting birth. Those projections of consciousness seeking learning and growth through human experience have a literally infinite variety of probable earths and historical time periods from which to choose. To complicate matters, an oversoul can create parallel selves, multiple human forms existing within the same time

period, as a means of experiencing a given stretch of history from a variety of standpoints. The maxim "love your neighbor as yourself" takes on new meaning with this understanding!

One reader remarked on the apparent "unintelligence" of a system which would create so many souls and not enough earth-like planets to put them on, forcing a buildup and resulting in massive starvation. We hope that the above material will offer a new perspective, of the brilliance of the physical system is its infinite probabilities, granting absolute freedom to each person and world to create private and collective realities. The current overpopulation problem and resultant starvation is not due to faulty wisdom on the universe's part, but to western culture's fundamental divorce from the natural order.

In the deepest terms, each probable earth is an experiment. The experimental design in your case is to inject a particular slant of human consciousness, the excessive use of reason at the expense of emotion and harmony with nature, and note the results. Will such a system lead to growth and fulfillment for all its creatures? As the experiment has played out, it is apparent that this slant of consciousness, the western world-view, is incompatible with the planet's long-term health. The challenge now, to which you and all others now alive have committed to tackle, is to employ your reason to restore yourselves to living in harmony with nature's principles, to mend your sundered psyches by granting equal validity to their emotional and spiritual components.

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# The ALEXANDER JOURNAL

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## AIDS and Ecological Crisis: Human and Global Immune System Breakdown

Orthodox medicine views AIDS as a condition caused by a virus which weakens the immune system of its host. Research into potential "cures" for the disease therefore focuses on drugs to kill the virus, and vaccines which would protect the uninfected from being ravaged by the disease should they become infected. These research approaches are natural expressions of western medicine's view of the body as a machine prone to invasion by hostile outside organisms, the defense being to destroy the invaders or render them harmless within the body with a pre-emptory vaccination attack.

Let us look at AIDS from a new perspective, a larger, holistic perspective.

### Nature as an Organism Chain

You are accustomed to viewing yourselves and the elements of nature as discrete components divided into species, genus, phylum, and so forth, all increasing in specialization and differentiation. As a machine has parts, so does nature have its "parts" which work together to create the larger ecosystems, local and global, sustaining life on earth.

We propose another way of looking at nature. We propose that each element – from the electron to the butterfly to the solar system – is an organism embedded within a larger organism, which in turn is embedded within an organism of even greater complexity, and this "organism hierarchy" grows to encompass the whole of the universe.

Each element of creation exists both as a discrete entity in itself and also as a constituent of a larger structure. An electron may be thought of as a precise focus of charge, but has no meaning outside of the larger atomic structure of which it plays a part. A cell of your body has a clearly defined cell wall separating it from its neighbors, yet such a cell floating in empty space would have no

life or meaning: its meaning arises from contributing to the structure and health of your body.

While examples on these levels are obvious, the relationship of each individual entity to the larger structure to which it contributes, and which in turn gives the individual meaning, holds true on all higher levels as well. Each member of a given species – a bird, a fish, a person – is both an independent individual and a member of a larger "organism," the species to which it belongs. While species vary greatly in their proclivities toward tribal activity versus solitude, the need for procreation compels even the most solitary of creatures to associate with others of its species, surrendering its isolation to participate in the perpetuation of the larger organism, the species.

Consider the aftermath of a major natural disaster occurring anywhere in the world. The media – nerve fibers of the human organism – broadcast the news worldwide; the details are absorbed avidly and with great concern by persons with no personal stake in the disaster, knowing no one involved. At such times, even political and religious animosities are set aside as the species acts as a single organism to bring relief to the afflicted. Money, food, and medical supplies are directed toward the site from around the world to quicken the healing.

Consider how similar this process is to your body's reaction to the "natural disaster" of injury or broken skin: all resources are mobilized and focused on healing the wound. White blood cells swarm to the site, blood coagulates into protective scabs, and the body sets aside its normal functioning to focus on healing the wound. Depending on the injury's severity, shock and coma ensure that the body is immobilized until its all-important healing process is established.

Just as the cells of your body sacrifice their energy or lives to sustain the

larger organism of which they are a part, just as human beings send compassion and supplies to political enemies in time of natural disaster, so are all species part of a still larger organism granting them life and meaning: the earth itself.

Because of its size, and because of the limits of human consciousness, the earth has long been viewed as a sphere of rock floating through empty space. Applying the "organism" perspective, however, we see that the earth is one element, one independent entity, embedded in the larger organism of the solar system, which in turn is part of a galaxy, and so on. While it may at first appear difficult to conceive of the solar system as an "organism," given the vast spaces between its constituent parts, the atoms comprising your body have the very same structure: scattered agglomerations of mass suspended in a vast empty space. The atom and the solar system have the same basic structure, then, but are simply organisms of different size.

At each level of organism structure, the consciousness of an organism focuses primarily on two levels: most intensely at the level of the individual, being aware of itself, and then on the larger organism of which it is a part. The cells of your body know themselves most intimately, and recognize, after their own fashion, that they play a part in sustaining a larger organism, your body. Similarly, each of you is most intimately aware of yourself, and yet your consciousness also broadens to encompass the next level of organism structure, the human species – your family, friends, community, world – as your source of meaning and purpose.

Consciousness, then, is generally limited to an individual's awareness of itself and the larger entity of which it is a part; it normally does not "step down" to those smaller elements comprising the individual. You are not aware of the lives and deaths of your body's cells; you do not sense their communication; you are not swept up in the drama of healing

a wound; you can only observe the overall results with detachment. You do not "care" about the individual cells in your body, just as they do not "care" about the atoms which comprise them.

The earth is simply one level of complexity in the universal organism, a gradation between the smaller levels of species and physical elements, and the larger level of the solar system. This intuitive awareness emerges now as earth is granted a name, Gaia, and is credited with the attributes of life and consciousness. This is a crucial step, for it indicates that the human species is expanding its awareness beyond its immediate levels of individual/species to embrace the still larger planetary organism. Human consciousness stretches to embrace and comprehend the magnificent complexity of the host organism which gives it life and meaning.

## The Electromagnetic Basis of Life

All life, all elements of the physical system are created, sustained, and governed by the laws of electromagnetism. "Electro" refers to the pulsing spark immanent in all matter, while "magnetism" refers to the push-and-pull of attraction and resistance which governs the interaction of matter. As consciousness seeds the physical world from levels beyond the space-time dimension, it uses the principles and properties of electromagnetism as the medium through which it finds expression.

The basic form of any living organism is a dense agglomeration of matter, what you perceive with your physical senses as the "body," and swirling fields of electromagnetic energy which envelop the body in a roughly spherical pattern. These fields are not detected by the normal five senses. They exist at a higher frequency than the senses are designed to perceive.

An organism defines "itself" and bases its self-awareness on its body. The surrounding fields of energy and vibration, while bound to the body, stretch and expand beyond it, serving as the link to the larger organism of which one is a part. For example, when speaking to someone standing two feet away from you, your senses perceive that you and she are two quite separate and distinct bodies separated by empty space. From the energetic perspective, however, your two energy fields overlap and mingle, creating a hybrid energy field and, essentially, linking both bodies into a third

"organism" which blends the two energy fields and transmits information on frequencies not perceived by normal consciousness. This linking is the basis for the larger species organism, the human organism, through which all persons are literally connected to each other.

Just as all members of a given species are linked together by invisible fields of energy, so does each organismic level communicate with those above and below it. A perpetual flow of information constantly courses from the highest levels to the lowest levels, and back up again. If enough of your body's cells are in distress, eventually you will feel an ache, a signal that a portion of your body is suffering. While communication across organism lines lacks the intensity binding members of a given organism, still this flow of information keeps each level of the universal organism apprised of the condition of every other level.

## Human Interference With Global Health

The earth, like every organism, is a dense body of matter surrounded by electromagnetic fields which are essential to its health and communication with other levels of the universal organism. While orthodox science views the earth as spinning in space, passively absorbing radiation from the sun, in truth the earth's electromagnetic fields apprise it of disturbances in the sun's radiation, allowing the earth to alter its atmosphere so as to minimize disturbance to terrestrial and oceanic life. The earth's electromagnetic field acts as a sensor – just as your swirling field of energy acts for your body – informing it of fluctuations in the stream of solar radiation and allowing it to take protective action.

Much is made these days of the severe ecological degradation the human species has wreaked upon the earth. Hints of disturbance in the earth's protective atmosphere, such as gaps in the ozone layer over the polar regions or global warming, serve as alarms that the planet's overall health is threatened. But these findings are but the surface level of a far deeper, more insidious and ominous development: the electrification of the earth.

Little thought is given to the consequences of stringing power lines across the continents and under the oceans, of filling the electromagnetic spectrum with radio and television signals, of the power

plants generating electricity to light the world. Little thought is given because so little is known of the earth's electromagnetic field and its role in sustaining surface life.

Every ecological "problem" must be subsumed under the profoundest threat to life on earth: the proliferation of manmade electromagnetic fields which blanket the earth. The earth's electromagnetic field, on which it depends to apprise itself of universal conditions and protect itself and its creatures, is literally being destroyed. If you were placed in a room and bombarded with ear-shattering music, blinded by flashing lights, while your skin was jabbed with needles, how well could you function? That is the condition in which the human species has now placed the earth.

## Human and Global Immune System Breakdown

As every level of organismic structure bears similarities in form to other levels, with complexity increasing with the size of the organism, so there are parallels between the global and human immune systems. In the human body, as you know, the immune system destroys invading foreign agents and incipient cancers within the body. Its focus, therefore, encompasses the world beyond the body itself, as it must recognize a "foreign" agent from a cell of its own body, must know to differentiate between the two. The existence of the immune system at all is the body's recognition of a world outside itself and its potential for influence – good or ill – on the body's health and integrity.

Thus, the human immune system is a cruder physical version of the electromagnetic field surrounding the body. The body's electromagnetic field senses environmental conditions above the

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range of vibration perceived by the senses, while the immune system is focused at the physical level, on the body's cells and on foreign agents invading the body.

As mentioned above, the earth has a similar structure. It has an electromagnetic field roughly overlapping the atmosphere which senses the streams of energy constantly coursing through the universe. The earth's primary concern, of course, is with the sun and its relentless stream of life-giving, and life-destroying, radiation. As you know, the ozone layer acts as a filter for the more harmful rays, allowing only those frequencies conducive to life to strike the surface.

Just as the human body's immune system has defenses against invading agents, so does the earth take action to protect itself from damaging cosmic events. The use of cloud covers, storms, wind to cool or heat, and alterations in the chemical composition of the oceans, all serve to mitigate the effect of potentially damaging radiation. A thunderstorm, with its brilliant forks of lightning slicing the sky, results not only from energy built up on the earth's surface, but also to release harmful levels of energy erupting from the sun's surface. The energy is finely focused into lightning rather than being allowed to disperse more generally, and with greater harm.

As mentioned before, all levels of organism structure communicate with and affect each other. A severe disturbance in one level will ripple through adjacent levels, manifesting obliquely, almost symbolically. As the health of an organism depends on the health of its constituent parts, a larger organism must be made aware if its smaller organismic elements are in distress. For example, a person with cancer will not feel a tumor growing inside him at first, but may feel other symptoms which ultimately cause sufficient concern to bring to a physician's notice, where the correct diagnosis can be made. A disease state does not announce itself in complete fidelity to the larger organism of which it is a part, but sufficient distress will bring awareness and attempts at corrective healing.

### **AIDS: Symbol of Global Health Breakdown**

AIDS is not primarily a human disease nor the result of a mysterious virus appearing from nowhere a decade

or so ago. AIDS, rather, is a "stepped down" version of the breakdown of the global immune system. It is a reflection of the earth's condition as it struggles to maintain its health against the electromagnetic onslaught wreaked by the human species.

You may have noticed the changes in weather patterns over the last decade. Each winter seems to be the "coldest on record," while summers are unusually torrid. Drought affects large areas of the Midwest and West Coast, while other areas of the country are lashed by severe storms and unprecedented snowfall. It seems as if the normal boundaries of weather behavior are being broken and unusually destructive patterns emerge.

This is the natural result of the earth's struggle to maintain its health while the human species cripples its immune system, its protective electromagnetic shield and sensor. No longer can the earth anticipate changes in solar radiation in time to properly alter the atmosphere and minimize damage to the surface. No longer has the earth the full use of its atmospheric resources to regulate weather patterns. Instead, its highly precise control is lost as it struggles merely to retain some awareness of cosmic conditions and to take protective action. Its regulatory actions are no longer smooth, precise, and perfectly balanced, but crude and volatile. The result is the deterioration of weather patterns as experienced over the last decade.

Not coincidentally, the last decade also saw the first case of AIDS, with the number of infected now in the millions. Because the human organism – at the species level – communes with and is affected by the larger global organism, it replicates the earth's struggle with its own version of immune system breakdown. While attributing the disease to a virus, a tiny agent invading the body, the disease truly arises from a larger context, from the earth's impaired condition. The relationship between the AIDS virus and the human body precisely reflects that between the human species and the earth: a deliberate, though unconscious, destruction of the immune system leading to systemic breakdown.

The human species, in its exuberant love of technology and scientific progress, electrified the earth before it had any knowledge of the potential effects. Unlike some human acts, taken with

conscious knowledge of the destruction they would cause and undertaken anyway, the stringing of electrical wires across the globe had no known ill effects, to the human species or any other. There was no deliberate attempt to harm the earth, no information that such might result, because human knowledge of the earth's electromagnetic fields was – and is – primitive if not nonexistent.

The AIDS virus conducts itself exactly the same way within the human body. It does not act with the deliberate intent to cause harm, to destroy its host; it simply uses the host's body to replicate itself. In the process, however, it damages the immune system to the point where the body can no longer fight off infection and invading foreign agents, and thus the body is laid bare to be ravaged by a host of diseases and infections.

Because the AIDS virus does not work in harmony with its host's body, but unconsciously destroys it, its activities are ultimately suicidal: the host's body dies and so must the virus. Extrapolate this process to the higher level of organismic structure, the earth as acted upon by the human species, and draw your own conclusions.

### **Treatment of AIDS From An Energetic Perspective**

The current approach to treatment is AIDS is the latest extension of orthodox medicine's traditional view of the body and disease: there must be an isolated agent causing the illness which can be destroyed by drugs or radiation, and stymied by a vaccine. Little attention is paid to the social and environmental contexts of which the person is a part, much less the global organism and its effect on the human organism. As a result, current approaches to treatment of AIDS are misguided, harmful, and ultimately ineffective.

True healing of AIDS – as well as cancer, heart disease, and other degenerative diseases resulting from technology's assault on the human and global bodies – can only come about when much more is understood about the electromagnetic basis of life. As medicine now stands, the body is seen primarily in chemical and biological terms; electromagnetism is peripheral at best. Recent findings relating to the harmful effects of certain bands and

strengths of electromagnetic radiation – sitting before a computer, a television, X-rays, nuclear radiation – are the first pieces of the larger puzzle which must be assembled before a genuine understanding of human and global health can emerge. As long as treatment of AIDS remains rooted in the orthodox perspective, it is doomed to temporary patch-ups like using AZT, itself a drug carrying powerfully damaging effects, rather than effecting genuine healing.

The danger is that, as the earth's condition is reflected in the human condition, if the earth is allowed to deteriorate further, AIDS will be only one health problem among many, and an increasingly minor one. As things stand now, you are fortunate in that AIDS can only be transmitted through intimate, not casual, contact. There are latent potentials for diseases carrying AIDS's lethal effects, transmitted far more casually than AIDS.

True healing of AIDS, then, must begin with healing the human species's effects on the planet, and with an understanding of the dangers of electromagnetic radiation unleashed upon it. While this seems a monumental undertaking, and of little comfort to those presently afflicted, ultimately it is the only lasting "cure" for AIDS, and for those more deadly and easily transmissible diseases of which it is the portent.

As a temporary measure, the best setting for those suffering from diseases caused by electromagnetic disturbance – principally cancer and AIDS – is, obviously, a natural setting far from concrete, electricity, and telephone. Sites near water are best, as water interacts with solar and lunar forces in a lively, energetic fashion, creating fields of exuberant

healing. The point is to find locales with their electromagnetic fields relatively undisturbed, so the crippled human energy field can be realigned by the natural energies of earth, moon, and sun. Food untainted by chemical fertilizer or pesticide is literally more nutritious than food grown by traditional chemical farms, and further carries an energy pattern in greater harmony with the human body.

### The Larger Meaning of AIDS

Much more is involved in the creation of AIDS than its miniature reflection of the human species's attack on the global immune system. Every disease is a symbol, and in its putative "cause" and especially in its symptoms, carries a host of clues as to the underlying reasons for its manifestation. Because AIDS is a highly "social" disease – in its mode of transmission, and in its effect on society as a whole as you grapple with the medical, economic, religious, and social implications – it may be understood as an expression of deep-seated issues long simmering beneath surface awareness, now boiling to the surface of consciousness.

Issues of sexuality, particularly homosexuality, are forced into the open in a culture long suffering from puritanical repression and homophobia. Compassion toward the oppressed, downtrodden, and forgotten rises to the fore as the afflicted groups read like a comprehensive list of society's most maligned clusters: gays, drug addicts, minorities, prostitutes. Society is forced to face the depths and limits of its compassion for those afflicted, who carry no badges of socially approved honor to "earn" their compassion, instead forcing the question

of human life's intrinsic worth, stripped of honorable ornamentation.

AIDS forces closer scrutiny of the medical establishment. The AIDS virus is perversely immune to medicine's attempts to pin it down on a microscopic glass and reveal its secrets. It mutates at a maddening rate. Given medicine's "failure" to understand the virus or devise vaccines and cures, the previously secure foundation on which medicine placed itself, far above the scrutiny of mere mortals, is now shaken as clamors for faster "results" bring medicine's procedures and assumptions to light, as well as the grotesque profiteering of drug companies growing rich off the death-bed suffering of the afflicted. Those howling for faster results are themselves mired in western medicine's traditional worldview, of course, demanding drugs, shots, treatments; but the process is the first step toward shaking free medicine's iron-grip monopoly on medical treatment and defrocking its previously exalted high priests.

These are but a few of the larger ramifications and meanings of the AIDS epidemic. The point here is to illustrate that a "social event" like AIDS always carries deep hidden meanings, forcing society to challenge its cherished assumptions and institutions as they fail to adequately address a new challenge. We submit that no cure will be forthcoming – and, indeed, more devastating viral agents may be looming – unless the human species's attack on the earth's electromagnetic immune system is ended. For just as your body's cells must die when your body releases life, so must all species-organisms perish if the global organism's life is extinguished.

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# The ALEXANDER JOURNAL

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## The Body Electromagnetic: Good (And Bad) Vibrations

In the last *Journal* issue we discussed AIDS from an electromagnetic perspective rather than through western medicine's traditional biochemical approach. In this issue we delve more deeply into understanding the body as a fundamentally electromagnetic entity. Doing so allows not only for a better understanding of how the body works, but also makes clear the link between consciousness and physical form, a bond long broken from the perspective of dualistic Cartesian science.

### The Electromagnetic Universe

First we must define "electromagnetism." Splitting the word into its two components, "electro" refers to the basic component of the physical system, a pulsating energetic field; "magnetic" refers to this energy's intrinsic property of attraction — and, by implication, nonattraction or resistance — that governs its activity. At its most basic level, then, the universe is composed of infinitesimally tiny units of energy whose dance of attraction and resistance creates and supports matter and its attendant physical laws.

These tiny units of energy constantly blink in and out of the physical system. Each unit's strength determines the type of structure of which it is a part: for instance, air, water, or solid. Each time the energy units blink "in" to the universe, their strength is determined by several factors: their intensity on the preceding blink; any variation in the surrounding energy field that affects them; and, most important, any "intent" carried in the consciousness of nearby entities.

All action originates as thought. Once a given course of action is decided upon, "intent" carries the action from thought to physical manifestation. Because the minute energy sparks weaving the physical world are themselves conscious, they are exquisitely sensitive to the

"intent" of bodies of consciousness within their field of activity. They respond appropriately, by altering the strength and position of their charge upon each successive "blink" into physical existence.

To take a prosaic example, imagine that you wish to pick up a pencil. That pencil, seemingly dead, immobile, and insensate, is in truth a swarming, pulsating field of vibration (as physicists will agree). The boundaries of the "pencil field" are cleanly demarcated; immediately surrounding it is "empty space," meaning the energy units there pulse so softly as to be beneath the threshold of your sensory perception. To pick up the pencil, your "intent" to pick it up compels your hand to move toward it, meaning that with each successive "blink" the energy field creating your hand is experienced as moving toward the pencil. This activity sends ripples of consciousness to the energy field sustaining the pencil. Given that no physical laws are violated by the act, you experience picking up the pencil, meaning that the "pencil field" submits to the strength of your intent and, with each successive blink, travels with identical speed and trajectory with your "hand field." Thus you experience picking up the pencil.

The key to the process is intent, intent born of consciousness. The physical system exists because the Source "intends" that it exist, and this relationship of intent-to-matter pervades all of creation. Consciousness precedes form and animates activity. Any "intention" to act sends ripples of consciousness to those within the local sphere of activity, whether animate or inanimate to your perception.

### The Human Blueprint

Because energy is organized according to the intent of consciousness, all forms in the physical system have been "designed" to grant expression to a

particular focus or slant of consciousness. That is, the Source splinters its consciousness into an infinitude of unique potentials, each of which finds expression through an appropriate physical form. The species on your planet did not "evolve" in a haphazard, random way, but are expressions of bodies of consciousness existing in eternal viability beyond the space-time limitations of physical life.

The human body's form, structure, and function thus carry a host of clues about the purpose of human life. The most obvious and significant feature of human form is that you walk upright. Rather than marking a break from four-footed ancestors, as evolutionary theory would propose, the human form was designed to hold its brain high above the earth and above its other organs. The earth constantly emits a stream of electromagnetic energy which dissipates rapidly as it climbs toward the atmosphere. This earth energy bathes all creatures living on the surface. As a *general rule*, the closer an animal's brain is to the earth's surface, the more it will be governed by instinct rather than rational thought. That is, the earth's energy is strongest at the surface, binding surface-dwelling creatures to an earth-based, largely instinctual existence.

As the brain is lifted higher from the surface, as in mammals, the influence of cosmic radiation and forces increases as the earth's force diminishes. If earth energy is the deep, instinctual bond to "animal" nature, the cosmic forces, or "star energy," govern the higher faculties of reason, creativity, and spirituality.

Not only is the human brain held high above the earth, then, but also above the body's other organs. A species's design expresses the desired balance between instinct and reason. Most mammals, being four-legged, hold the brain at the same height above the earth as the other organs, particularly the genitals. As the

site of reproduction is the strongest bond to instinctual behavior, an animal form carrying brain and genitals at the same height above the earth grants equal emphasis to instinct and reason. Such animals are capable of rational thought — weighing choices, making decisions — but such thought is largely colored by instinctual patterns and offers little room for creativity.

Because the human form carries the brain well above the genitals, the emphasis is focused on the fruits of rational and creative thought. Humanity's purpose in the overall scheme, its particular focus of consciousness, is rational thought. By holding its "head in the clouds," the human form is delivered from earth-based instinctual patterns and rides the cosmic forces to peaks of intellectual and creative thought.

A further feature of human form is its highly efficient design. Nature's most efficient shape is the axis, a slender tube, as in a tree or worm. The further a form deviates from the axis shape the less efficient it is, and the more energy is required to sustain it. Some animals must consume several times their body weight every day to sustain themselves; and large mammals graze constantly. The human form, whose healthy shape approximates an axis, is highly efficient and requires relatively little food energy to sustain it. Thus humanity is spared the continuous grazing and foraging of many species, and is free to pursue its true purpose: the celebration and achievements of rational and creative thought.

## The Body Electromagnetic

Physicists confirm that objects perceived by your senses as solid are, in truth, nothing more than waves and patterns of energy. Further, a small number of atoms are responsible for sustaining the fantastical variety of creation; as a few amino acids are the foundation of the body's inconceivably complex and diverse structures. What western science has been unable to determine is the cause of the body's differentiation as it progresses from a single cell to the adult form. Given that just a few amino acids are the building blocks of the body, and that the DNA is identical in every cell, what provides the "blueprint" for the body's form?

When the universe blinks "off" out of physical expression, it does not switch into a neutral state of nonexistence, but

rather returns to a state of pure consciousness. You can imagine a duplicate universe, then, one containing all physically manifesting forms as *ideas*, pure consciousness, rather than as structures. It is this pool of consciousness that holds the "blueprints" for all physical forms. The body's growth from embryo to child to adulthood to death is regulated by the nonphysical blueprint for the body which blinks from pure consciousness into the physical system.

Upon blinking into the physical system, the intent to sustain the body's form is expressed as an electromagnetic pattern, a grid of intent. The elements you know as atoms are magnetically attracted into this pattern, there to hold their place in the overall structure; countless such atoms coagulate into molecules, and then into ever larger structures of greater complexity. The body's form is not determined by the DNA alone, then, but principally by the unseen blueprint which pulses into physical expression as an electromagnetic grid of intent.

The key to the formation of the body's various organs and tissues thus lies not in the DNA or any biochemical process, but in vibration. The electromagnetic patterns for the various organs differ in frequency, thus attracting atomic elements in various proportions and patterns. If you could hear them, each organ would sing a different tone; if you could see them, each would glow a different color.

The body, thus, is a complex organization of electromagnetic frequencies creating a pattern of vibration. All of the other systems of the body's functioning — biological, chemical, neurological — ride atop and reflect the vibrational pattern which is the body's source.

## Electromagnetic Effects On The Body

Since the body is essentially electromagnetic energy, and since all elements of the physical system are electromagnetic as well, the picture of a universe of discrete objects separated by empty space begins to break down. In its place grows the awareness of physical forms composed of and swimming in electromagnetic energy, these forms interacting constantly through the dance of attraction and resistance. The human body regularly emits and absorbs electromagnetic radiation. Concern is now growing that some electromagnetic radiation may have deleterious effects on the body's health. With the

understanding outlined above, we can see that radiation which simply carries information to the body is salubrious, while radiation so intense as to interfere with the body's functioning is harmful.

Radiation is harmful when it is of an intensity or frequency that interferes with the body's natural vibrational state. The human body is tuned to vibrate faster than the earth's pulsation and much slower than the sun's fierce cacophony, allowing you to "stand between" earth and sun. In a natural setting, the body absorbs telluric and cosmic radiation in the proper proportion to maintain optimum health. Any interference pattern which disrupts this natural balance prevents the body's elements from communicating with each other, and prevents the body's electromagnetic pattern from pulsating in full strength into physical being. The result can be a breakdown in health, physical, emotional, or mental.

By "electromagnetic" interference we mean a far broader range of influence than high voltage power lines and microwave ovens. Since all physical form is essentially electromagnetic, a toxic chemical, a nutritional imbalance, or cigarette smoke are all essentially electromagnetic influences, in that they interfere with the body's electromagnetic pattern. The invisible transmission of energy from electrical devices is just now beginning to be recognized as carrying potential deleterious effects, but at base it carries the same influence as the more obvious, physically observable sources: interference with the body's electromagnetic pattern.

The explosion of cancers in this century is the direct result of the toxic soup in which you now live, where air, water, food, and even the airwaves are contaminated. Consider for a moment what cancer is: an explosive growth of cells which interferes with the body's

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healthy functioning. Such a growth often occurs when an external influence on the body creates an interference pattern, meaning the body's electromagnetic blueprint is not expressed in full vitality, but the transmission is garbled. When you walk past a television set, your body's field interferes with the set's reception, scrambling the picture. When a toxic chemical or powerful radiation impacts the human body, it scrambles the reception and expression of the information pulsing from the realm of consciousness. It prevents the pattern from expressing. The atomic structures which previously received instruction as to their arrangement are deprived of their directions, and lose their cohesive identity with the larger body. As a result, they reproduce without restraint. Receiving scrambled instructions, or no instructions at all, they are cut loose from the tight, efficient pattern organizing the body.

The same occurs at death. Once consciousness departs the physical body, and the organizational blueprint no longer blinks into the physical system, the elements comprising the body lose their instructions locking them into place and imposing cohesion and unity. Like schoolchildren unleashed for recess, order is lost as each element is freed to pursue its private fulfillment and decay sets in.

Begin to perceive yourself as a field of pulsating vibration, both sending radiation to and receiving information from other objects and the seemingly empty space between them. Knowing that you are far closer to the vibration of the earth than the sun, be aware of what vibration you allow into your field. Consider that devices simulating the sun's qualities — heat, intense vibration, high frequency — may have deleterious effects on your body's earth-based vibrational pattern.

Perceive food and drink as electromagnetic substances, and consider how and where they were grown or produced, with what possible chemical contamination, and how they were processed. The less time between a food's harvesting and your ingestion of it, and the less profit-seeking intent motivating its processing, the more nutritious it will be.

Finally, see other people as more than flesh and blood, but as electromagnetic forms as well. The human form is designed to exchange information with other bodies from about six feet apart, with the fidelity of transmission increasing as bodies near. You hug those you love

because your bodies urge you to exchange the information they carry, one to the other, mirroring your verbal exchange. Those you have not seen for a long time, you hug more tightly and longer because more information must be exchanged. Sex compels you because an energetic, passionate encounter releases torrents of information and healing. Children need constant affection because they unconsciously absorb the beliefs and principles of their culture through contact with adults. Western culture's traditional discouragement of touch and affection is in no small measure responsible for the culture's current sickness, for an essential means of communication and healing has been blocked.

In the decades ahead, the understanding that you are swimming in a sea of electromagnetic energy, which weaves the pattern for your body and all other physical forms as well, will become common knowledge. Those who incorporate this understanding into their consciousness now can both avoid deleterious effects on their health and mental well-being and affirmatively fashion an environment with their bodies' health and harmony held paramount.

\* \* \*

*As a supplement to Alexander's brief discussion of the importance of physical contact in maintaining physical and mental health, the following is an excerpt from a transcript of a recent private session in which Alexander addressed a young man's reluctance to relinquish his freedom and independence for commitment to a woman; the young man felt he incorporated many feminine qualities in his psyche and was therefore "balanced" without needing a partner.*

The issue really isn't one of internal balance between male and female elements, as this is the ideal in every person, with either male or female traits given emphasis depending on the chosen sex. Every healthy individual should maintain such a balance. The issue, rather, is instead how a life partner helps maintain psychic, emotional, and physical balance.

The body is basically electromagnetic energy. Now, each "particle" of the body is charged not only with energy but with information. This information, about the body's condition, one's emotional state, a memory store of recent events, and the

surrounding environment, is transmitted from "cell" to "cell" in the energy field surrounding the body. Its primary purpose is to keep all elements of the body apprised of all other elements; this communication between the body's "energy cells" is how the liver knows what the toes are doing, should that information be vitally necessary.

The secondary purpose of this information is to apprise others of your mental, physical, emotional, and spiritual condition. Any time you come in contact with another, information is exchanged on levels hidden from sensory awareness. This is why you hug those you love after a long absence, because your bodies are literally pulled toward each other in an effort to exchange this deeper information than what is verbally transmitted; and is also why you are repelled from those you dislike, lest you give away your energy and secrets.

One of the great benefits of a life partner, then, is that regular close contact ensures that another body, another body of information and energy, is regularly apprised of your condition. This has consequences and ramifications you cannot imagine. In many cases, incipient illnesses can be healed by another's energy field, especially when that person's thoughts of you are loving. An imbalance can be restored, a deficiency in the body's nutritional balance can be righted, an emotional ache soothed, and so on. This is the reason why married people live longer than singles; a life partner literally heals the body. Rather than the body having to always heal itself of injuries to body or psyche, the task can be relinquished to another whose energy field is not disrupted at that time.

So the "balance" referred to is not so much a balance of male-female energies, but a far broader, all-encompassing balance of every aspect of the human condition: spiritual, emotional, mental, physical.

Now, a close and loving friend could provide most of this balancing, but presumably would not be having sex with you, and here is perhaps the strongest argument for a life partner who is also a lover. Naturally, the sex act brings you face to face in a heated, emotional, excited, passionate encounter. This facilitates the exchange of information across the chest and abdomen area. The compulsion many feel for sex, particularly men in your culture, reflects their desperate need



for balancing, for sharing their thoughts and troubles with another, which in your culture a man is not permitted to openly express. He is therefore forced to express it nonverbally, through the sex act; this compulsion is misinterpreted as an urge for orgasm. Primarily, it is an urge to share oneself with another, and this unburdening and sharing is blocked in all ways but through sex.

Another reason for finding this solace in a lover or lifetime companion rather than a friend is that by contractual or unspoken agreement, there is a commitment to each other, a loving bond of exclusivity binding the relationship. This communicates to the other that he or she is "special," opening the way for an even deeper and more complete exchange of information. Over time, the psyches intertwine and create a third entity, a hybrid energy form, which is replenished and added to whenever the couple is in close proximity.

So there are good reasons, good physical, emotional, mental, spiritual reasons for seeking companionship, a lifetime companion, a lover, wife, husband. It is not merely social convention. The social convention derives from the unconscious recognition of the healing, balancing effects of routine contact with another.

\* \* \*

*Finally, Alexander's response to a reader's frustration over caring for an aging mother rounds out this issue's discussion of the body electromagnetic.*

**Question:** "I have a mother who is 90 years old. She is slowly losing touch with the appropriateness of things, is incontinent, refuses to wear decent clothes, is hard of hearing and refuses to wearing a hearing aid — result I am exhausted, sad, angry, impatient, etc. Why are people living so long when they are such a great burden?"

**Alexander:** Building on this issue's essay about the electromagnetic construction of the body and the consciousness and intent which sustain it, helps us to address the disturbing increase in Alzheimer's disease and those experiencing progressive mental and physical decay as they age. The normal cycle of life allows for constructive activity and purposeful living at every stage. Old age is meant to be a gradual release of middle age's intense focus on the mechanics of physical existence — children, career, finances — and mirrors childhood in keeping one foot in physical existence while dabbling the other in the spiritual realm.

As one comes to understand that intent and consciousness animate physical form, one appreciates the power of belief in creating one's reality. Beliefs are the foundation of all mental activity, filtering the flow of daily events, coloring one's perception and action. Beliefs provide the "background field" of mental activity upon which all other thought and activity are based. As a result, beliefs carry great power to influence the health of the body and mind. If one believes that aging necessarily means physical decay, this belief will literally restrict the body's pulsation from nonphysical blueprint to physical expression, compromising the body's full vitality. Over time, as the

flow from consciousness to form is increasingly impeded, not only physical decay results, but mental decline as well. The body and mind are literally starved for their full quotient of sustaining energy.

The increase in Alzheimer's and similar conditions reflects your culture's beliefs about life, aging, and death. If the purpose of life is reduced to material considerations, as it is for most, then those who no longer "produce" for the economy are seen as having no value to society. If aging is seen as decay, and death as an "end," rather than a portal to new adventure, the body will faithfully reflect this belief through degeneration.

Quite apart from this process is the soul's determination of when physical life should be released. Death is always chosen, but not necessarily when it is convenient for others. The soul's purpose is paramount. Even if severely restricted by the collapse of physical and mental structures, a soul will attempt to fulfill its life purpose, however attenuated its power to do so. Only when a soul's life task has been fulfilled, or it is evident that no further gains can be made through a given physical vehicle, will the soul release its grip on life and cease the pulsation into physical form.

Even those lying in comas for years may be fulfilling their life task, however blunted its expression may be. Regular visits by family members and the attention of medical personnel may offer lessons in love, loyalty, and compassion which could be gained no other way. Those needing a lifetime of "dependency" may figuratively return to the womb in coma — note the fetal position of many comatose persons — as a way of re-creating the condition of total dependency on others.

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# The ALEXANDER JOURNAL

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## The Spiritual Impulse: Mother of All Religion

*The holiday season is an appropriate time to contemplate our spiritual lives. In this essay Alexander discusses the genesis of all religions and the future evolution of spiritual expression.*

Every culture's spiritual life differs in dogma, ritual, and celebration, yet all great religions flow from the same fundamental source, interpreted and filtered through each culture's unique lens of time, place, and world-view. Because human consciousness cannot grasp the deepest truths in full totality, each culture weaves its symbolic stories and rites as hints and signs pointing toward the body of spiritual truth which lies beyond the power of word and symbol to express. Just as a song originates in its composer's mind, so can religions be thought of as spiritual music, echoing the richer harmony of their source; and each religion's endurance in time and power to offer moral guidance are determined by its degree of harmony with deeper spiritual truth.

Every human culture has a spiritual element. In some the spiritual is so interwoven with the whole of life that one does damage to the culture by attempting to express its "religion" as distinct from its other cultural aspects. In other cultures, particularly modern western culture, religion is held as a discrete aspect of life, with worship services held at specific times and places while the separation of church from state is inscribed in law.

Everyone has a religion. Everyone carries a philosophical framework or world-view which organizes and gives meaning to life. Even an atheist scientist, convinced that he lives in a random universe devoid of spiritual influence, has a religion: he has faith in the scientific method and in the veracity of the scientific theories spun to explain the world from a purely mechanistic perspective. If a religion's longevity reflects its degree of harmony with the deeper truths, then

the mechanistic world-view, several centuries old and collapsing under the ineluctable march of quantum physics, is revealed as grossly disharmonious with the truths that have sustained the world's great religions for millennia and animate them still.

### The Universal Truths

What, then, are the fundamental spiritual truths which all religions strive to express? As mentioned, any time a deep truth is reduced to words it necessarily loses its power, becoming a symbolic truth rather than an experienced truth. Nevertheless, enumerating the basic truths in words is a first step on the path toward directly experiencing them.

The first fundamental truth is the essential oneness of creation. This understanding lies at the heart of many great religions. Its paradox is that it directly contradicts the experience of the senses. You see and feel that your body has a distinct boundary at the skin which cleanly separates you from everything else. You see rocks, trees, flowers, buildings, and so on, and affix a different name to each, dividing the world into categories. Each person you meet is unique, and it stretches the mind's limits to imagine that at some level the various races, colors, beliefs and cultures of human experience blend into a unified whole.

Nevertheless, at the deepest levels all is united, all is one. The fantastically variegated phenomenal world is but a thought in the mind of All That Is, whence arise countless other worlds and dimensions beyond your awareness, all flowing from the same source. It is perhaps ironic that western science, heir to a reductionist tradition which splinters and fragments creation rather than perceiving its unity, should offer "proof" of this most basic truth in the discoveries of modern physics. At the deepest level, one finds no irreducible building blocks

of matter, but only waves and fields of vibration; a pulsating, inviolate fabric of energy.

How, then, do you perceive this unbroken field of vibration as discrete objects; what binds your awareness exclusively to your body; why does your mind organize its experience as it does? For this understanding we must turn to a second fundamental truth.

You are consciousness temporarily housed in flesh. While this is understood by many spiritual traditions, western science has inverted the process such that self-awareness is posited as miraculously arising in organisms when they evolve to a certain degree of complexity. How consciousness spontaneously arises from inert matter is never explained; and indeed can never be. For you are consciousness first and foremost, cloaked for a time in physical form. This provides the illusion of separation, of yourself as a discrete being standing apart from the rest of creation.

Now, this is not to impugn the validity of your private experience nor your uniqueness. Each human life is a unique expression of All That Is, with its private purpose and fulfillment. Just as each of your fingers is unique, while embedded in the larger construction of your hand, which in turn is a member of your entire body, so is each human life unique while on deeper terms it unites with all humanity to form a common brotherhood.

Notice that the second truth seems paradoxical at first as well: Your senses tell you that you are separate from others while in truth you are one strand in the larger human fabric, itself woven into the whole of creation. Moving beyond the apparent paradoxes is an essential step on the spiritual path.

A third fundamental truth is that the closer human laws parallel natural laws, the more harmonious and balanced a culture will be. Nature hasn't many laws, but those guiding principles established

to maintain balance and harmony in the natural world carry over into human endeavors as well. Because humanity is unique in its free will and highly developed reason, a person or society may choose to follow a path outside of or to actively violate natural law. For a while, it may appear that one can "get away" with violating nature. Over time, however, the consequence of violating natural law will become apparent.

As an example, one of nature's most fundamental laws is that every action has a consequence. Some religions express this truth as the law of karma; and even the religion of western science states that every action begets an equal and opposite reaction. For some time humanity has been acting as if it carried special immunity from the consequences of its actions, could plunder and pillage the natural world without ill effect. Now, however, as the ecological crisis demonstrates, the folly and danger of continuously and severely violating natural law become indisputable.

The apparent paradox of this third fundamental truth is that humanity's rational mind seems to grant it superiority over the natural world and freedom from natural laws, yet any exercise of reason which violates those laws inevitably redounds to your detriment.

A fourth fundamental truth is that time and space are illusions. This cuts a deeper paradox than merely saying that what your senses perceive is an illusion; for time and space are the very foundation of your experienced reality. Some of the world's spiritual traditions recognize this truth, referring to the illusions of temporal life as "maya," warning against the trap of mistaking sense experience for deepest reality.

Time and space are the two main dimensions into which energy creating temporal events is channeled. Any "event" exists beyond space-time as a grid of energy or intent, eternally viable in all its possible manifestations. Your experience of events is determined by how much "event energy" you draw into your sphere of experience and the balance you strike between expressing the event through time and space. An illness, for example, can be experienced as a minor ache lasting interminably or as a full-bodied crisis quickly healed. The same amount of "event energy" may be dissipated in both cases, but the space-time balance differs.

Space and time are energy channels, then, through which physically based

consciousness experiences events. They have no validity beyond the physical dimension; therefore, in deepest terms, they are illusions. Perhaps no paradox so grates against your waking awareness as this; yet, again, those on the spiritual path must overcome and integrate the paradox, allowing them to live partially in the phenomenal world and partially beyond it.

## The Spiritual Impulse

As we mentioned, every human society fashions the fundamental truths into a religious system influenced by its time, place, and culture. The truths are filtered through each culture's prism, refracted into shades of wisdom carrying the energy of their source but not its full vitality.

The unique focus of human life is to express itself through symbol. Language, art, even human relationships, are all symbolic expressions of deep veins of consciousness which bubble to the surface of awareness and seek expression through symbol. You communicate with others through spoken and written language, art, bodily gestures, affection and violence. You can never fully communicate the condition of your body and the flow of your thoughts at any given time; you selectively filter what you will offer to others as a symbolic summary of your condition.

So it is with the spiritual impulse as it finds expression in the world's great religions, a prayer of grace before a meal, the baptism or initiation of children, or the joy you find in spending time in wild nature. All rites and rituals, symbols and songs, evoke the deeper unspoken spiritual impulse which beats within every human breast, seeking expression through symbol.

What is this spiritual impulse, then? What drives every human culture to fashion schools of thought which explain life's origin and meaning, and offer rules of conduct for proper living?

The spiritual impulse is the hunger for reunion with All That Is, the ultimate source of all creation. Unconsciously knowing that each human soul is a fragment of its greater source, the urge to return to the source, to reunite with it, is the motivating force behind all religious expressions. From the Christian Kingdom of Heaven to the Hindu nirvana, the religious path always leads the righteous back to the godhead, the source, the creator. The spiritual "path"

is thus a trail leading from temporal earthly life to eternal bliss and reunion with creation's ultimate source.

To render the spiritual impulse through art is to grant symbolic expression to the hunger for reunion with the source. To paint a picture, sing a song, or write a book exalting the creator is to forge a relationship with the creator, a bond from the exiled soul to its source. Much of any culture's greatest art is religious in nature for there is no deeper, more passionate inspiration than the longing for reunion with one's spiritual source.

Each human life replicates the spiritual search, whatever the religious beliefs a person holds. For each human life begins by floating in a warm, fluid cocoon of bliss and safety, where all needs are met. Birth is the separation from the source, though newborns do not distinguish between themselves and others at first. Childhood means learning the language, culture, and power to manipulate effectively, all leading toward the day of separation from the parents and embrace of adult responsibilities. And here a new opportunity for union arises in choosing a life partner, as most human cultures favor narrowing the impulse toward union into a single partner with whom one creates a home base of stability and security.

The love of a spouse, long-term friendships, and happy community relations all offer "union" to your gregarious species, as human relationships symbolically reflect life's deeper meaning, the search for union with the spiritual source. As each human soul is another fragment of that source, romance and friendship are ultimately the embrace of the creator.

Death, of course, is a profound experience of reunion with the spiritual realm. Many near-death survivors report being bathed in pure white light and being met by deceased loved ones and religious figures. These dramas, enacted in symbolic terms familiar to the still earth-based consciousness, symbolize death's deeper purpose, a release of the ego and sense of separation, an embrace of union with a realm of love and purity.

Consider the religious or spiritual practices which require that one close one's eyes, such as prayer and meditation. This deliberately blocking of sense experience reinforces the sense of turning away from the temporal world and seeking reunion with the spiritual realm. As one grants validity and attention to

the spiritual impulse, one naturally seeks to quiet the mind and free the body from sensory excitement, the better to ride the spiritual impulse toward reunion with one's source.

## New Spiritual Expressions

Spirituality and human institutions are fundamentally incompatible. While spirituality is intensely private, deeply felt, resonating in each heart with a unique timbre and pitch, human institutions require homogeneity. While spirituality is spontaneous, flowing, and mercurial, human institutions require order, structure, and predictability. While spirituality urges appreciation of and reunion with divine cosmic forces, human institutions are bound to the earth.

Because spirituality and human institutions are incompatible, it follows that any attempt to wrestle spiritual truth into dogma and creed, ceremony and ritual, hierarchy and power, will vitiate the spiritual truth offered by a religion's founder. The founders of the world's great religions opposed the institutions of their day, as true spirituality is liberating and spontaneous, poison to law and order.

In addition, because each culture filters spiritual truth through the prism of its time and place, the great spiritual fires igniting the world's religions dim as time passes and cultures evolve. Words that thrilled Jesus' or Buddha's listeners to trembling and exaltation are read and spoken far more academically in Space Age culture. Thousands of years have passed, cultures have evolved, and the symbolic truths carried in the words of the master teachers, while still noble and inspiring, cannot fully speak to the age in which you live.

The Alexander Journal, issued bimonthly, publishes material received from Alexander, a discarnate consciousness who channels through Ramón Stevens.

The Journal's purpose is to offer a spiritual perspective on the issues facing our society in the transition between old and new orders; to educate and encourage us in creating our reality; to inform, enlighten, and inspire.

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Alexander's first book, Whatever Happened to Divine Grace?, is available at your bookstore or through the Journal for \$14.95 plus \$3.00 postage and handling.

The Christian church has fallen far from its omnipotent power of the Middle Ages. In a culture where the separation of spirituality and government is codified into law, the church's influence and power are diminished. The church's structure, a hierarchical patriarchy which until recently forbade women from serving among its leadership, maintains its power and authority by burying the spiritual impulse beneath edifices of ritual and dogma, squelching any hint of genuine mystical experience.

Against such a backdrop, it is inevitable that many would leave the churches in which they were raised, finding them desiccated relics of ages past. The great search for spiritual meaning of the past few decades, particularly the interest in eastern and Native American religions, reflects the unquenchable spiritual impulse seeking fresh expression free from rigid dogma and respecting the uniqueness of each soul's private experience.

The most recent trend is the rise of interest in "goddess" religions, either ancient or newly devised. The interest in feminine mythological figures, and in seeing the earth as the feminine "Gaia," reflects the long suppression of the feminine principle in western religious systems. Christianity and Judaism are male-oriented religions; heavy on structure, form and hierarchy, with women relegated to supporting roles. A healthy culture balances and cherishes both masculine and feminine principles; thus, as western culture struggles to heal its imbalance, the feminine is actively embraced.

The feminine principle is love, forgiveness, compassion, nurturance, gentleness, quiescence, and stability. The earth and nature are often viewed as feminine, rightly so, for these qualities are evident in nature's harmonious web.

The masculine principle derives from the sun's qualities of strength, heat, creation and destruction, randomness, spontaneity, and energy. Western culture is largely based on the masculine principle, particularly with its emphasis on creation and destruction.

So the interest in "goddess" religions, in searching the ancient past for evidence of harmonious cultures which revered the feminine principle and lived by it, reflects the desperate need for balancing, for cherishing and incorporating the feminine principle within western culture's values.

## Future Spiritual Expressions

The rising interest in goddess religions is necessary to balance western culture's long emphasis on the masculine principle. But once the balance is restored, once masculine and feminine are equally valued and cherished, how will spirituality evolve? What new spiritual expressions will arise to take the place of traditional religions?

In a sense, every spiritual system is a blend of truth and symbol. Because human consciousness cannot apprehend absolute truth, but must reduce it to manageable fragmentary symbols, every religion is a unique mixture of truth and symbol. The greater the proportion of truth to symbol, the purer the spiritual system is and the longer its endurance and power.

As spirituality evolves, it seeks expression more as truth and less as symbol. It encourages direct experience, direct knowingness of spiritual truth, rather than the absorption of codified dogma. Formalized ritual diminishes as spontaneity and uniqueness are favored as offering more genuine spiritual expression. Hierarchy is replaced with equality, with recognition of the innate divinity burning in every heart, with no penance offered or salvation sought from outside oneself.

Future spiritual expression is thus likely to be more casual, spontaneous, and democratic. Ceremonies will arise on the spur of the moment, with each contributing whatever he or she feels moved to offer. Most importantly, spirituality will be nature-based rather than god-based. Instead of projecting and worshiping a paternal sky god figure, the earth itself, the expression of the feminine principle, will be honored as the source of life. Ceremonies will be tied to the natural rhythms of season and equinox, and holy water will flow from every spring.

Less symbol and more truth. More natural, spontaneous, original celebrations of the precious gift of life and appreciation for the earth and sun which animate your earthly body. More private introspection, communing with the life force burning inside you; and greater awareness of the spiritual forces which surround and guide you. Most of all, the fundamental truths lying behind all the world's religions will be understood not as words in a book, but as richly felt truths resonating in your heart.

*Several readers have written to ask about Iraq's invasion of Kuwait and the deeper significance of the mass events unfolding in the Middle East.*

The bond between geography and human events is stronger than is currently understood. It seems as if it simply "happens" that certain parts of the world are forever embroiled in wars and uprisings, while other areas live in contented calm; that some areas attract artists and great thinkers while others emphasize family and stability. Far from simply "happening" this way, in truth the earth emits disparate fields of energy which act as magnets, drawing into each field the human personality types whose core energy and world-view are most harmonious with the invisible surrounding field. Over time, individuals and groups will migrate over the earth's surface until they are positioned in earth fields most supportive of their life goals.

Looking at the history of the Middle East, written as it is in the blood of countless martyrs, soldiers, and slaughtered innocents, it is apparent that the earth's energy field in the Middle East must be a highly turbulent swirl of disparate streams of energy unable to harmonize smoothly. The turbulent friction of such a field attracts both those seeking lifetimes of war and those pulling the culture's spiritual life forward; both life tasks blend well with a stormy, volatile field. Thus the Middle East has spawned not only millennia of ceaseless warfare, but a disproportionate share of the world's great religions as well.

Any time an individual or culture is in the transition stage of evolving from one world-view to another, the old world-view will send off sparks or eruptions of

its energy as its dying gasps, as a means of bringing the old world-view into clear focus before final repudiation. The current rise in "hate crimes" against minorities and gays, for example, is the deathbed shudders of the old racist, homophobic order which will soon be consigned to history.

On a global scale, the Iraqi leader manages to express a number of "old order" qualities which the world is evolving beyond, the better to bring them to the world's full awareness and repudiation. First is the man's megalomania, his belief in himself as the savior of his people and of all Arabs, and his ruthless suppression of those who voice opposition. Once upon a time the world was full of such leaders, monarchs ruling by divine right, the Pope and his priesthood serving as God's exclusive human mouth-pieces, dictators, emperors, and generals. Over centuries the world has evolved away from investing fellow human beings with omniscience and omnipotence and has embraced the democratic system, in which leaders are answerable to the people who vote them into office. The cult of personality has largely been replaced with a more rational review of candidates' qualifications before selecting who will govern.

The Iraqi leader thus stands as a symbol, or caricature, of the old order "leader." By blending a personality cult of mindless adoration, a holy war against infidels, and absolute despotic power, he expresses in distilled, concentrated form the very essence of a Middle Ages "leader," whether king or pope. To the rest of the world he looks preposterous, ridiculous, for the world has grown beyond the autocratic "leader" model which once governed everywhere.

The Iraqi leader's bold land grab and annexation of his neighbor is another "old order" tactic. How many times have the world's boundaries been redrawn as countries devoured their less powerful neighbors out of greed, conquest, and boredom. Gradually, as the world has evolved away from gigantism and empire, and toward local control and preservation of indigenous culture, the cacophony of territorial conquest dims to respect and harmony among nations.

In this context, a land grab as bold and unprovoked as the Iraqi leader's theft of Kuwait is seen as an unmitigated outrage and is roundly and unanimously condemned by all other nations of the world. Again, what once was normal and expected behavior for a strong nation against its weaker neighbors is now repugnant to the world community.

Because the Middle East sits in a volatile energy field favoring both warfare and spiritual illumination – old and new orders – it naturally follows that it should offer the venue for the current crisis, the distilled essence of the old order approach toward leadership and statehood, to the horror and condemnation of a world evolving toward a new order of peace and respect. Because it is the dying gasp of the old order, Iraq's actions and isolation will ultimately lead to self-collapse, with no military intervention needed to push it over the edge. Taking the military approach would only exacerbate and prolong the crisis as violence is the tool of the old order. A world on the verge of growing beyond war would do best to take the high road, restraint and moral repugnance, and allow this final display of old-order statehood to implode of its own anachronistic depravity.

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# The ALEXANDER JOURNAL

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## State of the Universe 1991

The decade of the Nineties promises to be one of the most challenging and, at the same time, one of the most promising in human history. A world knowing crisis, strife, and upheaval is also a world poised on the brink of fundamental change. All of the seemingly disparate events, trends, and themes which dominated the past year can be understood as facets of a single, underlying force, the world's struggle for release from the world-view which has shaped western culture for millennia, toward a new world-view and consciousness.

### The Rise of Western Culture

Western culture's fundamental value is *separation*. Woven throughout the Adam and Eve story, a mythological expression of western culture's origins, separation takes three main forms: Humanity is separate from its spiritual source, as the first couple's actions displease and anger Jehovah; humanity is separate from nature, as the pair is granted "dominion" over the earth and driven from the primeval "Garden"; and people are separated from and poised against each other, as the fratricidal rivalry of the world's first children, Cain and Abel, attests.

Science's creation myth has the same elements: the "Big Bang" which allegedly burst the cosmos to life implies the ultimate separation from a creator, as no such god-figure is permitted in science's cosmology; the evolution theory implies that humanity is separate from and superior to all other life forms; and, as life is governed by survival of the fittest, all creatures are forever battling for survival both against others of their species and against all other species.

Western religion and western science, for all their apparent incompatibility, both arise from and reflect the deeper currents of the culture, reinforcing the notion of the individual as separate, isolated, vulnerable, and powerless.

From a higher perspective, every human culture that has ever existed can be thought of as an experiment, with the question posed: Does this set of values and beliefs lead to happiness and fulfillment for all, or does it lead to despair and emptiness? Cultural values producing a fulfilled, contented people will be reinforced, leading to strengthening of the culture; while values bearing a dispirited, broken tribe of unhappy souls will ultimately lead to social collapse, either breakdown into anarchy or a search for a new world-view to halt the culture's collapse.

### The Fall of Western Culture

Themes as grand as the nature of the individual and his place in the cosmos are so rich with meaning, and offer so many permutations on individual and social levels, that they require centuries, even millennia, to play themselves out. A theme or idea will ascend in strength, holding its culture in a tight, irrefutable grip of truth, then gradually fissures will appear in the previously incontrovertible cosmology as the irrepressible human soul seeks to force air and light into the shuttered world-view guarded by its institutional barriers.

The rise of the Christian church offers an example of this process: From a ragtag band of persecuted revolutionaries, the church evolved into the world's premier institutional power, holding life-or-death sway over religious, social and political life; its grip was unassailable. Chafing under the heavy hand of the Roman church, a new set of revolutionaries broke away from the church and established sects more in harmony with their ideals and beliefs, creating a multitude of religious expressions, from Quaker pacifism to Pentecostal glossolalia.

So the theme of separation has woven itself through western history, imbuing religious, social, political, and economic systems with its stamp of

isolation. While this has led to western culture's crowning achievement — the value of personal liberty — it has also led to a world in crisis. If each human culture is an experiment leading either to a contented, fulfilled people or to an atomized, fratricidal society, what would the verdict on western culture be?

So the choice facing you now, as the multifarious global crisis urgently presses upon you, is either to allow social collapse to the point of anarchy and disintegration, or to forge a new world-view, spin a new cosmology, on which to build a healthier cultural future.

Let us see how this critical choice manifests in various pressing global issues.

### The Persian Gulf: Blood for Oil

The premier global concern at this time is the crisis triggered by Iraq's seizure of Kuwait and the American military response. This situation carries so many interwoven strands of the old order/new order dynamic that we must carefully tease them apart to appreciate the crisis's meaning.

Even the most flag-draped patriot would admit that the American response was triggered not by outrage over Iraq's invasion of its neighbor, but by the self-interested need for oil. The Chinese destruction of Tibet, an almost identical offense, elicits barely a whimper from the White House. And Kuwait was hardly a democracy, so the "making the world safe for democracy" banner cannot be flown as it was in Vietnam. No, the vigor of the American response was fueled only by the need for a steady supply of oil to keep the economy greased and running.

The American economy is capitalist; and capitalism is the economic expression of separation: every man for himself, each going it alone against all others, with gross disparities of wealth and

poverty the result. The American president was born into the class of wealth and privilege and carries an unshakable belief in the economic system which makes his life of comfort possible. The president carries few strong or deeply felt values, but his right to wealth and the supreme importance of maintaining the economic system which makes it possible is one such core value. His willingness to sacrifice the lives of potentially tens of thousands of young men — largely of the disadvantaged class — to maintain the status quo bespeaks the supreme, overriding importance a healthy capitalist economy holds in his system of values.

This value — money supreme over life — imbues the entire economy, from the farmer spraying toxic pesticides, to the nuclear power industry, to rain forest destruction, to Uzi-toting drug dealers. In an atomized, spiritually bankrupt culture in which each must fend for himself, the accumulation of wealth becomes a higher value than life itself.

Another central element of the gulf crisis is its highlighting of the western world's dependence on oil. Twenty years after the first "oil shock," little has changed. Even as the American president prepares to send American boys to their death for oil, he refuses to fashion an energy policy emphasizing conservation and renewable resources; instead, his policy is to open pristine areas for development, exacerbating the dependence on a finite resource, at enormous ecological cost.

Whenever a theme or issue rises in prominence, a choice is being offered: either to release past patterns and embrace a higher order of life, or to cling to the old patterns and face further, even more deleterious effects. One element of the gulf crisis is to offer just such a choice. This has been underscored by a number of major oil spills over the last few years, again serving as proddings that alternatives must be found to the current system. As long as these messages are ignored, and society insists on greasing its wheels with oil, "negative" events involving oil will increase and intensify.

To turn our spotlight onto the Iraqi leader, he too represents an "old order" leader, of a mold the world is rushing to discard. As democracy sweeps the globe, and leaders are considered elected servants of the people, the Iraqi leader's megalomania and use of religious slogans to justify his actions reduce him to caricature. His iron-fisted control of the media, his use of torture and murder to stifle dissent, and his self-promotion as

the savior of his people, all confirm him as an anachronistic despot, more at home in a wax museum than in a world struggling toward democracy. Ultimately, the growing opposition of his own people will topple him from power.

Whatever the outcome of the Persian Gulf crisis — war or war narrowly averted — nonetheless, these themes and many others have been brought to conscious awareness for the world to see and understand. Whether the messages will be heeded, and further events of this nature avoided, depends on the wisdom and insight of the world's peoples.

## The Rise and Fall Of Fundamentalism

As mentioned, whenever a person or culture struggles to attain a higher spiritual plateau, elements of the old way of thinking will rise in sudden strength as the final sparks, the dying gasp, of the old order. Not only does this release the old order's energy in quick, powerful bursts, it also forces the old mode of thought to public awareness, for final repudiation: No, we will not live this way any longer.

The world seems engulfed in an upsurge of religious fundamentalism: conservative Christianity in the United States and Europe, orthodox Judaism in Israel, the violent clash between Islamic and Hindu extremists in India; an upsurge in Moslem reactionary forces throughout the turbulent Middle East. In all cases, the fundamentalists demand strict and uncompromising obedience to their sacred texts and the rules and proscriptions contained therein. The fundamentalists evidence severe psychosclerosis, a closing of the mind to alternative viewpoints and lifestyles, a rigid division of "us" versus "them", and an unshakable certainty in the rightness of their cause.

Now, why should fundamentalism sweep all major cultures and religions at the same time? What lies behind the retreat to scriptural literalism and rigid intolerance?

The world's major religions are all based millennia in the past; their founders and master teachers live on through texts carried forward through the centuries. A master teacher must always shape the great spiritual truths to conform with the time and culture he addresses; otherwise, without common points of reference, the people could make no sense of the teaching. In addition, a teacher's spoken truths lose their vitality as time passes; future gener-

ations necessarily receive a distorted, attenuated version of the teaching, bled of its original richness.

Each of the major religions was, therefore, directed to the place and time of its master teacher. Hinduism and Buddhism were meant for the east; Christianity and Judaism for the west; while native peoples about the globe spun their own myths and cosmologies. As long as the earth was sparsely populated, and long-distance travel and communication difficult, each insular culture could rest securely on its spiritual foundation, fashioning the great truths in unique and distinct ritual and dogma.

You no longer live in such a world; today the earth is a "global village," with modern means of travel and mass communication resulting in awareness of and contact with all other cultures. Most often, unfortunately, this means that local cultures are crushed under the onslaught of western ideas and economic imperatives. In any event, the age of isolated cultures fashioning unique religious expressions has passed; today, all but the most isolated tribes are aware of the world's great religious diversity.

As the world moves toward a global, integrated culture, so must it also build the foundation of a new, integrated spirituality. Religions founded millennia ago, speaking to a different time and place, cannot fully speak to Space Age culture, nor hold the answers to challenges unique to modern times. Where does the Baghavad Gita address genetic engineering; what does the Bible say about nuclear power; what says the Koran regarding euthanasia and abortion; what were Buddha's thoughts on "obscene" rap music?

The first step in building a global spirituality is to sift through the extant religions and find what is of value and relevance, and what is not. Many westerners are embarked on just such a journey, abandoning the suffocating strictures of traditional western religions and exploring eastern thought, Native American spirituality, and other schools of esoteric wisdom. Many flit from religion to religion, attracted by the bold truths seeming to make sense of and impart structure to life, yet ultimately finding that no religion seems to hold all the answers for life in today's world.

Only the first inchoate steps have been taken toward building a global spirituality; far more power resides, at this point, in the millennia-old doctrines of the world's great religions. Yet the energy is being bled away from the old religions and funneled toward this new

spirituality. As mentioned, whenever a culture moves toward a higher truth, the old order suddenly rises in prominence, vigorously defending its turf and furiously resisting its decline.

Here lies the source of the religious fundamentalism sweeping the globe: the old religions are losing power and vitality as energy is directed toward building a new global spirituality. Those lacking the psychological flexibility to willingly step into the messy and confusing time of religious disintegration preceding the new spiritual order react by ferociously clinging to their doctrinal past, for here lies stability, order, and familiarity. As time goes on, and energy is increasingly drained from the old order, those unable to step into the new become increasingly hysterical, dogmatic, and violent in their defense of the past. Witness the clash between Hindus and Moslems in India right now, the rich symbolism of two religions slaughtering each other over whether a Hindu or Moslem shrine shall stand on a given plot of land.

"New Age" spirituality is frequently criticized both for being a grab-bag of spiritual rituals and beliefs lifted from divers other cultures, and for offering nothing genuinely "new." This last is a valid point, for it underscores that the deepest spiritual truths never vary; only their cultural expressions change to fit the culture. If much of "New Age" thought seems vague, amorphous, ill-defined, and even contradictory, it is because the new global spirituality is in its infancy, and it takes time for a comprehensive spiritual system to be woven from the threads of so many cultures, blended also with the insights of modern science. Ultimately, such a global understanding will emerge; allowing, of course, for the primacy of private experience and unique cultural expression. The counterpoint of this ascending spirituality is the rigid fundamentalism of the world's old religions, whose apparent strength belies their crumbling foundations and ultimate demise.

### **The Eco-Crisis: Restoring Kinship with Nature**

Supreme above all crises gripping the human world hovers the ecological crisis, calling into question the earth's limits of abuse and degradation beyond which life as you know it may cease. The root of the crisis is, as in every other area of challenge, western culture's core theme of separation; in this case, separation from nature. Both religious and scientific cosmologies are based on

separating man from nature.

Even the language of the most ardent environmentalist betrays this unnatural schism between man and nature. Simply referring to the natural world as "the environment" objectifies it, projecting it as something "out there," apart from yourselves. The campaign to "save the earth" reflects the same mindset, as if the earth is something separate from man, which you take it upon yourselves to "save."

Native American language reflects a far different mindset. By referring to natural features and the earth's creatures in familial terms — father, mother, sister, brother — the very cosmos is experienced as an extended family; and the respect, love and devotion accorded one's family members is naturally extended to the earth family. There is no "environment" in the mind of native peoples; there is only a living, breathing earth enveloping all her creatures in profound maternal warmth.

If that seems too fanciful, progress in modern physics offers another route to the same understanding. Having abandoned the notion of minute particulate "building blocks" coagulating into larger structures, physicists now view the cosmos as a pulsating, seamless fabric, sizzling with energy at every point, in which every object and creature is embedded. There can be no "out there," no "environment" in such a system, for the universe is an indivisible whole, a gestalt of energy, from which nothing can be isolated and discrete.

Native thought or modern physics: take your pick. Either path leads you away from western culture's traditional view of nature and toward an appreciation for the harmonious, indivisible whole of creation.

Now, what is happening with the earth? How serious is the crisis?

On levels hidden from conscious awareness, the earth's condition is deeply influenced by the activities and consciousness of the creatures upon her. Human culture directly affects weather patterns, for instance, both because man's electromagnetic fields interfere with the earth's own fields, and because the combined human consciousness, which can be thought of as a mist enveloping the globe, carries electromagnetic charge.

Free will, which is man's birthright, allows him to step outside the natural order, to pursue courses inimical to natural law, and then note the results. In every case, an action based on divorce from the natural order will produce a

"negative" result, urging a return to life within the natural order. Man is free to ignore such signals and continue on paths of destruction and ignorance, manifesting ever more harmful results. Man always faces a choice: return to the natural order or face increasing disharmony and havoc.

Because the very basis of western culture violates natural law — man is not separate from nature — it stands to reason that ultimately a profound crisis must erupt to force man back into harmony with natural law lest the planet be rendered a sterile cinder. We submit that the present shape of the crisis — however overwhelming it may seem — is but the prelude to what lies ahead. Modern industrialized culture is so profoundly violating natural law that it seems only a virtually total collapse of the economy, weather, water supplies, and food production will humble man enough to save him a place on the earth.

The past decade has brought unusual weather patterns in which every summer seems the hottest on record, followed by winter proclaimed the coldest on record; the following year, the extremes grow even more extreme. Drought grips the Midwest and West, threatening agriculture and drinking water. Scientists debate whether the earth is heating up or cooling down, but all agree that catastrophic results will ensue in either case.

The earth's body functions as your body does: it maintains its health through internal checks and balances, feedback loops, which regulate its many systems and keep them functioning as a harmonious whole. Just as being constantly zapped with a cattle prod and dunked in freezing water would eventually impair your body's ability to maintain its homeostatic systems, so does the earth now suffer under man's industrialized juggernaut. Wild swings in temperature and unusual weather patterns reflect an earth unable to regulate itself, unable to maintain its balance and harmony.

We cannot emphasize strongly enough that, for all the devastation caused by man to date, such is only a glimmer of what lies potentially in store

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if man does not voluntarily set about dismantling the electrified, radioactive blanket now encasing the earth. Mere tinkering with a few photovoltaic cells here, recycling and composting there, is inadequate to right the balance. Only a fundamental restructuring of western culture's economic and industrial systems will restore man to living in harmony with the natural order.

### **The Death of Communism: The Triumph of Capitalism?**

As we discussed in our book *Divine Grace*, communism represents a far more egregious violation of the natural order than capitalism and will therefore collapse sooner. The events of 1989 and 1990 have borne out this forecast, as the Iron Curtain fell to reveal appalling living conditions, gross inefficiency in state-run industries, and horrendous environmental problems. The western world, while genuinely moved by the spectacle of communism's abject failure to provide for its people, nonetheless holds communism's collapse as validation of the capitalist system, now seemingly proven the victor in the long-standing battle between the competing ideologies.

Capitalism and communism both rest on the foundation of western culture, and both must ultimately fail. Communism collapsed sooner because its centralization of power in the hands of the state is so profound a violation of natural law. Yet capitalism also rests on an untenable foundation, the core value of separation manifesting as "free enterprise." In a spiritually healthy culture, free enterprise would be woven into a community context, softening the gap between rich and poor. In your spiritually bereft culture, however, free enterprise results in gross inequity of wealth and power.

Because the seeds of the new order are always planted before the old order's demise, even as the Soviet Union disintegrates and central authority is lost, we can observe trends leading to a healthier, more natural economic system. Because the ruble is worthless, factories and farmers are no longer willing to conduct business through the monetary system; instead, they barter directly with each other, exchanging goods for goods. One of the key elements of a state's power is its control over the monetary system; when businesses swap goods for goods, the state is cut out of the picture. This enhances the salubrious trend toward decentralization of power, away from distant, mammoth state authority and toward local, community-based power over economic decisions.

Once upon a time, all commerce was conducted as the exchange of goods for goods. As the experiment of western culture reached its apex, the power of the state and monolithic institutions over the economy became virtually absolute. Moving into the new order, this power will wane, either because citizens demand restoration of their economic power, or because the collapse of central authority forces power back to the local level. The latter now sweeps through the former communist bloc; and the precariously teetering U.S. economy portends a similar unfolding in the west.

As the Soviet Union disintegrates into smaller states clamoring for autonomy, another healthy trend emerges: the decentralization of state power, a restoration of control at the local, community level. A fundamental quality of the natural order is its diversity; every corner of the planet hosts unique endemic species; and the human race has covered the globe with wildly diverse cultures. Forcing allegiance to a distant

power, and melding diverse cultures into one homogenous bloc, as the Soviet Union tried to achieve, grossly violates natural law. The inevitable result is collapse of central authority and restoration of locally-based power.

From the ashes of communism's collapse will emerge economic and political systems in greater harmony with natural law. Though this trend is less apparent in democratic, capitalist countries — whose violation is not so severe — their dangerously unstable economies and lack of leadership at the federal level will similarly reduce federal power in favor of local control.

### **Toward the New Order**

We have briefly glanced at several prominent issues, branches of western culture's systemic crisis. All find their origin in the collapse of a cultural worldview violating natural law, producing an atomized society of fractured souls, imperiling the very future of life on earth. From the decay and chaos struggles to emerge a new world order, a global spirituality, restoring humanity to its rightful kinship with earth and natural law.

If the times seem dire and hopeless, remember: You chose to be here! You would not have made such a choice if there were not promise of success in righting your culture's course. However much strength appears to reside still in the old order, know that its power is rapidly being drained, with fresh springs of energy flowing into the new order. The future belongs to those willing to cast off the yoke of western culture's supreme value of isolation, embracing instead community, kinship, and wholeness.

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# The ALEXANDER JOURNAL

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## Gardening With Spirit: The Conscious Gardener

*Like most backyard gardeners, I'm always on the lookout for new techniques to keep my plants happy and improve the harvest. Intrigued by reports of gardeners working directly with the "devas," or garden spirits, I asked Alexander for his perspective, and thought even nongardeners would find it of interest.*

R.S.

All earthly life is consciousness housed in form. That is, the consciousness animating a life form is its true self, its core of being, and the form it assumes grants physical expression to the intent and purpose of that consciousness. Consciousness precedes form.

All life forms sharing your planet are subsumed under the rubric of "earth consciousness." This earth consciousness divides into a multitude of form, the better to grant variety, diversity, and thus stability to the natural order. Perhaps the most significant division, from your standpoint, is that between the animal and vegetable kingdoms.

The fundamental distinction between plant and animal kingdoms is that the animals explore the use of rational thought, in various strengths and focuses, while vegetation's purpose is to live on a pure level of undiluted harmony with the natural order. Rational thought, the hallmark of the animal kingdom, means taking a step away from absolute trust and harmony with the earth. Most animals, for example, must make some effort to find their food; they cannot stand in one place all their lives and expect their food to come to them.

Plants, by contrast, are literally rooted to the earth in the same spot from birth to death; the choice to experience life in such a form must carry a deep, abiding faith in the earth's beneficence in providing the nutrients, water, and sunlight necessary to sustain life, all without moving an inch.

With the freedom and mobility of the animals' focus on rational thought comes a certain loss of connection with

the earth, a loss of faith in the natural order. Many animals spend much of their lives in the eternal dance of predator and prey, and for them life is rich with danger, skill and cunning. This is the choice, this is the division: between total rootedness to the earth and trust in its providence; or a rational focus, coupled with mobility, which separates animals from the earth.

### The Vegetable Kingdom

At a high, amorphous level of consciousness, all vegetation is joined in a common body of consciousness. As you experience the world of vegetation, however, you behold a richly diverse family of innumerable species, some staking claim to but a few acres of land and found nowhere else. Because each physical form has behind it a distinct consciousness, you can appreciate how the overarching "vegetation consciousness" splinters and divides into increasingly fine focuses of intent, animating the profusion of plant forms.

Each species of plant thus expresses a particular aspect of planthood. Some opt for quiescent indolence, like grasses beside a meandering river. Some go for drama: bursting forth from the soil in the spring, shooting brilliant blossoms toward the sun, then dying with their glory still fresh. Some are tenacious and methodical, like vines slowly covering a brick wall, year after year. Some choose to mirror the seasons, like deciduous trees blossoming in the spring, flourishing into summer's verdant display, then bursting into autumn flame before winter's long dormancy. Others, the conifers, wear the same green mantle throughout the cycle of seasons.

While all plants have methods of propagating themselves, spreading their seeds to advantage in the hopes of perpetuating themselves, of particular interest to this discussion are those plants whose method of seed propagation — encasing them in nutrient-rich

bodies — is so beneficial, indeed essential, to the animal kingdom.

### Fruits, Vegetables, and Man

The earth system was "set up" on a system of mutually beneficial relationships among species, between animal and vegetable kingdoms, and so on. One such relationship is between animals and fruits and vegetables. Animals benefit from the nutrients held in fruits and vegetables, while plants benefit from the seed scattering activities of animals; a seed can pass through an animal's digestive tract and emerge intact and unharmed many miles from its parent plant. Thus, a symbiotic relationship is inherently built into the association between mobile animals and stationary fruiting plants.

Rather than simply foraging and eating whatever wild foods were available, early man began to systematically raise crops as food. This not only ensured a more consistent food supply, but also allowed the transition from nomadic hunter-gatherers to stable communities, the precursor of the modern city and town.

Wild vegetation flourishes without any help from man, but what we might call "tamed" vegetation — cultured food plants — gradually intertwined its fate and consciousness with man's. An openly symbiotic relationship has been established (as opposed to the unconscious symbiotic relationship between wild vegetation and other animals), in which food crops have come to depend on man to provide necessary growing conditions, and the plants are assured of propagation because their seeds are gathered for planting the following year.

Because man's primary focus is rational thought and physical manipulation, it follows that millennia of selective breeding have created plant species bearing little likeness to their wild ancestors, which could now survive but poorly without man's care. The "toughness" has



been bred out of many species as farmers prized tender, delicious produce; the plants have lost their "wild" adaptability in favor of man's nurturance. Just as domesticated cats and dogs may be born with their canine and feline instincts intact but attenuated, willingly joining with man as his companion animals in exchange for food and shelter, so too do domesticated food plants now intertwine their consciousness with man's. A mutually dependent relationship has been forged, and neither can survive without the other.

## Plant Communication: Understanding Thought-Forms

Because domesticated food plants have so intertwined their consciousness with that of man, and are dependent on human care to survive and flourish, it stands to reason that making contact with the consciousness of garden plants should be easier than communing with plants in wild places, indifferent as they are to man's presence. Now, the thought of contacting *any* plant's consciousness — wild or garden — may well raise a skeptical eyebrow among our readers. This underscores the great schism in western culture between man and the natural world; the notion that only human beings possess consciousness and souls is unique to your culture, and would be found laughable in any native culture. The relationship between man and plants is understood as a palpable, breathing, organic partnership by most native tribes.

Returning to our point, garden plants have so long been bred and nurtured by man that they are exquisitely attuned to human consciousness. They feel your moods when you hover near them; they know your attitudes and desires toward them; they are strengthened by thoughtful, tender care from a loving gardener's hand. Plants don't deal with symbols, as you communicate with others, but exchange thought-forms directly, without impediment. They sense and feel and know without distortion and are immune to the disingenuous masks and role playing you engage in with others of your species. Plants are always honest.

You know of "green thumbs" and "brown thumbs," those who can make everything grow and those who kill everything they touch. The difference lies not in the technical aspects of plant care, but in the soul of the gardener, its purity, harmony, and contentment, and in the attitude toward the plants being tended. Are they "objects" to be

managed like green furniture, or are they accorded the respect due all living beings?

Many cultures have spawned mythologies of elves, fairies, gnomes, little people, and so on, who live in the forest or the garden. These are anthropomorphic projections, of course, transforming the sensed bodies of consciousness into recognizable form. If yours is the age when mythologies are released in order to directly behold the truths behind them, how can you release the fairy-tale approach to plants and make direct contact with them? Knowing that garden plants are attuned to your consciousness, and are eager to work in partnership with you, how can you openly acknowledge and communicate with your plants?

Briefly, let us discuss how communication on the level of pure thought-form takes place. Because you communicate through symbols, and symbols can be reproduced and sent anywhere around the globe, you need give no thought to limitations on your power to communicate; telephone wires, fax machines, and videotape will carry your messages everywhere. This is not the case with those beings who communicate through thought-forms. This pure, direct contact is at the level of consciousness, not physical symbol, and such communication depends on physical proximity to ensure the highest fidelity of transmission. The waves of energy swirling about the body dissipate rapidly with distance, so the closer two bodies stand, the purer the transmission of energy between them.

For effective man-plant communication to occur, you must release the natural human tendency to reduce your thoughts to speech and to speak them aloud, considering that to be effective communication. Plants don't have ears. They can't hear you. What you say falls away as into a black void, unheard and unheeded. If communication is to be effective, it must be offered so plants can receive the message, meaning it must be on the level of pure thought-form.

As a human adult, you have spent so many years thinking with language that you may have lost the understanding that thoughts precede language, even when tossing ideas about in your mind. A pure thought-form exists first as a grid of consciousness, only later "stepped down" to the level of symbolic speech, words and phrases through which you organize your thoughts and communicate them to others. Babies have thoughts but no speech; animals have thoughts but no speech. You operate on a "thought first-speech later" basis, but the time gap is so

negligible that you may believe you think with words. You do not. Like babies, animals, and plants, your thoughts exist as pure consciousness first and foremost.

The primary rule of communicating with plants is, therefore, that you must release your emphasis on spoken language and return to the pure thought of infancy. At this level, thought-forms are organized not in a rational, logical sequence, but as emotional intensities. The greater the emotion wedded to a thought, the stronger its impact on oneself and those in proximity.

Weaving together the two key elements of physical proximity and communicating through thought-forms, we can offer a guide to communing with your plant friends. First, bring your hands around the plant, hovering within an inch of the plant's leaves. Plants do not appreciate being manhandled, excessively fondled or otherwise abused. Besides the obvious risk of physical injury, to touch a plant leaves a human residue, which interferes with the plant's ability to release chemical messengers into the air. So it is best to bring your hands as close as possible but make no contact.

Second, in order to release the doggedly rational focus which is your gift and bane, close your eyes, take a few deep breaths, and try to simply *be* with the plant for a few moments. Don't ask it questions and don't offer advice. Simply be with the plant. Allow your energies to commingle at the nexus of your hands and its leaves. Know that voluminous quantities of information are being exchanged as your energetic bodies mingle, a process quite beyond rational comprehension.

Next you might make an offering of gratitude or love or appreciation to the plant, an amorphous burst of good will, not yet carrying specific information or request. Try to feel this offering building in your chest, then release it through your arms and feel it tingle at your

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fingertips, bathing the plant with pure energy. Allow a few moments for this to sink in; it helps assure the plant that your intent is benign and respectful. Again, as a thought-form's strength is determined by the emotional charge behind it, try to boost your feelings of good will to their highest emotional pitch.

Once these initial greetings and gifts have been exchanged — as is custom in human culture too — you may proceed to business. If the plant is doing well, you may simply want to express your thankfulness for the nourishment it will offer your body. If a flower, you may appreciate its beauty. If a houseplant, cherish its air purifying skills and the verdant cheer it brings you.

If a plant seems unhappy, is failing to thrive, you may then move to specifics: communicating your concern and asking what the plant needs. Again, focus on pure thought-forms rather than speech. Rather than ask, "Is it the mumps?", create a receptive space in your mind, a space to be filled only by the plant. You may visualize this if you wish, as an area of your mind standing empty, for the exclusive use of your plants to communicate their needs. This is a stretch for most people, but it has a literal validity in that you are creating a psychic vacuum and, as nature abhors vacuums, *something* must fill it — and by affirming that only your plants can fill it with their needs, you literally carve a space in the psyche for the exclusive use of your plants.

Now, remember, your plants will not verbalize their needs. They will not recite a litany of aches and pains. And in all likelihood, you will not immediately receive their messages. As trained as you are to focus on symbolic means of communication, it takes time for a thought-form to burrow into your psyche and gradually work its way into conscious awareness. The process can take hours or days. Leave it alone, don't "bother" it by thinking about it.

At first, nothing at all may surface and you may find yourself silently agreeing with those who mock "the weirdo talking to plants." Several highly unusual processes are at work: first, your attempts to deliberately communicate with plants, which your western psyche is inexperienced at doing; second, your plants' inexperience at communicating directly with humans; and third, your psyche's processing of direct thought-forms from plant sources. Enough to keep the healthiest of psyches in turmoil at first! So the process will not bear fruit overnight.

There are also vast differences among people as to their degree of sensitivity, limits on conscious awareness of the process. While some can sit yards away from the garden and receive volumes of detailed instructions, most will share less dramatic communication. Among those whose psyches are in the "normal" range, messages from plants will most likely manifest as sudden hunches, urges, feelings.

You may be shopping in a nursery and feel a sudden urge to buy a particular fertilizer. You may find yourself consumed with thoughts of water, a signal from a thirsty plant. You may feel an urge to lie in the sun and soak up its rays, possibly a sign from a plant suffering in the shade. The trick will be discerning between your own thoughts and desires, and recognizing messages from your plants. As a rule, a message from a plant will gradually grow in intensity and be impervious to "reasoning" it away. If you tell yourself that you don't want to get skin cancer by lying in the sun, this rational thought will not diminish the urge to soak up the sun's rays — which you may ultimately divine as being the planet's call of distress. You can then take remedial action.

### The Overlighting Devas

A step beyond communicating with individual plants as outlined above is making contact with the "devas," those bodies of consciousness hovering over a garden, not attached to any specific plant. An analogy would be your relationship to your higher self, with its knowledge of all your probable and reincarnational selves. If you grow tomatoes, for example, then in addition to the consciousness of each individual plant, a "tomato deva," or overlighting tomato consciousness will permeate the garden. To make contact with such devas is more difficult than with single plants because no physical contact is possible, no direct exchange of energies. Instead, communication must take place solely as the exchange of pure thought-forms.

For those confident about their abilities, the best way to contact these devas is by sitting fairly close to the garden, no more than ten yards away, close your eyes, take a few deep breaths, and try to create a pure meditative state. Then announce that you are receptive to communication from the devas and would like to join in partnership with them for the benefit of all.

You will know when a deva communicates: there will be no mushy greetings, no mention of "love and light," no squishy sentiment. Instead, there will be a series of direct commands, clear and precise, as to what the garden needs. Devas are all business, often brusque. They do not so much engage in dialogue as issue commands. Having a notebook and pen handy is a good idea, to catch the stream of instructions.

If this strikes you as harsh and unfriendly, such is your interpretation, not the devas' intent. They are not human and do not share your consciousness, your gregarious, social sensibilities. It is not their nature to exchange pleasantries to grease the wheels of polite conversation; they have no such conventions. Plants communicate through direct thought-forms, and the bursts of information you receive are responses to your stated desire to help your plants flourish. For warm-blooded affection and loyalty, turn to your dog or cat.

"Getting in touch with nature" can be more than an overused phrase. As in any field, repetition, persistence and desire affect ultimate success. How much effort and time you put into conscious gardening determines the depth and endurance of the bond you create, your ability to discern your plants' messages. The payoff is a luxuriously healthy garden offering a bounty of highly nutritious food to sustain you in good health another year, so that you may work with your garden's heirs in the seasons to come.

\* \* \* \*

*The Persian Gulf War has triggered a wave of despair and helplessness among those struggling to forge a genuine "new world order" — one in which wars fought over oil or stubborn pride become a thing of the past, not a horrific present reality. Readers of this Journal have written with their concern that we are descending into a dark, reactionary period. Alexander here addresses these concerns and what we as individuals can do.*

We have stated before that the Nineties will be the "time of trial," a time of turbulence, upheaval, and increasing chaos, as the waning old order struggles to retain its grasp on power, at any price, while the new order struggles to take root. It is no accident, then, that the first month of the decade brought a "world war" — the world against Iraq — not over moral principle, but over oil, oil being the grease lubricating western economies. And within a month of

starting the war, the American president released an "energy policy" which advocates unrestrained exploration into pristine areas while refusing to call for conservation. The choice, between pinching profits in Detroit and shattering young lives on far-away sands, is stark and clear, and the choice has been made: money over life.

Now, this has always been the underlying value of the capitalist system as practiced in the west, but the issue is raised so clearly, so starkly, at this time as a signal, a warning, to those who will hear, that the ruling class of the capitalist world operates with accumulation of wealth and perpetual growth as its highest moral principle.

As you move further into this decade, you may expect more events of this nature, illuminating the depravity of the ruling class. One of the fundamental principles of your system is that whenever natural law is violated, the violation will echo back to you in "negative" events of increasing strength. The sooner you recognize the violation and abandon the harmful path, the less harm you suffer. The longer you refuse to change your ways and insist on pursuing a violative path, the more severe the consequences.

So the overarching issue of the Nineties will be the friction sparked between the decaying old order and the rising new order. As the old order holds the power, as you presently define it, will it willingly release that power? Or will it engage in increasingly destructive actions to hold onto its power, whatever the cost?

How severe a nuclear power plant meltdown must you experience before you turn to renewable energy sources? How total must an economic collapse be before you build an economy in harmony

with natural law? How thorough must groundwater contamination become before you cease producing toxic chemicals? How many people must live on the street before you redefine issues of land ownership and private property? How many forests must die from acid rain before you cease burning fossil fuels? How many freedoms will be taken away by a desperate power structure, before people reclaim personal power? These are but a few of the questions you face, issues arising as symbols of the deeper process, the "showdown" between old and new orders.

Now, we raise these issues with unusual bluntness and candor so you can examine your reactions — how did you feel as you read the above few paragraphs? Fearful? hopeless? resigned? desperate? angry? These are all "blocking" reactions: they block the natural flow of energy which carries intent into physical action, desire into fruition. They render you passive and ineffectual.

Passive and ineffectual is the last thing you want to be at this time. If the transition is to take place with a minimum of harm, it is incumbent on those progressive souls who are aware of the process and determined to fashion a new world, to boldly and decisively take action.

What action? First, to release anger at your leaders and power structures, to recognize that anger not only bleeds your energy, but feeds into the "anger pool," a cloud of energy hovering over human events, finding expression as bombs splintering Iraqi children. Abstain from contributing further energy to this pool; dry it up.

Focus energy into the new, the forward-thinking, the sustainable. All the pieces are in place to create a new

society; new paradigms of economics, politics, energy, child-raising, harmony with the earth. When enough energy is invested into the new order, it will naturally become attractive to the mainstream, the great mass of souls who march neither forward nor backward, but float between the poles of human progress.

You must understand that ultimately the new order will be established. There is no stopping it, no matter how much damage the old order wreaks as it struggles to retain power. The new order is inevitable. Your choice, as a progressive, awake, conscious soul, is to ease the transition by releasing anger at the old order and focusing energy into the new, raising awareness among the mainstream and living your life as a shining beacon of new order consciousness.

No one can do it all; and to feel responsible and guilty about not being "perfect" in every sense again renders you powerless. Knowing that everyone has a special interest, focus on one area you care deeply about and can affect. Start a community organic garden and invite the neighbors to grow their own clean food. Buy an electric car and tell the world about it. Work on behalf of endangered forests. Become a citizen activist knowledgeable about local water issues. Help preserve genetic diversity by growing heirloom plants. Learn to raise children without emotional and physical violence. Choose your focus, find what resonates with you most, and bring your concern and knowledge to mainstream awareness. Of such finely focused threads of intent will be woven the new order.

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# The ALEXANDER JOURNAL

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## Men, Women, and Love: Toward a New Understanding

The recently emerging "men's movement," a counterpoint to the decades-old women's movement, brings to the forefront of social awareness the eternal questions of the nature of masculinity and femininity; to what extent the roles and qualities traditionally ascribed to either sex are innate or culturally imposed; whether "romantic love" is the highest form of bond between the sexes; and everyone's favorite subject, human sexuality.

In this time of great social upheaval and change, as the old order crumbles to make way for the new, these fundamental questions and issues naturally float to the surface of awareness, for their expression in any culture is the bedrock foundation on which are built all other social edifices. Let us take a look, then, at these eternally fascinating and perplexing issues: what it means to be a man, a woman, to join in partnership, to make love.

### The Great Divide

The human species, for all its great diversity, arises from a single pool of consciousness, which might be termed the "human pool." This pool exists on a level of pure consciousness as a vast, amorphous pool of intent, that intent being to animate the physical beings playing out the vast sweep of human history. This pool, as it descends levels of vibration to vitalize beings at the level of physical matter, fragments and splinters into increasingly fine focuses of intent, weaving the patterns of human diversity: the two sexes, the great races, and so on. Each person born carries certain "imprints" based on the race, sex, culture, and historical period chosen; these provide the background consciousness coloring a person's experience.

Now, any such great division must be made for a purpose; such divisions always signify that a certain trait or quality will be emphasized by one strand, while other qualities will be the focus of

another. Just as nature is strongest when most diverse, so is human consciousness healthiest when its innumerable potentials are distributed among the great divisions of human consciousness. The ultimate purpose is balance, as we shall see when we discuss love and sex.

Given this understanding, it naturally flows that men and women are fundamentally different; that the division of consciousness lying behind the creation of two sexes implies that each carries a unique purpose or quality. If you consider what you are for a moment, you see yourself as a physical being animated by consciousness. This most fundamental quality of human existence — matter animated by spirit — is the basis of the two sexes.

### Woman: Spiritual Guardian of Earth

To woman falls the mantle of spiritual guardian of the earth. This means that woman's primary psychological coloration is spiritual; that matters of the heart, of love, of connection, of drawing together, are her most natural qualities. If a woman's nature is essentially spiritual, meaning that she dwells primarily in the realm of consciousness, by looking at consciousness we can understand how woman's qualities naturally flow from it.

Pure consciousness, divorced from matter, has a tendency to "rise up" to ever greater levels, and at each higher level, discrete units of consciousness are bonded to form great masses of energy. There is less and less division into distinct blocks of consciousness, then, as one rises to higher realms. Just as human consciousness at its highest is an amorphous, united pool of consciousness, so then does human consciousness join with all plant and animal consciousness to form an even higher "earth consciousness." And so on.

So if woman's focus is primarily spiritual, reflecting the qualities of consciousness, she has a natural tendency to

"draw together," to include, to open her arms wide and embrace the different, the small, the weak and helpless. Women predominate in the "helping professions" as teachers, social workers, nurses, and volunteers, because these provide outlets for the feminine qualities of love, comfort, and aid.

The most obvious expression of woman's nurturance is that she bears children. Young human children are so helpless for so long that they require years of constant love, affection, and gentle guidance to become happy, healthy members of the clan. Young children live primarily in the realm of consciousness — rational thought and physical mastery come later — and it naturally falls to woman, who shares the young child's spiritual nature, to nurture the species's young. You know the humorous phrase — "a face only a mother could love" — and recognize the truth behind it, that a mother pays scant attention to the physical wrapping on the child's soul, focusing instead on the spirit itself.

Woman is slow to commit violence, to join men in their eternal blood baths over territory, power, and wealth. Even a woman deeply proud of her cultural tribe feels a common bond with the "enemy," hears their hearts being in synchrony with hers, knows they love their children as she loves hers. So woman largely removes herself from masculine violence, unable to shake off the innate spiritual bond she shares with others.

### Man: Material Keeper of Earth

You are consciousness embodied in physical form. As woman is aligned with your spiritual nature, to man falls the focus of material mastery and manipulation. Man's emphasis is on structure, form, reason, logic, creation, destruction, and power as defined in terms of wealth and territory. While woman gazes

inward, toward the heart and soul, man gazes firmly outward, into the physical medium.

The overarching masculine theme is the dynamic play of creation and destruction. Like exuberant children building sand castles and kicking them over, man focuses his energy on creating ever more elaborate, detailed, intricate, and complex structures, then either destroying them or (preferably) destroying someone else's. This is true both in terms of physical structures — buildings, temples, and so forth — and in human institutions such as government, business, and religion. The focus is on creation of new forms on the dust of the old.

When an invader conquers new territory, the invasion is frequently accompanied by massive destruction of extant structures, particularly temples or other spiritual sites. Witness the recent destruction of Kuwait by Iraq, or China's ongoing pillaging of Tibet. Because man's focus is outward, the urge is to destroy the physical expressions of other cultures and to impose one's own. What is not understood is that culture flows from the heart and spirit, and these cannot be crushed by bulldozers and bombs.

While "creation" is considered a positive act, and "destruction" a negative one, in truth they are inextricably linked in the eternal dynamic of creation-and-destruction. For new forms to be built, the old must be swept away. Nature operates in this fashion; the soil which grows your food was once giant boulders of rock, "destroyed" through glaciation and weathering. While nature is often considered feminine, in this sense nature's processes are more closely aligned with the masculine, with the cycle of birth and death, creation and destruction.

Because man's focus is on physical expression, there is a greater variety of personality types, talents, intelligence, and pathology than among women. Woman is aligned with your spiritual source, a constant flow of energy which provides a steady bedrock foundation. Man is less influenced by this steady foundation, and therefore splashes out into the physical medium in greater variety: saint and sinner, killer and healer, genius and idiot, sickly or robust, benevolent or despotic dictator.

The boundaries of human expression are broader for men than for women, as a rule. The overwhelming preponderance of male names writ large in luminous artistic, scientific, and engineering achievements throughout history cannot be attributed to sexist culture alone.

## Men and Women: Electrifying Magnetism

After the blissful ignorance of childhood, where the opposite sex is ignored if not scorned, puberty triggers a powerful attraction which will color the whole of adult life. Why, alone among the animals, should the human urge toward romance and sex be a year-round affair? What purpose does the compelling urge to join in romantic/sexual union serve?

Let us look briefly at the human body and its surrounding energy fields. While you are generally aware of only the densest of your "bodies" — the material version — that body is surrounded by cocoons of energy, fields of vibration swirling at an acceleration beyond the reach of your senses.

The closest and densest such body is the "aura," a tight vibrational wrapping about the body a few inches thick, which alerts you to environmental conditions and influences. When you "feel" eyes upon you, suddenly avert walking into a wall without actually touching it, or feel nauseous standing on a cliff, the aura's signals are reaching conscious awareness.

The next body is the "etheric," a looser vibrational swirl extending anywhere from the aura to six feet or more, vibrating at a higher speed and pulling in information literally from the entire earth, though this information is perceived with greater fidelity the closer another is to you.

Finally, the "psyche" is a highly accelerated wisp of vibration whose focus is more on probable and future realities than the version experienced by the physical body.

Our focus for this discussion is on the etheric body, for this is the energetic body involved whenever you share close proximity with another. From six feet away, your etheric body and those of others begin to overlap and to exchange information, transmitted as units of electromagnetic energy. The etheric body holds recent memories, the nature of your thoughts, and information about your reincarnational history. This information is freely exchanged, without the obfuscation and dissembling available to you in verbal exchanges, whenever your etheric body overlaps with another.

When you are repulsed by someone, what do you do? You back away, refusing to allow them into your field. When you love someone, what do you do? You want to be near them, hold them, hug them, cuddle them, make love to them. The compulsion you feel to touch and embrace is driven by the etheric body's

urge to exchange information of as high a fidelity as possible, to literally absorb the other's essence into your own.

When you meet a loved one after a long absence, what do you do? You embrace, and the longer the absence and the deeper the love, the longer and tighter the embrace. Why? Because there is so much information to be exchanged, so many experiences to be transmitted on electromagnetic levels, that the closeness and length of the embrace must be long enough to allow complete exchange. The verbal exchange which follows as you catch up on each other's lives is but the patina on a far richer, unconscious process.

To return our discussion to romance, remember that the purpose of creating divisions in consciousness is strength through diversity, stability through balance. When two individuals of disparate qualities join, they create a gestalt of consciousness of greater strength and power than a single individual, however well-balanced, could achieve.

You are spirit housed in flesh. Woman is the spiritual guardian of earth; man is its material keeper. By joining these two disparate qualities, a synthesis — the couple — is formed. This synthesis is of greater psychological strength than a person alone can realize, for each absorbs from the other the quality lacking in oneself. Woman gains man's physical strength and stability; man gains woman's nurturance and spiritual outlook.

Now, this exchange is not so much verbal or the built-up accretion of shared experience, but occurs at the etheric body as a constant blending of energy, in which each absorbs what is needed from the other, and offers what the other needs. Many healings of incipient illness take place among couples, with neither knowing it. Angers, frustrations, disappointments, can be melted away with the infusion of loving energy from a partner.

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The *Journal's* purpose is to offer a spiritual perspective on the issues facing our society in the transition between old and new orders; to educate and encourage us in creating our reality; to inform, enlighten, and inspire.

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Alexander's first book, *Whatever Happened to Divine Grace?*, is available at your bookstore or through the *Journal* for \$14.95 plus \$3.00 postage and handling.

That single people fall ill more often and die younger than couples is testament to this.

The basis of romantic attraction is thus an unconscious desire to achieve wholeness through synergy, balance through the blending of energies. One feels a lack, a void, an imbalance, and seeks to right it by joining with a partner offering the missing quality. This leads us to —

## Human Sexuality

The driving force behind the sexual urge is, in truth, not the need to procreate, but the desire to *incorporate*. By joining with a partner who offers qualities lacking in oneself, during a free-flowing, spontaneous, highly energetic encounter of skin against skin, each encourages the maximum acceleration of energy in the other, allowing the greatest exchange of vibrational energy and information. Sex is the most pleasurable, dynamic act you know, and the vibrant waves of ecstasy ripple to all higher "bodies." Thus is the deepest purpose of sex — energy exchange — fulfilled.

Notice how sexual activity is often quasi-cannibalistic, with active use of the tongue and mouth on the body of the partner. This underscores that sex's purpose is to *incorporate*, as you figuratively "eat" the body of the other, or literally insert one body into another.

The difference between male and female approaches to sexuality is a source of constant puzzlement and misunderstanding. The woman is exasperated by the man's insistence on getting to the point with a minimum of forestalling pleasantries, while the man must abide the woman's need for cuddling and loving words. Knowing the fundamental difference between the sexes — spirit and physicality — it naturally flows that sex should be an emotional, spiritual experience for women, while for men it is more a physical act, done and forgotten.

These differences are exacerbated in western culture, as dangerously unbalanced as it is. A healthy culture balances male and female energies, spirit and reason, into a smooth symbiosis in which both qualities are equally revered and employed in navigating a healthy course. As western culture has for millennia favored man's materially based approach and disdained woman's spirituality, the culture as a whole staggers forward on one leg. Each individual man reflects this imbalance as well; and the desperate need for balance, for an infusion of

spiritual warmth and healing, drives man to the sole socially acceptable outlet: sex with woman. That men have "only one thing on their minds" is true only in your unbalanced culture, where the profound void men feel can be filled only in the arms of woman.

## Homosexuality and Other Perversions

Woke you up, didn't we?

Now, if the purpose of sex is to achieve balance through the synergistic blending of male and female energies, what of homosexuality? Is this a "perversion," a crude blunting of healthy sexual expression due to childhood trauma or personal choice?

The eternal question of "when" homosexuality is imprinted can never be answered by your culture as long as it emphasizes matter over consciousness and allows no possibility of life choices being made before birth. For that is when homosexuality is chosen — before birth — by a soul desiring a certain flavor to a lifetime experience.

Remember that balance and stability are achieved through diversity; the greater the variety, the more stable the culture. From the first, homosexuality has been "set up" as part of the human species as a "laboratory" in which the male-female dynamic is distilled and focused into a single body, rather than the more common twosome. That is, while heterosexuals require a partner to achieve the balance and stability of male-female blending, homosexuals carry both energies within their psyches. Just as one can choose before birth to experience poverty, discrimination, wealth or power, one can also choose to participate in this ongoing "experiment" of blending the two great strands of human diversity within a single body.

Now, this is not to say that homosexuals do not need life partners and sexual activity as much as anyone else. The drive is still there — to blend energies with another and achieve balance and harmony and healing, and to enjoy the sheer pleasure of sex. But there is a qualitative difference in homosexual activity, for two relatively "complete" individuals share their energies with each other, rather than a man and woman seeking to fill their respective voids.

Homosexuality is present in every time and culture, as an ongoing distillation of the male-female dynamic, like a mirror reflecting back to straight society the condition of its male-female relations. It should be no surprise that

balanced, harmonious cultures — such as the Native American tribes — held special reverence for their homosexuals, while dangerously unbalanced cultures such as yours despise their gay brethren. They reflect back to you your own cultural and sexual imbalance.

Briefly, what of genuine perversions, sexual attraction toward children, animals, and the like? The easiest way to understand them is to recognize that the sex drive is the drive to incorporate. What qualities has the desired object or person? In the case of children, the quality is innocence, an innocence of adult romantic entanglements and the dangers they hold for rejection and humiliation. Those so frightened by such potential rejection may turn to persons who offer no such chance of rejection: children. To molest children is a desperate bid to incorporate their innocence, to flee from adult relationship and return to mother's unqualified love and acceptance.

## Men and Women: The Future

Whenever a culture thrashes about in a sudden and profound shift of values and cultural worldview — as now occurs in western culture — the first grasping efforts at establishing a new order may, at times, be crude, exaggerated, self-righteous, or downright silly. Those in the vanguard of cultural change are ripping chunks from the future, trying to fashion them into a new cultural framework; and their efforts will necessarily be inchoate and raw.

Both the women's and men's movements now exhibit these symptoms. Suddenly "the Goddess" is everywhere, and claims are made that once there lived goddess-worshipping cultures in which men and women were equals in all things, the earth was revered, and life was bliss. The men's movement has events where men assume animal form and behavior, connect with their "wild" selves, and drum for hours.

Now, these are all valid, groping attempts at forging new masculine and feminine paradigms, the foundation of a new male-female dynamic. As is often the case, both movements reach into the distant past, dredging up atavistic tokens of long-vanished cultural practices, and with these threads attempt to weave a new cultural foundation.

The intent is true and worthy, the excess and silliness to be expected. But let us move past these incipient efforts at forging new sexual identities and dynamics, and explore the ultimate outcome of



these efforts: how male and female identities will be shaped once the new order is realized. We return to our opening material: man is the material keeper of the earth, woman its spiritual guardian.

Man has strayed the furthest from his role, for men are now the political, corporate, and scientific leaders who lead the lemmings' march to ecological catastrophe. Gone is the connection between man and earth, the sense of caretaking, nurturing, and partnership with nature. As nature's eternal process of creation and destruction mirrors man's quality of building and destroying, it is man, not woman, whose activities most closely align with nature's. So the man of the future will restore his kinship with the natural world, will reassume the role of careful and loving steward of the earth. This will flow from a respect for nature as mirroring man's inner quality, and the recognition that nature magnifies this quality on a scale and with a perfection that no human mind could fashion.

Man's need to be with nature is now twisted into violent expressions like hunting, fishing, dirt bike racing. The man of the future will be fulfilled simply *being* with nature. Men need contact with wild places, where nature's creation/destruction dynamic plays unchecked by human hands, resonating with man's deepest quality. And every man should have a garden, both as an expression of partnership with nature, and to restore the "provider" sensibility with an activity more tangible and satisfying than bringing home a paycheck.

If we offer the mantle of "spiritual guardian" to woman, such is not meant to shackle her to the limited sphere of kitchen-and-kids of yesteryear. Rather, it is to highlight the importance of

woman as a counterpoint, a balancing influence, on man's exuberant creation and destruction. Woman brings heart and nurturance to human activity which, without her influence, risks degrading into the male "progress at all costs" mentality which now plunders the earth.

It is not that woman's activities should be circumscribed, but that she should bring to them her especial qualities. Women working as corporate executives are heralded as evidence of "liberation," yet if women must become men with high heels to advance in the corporate world, they are failing to achieve true liberation, which is the infusion of their empathic and nurturing qualities into that spiritual vacuum. True equality is when the male question, "can we do it?" is balanced with the feminine influence, "is it good for all involved?"

One of the most important contributions women will make in the future is to take the lead role in spiritual understanding and ritual. Such has been the jealously guarded province of men for millennia, with the predictable result that more energy is put into building hierarchy and codifying dogma than in seeking spiritual truth. As woman is the natural spiritual guardian of earth, she will rise to leadership in spiritual exploration, education, and practice. A woman-based spirituality will be short on hierarchy and rigid dogma, long on celebration and heart-based altruism. Future spiritual practice will be far more spontaneous, free-flowing, and inclusive, with woman at the helm and altar.

As for relations between the sexes, the current condition known as "romantic love" will evolve into a new form of partnership, one based more on mutual expectation and need than on exclusivity and the fantastical projection of "perfection"

onto the loved one. In your imbalanced culture, a romantic partner is often expected to fill the many roles no longer adequately met by society at large: lover, confidant, friend, parent, priest. As men, in particular, evolve into healthier relationships with each other, the exclusive focus on woman as the provider of all emotional needs will diminish.

Men and women will always need each other and benefit from long-term partnership, but "romantic love" — with its jealousy, exclusivity, and possessiveness — will evolve into a broader context with the couple at the center of a richly interwoven social network.

In a space as small as this, we are necessarily sketching a brief outline of male-female dynamics; subtleties and exceptions are lost. We may seem to be rigidly dividing humanity's material and spiritual qualities into the two sexes, with no chance of blending or balance within each private heart. Of course each person is an amalgam of "male" and "female" qualities, a blend of energies. The difference lies in emphasis; as a rule, women are the spiritual guardians, and men the material keepers of earth. The difference is what makes the synergistic blending of male/female energies so enthralling, and compels you to seek balance in the arms of the other.

This we offer as the "natural" state of male and female energies, and the reason for the difference in emphasis. As the future restores balance to male-female relations and cherishes their unique qualities as equally valid and essential, so will society itself naturally move into harmony and balance, within itself and in its relationship with the earth.

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# The ALEXANDER JOURNAL

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## Of Drought, Pole Shift, and Cosmic Love: Answers to Readers' Questions

When this *Journal* was launched, its purpose was two-fold: to offer Alexander's perspective on social and spiritual issues, and to encourage readers to write with their questions for Alexander's response. As it turns out, the topics Alexander addresses are usually so multifaceted that these four pages permit only a superficial exploration, and even then his essays are frequently condensed to fit. Trying to squeeze questions and answers in as well would mean an even more drastic paring of the material.

Nonetheless, good, intriguing questions continue to flow in from readers. To do them justice and relieve the backlog, this issue is devoted solely to Alexander's responses to some (by no means all) of these questions. I hope this will encourage you to submit questions when you feel so moved, knowing that much simultaneous time may pass before the answer appears in print.

R.S.

\* \* \* \* \*

### Don't Sell Your Umbrella

*Do you care to comment on the drought?*

Any discussion of weather and natural events must be based on two principles of human influence in their creation. First, the mass human consciousness can be thought of as a "cloud" or blanket of consciousness covering the globe and contributing either stability or instability to the extant energy patterns. While the human species does not alone control the weather, you can influence it. It is interesting to note that areas of great political and social turmoil seem to suffer an unusually high proportion of natural disasters — like earthquakes in recent years in Nicaragua, Armenia, and the current volcanic eruption in the Philippines. Such are not directly caused by human consciousness — the larger earth features have been in place far longer than human society — but the

timing of great movements of earth can be influenced by an unstable human society.

The second human contribution to weather and natural events is, as we have discussed in an earlier *Journal*, the electrification of the globe and its concomitant disturbance of the global "immune system," the checks and balances holding weather patterns in steady consistency. Because natural forces like sun, wind, and rain formation are largely electromagnetic events, the electrification of the globe poses great danger to the earth's capacity to regulate itself.

The result can be the years of drought now experienced in the West, as moisture-laden jet streams once showering over California are thrown off course and strike Canada instead. It is not that the West is doomed to permanent drought; in fact, years of torrential rains may follow. The point is that the normal pattern has been disrupted by human activity, so the earth cannot follow its historical pattern. Everything is thrown off balance, so alternating years of drought and monsoon may replace the tradition of regular winter storms of consistent, predictable magnitude.

Drought, then, is one extreme on the weather continuum, finding expression because the earth's immune system is crippled by human interference. Looking beyond the West, other areas may find winters growing colder and summers hotter, rains heavier or lighter, and "freak" natural events occurring with greater frequency.

### Composting Is No Joke

*I'd like it if Alexander would tell us how we, in our individual selves, can fundamentally change our culture. I got the feeling from Journal #7 that there wasn't a thing that I could do myself to help. That composting etc. was a joke.*

The question contains its own answer — since society is made up of

individuals, it will change as individuals change. Our *Journal* article referred to the strength and tenacity of "old order" thinking at this time and its potential for increasing danger and repression as the foundations of the old order crumble. Against the seemingly immense power of government and business, the individual may indeed feel powerless and believe that individual action is of no consequence.

Since mass events are reflections of mass consciousness, it follows that the most powerful influence one can have on the world's events is to change one's consciousness — or, if one is already centered and acting from a pure heart, to become a visible example to others. This can appear so impotent — like those who simply held candles in silence to protest the Gulf War earlier this year — and yet this apparent weakness simply underscores that your society considers "power" only in physical terms: numbers of tanks, warplanes, machine guns, bombs. Is this where true power lies? Is this how Gandhi ended British rule, or Martin Luther King the grip of institutionalized racism?

Only a soulless culture, bereft of a genuine spiritual life, would consider power solely in physical terms. For the material world is simply the medium, the tools, through which you express your consciousness. True power, genuine power therefore lies in consciousness, in the heart and mind. Ideas are the true building blocks of your culture, are they not, as every weapon first existed in someone's mind, as did every nonviolent protest or boycott. Consciousness is primary, its physical expression only a reflection.

So to change your world, you start with yourself. Against the power and influence of huge chemical companies and agribusiness, carrying your coffee grounds to the compost pile may indeed appear impotent. Growing your own food without chemicals, working in partnership with nature, may seem of

little consequence. Yet this is where you must start, and from your acts will slowly radiate a new way of thinking and living that those edging toward growth will notice. Some will ask you how to compost, or why you do it. Some will inquire about organic gardening. When you offer your knowledge and enthusiasm, you light a spark in another's heart. From such sparks grow revolutions.

So composting is no joke, no well-meaning exercise in futility. It is an acknowledgement of your devotion to maintaining the "cycle of life," returning your food waste to the earth whence it came, there to nourish next year's crop. And as you influence those around you, you send out ripples of higher consciousness, overlapping with other ripples, creating a lattice of consciousness which grows in power as more are awakened. From such small, private acts will be woven the fabric of a new society.

### Should We Love Animals Or Eat Them?

*I would like to learn more about the relationship of humans and animals — what do our companion animals think and feel about the world and us? What do animals who are raised to be eaten think of the whole matter? What happens to them when they die?*

and a related question  
from another reader:

*Given the sacrament which exists between man and animals, why is vegetarianism not embraced in response to the horrible conditions of factory farming — given that life flows with you, not against you in pursuit of 'positive' goals, why is it so difficult to make animal rights a fact in this society?*

As mammalian consciousness divides into the multitude of flesh-bound forms, each strand takes a particular focus and limitations, choosing to concentrate in a certain geographical range, to live as groups or in solitude, to eat vegetation or other animals, and so on. As each strand increasingly specializes, making it more distinct, the natural tendency is to narrow affiliation to one's own tribe, to live in the distilled essence of that unique focus. Animals rarely interact across species lines beyond the predator-prey relationship.

So "companion animals" are an aberration in the natural world, an intertwining of consciousness and common welfare between man and those

species amenable to pethood. Over time, the mutual dependency increases and such animals lose their wild edge, their aptitude for living in the wild. In a sense, both animal consciousness and human consciousness are altered, creating a "bridge consciousness" across which inter-species exchange takes place.

What animals lose by becoming companions is their wildness, their instinctual ease in the natural world. What they gain is relationship — bonds of love and affection of a different flavor than that shared within a species. They gain entrance into human community, becoming part of a family and its vicissitudes.

So the consciousness behind companion animals is two-fold: first, to stretch beyond instinct into affiliations of love and loyalty with another species; and second, to "study" the human species from the perspective of a wet nose and wagging tail. Just as you find exotic human tribes of great interest, and may enjoy visiting them in their native habitat, so does "companion animal consciousness" offer insight into human nature from a radically different slant than is available from human consciousness. In fact, an oversoul focusing on human experience may project an offshoot or two into life as companion animals, thus enriching and rounding out the total "human experience." (This does not mean that human souls reincarnate as animals, but that's another newsletter!).

Now, regarding animals raised to be eaten. As implausible as it may seem, there is little weight given, at the level of consciousness, to death at the hands of man versus natural death — the end result is the same, the release of earthly form. So while those bodies of consciousness animating food animals are aware that their lives will be shorter than is natural, this is of tertiary importance in choosing corporal form. Of greatest importance is the expected experience while in flesh, not the likely nature of death. So the choice between "food animal" and "wild animal" is, in itself, of little weight.

You see, at the level of consciousness, it is understood that consciousness is eternal and immutable while earthly forms flow in and out of existence through the cycle of birth and death. At the level of *consciousness*, then, little distinction is drawn between eating plants and eating animals — in both cases, the essential energy and consciousness are released from their earthly form and that form is then consumed. It is natural law that you must consume other life to sustain your own. This is not a

cause for sadness, but simply a recognition of nature's grand cycle, whereby discarded bodies sustain bodies still vital.

This is not to say there aren't wise reasons for avoiding meat in your particular time and place, given the brutal treatment of factory farm animals, the concentration of pesticide residues in flesh, and so on. But from the level of consciousness, no distinction is drawn between consuming plant or animal food; both are elements of the natural cycle.

The struggle for "animal rights" is one facet of the larger dynamic between old and new orders now playing out across the whole of your culture. At base, the struggle is between the Judeo-Christian heritage with its alleged "dominion" of man over animal (in which animals are conveniently devoid of souls), versus a recognition of the divinity immanent in all living beings. As this new awareness struggles toward acceptance, it faces roadblocks placed by those who profit from sustaining the old order. Ultimately, as in all things, the moral cause will prevail; the question is how difficult you will make the transition, how many animals must needlessly suffer and die at your hands, thereby brutalizing your own humanity as well.

### Rugged Individual or Arranged Marriage?

*Issue seven emphasizes the west's harmful exaggeration of separations. I wonder if the Chinese-like civilizations of East Asia may not suffer from exaggerations of group (families, etc.) controls which smother the individual excessively and hence a mixture of the two might not produce a better, healthier balance than either one separately — which may be happening now. Or should I conclude Alexander thinks such Asian civilizations are much superior?*

We consider no culture "superior" to any other; we only point out that some live in relative harmony with natural law while others violate it almost as a matter of principle. Western culture, of course, falls into the latter category.

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The world is moving in two seemingly disparate directions: one toward narrowing tribal identity, particularly evident in the former Eastern Bloc countries whose previous unity, enforced by gun and tank, now crumbles to reveal millennia-old ethnic animosities: this is a narrowing of tribal affiliation from the national political level to circles based on common blood or religious heritage.

At the same time, another trend emerges: a growing global consciousness, a loosening of narrow tribal affiliations to embrace the global community. Like all social evolution, this can be achieved through clear-sighted progressive thought or be forced by disaster. Having chosen the latter course, you face the ecological crisis forcing a growing awareness of the interdependence of all life, and the urgent need for cooperation beyond national borders. Acid rain knows no borders, neither does radiation, nor global warming. Only a cooperative effort by all nations will prevent the more traumatic results of these ominous trends.

Another element of growing global consciousness is the mass media, allowing instantaneous transmission of art and information. This enhances the progress toward a world of shared understanding and mutual respect.

Each of the great races has taken a particular "focus" on human life. You move now toward a great era of blending these long-disparate strands into a new humanity built upon the strengths of each racial heritage. Asian cultures have emphasized group, tribe, family, at the expense of individual identity, while western culture has enshrined the "rugged individual" as its archetype. Both cultural frameworks, running to excess, cripple the hope of reaching life's highest potential.

It is no accident that the western world now hears much of "community" from political and spiritual leaders; the "intentional communities" movement deliberately abandons the "rugged individual" archetype in favor of group living. At the same time, Asian cultures, particularly young people, slough off the rigid patterns and expectations of the group imperative in favor of greater personal freedom and expression.

Over time, of course, these two great strands will blend into a global culture upholding the supremacy of the individual, but embedding the individual within a familial or tribal context, a communal stability and warmth. The ultimate goal, of course, is a global humanity valuing "diversity within unity," cherishing the

unique attributes of diverse cultures while identifying most strongly with the common blood flowing in every human vein.

### **Pole Shift: A Global Roller Coaster?**

*What of the possibility of a polar (planetary) shift in this probability before the beginning of the next century?*

You will recall that in our response to the previous question about human influence on weather patterns, we discussed how the global human consciousness creates a blanket of energy about the earth, influencing natural events. The notion of "pole shift" is commonly misunderstood to mean that the north and south poles physically trade places, flipping the earth upside down on its axis and raining obvious calamity down on those riding along.

"Pole shift" can be more accurately understood as a shift in *polarity* of the poles, an electromagnetic event of great power, but not a physical wrenching of the earth on its axis. This shifting has happened before in your earth's history and is part of a larger cycle in which the earth is embedded, a cosmic process whose "waves" take thousands of years to crest. Rather than the picture of a dark void painted by your scientific schooling, the cosmos vibrates at every point with energy and vitality. The whole of the cosmos is bathed by massive electromagnetic fields which, in their natural course, will influence the electromagnetic activity of smaller bodies like the earth.

The anticipation of a "pole shift" occurring within a decade reflects an attempt to stitch together two vaguely understood but deeply felt processes: this larger cosmic electromagnetic ocean in which you float, and that human society is poised for radical change in the years ahead. Understanding, however unconsciously, that human consciousness influences natural events, you express your anticipation of a major shift in consciousness in physical terms, as a radical uprooting and shifting of the earth's course. "Pole shift" is a metaphor, then, a way of expressing in concrete terms the dimly sensed revolution in human consciousness that lies ahead.

Now, the human-weather interaction is a two-way street, and cosmic events certainly influence human behavior in ways barely understood. When the massive undulating electromagnetic waves flow through your solar system, the influence on human behavior and

culture is profound. So, again, when such a wave approaches, you express your unconscious knowledge with the metaphor of pole shift, an event of great electromagnetic power.

Our sense is that your planet is not due for such an event for at least a century. For all the upheaval of your time, such represents the first sprinkles of an approaching tidal wave that requires many decades to fully play itself out. There may well be a *linking* of a newly evolved human consciousness with a cosmic wave, each reinforcing and enhancing the other, but you are still in the very early preparatory stages of such a consciousness shift.

So sleep easy — your bedroom is not likely to end up in the South Pacific any time soon!

### **Is Jesus A Christian?**

*Why has mankind consistently chosen to allow those in power to distort and misrepresent the teachings given in regard to the primacy of the individual — Christianity in particular, with its lies and half-truths, has resulted in a world-view incapable of enhancing value fulfillment.*

Imagine that a renowned physicist visited a third grade classroom and delivered a lecture on quantum physics. After one such lecture, he never returned to follow up or correct the students' misinterpretations of the lesson. As time went on, the students struggled to build a cohesive system of physics based on their incomplete, misunderstood knowledge. Over time, a system of physics would emerge, logically consistent but based on faulty premises, which would be disseminated to younger students as fact, written in stone, not to be questioned: after all, this is based on the teachings of a renowned physicist!

So it is with human spiritual progress. Every culture hosts an avatar from time to time, shining a piercing light through the follies and darkness of his time and place, offering pure wisdom to light the way toward a higher understanding, a right living. After the avatar dies, his followers seek to preserve and disseminate the teachings. To do so requires an organization of like-minded followers.

Playing out over centuries, this original ragtag band of persecuted followers can become a major cultural power. It is ironic, then, that every great spiritual teacher emphasizes the primacy of the individual, but to preserve and spread such teachings, organizations

must be built, leading inevitably to bureaucracy and stifling of individuality. The greatest damage occurs when the bureaucracy holds *itself* as the conduit through which mortals must pass to reach reunion with the ultimate — as with the Christian church requiring baptism and last rites to ensure a soul's passage to Heaven.

Religions fail to live up to the teachings of the master because avatars bring pure spiritual truth to a world still populated with souls struggling through darkness. They serve as beacons, guiding lights of truth toward which most can only imperfectly stretch. A bureaucratic religion is like any other bureaucracy: rigid, unyielding, dogmatic, slow to change. As with any human institution, personal aggrandizement and political infighting absorb most of the energy and time of those involved.

One key quality of the "New Age" now dawning is to restore power where it belongs, with the individual, and to drain it from institutions. How do you accomplish this? Again, you start with yourself: you do not give power away to others. You may read and appreciate the teachings of the great spiritual masters — Jesus, Krishna, Mohammed, Buddha — but you do not then pledge undying allegiance to the institutions which have sprouted in their wake. You seek to fashion your own truth, your own personal spiritual system, one which feels right to you.

Today you witness a great interest in spiritual systems outside the Judeo-Christian heritage: Native American spirituality, the Eastern religions, wicca, the Goddess, and so forth. These all underscore how inadequate your traditional religious institutions have become, and yet they also demonstrate that the

lesson has not yet been fully learned: you still look to other sacred systems in hopes of finding spiritual nourishment for the aching hunger within. Ultimately, such eclectic borrowing from other cultures will leave you unfulfilled, for such systems arose organically in their time and place and cannot be transplanted to 20th century western culture without distortion.

Since human consciousness can never fully comprehend Absolute Truth, each must fashion his or her personal truth as a blend of great teachings and private experience. We encourage using "inner resonance" as a guide — when a teacher or teaching resonates strongly with you, when it feels true and pure, most likely you can absorb the teaching as the foundation on which to build your private spiritual truth. Joining with others of like mind — who make no claims to omniscience or hidden truth — can enhance the process. We also encourage meditation as a means of accessing the inner self, using its wisdom as a filter through which outside teaching can blend with inner truth.

To conclude, religious bureaucracies inevitably stifle the very individuality their founders championed. The strongest protest you can make is to refuse to surrender your power to any such institution, instead navigating the corridors of spiritual growth with "inner resonance" as your guide.

### All You Need Is Respect

*There are the Teachings by the great religious leaders through ages past, who profess Love for mankind, helping, steering from "above" and from "within" — why do you never mention LOVE?*

For two reasons. One, your culture's definition of love differs so radically from what we would term genuine love that we do not care to confuse the two. Our definition of love is a respect for, and cherishing of, the divine spark in another. Such respect entails recognition of the uniqueness of each person, the supreme importance of allowing each to tread his private path, and a refusal to entangle others in webs of possessiveness, jealousy, or personal need.

By this standard, few relationships — parent-child, romantic, friendship — pass the test. Almost always, personal needs and insecurities infect the relationship with the urge to mold the other to one's liking, to own the other's time and attention, to exclude outside relationships. Genuine love allows, sets free, releases, encourages the other to his or her highest potential.

We would therefore rather use the term "respect" to describe the ideal basis of a relationship, rather than use "love" with its unhappy connotations.

Second, we do not scatter messages of "love" throughout our work because that is not our place or purpose. Whether addressing you en masse through written material or individually in private session, we offer respect — respect for the hard work of being human, for your unique and irreplaceable role in the drama of creation, for your struggle to live up to your divine potential. It is not our place to offer "love" in human terms; that is meant to come from others in flesh. We come as a guide or teacher, filtering our awareness through our human host, but not as a companion. By any definition, a loving relationship rides on a foundation of physical affection and such we cannot offer. For this, you must turn to your comrades-with-arms.

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# The ALEXANDER JOURNAL

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## Just Say Yes: Drugs and Human Consciousness

As the "war against drugs" is used as the pretext for governmental restrictions on personal freedom, and as the "war" strains society's law enforcement, educational, and family structures beyond the breaking point, it behooves the thinking person to look past the slogans and simplistic thinking to find a deeper understanding of the "crisis" and how it came to be.

### The Nature of Human Consciousness

First, let us look at human consciousness and why and how it is affected by the ingestion of mind-altering substances.

Two main influences affect the activity of the human psyche: innate, built-in restrictions on the content of conscious mental activity; and societal mores, values, and beliefs which further restrict the range of "acceptable" thought patterns.

When you consider all the information existing in the realm of pure consciousness — where the entire historical sweep exists as a swirl of eternally viable probabilities and linear time does not exist — you recognize how limited is your everyday waking awareness. Your mind stands as the portal between your psyche and the world around you, feeding your store of daily experience up to the psyche, and in turn granting physical expression to urges pulsating from the psyche.

Your mind is "tethered" to the track of linear time, following its drip-by-drip flow of moments, blocking out awareness of events and processes occurring in the nonphysical realms of consciousness.

In addition, your society further restricts the free flow of such information due to its emphasis on the material world as the only "valid" reality. Almost everyone has had premonitions, hunches, flashes of intuition, prescient dreams, and so on. Yet because your society cannot reduce these events to atoms and

dissect them under the microscope, they are dismissed as coincidence or hoax. So the vast realm of consciousness, which offers so much wisdom and guidance to cultures open to its influence, is locked outside the gate of western culture, scorned and repudiated.

Human consciousness is one tiny strand of the Consciousness from which it flows, restricted to experiencing life on one planet through symbolic manipulation, human community, and spiritual search. In addition, each human culture wears culturally imposed blinders which further restrict the "acceptable" range of thought and behavior. This is the "set up" of human life into which each person is born.

### The Vegetable Kingdom: Kinship with Humanity

Let us state without elaboration that the world of plants is as bristling with intelligence and consciousness as any mobile species. You can think of the globe as having two surfaces: water, under which teem myriad species of animate life and vegetation; and land, upon which grows a carpet of intelligence, the plant world.

It can be no coincidence that the plant world provides all the necessities for human life — food, clothing, shelter, medicine, dyes, ornaments. While the plant world exists for its own purpose and can thrive in the absence of human company, support of human and other mammalian species is a "plus" for the plant world, an enriching element of their experience. When you ingest a plant, for however brief a time that plant's consciousness commingles with yours, offering the plant a unique experience of trans-species consciousness. You have the same experience as well, of course, but your mind is far less attuned to consciously experiencing the symbiotic blend of consciousness.

So the human-plant relationship is

symbiotic, with plants providing the essentials of human existence while man, through agriculture, landscaping, and ingestion of plants, offers the plant world enriched experience.

### Mind-Altering Plants: The Original Teachers

Among the uncountable species of plants offering life and comfort to the human species, a relative few contain compounds which directly alter human consciousness. To understand the process, let us look at the relationship between consciousness and the body.

The body is built to reinforce the restricted scope of human consciousness. That is, its chemical processes form an elaborate framework funneling the swarms of consciousness which bathe you, unseen, into narrow bands of vibration granted access to the brain: these are your senses.

Visible light and audible sound are simply two slivers of vibration which paint symbolic pictures of color and sound through which you perceive dense objects and their movement. Taste and smell are your narrow perception of life energies emanating from living beings. Touch is your navigational aid, keeping you from harm and steering you toward pleasure.

All five senses have as their primary purpose helping you to navigate a clear course through the material world; secondarily, they reinforce the inborn and culturally imposed limits on human consciousness by not permitting most of the swirling energy fields about you to reach conscious awareness.

There are dangers in structuring human consciousness this way: danger that the ego, the identification with one body and fear for its survival, will rise to supremacy; danger that the twin pillars of human life, spirit and reason, will be forgotten in favor of gross materialism; danger that the ability to love and feel



fully will be crippled by unnatural cultural constraints on emotional expression; danger that the awareness of underlying unity and oneness with the cosmos will be lost.

To help protect humanity from expressing its potential for ego-based, materialistic, soulless culture — and the cultural chaos and disintegration inevitably following — nature produces, among its store of helpful plants, those containing compounds which alter human consciousness. In truth, they do not alter human consciousness as much as they restore it to a higher, truer, purer level of awareness, freed from a few of the inborn and cultural shackles narrowing experience. They untie the neurochemical straitjackets through which incoming energies are reduced to a few narrow bands of sensory impressions; they release the dependence on symbolic experience of energy patterns, allowing a direct apprehension of realms of consciousness never experienced by everyday consciousness.

The brain, built to efficiently process incoming sensory data along rigidly wired neuronal pathways, is suddenly overwhelmed by floods of unfamiliar material, coupled with a breakdown of its ability to process this data along its normal channels. The result can be mental chaos: hallucinations and visions which, like dreams, the brain can only struggle to render in symbolic form. Given the dosage and nature of the chemical ingested, the brain may simply surrender its role as neuronal gatekeeper, allowing consciousness to soar freely without reducing experience to symbol or attempting a rational "understanding" of the experience.

Such a drug-induced shattering of normal consciousness contributes to the stability of the individual experiencing it and the larger culture to which he or she belongs. It does so because the latent dangers in the makeup of human consciousness are obviated:

1. The danger that the ego, identifying itself as encased in a body demarcated by the skin, will rise to supremacy. By rising above the one body-one mind delusion of earthly experience into realms where one perceives that the physical body is simply a symbolic expression of a fraction of the greater psyche, one realizes that one's true self, one's eternally viable self, is unrelated to flesh; that flesh merely houses the spirit for a span of years and is then discarded.

2. The danger that the symbiosis between material and spiritual focuses will be broken. As consciousness wed-

ded to flesh, you are simultaneously spiritual and physical beings, using the physical body to navigate through the earthly medium while your higher purpose, your reason for being, flows from the nonphysical psyche.

In a healthy individual and culture, reason — manipulation of the physical world — and spirit — the nonphysical source and meaning of life — are joined, the twin tracks of human progress on which you ride. As western culture has long favored the material and retains an anachronistic, primitive spirituality, the happy union between spirit and reason is sundered, leaving you to thrash about without a spiritual compass.

A drug-induced experience can restore this symbiosis by plunging one headlong into realms of pure consciousness and spiritual awareness, righting the balance by total immersion into realms long forgotten, now restored. By literally experiencing the union of the spiritual with the physical body, one retains an indelible memory of the deep security and mastery one feels when gliding smoothly along the twin tracks of human existence.

3. The danger that one's emotional life will be crippled by unnatural cultural constraints. In your culture, which devalues the feminine and therefore most emotional expression, men particularly stagger through life with wounded psyches and bottled-up feelings which they dare not openly express. "Positive" emotions are permitted in some circumstances, but "negative" emotions — anger, hatred, jealousy — are "bad" and not to be given vent.

Some drugs are known to work directly on the emotional component of the psyche. MDMA or Ecstasy, for example, is promoted as "opening the heart chakra" and allowing genuine emotional contact with others. In truth, Ecstasy works not by "opening" the heart chakra, but by dissolving the armor encasing most western hearts. The experience is not a "supranormal" one, then — a flight through realms of the psyche — but is simply a restoration of the free-flowing emotions, deep bonding with others, and communion with nature one felt in early childhood.

Hallucinogens also carry this heart opening as a side effect; as the ego's fierce protection of maintaining a socially acceptable facade dissolves, one's true inner life can emerge.

4. The danger that awareness of oneness with the cosmos will be lost. As western culture's basic theme is separation, it stands to reason that each individ-

ual is made to feel alone and vulnerable, either in a meaningless universe or before an omniscient and angry sky god. A virtually universal experience, whatever the drug, is the restoration of a feeling of oneness, the unity of all creation. While the direct experience of this oneness is lost as normal consciousness is restored, the memory can remain to inform one's actions and foster a sense of community with others and with nature.

There is almost a self-serving element in the plant world providing compounds which accelerate human consciousness and dissolve the dangerous delusions accompanying an excessively materialistic focus. For as is now playing out in your experience, a culture cut off from its spiritual source and thrilling to its technological prowess unmediated by spiritual wisdom, ends up destroying the ecosystems that support it. In so doing, of course, countless species of plants are lost forever (in your probable reality).

As the rain forests are slashed and burned to the ground, innumerable plant species are lost. As you chop down forests to plant a few food crops, plant species are lost. As you pave over the earth, plant species are lost. All of western culture's destructive actions and thoughtless extermination of other species stem from an ego-based, materially focused consciousness devoid of genuine spiritual life.

This is why the plant world offers, among its plenty, substances which check and balance against this dangerous potential of human consciousness.

### **Native Culture vs. Western Culture: Sacrament or Recreation?**

To this point it may seem we are glorifying drugs and offering no warnings about the dangers of misuse. In the material above, we offered an understanding of how these substances affect human consciousness and why they exist in nature. In a natural, wise, spiritually centered culture, such drugs are known as "plant teachers," treated with respect and never abused. You do not, however, live in such a culture, and so we must explore why drug use and abuse now grips western society.

In a native culture in which all the world swarms with life and consciousness, plants are known as living beings, some offering food; others offering medicine; others, the psychoactive plants, offering knowledge and wisdom. In western culture, where the natural world



has been bleb of spiritual life and all spiritual power centered in the hands of a sky god, the natural world is acknowledged to be living, yes, but certainly not endowed with consciousness, personality, or wisdom. Only humans have souls.

It naturally follows, then, that psychoactive substances are not treated with respect as "plant teachers," to be used in a sacramental fashion in spiritual ceremonies. Instead, as the natural world is seen as a giant sandbox which one may rip apart with impunity, use of psychoactive plants is reduced to recreation, a good time, or a release from daily cares. "Getting high" becomes simply a way to pass the time, and drugs are not taken for the purpose of introspection, spiritual wisdom, or genuine connection with others.

Just as the body revels in a break from a sedentary lifestyle — a hike, a bike ride, a walk — so does human consciousness delight in occasionally stretching beyond its everyday limits. In a sacred, ritualistic context, this journey to other realms strengthens the user and his culture; in a culture harshly forbidding any such exploration, "plant teachers" are demoted to recreational agents used furtively and without the wise guidance of elders.

Whether used as sacrament or recreation, the allure of drugs is all the stronger in a culture based on egregious falsehoods leading to chaos and disintegration. Drugs offer temporary release from a chaotic and irrational world; a restoration, however slight, to the truer, richer experience available in realms of pure consciousness. The massive drug taking of the younger generation in the Sixties served as an "escape valve" releasing the unbearable pressures building in a culture founded on big lies.

Today the big worry is that young people will be ruined by drugs; yet adolescence is the stage of life when the psyche is wide open to as rich and varied a store of experience as it can absorb; so the attraction to drugs, to mystical experience and altered perception, is never greater. And every questioning youth, staring at the smoldering wreckage of the earth his elders have left him, naturally senses the spiritual destitution which has so cheapened his inheritance, and seeks new ways of being and thinking lest his generation be the last.

Western society takes massive quantities of drugs, of course: chemicals prescribed by physicians to shore up unhealthy bodies, to force sleep upon anxious minds; to yank the depressed from their troubled depths. Yet no one

is permitted to take drugs for fun or for the purpose of gaining insight and wisdom. Young people have no cultural framework into which they can fit their legitimate needs for such experiences. As a result, drug taking acquires an aura of illegality and immorality, making it even more attractive. In addition, with no adult guidance leading them through the experience, young people must fend for themselves, sharing their experiences secretly and without thoughtful counsel.

### Addiction: Plea From a Hungry Body and Soul

The greatest fear of most parents is that their children will become "addicted" to drugs; and the first casual puff of marijuana is seen as beginning the irreversible descent into heroin addiction. In addition, society now classifies addiction (to alcohol, at least) as a "disease," as if it were the product of a viral agent or congenital defect, without participation by the addict's conscious mind.

All addiction is psychological. The dependence on a crutch, or the surrendering of personal power to a substance, begins as the need to fill a void in the psyche. Addiction can later assume physical qualities, masking the psyche's need as a physical need, the better to avoid introspective searching for the source of one's discontent.

Hiding deep beneath most substance addiction is the long-suppressed awareness that some plant substances foster dissolution of the ego and reunion with cosmic oneness. Drug addicts are almost always unhappy with some aspect of their lives, if not with life in general, and seek to dissolve the unhappy ego and restore the bliss of cosmic unity. Yet any drug's effect eventually wears off, and the ego is restored to supremacy. Because the addict rarely makes any genuine effort to improve his or her life conditions, after the drug's effect tapers off the misery

returns unabated.

Just as wild animals kept in captivity will continue expressing behaviors which are appropriate in the wild but have no purpose in confinement, so does the addict perform an anachronistic ritual of ego dissolution and reunion with cosmic oneness, without the requisite social structure and sacramental basis for the experience. Stripped of the ritualistic context in which the use of psychoactive drugs is an appropriate and socially validated experience, the addict "goes through the motions," like a confined chicken futilely scratching its wire cage, acting out a behavior which offers no permanent relief or improvement because no social framework guides the experience.

Another factor to consider in western addiction is that either a man-made chemical compound is used, or a highly refined extract from a plant source. Cocaine, for example, is the highly refined residue of the coca plant. Just as taking synthetically derived vitamin supplements in no way matches the health-giving qualities of vitamins embedded in fresh fruits and vegetables, so does refining a psychoactive substance out of its parent plant eliminate many mediating and balancing chemical partners which aid the body's assimilation of the psychoactive element. These "companion elements" act as buffers or enhancers, depending upon the body's size and health, adjusting the psychoactive element's effect on the ingester's system. Both overdose and below-threshold effects are minimized by these partner elements.

When the psychoactive substance is refined out of the parent plant, these mediating effects are lost. The plant's "intelligence" in mediating its effect upon the human body is lost. What is left is a powerful and potentially dangerous substance taken in pure form, forced upon the body without mediating buffers to balance the experience.

The use of crack cocaine among the inner city poor is perhaps the ultimate expression of how drug use has been cheapened and prostituted in your culture: the parent plant is stripped of its mind-altering element, then it and its "intelligence" discarded; the refined extract offers a flash of release from a decaying, chaotic social system; and the ritual lighting of the powder and subsequent high are the pathetic caricature of ancestral rituals welcoming the visions and wisdom offered by the plant world's teachers.

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## Bad Drugs vs. Good Drugs: Tools of the System

Many point out the apparent hypocrisy of society's banning certain drugs while allowing other potent mind-altering substances — nicotine and alcohol, for example — to be sold in every corner store. Comparing the statistics between the devastating effects of alcohol — lost productivity, drunken driving, broken families, and so on — versus the minimal social effects of marijuana, why then does society permit one and ban the other?

For the capitalist system to function, the ruling class needs a large pool of complacent, uncomplaining workers who willingly sacrifice their own life purpose and family life in order to serve the system by performing repetitive, mindless tasks. The present system could not survive in a culture of awake, conscious individuals whose highest priority was relationships, meaningful work, and personal growth. The system persists only because so many willingly work as drones in order to achieve a baseline level of comfort and security.

Alcohol is a depressant; it dulls the mind and body. It prevents clear thought, purposeful action, and introspective searching. In short, it is the perfect drug to offer in unlimited quantities to workers whose minds must be dulled from thinking too clearly and sharply about their condition and the system in which they are trapped. The custom of heading straight from work for the bar is the ruling class's dream routine: for rather than protesting the inhuman nature of the work they do, workers drown the cries from their anguished souls in the quick poison of a shot glass.

The system also subtly encourages the use of alcohol as a symbol of rebellion among the young and disenfranchised, for what true rebellion can grow from a sedated, comatose populace?

Mushrooms, peyote, LSD, Ecstasy, ayahuasca: now these are truly dangerous drugs! They lift the mind above the mundane everyday world into realms of greater wisdom and awareness; they expose the lie of separation on which the system is built; they restore a sense of life purpose loftier than owning a home; they foster direct experience of the unity of all life; they encourage the user to pursue spiritual growth and loving relationships as higher goals than economic stability; they offer glimpses of eternal life after physical death.

What threats to the system! What would happen to the economic juggernaut paving over the earth if suddenly everyone placed family, enlightenment, and personal growth as higher priorities than "making a living"? If everyone understood the unity of all life and protested the destruction of the natural world as the necessary price of "progress"? If everyone dropped their tribal and national allegiances and bonded in one global family?

The system allows drugs which fracture, sedate, and suppress consciousness. It bans drugs which enhance, stimulate, and expand consciousness. That is the sole criterion.

### Just Say Yes — Occasionally

If the outcome of the present ecological crisis allows continued human presence on the earth, it follows that a new world-view, a new approach to life, will be necessary to ensure long-term

survival. Most likely this will take the shape of a nature-based cosmology, one in which the laws of nature are followed as the basis for human law. Also, the pre-Christian understanding that all of nature is alive and suffused with consciousness, purpose, and meaning, must be restored.

When the human race once again assumes its welcome place in the natural order, and a respect and appreciation for the vegetable kingdom without which human life is impossible is renewed, man may well return to cherishing his "plant teachers" for the visions and wisdom they offer. In such a context — in a sacred, respectful, socially validated context — the ingestion of plant teachers strengthens and balances human society, softening the dangerous potentials latent in man's rational focus. To this millennia-old, traditional, sacred use of psychoactive plants, we can only Just Say Yes.

### Ramón Stevens Interview

An in-depth profile/ interview with Ramón Stevens appears in the September issue of *Spirit Speaks* magazine. For subscription information or to receive a free "sampler" magazine, call 1-800-356-9104.

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# The ALEXANDER JOURNAL

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## Between Parent and Child: The Sacred Bond

Like prying open a crypt and throwing fresh light on hidden, moldering relics from the past, your society is finally unearthing its deepest, darkest secret: most family life sears its children with deep, lasting psychic scars, crippling emotional maturity and poisoning all of adult life with the toxic residue of parental abuse and neglect. In adulthood, these damaged children will in turn scar their children, another link in the chain of human tragedy uncoiling through the ages.

How to break free? How to overcome a toxic childhood and raise one's own children with their security, creativity, wonder, and spiritual vitality intact? Let us look first at the source of this chain of human misery.

### The Sinner and the Atheist

Western culture offers not one but two cosmological perspectives on the origin of life. In one camp, the Judeo-Christian, the universe was created by God, an occasionally wrathful, occasionally benevolent creator who lives apart from His creation. In the Christian tradition, one is born in sin — carrying the sin-drenched legacy of the first human couple — and only through accepting Christ as one's personal savior can one find release from the inevitable descent to hell which is the fate of the unbaptized.

In the scientific camp, the universe is a meaningless accident, a result of uncountable chance events randomly coagulating into life inexplicably endowed with consciousness. Life's only purpose is to conquer one's competitors and produce as many offspring as conceivable, suffusing the species gene pool with your chromosomal heritage.

These, then, are the two arbiters and definers of the meaning of life. Either you are born in sin, compelled to toe the straight and narrow line proscribed by religious authorities; or you exist on a

planet without meaning, squiggling through your few paltry decades and then decaying into the void.

Whatever their surface differences, science and religion agree on certain fundamentals: You must not look inside yourself for life's meaning; you must not think of yourself as inherently divine; you must not rest secure in the knowledge that your consciousness is eternal and indestructible; you must not look upon yourself as a unique and irreplaceable contribution to the sweep of human and global history.

Western culture is founded on existential insecurity. You don't know who you are. You don't know why you are here. You don't know the underlying meaning of life. You don't understand the role you are to play in the drama. You don't feel your divinity pulsing in every vein. You don't recognize your kinship with the natural world. You are cut off, atomized, alone.

If this existential insecurity is the deepest core idea upon which the psyche is built, flavoring life's every moment and thought, then one is never truly secure. The most basic questions have not been answered. Like a noxious haze, this insecurity blankets even the most sublime moments of love, connection, and inspiration. Even the sacred bond between parent and child is sullied if the parent does not feel the divinity pulsing with him- or herself, and recognize it in the child's wondering, curious, loving eyes.

### The Parent as Economic Fodder

It is beyond the scope of this essay to fully probe the process through which a curious, creative child willingly becomes the adult slave to work he does not enjoy, surrendering his personal fulfillment to responsibilities he never truly chose, but the most significant tool to this end is the suppression and demonification of impulses.

Impulses are the driving force of

human progress, the probing, exploring, creative sparks of inspiration through which the child gains mastery of the world's structure and processes, and simultaneously impresses upon the world his unique, individual stamp of personality. The child seeks both to understand how the world "works" — and every culture, from the most primitive to the most technologically advanced, has its "version" of this knowledge — and to leave his private mark, his unique contribution to that world. In a dynamic process, he uses the extant structures and systems given him by his elders to build original and creative variations atop those systems.

Of course, this holds true in adulthood as well. Artists and technological innovators employ the same process — steeping themselves in the traditions of their fields, the better to grow beyond them and offer something new, better, improved, often arriving unbidden in sudden bursts of inspiration.

Perhaps the most pernicious legacy of the Judeo-Christian heritage is its demonification of impulses. If we are essentially sinful creatures, then all our impulses must be urges toward sin, and therefore must be suppressed. While the religious tradition has lost much of its power, its legacy of sin-stained impulse remains deeply embedded in the western psyche.

Observe parents and children and notice how many curious hands are slapped, how many innocent explorations meet with a furious "No!", how the impulse for movement is restrained. Multiply each day's several dozen such suppressions by the thousands of childhood days and the result is an adult willingly suppressing his own impulses, assuming the role of the slapping parental hand, the biting "No!", the directive to sit still and be quiet.

All societal structures participate in the suppression of impulse. The western educational system is perhaps the most

obvious example: rows upon rows of neatly aligned desks, all eyes facing toward the teacher who disseminates while the children absorb, needing permission to speak, stand up, or use the bathroom. This grotesque perversion of children's natural urge to learn and explore sanctifies the parental injunctions awaiting the child upon return from school. If the child receives religious training in Sunday school, here again the child's innate, impulsive, divine nature is suppressed while millennia-old scriptures are laboriously memorized.

All social structures join in the suppression and demonification of impulse because, above all, impulse suppression is necessary to smooth functioning of the economy. Most people, given a choice, would not choose to do the work they do, to surrender their personal growth, fulfillment, and creative expression in order to make ends meet. A society of truly free, impulsively creative individuals brimming with zest for life would never tolerate the supremacy of economic considerations over all human, moral, and spiritual values. Whether communist or capitalist, western societies require a force of dependable, submissive, order-taking workers in order to maintain the economic machinery. It is to this end that parents, schools, and churches suppress free thought, curiosity, living for the present, pursuit of pleasure, and all other nefarious results of allowing impulses free rein.

You may protest that it is impossible to be a free spirit blithely floating through life without a care; one must either pay rent or a mortgage; one must feed oneself and not become a burden on others; one must plan for one's security in old age. These are all valid concerns, *but only within the context of the present social system.* The "rent or mortgage" dilemma arises from the western concept of private land ownership, an inconceivable notion to native stewards who once trod your land untroubled by housing affordability. So, yes, economic concerns are valid as long as the present system endures, but a change in consciousness will bring about a changed social and economic order with material concerns dropping below supreme spiritual and moral values.

This ties in with our discussion of parenthood because any individual, parent or not, who does work he does not enjoy because he feels he must to survive, is actively suppressing impulses toward personal growth and fulfillment in favor of economic security. The psyche plays host to a crippling dynamic where

every impulse is scrutinized on the sole basis of its affordability. The urge to explore new places is channeled into brief and properly scheduled vacations. The urge to stand up for oneself and protest mistreatment is often squelched entirely out of fear of losing one's job. The urge to run out and play on a beautiful day is either suppressed or becomes a guilt-soaked "sick day." The urge to make love is granted expression only at the end of a long and tiring day, with the kids asleep.

The human cost of suppressing natural impulses and surrendering to the economic imperative is staggering beyond measure. It leads to alcohol and drug abuse. It leads to broken spirits, broken homes, broken lives. It leads to lives of quiet desperation. It leads to painful deathbed regrets. Most damaging of all, it leads to emotional, physical, and sexual abuse of children, who in their dependence and natural trust can only accept the abuse as their rightful due.

### Spiritual Family Planning

To fully appreciate the bonds between parent and child, we must look beyond the traditional notion that the bond begins with the child's physical birth. A family constellation, in truth, is woven together long before the birth of children or even parents. Since the purpose of human life is to grow through challenges, a family constellation will be chosen to provide the psychic and psychological background most conducive to a soul's chosen growth. Karmic factors may also come into play, where two souls having built a relationship in another lifetime recast their joint challenge into the parent-child bond.

In choosing a family, the most significant factor considered is the spiritual state of the mother. By "spiritual" we do not mean her denomination or devotion to church attendance; rather, the vibrational caliber of her psyche. Each of you emanates a stream of vibrational energy of a "higher" or "lower" quality, serving both as a magnet to people and events of similar vibration, and delimiting the upper and lower boundaries of potential experience.

A woman carrying "mainstream" energy, of a vibrational pattern well within the norm for a given culture, will end up neither saint nor depraved, offering a bedrock cocoon of cultural normality. A woman carrying highly volcanic energy — an artist, a manic-depressive, a troubled genius — will offer a child greater highs and lows, peaks of

creative inspiration and emotional closeness balanced by lows of frightening instability and frosty indifference. A woman offering highly fractured, unstable, low vibrational energy — a drug-addicted teenager with no interest in a child — will offer a childhood of apathy and neglect.

This vibrational energy flows in a constant stream from your bodies, particularly your heads. It can be detected by nonphysical consciousnesses focusing on physical life, searching among the clouds of vibrational energy for sympathetic pattern. Since souls still bound to the human cycle also carry a vibrational pattern carrying the imprint of their prior incarnational experiences, most often a link is made between parent and soul-child carrying sympathetic patterns.

If you think of the families you know, doesn't it seem that the parents and children are on essentially the same wavelength — that creative parents raise creative children; harsh, indifferent parents raise uptight, emotionally repressed children; intellectual parents raise bright, verbal children; and so on. Of course (we anticipate your objection), you conclude that the child turns out this way because of his parents' approach. Certainly a parent acts as a filter — activating some potentials, suppressing others — but a child's innate nature will struggle to manifest no matter how contrary the parental strictures.

For you also may know of "born survivors," children miraculously emerging from appalling childhood experiences with their loving nature, trust, and emotional vitality intact. Here, a deliberately "contrarian" approach to parental choice has been selected as a means of accelerating growth. For if one can survive such a neglectful childhood and still emerge into an emotionally rich, active, productive adulthood, so much greater is the triumph and growth won by the soul.

Conversely, a loving, emotionally healthy couple may raise a "bad seed," a primitive soul unable to respond to and meet the parents' level of emotional maturity. Here, parents and child make a pre-birth "pact": defying the common rule of "like attracts like," the parents seek growth through struggling with a

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child's insolence and indifference to their love, while the primitive soul will be pulled to the upper limit of its emotional potential.

Any system of human psychology which excludes this pre-birth selection between parent and child will be incomplete. Parents, trained to believe they receive a *tabula rasa* at birth, blame themselves when the child fails to live up to expectations, engages in inexplicable behavior, or scorns their love and moral example. Conversely, a mainstream couple may be delighted to raise a "genius" in the arts, sciences, or human relationships, a sublime ideal of human potential. In both cases, the parents are mystified as to how they begot such a being — where did those qualities come from? As long as the focus remains at the biographical level — from birth onward — the mystery will remain.

Since the purpose of human life is growth through challenge, it stands to reason that the parent-child relationship will be "set up" to offer challenges that pull both parent and child into new growth. Whether struggling with a rebellious or physically "handicapped" child; watching in awe as a genius sprouts to full potential; or simply knowing the ineffable tender love a parent feels for a child, the parent-child relationship is often the source of greatest growth in a lifetime.

The parent-child link is made long before birth, when the soul searching earthward for a potential nest evaluates the streams of vibrational energy pouring from the hearts and minds of women. If a karmic relationship is involved, the choice will already have been made, and the evaluation will consider only whether the woman's present condition offers potential growth sympathetic with the soul's life purpose. Where no karmic relationship carries over, evaluation is made based on the soul's need — for a "contrarian" childhood, a close sympathy between parent and child, or as a quiescent launching pad for brilliance.

### The Child's Hidden Agenda

The debate over "nature vs. nurture" reveals that, at least to some extent, your culture grants validity to the principle that a child is born with innate personality traits, talents, skills; you edge closer to accepting that sexual orientation is present at birth. While granting that such qualities may be inborn, the cultural dismissal of reincarnation and pre-life planning forces this awareness into genetics — that somehow the chromo-

somes scramble to produce a Mozart, a Picasso, a Schweitzer; that, in fact, such brilliant archetypes of human potential must be genetically abnormal!

Let's move past science's narrow focus to embrace the larger picture. Each of you is the irreducible spark of intent of your "greater entity," that body of consciousness hovering above the space-time continuum, planting seeds of intent in the fertile soil of human diversity at those times and places most conducive to the greater entity's desired experience. At this level of consciousness, linear time does not exist and the sweep of human history pulsates with eternal vitality, offering an infinite range of potential experience.

At this level, the notion of reincarnation as a soul's steady progression over historical time, of a primitive soul gradually attaining enlightenment as the centuries roll by, is incomplete for it presupposes that the soul is locked into the flow of linear time which encases physical experience. Rather, the greater entity, hovering outside of time, can scatter seeds of intent attuned to greater or lesser degrees of spiritual wisdom throughout the historical sweep. Whatever your current state of spiritual maturity, there may well be lifetimes planted in your historical "future" which are pegged to a "lower rung" on the ladder of enlightenment.

So each of you carries an inborn "range" of spiritual potential, meaning no matter how severe your childhood there are acts of barbarism to which you will not stoop, and no matter how sublimely nurturing your parents, still there is a ceiling on your potential spiritual growth.

Riding atop this inborn spiritual range, each soul carries a particular "prism" through which it experiences life. You are physical, mental, emotional, and spiritual beings. By "prism," we mean that each person focuses his or her life energy through one of these four qualities of human life; one quality will dominate and the others serve as background.

Athletes and dancers choose the physical focus. Those happiest amid throngs of friends and family carry the emotional focus. Intellectuals, scholars, writers and incurable readers filter life through their minds. And, rarest of all, those who enjoy deep inner peace, carry no attachments to worldly goods or power, and seek only to live in harmony with the natural and human world, focus life through the spiritual prism.

We mention these influences on human personality — karmic bonds, the choice of parents, an inborn range of

spiritual potential, and the prism through which life is filtered — only to underscore how rich a tapestry is the soul of the babe fresh from the womb. No *tabula rasa* here! A child is born with his life purpose, soul agenda, and desired growth experiences fully formed and eager to splash out across the ensuing decades.

So often parents carry a "proper child paradigm" in their heads, a rigid set of ideas as to what constitutes an "acceptable" child. Most often, such parents seek to vicariously achieve through their children what they failed to achieve in their own youth; or they may be so blinded by economic imperative that only those achievements engraved in the path to economic success — good grades, obedience to authority, suppression of "superfluous" artistic abilities, top of the high school and college class — meet with the parents' approval and love.

Every child carries his or her own agenda, life tasks, and desired growth. *Left alone*, the child will naturally weave a tapestry of private experience from the parental and social web. The young child, still attuned to the pulse of the natural world and immune to economic imperative, is busy every waking moment fashioning physical models of his inner storms and fires, building replicas of his inner life through play, song, and relations to others.

The parent's task is to provide a safe and secure environment for exploration, offer materials for play, be available for support, answer queries, and then *get out of the way*. A parent must respect that the child is a unique soul born with his own purpose and soul potential, pulled effortlessly toward experiences conducive to his growth, and that any attempt to "steer" the child into socially or parentally approved patterns robs the child of his life purpose.

We do not advocate raising barbarians. We do not mean to suggest that simple manners, common courtesy, and acts of consideration for others not be inculcated by the parents: they must. Rather, we speak of the broader and more damaging crippling of the child's psyche, wrenching a young round soul into a square peg, holding academic or athletic achievement as the sole mark of a child's meaning and value.

Unconditional love — so rarely known — makes no demands, sets no goals, examines no report cards, expects nothing, demands nothing. Unconditional love establishes a secure nest for exploration to which the child can retreat after bruising encounters with the larger world, and in which the child is loved



and cherished simply for *being*, not for *doing*. Unconditional love releases, frees, allows. Unconditional love is the motive force of nature — observe animals with their young — and when flowing from human parent to child, it sparks to life all the child's innate potential and growth without impairment or limitation.

## Affection as Vibrational Teaching

When you consider the staggering diversity of the human species — from "primitive" tribes in the equatorial jungles to western culture's technological sophistication to peoples eking survival from the harsh permafrost of the north — consider for a moment the extraordinary "winnowing" process any human child must pass through to narrow this tremendous potential into one cultural framework. Every culture has its boundaries and limits of technological, spiritual, and social "acceptability," its unique taboos, freedoms, blindness, and so on.

Consider for a moment that your deepest cultural tenets are never directly addressed, never verbalized. When is the last time you heard someone tell a child, "We only think in linear terms," or "Only the physically perceivable has validity," or "Isolation is the basis of our culture"? And yet these are the ideational bricks and mortar of your society. How, then, are they imparted to the young child in his diffuse, unfocused, wide-open adaptability, so that he too narrows his focus to harmonize with his cultural framework?

Through touch, through affection. Each of you emits a steady stream of vibrational information carrying both private material — karmic bleedthrough, biographical memories, future potential — and the cultural framework within which you express your inner life. A given life task will be expressed far differently in a native tribe than in upper class western society, will be reshaped to fit within the parameters of acceptable thought and behavior. So your aura, the energy field swirling about you, blends your private purpose with your cultural framework.

This vibrational field communicates with others when they stand near you; the closer the contact, the higher the fidelity of transmission. The motive behind a long, tight embrace of a loved one after a lengthy absence is to exchange information at the vibrational level — where there are no secrets, nothing is held back, nothing is suppressed. Raw, unvarnished truth passes from aura to aura; so even if you invent

fancy lies to paint a rosy picture of yourself, on deeper levels those close to you know exactly what you've done and what you think!

A newborn baby's greatest need is to *anchor* to his present life. The soul's bond to the body is diffuse and slippery, frequently drifting out during sleep to review pre-life planning or a prior lifetime. Upon awaking, a child frequently cries in the hope that he will be held up against someone's (preferably Mom's) chest. Not only does he receive physical nourishment at the breast, but the child drinks in waves of energy swirling about his mother, apprising him of who she is, the flavor of her thoughts, the world-view of her culture, and so on. The neonate's energy field — a diffuse, amorphous swirl amenable to growth toward Pygmy, Eskimo, Aleut, or Republican — soaks up the maternal vibrations as a means of tethering the child to a specific time and place.

Those who handle a small child literally sculpt the child's energy field in harmony with their vibration, offering both the security of knowing that a child is being welcomed into a given culture, and molding the child's limitless potential into one narrow cultural framework.

You know that infants suffering from lack of affection often evince a "failure to thrive," a failure to grow and mature as they should even if physical nourishment is adequate. The milk alone is only part of an infant's needs; it simply sustains the physical life of the body, while affection and touch stimulate the emotional, mental, and spiritual dimensions of a child's being.

In many cultures, infants are in constant contact with their mothers, carried in slings or other devices as mothers tend to their daily chores. Of all native wisdom, this is the highest: *an infant needs a steady stream of affectional touch, the ideal being 24 hours a day.*

You see now how the theme of "separation," the basis of western culture, is inculcated in your children without ever being openly mentioned: most infants are touched and cuddled far less than they need. Rather than learning bonding, communion, connection, and warmth, they learn separation, isolation, distance, and coolness. From the first day of life, as the infant's need to tether himself to his caretakers, and through them their cultural framework, is only partly filled, the child's psyche atrophies in a way, never pulses into full, rich vitality. An entire life is lived as if under a haze, reducing life's brilliantly hued potentials to muted pastels.

Boys are hit hardest by this process, for it is not "manly" to need others, to share affection, to cry in another's arms. If anything, boys need affection *more* than girls, for man's focus is on the material world while woman's is on the spiritual. In order to balance the risky potentials of an excessively material focus, the "spiritual" element of a man's psyche — his "feminine" side — must be boosted to the upper reach of its potential; this happens when a boy is touched and held and hugged constantly, never assaulted with strictures like "Boys don't cry" or "Be a man."

Even older children — boys and girls — are healthiest wrapped in a warm cocoon of affectional touch. As they grow older, and take control of their bodies, they will determine when they need such contact, and will naturally seek it out. Perhaps the most effective way of exchanging energy at the auric level is to sleep together — to share a nap or a night in bed with an adult. In sleep, when the sharp physical focus is released and you become your true selves, the exchange of energy between auric fields is accelerated and enriched. The child of whatever age still needs to soak up adult energy — learning what it means to be a man or woman in your culture — and this is achieved effortlessly and most effectively in the sleep state.

So many of your culture's troubles — lonely, isolated adults; youths seeking affection through sex; men's inability to truly bond; your estrangement from nature; brutal sports; private striving at the expense of the larger community — have their genesis in infants not held enough, children told not to cry, children's bodies violated in painful punishment (*any* infliction of pain, however "slight," is a violation). When you gaze at the world around you and wonder how it ever came to this — look no further than the sterile and impartial bonding most infants suffer, permanently stunting their ability to bond, nurture, and love.

The bond between parent and child is your most sacred. When cherished and respected as such, the parent weaves a warm, safe space for exploration, showering the child with love and affection, yet respecting the child's private agenda and growth. To heal your world, to heal your planet — begin here, with happy, vibrant children secure in their bond to natural and human worlds, with their ability to love and connect whole and intact. From such young ones will come the new order for which you so yearn.



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## Into the 21st Century: Surviving the Collapse, Building a New World

*Following is an abridged transcript of remarks Alexander recently delivered in a public session in Santa Monica, California. It therefore has more of a "conversational" feel than his essays dictated directly for publication.*

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The topic is how to navigate the increasing disintegration of the cultural system in which you live and ride it through to a more harmonious and peaceful future. To understand why the system is in the process of disintegration, we need to look at some basic principles.

There are two main types of physical systems: one in which vibration is perceived directly and one in which vibration is perceived symbolically. This latter we would call a camouflage system because you're never perceiving vibration in its full richness; you're perceiving a tiny portion of its totality and translating it into a symbolic picture in your mind. Yours is a camouflage physical system in that you don't perceive vibration directly, but always filtered through symbols which are drunk in by your senses and interpreted by your brain.

At some level of reality, which is apart from your everyday reality, there is a body of all knowledge, a master library of all information which is accessible to the species, and by assuming the mask of the camouflage system you deliberately block direct access to that information. It comes to you in dreams, in creative inspiration and art, but you don't just walk into the master library when you need information and directly access it; it has to come obliquely because you're dealing with symbol rather than fundamental knowledge.

With your rational minds you build models, just as children build miniature models of airplanes. That's precisely what you do with this body of knowledge which is sensed but not directly accessed. You build models which form the foundation of a culture and upon which each individual in that culture builds his own or her own private experience.

You build political systems, economic systems, philosophical systems,

religious systems, all in an attempt to replicate this sensed but not directly accessible body of knowledge which you have deliberately clouded from your awareness by assuming physical form.

The greater degree of harmony there is with natural law in a given system, the longer it will endure and the happier will be the lives of the people in it. And to the extent that it violates natural law, the greater the unhappiness and the quicker the ultimate collapse of the system.

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Because your senses tell you that each of you is a physically separate individual and because western culture emphasizes your individuality as opposed to your commonality, you're accustomed to thinking of yourself as ending at the skin which defines the physical body, and thinking of your contribution or your influence on the world only in terms of the physical acts you commit.

We would offer a different perspective. The physical body that your senses perceive is the slowest of the vibrational bodies which make up your larger self. It's the crudest version of the energy fields which make up your larger body. Beyond the level of your physical body, the energy that emanates from these larger energy fields is not nearly as limited in its locality as you are with your physical body. The energy that you emanate is free to float and to join with the consciousness of others.

It isn't your actions that truly mark your contribution to the world; it's the nature of your thoughts, the nature of the higher vibrational patterns which you emanate which contributes to the blanket of human consciousness which covers the globe. And each individual contributing his or her private vibrational material is what creates the common consciousness and that in turn attracts the events that you experience on a global level.

The fundamental law is that you create your reality by attracting to yourself events which are of a vibrational pattern in harmony with the energy matrix you carry inside you. Each of you carries inside the spine a tight matrix of vibration, like a magnet, and it carries every experience that you've had in

physical form in this lifetime, it carries the imprint of your past lives, it carries the nature of your thoughts and beliefs, and the general tone of your outlook. All of this is blended and out of all the probable futures which lie before you in their infinite potential, the nature of this magnet is what will draw a given probable future into manifestation. This happens not only on an individual level, but on the mass level where each of you contributes your vibrational patterns to this larger field of human consciousness. As a whole, you create this blanket and it will attract mass events out of all your probable futures; it will attract those events which are most in harmony with the consciousness of the people.

So when you read the newspapers and you look at what's happening around you, what you're seeing is the physical version of the blended consciousness of everyone who's currently in human form. And does what you see please you and make you feel that the consciousness of the people who are alive today must truly be in harmony with natural law because we live in such a wonderful, peaceful, harmonious place in which no one is ever abused and there's no violence and everyone respects nature?

On the higher levels there's no judgment between good and bad; that's your judgment based on your perception. When you see a "negative" result, it's meant to tell you that whatever path you're on is veering off the path of harmony with natural law; the ideas, the model that you're building your culture on has an error in its basic philosophical construction.

Now, we won't keep you in suspense. The fundamental flaw of western culture, the basic theme of western culture, is the idea of separation. You've been playing with this for the last four or five thousand years and you see where it's led you. You have it inscribed in the founding documents of your culture, the separation of church and state, that the government is forbidden to have any spiritual influence guiding its decisions. Given the state of mainstream religion then and now, it's probably a good thing. But you take what should be an

indivisible gestalt of consciousness which manifests as a political system and a spiritual system and the way you raise your children and your art and so forth, and you split them all up.

You send your children to school five days a week where they learn that the universe started with a Big Bang, and then they go to Sunday School on Sunday and they learn that a god up in the sky created it, and there's no synthesis, there's no way those two cosmologies can be woven together. From the very start, the child is left with this confusion that the adult world simply doesn't know what's going on, they can't even get their story straight about why we're here or where we came from. So the young child comes to accept that everything is broken and splintered and fragmented.

What you're seeing manifesting now is the collapse of a system which can no longer be sustained because the idea it's formed on is erroneous; there's a fatal flaw in the philosophical framework of your culture. You're reaching a point now where there's about to be a sudden infusion of spiritual energy which will accelerate the core vibration of the species. As this energy approaches and it begins to accelerate the basic vibrational patterns of the planet, anything which is in disharmony with natural law is going to find its energy increasingly drained and it's just going to seem to get worse and worse and worse at a greater and greater rate.

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Let's discuss in greater detail this blanket of human consciousness that surrounds the globe. Depending on the nature of the events that you're experiencing in a given historical period, this blanket of global human consciousness will have a greater or lesser internal strength, stability, internal harmony.

For instance, if you're in a historical period when everyone who is incarnating at that time agrees that they want to experience a certain theme, say, war — that's a good one — then there will be a great strength and stability to this field of vibration and everyone who feeds their consciousness through it to manifest in human form will have agreed to participate in this given theme. It will be very difficult for anyone to operate in a way other than this, to operate with a consciousness which is in disharmony with the larger human consciousness.

In the time that you're experiencing, as the accelerated energy approaches, the consciousness which is already here will begin to splinter and fragment because some strands coming from some individuals will entrain to this higher body of vibration as it approaches. There's a corrosive eating away at the solidity of this blanket of consciousness and some

go right through it up to this higher vibrational field which approaches.

Others, of course, want to try to maintain the system as it is; those who benefit from it want to try to maintain things. But because energy is being drained away from the status quo, it's increasingly difficult.

This overall field of consciousness is being fragmented because some are now entraining to this higher vibration and not contributing to the global field. Those who are left are of a lower order of vibration, which means they're less able to harmonize with one another, their energy is more distorted and disharmonious, even within themselves, and therefore can't contribute to a cohesive mass consciousness.

If you think of the earth, where normally there might be a cohesive blanket of human consciousness around it, now what you have is an increasingly fragmented human consciousness; and above it, on a higher level of vibration, this thin, light, airy body of consciousness which represents those individuals who recognize the violations of the current system, who long for something better. You have, in a sense, a dual blanket, an increasingly fragmented, disharmonious field of consciousness around the earth, and then a much more harmonious shimmering bubble which gradually begins to coalesce and to interweave the consciousness of those who are contributing to it.

We emphasize the importance of examining your personal contribution to the process. If you're not internally at peace and if you're not contributing in your actions and your work and your thoughts to a peaceful, harmonious world, then you're giving your strength to perpetuation of this fragmented body of consciousness. In truth, the single greatest contribution you make is simply the clouds of vibrational energy which are emanating from you all the time unseen because those are what you contribute to the global consciousness which, in turn, attracts mass events which are precisely aligned to that global consciousness.

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One thing we want to mention is the way you currently generate and transmit electricity and its effect on the weather. The earth has an immune system, as a living organism, in the sense that it strives to maintain balance just as your body strives to maintain balance in all of its systems.

The earth has to balance energy from two directions: one, from the cosmos, the sun being the principal energy, but there's all sorts of cosmic radiation. The second is energy arising from the earth; there are vibrational patterns, for

instance in Southern California, which are highly unstable, and there are patterns in other areas of the earth that are surdier.

Weather — wind and precipitation — is the earth attempting to balance these combined energies and to diffuse them in a way that causes the least damage. A single bolt of lightning may strike a mountain top, it will defuse this tremendous buildup of energy, which if permitted to sprinkle down like rain would fry a whole city. So the approach is to diffuse any potential danger to the creatures of the earth by spreading out the imbalances between the cosmic energy and the earth energy in the form of weather.

You may have noticed that things are going a bit awry with the weather lately. Every winter seems to set new records for cold temperatures and summers set records for high temperatures. Storms of increasing frequency and severity, snowfall of unusual depth, drought: these are all reflections of the fact that the earth's immune system has been severely impaired by the way you transmit energy along high power lines, because the point where cosmic energy and earth energy meet in equal strength, which is where they blend, is between five and 25 feet from the earth's surface. So here is where the earth's immune system is meant to kick in and evaluate the pockets of instable energy that are developing and to diffuse them through weather.

This whole process has been severely disturbed because this is all electromagnetic energy coming from the sun, coming from the earth, and by stringing these high-power wires literally all over the earth's surface, even under the ocean, you create this barrier, this sizzling blockage to the earth's being able to truly evaluate what's going on and to take corrective action.

So the way you generate electricity from, say, one power plant sending out its energy for hundreds of miles, this system is severely disturbing the earth's immune system, its ability to maintain balance. As a result, it's going to have to be dismantled. Like anything, it can happen one of two ways. It can occur that you recognize that there's a violation occurring and you set about creating a system which relieves the violation or,

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failing that, you can have things collapse around you to the point that you are forced to abandon the path that violates the earth.

It's not very likely that you would see utilities voluntarily going out of business and giving everyone solar panels to put on their roof. So what will happen, if this isn't addressed, is increasingly bizarre and unstable weather patterns which will increasingly affect food production. These disturbances will cause the appearance of insects which previously would have kept in a tightly controlled population, allowing them to explode in numbers.

This is one example that we want to use of this process where you see something is a violation, you recognize it because there's a negative result accruing, and the question is, do you make the easy transition by saying, okay, we're violating the earth or we're violating some natural law, we need to bring this back into harmony. Or do you allow the system to continue, and then have something collapse with such tremendous force and serious effect that you have to pay attention? If the breadbasket of the country is suddenly unable to provide food, what do you do?

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Let's sketch out our picture of what the new order will look like and then let's see how you make the transition from here to there.

You're going to see increasing disintegration of large political bodies, of artificial national boundaries such as was the case with the Soviet Union. So you will find here not so much a violent uprising overthrowing a government as simply the government's power — which is derived solely from taxation — if the monetary system collapses, the government's power is gone. What you have, then, is power back where it truly belongs, which is with much smaller bodies, tribes, communities. That's where primary power should rest, not being imposed from thousands of miles distant.

That sounds like a nice thought, but if you think for a moment of what we haven't mentioned, about the transitional period of this tremendously powerful federal government, what is it going to do as its power is drained away? It has an awfully big military system. Is it going to simply acquiesce that it's no longer needed or is it going to put up a fight?

We've mentioned that the current system of generating and supplying electricity will have to be abandoned in favor of local generation of energy at the community level or even at the level of each individual dwelling providing its own power. So you would have generation of electricity, then a greenbelt where

there's no electrical generation so that cosmic energy can meet the earth energy unhindered and undisturbed. Imagine pinpricks of light, of electrical energy, in a sea of unelectrified country.

You already have the technology, although it's crude, for generating electricity. This science, which is in its infancy, will evolve to a much more sophisticated level, and we suggest that it will largely use *sound* for electrical generation in the future. There exist blueprints in the realm of consciousness for mechanisms which have an automatic feedback loop contained in them so that more sound energy is created than was put in, so part of it will go back into simply feeding the machine to create the sound and the remainder can be captured and used as electricity. As this evolves, it will not be necessary for every house to be bristling on the roof with solar panels that cost a fortune. It will be something readily accessible to all regardless of the number of sunny and cloudy days because if you have a self-perpetuating feedback loop based on sound, rather than dependent on the weather, then you have an eternal supply of energy.

Food generation is another important issue. The whole system of growing food in one place, putting it in a truck, burning fossil fuels to bring it to a store, you burn fossil fuels to go to the store, to drive it home, to cook it, to eat it, is so grossly inefficient that it can't be sustained. You're going to see the evolution of a system where every community will be largely responsible for its own food generation.

There are extraordinary potentials which lie latent in the genetic material of the food plants that you grow. There's potentials for adaptation to geographic locations that currently you wouldn't believe possible. There's potential for accelerated growth and maturity so that instead of waiting four or five months to have your first ripe tomato, you can have it in two.

This will occur certainly not through genetic manipulation, not through forced, artificial applications of hormones, but through a populace which is able to communicate directly with the bodies of consciousness which lie behind the vegetable kingdom, and to communicate that you have certain needs, and in exchange for production of a certain quantity of produce in a certain given period of time, you will guarantee that you'll save the seeds and grow them out next year to perpetuate this particular strain.

There will be an enlightened caste whose job will be to communicate with the vegetable kingdom and to perhaps travel from community to community and determine their nutritional needs and

offer genetic material in the form of seeds and to be able to work with that to produce what a given community needs.

There's tremendous adaptability among certain of the species, coupled with the fact that they desire a symbiotic relationship with you, and it's in their own best interest to perform in the way that you need them to perform in order to survive.

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We've sketched very briefly some of the parameters of what we would call the new order, the way that the human race can restore living in harmony with the natural order. The question is, then, how do we get from here today to this lovely picture that we're drawing?

Consider all the systems which have to be transformed in order to meet that picture. We've already sketched out, for instance, the generation of your energy and the way it's transmitted from a central power plant out hundreds of miles. How are you going to move from that system to each community generating its own power? Are you going to do it because you recognize the violation and you seek to restore the earth's immune system before it is thrown so out of kilter that you simply have severe, catastrophic weather occurring all the time everywhere? How are you going to make that transition?

Those of you who live in the city, where you're so thoroughly dependent on this whole system of power generation, of food distribution, of government keeping people from breaking into your house, what happens when the money to sustain this system begins to disappear because the economic system is collapsing? The more you're tied into this system, the more difficult the transition will be for you because the more you'll be affected by the various systems in their decay.

Therefore, the best place to ride out the storm is in a rural area where you can build a shelter which doesn't draw electricity from the power grid, which does two things. First of all, it means you're free from interruptions and chaos. Number two, you're declaring that your land, however small, is going to be a sanctuary for the earth where it can be free of the interference of the electrical wires which almost totally blanket the globe. You create this consciousness on your land that you're not going to participate in the systems which damage the earth.

You would grow your own food as much as possible, you would learn to store it. You're best off trying to grow as much as you can as much of the year as you can, through using a greenhouse and so forth. The point being to always have a steady supply of food for yourself

so that whatever happens to the food distribution system, you're insulated from it.

The point is not to surrender to fear and to think that you can go out in the woods and build your little cabin and have your garden plot and somehow magically be excused from the chaotic disintegration of the system. If you go out of fear, then you contribute to the exacerbation of the chaos and you're likely to attract to yourself, on an individual level, events of chaos and disharmony. Instead, if you go with the intention to serve as a model of how the species has to live upon the earth, and the consciousness that you radiate is one of inner peace and harmony, and you welcome your neighbors onto the land, and you show them what you're setting up with great enthusiasm in the hopes that some will rub off, some little spark will be lit in their mind and they'll see the rightness of your ways.

Each of you must make your private decision about the role that you want to play in the transition. There are still important roles to play in the thick of the chaos, in the midst of the city. Because if all evolved souls pull out, then what little cohesiveness there might be to the remaining system will be increasingly fragmented to the point of total chaos. A person understanding what's happening and yet choosing to remain in the midst of the chaos can act as a glue to the social fabric, holding it together a little longer, so that there isn't total collapse all of a sudden.

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We might just talk about what we've referred to as this accelerated energy which is approaching. Every few thousand years there will be an evaluation of the current condition of the planet, of the race, of the species. The human species carries dangerous potentials in its ratio-

nal focus because if it loses its spiritual life and begins to focus exclusively on the material plane, and forgets the cosmic unity of creation and begins to build a system based on separation and atomization, then there's the potential that what you see all around you will manifest. To get you back on track, there will be occasional bursts of accelerated energy, meaning that your consciousness can suddenly jump to a higher level. You're feeling the pull toward it now, those of you who are accelerated enough to begin entraining your consciousness to it and flowing with it.

Now, you're all thinking, what's the date, Alexander, we'll mark it on our calendars. There's going to be a sudden jolt in about five years, a major acceleration of energy. It sounds like a wonderful thing, and it is, but it also means a sudden increasing fragmentation of whatever remains of the old order. And if the old order still has a lot of power left, power in terms of having the law and the military on its side, then it can get unpleasant.

You need to be aware that these sudden accelerations are meant to pull you toward the final acceleration so that you're prepared, but at the same time they accelerate the disintegration and the chaos of the extant system. So there will be an increasing series of what we would call these shocks of accelerated energy, one four to five years hence, another large one early in the next century.

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The most important contribution you make to the evolution of your species is the quality of your consciousness, its degree of harmony or disharmony, its degree of peace or unpeacefulness. The work you do out in the world is secondary because the work you do is in the now whereas the energy that you contribute pulls in your future. So if your

aim is truly to build a new future, a harmonious future, then harmonizing your own energy through meditation, through whatever spiritual practice you have that balances and centers you in the midst of chaos, this is the most important thing you contribute.

The second thing you contribute is information. Just as important as contributing on the spiritual level or the level of consciousness is contributing to the sheer mechanics of establishing the new order, whether it's immersing yourself in alternative energy or a new way of educating children or food production.

We would urge you to remember that there's no preventing the evolution of your species or the creation of the new order. The question is, how traumatic or how smooth you make the transition. We hope that you who have heard these words will begin to accept responsibility for having chosen to be a part and that you will use your participation in the way that will contribute to the most harmonious and smooth transition into the new order.

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*For the full audio recording (two 60-minutes tapes) of this greatly condensed talk, including discussion between Alexander and the audience, send \$16 postpaid to RS Enterprises, P.O. Box 863, Ojai, CA 93024.*

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## The Many Faces of You: Probable and Multiple Selves

One of the most difficult concepts for students of metaphysics to grasp is probabilities. Stated briefly, while you conduct your life in the apparent security of a consistent reality and stake your claim to one historical and biographical life history, all about you swarm unseen versions of yourself, probable versions of yourself, which play out in full vitality those paths you have not taken. Every time you face a choice, a two-path decision, whichever path you do not consciously choose to follow will indeed be pursued by another "you," a probable "you."

This makes considerably more complex answering the age-old question, "Who am I?" The question might be better stated, "Who are we and why are we running around the cosmos like beheaded chickens?" Further, is the *you* reading these words somehow more valid, more real, than the many probable *yous* who have never heard of Alexander or his *Journal*? To these questions we address this issue.

### The Soul's Freedom

The universe's design grants infinite freedom through its play of probabilities. Each spark of intent beaming from a higher self into earthly existence enters a system built not on only one historical earth and one narrow path for you to tread, but splashes into an infinite sea of potential. Just as each of you carries multiple probable selves throughout life, so are there probable earths, probable histories, playing out in full richness and vitality outside the scope of your senses.

The soul's freedom is to select which probable history it wishes to serve as background prior to physical birth, to narrow the focus onto a small probable slice of family history as clan background, and so on. Your "master soul," the cohesive, undifferentiated bank of intent from which your probable selves spring, can choose among many such historical and family backgrounds, the better to provide a rich variety of experience. Imagine how different your life would be if, given the same personality, intelligence, and talents, you were raised

in an orphanage, a castle, a ghetto, a farm. By sending probable shoots of intent into various probable versions of earth's history, the same richness of experience is gained by one master soul.

The master soul is the ultimate *you*, the total of all your probable selves. It stands between your higher self – which commands the even greater perspective of holding the entire historical sweep within its purview – and your everyday experience as a single soul inhabiting a single body. The master soul rides between these levels of increasingly narrow focus, selecting one precise birth moment and building its multiple variations from that genesis.

No probable version of your life is more valid than any other. There is no "primary consciousness" which swims among probable versions of your life while the others serve as ghostly background. Each probable self is as vital, as conscious, as *real* as you are. To understand how this can possibly be, how there could be multiple versions of yourself living out vastly different lives utterly unknown to you, we turn now to the electromagnetic construction of the physical system and the psyche.

### The Body and Soul Electric

The physical system is organized and maintained according to the laws of electromagnetism. Electromagnetism, in turn, reflects deeper "natural laws" which govern both physical and non-physical systems.

Very briefly, the laws of electromagnetism govern the interaction of particles of matter, organize them into patterns of increasing complexity, determine the temporal duration of an object, and provide the informational feedback loops essential for animate life to come to form. Imagine a sea of swarming electrical sparks teeming throughout the universe, whose immense elasticity and potential for organizing into complex form grant physical expression to the bodies of consciousness seeking experience of material life.

Probabilities arise by organizing this immense electromagnetic swarm into

multiple systems, each tied to a unique "core vibration." A core vibration has both a distinct frequency and a unique pattern, or shape to that frequency, which serves as the unifying vibration of a given system. If the universe is music, then every probable universe carries a specific note as its fundamental tone; more, just as the same note played on a piano, violin, and trumpet will color the note with resonance unique to the instrument, so is the fundamental tone, or frequency, of a probable system colored to differentiate it from others.

Each probable universe carries a unique core vibration which provides the fundamental vibrational tone to all structures, animate and inanimate, within a given system. This core vibration "locks" you into your probable system for life, narrows the potential field of experience, and provides a bedrock consistency undergirding your life's events.

Human consciousness contributes the "rational" focus to the stew of animate form; humanity is the master manipulator, creator, destroyer, artist, empire builder. To progress technologically, you depend on certain physical laws to always be true, you require substances to interact in predictable ways, you need the security of experimental repeatability, like causes rendering like effects. Imagine a world in which one day molten iron rendered steel, the next day it rendered gold, the next day it rendered soap. You would be unable to progress technologically for the security of predictability would be lost.

Because the "laws of nature" you hold to be immutable truths are truths *only within your probable system*, and carry little or no validity in other systems, you must narrow your focus to one probable universe, each with its unique set of "laws" governing the organization and interaction of matter, and remain firmly ensconced within your chosen system. This is ensured by harmonizing your body's core vibration with the core vibration of the probable system your master soul has chosen to explore. This "locks" you into your system and blocks from awareness the life activities of your



other probable selves in their distinct realities.

The variety of probable systems spreads out along a continuum, with immediately adjacent systems operating under laws virtually identical to yours; were you to slip into an adjacent system, no great shock would await you, no through-the-looking-glass Wonderland would confound you with its clearly impossible workings. The farther away on the continuum you move from your own system, however, the less your "laws" apply and the more matter is organized and behaves differently.

As an example of one of the infinite gradations of "natural law" available to your master soul: You know that consciousness holds a certain influence over matter; advanced meditators can will their heart rate to slow, the placebo effect brings relief from pain with no genuine pharmaceutical intervention, and so forth. Thus, the "mind-matter" influence is valid in your system to a certain degree, though the power of mind over matter seems tenuous and not at all consistently verifiable.

Moving to the extremes of the continuum in this respect, at one end are probable realities where matter is far more receptive to consciousness than to physical laws, and objects readily move simply by wishing them to move; at the other end of the spectrum the pull of matter binding to itself, impervious to influence by consciousness, is so strong that not even the most enlightened avatar could will his heart to slow; indeed, only with great effort could one override the body's involuntary breathing pattern, which in your system is eminently under your control.

Another continuum binding probable systems is the relative flexibility of consciousness, its ability to consider new information in light of old models of reality, and to adjust accordingly. The pattern in your system is for a new idea, offered by an avatar or artist, to meet with initial scorn and rejection, then gradually to attract adherents, and after a period of years or decades, to find mainstream acceptance. Thus your system plays host to a blend of progression and retrogression, with the mainstream gradually evolving toward higher states of thinking.

Consider the issue of slavery, how long it took from the first spark of outrage at the obscenity of selling human beings until the Emancipation Proclamation was signed, and even now how many carry lingering hatred and disdain for the formerly enslaved race. On one end of this probable continuum, where consciousness operates more flexibly, one person speaking out against slavery

would trigger an instant epiphany among the mainstream, an immediate discarding of an inhumane system, and a more evolved social condition would rapidly be created.

On the other end of the spectrum, where consciousness clings to old models more tenaciously than in your system, far more centuries would be required from the first spark of outrage until the dismantling of the slavery system.

You see, then, that the parameters of your system you take for granted — that mind exerts a certain influence over the body and matter, that social progress occurs through a process of long and heated debate — these parameters are not immutable verities, but are relative values of your system, positions staked out along the infinite continuum of probabilities.

The purpose, again, is to offer the master soul and higher self as rich and varied an experience of earthly life as possible. By sprinkling probable "yous" along the continuum, you enhance your experience, seeing it from all angles: the mainstream political liberal, the intractable racist, the enlightened avatar.

You feel the traces of your probable selves every day, hear their echoes in your inner thoughts. Some days your love of humanity knows no bounds, others you loathe your fellows with misanthropic fury; most days you bob somewhere between these extremes. While you remain ensconced within your chosen probability, you are bound to all probable versions of yourself by the slender strands of consciousness leading to your master soul, and here you are apprised of the condition of your fellow travelers' many life paths.

By harmonizing your body's core vibration with a certain probable system, you narrow your focus to a specific point on the continuum through which each probable self will play out its life. The purpose, you can see, is to offer your greater entity the widest possible experience while respecting that human consciousness requires the security of predictable physical laws on which to build its cultural and technological innovation.

It is essential to understand that the "matter" in each probable system can only interact with matter in its own system. Only particles bearing an identical core vibration can recognize or influence each other. The seeming impossibility of infinite probable earths occupying the same space as yours is no more impossible than having multiple channels available on your television or radio, while you can "tune in" only one channel at a time. Every day you stroll through boulders, walk on water, soar through the clouds of other realities,

while your earth is visited by beings your senses cannot detect. Only the version of earth sharing the core vibration of your body will be available to your senses; everything else — the swarming infinite sea of potential — passes through you undetected.

## Multiple Personalities

If the model we have sketched above is difficult to grasp, let us now complicate it considerably by discussing the interplay of probable selves within each narrow probable system. Not only does your master soul have infinite freedom to shoot projections of intent to life among the various probable earths, but each such shoot of intent — springing to life as one human life span — carries with it infinite possibilities for how its life will play out. Each incarnated soul carries a specific life purpose, a theme to be played out on the earthly stage, but as with any work of art, this theme can be expressed in countless ways.

If you consider your own past for a moment, perhaps you can see trends and events which seem to provide the foundational theme for your life. This theme will crop up repeatedly in various guises, whether through health, relationship, economic, parent-child or artistic challenges, to name a few.

Outside this central theme, your life will not be as beset with difficulty; other aspects will flow more smoothly. These areas of stability provide the sturdy foundation for your life's primary theme or challenge.

Now, this theme can play itself out in infinite ways. Whatever the fear that blocks your fullest happiness — and challenges are almost always expressed through fears, of happiness, success, intimacy, rejection, and so on — you carry potential for both triumphant conquering of that fear and miserable entrapment by it. Between these two extremes lie infinite gradations, of course. Your challenge is to work through the fear, to release its grip on your soul.

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The *Journal's* purpose is to offer a spiritual perspective on the issues facing our society in the transition between old and new orders; to educate and encourage us in creating our reality; to inform, enlighten, and inspire.

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Whatever your central life theme is, most often expressed through a specific fear, your master soul creates as many different outcomes of the challenge as one lifetime can carry. If you fear rejection, for instance, you could stagger from romance to romance, always behaving so badly that your partner is forced to reject you; you could cloister yourself as a celibate monk (real or figurative) and refuse to face and resolve the fear; you could struggle to understand your first few failed romances and resolve to change your outlook and behavior so you no longer invite rejection, even triumphing in the bliss of long-term relationship. Every potential outcome of a given life challenge will be "built into" the soul at birth, granting unlimited freedom to your conscious will as to how your challenge will be resolved.

Because each such probable self carries an identical core vibration, they do not spread themselves out along the vibrational continuum, living out their lives in realities foreign to your own. Rather, the probable variations on one specific self create a cluster of potential, riding the same probable track from birth to death. These potentials accompany you like ghostly companions, shadows of the future. To differentiate them from the probable selves living in different vibrational realities, we will call these probable variations on a single lifetime "multiple selves."

Each multiple self lives out its life in full richness and vitality, yet from the perspective of each multiple self, its brethren multiple selves are like dreams, rich with meaning yet somehow unreal. Each multiple self carries a different intensity to the core fear or life challenge to be worked through in a lifetime.

We cannot delve at length into the nature of events and how they are pulled into expression, but any "event" is a bundle of electromagnetic potential carrying a specific frequency and pattern. Your core vibration and the pattern of your thoughts link with those events most in harmony with their vibrational qualities, so you quite literally create the events of your life through the blend of core vibration and thought patterns. Each multiple self is "tuned" to attract events with greatest ease somewhere along the continuum between triumphant conquering of fear and paralyzed surrender to it.

To continue our example, if the core fear is of rejection, then one multiple self will be "tuned" to attract "rejection events" of a mild nature, easily overcome; another will be "tuned" to attract rejection more easily and frequently, requiring greater effort to conquer; yet another will be "tuned" so strongly

toward powerful, life-shattering rejections that successful resolution of the fear can come only through the deepest inner work and life-long effort.

Because you share an identical core vibration with your multiple selves, you can swim among them with the greatest ease. Indeed, you do this all the time; and at critical "portals" throughout your life have switched tracks, either as a result of having resolved a major challenge or having surrendered your broken spirit to it.

When you become a new multiple self, the vibrational matrix of your psyche naturally changes, and its degree of congruence with the matrices of others will be affected. You find old friends and family members falling away, those unable to join you in your life's new journey, while other friends and family members become closer because you have now become a multiple self in greater harmony with *their* patterns. Like attracts like.

If the change was so radical that no connecting strands remained to bind you to old friends and family then death might well be chosen in *your old probable reality* just so you could "cut the ties" completely, and you would then live out the rest of your life in a fundamentally different reality, building a new circle of friends and family.

The determinant is whether you make a minor shift or a major shift. With a minor shift, you merely collect a new circle of friends; with a major shift, you may have to literally "die" to your old friends to get them to release you from their thoughts, enabling you to embrace an accelerated life.

Perhaps you can look back on your life and identify the portals, points at which major decisions were made which forever changed the course of your life. Some portals' timing is culturally imposed, such as leaving home or choice of a college. Others, while fulfilling cultural expectations, are left to individual choice, such as choice of a job or choice of a spouse. Still other portals open up unexpectedly, either as sudden crisis or sudden opportunity, and here is where multiple selves swarm into awareness, offering their various potentials.

At such "portal points" the transition from one multiple self to another is easiest, for growth has somehow become hindered in your life's path, and a portal crisis or portal opportunity opens up to stimulate heightened awareness of and accelerated progress toward resolution of your life's chosen theme.

While riding atop the same core vibration, then, multiple selves are tuned to experience your life's chosen theme with varying degrees of ease or difficulty

in achieving happy resolution of that challenge. Because the intrinsic "tuning" of each multiple self attracts events in harmony with its vibration, perhaps you realize the importance your thoughts and beliefs play in attracting future events to you. Indeed, while many can resolve their life challenge happily without consciously working on "retuning" their psyches, understanding and implementing a program of deliberate "retuning" greatly accelerates the progress toward such resolution.

## The Mental Tune-Up

If your core vibration is implanted at birth and remains constant save a shattering burst of enlightenment, your power to alter the nature of events you attract to yourself lies in the other major determinant of those events, the vibrational matrix of your thoughts and beliefs. Here is where you can retune the magnetic attraction to life events, shift your position on the continuum away from "negative" events and toward "positive" results.

In truth, you are not so much altering your thought patterns as you are *deliberately opening a portal through which you ride to become another multiple self*. The self that is you now, today, will continue to play out its drama at your current level of event patterns, while you switch your consciousness into a multiple self whose burden is lighter.

This is not as esoteric or bizarre as it sounds, for as we have mentioned, you have swum through a number of multiple selves on your path to who you are today. We wish to emphasize that the process need not be entirely unconscious; there are tools to accelerate your growth toward higher states of being.

The primary tool for such work is affirmation. A consistent, daily program of affirmation retunes the nature of your thoughts, elevates them to a "higher" psychic atmosphere where you attract fewer "negative" theme-events to yourself, and when they do manifest you resolve them more consciously and easily. You are pulling yourself along the life-theme continuum, you see, deliberately rewiring your mental processes so your life theme finds less onerous expression.

Another commonly used tool for creating life events is visualization, where a specific desired event or object is burned into your mental screen as instruction to the psyche to manifest the object of desire. While it can be highly effective, visualization *will not work* unless the mental retuning described above has been accomplished. Events can manifest only where a psyche of

congruent vibrational pattern attracts them to expression. The groundwork must be laid first, the psyche's vibrational matrix accelerated to allow manifestation of the visualized event.

A detailed discussion of how to design an affirmation and visualization program is beyond the scope of this essay, and is available elsewhere. Our point is that the process of swimming through multiple selves need not be unconscious; through a consistent program of affirmation and visualization, your progress toward easing the burden of your life-theme and resolving it happily can be accelerated.

## Cosmic Freedom of Choice

We offer a world-view knowing no fatalism, determinism, or random chance. At every step, free choice informs the process. Your greater entity chose to experience earthly life in your historical period. Your master soul created probable variations on your life path along the many continua, the many versions of earth's progress, spread before it in infinite potential. And you play out one lifetime on one probable earth, while your multiple selves swarm around you like dream counterparts, offering a private continuum along which you play out your chosen life task.

Even here, even swimming among this infinite potential and freedom, you carry the power to transform your life into a version offering greater happiness and peace, for the price of five minutes a day in quiet affirmation.

The play of probabilities and multiple selves thus fulfills two purposes: It offers your greater entity the richly complete experience of a given theme played out in every probable variation; and it ensures your freedom by surrounding you with multiple-self compan-

ions, each playing out a unique version of your life challenge, and among which you freely swim, sculpting the life of your choosing as you strive toward the ultimate happiness lying in vibrant potential before you.

\* \* \*

## Q & A

*In response to last issue's rather stark projection of an increasingly chaotic and disintegrating social system, a reader wrote to ask, "What region is best for safety and survival?"*

It is natural to seek to avoid calamity, to climb to higher ground above the increasing chaos and disintegration of the social system. As a general rule, it is of course easier to ride out the worst effects of the transition by living in a rural area, some distance from the increasing anarchy of the city, and to derive one's power, water, and food from local sources not dependent on the larger system.

Having said that, it is essential to recognize that the transformation through which western culture now passes is the transition from a core value of *separation* to a core value of *holism*. All of western culture's cultural artifacts — the Garden of Eden, the Big Bang, capitalism, individualism — are expressions of the core value of separation. If you try to move through the transitional period while clinging to the separatist concern only for your own welfare, you simply perpetuate the system you attempt to flee.

What security can you know when the diminishing ozone layer allows the sun's unfiltered rays to destroy your

crops and scramble your genes? What safety is there when a nuclear power plant blows its meltdown debris around your sheltered cabin? What true happiness can be found bunkered behind barbed wire against the roving desperation of the unprepared?

The point is not to surrender to apocalyptic visions and carve an isolated shelter immune from the larger chaos. The point is to start building the new society, the new order, here, today, now. The pieces are all available; the technology exists; the philosophical framework exists for a life built on holism rather than separatism. By embracing this evolved philosophical foundation as your own, you will not only build a life in harmony with earth and her laws, you will also serve as an example when the old order collapses.

"Safety and security" are not found in fearful retreat to the boondocks, but in embrace of a higher way of life and an open-armed welcome of the frightened and desperate. "True security" will be found nowhere and everywhere — nowhere that separatism rules and everywhere that holism governs.

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# The ALEXANDER JOURNAL

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## Beyond Death's Door: Reunion and Integration

*A reader in his seventies writes, "Could you ask for a journal on the circumstances awaiting an individual at the end of an incarnation, at physical death?"*

*He goes on to ask:*

*"Does the individual consciousness return and meld in with the greater entity, and by what steps?"*

*"How long does the average process take, how long does the psyche remain in the direct physical system?"*

*"What different circumstances await an average person and, say, a serial killer?"*

*"How can the individual psyche integrate with the greater identity, retain its own sense of identity, and still relate to past and future incarnations?"*

*Because these questions will ultimately be important to all of us, they are used here as the basis for Alexander's discussion of our greatest adventure.*

\* \* \*

Of all the puzzles and mysteries confounding the human species through the millennia, few remain as vexing, as immune to scientific exploration, and as fear-provoking as what lies beyond death of the physical body. Needless to say, reports of those who have made the journey are rare and sketchy! Yet each of you has made the transition many times, and will do so again before the cycle of earthly existence has run its course.

Because we are on the other side of the veil, perhaps we can offer material leading to a greater understanding of the soul's progress upon release of physical form, particularly focusing on the questions posed above relating to the complex interwoven relationships between each individual soul and the larger bodies of consciousness of which it is a part.

### The Transition

Physical death occurs when the streams of energy binding consciousness, or the soul, to a physical organism are redirected away from the physical medium, back into the nonphysical dimen-

sion. This can happen abruptly, as in sudden death, or over a period of days and weeks if a gradual release of earthly form is chosen.

Imagine that each molecule of your body is sustained by a beam of intent from your higher entity, that beam of intent being a slender stream of consciousness of decelerating intensity as it approaches the physical plane, reducing its vibrational intensity to that frequency compatible with earthly life.

As you grow from infancy through childhood and youth into old age, certain strands will turn on while others are turning off, literally weaving your body's growth and change by the subtle but incredibly complex interweaving of these strands of intent.

At death, these strands of intent gradually cease blinking into the physical medium. The body's cells and molecules, freed from subjugation to the larger body consciousness, begin to assert their individual natures, leading to decay of the larger organism. This you understand, and is meant only as prologue. The far more fascinating process is what occurs to those strands of intent, for so long bound to your physical form, once their energy is redirected to the nonphysical realm.

### What is the Soul?

You recognize that each of you, every living being, has a "soul," an eternal and inviolate field of consciousness which animates your being, preceded your birth and will survive physical release. It has been common, among many religious traditions, to consider the soul as a duplicate of the physical body, and that based upon the moral flavor of your life, this duplicate body will find just reward in the spiritual realm, always retaining its sense of itself as the earthly form to which it was attached for however many years.

A more sophisticated understanding recognizes that growth, change, and evolution are immutable processes played out in all realms of existence, physical and nonphysical, and the notion of a soul either condemned or rewarded for all

eternity based on the actions of a few earthly decades would be monstrously unfair as well as numbingly static and sterile.

Yet the more sophisticated understanding that the soul is ultimately reabsorbed into greater bodies of consciousness carries with it an uneasiness, that the self you know as you might ultimately be extinguished, lost in the cosmic shuffle. To understand how we can have it both ways — an inviolate, eternal soul and reabsorption into higher entities — let's first look at what constitutes a single human soul.

Each soul is an amalgam of several components or influences, one of them primary and the others secondary. The primary element of each soul is the desire to experience a chosen theme through human form. The human drama offers many such primary themes — isolation vs. intimacy, principle vs. expedience, poverty vs. wealth, love vs. hate, body vs. spirit, and so on. The greater entity — that higher body of consciousness riding above the earthly plane and holding all incarnational experiences in simultaneous awareness — generally makes a thematic choice and creates a series of incarnations through which to experience that theme in its every aspect.

It is the *intent* of the greater entity to experience the primary theme in your time and place, through your person, that provides the bedrock foundation of the soul. No soul is neutral, then, here for the ride or to sight-see among the dazzling potentials of human life; underlying each lifetime is a primary arena of growth, the basic thematic motif through which experience will be filtered.

The next greatest influence on the soul is the life experiences gained from birth onward. Most life themes are enormous canvases upon which can be painted innumerable lifetimes of striking diversity, yet bound together in the common theme. Choosing the time, place, and parents of earth birth narrows this grand potential down to one small corner of the canvas.

Consider the vast diversity of the human race in its racial, lingual, sexual,

occupational, and family attributes; consider how narrow your experience with your one sex, one race, one set of parents and siblings, one or a few spouses, none to a few children, and so on. Each soul represents a larger theme focused with laser-like precision into a specific arena offering a unique crucible for learning and growth.

The experiences you have from birth onward further narrow the range of potential. Whether your parents are loving, harsh, or indifferent; whether you have siblings and how you relate to them; the nature of your schooling; your ability to get along with others; the person you choose to marry; your children (with their disparate life themes not always congruent with yours!); your occupational choice, and so forth, all represent slender strands of potential pulled into actualization from the vast sea of probabilities in which you swim. Even given the same parents, economic status, and early childhood experiences, imagine how many different ways your life could play itself out; how many choices you have made to reach today, while other paths were not taken.

Here is where we come to an understanding of what constitutes the inviolate "you" retaining its individual sense of identity throughout eternity. You understand that the physical system operates as a swarm of electromagnetic energy; that your body is itself a grid of fleshed-out electromagnetic patterns which you perceive as the various organs and features; that you operate in the physical system according to the laws of electromagnetism. Out of all the probable variations on your life path swarming about you in pregnant potential, *only those actually pulled into physical manifestation are imprinted in your energy field as electromagnetic "memory."*

In other words, whenever you make a choice and pursue a certain path, the events you draw into physical reality are "encoded" as electromagnetic information in the swarming energy fields circling the physical body. This is where memories are stored, not in the brain. As you grow and age, these electromagnetic memories build up like a library, a private record of every moment of your life. Their combined flavor or tone greatly influences your future, for it is far easier to pull into manifestation events in harmony with your bank of memory than to choose a radically different path.

Since probabilities exist as swirling bands of electromagnetic potential, and since like attracts like, a probable event aligned to your body's stored energy pattern is much more likely to be pulled into manifestation than one of highly

dissimilar pattern.

So your private "library," the record of your life's events, is recorded and maintained in perfect fidelity throughout life. It distinguishes you and your experiences from the far greater probable potentials swirling about you. And upon physical death, it serves as the record of your life which remains forever inviolate and unaltered, for it joins the far vaster "library" of human memory where every life is "stored," available for examination.

So is this record, this electromagnetic diary, really "you"? No. Just as your written autobiography or journals record your life without literally becoming it, so does this electromagnetic autobiography retain its record of your life without the soul's involvement. Who you are today does "live" forever, in the sense that your life's record retains eternal vibrance, but the essential you — the soul — must continue its growth.

Other influences on the soul, beyond a chosen life theme and childhood experience, are more subtle. Chief among these is your reincarnational selves bleeding through with information about their experiences. Since these reincarnational selves are all tied to the same greater entity, they will carry the same basic building block of the soul, the same life theme. Each will be born into a different time and place on the linear time continuum as sprouts of potential growing toward mastery of that theme.

Naturally, then, there will be some exchange between you and your reincarnational selves, sharing as you do bonds to your greater entity and a common life purpose. Because bonds between such selves are most often so tenuous and subtle — as tightly focused as you are on each given lifetime — information will be exchanged in the dream state, where the soul's gaze is directed away from earthly life and toward the realm of consciousness. (We can read your letters already — "What if one soul is in a sleeping body while the other's body is awake?")

Like reliving a shared experience with friends or family by telling it over and over, your soul exchanges information with its reincarnational souls as a way of ensuring that balance is maintained within the greater theme; to determine which souls have successfully "triumphed" over the adversity planted at birth; to learn what "works" and what doesn't when it comes to successful navigation of the life theme.

The traditional model of reincarnation, as a series of lifetimes planted at intervals along the linear time continuum, is inadequate for this discussion. For all such reincarnational lives exist "at once" from the realm of the higher entity,

outside the space-time framework, and therefore a "primitive" soul can be planted ahead in linear time of a more evolved soul. The higher entity's only intent is to design a cohesive, well-rounded experience of a given theme; thus it plants souls of greater or lesser spiritual evolution scattered along the time continuum. Your "next" lifetime in linear time might not represent progress at all from the standpoint of who you are today!

Your higher entity determines the relative spiritual evolution of each soul by "tuning" the energy fields surrounding and within the body at birth to a specific configuration. This influences the way you think — how evolved, how primitive — and the nature of the events you will most likely attract into manifestation.

Taken together, then, the "soul" is composed of a major life theme, a body "tuned" to think and attract events within a certain range of experience, the record of events carried in electromagnetic vibrance, and communication with reincarnational and probable selves. While the "record" remains forever "you" within the master library, the essential "you," the you who thinks and feels and grows, gradually releases identification with your physical form and climbs into ever greater realms of experience and wisdom.

## Reunion and Integration

Once the electromagnetic "ledger" of a life has been imprinted on the universe, the soul's essence begins the process of reintegration with its greater entity. If each life is an offshoot of its greater entity, a seed planted in the fertile soil of human experience, there to sprout, blossom, and wither, then at physical death the essence of consciousness animating that form begins a journey homeward.

Immediately following death comes a period of readjustment where the thought processes, sensory impressions, and physical manipulation which mark earthly life are gradually released. The facade or camouflage of assuming physical form is not stripped away at once, leaving the soul bewildered and shorn of its familiar modes of absorbing and interpreting information; instead, with the aid of spirit guides the soul is gently eased out of its customary patterns.

Many near-death survivors report visions of tunnels with warm, glowing light beckoning at the far end; reunion with loved ones; and a feeling of intense love and warmth surrounding them at the point of transition. This is all part of the "play" enacted by the soul's spirit guides



to ease the transition. There are no tunnels in the nonphysical dimension, needless to say. But the image of a tunnel is a powerful metaphor for the journey awaiting the soul, and the welcome glow at the far end encourages the soul to hasten its release of physical form and the seductive pleasures of earthly life, to move quickly and without conflict toward reintegration.

Reunion with loved ones, if some years have passed since their death, is another comforting fiction offered the departing soul. Since those loved ones have moved on into higher realms of spirit, and have lost their identification with the bodies and personalities they wore on earth, they cannot "step down" to their earlier form to greet one they loved on earth.

But since they left behind an imprint of themselves, and that imprint carries all the happy and intimate memories of time shared with the newly departed soul, a spirit guide aiding the transition can "animate" an imprint, can "hallucinate" it into sufficient vibrance and realism that the newly departed soul interprets it as reunion with the loved one.

Gradually the limitations and physical focus of earthly life are sloughed off. This initial period, which lasts anywhere from a few minutes to months or years depending on the soul's attachment to earthly life and willingness to release it, is not the time to review the life and consider its moral balance sheet; that comes later.

The initial adjustment period is first experienced as being surrounded by pure, total love and warmth; embraced in a cocoon of unconditional love. This loving sensation, pure and intense, eases the transition for it surpasses the fractured, strings-attached relationships, however loving, most people experience on earth.

As the soul is gently relieved of the facade of physical life, with its dependence on sensory impressions and physical manipulation, the soul comes to accept that it has now released that limited framework and must continue its growth in the realm of pure consciousness. Here it delights in finding that thoughts are transmitted instantly from one to another without the need for symbolic speech or fumbling gestures; communication between two souls is infinitely richer and more vibrant when instantaneous transmission with full fidelity of meaning takes place. So much more material can be transmitted in a given time: the material in a book taking you hours to digest can be readily absorbed in seconds in the realm of pure consciousness.

## The Life Review

Once the soul recognizes that release of earthly form means gaining these new and delicious powers, it eagerly embraces growth toward its greater entity, its source. Before that reintegration can occur, the soul must review its past life to extract the lessons learned, to tote up the merit badges and demerits accrued, to determine if the world was better or worse off for its participation. This review is always conducted with the counsel of spirit guides of a higher plane than those aiding the transition (who might be considered spiritual midwives as compared to the sagacious insight of the higher guides).

Karma is incurred when intent to cause harm is married to action bringing harm. Both intent and action are necessary to create karma, meaning a bond with another soul who has been harmed by your acts. Merely pondering doing harm to another without following through won't incur karma; accidentally bringing harm without the intent to do so also carries no karmic weight. Intent to do harm plus an act committing harm equals karma. Once karma is incurred, the soul committing the harm and the soul so harmed are bound in a relationship until the karmic bond is released.

The concept of "good karma," of performing noble, worthy deeds in order to tilt the scales in favor of your soul's growth, has no validity in the process, for acts committed out of love create no bond, no relationship which must be worked out in the future. Such acts are karmically neutral.

While it is comforting to imagine that you and your loved ones will spend eternity together, in truth a loving relationship based on mutual respect and appreciation carries no karmic weight, for no harm has been done. Even in earthly life, true love releases, allows, sets free. Only a relationship carrying negativity must be recast in another shared lifetime.

So the soul's review of its life experiences will look first to how the life theme played itself out — in triumph, defeat, or a simple refusal to effectively deal with the challenges created. On balance, were challenges met head-on and effectively mastered or was the life a series of defeats and increasing despair?

If the soul mastered the challenges, triumphed over them, then the particular "slice" of the master theme played out in that life will be considered "resolved" by the greater entity. If, however, challenges were not surmounted effectively, and the life ended with an overall cast of defeat and hopelessness, that particular

"slice" must be recast into another lifetime before it can be reintegrated into the greater entity.

This does not mean that the same soul must reincarnate; it simply means that the greater entity sends down another shoot in another place and time but with life circumstances similar to those of the life just released, as another attempt at resolving the challenges to be resolved before reabsorption is possible.

The next step in a life review is to examine its moral balance sheet. On the whole, given that no perfect human being has yet to grace the earth, how do the moral pluses and minuses add up? Were principle and integrity maintained in a world full of seductive expedience and easy compromise? Was love the motive and effect of your actions toward family and others, or did you bring harm? Did you respect the earth and its creatures, or consider them fodder in pursuit of private gain?

Most lifetimes balance on the "good" side of the moral equation; for great compassion and understanding are offered souls releasing earthly life: human life is a struggle, is meant to be, and this is taken into account.

If the moral balance is in the soul's favor, the soul can move on to the next step of its life review. If, however, the soul committed such heinous and brutal acts while in human form that the moral equation is in the negative, meaning that massive karma has been incurred, the process of life review effectively ends as further soul growth cannot occur until the karma is cleared up.

You see, the process is one of gradual release of a specific personality and appearance, and reintegration with the greater entity. If a specific personality caused great harm while in human form, then before reintegration can occur that karmic debt must be paid.

In this instance, a new offshoot will be created more as a vehicle for the specific personality to "try again" than for the more general purpose of mastering a life theme. The new offshoot will be linked with the "imprint" left by the soul upon death, for the imprint carries

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awareness of all relationships, all brutality committed against others. So a new life will be created, and those harmed will frequently be born in relationship to the perpetrator, each such "companion" also linked to its imprint, so the residue of the past brutality ripples through the new life together.

This is the closest the process comes to the traditional model of reincarnation being a recycling of the same soul from body to body. In the case of great negative karma, a new bodily vehicle is prepared; and while it hosts its own "soul," that soul is inextricably bound to the imprint left by the perpetrator's life, and must "work out" the karma incurred.

If the life review passes the stages of effective mastery of the life theme and a healthy moral balance, the next step is to review relationships. For this more than anything is the crucible of human learning and growth, as well as heartbreak and despair!

Relationships are reviewed for their depth of intimacy, whether they were based on respect or derision, whether you "used" people to gratify your own needs or offered them freedom and affirmation. Since this level of review is above the issue of karmically bound relationships, the question is not whether great harm was done to others, but simply what the overall flavor or tone of your relationships with others was. It is quite possible to sail through life never forming any strong attachments, meaning no karma is incurred, yet such a life is bereft of the richness and growth of a life packed with vibrant relationships.

If there are relationships where love was sullied with jealousy, occasional abuse, or private gratification, frequently those involved will agree to recast themselves together in another lifetime. This is not the same as two karmically bound souls who need to erase the bond be-

tween them; instead, it is simply a way for two souls to enrich experience of their life themes by playing different roles at different times and places, like buddies who alternately cherish and antagonize each other as they share adventures.

## Reintegration With The Higher Self

Once relationships have been reviewed, the post-life review is completed. At this point the soul, which through the review has retained its sense of itself as a distinct personality and body while on earth, can release this narrow focus and move upward toward reunion and reintegration with the higher self, the greater entity. This idea causes many discomfort, as if they will be "snuffed out" at some point in their spiritual growth, tossed into a melting pot of sundry other souls, there to lose all sense of identity.

We might ask, was it not a healthy step to release the infant's inability to speak and communicate with others? Was it not healthy to release childhood's self-absorption for the worldly concerns of adolescence? Was it not healthy to release fear of the opposite sex to embrace it, to build family upon a sturdy bedrock of love and intimacy? Was it not healthy to release your children in their time, to allow them to begin the family cycle anew? Was it not healthy to release your focus on occupational success, to wind down a bit in old age and savor life's simple pleasures?

Why should the growth stop? Why should a soul wish to forever cling to its sense of itself as one name, one body, in one time and place?

Upon reintegration with the higher entity, each life becomes as a day in your life: you look back at the days past,

some sublime, some horrific, some uneventful, some cataclysmic; yet while you agree that each of these days has helped form who you are, you do not cling to them as the sole measure of your identity. So is it with the greater entity: your life becomes a day, a flow of moments in the eternal swarm of activity, a unique and precious store of experience held in eternal vibrance.

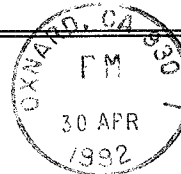
We can look "back" and recount our human existences, but we would not wish to identify ourselves with any one body or personality or time period. We call ourselves "we" because all such human incarnations have been fully integrated into who we are; the pronoun "I" is too narrow to hold the fullness of our being. We can "remember" our incarnations because they retain full vitality within our larger gestalt of consciousness, just as you can recall past days. Yet we are so much more than the mere sum of our human incarnations, for we carry those memories into ever greater heights of growth and exploration.

Such is the path awaiting you, friends, upon your release of human life, when the long incarnational cycle is finally released and the ignorance and awkward groping of a primitive soul has transmuted over millennia to the calm wisdom and peace of the enlightened. What is there to fear of death, when it opens the portal through which you soar to such exalted realms?

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# The ALEXANDER JOURNAL

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## EDUCATING THE WHOLE CHILD A Dialogue With Two Alexanders

*This issue features excerpts from a discussion between Alexander and psychologist Alexander W. Astin on the crucial issue of education. Dr. Astin is a professor and Director of the Higher Education Research Institute at UCLA, has received numerous honors for his research on American college students, and has authored 17 books. His current interests focus on educational reform and the role of values and beliefs in American education. The transcript begins with Alexander's opening remarks.*

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**Alexander:** Consider first that there is a vast library containing all knowledge and this exists in the nonphysical dimension. It exists at a vibrational frequency which is far above the physical system. Because you have chosen to briefly experience the physical system through the illusory impressions of your senses, you aren't able to access the information in the library with complete fidelity — just as happens to you in the dream state, where information may be imparted to you which is of a quality so different from your everyday experience that your brain struggles to paint a sensory picture of that information.

The same occurs here, where there is a fount of all knowledge somewhere but it isn't intended that it be readily accessible to you because the reason you have chosen physical life and particularly human consciousness is to deliberately shield yourself from that information, and to build models which approximate or replicate that sensed greater knowledge which you can tap into only in the dream state in full fidelity.

So the process of growing up in any culture is one in which a child is trained to accept that certain models, certain frameworks of knowledge, have a fundamental validity and truth to them and that the child's explorations must be channeled inside this framework and not outside it. You can think of different human cultures as taking this library of knowledge and pouring it into vessels of different shapes and sizes and colors, meaning these different models that each culture has, and seeing what new varia-

tions can be devised atop the accomplishments of a culture up to the point of a child's birth.

What you're aiming at with all these different models is to try to harmonize your cultural framework with the information in the master library. Yet, because you can't directly access the information in the library, you could never simply compare one next to the other and see the degree of harmony.

The way you know whether there's harmony or disharmony is whether a given framework results in ideas or technologies or art which nourishes and supports and allows an easy growth into ever greater heights of knowledge, and does so in a way that supports the people and the environment in a positive way; or, if a culture's basic framework is greatly discordant with the laws and concepts in the master library, then this will manifest as a discordant, disharmonious, unbalanced culture which both damages its children and damages the environment that it lives in.

In other words, the basic foundational building blocks of a culture are just ideas that you use to build, like the foundation of a house: you start with the basic concepts and then you build on top of that. It's as if we showed you a picture of a building and then we blindfolded you and put blocks in front of you and said, "Now, duplicate the building that we showed you." By assuming the camouflage of a physical system, you deliberately withdraw from direct access to the master library; yet at the same time you set about trying to duplicate it in a much cruder and more limited fashion, and noting the results.

Over the sweep of time and with the great variety of human cultures, you see which cultures managed to build cultural frameworks that were in harmony with universal law and which were disharmonious. The purpose of human consciousness is to deliberately blindfold yourselves and attempt to duplicate that sensed but unseen knowledge in the master library.

So the process of education ideally should be the dissemination of core concepts which are in harmony with

natural law so that the child has a foundation which makes sense to his inner experience. Children have very vibrant inner lives; there's a lot of information that bleeds through which would be suppressed later in life. And the question is, to what extent does what happens outside the child's body and mind conform to what's happening inside?

In your culture, there's a great disharmony, there's a great schism; this is what creates fear in children and their compliance, their willingness to conform to external structure, their willingness to put aside their urge to run and jump and be spontaneous, their willingness at the age of six or seven to sit in sharply defined rows, is because there's a great discordance between the inner life and outer life, and they fear the loss of their parents' love and of social approbation.

The way they handle this fear, since western culture as a whole is so externally focused, is they focus on conformity in an external fashion, of doing what they're told and being good boys and girls. So ultimately the disharmony that's felt inside will be lost because the inner life will simply be abandoned and in its place will be someone's idea of important information that the child absorbed.

The key element that's lacking in the western approach to education is there's nothing that links with, stimulates, or validates the child's inner life. It's all the external dissemination of factual material. It isn't a drawing out, it's just a pouring into, as if the child were an empty vessel. But every human consciousness is plugged into the master library. So what you're doing ideally in education is not pouring information into an empty vessel, but stimulating some trigger which is going to fire up into that master library and draw down that information.

If you think for a minute about the process of education, let's say mathematics — they couldn't learn that two plus two equals four unless it were already there. You're simply validating knowledge that they already have; you're confirming what's already there. So you might say that everything there is to know is already accessible to everyone

and ideally the process of education is one of stimulating the child's inner life and enhancing that natural connection to the master library. And the child, who will always have a private life purpose and a private occupational path chosen, will naturally find some stimulation in the area that he has chosen and will tend to concentrate on pulling down that knowledge.

So education should be a give and take. Certainly any human child, having accepted the camouflage, does not have total and immediate access to this master library and needs to learn the cultural framework in which he lives. But at the same time there should be a give and take; the teachers and parents need to explain. This is how it's done, this is our framework. But then allow some space, some area of inquiry in which rather than saying, "this is reality, this is how it is," to encourage the child to think about and explore these issues on his own and see what he comes up with.

So you validate the fact that the child has an inner life and you accept and appreciate and cherish the products of that inner life as he relates them to you through art or through his thoughts. Education then becomes a dynamic process, a symbiotic exchange, rather than the "filling an empty vessel" model which is what you have now.

*Alexander W. Astin:* How would a school or a teacher or a parent know what that inner life of the child is? How do you develop that empathy?

A: First, as an observant parent you might have known when your children were little that they tended to enjoy certain activities more than others, they tended to find themselves drawn to certain themes more than others. They certainly excelled at some things better than others. So rather than imposing an external model of "You must get straight A's in school and be a football player" atop the child regardless of his inner life, you would sit back and just watch and look at the art he creates, and look at the friends he makes, and look at the books he wants to check out of the library and the television shows he is drawn to and so forth. And you will see a theme emerging which will be the theme for that given life.

That means that this is where the inner life is strongest and where the dynamic should be mostly drawing out from the child his inner life and less of you imposing the given knowledge in society, as opposed to other areas of that child's life that he is not so strong on, that aren't his main theme, and in this instance it's acceptable that there should be a greater external offering of information and knowledge because there isn't

much inner fire related to a given theme.

For instance, if you have a child who is strongly musically inclined, then you would shower the child with music of all styles rather than saying, You should listen to this. You would find the musical instrument that the child feels most comfortable with. You would find a teacher who will teach the child how to play the instrument but without imposing a certain traditional style, allowing the child room to improvise and to express his inner life through the music.

At the same time, if it were apparent that the child was strongly musically gifted but wasn't so interested in mathematics or in languages, then you wouldn't need to offer such a great breadth of potential to the child. You could simply say, Here's how to do fractions, here's how to do algebra, and here's your English lesson. And it won't matter so much in that case because you aren't invalidating the child's inner life by simply offering the material as it's already extant in society.

So it's a subtle process of observation, initially, up until the child is about six years old, when these themes will certainly have manifested. And then deducing what the theme is, what the strong inner life is about, and allowing maximum freedom and maximum exposure in that particular area. And in other areas where the child isn't so involved, it's simply a matter of offering the bricks and mortar that he needs in order to function in society, the basic mathematics and the basic language skills and so forth.

AWA: I take it that you're saying that the very young child is more in touch with the library in a sense, more directly in touch and that that's manifest in the inner experience of the young child. What happens to that interface with the library as a person grows up?

A: Perhaps we misled you with what we said earlier. You see, the library, being information, is of less value to a small child than it is to an adult because the small child's cognitive development is that much less farther along. So he's not in a position to really process information as in facts and figures and concepts and so forth.

What he receives is more bursts of energy — amorphous, very broadly painted bursts of energy particularly related to his life theme. There will be information about past lives and so forth, everything that he needs to know to establish the framework of his current life.

The energy patterns of the small child's body are not as finely focused on physical life as the adult's, and therefore he is open to more than just the informa-

tion from the library. It's all of his reincarnational experiences and whatever selections were made in his prebirth planning session and so forth. As a whole the child is more open to everything and the library is part of that everything. But it isn't that he has a more direct or more highly developed channel to that master library than an adult.

Our point is that because there's no or little validation of the inner life of children — they're seen as empty vessels rather than as complete souls in small bodies — all of those connections atrophy on the road to adulthood. The connection to the higher self, to psychic information drawn in by the higher energy fields surrounding the body — all of this information will gradually wither away and the only access that's left is in the dream state.

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AWA: I sense in our higher education community a growing awareness of the need to break down some of the dualism and separatism of knowledge versus feeling or spirit; and that there is a growing tendency to say that, yes, we have to attend to the spirit, we have to attend to values and beliefs, and we have to start concerning ourselves with the moral side of education. One of the issues I wanted to raise with you was whether you think that the educational system is a place where we can properly deal with these questions.

A: The place to properly deal with these questions is in the home when the child is young. It's too late by the time a young person is in college if there hasn't already been a cultural framework in which there is a synthesis among the different components of life, reason and technology and spirit and emotion and so forth, and the understanding that these are all part of an indivisible gestalt.

So it would certainly seem better late than never in college, but if the family hasn't created this understanding already in the child when he's young it will seem as if spirit and emotion are rational concepts that somehow have to be harmonized with the other pure rational concepts being offered, rather than understanding that they are other components of the human psyche and that a truly balanced individual and a truly balanced culture will never find itself in a situation where one aspect is emphasized at the expense of the other.

You always get a reflection of your intent in the results of your actions. And when those results bring what you would call a negative reaction, you're meant to examine your intent and the process through which you engaged in order to determine where there was a breakdown

in operating with natural law. So the best place to inculcate that is in early childhood where it's already integrated in the child.

The process of growing up in your culture is to atomize the child's psyche and to say that on Monday through Friday you will learn facts and figures, and on Sunday morning you'll get a little dose of spirituality. Your culture's Constitution mandates the separation and you're not permitted to speak of spirituality except in an abstract way, studying ancient religions, but you can never practice spirituality within the public school system.

So the child learns that the inner harmony he feels, the totality he feels of his spiritual nature and his reason, his intellect, his emotions, they're not permitted; it's right there in the founding documents of the culture. They're not permitted to operate in harmony; they must be split.

AWA: I understand your pointing out the importance of family and early childhood. I guess my problem in trying to come to terms with that is that we have in this society the ability to reproduce ourselves and what I long for and hope for is that some one or more of our institutions will become more enlightened, more conscious, and intervene somewhere in this reproductive cycle.

I see education, particularly higher education, as one place where we might intervene in this cultural reproductive cycle to perhaps not look at our students so much as children but look at them as prospective parents; to look at our teacher training programs as having a direct influence on very young children; to look at our students also as the next generation of leaders, and so forth. And perhaps we can begin to change this cultural reproductive system. I don't know whether you think there's any hope or promise in that view or not.

A: It would be of value if training for parenthood and for teaching small children were to evolve into a more integrated approach, but you see, it's as if one generation must recognize the faults and the lacks in the way they were raised and even though it's too late for them to change inside themselves, to reparent themselves and have that feeling of unity and harmony with all of life, it is possible to offer techniques for raising their own children so that the next generation would not be similarly damaged.

There's always a transitional generation any time there's a social change, where it's recognized that what was inculcated in the past is wrong or doesn't work or is harmful, but that it's too late for the generation realizing that to go back and restore wholeness to them-

selves. But what they can do is make a conscious effort to raise their own children differently.

So it's a three-generation process: you have the children who are atomized when they're small children growing up and recognizing that there was something wrong with the way they were raised, then going about and consciously developing techniques to raise the next generation to have that harmony restored.

It's almost as if you're faking it, almost as if you're playing a role and as you parent small children, you pretend to be in harmony with nature and pretend to be totally in touch with your creative impulses and so forth, so that your child watching you will say, oh, okay, it's okay to feel in touch with nature, it's okay when I feel that instantaneous bond with every animal whose eyes I met, and it's okay when I finger paint, and everything I do to express my creative impulses is okay, because Mom and Dad are doing it too.

So in a sense you play a role, you play the role of an intact, wholly integrated person so that the child watching you will know that it's acceptable to be a whole, intact person and will not have to mutilate himself in order to please his parents. So it is possible but it requires constant effort because it requires constant role-playing.

Just as in another dimension of society, for instance, the way boys have been raised to not expect any warmth or touch from anyone but their wife or their girlfriend, and they come to fear contact from other boys and from other men. You're in the transition generation now where you can raise your sons to be different, to know that they should follow through on their impulses to embrace their friends and to share just as much affection with their friends and with their parents and other men who are friends of the family, as a girl would be allowed, even though it may make the parent uncomfortable to watch.

It might make a father bristle inside to watch a son hugging his friend. The father simply has to suppress that and slap a grin on his face and not let the child know that he's bothered by it, because he recognizes intellectually that his being bothered by it simply reflects his own damaged psyche and that in order to raise his son to be whole, he has to deliberately override his training through a constant intellectual guardian which makes sure that the way he was raised doesn't pollute the way he raises his sons.

So it's the same process, where any generation that recognizes it's been damaged in a certain way can raise its children in a new way, but to do so

requires a constant vigilance on the part of the intellect.

AWA: I was interested in something that you said very strongly in the *Divine Grace* book about certain kinds of information, as I recollect, was genetic engineering and atomic engineering. You had some very strong feelings about that and I guess I was wondering, are there classes of information or kinds of information that we shouldn't have or we shouldn't have access to; or knowledge or wisdom that we ought not to have? I wasn't clear on how that fits in with the idea of our trying to get access to a library of information.

A: It's simply that the process, which is splitting the atom or splitting the genetic code, is a violation because it's based on the western core concept of separation and division; and trying to divide and divide and divide and split and split and split instead of growing toward wholeness. The intent is always to divide and divide and divide into increasingly small fragments.

There's also a great arrogance and belligerence in presuming to manipulate the atomic structure of the earth material and to presume to scramble genetic material. It isn't your place, "your" meaning the human race. It isn't your place to manipulate such fundamental processes. And in a healthy culture, those processes would never even be developed because even if people thought about them they would recognize the violation and wouldn't do them.

It would be like saying, We could learn a lot about AIDS in children if we rounded up children and injected them all with AIDS. You could, but the process would be a heinous violation and it's the same thing here: there are simply certain boundaries that should not be crossed, and those lines have been crossed, and the result will be a negative reflection so that you will understand that the process itself is a violation and should be abandoned.

AWA: I see, so it's not a matter of not having the knowledge, it's a matter of misusing it.

A: Knowledge in the library is neutral. It's simply information like information in a book. But there's a funda-

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mental ethical, moral, spiritual set of principles by which you are meant to live. And building a culture in harmony with those principles, there's things you simply understand you shouldn't be doing. You don't experiment on human beings. Someday you won't experiment on animals any longer.

So the point is not that there is information you shouldn't have, but that if the process of acquiring the information is a violation, then you will have a negative result accruing.

AWA: So the means and the ends have to be moral, not just the ends.

A: Yes, because any act fueled by a principle that's disharmonious with natural law sends out disharmonious vibrations which ultimately rend the social fabric. So no matter how worthy the goal appears to be, the process may well end up creating more damage than achieving the ultimate goal creates good. So there does need to be an absolute sympathy between intent and process.

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AWA: How do you decide on what constitutes natural law?

A: You can do two things. You can observe nature, simply observe the way animals and plants conduct themselves and particularly the way they handle energy, and then you can extrapolate that to human society.

For instance, are there gross disparities of wealth in the natural world; would one plant or one group of plants be hoarding all of the energy in a given area for themselves and all the other plants be starving? You don't see that happening; you know that your social system, which allows energy to be absorbed by a very small minority of the population while others starve, is in disharmony with natural law because you don't see that in the natural world. You

see cooperation, you see always an attempt by nature to balance and distribute evenly whatever energy is in a given area. That's just an example.

So there's observation of nature, which will teach you all natural law, and there's attempting to build in your own life, personally and in the social life culturally, a philosophical framework and going out and testing it and seeing what the results are. Does it make people strive to achieve their greatest potential? Does it make everyone happy? Is everyone well fed and clothed? Is the environment respected? Or do you find negative results accruing? If there's negative results, there's a disharmony with natural law so you go back to the drawing board. So there's two ways you know: one by observation, the other by testing.

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AWA: I'm intrigued with this bank of knowledge or information that you mentioned. In your case, where do you get your information about our planet? Do you get it all from Ramón or where does it come from? Do you have access to other sources of information about what we do on this planet?

A: We have several sources. One is that we had human incarnations and so there is embedded within our gestalt of consciousness that basic understanding of how the physical system works, how you experience the illusory material plane as a rock-solid field.

For specific information about what's happening now we do depend on our host to keep apprised of what's happening because any event will be a symbol of a deeper process and through collecting these symbols we're able to draw conclusions as to which probable version of western culture's progress we are addressing.

While we are in relationship with our host, we're pretty firmly focused in his particular reality. But when we are not directly in that relationship, all probable versions of his life and of the larger culture's life are pretty much apparent in equal validity, so we depend on his absorption of cultural events to know which particular slice out of that probable potential we're addressing.

Our access to the library is not total and absolute because we aren't yet at that frequency of vibration where it would be totally accessible. It's a matter of gradations of vibrational frequency, from the master library being the sum total of all knowledge vibrating at the fastest possible frequency, and then there being levels on nonphysical dimensions and then levels within physical dimensions, all of which represents a gradual slowing of the vibration. At each level of slowing, the information can be apprehended less in its full vitality and more cloaked in symbol.

So the process of our getting information would be sending up requests that a certain body of information be made available to us, and then it will in a way meet us halfway and we can deliver that information. But it isn't a direct access into the absolute highest levels of the library, it's more a request for a given body of information which will be delivered to us in a frequency that's in harmony with our present level.

Join Ramón Stevens and Alexander at the ninth annual Rocky Mountain Seth Conference, to be held September 23-27, 1992 in Winter Park, Colorado. Private sessions with Alexander will be available (when Ramón isn't in the hot tubs). Contact the Rocky Mountain Seth Conference Committee, 640 East Grand Avenue, Englewood CO 80110; (303) 761-0217

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# The ALEXANDER JOURNAL

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## CROP CIRCLES, MUTANT PIGS, AND AIDS Answers to Readers' Questions

*For this issue we dig into Alexander's mail box and share questions from readers received this year. While we are unable to offer personal responses from Alexander, this annual question-and-answer issue offers an opportunity for him to respond to queries of interest to all.*

*Please note that effective immediately the new address for all correspondence is: P.O. Box 5062, Arcata, CA 95521.*

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*What information can Alexander offer about the crop circles in England?*  
— R.L., Needham, MA

We can offer a few perspectives on the crop circle phenomenon; a fuller explanation must await another day.

Consider first the effect of the crop circles on both the public imagination and the guardians of scientific dogma. The public is enraptured, puzzled, mystified; while the deans of science are apoplectic. The very absurdity of the theories they propose to explain away the phenomenon underscores the severe and artificial constraints under which western science operates.

There is so much else science can't adequately explain — anything having to do with consciousness and the spirit, for instance — but because science rarely acknowledges the existence of such non-physical phenomena, crop circles offer a physical phenomenon violating the known laws of science.

The question the crop circles pose to society, then, is: Do we twist the known laws to the limits of absurdity in order to make this phenomenon fit within them, or do we acknowledge the limitations and failures of those limits?

England is the site for most crop circle activity as it represents the region of the world where the character of modern western culture was forged — suppression of emotion, rigid sex roles, submission to authority, bureaucratic religion, and so on. Life in such a society is like a pressure cooker ready to explode: pressure must be released to avert disaster.

The crop circle phenomenon is just such a release: a subject of mystical

wonder, trigger to countless theories explaining its origin, all beyond the choke-hold of religious and scientific dogma. Where repression is greatest, the need for phenomena confounding the official version is reality is also greatest.

This much we can say: The patterns of the crop circles represent mathematical formulae, or new patterns of vibrational energy portending shifts in the earth's energy fields to occur over the next century. Certain new vibrational patterns are being "tried out," as it were, upon the earth's surface.

Just as adolescent hormonal imbalance brings an outbreak of unwelcome features upon the skin, so does the earth when working with new energy patterns give surface expression to its vibrational acceleration. You will note that the patterns grow more sophisticated and elegant with each passing year, your clue that these new vibrational patterns are growing in sophistication and strength, and that after this experimental period they can spread to change the vibrational field of the entire planet.

We realize that we are not addressing the questions of interest to many: What exactly causes the crop circles? Are "alien" forces involved? Were we to offer specific answers, the central importance of wonder and mystery might be stripped away; you would have a "rational" explanation and could rest easy.

As you stand on the brink of a new world order, you need such phenomena to remind you of the immense complexity of your universe and how little you know of it; you need phenomena which bring delight and wonder and mystery and confound the guardians of scientific dogma; you need patterns of striking beauty and sophistication appearing overnight in corn fields to reawaken your child's wonder at life.

Your reactions are an essential element of the larger phenomenon, which any "rational" explanation would strip away. For us — for anyone — to offer such a definitive explanation would therefore bleed the crop circles of their power over your imagination and rob them of their meaning.

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*Will the fact that instinct resides on the host consciousness level prevent the genetic engineers from creating monsters?*

— L.C., Spokane, WA

Not necessarily.

We have stated before that the body's form is maintained by its nonphysical twin "blueprint" and that a constant stream of information and energy between the physical body and its blueprint is what maintains your stance in the physical world. Growth from birth to maturity is regulated by turning on and off certain strands of vibration pulsing from the nonphysical blueprint.

These find reflection in the hormonal regulators of growth; that is, once a process has been initiated — puberty, for example — it can largely be handled and moderated on the physical side with less of a direct influence by the blueprint.

You recognize that through design or "accident" you can alter your physical body. You can tattoo it, plastic surgery it, amputate it, sever its spine, lose sight and hearing, and so on. Through conscious or unconscious choice, yours is always the power to manipulate the body's form and appearance, and this choice overrides the blueprint pulsing from the nonphysical realm.

The "phantom leg" phenomenon, in which amputees feel sensation in a limb they have lost, reflects that the limb is still vital and functioning on the nonphysical realm, but no longer animates a genuine limb in the physical realm.

Instinct arises from consciousness, not from genetics. The genes are the handmaidens of corporal creation, translating instructions from the nonphysical blueprint into specific protein sequences building up animate form. Instinct, memory, emotion, love — these all exist in the realm of consciousness, and are not controlled by nor bound to the genes.

Your power to manipulate your bodies, and the physical world in general, is of the highest importance in ensuring your absolute freedom to create your reality, to manipulate matter and produce physical reflections of your thoughts. As mentioned above, you can alter your body's appearance in any way short of preventing its vital functions and the body

will retain the marks of your intent, not revert to its original blueprint after a day or two. Your intent overrides your blueprint. The same holds true of the building blocks of animate form, the genes.

Consciousness must animate a body for there to be "life" at all. The genetic patterns of a body carry a unique vibrational pattern which binds it to its host consciousness; body and spirit "sing" to each other through a common song etched into the genetic pattern.

A genetically corrupted being will link with the consciousness of its primary genetic parent; i.e., a pig with spliced-in genes from other sources will bind to the host "pig" consciousness, though because the genetic pattern has been scrambled, the bond will not be as strong or complete. As a rule, the "lower" consciousness — relating to acquiring food, shelter, mating — will predominate while "higher" consciousness — forming bonds with others of its species, caring for young — will suffer.

It is indeed possible, therefore, to create "monsters" through genetic engineering. You learn through happiness and through nightmares. If you must set about scrambling the genetic codes of life, then slap a patent on the life forms you have "invented," you set yourselves up to learn through nightmares of unimaginable torment.

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*Why is there so much struggle and suffering in this world when God, Goddess, All That Is and our Higher Selves want only the best and joy for us ... I am trying to overcome the notion that we must struggle and suffer.*

— K.L., Clarksville, MD

As noted in the prior answer, there need not be suffering for growth to occur; it is an option, not a requirement of the human condition. You learn through challenge, and the extent to which you bind reason and spirit in clear-headed decision making determines whether you learn your lessons through grace or through nightmarish trauma. No one incarnates in human form just for the ride; there are always lessons to be learned; as always, you pull into manifestation the "version" of your life lessons most in sympathy with your thoughts, beliefs, and overall consciousness.

Truth be told, your greater entity (higher self) is indifferent as to how you learn your lessons. It is beyond the limitations of the senses and though it collects ripples from the senses as markers of your experience, it does not directly know the richly felt sensations of your body. A given life lesson may be learned through challenge serenely conquered or through agony; in either case the sensory ripples

arising from the body inform the greater entity of your progress.

For it to be otherwise, for your greater entity to "intervene" and soften the impact of a lesson you have pulled into your experience, would be to violate universal law and deprive you of your freedom. Suffering is not an essential element of the human condition; it is an option employed to drive home lessons which have not been brought into conscious awareness through less traumatic experience.

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*When you were addressing "Affection as Vibrational Teaching," you said, "Of all native wisdom, this is the highest: an infant needs a steady stream of affectional touch, the ideal being 24 hours a day." How and when does a child grow from the 24-hour need of touch to a point when she/he can feel comfortable exploring on his/her own? There are many times we see older infants and young toddlers who must constantly be held or they scream. Is this an inborn trait the parents and child have chosen to deal with?*

— S.T., San Luis Obispo, CA

The child instinctively begins the process of individuation and separation from mother in tandem with development of motor skills. That is, by the time the child can crawl, he or she has already begun the process of separation and finds fascination in the world's glittering objects which pull him/her away from the warm parental grasp. Before that time, when the child cannot yet move independently and is dependent on his/her parents for transportation, it is best that the child be held close to the chest for as much of the time as possible.

In many native cultures this naturally results in mother-child bonding almost 24 hours a day, as the mother carries the child close to her chest while working throughout the day, and the family sleeps as a communal group at night. No thought need be given to whether the child receives enough contact in such a culture; for the bonding is virtually continuous.

The importance of this bonding is hidden from the senses; it ensures uninterrupted exchange of information between the energy fields of the child and the mother. The child's amorphous, diffused energy fields need an "anchor" to material life and find that anchor by entraining with the energies of mother, father, and others. When the child is left alone, untouched, the essential task of entraining to others and therefore to material life cannot be adequately met.

If western culture's core value is separation, then this value is imparted early to western children, where even at

birth they are often bundled tightly before being given to the mother, preventing warm skin-to-skin touch from the first moment of bonding. Having infants sleep in cribs apart from their families, even in separate rooms, reinforces the sense of separation, the insecurity that comes from not knowing whether your cries will be answered. The practice of letting children "cry themselves to sleep," depriving them of the touch and warmth they seek as they release waking consciousness, is nothing short of barbaric and is the root of many later emotional problems.

Naturally, then, some small children will scream when they are released from parental arms, as their experience has taught them the erratic, inconsistent nature of parental affection they need so desperately. In addition, children who are frequently scolded for their enthusiastic explorations of the world will come to fear future scolding, and thus prefer to remain anchored safely in someone's lap rather than risk further parental wrath.

The small child's greatest need is for security: to come to know the world as a safe, predictable, warm, loving place where one's needs for food and affection are constantly met by a consistent caretaker. With this need for security fulfilled, the world can be confidently explored for the child knows he/she can always retreat to the warmth of a familiar lap. It is for the child — not the parent — to determine when this separation and establishment of individual identity should occur; the parent's role is to encourage free exploration and offer open arms when the child sidles up for affectionate reassurance.

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*Many channelings on our evolution and near future advocate individuals doing more of what they want as individuals, while others encourage more respect and cooperation between all of us linked individuals. What criteria should we use in resolving such apparent conflicts and deciding how much of each we should adopt? — R.L., Louisville, KY*

There is no contradiction between urging you to follow your personal dreams and ambitions and also urging a greater sense of community. The contradiction only appears to eyes still seeing through the lens of old order thought, holding the individual as an isolated unit incidentally connected to networks of family and community.

To urge you to follow your private path to fulfillment does not in any way require isolation from others. In fact, it fosters greater connection with others, for anything you do from the heart and spirit will resonate with those around you, bringing them closer to you as they share

in the fruits of your soul. Artists are the best example of this; though they may privately create their songs, books, paintings, poems, and sculptures, still they eagerly share their work with the larger culture as symbolic crystallizations of their souls, hoping for resonance in those perceiving the deeper truth behind the symbol.

The great difficulties of western culture stem from the condition that both personal fulfillment and community ties are crushed under the supreme value of individualism and the need to make a living in the industrialized workplace. The natural condition of human society — the healthiest condition — is when individuals pursue personal fulfillment through their innate talents and dreams while recognizing that their happiness and fulfillment contribute to the stability of a vibrant family and community life in which all find their deepest reward.

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*Is it true that a person decides to be "disabled" during the "present" life before the time of birth, either to find out what his abilities are or because he wants to redress his mistakes of his "previous lives"?*

— P.P., Jacksonville, IL

First let us discuss the notion of a "punitive" basis for choosing a body with disabilities, for there is much misunderstanding of the laws of karma. It is not that one "redresses" past mistakes or acts committed against others as that one seeks to *balance* them. Once a given theme has been employed as a medium of learning and growth, it will be explored in all of its many aspects in order to create the richest possible experience of that theme. There is no sense of punishment or retribution, then, but simply the desire for balance and well-rounded experience.

In the case of physical disabilities such as the loss of a sense or inability to ambulate freely, the significance lies not in what is *missing* but in what is *enhanced*. For example, mental retardation is not so much a dampening of the intellect as it is an emphasis on navigating through life with an *emotional* focus. This could be chosen to balance lives of strong intellectual focus — again, not as punishment but as balance.

In the case of one of the senses being suppressed — eyesight, hearing, smell, taste — again the clue to look for is not what is missing but what is enhanced. In almost all such cases, increased dependence on others and a greater difficulty in establishing an independent lifestyle are involved; so the dependence-independence seesaw swings toward dependence, possibly balancing lives of isolation or abuse of power over others. A lifetime spent in

stubborn refusal to listen to others might spill into a body without eyesight, thus forcing both dependence and an acute need to listen to others.

It is not that souls desiring experience in bodies with certain senses blocked go about creating such bodies in the womb. Rather, when it is apparent that for genetic or hormonal reasons, or due to other intrauterine conditions, the fetus is developing so as to suppress certain sensory potential, the soul seeking that suppressed experience will link with such a fetus. In this sense, the soul has "chosen" to experience life through a disabled body to balance past life experience and to gain richer, more intense experience through the senses that remain.

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*Regarding possible planetary changes in the near future, is everyone here now committed to the same game or do we get to exercise some choice in the matter? — E.E., Waukesha, WI*

Yes, you can always exercise choice not to participate in the game: you may choose to leave your physical body at any time. Barring that, you exercised choice when you chose to participate in the planetary changes, did you not? And you still may exercise an infinitude of choice regarding your personal experience in the upcoming changes.

It should be apparent enough that those living in the city, dependent upon municipal services and utilities to provide their food, electricity, water, sewer, and so on, are at greater exposure should those services be disrupted through human or natural events. It should be apparent that those living in rural areas, generating their own food, water, and power will be less affected by such events.

Those of you living in the United States — and having chosen to be here — are assured a relatively freer ride through the changes than those living in areas beset with poverty, hunger, and ceaseless violence.

You may choose to cleanse your bodies through diet, rest, meditation, and exercises which connect you to your higher self — such as affirmation and visualization — and thereby increase the flow of intuitive information giving you the insight to make wise choices. Or you can live in the blind fog of the unconscious, clouding the body's harmony with poisons and toxins, never giving a moment's thought to connecting with your higher self, and finding yourself at the mercy of events whose precognitive warnings went unheard and unheeded.

We could go on — the point, you can clearly see, is that while you have all chosen to participate in the same game, the range of your experiences in that

game is limitless. As always, you choose the events you draw into manifestation; you can ride out the upcoming changes on the serene waters of cosmic wisdom or flounder in the churning seas of blind confusion. You choose.

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*After death, is all sense of individuality subsumed within the gestalt, never to manifest again? Or do we continue as an infinitude of Selves, only with greater awareness by the addition and reintegration of other "aspects" temporarily set aside in order to experience a particular incarnation? I'm unsettled at the prospect of disappearing at some point; have I misunderstood the reintegration process?*

— E.E., Waukesha, WI

You understand, first, that what you fear will "disappear" must do so by the laws of nature — that is, your body will be sloughed off and return to the soil from which it arose. While you recognize that you have an immortal soul, this soul is not the "I" you define as your body, your life experiences, your tastes and talents. These make up the ego, the "I" drinking in experience through the body's senses and considering itself apart from others and the natural world.

Naturally, because your instincts are tuned toward self-preservation of the body, you find disconcerting any notion that ultimately the "I" encapsulated within that body might lose its individuality, its separate sense of self. What this fear ignores is how the soul *welcomes* reintegration into higher bodies of consciousness as marks of growth and spiritual progress.

Perhaps you can remember being five years old, twelve, twenty, thirty. Does each of those selves have a separate, distinct identity separate from you? Do you mourn their "disappearance" into the self you are today? Or do the experiences of those earlier selves blend into making you who you are today, richer for those experiences but not limited to the narrow perspectives of childhood and youth?

To ask that the self you know as yourself today remain forever frozen in its narrow identity is the equivalent of a five-year-old refusing to grow into six because he fears the "loss" of his five-

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year-old self. That five-year-old self is incorporated into the older self; its store of memories remains vital even as one grows to the broader, richer experience of adulthood.

The same holds true in the realm of spirit; it is not that you are "snuffed out" at some point, but that your collection of earthly experiences is incorporated into your greater entity — the overseer of your reincarnational progress — as one aspect of its multifaceted experience spanning the reaches of history. And once the earthly reincarnational drama has played itself out, your greater entity in turn rises to reintegrate itself into still greater bodies of consciousness.

We enjoyed human incarnations during that phase of our growth, and while we can pinpoint the times and places of our time on earth, those "lives" are to us now as days past are to you: carrying memories of sadness and joy, representing faltering steps on the path of spiritual growth. Each such life we carry as an indelible imprint of memory and experience, yet they are not "us," only a part of us.

You naturally protest the notion that the self you define yourself as, being the body and life history so near and precious to you, should someday be lost in the great cosmic soup. No life is ever lost; every earthly span of years contributes to the growth and learning of your greater entity; but just as the child strives to slough off the identity and perceptions of childhood for the broader experience of adulthood, so will the self you know as "you" joyfully seek reintegration into ever higher strata of consciousness.

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*I believe that a great many deaths that have resulted from AIDS are not necessary. I also understand that death comes to no one without their at least*

*tacit acceptance. However, I also believe that many who have accepted death from AIDS might also have chosen otherwise if they had had a different idea about the disease than the one that is officially accepted by medical authorities. I think those who have HIV or AIDS can find healing if they can be shown it possible through a change of beliefs.*

— C.C., Clinton, IA

As we have said before, the AIDS phenomenon is a rich and complex cultural metaphor, a symbol blending so many elements of your societal crisis that even a full *Journal* on the topic barely scratches the surface. One aspect worth repeating, since it bears on your question, is that the AIDS situation is not a static phenomenon, a single virus causing identical damage in all who carry it, but like any cultural metaphor shifts and transforms to precisely mirror evolving social conditions.

One aspect of the changing face of AIDS is that while initially it was understood as an immutable death sentence to all carrying the virus, this has become less true as time has passed. That is, initially the need for a wake-up call to the larger culture was so great that only a dread disease carrying certainty of death would arouse public interest (and fear). Now that the public is aware and conscious of the phenomenon, it can move on to take different forms more precisely reflecting what the culture needs to confront and understand next.

Several strands of the larger fabric of AIDS are to move society toward appreciation of the bond between mind and body which has so long been denied by orthodox medicine; to push people into taking greater responsibility for their health through diet, exercise, and outlook; to underscore the importance of spending your few decades on earth doing fulfilling work while bound to a network of friends

and family. All of these "teachings" of AIDS are elements of a healthy culture, which until now have largely been smothered under the ideational foundation of western culture.

So those carrying the AIDS virus now believe that, far from being an immutable death sentence, AIDS is an elastic condition whose deleterious effects can be postponed through proper care of the mind and body. This is an important step forward for the larger culture as well; and those with AIDS serve as the vanguard of this learning.

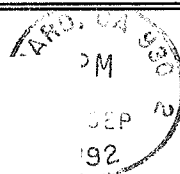
The next step will be the recognition that the onset of disabling conditions can be postponed *forever*, allowing a full life span to those carrying the virus. You see, the virus is becoming more elastic in its expression, and where once it promised rapid and unstoppable decline, now it can lie dormant in a properly cared for body and never "click on" to active destruction of the host.

The "down side" of this increased elasticity is an increased ease of transmission. Where at the beginning of the crisis it was understood that the virus could only be transmitted through direct exchange of bodily fluids, this rule will be loosened as time goes on. Where before a quick kiss would not transmit the virus, in the future this may well do so.

So "healing" is possible, in the sense that carrying the virus no longer means an immutable death sentence. And those who maintain their vigor through decades of carrying the virus serve as avatars of a new understanding of body, mind, and health. This is one of the many lessons of AIDS. As your society changes, so will the virus change to reflect both your new understandings and to point toward lessons yet to be mastered.

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# The ALEXANDER JOURNAL

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## SUPRA-CONSCIOUSNESS The Next Great Leap

While the Darwinian theory of evolution is creative fantasy, the human species does ride an evolutionary thrust. You were not cast upon the Earth to stagger through successive ages of Bronze and Enlightenment and Space, somehow haphazardly weaving through the species's infinite potentials; you are guided and directed through time by an unfolding plan leading toward ever greater heights of spiritual and technological sophistication.

Your species is not locked in to forever experiencing the physical system through one slant of consciousness. Your consciousness is forever unfolding, expanding, accelerating.

To understand this process, and to understand whence you have come and where you are headed, we will examine the three main building blocks of human consciousness: the species's core vibration, the relationship between mind and matter, and the relationship between your waking self and authentic self. We will then be able to make better sense of the present time of social and spiritual upheaval, recognizing it as an essential step on the path toward future "supra-consciousness."

### The Core Vibration

You know that the physical system is simply energy of various frequencies and patterns, coagulating into material structure. Consciousness, to operate within this system, must bind itself to matter, anchoring itself by decelerating its vibrational frequency to a degree compatible with matter. That is, consciousness bound to matter can operate only within a certain narrow band of frequency, slow enough to entrain with the frequency patterns underlying physical structure.

In any vertebrate organism, the spine carries a vibrational matrix of a frequency compromising between the frequencies of pure consciousness and the solidity of the material realm. This allows consciousness to flow through the organism's conscious mind, sending instructions to manipulate the earth, and then sending messages up from physical

experience to the level of consciousness. This matrix of vibration encased in the spine we call the "core vibration."

The core vibration is more than simply the mediator between consciousness and matter. It will be "set" at birth to vibrate at a certain frequency, and this frequency — in the human species — determines the range of spiritual, intellectual, and technological experience available to the individual in that lifetime.

If you think of ideas and experiences as bundles of energy — which they are — then the frequency of one's core vibration determines the upper and lower limits of the ideas and events one can experience. Again, consciousness can entrain only with matrices of energy of a roughly similar frequency, and all else outside this range will be invisible to the psyche.

You share your core vibration with all others of your generation. You all vibrate at the same basic frequency. This keeps human progress on a steady, even keel, for it keeps all members of a generation in the same basic range of spiritual and technical potential. While it may seem that there is an enormous difference between the far right and far left of your political spectrum, and in the religious realm, in fact the range is relatively narrow, and is determined by the core vibration pulsing beneath your generation's experience.

Human "evolution" — which occurs in the realm of consciousness — is guided by a gradual acceleration of the species's core vibration. Each generation vibrates at a slightly higher frequency, allowing it to reach higher into the heavens and pull down ideas, inventions, and spirituality of greater sophistication, elegance, and truth than preceding generations could realize.

Within the range of potential undergirding each generation, most will fall at the "mid-point," the center of the vibrational range, comprising the mainstream of society. These individuals are neither reactionary nor visionary, content to follow the customs of the day, never stepping too far outside the accepted ideas and trends. This great bulk of

humanity acts to "digest" the visions of the prophets of spirit and technology, gradually pulling cutting-edge thought into everyday life. The psychologically rigid cling to the ideas of yesterday in reactionary fear, even as the mainstream has outgrown and discarded them.

You can visualize this process as a time line stretching from past to future; strung out along the time line are ideas, concepts, pulsating as bundles of potential. As the core vibration of the species accelerates, the range of human potential — see it as a band a few inches wide — moves further along the track, and cutting-edge thinkers will just be able to absorb fragments of those concepts lying at the upper end of the range. Over time, as the core vibration continually accelerates, each concept will move from cutting-edge to mainstream, then finally to reactionary, after which it will be dropped entirely from society's range of thought.

Another metaphor would be to see visionaries as the teeth of the species, biting off fragments of future potential; the mainstream as the digestive organs, breaking concepts down into practical terms and making them available to the larger body; and we leave it to the scatalogically minded to complete the metaphor vis-à-vis the function of the reactionary.

Let's look at an example.

For centuries it was taken for granted as irrefutable truth that the black race was inherently inferior to the white, and that it was morally acceptable to buy and sell this inferior race as slaves. At some point, this began to grate on the conscience of a few individuals, dancing on the cutting edge of spiritual progress. When the abolitionist movement was born, its core idea — that blacks should be as free as whites — was so far ahead of the mainstream that its founders were branded lunatics.

Gradually, though, over generations, as the core vibration of the species accelerated and each new life brought a higher vibration to the species, more and more consciences were pricked at the immorality of slavery. The practice grated against the accelerating spiritual

life of the species. As always, the dynamic play between visionary and reactionary played out, here in as brutal and graphic terms as the Civil War.

Now, consider the views on race of the most reactionary, bigoted fanatics in your day. The worst, most backward idea they espouse is that blacks should either be given a state of their own or that they be shipped back to Africa — the idea being that the races should be separate and blacks relegated to their own societies.

Three hundred years ago, this would have been visionary. The idea that blacks should be free to operate their own society, either within a set-aside portion of your country, or returned to their African roots, would have been branded outrageous foolishness, being so far ahead of its time.

Then, as the core vibration accelerated, and with slavery abolished, this idea held the mainstream — blacks may be free, but it would be better if they lived separately from whites; and so the era of segregation was born. And now, as the core vibration has accelerated still further, and the spiritual mid-point is bumped still higher, the notion of segregating blacks into their own enclaves becomes anathema to the mainstream and is picked up by reactionaries clinging to the battered conceptual relics of the past.

So the same idea — blacks should be free to live within defined enclaves — has progressed over time from visionary to mainstream to reactionary. So it is with every idea, every religious system, every technology. As your core vibration accelerates, you reach ever higher potentials of spiritual, social and technological growth.

### **The Mind Soars, The Body Crawls**

Each cell of your body is conscious, has consciousness, is alert and alive. Because every cell "knows" that it participates in the larger and more complex structure of the body, it "tunes" itself to receive the richest, fullest stream of vibrational information. It does so by entraining itself to two primary sources of such information: your core vibration, and the belief filter through which your conscious mind processes experience.

It is automatic for a bodily cell to harmonize its vibrational frequency with the core vibration, for the steady pulsation emanating from the spine and nervous system sets the "rhythm" of the body, binding every cell in a shared cadence. This ensures that the body's "organismic" functions operate as smoothly and harmoniously as possible.

Yet each bodily cell also entrains

itself to your conscious mind, for the body depends on the mind to apprise it of its stance in time and space, of conditions in the immediate environment, of potentials for danger and pleasure, and so on. In every moment of waking awareness, you filter experience through your beliefs and values; you process raw sensory data through a "belief filter" which interprets that data.

This "belief filter" is a network of neuronal connections built up over your lifetime, literally etching into the brain your beliefs about yourself, others, the world at large. The belief filter has an electromagnetic reality, for it is the portal through which sensory data vibration is translated into thought vibration.

Because the body's cells strive to receive as clear a picture as possible of where you are and what is happening around you, they "entrain" their vibrational patterns with your belief filter. In this way, your beliefs are literally etched into every cell of your body.

The greatest harmony between mind and body is forged when the ideas in the belief filter are of the same general vibrational level as the core vibration pulsing through the cells — when the two sources of vibrational information for the body entrain in smooth harmony, creating a powerful, unified gestalt of mind and matter.

So much of your language betrays this understanding: You say you believe something "with every fiber of my being." When an idea grates against your beliefs, you say, "It does not resonate with me." Your language illumines your understanding that highest harmony is reached when mind and body operate "on the same wavelength."

Thus, the mainstream is the most comfortable place to be, for mind and body are firmly rooted at the "mid-point" of a generation's range and communicate with highest clarity. Visionaries and reactionaries, in contrast, lose the harmony between mind and body; their ideas — lofty or primitive — push at the extreme edges of the range of potential, and the body cannot follow, cannot accelerate or decelerate its core vibration to match the belief filter. The smooth harmony between mind and body is impaired because the body's range of potential is much narrower than the far reaches of consciousness.

You know how often genius is equated with madness, emotional and personal turmoil, the inability to "fit in" with society. Here, the mind leaps into future potentials but the body cannot follow; this schism creates disharmony between mind and body manifesting as a turbulent, unstable psyche — the blessing and curse of genius.

### **Mind and Matter: A Rocky Relationship**

Whether you consider that thoughts are things and objects are things, or that thoughts are vibration and objects are vibration, you drive toward the same truth: the material world is composed of the same basic "stuff" as your consciousness. It's all a pulsing vibrational swirl, some of it denser and slower than the rest, and this you perceive as physical matter.

What is the relationship between mind and matter? First, understand that the core vibration of your species is in turn regulated by the core vibration of the planet, what we might call the "planet pulse." This planet pulse serves as the unifying "tone" of the earth system, binding all plants and animals in a shared framework in which matter has a consistent density and the ability of consciousness to manipulate matter is constant across all species.

The slower the vibrational pattern behind a body of matter, the more the laws of electromagnetism govern, especially the "gravity" between cells of matter. The impulse of a material cell is to bind with others of like construction and thus to create structures enduring through space and time. The slower the vibrational pattern, the stronger the gravitational bonds between cells will be and the more impervious to manipulation by organisms animated by consciousness, or by pure consciousness.

Thus, as the planet pulse gradually accelerates over time, thereby accelerating the fields of vibration manifesting as matter, they become less "dense," less solid, and more amenable to manipulation. The gravitational bonds weaken, allowing consciousness to seep into the vibrational pattern, thus enhancing your power of manipulation. Because you know only your time and place, it may be difficult to imagine that the objects of the physical world once weighed more than they do now for a given volume, or that rocks and water are somehow "lighter" than they have been in the past. Yet this is the case.

You are intrigued by magicians' tricks in which objects seem to float through the air under direction of the magician's mind, or by the possibility of levitation and spoon bending. These reflect your unconscious knowing that the relationship between mind and matter is malleable, not etched in stone (so to speak), and that as time rolls forward matter becomes less dense and thus more receptive to your manipulation. The magic tricks compel you so because they offer hints of future potential.

## Waking Self/Authentic Self

The third primary structural component of human consciousness is the relationship between the conscious mind or "waking self" and your "authentic self," that vast pool of consciousness in whose deep waters you swim in the dream state every night. There must be a barrier, a wall, between these two "selves," for your conscious mind must first concern itself with maintaining your security and translating thought into action — it cannot simultaneously converse with your reincarnational selves and bake a cake.

Still, the permeability of the wall between waking and authentic selves is greatly influenced by your beliefs about the authentic self and its value to you. If you were raised to believe that you are inherently evil, you will suppress and deny all messages from your authentic self, and the wall will grow hard and rigid. If you cherish your impulses and dreams, frequently falling asleep while surrendering problems to resolution in the dream state, you open the wall to being far more elastic and permeable.

Your authentic self is your true self, for it directly communicates with your greater entity, your reincarnational and probable selves, detects future events approaching manifestation, maintains contact with those you care about in the dream state, and so on. All of this information can be available to your waking mind *in symbolic form*.

That is, the authentic self cannot simply dump its messages into your conscious mind in their full vibrant totality; your conscious mind could not endure the sudden acceleration. Such messages must be decelerated to harmonize with your conscious mind, and in doing so they lose some fidelity and richness, leaving you with symbols, fragments, impulses — much as the symbology of dreams is the patina painted by the conscious mind over deeper nonphysical experience.

Now, just as the body rides the planet pulse, so is the permeability of the wall between waking and authentic selves regulated to some extent both by your core vibration and belief filter. That is, no matter how expansive your beliefs are, how much you welcome a flood of information from your authentic self, your core vibration acts as a screen demarking the limits of what information can be transmitted.

It isn't intended that the barrier become floodgates, allowing unhindered flow from your deeper self into your waking mind. You are physical creatures, are designed to operate in a physical system, and as such your waking

focus must always be on physical safety and manipulation of the earth. At best, your authentic self impinges on waking consciousness through clear impulses to action which are honored, respected, and followed through.

It should be apparent that the three structural components of human consciousness are not immutably "pre-wired" into the species, but change over time as the core vibrations of the species and planet accelerate. Each generation reaches higher into spiritual and technological potential; matter and the body's cells become less dense and more receptive to consciousness; and the barrier between waking and authentic selves becomes more permeable because an accelerated waking consciousness can handle a greater flow of impulse from the authentic self, "stepping down" fewer levels of deceleration and thereby retaining greater fidelity.

So the grand human experiment is set up to unfold over time as a gradual expansion of your spiritual and scientific life; to offer greater mastery and manipulation of the earth; and to expand the flow between waking self and authentic self.

You may look back in history and scoff at your barbarian forebears, burning each other at the stake as homage to the Church, but recognize that the core vibration of the species was vastly slower then, meaning the culture was bound to a primitive spiritual potential and the barrier between authentic and waking selves was as a steel wall. Recognize also that someday your era's highest spiritual potential will cause bemused heads to shake at the primitivism of the late twentieth century.

## Spiritual Growth: To Crawl Or To Leapfrog?

As a general rule, the species flows evenly along the linear time line, gradually accelerating its core vibration and reaching higher into its potentials. Each generation offers the height of its achievement as teaching to the next, which in turn builds upon that foundation to attain even greater sophistication of its spiritual and technical models.

There are times when the process of accelerating the species's core vibration is not so much a crawl as a leapfrog: a sudden acceleration of the species's core vibration catapults society into chaos as suddenly the old institutional foundation crumbles and a new framework has not yet been assembled. These are times of great upheaval and chaos, when fanaticism and reactionary hysteria rise even as others struggle to forge a richer cosmology as the foundation of society.

There are times when this acceleration, while sudden and sharp, nonetheless represents a refining of an old world-view and not its complete abandonment. During the last intersection of the Christ Entity with your plane, Jesus offered a revision of the Old Testament image of Jehovah as a fierce, jealous and murderous deity; Jesus offered a God of love and forgiveness, and taught that the healthiest society was based on mutual love and respect among neighbors. This was a laughable prospect to a culture seething with ancient animosities and perpetual vendettas — as plays out still in the Middle East — but nonetheless Jesus refined the extant image of God rather than jettisoning Him entirely.

## You Create Your Own Reality (Sometimes)

Two thousand years later, you stand at the cusp of another sudden acceleration, yet the difference is that you are not refining western culture's traditional world-view, you are abandoning it. The transition from a world in which God, fate, or dumb luck rule your lives to one in which each individual creates his or her own reality is not a crawl, but a leapfrog — a leapfrog over a very deep chasm. There is no smooth transition between the two world-views, you see; the old must be jettisoned for the new to take root.

If the core vibration of the species is accelerating, meaning the "mid-point" of society is rapidly shooting toward this new understanding, then those clinging to old thinking unconsciously feel the energy being cut out from under them. Born into the mainstream, they now feel themselves increasingly alienated and abandoned — thus the hysteria among the far right wing in its religious, political, and anti-abortion expressions.

At the same time, the mainstream feels threatened as the ground shifts beneath their feet and they lose their sturdy foundation. Traditional institutions — education, health care, politics, even the family — all seem to be crumbling;

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and political attempts to patch them together with money and regulation are futile.

You are on the brink of a sudden acceleration into a new way of thinking and being, and it requires a leap of faith — literally — over the chasm between the old world-view and the new. The challenge is that, while your minds may welcome the change and struggle to usher in the vaunted New Age, your bodies cannot entirely follow.

Remember that the core vibration is implanted at birth and remains constant, thus demarking the limits of cellular consciousness. The mind is far more elastic, being pure consciousness, and can leap forward to grasp hold of visionary ideas, though the body cannot follow. The difficulties many of you experience in truly making real the concept that you create your own reality is that while your minds may believe it, your bodies cannot yet fully operate at that level of awareness.

Consider how long it will be before "you create your reality" is the fundamental operating principle of your society — two generations? three? At that point, the concept will be mainstream, meaning the species's core vibration will have aligned precisely with the idea. Mind and body will be harmonized to conduct daily life with "reality creation" as their basic operating principle; the body's cells, vibrating at a faster pitch, will be more receptive to consciousness, making healing of disease states more a process of inner work than external manipulation; and waking and authentic selves will exchange information in an open, rich dialogue.

Those of you who believe that you create your reality and have tried to put the concept into practice in your everyday lives may have felt frustrated at its apparent ineffectiveness. It does not

work all the time, nor as quickly as you would like, nor with equal ease in every aspect of your life. We do not address an audience of overnight millionaires with life expectancies of 150, so there must be a gap between belief in creating one's reality and actually manifesting it.

That gap is the chasm between old order and new, which your mind can soar across to drink of the rich potential of the species while your body remains anchored to your present. Your minds push at the limits of their conceptual reach, but in so doing they lose full harmony with the body. Even if you renovate your belief filter to pulsate with pure clarity of this vision, your body's cells cannot match your mind's growth, cannot break free of the core vibration binding them to the mainstream world-view extant at your birth.

You see, it is for future generations, your children and grandchildren, to fully put into everyday practice the understanding that they create their reality. As the transitional generation, your role is to stretch your minds to absorb this new conceptual framework, put it into practice to whatever extent is possible within your life, and to pass this understanding on to your children. They know — they know — the truth of reality creation and won't share the struggle you undergo in attempting to make it work. It will work for them — like magic.

The next great leap of human evolution, then, is "supra consciousness" — consciousness anchored to human form but with "reality creation" as its practical operating principle; a relationship between mind and matter inconceivable to you now (spoon bending will be mastered in kindergarten); and the ability to swim in the realms of the authentic self while conscious. All this on your continuing evolution into "bodies of light" — but that is another chapter.

*A much more detailed discussion of the material in this issue, including the "next chapter" of our evolution into bodies of light, is available on the new "Supra-Consciousness" tape. See the enclosed flyer.*

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*Given our deep concern over the carnage in the former Yugoslavia and the debate whether we should involve ourselves militarily, Alexander's perspective on creating peace bears repeating.*

In the undifferentiated bank of intent from which all human life springs, all acts are experienced as a single organism acting upon itself. The atrocities of war carry no meaning in terms of victors and vanquished, but reverberate as a uniform agony throughout the human host consciousness.

Thoughts carry power and energy toward the object of their attention, whether borne on the wings of love or hatred, anger or gratitude. To participate on either side of a battle is to strengthen the pool of intent manifesting as the battle.

*You must be peace.* That, ultimately, is the most powerful tool you have for ending war and ushering in peace. Not by hating war, for you thereby strengthen the pool of hatred. Not by spewing venom at warmongering leaders and generals, for again you contribute your private store of hatred to the mass pool. Only by being peace, only by loving peace, do you create peace.

Mass experience builds from the beating of five billion private hearts. Let yours bear in purity, love, and compassion. Tithe your heart's share to the universal pool of love. Be peace.

Excerpted from *Conscious Life*.

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