

## LIFE, DEATH AND REBIRTH ANSWERS TO READERS' QUESTIONS

*As this is the first Questions and Answers issue since publication of Earthly Cycles, many of the questions arise from the book's material on karma, the higher self, and so on. I hope these representative questions will speak to the common concerns of many readers.*

♦ ♦ ♦ *Ramon*

*If one does not perish at the same time as one's spouse does that mean that the likelihood of the couple being reincarnated together again is slim? How can one be truly emotionally healthy with the uncertainty that one may never see loved ones again after death?*

*A.D., Greensboro, North Carolina*

The timing of a couple's deaths has no bearing on the likelihood of reincarnating together. The only determinant is whether the overall "residue" of the relationship is positive or negative. If negative, the couple will be bound to other lifetimes until all negative karma is dissolved. If positive, the pair may release each other at death or they may choose to continue their romp through time. Many relationships have this "cosmic companion" foundation, where two higher selves cast offshoots into a multitude of times and places, donning various costumes and roles, to observe how they play out different relationship constellations.

You most certainly *will* see your loved ones at death—though they may well be an illusion! The death passage is eased by the presence of those one loved in life, appearing in familiar form. This is part of the "welcoming drama" hastening the soul's transition. Oftentimes, if much time has passed, the actual "soul" of the beloved has ascended from the astral level and the apparition is fabricated by the entities hosting the "welcoming drama." You need not worry that we are "spoiling the surprise" by telling you this in advance—for the intensity of the actual experience will not allow for recall of what you read many years beforehand!

*In what way does suicide complicate the soul's progress after passage? How is that violation healed?*

*A.Z., Boonsboro, Maryland*

Suicide violates the "rules" by which the earth incarnation game is played. One of these rules is that the higher self, and only the higher self, determines when an incarnation has fulfilled its purpose and can be released. The ego—the waking-life navigator through physical reality—has much power and responsibility, but determining when to release earth life lies outside its authority. For suicide is when the ego can no longer bear the pain it has itself created—the "mess" it has gotten itself into—whereas the higher self has many other purposes for an incarnation, many of them hidden from the ego's awareness.

Suicide complicates the soul's passage because it compels the soul to remain in "ego consciousness" for a considerable period after death. In a natural death transition, the ego is shucked off fairly quickly, the soul restored to its true essence, and ascension to higher states easily embraced. A post-suicidal ego must retain its flesh-bound identity while it is led through a comprehensive and somewhat painstaking "review" of the rules governing the earth incarnation system. This becomes something of a strain because the soul no longer "sees" and "hears" through corporal senses, no longer thinks of itself as having gender, age, and biography, even as it must retain those human attributes until its "review" is complete.

It is as if you were locked in a room and required to relive being age five with such intensity and realism that your body and mind literally operated at that level. Sustaining such an atavistic state would be a considerable strain. The strain is even greater for a discarnate soul to operate through the trappings of the flesh and ego when such should have been long abandoned. There is no sense of "punishment" for having committed

suicide, only the imperative that any egregious violation of the "rules" be clearly and absolutely understood by a soul violating them, so that this learning is absorbed into its higher self, there to dissuade other offshoots from committing the same violation.

*In Earthly Cycles Alexander explains that it is not the individual soul that has woven the karmic braid that reincarnates, but a new offshoot. What happens to the "weaver soul" (me) when it (I) am "dismissed" from the theta level? Where does the "weaver soul" (where do I) go?*

*L.B., New Zealand*

(and a related question)

*In Earthly Cycles Alexander dropped, almost casually, something of a cosmic bombshell. He states that the souls who generate karma through violations of others are "dismissed" to new planes and challenges while "karmic braids are impressed upon fresh offshoots" whose task it is to repair the harm another has caused. This turns all traditional karmic and reincarnational data heretofore received upside-down. Doesn't this basically mean that those who commit the worst violations never really have to pay their debts?*

*B.H., Houston, Texas*

These questions spring from a misunderstanding of who "you" really are. "You" are not what your ego would define you as: a certain sex, age, race, occupation, partner of so-and-so, political affiliation, etc. These are the external, physical parameters through which the "real you" operates, the disguise, the costume it assumes to participate in human/earthly life. The *real you* is your higher self, of which you are one offshoot, along with all your probable and parallel selves. The ego's awareness is but a tiny fraction of the totality of consciousness which comprises "you."

Since linear time is a parameter of the physical system having no validity outside the space-time framework, and

because the higher self hovers outside the space-time continuum, to the higher self all time is simultaneous. It has no sense of past, present and future lives, except that it recognizes this is how its offshoots experience reality as they gather their stores of experience. If all time is simultaneous, how could it be possible that one offshoot be continually projected, again and again, into the earth plane to atone for its "past" misdeeds? To require that each offshoot suffer penance for its misbehavior by repeatedly reincarnating violates the inviolable principle that all time is simultaneous.

To the higher self—the *real you*—all offshoots are simultaneously gathering experience, with the understanding that all negative karma accrued by its offshoots must be dissolved before the higher self can release the earth plane as a crucible of growth. Shifting a karmic braid from one offshoot to another is like you waking up to find last night's dirty dishes in the sink, which you must wash before making breakfast. Do you wail at the injustice of this, of having your fresh clean morning sullied by last evening's careless irresponsibility? To the higher self, shifting karmic braids is as inconsequential as this.

Remember also that a karmic braid is dissolved not by restaging the original crime, with the participants switching roles, but by the erstwhile perpetrator offering healing, loving energy to the former victim. So the offshoots "saddled" with a karmic braid created by other offshoots are "forced" to endure an intensely healing, loving relationship. The injustice!

Within the question also lies the determination that those who do wrong must be punished. This is an ego concept. Eyes for eyes and teeth for teeth may be the ego's idea of justice, but such retribution has no place in karmic justice. Negativity is balanced not with further negativity, but with healing. Otherwise you are trapped in an endless cycle of retribution and reprisal. This is the "justice" of baby and young souls, not those trying to evolve toward higher states of consciousness.

As to where each individual soul "goes" after completing its work at the theta level, the driving impulse of all souls is to ascend into ever higher, greater bodies of consciousness where individual identity is surrendered to the

greater complexity of group consciousness. Naturally, the ego trembles at the concept because it wishes to think itself immortal. It *is* immortal in the sense that an energetic "record" of each incarnation remains at the astral level, but consciousness itself naturally seeks its highest potential, meaning ever-expanding bodies of consciousness in which individual identity is but a trace memory.

#### *Ramón Speaks:*

Alexander suggested I add a few words about my experience as the "recipient" of a karmic braid which binds me to my friend Paul (as recounted in "The Preacher and the Widow" chapter, I was a minister, he a young widow, who had an affair which ultimately led to the widow's beating the minister to death). While the first few years after our karmic braid "erupted" brought a series of puzzling and even terrifying experiences, through it all we felt an intense warmth and closeness for each other. In the years since, the initial stormy energy has mellowed into a deep and abiding love. Our past-life romance bleeds through as uninhibited affection and uproarious "gay banter." Neither of us feels "saddled" with the "burden" of our relationship; we feel blessed by it. We are fortunate to understand the karmic history of our relationship, but we feel no compulsion to devote our lives to dissolving our karmic braid. Knowing that the wound is healed with every hug and kind word, we expect to spend the rest of our lives enjoying our deep communion. If this is being "burdened" with a karmic braid created by another offshoot, I wish my life were full of such burdens.

*Discuss possession. If it occurs, haven't we given permission on a certain level?*

*L.C., Haymarket, Virginia*

First we must consider that there are many degrees of what, in its most extreme state, might be called "possession." Since thoughts have an electromagnetic reality and are broadcast into the atmosphere, and since like attracts like, there is a natural tendency for sympathetic thought-forms to attract and bond. This is most apparent between friends and lovers who share

common outlooks and interests. There is, however, a great deal of free-floating "thought" in the atmosphere, since every living person issues a constant ticker-tape stream of thought into the global stream. Everyone regularly taps into this swirling pool of thought on the like-attracts-like principle.

As an example, oftentimes an invention or artistic creation will be simultaneously created by far-flung creators with no awareness of each other. Artists and inventors, keenly attuned to the free-floating pool of consciousness swirling about the globe, will simultaneously tap into thought-forms congealing toward expression, and render them in their unique styles.

In a sense, the earth's atmosphere is gelatinous and retains the tracings of all thoughts and events generated by physical beings. Where an event is powerfully violent, an energetic matrix of intense negative vibrance will lodge in the atmosphere, retaining the circumstances of the event and particularly the identity of the participants. For those who have read *Earthly Cycles*, this is the physical expression of a "karmic braid" which remains in the earth's atmosphere until dissolved by healing energy shared between the participants.

At any given moment, therefore, the atmosphere carries many dark, violence-soaked energy matrices awaiting release by their perpetrators. In a limited sense, they are "conscious" and "alive." They naturally seek out sympathetic bodies of consciousness, particularly those in human form, for they can "feed" off the energy of human bodies, revitalizing and amplifying themselves. This is as close to the popular conception of "demons" or "evil spirits" as the system allows, for there is no dedicated source of "evil" in the world, only free-floating pockets of negative energy born of human-created violence and hatred.

Since like attracts like, the nature of one's consciousness determines what "flavor" of free-floating consciousness

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one is open to. A positive, sunny, optimistic disposition naturally attracts events, persons, and consciousness of a similar nature. A dark, confused, troubled, hostile, powerless, vindictive personality will naturally attract sympathetic fields of consciousness. In a perverse symbiosis, each feeds the other: the pocket of dark consciousness feeds on human vitality, while the dark personality finds itself *validated* by waves of energy confirming its dark view of existence.

Projection is a basic and well understood psychological defense mechanism: what one finds unacceptable in oneself, one projects onto others. Impulses and desires which violate personal and cultural taboos are dissociated from oneself and projected "out there," onto other persons, "foreign" groups, or mythic sources of evil.

Even as one is willingly surrendering to the influence of a dark pocket of consciousness, welcoming its refreshing and validating energies, one rejects the notion that anything inside oneself might be opening the door to such influence. The stage is set for a sharp split between oneself—which the ego always struggles to uphold as "good," however heinous one's behavior—and the "foreign" negative influence.

In extreme cases the ego "collapses," shrinking down to a shell and allowing the negative consciousness full command of the body, a final desperate defense against having to face the source of evil in oneself. The ego agrees to "share" the body with its negative-energy cohort, cleanly absolving itself of responsibility for the destructive behavior the body commits. Here is where classical "possession" occurs—the ego relinquishes control of all behavior and allows its partner in crime, an "evil spirit," to commandeer the body, with the ego *secretly delighted* in its despicable behavior.

"Possession" is more common in cultural milieus rich with gods and demons and their struggles to win the human race to their side. Here the culture grants "permission" and validation for such experiences. In modern rationalist society, with Jehovah and Satan reduced to mythic symbols, the culture has no place in its cosmology for demonic influence. Hence, the ever-rationalizing ego looks elsewhere to project the blame for its self-created

misfortune; currently fashionable is the endless litany of "victim" syndromes: "battered wife syndrome," "adopted child syndrome," etc. Rather colorless compared to a full-bore medieval satanic possession!

*When one gives blood, what psychic ramifications—if any—ensue. For example, does the blood of an Avatar carry more oomph than that of a baby soul knight? Does soul age, aspect or family of consciousness affect donor/recipient match-ups with bone marrow or organ donations? Are the two souls thereafter connected?*

*B.H., Houston, Texas*

The body is pressed into physicality by the intent of its nonphysical "twin," an energy matrix hovering outside the membrane of physical life. This twin body provides the instructions to each cell as to what part it plays, what its condition is, what its immediate circumstances are, and—relevant to your question—the nature of the mind animating the body. The body is—must be—exquisitely sensitive to the mind of its master.

Each "beat" of the pulse between physical and nonphysical bodies carries a "consciousness update" which apprises the body of its circumstances and the thought-streams of its master. Because the cells depend so greatly on clear reception of this information, they "tune" themselves to wave-forms identical to the mind's thought-stream, a process akin to tuning a radio for clearest reception. This, by the way, is how beliefs are literally etched into the cells.

Because the cells are sensitive to a dynamic and ever-changing flow of thought from the mind, there is no great disruption when blood or an organ is transplanted to another body. Granted, it is a bit of an abrupt shift and may require a few seconds of adjustment to retune to an entirely different thought-stream, but once this brief transition is made the blood or organ settles readily into its new host. The donor's and recipient's disparate consciousness play no role in acceptance/rejection of the transplant, and no relationship is forged between their souls.

*Alexander states that the higher self "doesn't care" whether we succeed or fail, yet elsewhere it is stated that*

*the higher self hopes we will meet the challenges set, and evaluates our progress in dreams. This is confusing!*

*G.S., San Luis Obispo, Cal.*

Part of the problem lies in projecting human qualities onto nonhuman bodies of consciousness such as the higher self. A higher self neither "cares" nor "hopes." It sets up each lifetime as an experiment—can this blend of body type, gender, personality, and cultural milieu achieve happiness?—and observes with interest how the offshoot progresses. It is a source of "delight," one might say, when an offshoot manages to overcome challenges to happiness; but there is no sense of "disappointment" if the challenges are too great to surmount.

This question and others lead us to conclude that some have mistakenly construed our depiction of the universe as cold and stark, where human beings are the impotent and ignorant pawns in a cruel and manipulative game. Nothing could be further from the truth. The reason the higher self does not "hope" or "care" is that it must abide by the rules of the camouflage system, the absolute foundation of which is privacy of thought and freedom of choice. It *liberates* you at birth, not out of cruel indifference to your fate, but because it must. The whole system rides on a warm, loving, nurturing energy which suffuses all beings within it.

Your higher self regards you, its precious offshoot, as you regard your children as they scurry about eagerly exploring their world. You realize you must grant them freedom to explore on their own, and this will naturally result in some scraped knees, broken bones, bruised feelings, sexual and psychedelic escapades, and so on. How "loving" would it be to shield your children from such dangers by locking them in a box for their first 18 years? Just as you make yourself available to your children for consultation, so do you consult with your higher self in the dream state every night, where it feeds you *encouragement, support, and direction*. What it cannot do is *force* you onto a path of happiness, or off one fraught with danger and heartache. Just as you must liberate your children for their own good, so does your higher self liberate you to chart your own independently created path.

Consider for a moment what our presence in your lives indicates. Why would a discarnate entity with no direct connection to earthly life bother to offer

education and support to those in flesh, unless the underlying essence of the entire system was one of grace, love, respect, and encouragement?

*According to Seth and Alexander as well, there have been numerous advanced civilizations that have come and gone on planet earth—why have no artifacts of any of them ever been found? Where should we look? Also, just how old is the earth?*

*B.H., Houston, Texas*

The earth is eternal. It rides in a universe without beginning or end. While it floats in a sea of linear time, which demands beginnings and endings, like your immortal soul it survives even its destruction. It survives as an idea, a matrix of potential, which magnetically attracts to itself the elements needed to "flesh out" its form. Some civilizations have been so dark with warnings of apocalyptic calamity and widespread hysteria that they indeed created that experience for themselves—on a scale more severe than the recent comet striking Jupiter. This is one answer to your question—from time to time the earth has been "destroyed" partially or totally, later re-forming itself by pulling its pulverized elements back into place.

Another answer relates to the fact that the earth rides through crests and troughs of rising and falling vibrational frequencies. The human species appears during a narrow window of accelerating frequency, toward the "top" of the cycle, then tracking the downward deceleration until the human form can no longer be sustained.

Obviously, human civilizations reach their "peak" of technological, artistic and spiritual sophistication at the zenith of earth acceleration. Matter changes during this acceleration-deceleration process as well, becoming lighter, more malleable and flexible, toward the zenith.

You cannot "find" the artifacts of civilizations at their peak because the present earth frequencies are slower and denser than those existing at the time of such objects' creation. In a sense, they must remain in a state of uncrystallized thought-form for they cannot manifest in a denser medium. If you were given a hunk of granite and told to weave a shirt with it, could you? No, you could not translate the thought-form of the shirt into physical reality because the medium of the granite is too dense and inflexible to be fashioned into supple cloth. The same process is at work with ethereal

artifacts of civilizations past, which must wait until the earth's rising frequency allows them to crystallize into form. Only then can they be "discovered."

Finally, of course, some stories of ancient civilizations have been carried over in racial memory from different probable earths—which means the artifacts are not present on your version of the planet and can never be found.

*How can we not hate and despise our higher self when we realize that satisfying our wants is "irrelevant" and often an "impediment" to the life plan of our higher self for us, and when we realize that all human misery is the result of insufficient awareness and hideous life themes given to us by our higher self ... is not our higher self the most hideous abomination imaginable?*

*D.P., Temple, Texas*

Perhaps you deliberately intended to offer a caricature of an outraged ego furiously resisting the knowledge that it is not the omniscient center of the universe, but in fact is rather limited in its awareness. For most of human history, knowledge of the greater reality behind day-to-day experience has been hidden from awareness, the ego has reigned supreme (as long as it made alliances with its culture's gods), and people were trapped in a web of illusion. The information we and others provide now offers you the opportunity to free yourself from the web, from the illusion. Doing so means that some long-cherished concepts must be released, among them the supremacy and omnipotence of the ego.

If anything, such knowledge lightens your journey for it bleeds the

intensity from the ego's concerns for security, wealth, love, and immortality. True spiritual masters are always serene, gentle, and compassionate, offering gentle humor, for they see the essential illusion of earth experience and cannot place too much stock in the ego's desires, knowing that everything the ego so craves—fame, fortune, love and adoration—will fall to dust on death's release.

Part of living in this consciousness is recognizing that you are a precious offshoot of higher bodies of consciousness, which have carefully fashioned your life situation to allow for learning and growth within a specific framework. Each offshoot is a "scout" sent to earth in circumstances designed to gather a specified field of experience. Since soul growth comes from challenges met and overcome, life circumstances must contain roadblocks to happiness, whether mental, physical, or emotional. It is through meeting and overcoming these challenges that the human spirit demonstrates its resilience, its tenacity, its flexibility, its power of will.

Some observe this arrangement and express gratitude at the opportunity to participate in such a wondrous realm. Others call it an abomination. Among your many freedoms is the choice to live either in a state of higher consciousness—which deflates the ego's importance and with it some comforting illusions—or to remain in lower consciousness and stagger about in "why me?" confusion and fear. The choice is yours.

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## RIDING TOWARD THE MILLENNIUM PREPARING BODY, MIND & SPIRIT

You know that you live in a time of great upheaval, of cultural decay and transformation, religious fanaticism and spiritual renewal, economic insecurity, and general revulsion toward political leaders. All this plays out against a backdrop of ecological devastation wreaked by human activity, the most deleterious effects of which have yet to manifest. The planet itself, and all species upon it, appear joined in a convulsive trauma and the struggle to heal.

It is human nature to establish stability and security through political, spiritual, and technological systems that endure beyond the life span of any individual, providing the sturdy foundation of culture. Human consciousness is unique in that it does not rest on a base of pure reason—as does any fruit fly, jungle cat, or sea slug—but rather on myth. Human consciousness requires that certain metaphysical questions be answered before it can feel secure; these questions relate to the origin of humanity and the universe in which it lives, humanity's special purpose and meaning, and the search for immortality. Because human consciousness cannot grasp the ultimate answers to these questions, it settles for stories, myths, which soothe the anxieties over identity and meaning; these myths, when universally accepted, become the foundation of culture.

Naturally, in a long-ago world peopled with scattered tribes, each clan could spin its private web of myth and those myths supported and nourished their peoples through countless generations. In today's world, where the ease of travel, human overpopulation, and the furiously growing web of communication links bring even the remotest tribes into contact with the dominant culture, no longer can each tribe cling to its cherished myths in blessed isolation. Wars over religious and cultural conflict litter the 20th century's blood-soaked history, as cultures strive to prove superiority over other mythic systems.

If humanity is to survive on the planet, and to evolve toward its highest

potential rather than devolving to the primitive code of the jungle, it faces two principal tasks: it must learn to live in harmony with nature's ways, and it must meld its many discreet tribal myths into one globally shared mythic framework. The first task addresses the simple mechanics of surviving on the planet, the second speaks to humanity's spiritual essence.

You live now in a time of transition, between a past when nature could easily heal the scars of human activity and each tribe rested on private myths, and a future when humanity lives within nature's limits and shares a global mythology. Such times of transition place great stress on the psyche, for they strip away the bedrock security of cultural myth, while the undeniable evidence of ecological devastation threatens individual health and the species' future survival. Maintaining sanity, reason and psychological flexibility amid such circumstances is challenging, and many surrender to the security of religious or scientific fanaticism, or throw up their hands in nihilistic despair. Our purpose in this issue is to offer practical suggestions as to how you can maintain a clear, flexible, and balanced consciousness in the midst of global upheaval.

For consciousness to participate in and manipulate the earthly system, it must be anchored to form. Each such form determines the nature of consciousness that animates it; as a creature passes through its life cycle from conception to old age, its bodily condition calls down certain strands of consciousness which support it at each stage. Further, the body's condition, vis-à-vis health or infirmity, further shapes and colors the quality of consciousness. This is a key understanding, often overlooked by those who pursue "enlightenment" strictly from a mental approach: the body must be humming at peak vibrational harmony to draw down the clearest flow of consciousness. Blockages and hindrances within the body impair its

ability to maintain the clearest channel to higher sources of consciousness.

Now, the greatest determinant of a person's consciousness is his or her birth date: for the earth's vibration at the moment of birth is indelibly stamped into the body as its vibrational "set point." This corrals each generation into a shared framework of spiritual and technological potential, keeping the race on a common cultural path. The body's set point automatically calls down consciousness of a congruent nature, defining the upper and lower boundaries of an individual's potential experience.

The body is conscious and alive in its own right, of course, apart from the nature of its waking mind. Even the most severely retarded persons, or those insensate in coma, have smoothly functioning bodies maintaining themselves without conscious direction. The nature of the body's condition—healthy or ill, secure or imperiled, loved or abused—affects its consciousness, which in turn influences the nature of consciousness animating the waking mind. A program designed to maintain a clear and flexible consciousness must therefore begin with the body.

### Take a Plunge

As you know, water is a highly efficient conductor of electrical energy, meaning it transmits electrical current with a minimum of resistance. The same holds true for any type of energy: water transmits vibrational patterns cleanly, without alteration or degradation, over great distances. By soaking in water, the body gradually entrains to the vibrational patterns present in the water, which in turn reflect the energetic "atmosphere" of a place as well as any significant shifts occurring within the earth. (Animals detect earthquakes and storms "ahead of time" because they sense such vibrational shifts as pressure changes in their cranial fluid and sinus membranes.)

A dedicated program of "body balancing" should therefore include regular soaking in water. In order of preference, bodies of water used for this purpose

include: the ocean, lakes, rivers, outdoor pools, indoor pools, hot tubs and bathtubs. As you can gather, natural bodies of water are preferable, and the deeper the better, for they carry vibrational patterns from deeper strata of earth. Any time there is a firm barrier between water and the earth—as with a swimming pool—the fidelity of transmission is impaired. And when the body of water sits above the earth and is sealed off from the natural world—as with a second-story bathtub—the vibrational patterns are further degraded.

It is only natural that you would wish to keep your head above the water line most of the time, but it is critical that the crown of the head be submerged for at least part of your time in the water. This creates a complete “circuit” between your highest vibrational center, located at the crown, and your abdomen and feet. Otherwise, the water’s vibrational patterns are only able to “dance around” you, rather than insinuate themselves into the body’s core. Floating on your back, with your head tilted back to keep the crown under water, is the best position to create a prolonged “circuit” giving passage to water’s vibrational patterns.

We left hot springs off our list above because they are relatively rare and not accessible to most on a regular basis. We do want to make special mention of them, though, because hot springs are a special case offering greater benefit even than the ocean. The fact that the water is emerging hot from the earth means, first, that it is always fresh, never stagnant; and second, that the area of its emergence is an earth “hot spot,” a crucible of especially dynamic, volatile and accelerated energy which “charges” the water passing through it with special vitality and a vibrational richness not found in more prosaic bodies of water. Soaking crown-to-feet in a hot spring is to vitalize the body with a vibrational tune-up unlike any other.

### Match Diet With Lifestyle

Current debate over the “ideal” human diet obscures the fact that there is no universally ideal diet. There is an ideal diet for each individual, which takes into account a number of factors: age, activity level, regional climate, season of the year, body type, natural energy level, and so on. Not only does the ideal diet vary from person to person,

but seasonal changes affect the body’s nutritional needs as well, so that one may flourish on a vegetarian diet during the warmer months but feel the need for supplementary animal foods during the winter.

The human body is designed with extraordinary elasticity, allowing the species, with proper shelter and clothing, to survive in virtually every climate. As part of this malleability, the body’s digestive process carries a spectrum from relatively constant, light feeding (like birds or cattle) to an occasional huge consumption followed by a languorous digestion (like jungle cats). It is no accident, then, that in the harsher northern climates, where fresh produce is not available during the colder months, bodies have adapted to consumption of whale blubber or buffalo meat; whereas in equatorial climes bodies are nourished by the year-round profusion of fruits and vegetables.

This spectrum of digestion is deeply ingrained in the human “package,” and recent establishment of transportation networks which allow produce to be transported around the globe cannot override the body’s *natural expectation* of a certain diet in a given climate. Canadians can easily maintain a vegetarian diet through their long, cold winters, but their bodies *expect* a diet more closely linked to their environs, meaning an occasional feast of animal flesh. Equatorial peoples may seek to emulate the western lifestyle by increasing their meat consumption, but their bodies *expect* a lighter, vegetable-based diet.

We are not endorsing any diet over any other; we are simply pointing out that the human body, bathed in the vibrational atmosphere of its home climate, naturally expects a certain diet and operates most efficiently when fed that diet. The body’s extraordinary adaptability ensures that it can, indeed, survive and even prosper on any type of diet anywhere. But for maximum efficiency, and for the body to be able to feel most “at home,” diet should match climate.

Another influence on ideal diet is activity level. Here is where western culture faces its greatest challenges vis-à-vis its diet, for a largely sedentary population consumes great quantities of meat, fat, and sugar. A meat-based diet

is appropriate among peoples whose circumstances require strenuous efforts to survive. The Plains Indians, for instance, living in a harsh climate and chasing buffalo for food, could consume vast quantities of their prey and scour their arteries clean with the next hunt. A modern office worker, whose most strenuous activity is reaching for the electric pencil sharpener, never approaches the level of physical activity necessary to cleanly process a meat-based diet. The more sedentary the lifestyle, the more the body benefits from a light, plant-based diet.

Age also plays a role in selecting an appropriate diet. When puberty triggers bodily growth, especially in males, leading toward development of adult form and sexual maturity, a meat-based diet is appropriate because animal flesh is a complete protein, with all other nutrients in proper balance, ensuring that the body is being adequately nourished. In traditional societies, young males are the hunters, gatherers and protectors, and their need for powerful and well-nourished bodies again points toward a meat-based diet.

Young women of child-bearing age benefit as well from a meat-based diet, both for the complete and balanced nutrients, and for the extra fat which their bodies need to help sustain a growing child. In later years, when males become grizzled elders and women the clan’s wise matriarchs, the need for a meat-based diet diminishes and a greater proportion of plant foods may be consumed.

Much of this may not be relevant to modern western culture, with its multicultural gastronomy, but it is important to understand how the human body is designed to function in a natural tribal setting (where the vast majority of the species’ time has been spent), and how this design affects the ideal diet. As mentioned, the human body’s adaptability ensures that it can prosper on any diet anywhere, but the *natural* diet for a given age, locale, and activity level varies from person to person, and those

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concerned with balanced and harmonious bodies will give this due consideration in fashioning their diets.

### Eat Living Local Foods

Every living organism is composed of two elements: its physical structure and its vital life energy, its body and its consciousness. Vital life energy is fed into the earth system by bodies of consciousness standing above the earthly system, animating the various species scurrying about the globe. Every living organism has a "twin" energetic blueprint in the nonphysical realm, which "blinks" on and off into physical life; each blink "on" brings with it a thrust of vitalizing life energy. At death, the twin blueprint no longer blinks into physical form, the vitalizing life energy is lost, and decay sets in.

Since all food comes from living organisms, the time elapsed since a food was severed from its vitalizing source determines whether it offers both physical nutrition and vital energy, or simply the inert nutrients. Once an organism is cut off from its vitalizing source, its life energy dissipates at a steady pace irrespective of any efforts to preserve the food (canning, freezing, drying, etc.). Certainly within two or three days from "death," all vitalizing energy has been lost from a decaying organism.

It is possible to sustain the body on "dead" foods, because all nutritional requirements are met, but overall zest and vitality will suffer if there are no living foods in the diet. Vital life energy does not address a specific nutritional concern, as the various vitamins and minerals do, but instead suffuses the body with an overall burst of vitality carrying with it the vibrational patterns extant in the area of the food's origin.

This is why it is most beneficial to eat foods grown in the local area, for in a sense you ingest the vibrational atmosphere of your home area, charged and vitalized with the plant's life energy. This helps both to keep your body at peak vitality and to apprise it of information carried in the vibrational patterns of the food (especially food anchored to the soil).

It is not necessary that most of your diet consist of living foods; even a small fraction will be sufficient to vitalize the body and apprise it of the area's vibrational intelligence. Growing a garden is the best way to ensure a steady supply of

living foods, especially a salad garden blending tastes, colors and textures from a variety of plants. At the very least, anyone can grow sprouts in the kitchen, and as sprouts are newly vitalized, eagerly growing young plants, alive at the moment of ingestion, they pack a powerful wallop of vitalizing energy.

### Weave an Aural Cocoon

In a recent issue of the *Journal* we discussed music's power to heal and balance the body, and we do not wish to reiterate that material at length here. We would only point out that the body automatically entrains to the sounds in its environs, striving to harmonize external sound with internal patterns. Thus, music can be a powerful tool in a program of "body balancing" because you can consciously choose which music to expose your body to, a rare instance where the conscious mind can deliberately alter the body's energy patterns.

Two significant aspects of any musical piece influence its effects on the body: the time of its creation, and (if recorded) the time of its recording. Music reflects both the extant earth energies and the cultural milieu at the time of its creation. When you play Beethoven or Chopin at the piano, you call forth, in attenuated form, the energies of those composers' environs as well as the cultures in which they lived.

In this century, with the advent of recording technology, a performance can be captured and replayed indefinitely. Each such replaying carries the consciousness of the individual musicians as well as the cultural atmosphere at the time of its recording. This is a much more powerful and direct effect than a modern musician playing an 18th-century piece.

Armed with this knowledge, you can deliberately fashion an aural environment which speaks to your body's needs. In times of anxiety or stress, when you seek "grounding," a classical piece centuries old would offer that deep rooting born of ages past, as would a modern piece recorded by a gentle, calm soul. If you have been ill and are returning to health, the robust power of rock and roll would vitalize and stimulate the body. If your life is entirely too routine and complacent and you need to shake things up, punk or

heavy metal music will effectively shatter your body's stability.

Obviously, your total aural environment consists of much more than music. Consider what sounds unconsciously accompany you through your days: traffic, wind, people talking, silence, trickling water, bitter arguing, lawn mowers blaring, the radio. All of these affect your body's vibrational cocoon, which in turn affects the quality of consciousness the body can support. Once you have determined what your body needs in the way of balancing and vitalizing, make an effort to design an aural cocoon which enhances that desired condition.



Water, diet, and music help you to balance and stabilize your body, keeping it harmonious and flexible. But the point of maintaining such a vibrant body is to enable it to draw down the highest, clearest quality of waking consciousness, allowing you to navigate a tumultuous era with sanity, reason, and good humor intact. Let us turn now to consider some of the ways you can keep your consciousness as balanced and flexible as your body.

### Listen to Young People

This is not the usual plea for know-it-all adults to stop and listen for five minutes to the concerns of young people. This is to urge that *you listen to young people*. Not just their words, but the deeper themes shaping those words. Youth is the age of greatest psychological instability and openness, when the inwardly focused psyche of childhood crumbles to make way for youth's vigorous explorations. No one, no exalted professor emeritus, is as attuned to the undercurrents flowing beneath society as those between the ages of 13 and 20. The paradox of youth is that while they are so attuned to these subterranean cultural currents, they lack the mastery and knowledge to translate their deep inner knowing into effective action, resulting in the existential despair and frustration which so often marks adolescence.

Every young person is unique, of course; not all of them are equally attuned to cultural currents, and upbringing influences their ability to recognize and express their awareness. If you seek young prophets, look for artists and trouble-makers. Artists naturally tap into deeper veins of cultural potential than the mainstream; and youthful artists

have their fingers on the very pulse of it. Delinquents and drop-outs are often bright, thoughtful, insightful youths who cannot warp their inner knowing into bland, socially approved expression, who find the gap between cultural ideal and cultural reality painfully unbridgeable: they can only lash out in anger at the world that fails to validate and honor their insights.

In conversation with young people, remember that it is not specific knowledge or wisdom that you seek; rather, you would coax out a general thematic impression of their thoughts on life, society, and the future. See if you can hear those deep undercurrents bubbling just below a young person's thoughts. Make an effort to suppress your natural desire to impart knowledge, and take the role of active listener.

One of the best ways to get such a conversation rolling is to ask what art forms appeal to him or her, music being the most powerful and universal unifier of youth. Listen to the music with them, ask them what the lyrics say (since you probably can't discern them!), and ask why the music appeals. Later, ponder the music in all its aspects: its harmony or disharmony, whether it assaults or soothes, whether the lyrics are life-affirming or -denying. Knowing that favorite music provides a direct mirror image of the contours of the psyche, consider what thematic messages are being conveyed. Not only will your respectful listening to a young person's music evoke astonished delight on his or her part, it will open the door to future exchanges of even deeper and more revealing intimacy. With a handful of articulate young confidants, you can keep your finger firmly on the pulse of cultural transformation.

### **Abandon the Search for Truth**

As mentioned earlier, it is human nature to assuage existential insecurity by weaving myths which answer the eternal questions of who you are, where you come from, and what your purpose is. Every culture, from the most primitive Stone Age tribe to modern science, has a myth of the universe's creation and a myth of human emergence. Building on this mythic foundation, elaborate cosmologies are spun which form the foundation of culture.

You live in an age when countless discreet mythologies are grinding against each other as the world grows toward creation of a unified global culture. So fundamental are these myths to personal

and cultural identity, and so threatening is their loss, that tribes and nations go to war and spill their sons' blood over defense of what are, in truth, bedtime stories chasing away the demons of human insignificance and inescapable mortality.

Myths are like weeds: you can uproot them but they sprout right back. When one abandons the religion of one's childhood, the "mythic vacuum" in the psyche cries out for something or someone new to believe in and soothe its existential insecurity. It comes as no surprise that the era of mythic transformation through which you pass should spawn countless little religions and cults, some with self-appointed messiahs and prophets, others worshipping ideas, products, or lifestyles as divine revelation. The New Age movement is crowded with such little religions; indeed, it is the Mythic Marketplace where those who have abandoned mainstream myths can browse among innumerable sects touting their flavor-of-the-month route to salvation.

The stark fact is that human consciousness is incapable of comprehending Ultimate Truth; this is why you must spin myths, symbolic stories, as a way of *hinting at* the deeper truths which lie unknowable beneath your existence. The truths themselves cannot be apprehended in their absolute totality by any human mind. Anyone who claims such knowledge is either a madman or a liar.

The healthiest approach to take during this period of transformation is the most difficult, for it requires that you override your psyche's deepest need: to rest on a sturdy mythic foundation relieving existential insecurity. It means you must float in a haze without answers to life's most pressing questions. This may not sound attractive, but it is healthier than latching onto a little religion which instantly narrows and misshapes your perception of everything you read and hear. To stay open, flexible, and balanced, the best approach is to freely sample the wares of the truth vendors—whether they peddle salvation or blue-green algae—while holding fast to the understanding that no human mind can grasp ultimate truth, and therefore every cosmology is limited and incomplete.

What you are driving toward is creation of a global cosmology which supersedes all current religions, reconciles science and spirituality, and embraces all persons and living creatures as members of a common family.

This cosmology is just in the initial stages of construction; you can catch glimmers of its outlines in books delineating the similarities between physics and eastern religions, in the work of those building co-creative partnerships with the spirits of nature, in the animal rights movement, among peace activists bringing previously warring peoples together, and anywhere people reject violence as the solution to conflict.

These trends represent the cutting edge of a new global cosmology. Recognizing that these initial pieces of the puzzle are but glimpses of a universal cosmology not likely to manifest in your lifetime, the best course is to "float" in mythic uncertainty, appreciating the pearls of wisdom offered by cutting-edge thinkers while resisting the siren songs of self-appointed messiahs.

### **The Power of Positive Thought**

The most significant contribution you make to the world's condition and future events is not your actions but your thoughts. A steady ticker-tape stream of energy flows skyward from the crown of your head, there to join the global pool of human consciousness which encircles the globe. This blended pool of thought attracts mass events reflecting its condition, following the rule that you create what you think.

The most powerful offering you can make to the world as it struggles through its transformational phase is a clean, pure, balanced, optimistic, loving, peaceful flow of energy. This contribution surpasses in effect everything you do physically to bring about a brighter world. If you feel dark with despair over the earth's fate, angry at the relentless flood of bad news, or pessimistic about the species' future, you automatically help bring about a more traumatic transition. Similarly, even drinking in images of violence and destruction, whether or not they trigger despair or anger, fortifies the self-perpetuating cycle of violence (violence occurs, your awareness of it and resultant anger is released to the atmosphere, which draws down future violence).

The best antidote to despair and violence is to pursue the activities that bring you pleasure, to nurture relationships, to laugh often, to avoid doom-sayers and prophets of destruction. Far from being a selfish retreat from the problems of the world, pursuing pleasure and fulfillment alters the flow of energy you contribute to the global pool, cancelling out the negativity of others and helping to hasten the birth of a transformed, vibrant and peaceful planet.



## DEEP ASTROLOGY SWIMMING IN THE COSMIC SEAS

*From time to time people ask what Alexander thinks of astrology; I always reply, "I don't know, I've never asked." Having never heard a credible explanation for how distant celestial bodies could influence human personality and earthly events, I've dismissed astrology as a harmless entertainment, not worth bothering Alexander for his perspective. (And being a properly stubborn Taurus, I didn't want Alexander relieving me of my long-held disbelief!)*

*Still, as the Journal's purpose is to explore a broad range of topics, and astrology remains a perennial fascination for many, I inquired as to whether Alexander had anything to say on the subject. The results, as you will see, draw from a rich and hitherto untapped vein of knowledge filling this and the next issue. Enjoy!*

*Ramon*



As is the case in many aspects of life, "popular" astrology—with its zodiac signs, houses and cusps and retrograde planets—is a facile, and easily digestible, system hinting at a deeper reality. Like any religion, it seeks to reduce the infinite and unknowable to manageable, comprehensible rules and principles by which humanity might live at harmony with the universe. Rather than assembling a pantheon of gods to influence human affairs, astrology proposes that the planets, stars, and other celestial bodies determine each person's personality traits at birth and sketch the likely events unfolding in the future.

Rather than examining astrology at the "popular" level, we propose to delve into "deep" astrology, the ancient knowledge of the relationship between humanity and the cosmos, which gave birth, through millennia, to its popular stepchild. This knowledge has been held by advanced civilizations enjoying heightened perception and an awareness of *energy* as the basis of the universe, rather than the matter-based perspective of modern society. Because this knowledge of

deep astrology retains full vitality in the collective human consciousness, it gently bleeds into awareness, misshapen as it is to conform with western principles of structure, hierarchy, and cause-and-effect.

### The Cosmos as Energy Ocean

Because your eyes perceive the universe as a great black void punctuated by occasional planets and stars, you assume that the space between celestial objects is "empty." Given the western emphasis on using evidence of the senses as the arbiter of reality, such a perspective makes sense. It is, however, wrong. Using "evidence of the senses" as the criterion for reality while employing only the five sharply focused senses results in an incomplete, impaired perspective. What is missing is the "sixth sense" available to the species: the body's ability to perceive energy fields.

To be fair, this ability cannot be fully developed in your time because the earth's energy patterns and frequencies do not completely support such development. As the earth's vibration accelerates, humanity's latent ability to sense the ocean of energy in which it swims will grow. Among the advanced civilizations which developed and refined deep astrology, the earth's frequencies were in much greater alignment with the ability to perceive energy fields.

As with any human characteristic, there are many levels of natural skill, coupled with training and focused study, leading to degrees of competence in perceiving energy fields. The high priests of such advanced civilizations were those born with heightened sensitivities, honed through years of disciplined training, resulting in exquisite sensitivity to the most minute shifts in energy, both local and remote. Because the earth's vibrational patterns supported such awareness, all members of such societies had at least a rudimentary sense of the play of energy around them, and this common awareness became the

basis of both scientific and religious life.

The difference between such a perspective and the modern western view boils down to this: you see empty space broken by occasional clusters of matter; they saw an ocean of vibration permeating every inch of creation—here a thin, vaporous mist; there a coagulated, dense form. They saw that the ocean of energy washes through every form, no matter how seemingly solid to the senses; that even a stone is but occasional clusters of dense vibration (subatomic elements) dancing through a subtle mist. They saw how events occurring inches or light years away send ripples throughout the universe, bathing everything they touch with their energetic residue.

The universe was understood to manifest as two primary densities of vibration: mist and form. Mist is the ocean of vibration permeating the universe, the subtle carrier of energetic information. Energy pulsations travel most quickly along strands of mist. Form is clusters of thickened vibration whose decelerated pulsations are perceptible by the five senses. Because the human body is form, it hums at the same approximate frequencies as other clusters of form, allowing humanity to manipulate and work with form in caring for the body's needs and building the infrastructure of civilization.

It is important to recognize that the pulsating waves of energy washing through the universe are not simply "felt" by the body in a blind, diffuse way, but are also *seen* and *heard*. The body's energy sensors work in cooperation with the eyes and ears to weave a comprehensive picture of the vibrational information washing through the body's environs. At this level of perception, sight and hearing contain levels of richness and complexity which lie beyond what you presently experience; as if three-dimensional sight and stereo sound expand into multiple dimensions of deeper, more complex vibrational patterns. At this level, the sharp distinction between sight and sound dissolves; each of the senses contributes its discrete

focal awareness while blending its perceptions with other senses and the body's sensors.

A given field of vibration can be examined and manipulated from any number of perceptual focuses. Just as you might study an object by staring at it, sniffing it, tasting it, shaking it, and poking it to determine its nature, from the level of multidimensional perception one can examine a vibrational field from a range of perspectives. A field can be beheld from any of the discrete sense's perspectives, or a combination, or enriched with the body sensors' subtle detection of fluctuating energy patterns. An "object" can be experienced purely as sound, as sight, as smell, or simply as vibration. Those familiar with psychedelic agents may have experienced this multidimensional perception, though the scrambling of perception can be frightening to western brains unaccustomed to interpreting such richness of sensation.

As mentioned, in such civilizations as have possessed multidimensional perception, a wide range of such abilities prevails. At the novice level, one may be able to perceive only the workings of one's own body; to detect a tumor, a nutritional imbalance, or an emotional wound. Moving up in the hierarchy of gifted and disciplined perceivers means a gradual expansion of perception, both in the distance at which events can be perceived and in discerning increasingly subtle fluctuations carried in mist-borne vibration. The "high priests" are those from whom virtually nothing is hidden for they perceive all: the thoughts and body states of those they meet; events occurring at great distances; even events not yet manifested, congealing toward expression in the collective unconscious.

Among the caste of the most adept high priests, it was natural that they would seek to expand and refine their abilities by putting them to use detecting ever finer and more subtle vibrational events. This meant leaving the earth plane entirely—for detecting its swarming fields, mist and form, came as second nature—and reaching further into the cosmos. Over time, as certain patterns of fluctuation were linked with earthly events, and as repeating annual patterns had observable effects on the bodies of those born bathed in those patterns, the link between distant celestial bodies and human personality and experience be-

came clear. This led, over generations, to a discrete field of study, available only to the most gifted of perceivers, which grew into an elaborate system of cosmic-human influences, their timing and effects. This is "deep" astrology, the ancient foundation of today's popular astrology.

One thing should be immediately apparent: Because the cosmic influences studied are so subtle, discerned only by the most advanced perceivers, they were understood to play a minor role in the development of personality and life's unfolding events. The rigid zodiacal signs of today's astrology, with their crisp lists of personality attributes, are but crude replicas of what was then understood as a more subtle and dynamic interplay between cosmic and human forms.

To begin with, the moment of birth was not given the all-supreme importance it plays in popular astrology. It was understood that a growing fetus is constantly bathed in vibrational fields—the most significant being its mother's, of course, as well as her physical and emotional environment, her life companions, and so on. The moment of birth is significant in that it involves the sudden expulsion from one primary vibrational environment to another: the womb to the atmosphere. There is a tendency, whenever a body experiences such a rapid vibrational shift, to open itself up to the energies of its environment as a way of quickly entraining to them and restoring symbiotic balance between body and environs. This "openness" to external fields is never as pronounced as it is at birth.

This does not mean that Jupiter or the Big Dipper plays a formative role in the child's development. It means that distant and subtle cosmic events can impress themselves upon neonatal energy fields with a force they will not again have. Far more significant is the child's immediate birth environment. Babies in general, and newborns in particular, cry until they are held because they feel "out of sorts" in their bodies: synthesizing a soul, a mind, a body, and its environment does not come easily. Babies anchor to human life by entraining to human energy fields, especially mother's comfortably familiar patterns.

The child's overall experience at

birth is overwhelmingly shaped by the mother's emotional and physical condition, by the loving touch of others involved, by the immediate entraining to solid adult bodies. Into this powerful event, pulsing as it is with emotional and physical energy, the influence of distant cosmic bodies can be slight at best. For to the extent the infant's body seeks to entrain itself not only with its immediate environment, but with the universe at large, it is unusually receptive to imprinting by such influences. Let us look now at how such influences operate.

### The Cosmic Web

From your earthbound perspective, it is impossible to study the universe in its entirety and observe the intricate patterns of planets, moons, stars, and floating debris which form the "matter" of the cosmos. They appear as randomly placed, scattered clusters of suns, planets and moons. The Big Bang creation myth supports this perception of haphazardly placed celestial bodies, as all matter was supposedly spewed at random from the primordial explosion. We have dealt elsewhere with the Big Bang theory's creative fiction and need not elaborate here, except to point out that believing in it hinders perception of the true reality of the cosmos's design.

The universe is eternal and without beginning or end, in the sense that it was not "born" and will not "die"; these are anthropomorphic projections of your own mortality. Since ultimately all "time" is simultaneous, the universe has "always" existed as a venue of activity for bodies of consciousness seeking to explore matter-based existence. Like any physical structure, the universe must be organized into coherent, stable, self-sustaining patterns which endure through time, while allowing sufficient flexibility as to weather the likely events and fluctuations inherent in the system. Thus, the placement of celestial bodies is not random, but follows patterns and principles ensuring the system's stability and endurance.

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There are two basic types of celestial body: energy-absorbing and energy-releasing. We might call the former "sponges" and the latter "generators." All solid objects are sponges: planets, moons, asteroids, human beings, etc. They absorb energy from the cosmos in far greater proportion than they release it; they transmute cosmic and solar radiation into the building blocks of solid matter. All energy-spewing bodies are generators: stars, for the most part, with an occasional exploding supernova or meteorite flaming to earth. Because the single most important principle of nature is *balance*, the universe as a whole, and its many smaller regions, must maintain balance between sponges and generators.

Thus it is no accident that your sun is surrounded by planets, some with their own balancing moons. A star must always be balanced by encircling sponges which absorb and neutralize the star's furious shower of radiation. A universe composed entirely of stars would soon overheat into a torrid atmosphere incapable of sustaining even stars' dynamic form. Each star's radiation must be "contained" within its localized area and not allowed to spew unhindered into the universe at large, there to stimulate other generators into vaporizing.

If you could build a three-dimensional model of the solar system, including the planets' gentle north-south rocking and their rotations around the sun, the relative positions of the planets and moons throughout the year, and the flow of solar radiation, you would observe a highly efficient and intricate system in which a generator is surrounded by a cooperating network of sponges which absorbs and neutralizes virtually all of the sun's emissions. Each planet, given its distance from the sun, absorbs a certain range of energy emissions, and uses its rotation and (with some) its north-south rocking pattern, to prevent itself from being scorched to oblivion by the sun's fierce heat.

To elaborate on the range of energy each planet absorbs, every planet carries a certain density, a precise mix of elements in its body and its atmosphere, a unique size and volume, and a distance from the sun. These factors determine the range of solar radiation the planet is designed to absorb. Solar radiation tends to decrease in intensity the further it travels; thus the closer planets are

formed of rock and iron, absorbing highly stimulative energy, while the distant planets, largely liquid and gas, "mop up" the decelerating solar shower.

Most of the sun's energy spews from its equatorial region, along the plane where the planets generally lie. Solar radiation flowing from the poles tends to arc back toward the planets' gravitational pull; and what little escapes this pull is easily absorbed by the meteors and cosmic debris swarming through the system, acting as a kind of "floating sponge blanket." By the far reaches of the solar system, an average of 99% of solar radiation will have been absorbed by planetary, lunar, and other sponges.

The planets themselves follow an intricately choreographed dance in which each is aware of the position and condition of the others. If for some reason a planet is temporarily unable to absorb its "quota" of solar radiation, others will attempt to "pick up the slack" to the extent possible. This might involve a planet temporarily increasing or decreasing its surface temperature, to alter the range of solar radiation it can absorb. It might mean expanding the area of its surface covered by water, as water absorbs radiation more efficiently than bedrock.

Because your planet is unusually flexible in its blend of bedrock and water; can quickly expand its water-covered area with a well-placed flood or decrease it with a timely drought; and can shift its water stock from liquid to ice to gas with relative ease (over a few millennia in the case of an ice age); and because Earth's relative "mid-point" position is crucial to sustaining the balance of the solar system, Earth is among the most dynamic of the planets. The fierce electrical storms, volcanoes, earthquakes, floods, droughts, freezes, heat waves—all the charming meteorological and telluric eccentricities which endear you to your celestial home—serve both to maintain intraplanet balance and contribute to stabilizing the larger solar system. It is unusual for a body composed largely of bedrock to know such constant dynamism in its surface and atmosphere, but the placement of Earth in the larger system makes it essential.

## The Lunar Connection

Except for one of Jupiter's satellites, Earth's moon is the largest in proportion to its host planet of any moon in the solar system. This bespeaks the central importance of the moon in balancing and stabilizing Earth's vast liquid seas. The relationship between the moon and Earth permeates mythology and folklore, even if it is not rationally understood beyond calculating the rise and ebb of tides.

Earth's central problem is that it is bombarded with solar radiation, which it absorbs primarily in its bodies of water, and this radiation must be "organized" into fields of energy which can either be released to the atmosphere or dispersed gently through bedrock. The vibrational frenzy of solar radiation is such that the earth's crust is not dense or thick enough to offer a counterbalancing influence sufficient to decelerate and organize solar radiation. Left alone, this situation would lead inexorably to a dangerous rise in aquatic temperature, along with a fierce atmospheric electrical static precluding development of complex life forms.

Into this quandary rides the moon. The moon is solid bedrock with a virtually cold core (unlike Earth). Its function is to balance and organize the shower of solar radiation bombarding Earth. The rise and fall of the tides is like a great breath—inhale, exhale—as the moon helps arrange scattered solar radiation into coherent patterns. Since most such radiation is absorbed in bodies of water, here is where the moon's effect is most apparent. The moon suffuses Earth with a steady rhythm of tension and release—inhale, exhale—as the dangerous solar frenzy is captured and tamed in its rhythmic lunar cadence.

This process allows solar radiation to be "cooled down" to the point where Earth can effectively handle it. One of water's greatest strengths is its ability to disperse radiation rapidly and in all directions, minimizing its potential danger to life. Earth's crust pulses with a deep, steady rhythm, further slowing solar energy to rhythms compatible with life. What energy cannot be neutralized through water and bedrock is released to the atmosphere, where electrical storms flare without cease, dispersing highly charged energy with minimal risk to living beings.

As you know, the moon passes through a 28-day cycle of waxing and waning reflection of solar energy onto Earth. In a sense, this reflected solar energy serves as an "attractor" to solar radiation swimming within Earth's seas, "beckoning" solar energy to entrain to its patterns. Because those patterns are heavily weighted with the moon's bedrock stability, solar radiation trapped in the Earth system is slowed and organized into gentle, cohesive fields.

### Chaos and Order

Essentially, what the entire universal system boils down to is the tension between chaos and order. This is the fundamental dynamic of any physically based system, and it pervades not only celestial bodies such as stars and planets but is the root dynamic of any consciousness or life form woven into the system. At a physical level, any species must have sufficient flexibility and spontaneity that it can break old patterns (chaos) and adapt to changing circumstances, but such flexibility must rest on a sturdy bodily organization (order) ensuring survival. At a cultural level, what are questions of liberty vs. oppression, war vs. peace, capitalism vs. communism, anarchy vs. fascism, individualism vs. communitarianism, marriage vs. singlehood—what are these deepest of human issues but expressions of a deeper dynamic tension between chaos and order?

Within the solar system, and the larger universe of which it is a tiny corner, the tension between chaos and order plays out on a grand scale. The sun is chaos—a fierce random shower of sizzling radiation. The planets and moons are order—stable in their sizes, their orbits, and their cores, even as their

surfaces play host to the eternal dynamic between chaos and order. The aim is balance: finding the proper mix of generators and sponges to ensure the system is constantly invigorated with fresh energy and yet stable enough to endure through time.

Planets and moons forge pathways of energetic communication across the solar system as a way of strengthening the sponges' power to neutralize solar radiation. Basic geometric shapes are often employed—circles, squares, especially triangles—as a way of transmitting and dispersing solar energy. The ancient human game of playing "connect the dots" with celestial bodies to discern the emerging patterns is not so far-fetched, for sponges and generators do the same. The shapes employed, and their relative sizes, change with the planets' rotations, bathing Earth in an ever-shifting energetic "atmosphere."

Another way of looking at the universe is to perceive it as a *web of physicalized information*—an intricately woven network of energy, energy being excited vibratory patterns, those patterns being symbols, those symbols reflecting deeper meaning. That meaning arises from beyond the physical system, in the nonphysical realms from which physicality springs, and is carried symbolically on energy currents.

Stated more prosaically, the vast network of mist-borne vibration streaming throughout the universe carries *information* about events and thoughts occurring at distances both near and remote, both physical and mental. You derive information through your senses: by observing events directly, by hearing others' speech, by reading words printed on a page. In every case, your sense

perceptors are receiving vibratory *information* which your mind uses to weave a cohesive picture of reality.

The essential *meaning* of the universe, then, is the dynamic interplay between chaos and order: striving to find the proper balance allowing for both flexibility and stability. Such a system operates most effectively when every element is apprised of information, both remote and local, which may bear a direct impact. Every planet communicates with every other planet, each with its moons, and all of them with the sun, the better to maintain the proper "mix" of chaos and order, generator and sponge, that sustains the solar system. More distant objects and events play less of a role, but can be critically important if their residual energy "hits" at a time of temporary stress or weakness in the system. Mist-borne vibration travels vast distances throughout the universe so the larger picture can be discerned at all times.

Into this picture strolls the human race, standing atop a buckling, belching crust and below an atmosphere sizzling with storm and fury, on a planet whipping through day and night, winter and summer—and trying to make sense of it all. Like any form in this dynamic universe, the human body is exquisitely sensitive to the swarms of vibrational information bombarding it from near and far. We have seen that the newborn infant is especially sensitive to the influence of remote events and energy projections, yet such sensitivity endures throughout life. In our next issue we will examine the precise mechanisms through which such influences affect human personality and life experience, exploring further the ancient knowledge of deep astrology.



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## DEEP ASTROLOGY, PART II

### COSMIC GEOMETRY AND HUMAN LIFE

In the *Journal's* last issue we began an exploration of the rich and ancient knowledge of "deep" astrology, the progenitor of its modern, less sophisticated stepchild, "popular" astrology. Because this knowledge was refined by highly sophisticated civilizations, whose knowledge lives still in the collective racial memory, it gently bleeds into awareness, shaping the popular conceptions of modern astrology.

We described the two classes of celestial objects: generators and sponges. Generators are energy creators, spewing furious showers of radiation into their zones of influence, while sponges absorb more energy than they release. The universe is sustained over time because of a relative balance between sponges and generators: energy spewed equals energy absorbed. The single most important influence on a celestial body's contribution to the cosmic stew, therefore, is whether it is a generator or a sponge.

This basic division can be further broken down into finer classifications. Among generators, some are stable throughout millennia while others are a brilliant flash in the pan. The "temperature" of their radiation varies widely, as does the strength and consistency of their emissions (some steady and invariable, others explosive and random). All these factors influence the extent to which nearby objects can entrain with the generator's energetic shower.

Among sponges are variations based on the ratio of energy absorbed to energy released, their size, their constitution (rock, liquid, gas), their rotational velocity, the magnetic strength of their poles, whether their cores are solid or molten. Perhaps you can begin to appreciate the complexity of factors which blend to create each celestial object's unique contribution to the cosmic soup.

#### Cosmic Geometry

One of the most readily observable patterns in the night sky, and one with apparently consistent effects on human life, was the complex energy matrixes arising whenever celestial objects formed

geometric patterns. These basic patterns are the line, the circle, the square (rectangle), and the triangle. Because the cosmos was perceived as an ocean of energy, its individual members were not accorded the importance they hold in modern astrology; rather, individual objects were seen to contribute characteristic ingredients to the greater cosmic soup. It is the soup, the blending of discrete vibrational flows into a richer stew, that carries effects on all members within its sphere of influence.

The most basic relationship between bodies is the line, a simple flow between neighbors. This offers a good starting point for exploring cosmic geometry. The first factor building the relationship is whether the flow is one-directional or two-directional. A one-directional relationship almost always arises between a sponge and a generator: the sponge can only passively absorb the generator's fierce shower, offering but a thin vapor in response. The generator cannot perceive this slight mist over the noise of its own cacophony. This is, indeed, the most fundamental relationship in the universe: between an object generating energy and another absorbing that energy. A simple, one-way, straight line links these two objects.

Two-directional relationships almost always arise between bodies of the same basic type: two generators or two sponges. It is between sponges, which are far more numerous, that genuine two-way relationships can develop. Such relationships can be classified, first, as either equal or dominant-submissive. (Now the connection to human life becomes clear!) This classification is based on size: bodies of equal bulk emit energies of relatively equal intensity; while between bodies of different sizes, the larger "dominates" its "submissive" partner, and an unequal energetic flow arises between them.

There is no real sense of "power" or "domination" involved here, simply the physical fact that a larger body emits a stronger flow of energy and greater gravitational pull than a smaller one.

Any linear relationship can be described by the nature of the energy exchanged: either sympathetic or discordant. Sympathetic bodies share a common core vibration which they use to stabilize each other. When one suffers a temporary fluctuation or weakness, the other offers a "helping hand" of restorative energy, bringing the weakened partner back to its native pattern. Discordant relationships are between bodies of markedly differing energetic qualities. The most obvious is between a sponge and a generator, but even among sponges the vast range of vibrational qualities ensures that some will clash and grate against each other.

Discordant relationships between sponges tend to weaken their energy fields. Particularly in relatively equal relationships, where each gives as good as it gets, the constant bombardment by a foreign and discordant vibration forces protective measures which drain energy and stability. In a dominant-submissive relationship, the submissive partner suffers under the constant strain of trying to assert and maintain its native energy under the ceaseless onslaught of inimical energies. Even the dominant partner suffers to some degree, as there is no "confirming" response from the submissive partner, only a weak scrambled rejoinder.

There are further refinements to relationships between sponges, of course, but we will not delve into them here. The point is to recognize that the dynamic of "order versus chaos," which suffuses the universe and all its inhabitants, holds true for relationships between celestial bodies as well. A mutually reinforcing bond of common vibration strengthens and stabilizes each partner (order); while a discordant clash of antagonistic energies weakens both partners (chaos). From here, more complex relationships among celestial bodies arise.

The next step up in complexity is the triangle. Here, three bodies join in a three-way flow of communication. Each body shares linear relations with the other two, while subtly aware of the flow between its partners. As with linear relationships,

triangles offer a spectrum of relationships, from the tight cohesion of three partners sporting equal size and constitution to the chaos of three disparate partners engaged in an endless turmoil of dominance and submission. Here, two partners may "gang up" to offer mutual reinforcement while besieging the third; or one (particularly if a generator) may dominate the others, while the two submissives transmit reinforcing energy to each other.

(We should note that we are projecting anthropomorphic qualities of personality onto nonhuman celestial bodies simply to ease your understanding. There is no real "antagonism" or "dominance" among celestial bodies; we are simply describing the nature of their energy flows in familiar terms.)

Squares offer still more complexity in that, in addition to each body having linear relationships with two partners, there is a fourth partner with which a body has no direct contact. (Opposite partners *could* forge a direct linear bond, but then the "square" would devolve into two triangles!) A four-way relationship multiplies the possible combinations of relationship type: from four congruent, reinforcing bodies to a cacophony of dominance and submission.

The final elemental shape to consider is the circle. Here again, partners could simply form linear flows between themselves, but there is a special strength derived from more complex constructions. A circle's energy can flow clockwise, counter-clockwise, or both directions simultaneously. Each body receives energy from its nearest sending body, flavors it with its own unique vibrational essence, and passes it along to its neighbor on the other side. Energy flows quickly and smoothly within a circle, a continuous rush of vibration. Circles are where the cosmos comes to dance.

Whatever the shape of relationship among celestial bodies, the field created between the partners hums with the essence of their energies. The field inside a triangle racked by dominance and submission is choppy and unstable. The field inside a square of sympathetic partners is smooth and steady. The field inside a circle of blended sympathetic and discordant energies dynamically fluctuates between chaos and order.

Every celestial body is simultaneously engaged in many relationships. A given star, planet or moon is a participant in linear, triangular, square, and circular relationships, all at once. The

entire universe is stuffed full of three-dimensionally overlapping shapes forged among far-flung partners. Of course, as the fields within each shape blend with intersecting fields, the cosmic soup becomes ever more complex. But we shall not delve further into this infinitely complicated universal architecture!

### Natal Influences

We mentioned in the last *Journal* that the importance of the moment of birth has been vastly overstated in popular astrology. Since you swim in cosmic vibration from conception to death, choosing one particular moment as the "defining" one which marks you for life is simplistic at best. Still, the moment of conception and the time of birth can be two pivotal points in which cosmic influences carry disproportionate effect. Let us examine each of these moments in turn.

Conception is significant because it is the moment when two cells—egg and sperm—fuse to forge potential new life. Until that moment, gametes are merely cast-off cells within their parent body; "cast-off" in the sense that they play no essential role in maintaining the health of their progenitor. Their purpose is to beget the next generation, not to sustain the current one.

At the moment of conception, sperm and egg suddenly change their status from cast-offs to a new, separate life form. The mother's body instantly knows conception has occurred and begins the all-encompassing shift to nourishing and sustaining the fetus. Larger influences come into play as well, as souls hovering on the astral plane, searching for appropriate host mothers, become aware of a woman's pregnancy and evaluate her suitability. So conception, however private an event it may seem, generates ramifications at many levels.

The newly formed zygote has its own primary tasks: blending disparate genetic codes into a unique bodily template, multiplying its cells, and entraining to the energies of its mother and her environs. This latter element is where cosmic influences may play a role. From the instant of conception, a living body seeks to entrain itself with its environment; to harmonize internal and external energies. This is especially crucial at conception, for a woman can be anywhere in the world—even on a boat at sea or soaring in the strato-

sphere—at conception. With some urgency, the zygote must entrain itself to its mother's environment as a means of stabilizing itself (since failure to stabilize often leads to spontaneous abortion).

Because the zygote urgently seeks stabilization, and because it is "wide open" to energetic influences from within and without its mother, any particularly strong cosmic influences can bear an impact. The moon, for instance, in its cyclical waxing and waning, offers a blend of stable and volatile energies. The fuller the moon, the greater the "chaos" in its beams as the sun's discordant shower is reflected in greater measure.

A new moon offers quiescent stability as the moon's bedrock flow is not "excited" by the sun's random shower. A new moon therefore helps a zygote to stabilize and to "convince" it that the universe is a calm and ordered place; whereas a full moon offers a more volatile energy, representing a fragmented, unstable universe. In very subtle ways, lunar influence can affect body consciousness for better or for ill and tip the balance between a stable, eternally healthy body and one more susceptible to illness.

Another subtle influence is the effect of the cosmic geometry in which the earth is involved. The earth may be a partner in various configurations; and it may pass through a plane created by a larger pattern. In either event, the energies involved can affect a zygote seeking to entrain with its environs.

The single most significant effect is the relationship between sun and earth, a classic example of a dominant/submissive relationship! The earth can only strive to protect itself from the fierce electromagnetic shower streaming from the sun; it cannot answer in kind. The side of the earth facing the sun is more or less in the sun's grip; though deflecting some radiation through the atmosphere and absorbing some in its oceans, nonetheless the earth's sunny side must passively absorb the solar shower. You rise with the sun not only because you see better in daylight than at night, but because your body is stimulated to action

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by the sun's dynamic energies.

Thus, conception is more stable occurring at night than in daylight. There is a reason why you tend to feel most romantic and sexual in the evening rather than at noon, a reason transcending your workday schedule. By making love before falling asleep, with conception occurring within a few hours, the zygote has the rest of the night, while the earth is restored to its native bedrock energies, to stabilize and entrain to the earth. This provides a solidity, a calming and balancing effect to the freshly minted form. Conception occurring during daylight offers instead the struggle between solar and earth energies, a more volatile environment to which the zygote must entrain.

Another cosmic influence is the geometric relationships the earth is involved in, either as direct participant or when simply floating through the fields of larger patterns. As might be expected, if such relationships are sympathetic, reinforcing the earth's bedrock energies, they tend to enhance that stability. If the earth passes through a phase of multiple discordant relationships (the cosmic precursor of the dysfunctional family), the earth's energy is suffused with a theme of assault-and-defense and a general volatility. To the extent zygotes seek to entrain with the broader reaches of the universe, the degree of bedrock stability or cosmic disorder can influence the growing form toward equilibrium or imbalance.

How significant are these influences? Very subtle. They are nuances, shadings and hues gently coloring the potential body, still blending its genetic codes and multiplying them into cells. They are more significant where there is greater difficulty in fusing two genetic backgrounds; where the parents are of different races, for instance, or come from different generations. As the genetic code is woven into a unique pattern within the zygote, a strong cosmic field of stable or volatile energy can influence, to a small degree, the basic constitution of the body growing from that pattern, with ramifications for later health or infirmity, as well as basic personality traits.

Far more significant in forming the template of personality are the choices made by the higher self much farther down the line. As a rule, no soul fuses with a fetus until at least the third month of pregnancy, as so many fetuses fail to survive to that threshold. These choices are sculpted by the higher self into the

body's energy fields and help to focus consciousness toward given themes and experiences. The higher self must fashion these energy fields in harmony with the patterns already extant in the growing fetus, which may either harmonize or conflict with the higher self's plan.

A higher self seeking an incarnation as a restless, rootless, rebellious iconoclast would do well to marry its consciousness to a form already suffused with volatility: where conception occurred at a sweltering noon followed by a full moon, all bathed in overlapping fields of discordant cosmic geometry. A higher self determined to fashion a calm, sedentary, placid incarnation would do better to find a fetus conceived in late evening under a new moon while the earth floats through fields of cosmic concordance.

Some cosmic events play out in the universe's languid conception of time: where a cosmic instant grips the earth for a human generation. The rise in the current younger generation of attention deficit disorders, hyperactivity, psychological quirks and frailties, can to some extent be attributed to a particularly "rough" cosmic sea through which the earth has been sailing for the last few decades. There are larger forces holding more direct responsibility for this situation, but the subtle cosmic influences can "tip the scales" where a zygote hovers between stability and volatility.

In addition, because making a boy is more complex than making a girl—since all fetuses begin as females and males must make a hormonally mediated "switch" to maleness—boys are more susceptible to volatile cosmic influences as they pass through the complex process of gender conversion.

The second significant moment in a developing life is the time of birth. Here the nature of cosmic influence differs: unlike conception, where the zygote seeks to entrain itself to its universe, by the time of birth a child knows full well where he or she lives. The issue here is that the transition from an aqueous existence of constant comfortable temperature to an atmospheric environment of fluctuating temperature, along with the loss of mother's comforting heartbeat, is profoundly wrenching. Having been expelled from its blissful warm cocoon, the neonatal body is almost desperate to regain its lost stability by entraining to its new environment. Cosmic energies

are one ingredient in the vibrational stew the newborn struggles to open itself to and entrain with.

The same principles hold here as with conception: while cosmic influences are slight, a highly volatile, discordant pattern can exacerbate any tendency toward bodily stress and illness; a stable, soothing pattern helps quickly stabilize the body. In cases where the young body is already somewhat unstable, cosmic influences can be strong enough to "tip the scales" one way or the other.

### Cosmic Personalities

So far we have discussed the influence cosmic effects may have on the body, its relative stability or imbalance. What about consciousness itself, though, as expressed through personality? Is this also open to cosmic influence?

To an extent, yes. Since personality is sculpted into the body's energy fields by the higher self, a strong cosmic influence can subtly imprint the auric fields with its flavor. Again, because the fundamental dynamic of any physical system is the tension between chaos and order, this manifests in personality terms as stabilizing or destabilizing effects.

Traditional astrology often posits four main types of personality aligned with the four elements: fiery, earthy, airy and watery signs. This has validity in that the tension between chaos and order is expressed in personality terms as the volcanic hotheads (fiery), the stable but dull (earthy), and those in between (airy and watery). Where a cosmic flow is particularly strong, or where the nascent personality template is unusually receptive to outside influence, cosmic energies can "tip the scales."

Whether subtle or pronounced, the state of the cosmos always leaves an imprint in the personalities of those born during its reign. Because your body is an electromagnetic entity, exquisitely attuned to the state of its environment, a body is most "alive" and "charged" when cosmic conditions match those extant during conception and birth. An extra "push" of vitalizing energy resonates with the body during such periods; one feels more "right" and "at home" in the world. It is well known that jails and asylums roil with turbulent ferment during the full moon: naturally, for already unstable personalities are affected by the destabilizing solar energy as reflected in greatest measure by the moon.

The notion that cosmic influences determine one's fate at birth, or that they

dictate life events, is simplistic fatalism. Cosmic influences are too subtle to hold such power. Nonetheless, they do influence one's overall feeling of comfort or discomfort; one's ease in the world; one's sense of hope or despair. Life just "works" better when the cosmos is aligned with conditions extant at conception and birth.

### Toward a New Astrology

You may have noticed that we have refrained from describing cosmic influences in traditional astrological terms: delineating signs of the zodiac, ascribing personality traits to planets, granting signal importance to the "ascendant" sign of one's birth, weaving a complex tapestry of houses, signs, cusps, etc. There are three reasons why such a system falls short: one, it grants too much importance to individual celestial bodies; two, it forces cosmic rhythms into the earth-year calendar, a gross distortion; three, it breaks cosmic influences down too finely and distinctly, as into the twelve zodiac signs, each with its unique characteristics.

While we hesitate to presume to offer our own "system" to replace current astrological notions, in fact we are offering nothing new, just a restatement of ancient wisdom long lost to your civilization. A true "deep" astrology would be founded on these principles:

1. In order of importance, these are the influences on human personality and life events: higher-self choices; mother; family, culture and environment; earth, sun, and moon; other cosmic influences.

2. The foundation of deep astrology is the principle that the primary dynamic of all physical systems is the tension between chaos and order. Cosmic influences are not so specific that they dictate personality attributes like the "stubborn" Taurus or the "diligent" Virgo. Rather, cosmic energies influence personality by either stabilizing or destabilizing the body's energy fields, pulling them toward chaos or order.

3. Principal classifications of astrological "types" would fall into these categories: earth types, sun types, water types, space types, star types. Earth types resonate with the earth's and moon's stable, languid energies. Sun types fulminate with erratic, dynamic energies. Water types achieve synthesis between earth and sun types: reflecting water's dynamic motion and adaptability as well as its deep tranquility. Space types are those (rare) souls highly attuned to cosmic events, who feel shifting cosmic energies more acutely than even the rhythm of night and day. And star types

carry stars' dynamic and volatile energies but encased within a stable shell, tamed and well contained.

4. An astrological chart of the highest accuracy would require information both from the moment of conception and the moment of birth. In highly advanced societies, where the importance of knowing the time of conception was recognized, women developed acute sensitivity to the time of conception and could feel the body's sudden shift to maternal alertness. Factors to be considered would include time of day (night or day), phase of the moon, season of the year and latitude (as the angle of the sun's rays affects its influence), and the existence of powerful cosmic fields affecting the earth. This data would be woven into a chart indicating the "type" likely to emerge from the womb, forearming the parents with reasonable expectations for their child's personality.

5. Cosmic geometry was studied meticulously and constantly. Some patterns and constellations exist for moments; others take millennia to play out. Gone is the simplistic earth-year chart with its 12 zodiac signs. In its place, a much more complex and dynamic tracking of cosmic geometric figures and their effects on the earth was developed. This required the insights of highly adept energy sensors who could detect the minute vibrational essence of distant celestial events. By tracking the shape, size, and distance of celestial constellations, determining the nature of the energy fields and their angles to the earth, as well as the more obvious solar, lunar, and planetary influences, a highly sophisticated picture of the cosmic "soup" in which the

earth floats could be devised for any given moment. Meticulous records were kept, and over time certain patterns emerged which seemed to lead to consistent effects on human personality.

6. The predictive powers of this information arise from the fact that any individual's "birth type" can easily be charted, and the earth's travels through fluctuating cosmic fields can be predicted with fair accuracy. Thus, there are anticipated periods of "congruence with the universe" and other phases of "discordance with the universe." Obviously, one would focus on making major decisions, changes in life direction, and holding reins of power and leadership, during one's "congruent" phases. One would be advised to lay low and refrain from major decisions and changes during periods of discordance. One could thus chart one's life "in advance" to the extent that one knows when the cosmos is likely to reinforce and stabilize, and when it is likely to besiege and destabilize.

These are the basic principles of a "deep" astrology system. The overarching principle is that while cosmic influences are genuine, they are also subtle. They do not indelibly mark the personality at birth in powerful and immutable ways, nor do they rigidly determine the course of life. Still, understanding the nature of such influences and how they operate can be of value in understanding oneself and charting the most effective and fulfilling course through life. It is to be hoped that such a system may again arise to replace today's simplistic popular astrology, and once again restore you to your true and proper relationship with the cosmos.



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## SWEET NECTAR OF NATURE UNDERSTANDING FLOWER ESSENCES

*A friend recently introduced me to flower essences, of which I knew little. Reading that they work on the body's electrical system, I took a few boxes with me recently when giving a series of private sessions. Normally I feel drained and foggy after a day of channeling, but by using the essences before and after each session, at day's end I felt utterly normal and alert—a remarkable improvement! I encourage you to acquaint yourself with these subtle yet powerful health enhancers.*



Using flower essences for health and healing may seem a bizarre and bewildering notion to many, even within the “anything goes” New Age movement. Yet the earth has provided for all of humanity's needs; and skillful preparation and preservation of flower essences allows humanity to benefit from the healing properties of flowers regardless of their seasonal blooming cycle. Used properly, flower essences can be one element of a program utilizing earth's gifts to enhance stability, balance, growth, and healing. We will begin our discussion with a “bee's eye view” of the natural world and the role of flowers within it.

### The Living Lattice

The major divisions of earth's creatures—mammals, insects, amphibians, birds, and fish—represent more than classifications of bodily structure and function. Each division offers a starkly unique experience of the world. You swim in an electromagnetic ocean swarming with interpenetrating layers of information, forming a multidimensional world whose complexity escapes your senses. There are entire dimensions of structured vibration in which other creatures live and thrive, about which you sense nothing. In a sense, you live not in one world but in a multiplicity of worlds, overlapping and to some degree commingling, while each family of creatures lives confined within

its uniquely private “version” of the multidimensional world.

Because you structure the world primarily through the senses of sight and hearing, which render small bands of vibration as picture and sound, it is difficult for you to imagine the sensory experience of insects. Insects navigate a world crackling with vibrational information, an energetic lattice of extraordinary complexity. What to you is empty space, air, is for insects a three-dimensional ocean of vibration. That vibration is not the random, disorganized emissions of plants and animals, but a highly structured gridwork with as much solidity and endurance as stone and brick appear to you.

The energetic grid or lattice which fills “empty space” provides signposts, navigational indices, well-worn pathways, and carries trace memories of recently occurring events. More, it pulsates with life, with the living essence of all beings whose energetic emissions contribute to its vibrational structure. It is a three-dimensional map honeycombed with networks of information. It is the dynamic, pulsating, living realm of communication among plant, insect, bird, and amphibian families.

Your experience of this “living lattice” is to perceive visible light and sound waves through it. In both cases, vibration is traveling along channels of vibratory networks, but the process is invisible to you. More, the vibrational information seems to fade instantly; a voice falls silent, the sunset fades, and it appears the sensory experience has forever passed, for “empty space” appears to retain no imprint of what passes through it.

This is the human experience of the living lattice: it transmits vibration for immediate sensory perception. This is how human perception is structured, for humanity is intended to live largely through symbol rather than through direct engagement with the vibrational ocean. The larger picture is lost, unde-

tected by your senses. You do not directly perceive the life essence of the living world around you; you cannot read the thoughts of others unless they reduce them to symbolic transmission. You are sealed off from the living lattice even as you live in its embrace, unawares.

The living lattice is not “empty,” but is a gelatinous medium of sufficient density that it maintains solid networks and corridors of vibration, yet fluid enough that it carries the volatile pulsations of living beings. It “updates” itself in every moment, insinuating into its patterns the vibrational contributions of plants and animals, and retaining traces of any creature passing through it. It is solid but dynamic, stable yet ever-fluctuating.

Insects do not navigate through “empty space,” but through a three-dimensional grid laced with tunnels and energetic signposts. Any time an insect flies a certain path, it makes it easier for others to follow that path, for they can sense the “opening” in the lattice left by the guide insect. It may seem striking that bees can find their way to patches of pollen-swollen flowers miles distant from their hive, but this is no more remarkable than your driving from your house to the store. Landmarks, signs, and sturdy ribbons of roadway ease the passage, whether for you in your experienced realm or for insects in the living lattice. Bees in the hive do a “dance” indicating the location of food sources, the dance being a series of ritualized signposts indicating which coordinates to follow to reach the fecund flowers.

### The Verdant Symphony

What creates the living lattice, that floating three-dimensional grid of vibrational structure? The first element is the earth itself. The earth emits a deep, steady pulsation, linked to a greater universal rhythm. As this primal pulsation rises from the core toward the surface, it is sculpted by the rock and soil it encounters. As it nears the surface, and rises through water above or below ground, it assumes

certain qualities of the water. By the time the earth's energy meets the crust and rises into the atmosphere it has been etched with the vibrational qualities unique to the area of its emergence. In this way the earth becomes a medley of richly diverse energetic atmospheres.

The next foundational element of the living lattice is the location of an area in relation to the equator and poles, for this determines the overall weather patterns and temperature of the area, as well as the nature and extent of exposure to sunlight. Rainfall, sunlight, cloud cover, the seasonal cycles, all determine the nature of plant life which can sprout in a given area. For it is plant life above all else that creates and sustains the living lattice.

The living lattice exists principally as a means of communication for plant life. Before there were any creatures on earth there were plants, and the living lattice is the means through which they organize and sustain their networks of information. Each plant contributes its unique energetic voice to the larger verdant symphony of life. Plants do not perceive reality through a few slender bands of vibration, as you do, but are bathed in the full vibrational spectrum, perceiving the complete richness of life around them.

The earth's energy imparts a certain basic structure to the atmosphere, a sturdy, elemental foundation. This framework is "fleshed out" by the contributions of plant life in a given area; each plant is recognizable to others by the unique tones of its voice. Its genetic structure, its life-cycle stage, its relative health, the soil in which it stands: all these contribute to the unique inflection of a plant's voice. A plant makes no effort to communicate with others; it naturally and effortlessly emits into the atmosphere a steady stream of vibration, a song bespeaking both its elemental nature and its condition from moment to moment.

Blending the individual voices of thousands of plants in a given patch of soil creates an energetic matrix, a vibrational atmosphere which becomes the native "tone" of an area. The deeper, enduring elements of an area's tone arise from long-lived plants such as trees. Plants whose life cycles follow the annual cycle of seasons—sprouting, growing, flowering, and dying within a

year—contribute a lighter, more volatile energy to the mix. An area's tone makes it easier for some plant species to sprout and thrive, while others, whose natures clash discordantly, will find it more challenging to gain a foothold.

While plants have no choice but to contribute their unique voices to the atmosphere, and to perceive the full verdant symphony thundering about them, in a sense they take "pleasure" in certain blendings and combinations of tones. A patch of similar genetic makeup, like a field of daisies, forges a powerful and enduring "daisy song" which encourages the successful sprouting and growth of other daisies while discouraging aspiring interlopers. There is a thrill to the blending of an ancient oak's deep rhythm with a rose's fleeting trills. A carpet of tiny flowers low to the ground blends with towering sunflowers to fashion a vertical melody thrilling them both.

Plants, you see, are alert, aware, vital, super-conscious. They perceive the world around them in far greater richness than your senses grant you. They do not "think" in rational terms; but they are aware of themselves as individuals joined in a communal sea of vital life energy. They know "pleasure" in the sense that they feel vitalized and invigorated in certain circumstances while other conditions debilitate them. They are aware of the identity and condition of those around them and seek to vitalize their neighbors, for a communal atmosphere of vibrant, healthy life benefits all. Plants live a richer, purer, truer existence than you know, for they perceive a structured, dynamic atmosphere swarming with life vitality where you see and hear emptiness.

### **A Blooming Racket**

Let us narrow our focus to the process of flowering, the "essence" of our discussion. Flowers are the conduit through which plants thrust their vibratory essence into the atmosphere with supreme strength and vigor. Flowers are the means both of announcing one's presence to the larger community of life and of receiving a richly detailed map of a plant's environs. Flowers are the plant world's satellite dishes, beaming signals of celebratory existence and drawing in traces of neighboring life.

Most plants flower in the spring, after the winter's dormancy, filling the living lattice with rich networks of shared information as to who stands where, who survived the winter and who did not, and who is new to the area. This helps establish the channels of information and overall "tone" for an area during the summer growing season.

As you know, the earth's flowers range from seemingly simple designs of a ring of identically shaped petals to blossoms of extraordinary complexity and intricacy. The shape and hues of a flower determine the "floral imprint" it projects into the living lattice. As a general rule, flowers project their essence into the atmosphere in a conical shape, with the strongest bursts of energy projecting from the center of the flower, tapering off at the edges of the cone. The projection from the center of the bloom is strong enough to etch a lasting trace into the living lattice, such that flowers which close up at dusk still project their existence and "hold their place" in the night atmosphere. This powerful, narrow projection also serves as a beacon attracting bees or other insects if they are needed for pollination, and provides "directions" to the blossom.

Depending on the complexity of the flower, the energy projected into the atmosphere may either be a simple straight line of uniform energy or may develop into a richly complex three-dimensional grid. Remember that the living lattice is not etched in stone, immutable over time, but is fluid and malleable, fluctuating by the moment. As such, it requires the projection of density, of structure, by at least some of the life forms contributing to it. Some must contribute the "structure" to the lattice, others the "nuance." So the great variance among plants as to the complexity of their flowers reflects the need for a variety of structural complexities to be projected into the atmosphere, sustaining the lattice's networks.

Your experience of flowers is largely reduced to two of your senses,

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sight and smell. At base, both sight and smell are sensory receptors drinking in narrow bands of vibration and interpreting them according to the species's prewired template. The deepest purpose of all your senses is to steer you toward life-giving and -enhancing experience and to avoid life-threatening phenomena. Your eyes and nose recoil at a putrid garbage dump because they are interpreting the chaotic, toxic, death-bearing energies of the scene. Your senses help you navigate safely through the physical realm by guiding you toward life-enhancing experience and away from threats to your well-being.

There are few sights your rich earth offers that carry greater power to attract and hold you than the display of flowers in bloom. A single rose at the peak of its blossoming radiance can stop a grown man cold in his tracks. You bury your nose deep into flowers and inhale the heavenly ambrosia they offer in almost narcotic intensity. You see a field of flowers or a garden of multihued roses and are almost overcome with rapture. Flowers play a central role in the human courtship ritual, for when a man brings a woman flowers he says, "I bring you health, I bring you abundance, I bring you life."

Knowing that your senses attract you toward life-enhancing experience, the singular rapture evoked by flowers reveals your awareness that, even though the greater reality of blooming plants escapes your notice, what little your senses offer grips you with the decisive recognition that *this is life energy in its highest, purest, truest essence*. Any plant is a vital, conscious being floating in a sea of life energy; a blooming plant draws all that awareness, all that vitality, all that deep knowing, into the exquisite patterns of its blossom and says, "Here! Here is the meaning of life as I know it! Behold my rapture!"

### **Making and Using Flower Essences**

While procedures may vary among flower essence practitioners, their aim is to select blossoms at their peak of potency, to "capture" their energetic essence in pure water, and then preserve the solution for indefinite use. Let us examine this process in some detail.

First, it is important to understand the distinction between life energy and

life form. Life energy is the vitalizing force flowing from the unseen realms underlying your experienced reality, the primal consciousness and energy animating living beings. Life form is the organizing patterns energy assumes in order to construct physical reality; the templates of plant and animal life energy can animate within the physical system. In simple terms, life energy is the soul; life form is the body.

Life energy can never be captured, distilled, or preserved. It is married to form as long as form serves its purpose within the earthly realm; upon form's death, the life energy is released. So flower essences do not contain the vitalizing life energy of flowers. What essences contain is the energetic patterns projected by flowers into the living lattice, of which the visible blossom is one small portion. Because the blossom's vibratory template has an electromagnetic reality, it can be "captured" in a fluid medium.

Water is a highly efficient conductor of electrical energy, as you know, but it also has a less recognized ability to hold the energetic traces of any living being immersed within it. Water can be thought of as a denser version of the living lattice, a sufficiently congealed version that you can perceive it. Like the living lattice, water serves as the transmitter of vibrational information; whales and dolphins use their fluid environment to communicate across hundreds of miles. As with the living lattice, vibrational information does not simply pass through water; it etches its patterns into the fluid medium, leaving a vibratory imprint.

When flower petals are placed in pure, fresh water—meaning water as a vibrational "blank slate"—the energetic patterns the flower was projecting into the atmosphere are insinuated into the water. This means that the structural "essence" of the plant—at its most powerful and celebratory phase—is captured in the water. The life energy dissipates, as it must, but the energetic patterns remain.

One difference between energetic structure and physical structure is that physical form occupies a certain volume of space and cannot multiply itself infinitely (when a few fishes and loaves of bread are multiplied to feed a crowd, it is called a miracle). Energetic struc-

ture, by contrast, does not occupy space in the same way and does not depend on atoms and molecules to express itself. It stands above the play of atoms, pulsing in the living lattice, and is free from the laws governing physical form. As a result, it is possible to dilute the water containing a flower essence in almost infinite degree while retaining the full strength of the energetic imprint imparted by the flower (this principle is familiar to homeopaths, of course).

This is important for two reasons: one, it allows a small batch of flower essence to last a lifetime; two, it means that essences can be further diluted when taken, rather than dropped on the tongue, allowing the essence to more fully insinuate itself into the body. An essence dropped on the tongue has an immediate and powerful effect, but that effect is initially localized, later rippling to fill the body's energetic bodies, affecting the body from the outside in. An essence diluted in water before being swallowed is absorbed into the blood and travels quickly to the body's far reaches, insinuating itself from the inside out.

What might the benefits of using flower essences be? After all, plants and flowers are the eternal living carpet of the planet, while humanity makes occasional appearances on the scene. Flowers obviously exist for purposes other than human use. Yet human ingenuity has allowed people to utilize flowers for other than their original purpose, just as fruit and vegetables existed long before they were cultivated as human food. What do flower essences offer?

Remember that a flower is a plant's broadcasting apparatus, its means of transmitting and receiving vibrational information within its local area. A flower signals the plant's existence, location, and condition, while absorbing great swarms of vibratory intelligence from neighboring plants. A flower is a plant's contribution to the living lattice, whether structural or nuance. A flower helps encourage the healthy growth of all plants within its broadcasting range.

Because plants are the primordial life form, because they are such alert, vital, conscious beings, and because flowers represent the zenith of their life-affirming vitality, the energetic projections of flowers have the principal quality of reinforcing the life-enhancing energies of any being coming within



their sphere. Their patterns are much closer to the fundamental structural patterns of living beings than those carried by nonplant species; their energy carries a high, pure, clean structural symmetry. Your body is an infinitely more complex structure, of course, and its very complexity allows it to stray far from the ideal of health and vitality. Ingesting the vibrational essence of flowers helps to restore that primordial vitality, the deep original patterns of life at its most elemental purity. So flower essences offer structure, balance, and stability.

Atop this basic quality of flower essences arise many nuances. The deepest difference is between flowers of fruiting plants—where the flower precedes fruit formation—and flowers of nonfruiting plants. In a sense, the flower of a vegetable plant is not an end in itself but the first step in a process of creating seed for the next generation. Plants cannot be “selfish” in human terms, but there is a degree of self-interest in flowers of fruiting plants, particularly those needing bees or other insects for pollination. The focus is on projecting clear corridors of attraction for insects to follow to the flower, and less emphasis on transmitting and receiving general information among the local flora.

As a result, the essence of fruiting flowers carries a very powerful “attractor” drawing in life energy, but offers less in the way of an overall balancing and stabilizing effect. Flowers which exist simply for the sheer zest of living, and for communing with neighboring companions, are more likely to offer that general balance and stability.

One of the difficulties in “practicing” flower essence use is the tendency to make broad generalizations about the effects of various flowers. Some are said to enhance certain emotional states while others correct bodily imbalances, and so on. If you consider what happens on a deeper level during the process of ingesting flower essences, you may realize the hazards of such generalizations.

A flower plucked from a certain plant, in a given area, on a specific day, has its essence captured in water. Days, months, or years later, that essence is ingested by a human body, the embodiment of enormously complex energetic patterns whose nature changes subtly from moment to moment and drastically over a lifetime. To say that a given essence will have a consistent effect regardless of who is taking it, at what

age of life, and in any health condition, is a gross simplification.

Any flower essence will have a stabilizing, balancing, neutralizing effect. Essences smooth out the rough edges, pull the body toward balance, heal incipient illness, and calm jangled nerves. Differences between essences beyond this are real but subtle, and vary from person to person, day to day, essence to essence. If flower essences are to be used effectively, each person must form his or her private knowledge of which essences seem most beneficial under diverse conditions. Many practitioners utilize a form of ritualized intuition, in which essences are selected for each session through asking a series of yes/no questions and ascertaining the answers through kinesiology.

With this understanding, for the sake of example we will offer our perspective on a few essences as ingested by our host. It is necessary to know that he is in his thirties, in good health, living in the geological instability of Southern California. The effects of the essences before him are as follows:

*Basil.* A sedative effect. Unlike flowering vegetables, basil and other herbs flower at the end of their life cycle, so their essence does not contain the full zesty vitality of fruiting vegetables. Calming, stabilizing, good for emotional crises.

*Peace Rose.* The floral equivalent of chiropractic. Realigns and restructures the body back into its true patterns. Works vigorously to promote realignment. Stimulative.

*Tomato.* Soothing and stabilizing. Tomato flowers are hermaphrodites, containing male and female parts, and

require no insect pollination. Thus they do not project a sense of “need” through their flowers, but offer an internal balance, whole and complete. Particularly effective when traveling to restore innate rhythms and balance.

*Oak.* With their roots burrowing deep into the earth and their branches lifting toward the sky, trees are the earth’s means of balancing earth and cosmic energies. Any tree essence will offer a sense of balance and harmony with the universe, a sense of feeling “right” with the world. Oak offers a deep, almost slumbering energy, reestablishing the body’s deeper rhythms.

*Peppermint.* The mints offer unequalled zest and vitality, working directly in the physical body rather than its broader energy fields. Stimulative, almost inflammatory in effect, it can overpower a diseased body if overused. Best used to heal minor ailments in an otherwise healthy body, particularly those affecting the mucous membranes. The jalapeño of the essence world.

Flower essences are best used as one element of an overall health-enhancing regimen including diet, exercise, mental clarity, and warm relationships. They work best as stabilizers and balancers during times of stress or minor injury; and can be used daily on a prophylactic basis, smoothing out the rough edges in heart, mind or spirit. Too subtle to be used as powerful medicine or cures for major illness, they nonetheless are a gift from the plant world to humanity, a reminder of the pure, unblemished, care-free zest for life you knew as a child. Use them and cherish them in appreciation and reverence.

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## MAN AND VIRUS EARTH'S PRIMAL PARTNERS

*Watching the movie Outbreak, about an airborne virus threatening to decimate the country within 48 hours, was like seeing Alexander's material come to life on the big screen in two respects: (1) the role of the artist is to render in artistic form the probable futures looming if we do not change our ways; (2) AIDS may be but the precursor of more virulent, and more easily transmissible, viral scourges.*

*I thought it would be helpful to have Alexander explore the issue of viruses in greater detail than he has offered before.*



Humanity's domination and decimation of nature at times seems unstoppable. No terrestrial predator, no leviathan of the sea can survive against man's cleverness and cunning, his limitless capacity for devising creative means of slaughtering beasts possessing many times his size and strength. If nature seems weak and ineffectual against humanity's rapacity, it is only because nature's cleverness and resilience elude man's comprehension. For the earth system is set up with many checks and balances to ensure that man never overwhelms the earth's ability to heal and restore itself. Humanity may have devised means of controlling everything it can see, smell, and touch, but nature holds the trump card: the virus.

Since there are no accidents in the earth's design, and all of nature is a pulsing, living fabric of symbiotically dependent life forms, the relationship between man and his viral partners is no fluke, no thoughtless oversight in nature's grand design. Rather, the human-viral relationship is fundamental to the earth's design. Allowing a rational species into a natural system always carries potential dangers; and nature must have a means of keeping such a species in check.

### The Virus Examined

It may seem paradoxical and ironic that humanity's seemingly unstoppable

conquest of the natural world could be checked by so lowly and seemingly primitive a construction as a virus—which one would be hard pressed to consider a genuine life form—but there is a greater wisdom at work. In order to serve as the ultimate check on man's rational brilliance, the "check agent" must be so simple in design and function that it has the following qualities:

1. It can survive for long periods in a dormant state. With no need for specific food sources or environmental conditions to sustain itself, a virus can survive anywhere, matching man's global mobility. A virus can reside under a rock, in the air, beneath a snow-pack, within the intestines of terrestrial and aquatic animals, frozen in ice for centuries. Its very simplicity and lack of means for reproducing itself make it the ultimate survivor in the natural world, for it is infinitely adaptable to any environmental conditions.

2. Simplicity means mutability. The more complex a life form, the slower it is to adapt to changing circumstances, for complex organ systems cannot radically evolve overnight. Simpler life forms can adapt to changed circumstances far more readily; and since the "check agent" must be able to adapt itself to rapidly changing conditions, it must be as simple as possible. A further benefit of rapid mutability is the ability to outpace man's medico-technological arsenal by constantly mutating into new genetic configurations.

3. Indifference to survival. Every bona fide life form rides on a current of vital energy and a thrust toward fulfillment of its highest potential. For that potential to be fulfilled, an organism must survive and flourish. Thus, the instinct toward self-preservation is the highest and strongest of all instincts. In the case of the virus, there is no thrust toward fulfillment, no overriding desire for survival; once its reproductive activity is triggered, and its furious expansion ravages its host, the virus is simply

extinguished along with that host.

4. The human body may not recognize the virus as foreign. A healthy, well-functioning immune system is designed to recognize all foreign threats to the body's health and survival, and to immediately trigger full-scale assault on any microbial agent threatening harm. There are several "triggers" which alert the body that an invading agent is a foreign entity. These triggers arise in microbes bearing a certain level of complexity as revealed in their size and the vibrational emanations of their nuclei and other components. A virus is so simple in construction that it often slips under the threshold of recognition, a stealth agent slipping undetected into the body, with no noticeable vibrational qualities betraying its presence. Thus, a virus may endure quietly within the body for years, triggering no state of alarm, no antibody antidote.

5. A virus becomes reproductively active only when so "invited" by its host's body. Long-term carriers of the HIV virus are testament that a virus can survive for years inside a human body without triggering the massive reproduction that interferes with the immune system. There are several reasons for this, one benefiting man, the other benefiting viruses.

Viruses benefit because their ability to remain latent enhances their zone of contagion; whether airborne or passed through bodily fluids, viruses can insinuate themselves into large populations before the first illness triggers awareness of their presence. Man benefits because carrying a virus is not an automatic sentence to illness or death; an individual must allow the virus to switch on from dormancy to reproductive activity, a process we will explore later.

It might be apparent that there are curious parallels between man and virus: both stand apart from the rest of the natural world, man with his rational focus and intelligence, viruses with their rudimentary form releasing them from the purposeful activity which defines living be-

ings, lacking a "heart"—the nucleus—that marks living form.

In a sense, man and virus are symbiotic partners, in but not entirely of the natural world, the microscopic partner keeping its larger, potentially trouble-making comrade from destroying the earth on which both depend.

### Triggering Viral Onslaught

As mentioned, viruses can survive for years within a host's body, to no apparent ill effect. What, then, is the trigger that allows a virus to suddenly reproduce without restraint, destroying the body's cells and organs and overwhelming the immune system? And why can't the body stop the assault once it begins?

As part of the originally established relationship between man and virus, a virus requires the body's "permission" before it can awake from dormancy. The body contains "firewalls" which prevent viruses from reproducing beyond a certain baseline dormancy level. There must be holes in these firewalls before a virus can leap into reproductive destruction.

What are these firewalls? They are chemical, cellular, genetic, energetic, hormonal, and psychological "virus birth control devices," preventing large-scale viral reproduction. Briefly, here are a few:

**Chemical.** A well-balanced diet supplies a continuously replenished supply of vitamins and minerals. Ideally, all requisite vitamins and minerals will be present in proper number and proportion. When the ideal balance is achieved, the body's fluids carry a certain "tone," actually an electromagnetic matrix of harmoniously intertwined vibrations. In very simple terms, this creates a "shield" protecting the body and its fluids from viral activity. If one or more elements is missing from the shield, there is a "chink" in the body's armor which can invite viral reproduction.

**Genetic.** Every cell carries the full package of genetic information forming the body. This genetic mosaic, if normal and healthy, emits a vibrational barrier protecting both itself and the larger cell of which it is part. If the genetic bands are weak, broken, or severely abnormal, the strength of the emitted field is compromised, and with it the resistance to viral invasion.

**Energetic.** The multilayered auric

fields rising above the denser physical body are the nexus between mind and body, the intersection of spirit and flesh, and play a profound role in the body's health. A tightly cohesive, integrated, harmonious field ensures against injury from within or without. Where there are chinks in this armor—emotional trauma, festering anger or envy, hurtful memories, or contact with others of negative energy—viral activity may be accelerated.

**Hormonal.** This is most relevant in persons suffering constant stress, triggering the body's "fight or flight" mechanism, flooding the blood with hormonal alarm, only to have that rush of strength and alertness wasted and dissipated. Persons suffering constant emotional or physical trauma quickly wear out their bodies by regularly washing them in powerful hormonal defenses. This hormonal imbalance and attendant weakening of the body may invite viral activity.

**Psychological.** Mental states are reflected in most of the systems mentioned above, especially the chemical, energetic, and hormonal systems. Prolonged periods of depression or anger dampen the auric field's natural vitality, upset chemical and hormonal balance, and open the body to infirmity.

Having illustrated the negative effects if these many firewalls are breached, let us sum up with a positive affirmation: When a body is supplied with adequate nutrition, forms itself from a sturdy genetic foundation, enjoys a dynamically harmonious auric field, engages its hormonal alert systems only in times of genuine threat, and is guided by a balanced, mentally healthy mind, *no viral agent can awake from dormancy to activity and breach these defenses.* This is an absolute statement and we knowingly include HIV within its reach.

### Breaching the Firewalls

Having laid out the factors which influence whether or not a virus can spring to reproductive destruction within its host's body, we must point out the obvious: it is virtually impossible for any member of an advanced, industrialized society to have all such firewalls fully intact and protective. The assault on every level of your being—psychological, emotional, physi-

cal—is so all-pervasive that the body constantly struggles simply to maintain a baseline level of health, with precious little energy left over to restore its firewalls to optimum fortification.

In deeper metaphysical terms, you create your own reality, and no one is ever assaulted by a virus or any other agent without willingly agreeing on some level to participate in the experience. Because the human-viral relationship is so fundamental to your existence as a species, it follows that viral infections tend to reflect not only personal psychological states, but larger conditions in society as a whole, with each afflicted individual serving as a unique thread of a larger cultural fabric. Viral epidemics have swept through large chunks of human populations, only to end as quickly and mysteriously as they began. The same viral agents responsible for the mass plagues of the past are with you now—in some cases literally so, carried inside you.

So one element of the permission granted by the host body is a deeper awareness of the cultural framework which invites viral scourge, and a personal reason for choosing to participate. Coupled with a body whose firewalls have been compromised by stress, poor living conditions, or inadequate nutrition, the stage is set for permission to be granted to a virus to begin its reproductive assault.

Something shifts in the body. The cell wall which previously stood impermeable against a virus seeking to inject its genome now offers a weakened membrane. The cell "allows" its reproductive machinery to be commandeered by the virus, cranking out genetic copies of the virus instead of reproducing itself. Each newborn viral copy bursts from the cell and seeks its own host cell in which to reproduce. Conducted on a mass scale, with the body's willing participation, the virus soon wreaks severe internal damage and overwhelms the immune system.

It is crucial to recognize that, unlike some agents of disease, viruses do

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not attack the body in a specific, targeted way. They do not attack specific organs. They simply reproduce madly, bursting their host cells as they search for new hosts, in the process damaging or liquefying internal organs. The overwhelmed immune system, working frantically to repair multiple massive injury, is laid bare to any opportunistic disease agent burrowing into the body. This understanding is important for several reasons.

First, it underscores that there is no malevolent design in the human-viral relationship. Viruses are not set up to target and destroy specific organs or systems; they simply wait for the cue to begin reproducing.

Second, it gives viruses great flexibility and adaptability as they need not search out specific areas of the body to attack; more, they can survive in a multitude of animal and plant hosts, not requiring unique and specific conditions to flourish.

Third, it makes the process of isolating, targeting, and destroying viruses all the more challenging, for they are not concentrated in one small area of the body; they are everywhere. Again, the point is to have an agent so tiny, so simply designed, so flexible, so quick at mutating and reinventing itself, and so adaptable to an abundance of hosts, that it can serve its purpose as a ubiquitous, immediately available "check" on human overpopulation and destruction of the natural world.

### Going Airborne

One of the greatest fears of virologists everywhere is of a lethal virus going "airborne"—transmitted through casual contact, through the air, through a sneeze or cough. If there is a saving grace to most viral onslaughts, it is the inability of a virus to survive exposure to oxygen. Having come this far, you know this is no accident. Since most viral transmission occurs through sexual contact, there is indeed an element of "permission" involved in the decision to engage in the virus-transmitting act, even if the permission granted is to something else altogether! It ensures that only those individuals who have agreed, on levels unconscious, to participate in the mass event of viral plague will do so. Frequently, as with AIDS, sexual issues are themselves woven into the larger cultural meaning of an epidemic.

It would be helpful to recognize that, at the root of it, all viruses spring from a common source, what we might call the "viral template." This template, designed to interact with the human species in its experiences within the earth system, carries within it all possible potentials of expression.

This means that every virus carries potentials for every level of engagement with the human population: (1) latent dormancy; (2) selective attack on already weakened individuals, such as the infirm and elderly; (3) broader assault requiring transmission through bodily fluids; (4) first stage airborne, transmitted through sneezes and coughs; (5) second stage airborne, meaning longer survival in the atmosphere but requiring that a new host be infected quickly; (6) third stage airborne, meaning free survival in the atmosphere with no time constraints on finding a host body.

The gradations between airborne levels are not sharply demarcated, but represent a gradual evolution of a virus's ability to survive outside a host body. Because viruses are configured to precisely reflect their needed role in personal and collective illness, this evolution is mediated not by the virus at the individual level, but by the bodies of its human hosts.

Just as the body must grant permission to a virus to begin its destructive onslaught, so is the evolution of a virus moderated by humanity at the level of the collective unconscious. Even as it appears the virus is invading and destroying the body's cells, at the same time the body is shaping the evolutionary progress of the virus, subtly manipulating the virus's protein coat to enhance or inhibit its ability to survive while airborne.

A viral plague always has a meaning, and that meaning is manipulated by humanity even as it appears humanity is the helpless victim of a virus ferociously assaulting the race. If it serves the plague's meaning to have the virus remain at the level of intimate transmittal—this is especially true where sexual issues are involved—the viral coat will be "tuned" to wither when exposed to oxygen. If a broader, more generalized condition is involved, the virus can become slightly airborne. If a full-scale, take-no-prisoners epidemic

would best serve the plague's meaning, the virus is altered to allow easy airborne transmittal. In every case, it is humanity, not the virus itself, that determines the virus's evolution.

Frequently, a plague begins with a virus tuned to the level of "intimate contact" transmission, and if the larger culture awakes to and resolves the issues the plague brings to light, the contagion is contained, the virus goes dormant, and a changed society is set on a stronger, healthier path. If the pertinent issues are not responsibly faced, humanity "ups the ante" on itself by retuning the virus to allow some airborne transmission. If this larger plague still does not resolve the deeper issues involved, a widespread, global epidemic may be triggered as a means of focusing humanity's attention with the crystal clarity that only imminent mass death can bring.

So every virus rides a continuum of expression, from dormancy to free airborne transmission. Where the lessons carried in a plague are quickly learned and assimilated, the virus drops back to latency. Where the lessons are not learned, or are resisted by a sizable portion of the affected populace, the virus is promoted to airborne status. Humanity pulls these strings; not the virus, not nature.

We have warned before that HIV need not remain forever at its current level of transmissibility, that being the "intimate contact" level; perhaps this essay offers a broader context for understanding our admonition. Without repeating prior material at length, the HIV epidemic is intimately interwoven with issues of sexuality, responsibility, love, and tolerance.

Much of society has been transformed since the plague's first appearance, evolving from unconsciously ingrained homophobia to conscious acceptance of sexual diversity; the gay community and larger culture have recognized that compulsive promiscuity is not the highest expression of sexuality, and this has helped keep a damper on HIV's more damaging, airborne potentials.

Compounding the issue, however, is that your culture now passes through a difficult transitional age from a separatist worldview to a holistic worldview; the disparity between the two is so great that a sizable portion of society is reduced to increasing fear and hysteria, clinging

ferociously to the old order even as they feel its energy draining from under them. Though small in number, the intensity of the energy this group spews into the cultural atmosphere is substantial, and carries political clout. This powerful consciousness—"We refuse to learn the lessons of HIV and would rather silence and murder its carriers"—perverts humanity's overall approach to the virus, and almost demands that it become more easily airborne. For if the lessons cannot be learned when only a few of *them* are affected, they must be learned when *you* are affected—your children, spouse, siblings, friends—or infected.

At the same time, that the bulk of mainstream society has radically revised its thinking toward sexual minorities and personal responsibility alters the virus in a different way. Even as its modes of transmission become broader, HIV's relationship with its hosts becomes more fluid and individual. In the beginning of the plague the virus was a certain death sentence, for the equation "HIV=Death" was necessary to get the larger world's attention. With that attention won, and with the healthy shift in consciousness toward sexual issues, the virus need no longer carry lethal imperative.

Now it takes its cues more from its individual hosts than from humanity's collective unconscious. It is far more mutable and plastic in its expression, meaning it can remain latent forever, or for decades, or for years, or for mere moments. The automatic death sentence is lifted, and new lessons are now to be learned: about proper nutrition, about cherishing and caring for one's body, about personal responsibility, about the effects of building a toxic society, about the mind's effects on the body, about creating one's own reality.

### The Earth Bats Last

Virologists worry that, as previously unbroken wilderness is clear-cut, trampled and plowed by humanity's exploding numbers, new viral agents seem to spring from the wounded earth, confounding health officials with previously unknown viral enemies. The image is of a world teeming with viruses of infinite variety, which humanity will face one by one as the earth gradually succumbs to humanity's relentless march toward world domination.

It is true that viruses are everywhere; they must be, since they are partners with humanity and man can survive in any climate, thus viruses must follow

suit. Rather than lying latent in infinite variety, however, most previously "undiscovered" viruses are little more than carbon copies of the primal viral template. Only upon contact with human bodies will that template take a specific form that exploits whatever firewall breaks most seriously affect the people in that area.

Upon first encounter, such viruses by default go into dormancy mode. When the natural environment is damaged or decimated, when life becomes a misery of poverty and chronic hunger, when the thrust toward fulfillment and happiness is a crude mockery, then conditions are ripe for humanity to invite its viral partners to stop it short and force it to take stock of itself and relieve its pressures on the natural world.

It is an automatic system of checks and balances. The natural world is seeded with viral templates which lie dormant for millennia until the first contact with humanity. Any human population has certain weaknesses in its viral firewalls, and upon first contact a virus configures itself to take advantage of that particular weakness. The virus then goes dormant within its human hosts; as long as the natural world is largely unscathed and the culture involved allows reasonable opportunities for health, happiness, and fulfillment, the virus remains forever latent.

When conditions of stress on the natural world and stress within society sufficiently weaken the body's firewalls, the virus begins to move into activity. Permission is granted by the individuals involved, who participate for their own reasons, and by the larger

body of humanity for the larger lessons to be learned. If the lessons are quickly absorbed, the virus returns to dormancy. If not, it ratchets up the tension by becoming ever more easily transmissible until, at the final stage, an entire population is decimated by a free airborne virus. The lessons are still learned, in the sense that the collective unconscious of humanity benefits from the experience, but unfortunately the members of the culture involved do not survive to rebuild with their new understanding.

Thus, the earth bats last. To the extent humanity lives in harmony with the natural world, honoring its wisdom and keeping human numbers reasonable, viruses remain dormant and invisible. When humanity runs roughshod over the earth and founds its cultural framework on principles contrary to natural law, two processes occur: (1) the body's firewalls begin to deteriorate; (2) man grants permission to viruses to switch from dormancy to activity. In the long run—over days or decades—humanity will be restored to its proper place in the natural order by its ubiquitous and infinitely clever companion, The Virus.

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## CULTURE, KARMA & KILLING ANSWERS TO READERS' QUESTIONS

*Regarding the approaching "shock" that Alexander spoke of in a tape four years ago, by my calculations, the shock should be upon us before the end of next year. I am sure all readers would appreciate an update on the time and nature of this shock and any suggestions for dealing with it. B.H., Houston, TX*

Would you settle for a series of small shocks rather than a single gargantuan shock? For the process of social change is not accomplished in one fell swoop, or shock, but as a gradually accelerating intensification of the friction between a declining worldview and its ascending successor. Our point is that it is better to take note of the many important shifts taking place in your society rather than twiddling your thumbs waiting for the big pyrotechnic display promised by Alexander or anyone else. Larger shocks may lie in store, to be sure, but they will merely be intensifications of trends already evident. Here are recent manifestations of those trends:

1. The fragmentation and disintegration of large governmental bodies. While the federal government still commands an enormous share of national wealth and wields formidable power, it has become the butt of scorn and derision, and calls intensify for diminishing federal power and returning that power to the states. Large government is seen as unworkable, unresponsive, imperious, and trampling on individual rights. Because the centralization of power and energy (money) is contrary to natural law, the disintegration of federal government will accelerate, driven in part by a declining economic base. This will provide many comic moments to those with a keen eye for irony, as lifelong politicians spew disdain and threats of dismemberment toward the government which has been their beloved home and source of self-worth for so long.

In a more serious vein, the Oklahoma City bombing (itself a shock) revealed a nationwide militia movement

holding government in its cross hairs. Far more shocks, more explosive ones, lie ahead as the struggle between government power and individual autonomy intensifies. It is regrettable that the movement to wrest power from government and restore it to individuals is composed of disaffected, angry, powerless persons increasingly given to paranoid conspiracy theories and violence. But, as we have stated ad nauseam, when you do not choose to make a shift in a rational, intelligent manner, the shift will unfold in a messy, chaotic, often violent fashion. The choice, as always, is yours.

2. Concurrent with the demise of large federal government is the shrinking of the artificially constructed middle class. Government wealth-transfer programs—designed with the best of intentions to ameliorate the harsh polarity of pure capitalism—do not cure the underlying violations inherent in capitalism. Ultimately, therefore, the Band-Aid approach fails and the deeper systemic pathology erupts. This is apparent in the rising numbers of the homeless, and of those who struggle through two or three jobs and just barely maintain a livable existence.

What the ruling class inevitably fails to recognize is that it can squeeze the lower classes only so long and so hard before they refuse to further support the system. At that point, the system can simply collapse—as occurred with the Soviet Union—or revolution erupts—take your historical pick! The ultimate outcome is that capitalism must be replaced with a more humane economic system in harmony with natural law.

3. Deterioration of weather patterns and imperiling of food production. Every time we mention this issue we have fresh evidence at hand: at this point it is the recent heat wave in the Midwest which killed hundreds, and an unusually vigorous hurricane season spawning in the Atlantic. There will always be fresh evidence, for the collapse of traditional

weather patterns continues to accelerate, driven by human deforestation and electrification of the globe. At this point, in its initial stages, food production has not been greatly affected, but eventually chronic and severe shortages will occur, with unpleasantly predictable effects on social order and cohesion.

These are some of the smaller "shocks" already evident. With the passage of time, and given the strength of resistance to changing the social order, it can be anticipated that the nature and severity of shocks will increase.

(A final hint: if you must have a gigantic "shock," it will involve humanity's greatest violation: nuclear fission.)



*What is the source of the "Taos Hum" in New Mexico? R.S., Novi, MI*

We have written before that the earth is one small element of the larger organisms of solar system, galaxy, universe, etc., and that as the universe shifts its vibrational patterns and frequencies, the earth must contribute by similarly altering its frequencies and patterns. Several miles below the surface, the earth carries huge "sensors" which harmonize the earth's vibrational qualities with those of the larger universal system. The sensors are fields of various mineral materials, detecting the complex variety of cosmic transmissions streaming into the earth at every moment.

As the earth makes the transition to a higher vibration, as it is currently doing, it is natural that there will be some "fits and starts" in the process, for the earth's bedrock resists a quick and smooth transition to a new vibrational order. Like an engine coughing and sputtering to life, the earth sometimes suffers pockets of resistance and sudden acceleration during the transition to a new vibration. What occurs in Taos is a rather unique situation in that a clear and strong channel of accelerated energy has been opened in the bedrock lying above the earth sensor in that area.

As a result, a stream of accelerated energy is pouring forth in a relatively narrow band while neighboring bedrock resists this accelerated flow. The result is a vibrational friction which some can perceive as the "Hum." For a person to hear the Hum, he must carry a vibrational matrix sensitive to the frequencies of the discordant energy of the area. The inner ear is stimulated, as well as portions of the brain responsible for auditory perception, so that no external source is apparent because the Hum resonates only inside the heads of those sensitive to the relevant frequencies.

As time passes and the earth's acceleration continues, it will naturally unfold that more and more locales play host to those hearing a Hum, bewildering themselves and scientists who can find no external source of their perceptions. Once the earth has entirely shifted into its new vibrational patterns, the hums will cease.



*Is a sense of humor related to the human experience (and those who are connected to it in some way) more so than other modes of being? Does it exist in forms unknowable to humans in the noncamouflage physical experience, for example? Does it exist at all outside the human connection? B.H., Houston, TX*

A sense of humor is a fairly rare quality, for it requires certain features in a host species: (1) a camouflage reality blocking awareness of others' thoughts; (2) language; (3) advanced reasoning ability allowing comparison and contrast of abstract concepts; and (4) an innate bodily outlet for energy triggered by humorous events. Most humor arises from the unexpected: a clash between expectations and actual experience. When the unexpected arises in a context that portends no grave danger, laughter releases the sudden psychic friction generated between expectation and reality; the body expresses and dissipates the mind's brief psychic turmoil, "clearing the deck" and restoring psychic equilibrium. Laughter provides a great internal massage as the body revels in the sudden infusion of rippling, dynamic energy.

Humor is unknown in a noncamouflage or "direct" system, where thoughts are transmitted in complete fidelity from one mind to another. For here there can be no friction between expectation and

experience; everyone knows exactly what to expect! Humor is also not native to our level of existence. We use it just as we use our host's facility with language in order to transmit our material; it is one tool available to us and we use it when it seems most appropriate and effective. Though we use our host's "humor machinery," all responsibility for bad puns lies with us!



*The last issue dealt with viruses and man. What about the viruses that attack our domestic animals (cats and dogs) and the animals raised for food? What are we to learn from this aspect? C.S., Winnabow, NC*

.....Viruses serve the same purpose in any species: as checks-and-balances against overpopulation and against living conditions contrary to those allowing reasonable possibilities of leading fulfilling lives. We mentioned the many human "firewalls" which prevent viruses from springing to destructive activity, and these hold true for other species as well. Abandoned animals living in squalor without sufficient food or quality of life will suffer impaired firewalls inviting viruses to spring to destructive activity and eliminate these pockets of suffering. Even a domesticated pet living a pampered life may find the suffocation of its wild animal nature so intolerable as to cause the breakdown of emotional and corporal firewalls, leading to viral infection.

Above all, viruses maintain "quality of life" in the species they affect by accelerating the release of physical form once conditions no longer allow hope of fulfillment.



*How can a karmic braid be formed in the taking of a life (or many lives) when, at the deepest spiritual level, both parties (or all those involved) have previously agreed to the act? R.S., Novi, MI*

The issue is *who* is agreeing to the forming of a karmic braid, and *who* is carrying out the act. The first *who* is the higher self, determining that for the sake of fulfilling its earthly experiences, it wishes to participate in a karma-creating act, either as perpetrator or

victim. The second *who* is the fleshbound soul expressing that desire in physical terms. Any act of violence or violation creates a matrix of energy binding the perpetrator and victim, and only those souls can dissolve that karmic braid through future acts of healing and succor. Until a karmic braid is dissolved it remains lodged in the earth's energetic atmosphere, and no higher self whose offshoots are linked to a braid can release the earth as an arena of experience until all such braids are dissolved.

In other words, the *decision* to create a karmic braid occurs at the level of pure consciousness, while the *act* creating karma occurs at the physical level. Once that physicalized braid is created, it must be dissolved at the physical level. The fact that the higher consciousness of the parties involved "chose" to share the act cannot override the principle that negative energy created at the physical level must be released at the physical level, not through force of consciousness. Thus, the higher selves involved must set up future encounters and, possibly, future lifetimes in order to dissolve the braid created. The higher selves make the decisions, the offshoots (individual lives) implement them.



*If such a debt can be repaid only when the killer seeks and obtains the forgiveness of the killee, how is the Oklahoma City bomber ever going to obtain release from all those people? Or the pilot who rained nuclear death on Hiroshima and Nagasaki? R.S., Novi, MI*

As described in *Earthly Cycles*, karma accrues only in a direct assault between perpetrator and victim. A "second-hand" assault, such as a pilot dropping a bomb, does not result in direct, personal karmic braids with those affected. Instead, a more generalized, amorphous cloud of suffering lodges in the perpetrator's soul and must be worked out through successive events of

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healing, whether in the same lifetime or others.



*From the rape theme, what learning do oversouls receive? So many seem to arrange for their personalities to partake in it in one form or another. What is the fascination for oversouls for rape?*

M. U., Brookfield, IL

Rape is so prevalent because it is the ultimate act of *contempt* and *control* one can perpetrate against another. More so than merely beating someone senseless, rape violates the body at its most deeply private level, the sex organs, and turns sexuality's purpose inside out—from the richest and most intimate sharing to the deepest and most humiliating violation. In a society that stunts healthy expression of masculine power—in that most men lack genuine autonomy and self-directed initiative at work and at home—it is natural that the unsatisfied need for control and power becomes intensified, in some to the breaking point. In those with poor impulse control, the need can be fulfilled only in a brutal act serving as a metaphor of control and domination, a temporary reprieve from a lifetime of powerless impotence.

Some higher selves learn their lessons in soft, gentle ways; other choose high drama and intensity. For the latter whose life themes include issues of control, power, and respect, rape is the most powerful, distilled essence of those themes one can experience. Higher selves have no "fascination" with rape; they simply employ it as a means of fulfilling their quest for earthly experience.



*In light of the current popular obsession with biological determinism (e.g. justifying racism and explaining homosexuality in terms of genes), just what is the role of genes upon human personality and behavior? J.C., Santa Barbara, CA*

We have written before about the nonphysical "blueprint" of the body, an energetic template containing every possible variation and maturational stage, pulsing into physical expression with each beat of the primal pulse. Genes serve as the material "anchor" to the blueprint, its physicalized handmaiden helping to

make manifest the body's ever-changing condition. Genes weave an energetic template which organizes the atomic and molecular constituents of the body. Elements are attracted and held in place by the vibrational tapestry woven by the genes. They also help form the larger energetic bodies lying outside normal awareness: the auric fields, etc. So genes are the mediator between the non-physical blueprint and the physical world: they create an energetic tapestry of vibration which attracts and holds elements needed to sustain the body's form.

Attempts to link behavior and genes merely highlight how narrow is the framework through which science perceives reality. Genes play no role in psychology, in behavior, in mental function. They are merely the deputies of the higher self and the nonphysical blueprint, accurately expressing in physical form the expressed intention of the blueprint to manifest a given bodily shape and condition. Where science grants no validity to such higher realms of consciousness, it is natural that it must reduce its scope—thus the term "reductionist"—and search for final causes among the mere subordinates in the process of body creation and consciousness. You know better—knowing that the body and its consciousness ultimately spring from nonphysical realms, it is there that you must search for the ultimate origins of consciousness and behavior.



*Alexander plainly stated that killing another human being is always wrong. What of a suffering animal? What of a horse that fell into a pit and is thrashing about with a broken leg? Or a beloved pet, now blind and slowly dying an agonizing death?*

B.H., Houston, TX

The law against killing other beings is absolute and allows for no "mercy" exceptions.



*I would like some revelation of the blocks (psychological? emotional?) to spiritual growth. I have intensely studied spiritual paths for more than a decade but have received very little*

*inner confirmation as to my spiritual nature and identity. I seem to have an impenetrable wall between my flesh and my spirit. Why?*

D.S., Apache Junction, AZ

The problem appears to be one of definition, and from a faulty conception that one can magically "become more spiritual" and in the process carry the wisdom of the ages through daily life. There is also a longing to emulate the innate spiritual nature of those belonging to the Avatar family of consciousness. Let us address these issues in order.

Everyone has a wall between the flesh and the spirit. It is called the ego. The ego mediates between the higher realms of consciousness, where your "authentic self" resides, and the physical body and its daily travels through physically grounded experience. Many factors influence the "thickness" of the ego in terms of its relative permeability between the two levels it straddles: soul age, family of consciousness, beliefs and values inculcated in childhood, etc.

Above all, the ego's highest purpose is to secure the safety and continued viability of the physical organism; and only when this is assured can it release its grip a bit and allow other considerations—such as spiritual growth—to command a share of its attention.

Perhaps you can see the irony in your expressed desire to commune more directly with your spiritual self while the ego-barrier seems to block that desire—for the desire itself springs from the ego: it sees others of advanced spiritual nature and wants to be like them, even as it blocks realization of its own aspiration. For the ego knows that a heightened spirituality brings with it certain costs: a sloughing off of desire for material comfort and with it the security of a steady paycheck, indifference to the opinions of others, a lessening of ties of love and affiliation with circles of family and friends. Knowing this, the ego may well feel threatened by the prospect of making such a shift, and blocks the spiritual progress it so ardently claims to desire.

The ultimate irony, of course, is that *your body is your spirit made flesh*, so even when pursuing the most mundane tasks, you serve as the beacon of your soul, expressing your higher self's essence as made manifest in your form.

You cannot help but do spiritual work in every moment, for the fact that you are alive at all means your higher self values the experiences you provide it, that you authentically express its desired growth for your lifetime, and that your life benefits the larger human community. "Being spiritual" is not something you must work at; it arises organically and without effort simply by being alive.

The Avatar family of consciousness hosts those most comfortable with spirituality, who most easily grasp and implement spiritual principles in their lives, and whose loosely permeable egos allow steady infusion of spiritual energy into daily life. Other families of consciousness have different focuses, and one insults oneself through comparison with those whose innate nature allows for more consciously spiritual living. Each person has his own strengths and focuses, and will be happiest when vigorously pursuing those ends arising organically from within.



*Ours is described as a "free will universe." What other kinds exist? Please describe and compare some to ours.*

*R.L., Louisville, KY*

A free will universe is a "camouflage" universe such as yours, meaning thoughts are "camouflaged" from one another because you carry no perceptual mechanism which apprehends thought waves in full fidelity. Thoughts must be reduced to symbols to be transmitted to others through language or art; or, in the case of animals, through vocalizations and gestures. A noncamouflage universe is one in which "group thought" rather than "individual thought" is the essence of experience. In such a reality, the brain's surface is covered with sensors which detect the thought waves of others as fully as one's own thoughts. The emphasis, therefore, is on group endeavor, the united forging of great civilizations, conquests, etc., with each member dedicated to realizing group ambitions rather than seeking fulfillment of private ambitions. You can look at some insect species—ants as an example—to see how such social orders work.

Another "twist" on the camouflage-noncamouflage polarity is a rather dark and primitive arena where creatures (and some intelligent species similar to humanity) are blocked both from thought-wave perception and from symbolism, because they lack the "symbol making

mechanism" through which thought can be translated into symbol. As a result, each individual lives almost as if in a prison of his own skull, devoted exclusively to satisfying his immediate needs for sustenance and reproduction without regard for the needs or feelings of others. One communicates one's unhappiness with having food snatched from one's hand only by snatching it back or assaulting the snatcher. The mating process would offend the sensibilities of sea-frustrated sailors. A setting of communication at its most elementary, primitive level, a realm for consciousness desiring a dark and rudimentary experience of existence.



*Working in a long term health care setting I am curious as to how illnesses such as Alzheimer's Disease and diabetes are created. Can Alexander offer any insight into the thought process that goes into creating these specific maladies and what we as caregivers can do to ease their suffering?*

*A.D., Greensboro, NC*

At its base, Alzheimer's is a "power" issue. Since knowledge and the ability to manipulate it effectively is the basis of power, Alzheimer's scrambling and diminution of knowledge and memory renders its sufferers increasingly powerless and unable to effectively manipulate the world.

There are several reasons why this path may be chosen. One is if power is a central theme of a lifetime, particularly where power has been used abusively and without sensitivity to others. Second, if there are echoes from other

lifetimes in which power was wielded thoughtlessly, slipping into the impotent haze of Alzheimer's toward the end of life may "balance" those other lifetimes. Third, if a life theme carries an emphasis on the body, the loss of bodily control may provide a broader overall experience. Fourth, where the higher self wishes to prolong the life of an offshoot while the conscious mind is weary of the battles inherent in living in complex modern society, Alzheimer's is a means of creating "conscious amnesia" which sustains the body for further experience while closing down mental function.

Because there is such a variety of reasons for slipping into Alzheimer's, there is no one "right way" of handling those afflicted. In any event, attempts to restore brain function to previous levels are largely futile and counterproductive to the larger reasons for choosing the experience. The best approach is to offer an environment of safety, security, and kindness, so that the loss of power does not trigger panic over possibly not having one's needs met; instead, the afflicted rests securely on a foundation of physical comfort and loving support.

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## HIGH PRIESTS ON A LEASH THE SPIRITUALITY OF CATS AND DOGS

Anyone who has ever loved a pet cat or dog knows the special qualities of such a relationship: the unambiguous love and devotion the pet offers its master; the easy and uninhibited affection; the steady companionship; and, for some, an almost telepathic link between human and animal, bypassing language in favor of pure thought exchange. Dogs and cats offer a purity and clarity of relationship rarely found among your fellow humans. As with any other aspect of existence, this is no accident, no random crossing of evolutionary paths leading to "domesticated" animals. Rather, the canine and feline families have developed branches of consciousness intertwined with the human family, building bridges of consciousness which manifest as pet cats and dogs enjoying life among humanity. Let us look at this more closely.

### Cats, Dogs, and People: The Primordial Bond

The earth system is set up to host innumerable species of plant and animal life. Each plant and animal springs from a nonphysical source, a family of consciousness which holds the master template for its physical expression in the earthly medium. The template holds all probable variations of its earthly manifestation, ensuring adaptability to a range of environmental conditions. Some species have a broad, diffuse template allowing its offshoots to range widely over the globe, developing subspecies in diverse ecological niches; other species' offshoots are tightly focused on a specific small area. As a general rule, a family of consciousness will look to enhance its viability and endurance by stretching the boundaries of its form to their utmost potential. Species may appear to "evolve" over time as various probable variations manifest to synchronize with changing environmental conditions.

Feline and canine families of consciousness have developed a unique slant

on this process: rather than stretching the boundaries of *form* to ensure their adaptability, these families have forged unique strands of *consciousness* which intertwine with that of humanity. Humanity is a recent arrival on the earth scene, of course, and the feline and canine families thrived for many millennia before human appearance. But once it was clear that humanity was established, spreading, and likely to become the dominant creature on the planet, the unique potentials among feline and canine families were triggered into activation.

A number of factors come into play when considering whether a species can potentially form such an intertwined, hybrid consciousness with humanity. First, the animal must be considered attractive by people. It must be the right size: not so small that it is easily and accidentally crushed; not so large that it towers over man and crowds his living space. There must be a sympathy or mutually reinforcing reward to the overall life purpose of animal and man. And the animal must possess sufficient "rational" intelligence that there can be some meeting of minds across species lines. The number of species meeting all these criteria is fairly small; and only the feline and canine families have developed such potential partnerships to the fullest.

Let us turn now to examine each family of consciousness more closely.

### The Feline Family

Of all terrestrial creatures, cats are perhaps the most firmly anchored in "predator-prey" consciousness. If another creature is smaller, they instinctively torture and kill it; if larger, they expect it to do the same to them. Cats will reflexively flee from the sight of their approaching masters after a lifetime of loving care, so rooted are they in the expectation of attack from creatures larger than they. Cats are built to express

"predatory-prey" consciousness to perfection: they can leap many times their height, race at furious speed, climb trees, swim (under protest), sink their claws and fangs into prey, hiss and scratch at attackers. The cat is the most sublime expression of "eat or be eaten" consciousness.

It is generally not "natural" for cats to form relationships outside their family, as every other creature is perceived as either dinner or danger. Still, at the level of families of consciousness, the bond has been bridged with human consciousness as a way of "piggybacking" into areas settled by humanity which might not otherwise support a cat population. This broadens the potential experience available to feline consciousness. In addition, it provides a setting of security, abundance, and consistency, which allows cats to fulfill their deeper mission.

Cats are the explorers and philosophers of the animal world. For the most part they never get the chance to express their deeper nature, for as long as they are caught up in the predator-prey dynamic, they cannot relax their guard long enough to explore and contemplate. Of course we are anthropomorphically projecting human qualities onto cats—they are not really philosophers—but there is a sense in which cats serve the function for the animal world that the Watcher family serves for humanity: that of keen-eyed observers, feeding back to higher realms of consciousness a constant narrative of earth's unfolding events. On the surface, cats' vigilance serves their predator-prey nature; more deeply, their acute perceptual skills and stealthy patience render them the perfect "eyes and ears" of the animal world.

Because cats are so rooted in the predator-prey dynamic, they are especially keen in observing relationships: in noting how human families and friendships form, grow, and decline. They are upset by angry voices and stomping feet because of their great sensitivity to such issues; they will flee from overwhelming displays of emotion. Enhancing their observational

prowess is the ability to perceive the energy fields surrounding the body; to watch the auric fields flow and flux in response to environmental and human stimuli. This ever-shifting display offers a more truthful picture of others' emotions than words or tone of voice suggest, so it is here that cats place the most stock.

Anyone with a cat knows that cats consider an empty lap a wasted lap, and they will promptly make proper use of it by filling it. Cats seek out close physical contact because they perceive such a richness of information by bathing directly in the energy fields of their chosen "subjects." Yes, they enjoy the sheer physical warmth as well, but more important to them is the whole-body stimulation and depth of information gained by direct perception of human energy fields. As the "observers" of the animal kingdom, they seek out the highest quality of information to pass along to the higher realms, and this they gain while curled up in your lap.

This brings us to another universal quality of cats: their love of napping and sleeping. This isn't laziness, but is rather the compromise solution to a paradox of feline nature: on the one hand they are keen-eyed observers of the world; on the other hand, they are immersed in the predator-prey drama, requiring an alertness and attention which preclude passive observation. As with any creature, sleep is possible only when the ego is certain that danger is at bay and the organism will not come to harm while sleeping.

Domesticated cats seem to spend an inordinate amount of time in sleep because this is the only way they can suppress their all-consuming predator-prey vigilance and fulfill their role as observers. In sleep, experiences and observed events are processed and transmitted to the higher realms of consciousness. Cats take "cat naps" throughout the day to send off quick dispatches of unfolding events.

To some extent, the human family of consciousness has come to rely on the observations of the feline family as an auxiliary source of information on manifested events. There is a neutrality to cats' observations, while ego-based human consciousness often colors and distorts its transmissions. In some cases, a family constellation will agree before their births to include one or several

feline observers as a way of recording in meticulous neutrality the relationships forged among themselves; to round out their higher selves' perceptions with their pets'. *In a limited sense*, a higher self can project consciousness into a feline offshoot, so that a member of the constellation not choosing human birth may participate as the feline observer. This comes perilously close to suggesting that human souls incarnate as animals, and this is not our intention. A higher self may simply *contribute to* the consciousness of a cat by projecting a strand or two into an already established field of consciousness designed to animate a given cat.

In their natural, wild state, cats are completely immersed in the predator-prey dynamic, and their powers of observation are largely limited to ensuring their safety and hunting prey. Linking with humanity broadens feline consciousness in allowing it to develop its powers of observation to the point where cats make a significant contribution to the earth's unfolding events by feeding a steady stream of observations to the higher realms of consciousness. They particularly specialize in relationships, both relationships that they develop with people and those developing among people. They benefit humanity in providing an impartial, neutral store of observation which rounds out human higher selves' perceptions of events.

### The Canine Family

As opposed to the passive, observational role of cats, dogs have linked with humanity to play an active, participatory part in human life. Let us see how this has developed.

In their natural state, dogs are immersed in the predator-prey dynamic as are cats, but the difference lies in the degree to which this "kill or be killed" thought pattern consumes waking consciousness and is reflected in form. For cats, this thought pattern engrosses them completely and their form reflects it precisely. For dogs, issues of hunting, eating, and avoiding predators are important, but less so. Their form is well designed for chasing prey at top speeds, but they cannot leap, climb trees, or sink razor claws into game as cats can; their form less perfectly

reflects the predator-prey mindset. Dogs pour their energy into other areas, especially building complex hierarchies of relationship among themselves, and in an earthy physicality, reveling in the natural world with a lusty exuberance.

So where feline consciousness is passive and observational, canine consciousness is active and participatory. As with cats, dogs flourished for eons before humanity's appearance, but once this strange, awkwardly designed, two-legged creature began to master its environs, the benefits of linking with humanity became apparent and the latent link between families of consciousness was activated and expanded. Joining with humanity allowed dogs to place less emphasis on hunting and protection, and more on the other aspects of their nature—relationships and earth-revel. It also ensured their continued participation in the earth scene, and that their numbers could increase and diversify under humanity's protection.

Canine relationships are complex, but the hierarchies are always clear. The dog world is a status culture, where proper deference must be shown to those of higher status, and groveling and obedience are expected of lower-status members. Dogs must always know who the boss is, the "alpha male" to whom they express obeisance. Because dogs must always have a master, it is natural that they seek out such a master within their human family. They naturally defer to the one who provides the food, for this is one function of the alpha male, to ensure that the pack is properly fed. Once they have chosen their alpha male, and it may be one or several members of a family, a dog's loyalty, deference, obedience, and even reverence are set for life.

Looking at the human-canine relationship from deeper levels, several issues are involved. One is that the relationship between dog and man is mutually rewarding. As opposed to cats,

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whose detached observations do not directly benefit humanity at the earth level, dogs are able to bring qualities to their relationships with people that offer tangible benefit. Perhaps of greatest importance is dogs' protective nature, drawing a circle of safety around home and family against the dangers beyond. A dog can easily repel or kill intruders, even human intruders, with a swiftness and certainty no unarmed human can match. It is canine nature to defend the pack, and this trait easily carries into relationships with people. There is a measure of self-interest as well, of course, for a dog protecting its master is protecting its own supply of food and care.

There is a simplicity to dogs' emotions; an unambiguous purity of love, devotion, and adoration. No human relationship, except that between parent and very small child, offers such unadulterated purity, for as soon as a child is old enough to express his independent will, that will begins clashing with the world, and those clashes continue to the last breath. As part of the original canine-human partnership, therefore, it is understood and expected that dogs will provide the distilled essence of love and loyalty as a buffer against the bruising emotional tangles that often cloud human life.

Dogs provide a refuge, a safe haven where one is always welcome, valued, and loved just for being oneself. Small children especially benefit from canine companionship, for their simple, pure emotions blend well with canine nature. And men, whose emotional lives are often stunted in western society, may look to dogs as their truest friends, finding in their four-legged companions a loyalty, consistency, and unambiguous love they cannot find among men and women.

Thus, dogs provide an emotional buffer to human life, feeding into the human circle a purity of love and devotion that balances the bruising complexities of human relationships. The intent is to provide an external source of warmth and love independent of other people, ensuring that no one need be completely bereft of loving companionship as long as a dog is within reach.

Dogs are no substitute for the richness of human relationships, of course, but they offer a cushion of emotional security against the vicissitudes of life. Especially in a time of social and familial

upheaval, dogs' emotional buffer helps keep humanity more stable and grounded than it would otherwise be.

Again, without suggesting that human souls reincarnate as animals, there are situations where a higher self projects a strand or two into a canine offshoot as a way either of experiencing human emotion from the dog's pure simplicity, or serving as a companion to a particular individual (or both). Higher selves specializing in the emotional domain may well seek to experience emotion from all possible angles, and the dog's emotional clarity, and participation in the complexity of a human family while not operating through such complexity, helps to "round out" a higher self's store of emotional experience. At the same time, if a higher self desires to participate with another soul in an earthly experience without manifesting in human form, projecting strands of intent into canine form may provide enough of a connection that the relationship reaches satisfactory fulfillment.

### The Spiritual Life of Dogs and Cats

In *Earthly Cycles* we described the many qualities of the soul that the higher self manipulates in creating the personality template of a given offshoot, one human life. Among these qualities are family of consciousness, soul age, soul aspect, life theme, and more. To what extent are the animal families of consciousness governed by similar matrices? What are the differences?

Several points should be immediately apparent. One is that there is greater variability in human personality than among the animal families.

Animals may be high-strung or relaxed, friendly or reserved, trusting or suspicious, but they generally do not reach the extremes of autism, manic-depression, bulimia, suicide, or schizophrenia that mark the far reaches of the human psyche. In animals the psyche is constructed with a large core of species uniformity, atop which are sprinkled unique variabilities; in humanity the core of uniformity is relatively smaller, while the area for variability is much larger.

In part this reflects the greater complexity of the human psyche—a

rational mind anchored to a maladapted animal body in a challenging physical environment—and in part it reflects humanity's greater emphasis on emotional life. Whatever the fruits of man's technological prowess or intellectual mastery, in the end it is the content of one's *emotional* life that determines the ultimate meaning of a lifetime, for relationships are where you live, suffer, triumph, and grow.

In dogs and cats, as we have seen, the deeper purpose for participating in earthly life lies elsewhere: in the predator-prey dynamic, in raw physicality, in hierarchies of relationship. So the many soul qualities manipulated by a human higher self are not available in such richness to the canine and feline families of consciousness. Thus, there is a greater "sameness" of personality among those families than among their human companions.

Where variability is expressed in the canine family, it is through the different breeds. Here the differences are in *form* and *function* rather than emotional variability. Whether dogs fetch downed geese, herd sheep, detect cocaine, or guard their family, form is matched to function. Size, shape of ears and noses, and so on, are varied to precisely reflect the aptitudes of a particular breed. Each breed, developing as a subspecies of the canine family, develops a distinct personality template as well. Some breeds are noted for their gentleness and ease with children; others are high-strung and vicious toward strangers.

When humanity develops dog breeds through controlled breeding, it controls the *form*, which in turn calls down certain personality strands matched to that form. Thus humanity can control the "soul qualities" of its canine companions by manipulating the forms those pets can take. This mirrors the division of human consciousness into seven families of consciousness, but without the sharp divisions of working and intellectual life marking the seven human families.

There is less variability among cats. Because dogs are active participants in earthly and human life, their variety in form ensures adaptability to a wide range of environmental and working conditions. Cats, the cool observers, need only one bodily template that works well in a variety of climactic conditions. Because

they do not participate in human activities, they do not require the canines' broad variability of form.

There is a progression of "soul age" among companion animals, but less so than among humanity. Again, the boundaries of variability are more tightly drawn. A "baby soul" dog might focus on raw physicality: the hunt, mating, protection of pack are the all-consuming focuses; among domesticated dogs, the more savage breeds, and those loving the master and distrusting all others, are the "baby souls" of the breed. "Young soul" dogs are more playful, easier of temperament, more generally welcoming of other animals and people. "Mature soul" dogs are often the alpha male or his mate, for their greater wisdom and cunning, and ability to command and control the complex relationships within the pack, serve the pack well.

Among domesticated dogs, mature souls tend to shy away from raw work, instead putting their energies into "super-vising" the lives of their masters' families by looking after small children, fetching the paper, and so on. And "old soul" dogs can hardly bring themselves to lift a paw unless genuine danger threatens them or their families; they expect to be treated as equal members of the family and will not stoop to cheap circus tricks like fetching sticks or rolling over.

Interestingly, the continuum from baby souls to old souls is reflected in form: baby- and young-soul dogs tend to be smaller in size; mature- and old-soul dogs are larger. This arises, in part, because smaller animals have to focus more energy on establishing and maintaining their territories and rights while larger animals take their security more for granted and can relax their guard.

Of the two, cats are more "spiritual" than dogs because their role as cool observers of earth and human activities carries with it a direct connection to the higher realms to which they feed their flow of observation. In this sense, all cats are "old souls" because they directly and deeply sense the larger bodies of consciousness from which they spring. They observe, they sleep, they keep themselves clean and above the fray.

Do animal souls reincarnate? In *Earthly Cycles* we proposed a new model of reincarnation which abandoned the traditional notion of a single soul recycling itself into a succession of bodies; rather, the higher self projects offshoots, single souls, into a number of simultane-

ously occurring lifetimes. The soul of an individual does not "come back" time and again, but is reabsorbed into the higher self, with any unresolved karma projected into other offshoots. The higher self cannot release earthly experience until all karma created by its offshoots is dissolved.

Perhaps you can see how the soul life of animals differs from the human reincarnational process. What compels humans to return in body after body is karma—and karma is created only when the intent to cause harm is married to action causing harm. Are animals capable of such deliberate infliction of cruelty on others? They are designed to kill, yes, but only for sustenance or to protect themselves or their pack. They lack the complex emotional and rational qualities that allow humans to murder over money, jealousy, or revenge. They do not kill for sport.

Because animals' psychological nature is so much more elementary and instinctually rooted, the key element of "intent to cause harm" is largely absent. Thus, dogs and cats do not build karmic braids among themselves which would compel reincarnation.

As a rule, the souls of individual cats and dogs are reabsorbed into their higher selves with no need for returning to the earth plane to resolve unfinished business. At times, however, given the number of cat or dog lifetimes that can play out across the span of a human life, a pet enjoying a powerful relationship with its master can, upon death, project certain strands of intent into a successor offshoot. This provides a base of continuity, an easy familiarity, with which a kitten or puppy works its way into the heart of its new owner; a person may feel a tinge of recognition when meeting the eyes of such a new pet. It is not accurate to say the old pet has "reincarnated" into the new, but that certain strands of consciousness have carried over into the new form, providing a foundation of familiarity between pet and master.

### Pet Hints

Given the material we have outlined thus far, we can close with a few suggestions on how to enhance your relationship with your pet dog or cat to ensure that its soul purpose is being fulfilled.

For cats: Recognizing that cats are here to observe your life and the space

around you with cool impartiality, first ensure that your cat feels safe. To fulfill their mission, cats must feel sufficiently secure that they can relax their predator-prey consciousness and bring calm "observation" to the forefront of attention. A physically abused cat is miserable, for it depends on its abusive master for sustenance and shelter while the abuse renders it incapable of relaxing into observational calm.

Next, to the extent possible, allow cats to be in close physical contact with you. The direct immersion in your energy fields offers them the highest quality of vibrational information, which they in turn transmit to the higher realms. Allow as much lap sitting and shared sleeping as you can stand.

Finally, talk with your cat. Tell it in rich detail and extravagant emotional gestures what is happening in your life. Notice how a cat will hold its attention on such soliloquies long after a fellow human would have fled or fallen asleep. The words may not be understood but the emotional content is, and serves to enrich the cat's picture of what happens in your life beyond the confines of your shared space.

For dogs: Dogs are here to revel in earthly physicality and to serve you as faithful companions. The best way to fulfill these needs is to have them accompany you in physical activity: taking walks together, going shopping, swimming, hiking, working in the garden. If they cannot directly contribute to the work at hand, at least do not exclude them for getting in the way; they are miserable if they feel they have violated their covenant of service. Find ways for your dog to be useful, or engage it in mutually rewarding play, to allow it fulfillment of its dog essence.

Because dogs are physically oriented, they don't require much in the way of monologues. They resonate more with action. For them, love is action, loyalty is action, friendship is action. Find active ways of having them fulfill their desire to serve and they will reward you with selfless love and devotion.

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## MEET THE METAPHYSICAL BEATLES VANGUARDS OF THE REVOLUTION

*The hoopla surrounding the new Beatles music and documentary seemed to trigger some "bleedthrough" information from Alexander about the nature of music, the role of musicians in cultural change, and the special magic of the Beatles. Crank up Abbey Road and enjoy!*

*Ramon*

### A Fable

In the beginning there was vibration, a vast cosmic sea of pulsating consciousness. As the cosmic sea swirled and pulsed, in its eddies it formed pockets of stability, dense and enduring, in which creatures might come to play upon the surface of seemingly solid spheres of matter. These creatures, emerging from the womb of creation, would possess consciousness, not the Consciousness from which they sprang but a consciousness of inverted awareness, in which the remembrance of their origin would fade to nocturnal glimpses in sleep while the narrow fractured scope of waking awareness became their more compelling reality.

Emerging from an infinite sea of vitalized consciousness, these creatures would carry the power to absorb and transmit information, processed through the narrow prisms of their senses, and thus to fashion families and tribes and magnificent cultures in shared frameworks of knowledge. Recognizing the danger of building such frameworks through rational mind alone—a narrower scope still—the creatures fashioned conduits through which information emanating from Ultimate Consciousness could engage and impress itself upon them, to bathe them in the pure well-springs of their origin. These conduits carried information so powerful that the rational mind could not fathom it directly; it could only reduce these streams of knowledge to symbolic fragments stimulating the senses.

Painting, dance, sculpture, poetry, drama: all these were mediums through which information could be symbolically shared with others; for within the consciousness of each creature the symbols

would be translated, shorn of their glittering wrappings and restored to their primal, original meaning. And music—the greatest conduit of all for transmitting information flowing from Ultimate Consciousness—music would engage not only the mind but the entire organism, for each cell carries the ability to translate musical symbol into original meaning; to transform the organism into a pulsating absorber and transmitter of vibrational intelligence.

In one small corner of the manifested universe, on one mid-sized planet, a pool of these creatures lived and loved and warred and ultimately prospered through millennia: some in small isolated tribes; others in vast civilizations rising to prominence and crumbling to dust with the inescapable rhythm of birth, growth, maturity, and death. One such civilization grew and flourished and prospered; though the locus of its political and economic power shifted over the centuries from capital to capital, continent to continent, the underlying framework of ideals and values, political and religious structures, endured.

As time rolled forward and these structures fell out of rhythm with the shifting spiritual flows infusing the creatures, a crisis arose: persisting in operating through the structures of the past portended great turmoil and chaotic upheaval; a massive cultural shift was required, and in a very compressed slice of time.

It was decided that many specialists in all artistic mediums would midwife the rapid transition to a new cosmology and consciousness. The birth dates of these specialists were synchronized so they would reach their phase of greatest receptivity to higher consciousness—late adolescence to early adulthood—within the same decade.

Still, a trigger of sorts was needed: a revolutionary blast of fresh energy and consciousness so compelling and irresistible that the younger generation turned its backs on the values of its elders and followed the Pied Pipers of

the new order. Music, of course, would be the medium for this revolutionary trigger. Rather than flowing through the symbol making talent of one individual, it was decided that the cultural shift required was so all-encompassing that several individuals would be involved, each a specialist in one aspect of the revolutionary energy.

The birthplace of this musical trigger would be Britain, straddling the cultural frameworks of monarchy and democracy. The soul constellation designated as the revolutionary trigger would find birth in a city by the sea. The souls involved would lead relatively conventional lives, not knowing each other until adolescence, when they would be drawn together by a common love of music and a sense of warm, intuitive sympathy among themselves. They would call themselves John, Paul, George, and Ringo.

### Music as Vibrational Information

As mentioned in our fabled introduction, music can be understood as *information* expressed in symbolic vibrational patterns. Each cell of the body carries the "key" to decode the information and absorb its meaning. Body and ears work in tandem: the ears hear the musical stimulus and the brain decides whether it finds the stimulus attractive, neutral, or repugnant. This decision is based on the degree of harmony between the body's innate vibrational patterns and the patterns through which a musical idea is expressed. Just as the body seeks out food, drink, and sex, the body also seeks out music which resonates with its internal rhythms, for the body is stimulated, reinforced, even healed, by immersion in harmonious musical atmospheres.

Because each new generation carries a distinctly higher vibrational "set point" than its elders, music is a primary medium through which a generation creates and shares its common essence, its sense of purpose. The music created and listened to by a generation is their communal "library" of knowledge and information which apprises them of who they are, reinforces the distinct tasks and purposes

of their era, and offers a glimpse of the road ahead as time unfolds.

When we say music is information, what do we mean? We mean that, apart from any meaning carried in the lyrics, a musical melody is a pattern of ascending and descending tones, separated by silence, which express a concept, a unit of information. That information may be philosophical, emotional, sensual; it may trigger new conceptual frameworks through which technological and artistic innovations arise; it may predict a future event; it may fulfill some or all of these purposes simultaneously. A musical pattern creates a vibrational atmosphere which entrains any organism within its reach, apprising the organism of the information it carries.

### Musical Prophecy

One of the most important purposes of music, as we have seen, is that it can contain patterns not yet manifested in mainstream reality, the better to prepare a culture for impending evolutionary changes. In this sense, music is prophecy, vibrationally encoded prophecy. Does this mean that every piece of music produced carries the unabridged Future of Humankind embedded within its melody? Of course not. This brings us to a consideration of the process through which artists—in any medium—render their inspirations in tangible form.

Artists forge their creations through a marriage of *innate talent* and a clear connection to the higher spiritual realms, which we will call *communion*. Both aspects are necessary for an artist to successfully express his inspirations. Innate talent means a highly developed capacity for using one or more senses to forge tangible symbols of inner vision: an eye for color and perspective; a sense of depth and spatial relations; or an ear for musical tones and patterns. The ability to perceive and manipulate the symbols of an artistic medium, with greater facility than among the mainstream, is the mark of innate talent.

Many artists enjoy broad acceptance of their work while they are alive and creating, but their work fails to stand the test of time, fails to compel and inspire future generations. Other artists, the Great Masters, fashion works which remain seemingly immortal through time, embraced by centuries or even millennia of subsequent generations, in cultures far removed from that of their origin. What

lies behind this broad range of ephemeral versus enduring works of art?

The difference lies in the degree of communion, the connection to the higher spiritual realms, the artist enjoys. We might classify the range of communion as low communion, mid communion, and high communion. The very greatest artists, the masters, enjoy the highest possible connection, perfect communion.

Everyday “pop” artists create from the low communion level: they tap into the *extant* currents of society, the vibrations of the mainstream, and render them in symbolic form. Their creations are often pleasing and uplifting, easy to digest and enjoy, and as enduring as bubble gum. Ironically, low communion artists are frequently the most commercially successful in their day.

Mid communion artists dive a bit deeper into the currents underlying society. They offer not only a symbolic digest of mainstream vibration, but flavor it with a tinge of future potential. Often these artists, confused by the tug between mainstream and volatile energies, vacillate between them in their creations, offering some reassuringly mainstream works while interspersing them with less comprehensible products of deeper visions.

Artists enjoying high communion must live with the irony of serving their cultures so well as specialists in prophecy, even as that culture scorns or dismisses their work. For high communion artists plunge headlong into the currents of potential events swirling in the vast cosmic sea, and struggle to render their profound visions in tangible form using the tools and techniques of the present. They are rarely satisfied with their work, haunted by the gap between the vision and its manifested expression. Their works are incomprehensible to the mainstream; they are frequently dismissed as lunatics or thrown in prison for the vague threats to social order carried in their work.

Rarer still are artists endowed with the curse and blessing of perfect communion. These artists don’t just bathe in the currents of spiritual truth and then return to everyday reality; they spend every moment of their lives suffused with such powerfully compelling urges toward artistic creation, flowing directly from Ultimate Consciousness, that they know nothing else; they eat, drink,

sleep, and breathe their art. Whatever task is at hand, their minds are always swimming with fresh impulses toward creation and they cannot rest until they wrestle them into form. Their work is both prodigious in output and blisteringly revolutionary in meaning. In all of western history, perhaps a few dozen perfect communion artists have graced the world, serving as beacons illuminating the culture’s evolutionary path.

### The Beatles as Soul Constellation

Let us examine more closely the nature of the soul agreements binding the four young men constituting the Beatles. As mentioned earlier, an agreement was formed before their births to blend their disparate energies into a unified gestalt serving as the primary revolutionary trigger for the Sixties. That is, in order to avoid the catastrophe of a culture suddenly collapsing as its cosmological pillars crumble—as western society’s core value of *separation* violates natural law and must lead to cultural disintegration—a trigger was needed to ignite the revolutionary fires of incendiary social change. The need was urgent for an irresistible force to wrest young people away from the values of their elders and larger culture, to enlist them as foot soldiers of revolution.

The breadth of the requisite cultural shift was so vast that one soul, however perfect its communion, would be hard pressed to serve as the revolutionary trigger. To ensure that the audience reached would be as immense and diverse as possible, what might be termed the “Beatle soul constellation” was fashioned in the realms of spirit. The constellation contained a primary dyad, a secondary triad, and a foundational quadrade.

The primary dyad—John and Paul—formed the basic foundation of the constellation. This was a marriage of structure and artistry: while both were creative and carried immense innate talent, Paul’s soul nature was ordered, grounded, structured; he served as the planner, organizer, future-thinking half of

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the partnership. John's soul nature was more airy and ethereal, less rooted and rationally focused, more comfortable floating through clouds of inspiration. Together their blended energies formed a metaphor of the human experience: you are spiritual beings and you are physical beings. Thus the elemental essence of humanity was expressed in the Beatles' primary dyad.

More was needed, of course, for what lay beneath western culture's malaise was spiritual impoverishment. A tired old religion, ossified into dogma and hostile toward genuine mystical experience, had shrunk its followers' spiritual lives to stale rituals of worship practiced one morning a week. Above all, what the culture hungered for was spiritual illumination, shedding the straitjacket of traditional religion and liberating the primordial sense of wonder, awe, reverence, and direct communion with the divine.

Enter George. George's soul essence, though of the Innovator family of consciousness, was skewed strongly toward the spiritual soul aspect. Any good artist enjoys easy communion with the higher spiritual realms, but one whose soul is already aligned with spiritual energies plunges straight to the heart of Ultimate Consciousness. This was George's soul nature; and despite the prominence of the primary dyad in the group's prodigious output, in fact John and Paul rode George's coattails to the heart of Ultimate Consciousness, there to drink from the very deepest wellsprings of inspiration. George provided a spiritual atmosphere, an access to the depths of creativity, which enhanced the primary dyad's artistry.

This, then, is the essential construction of the Beatle soul constellation: a primary dyad containing the hybrid essence of human experience—spirituality and physicality—supplemented by a spiritual ambience enhancing the dyad's ability to reach the zenith of creative inspiration.

In truth it was not predestined that the fourth Beatle, the drummer, would be Ringo. What was needed was an anchor to the others' soaring inspirations; a sturdy foundation of mainstream energy and essence. Recall that perfect communion artists often fail to reach the masses with their prophetic visions; thus there was a danger that the Beatle soul constellation, in its essential triad, would soar too high to captivate the mainstream. The

drummer—providing the foundational rhythm beneath soaring inspiration—therefore needed to be solidly grounded, mainstream in outlook and temperament. As you may know, the core triad of the Beatles played together for years until bringing Ringo on board just before they "took off." Ringo's personality was more in harmony with the Beatles' overarching *positive energy*; they required a rhythmic foundation of upbeat, amiable, optimistic energy, and this they found in Ringo.

### The Beatles as Revolutionary Vanguard

With their soul constellation established, the Beatles-to-be accepted their marching orders, a plan enabling them to lead the revolutionary shift to unfold in their early twenties. Like any good storyteller compelling an audience, they would proceed as follows: (1) get their attention; (2) hold their attention while weaving rich tapestries of symbol and myth; (3) leave them energized, inspired, and certain of life's goodness.

Nineteen sixty-three was the turning point year, when forces and events aligned to trigger the sudden and dramatic cultural shift. Until this point, the Beatles had spent their working lives as a bar band, and while they were popular entertainers in this limited realm, they had shown scant promise of what was to come. For it wasn't until the revolutionary trigger was activated that the Beatles' essential soul essences could emerge, blend, and form the whole that was so much greater than its parts, a group soul-gestalt enjoying perfect communion with Ultimate Consciousness. In this year the agenda was finally put into play, and step one was activated: get their attention.

Youth is the age of deepest communion with the currents flowing beneath society and with the higher spiritual realms; young people are able to tap into these currents as at no other phase of life. Female consciousness is spiritual, while male consciousness is physically grounded. Thus it is no accident that when the Beatles began fulfilling step one of their agenda, it was teenage girls—the most intuitive age of the more spiritual sex—who felt the strongest pull toward the irresistibly compelling energy produced by the Beatles. For while the Beatles' songs at this point were simple love songs and

older rock standards, the *energy* produced by the group was of an altogether higher order. It said, to those who could hear its subliminal message: We are the messengers of the new order, follow us, the times will be challenging but you will be safe, better times lie ahead.

Who could resist? Who among the super-intuitive young female population could turn her back on such a sweet song of promise, when parents and teachers offered such stale gruel by comparison? And so the Pied Pipers worked their magic, loosening the ties between generations, magnetically pulling their young followers onto a new path, a different path, uncharted but glowing with promise. And the young boys began marching to this new drummer as well, both to please the girls they longed to impress and because their young souls ached for a more genuine and authentic life than what their elders offered.

Within months after the dashing young American president was murdered, a nation deep in mourning was witness to the first American visit by the Beatles. The fate of the old order was sealed: What young person would submit to the hoary imperatives of old-guard custodians when new myth-makers had arrived, so fresh and exuberant and full of optimistic vitality? For this was the essence of the Beatles: a relentlessly upbeat, sunny, hopeful zest for life. For the revolution to sound attractive and worth the struggle, the fence-straddlers had to be convinced that a better life, a life more authentically and happily lived, would result from breaking ties with the old order and embracing the new. This the Beatles, with their seductively affirmative energy, provided.

By 1965 the first step of the agenda was complete: the Beatles had the world's attention. Now they could deepen and broaden the message, imbuing it with subtleties and nuances, offering encoded prophecy and poetry. Their musical repertoire broadened: for some songs they traded the electric guitars for acoustic; others were expressed through voice and orchestra. Their sophistication in the studio grew as they struggled to find the closest musical expression of their inspirations, flowing as they were from the heart of Ultimate Consciousness. The rhythm of their music, previously a raw sexual pulse (get their attention, remember?) mellowed to entrain with higher levels of being, with the heart and mind

and spirit. The first biting strains of a sitar were heard on a Beatles song as George, the mystic, introduced the Indian instrument as a symbolic forerunner of the flood of eastern spirituality soon to wash through western culture.

About this time the Beatles began experimenting with hallucinogenic drugs—a quick and powerful tool for shattering a staid and constricted consciousness—and weaving the fruits of their psychedelic visions into their music. Whether those listening were themselves moved to similar experimentation is beside the point: the Beatles provided it for them.

The hypnotic, trance-inducing, single-chord song, *Tomorrow Never Knows*, alters the consciousness of anyone within earshot, for the unfamiliar drum rhythm, odd sound effects, and entrancing vocal sedate the body while stimulating mind and spirit. The overtly psychedelic lyrics of *Lucy in the Sky with Diamonds* shatter established rules of language—newspaper taxis, marmalade skies, a girl with kaleidoscope eyes—just as LSD shatters the structures of the rational mind. By offering these hallucinogenic symbols the Beatles said: here, you see, it's all an illusion, reality is how you choose to construct it, if you don't believe us try it for yourself! And a generation did.

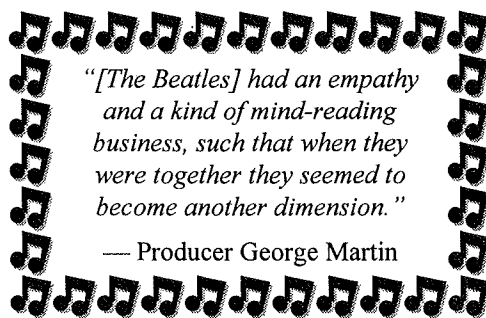
By the time of the Sgt. Pepper album, not only was hallucinatory imagery permeating the Beatles' work, but the introduction of eastern spirituality was made manifest with George's song *Within You Without You*. Here was a dreamy, flowing river of poetry and music, a blend of western and eastern instruments, and one of the most blatant artistic predictions in history: "And the time will come when you see we're all one and life flows on within you and without you."

### The End

Of course the Beatles did not *create* the revolution of the Sixties; they served as the revolutionary vanguards for a much deeper process of cultural evolution. They rode the waves of transformation several leagues ahead of mainstream society, calling back in irresistible musical symbolism the events and themes likely to unfold; but ultimately, as the revolution permeated every nook and cranny of society, their role as vanguards would no longer be required. By 1967 the revolution was well under way as evidenced by nationwide protests against the Vietnam War; rising feminist, civil rights and environmental movements; the

embrace of eastern and native spirituality; sexual freedom; drug experimentation; and so on.

Between 1963 and 1967 the Beatles enjoyed perfect communion with Ultimate Consciousness; their blended energies soared to the very wellhead of creative and prophetic inspiration. Once their role as vanguards was fulfilled—the revolution was well under way and rolling forward on its own momentum—the deeper energies of cultural transformation shifted toward the next phase of evolutionary growth. The perfect synchrony between Beatle consciousness and the deeper consciousness guiding the process began to wane.



By the time the Sgt. Pepper album was released, the Beatles had fulfilled the first two tasks of their agenda: they had won the world's attention, then held it as they spun increasingly rich and esoteric tapestries of myth and song, weaving in imagery mocking the rational mind's limited scope, embracing the insights of the East. What remained, then, was to wrap it up, to offer gratitude and farewell to the world which adored them and thrilled to their music, and to do so in a way that underscored the eternal optimism permeating their music. Though their communion with Ultimate Consciousness began to decline, this period saw creation of some of their greatest work.

In short order their manager died, they felt unfulfilled in exploring consciousness with an eastern guru, they produced a haphazard and poorly received film, then attempted a filmed rehearsal and concert which instead recorded the onset of dissolution. The energy beneath their united efforts was waning. On a personal level, as they reached the cusp of 28, with its shift toward the stable energies of middle age, their focus shifted away from the Beatles' "group marriage" and toward fulfillment in families of their own.

Sensing this, they roused themselves for one final album, called back the producer who had overseen their great earlier work, and rode the crest of

evolutionary energy, which buoyed them still, to create a masterpiece called *Abbey Road*. As all final acts should, the album sewed together the various themes and styles of the prior acts.

It was all here: the transcendent three-voice harmonies of *Because*, which resonate with the promise of a cohesive, harmonious world; the affirmative, optimistic message of *Here Comes the Sun*; the love and commitment of *Something* and *Oh! Darling*. Peace, love, joy, harmony: this is the promise the Beatles dangled in first enlisting the world's youth as foot soldiers in cultural revolution; and in taking their farewell the Beatles' expression of these themes reached its zenith.

In the final song of the closing medley, appropriately titled *The End*, the Beatles issued the world *their* marching orders: We've done our work, the old order is on the wane, the revolution is under way, be of good cheer, now we release you to the hard but essential task of building a new world. And they did so both as a group and as individuals: above the blistering two-chord rhythm, each member of the triad played a guitar solo, and the drummer his only drum solo, as a way of taking leave of the group and introducing themselves to the world as the independent musicians they would soon become. Their final words neatly expressed both the law of karma and their own experience as band mates: "And in the end, the love you take is equal to the love you make."

That the Beatles' music should still be so popular reflects two things. First, their perfect communion with Ultimate Consciousness means their music carries meanings so deep and complex that decades, if not centuries, must pass for mainstream society to catch up with their prophetic inspirations; just as you are not yet finished with Beethoven's visionary thunder.

Second, the process of cultural transformation is long and hard and often ugly; despair, hopelessness and resignation sap the energy of those struggling to forge a new order. What better way to refresh one's flagging vitality than by immersion in the musical atmosphere of the relentlessly joyful Beatles, the oracles of optimism, in messages ringing with hope and promise. For they peered far and deep into the future and their vision was crystal clear on this point: No matter how challenging the road to cultural transformation appears as you write the next chapter of your unfolding fable, *you can take a sad song and make it better*.

## THE UNQUIET DEAD VISITATIONS FROM BEYOND THE VEIL

The world's mythology and literature are haunted by spectral visitors from "the other side," ectoplasmic presences helping, warning, guiding, and terrorizing humanity. Every culture, from the aboriginal to the technological, spins folk tales featuring such vaporous apparitions, testifying to a ubiquitous awareness of the often-permeable boundary separating souls freed of flesh from those still encased within it. If death silences the lips, whence arises the ceaseless clamor from beyond the veil?

### Swimming in Gelatin

Your senses deceive you. They convince you that you live in a world of rock, water, and air; and that living creatures draw upon these three basic elements to form their bodies. As we have discussed in greater detail elsewhere, and as modern physics confirms, the various densities of matter you perceive are in truth swirling fabrics of vibration. The rocks and soil beneath your feet are not hard and dead and static; they are pulsating vibrational fields, densely packed and relatively quiescent so as to forge an apparent consistency at the physical level. Their "cells" are drawn together in a fierce embrace of attraction.

Water is a much more dynamic field of vibration, suffused with the dance of attraction and resistance among its vibrational cells. And air—that blanket of atmosphere enveloping you with life-giving oxygen—appears entirely empty, and only a cooling breeze or fierce wind hints of the swarms of high-velocity energy which escape your senses' notice.

Rather than moving through an "empty" atmosphere of air, it is more accurate to say you are swimming in gelatin. That is, air plays host to highly energized particles swirling in unstable, dynamically shifting fields of vibration knowing much more resistance than attraction. This has several effects. One is that it allows life to flourish—a carpet of verdant plant life supporting ambulatory creatures. Because bedrock, soil, and any

durable substance, including the foods you ingest, are heavily skewed toward "attraction," they provide the stability and consistency physical beings require to survive. Yet without the moderating influence of air—the swirling dance of resistance—your body and those of all other beings would soon slow to the deadly static pulse of bedrock.

There can be only so much of a "gap" between the vibrational qualities of a substance and the consciousness which animates it. A stone cannot ponder the meaning of its existence. It is conscious, yes, in its way, but in a dreamy, quiescent slumber, never knowing the complex consciousness animating living beings.

To "lighten up" the bodies of animate creatures, they must regularly ingest the fiercely dynamic fields of resistance swirling in air. This process invigorates the body, stimulating the bedrock elements to greater dynamism than is their natural state, keeping the body supple and swift. In turn, the lighter, more dynamic vibrational quality of the body allows a higher, more complex consciousness to animate it; to reach the lofty realms of human self-awareness and intellectual prowess.

We will offer a new word describing this gelatinous field of vibration you call air: *gelair*. By inventing a word we avoid having to use familiar words in unfamiliar meanings. *Gelair* is the apparently empty and invisible field floating above bedrock, host to a crackling vibrational swirl of resistance essential for living creatures to balance the static pull of bedrock.

### Going Astral

Death is a sequential process, of which only the first step is apparent on the physical plane. The consciousness animating a body departs, leaving a decaying corpse behind. This is how you define death. But there are many steps beyond this initial liberation of the soul. It does not instantly shuck off the trap-

pings and qualities of physical existence, but gradually releases them as it rises through a series of increasingly rarefied vibrational fields. It is important to understand that these fields are not literally tiered in ascending steps toward some distant heaven; all fields are interwoven, overlapping, immersed in one another. It is the vibrational quality of the vehicle carrying consciousness that determines which vibrational field one "finds oneself" in and can competently manipulate within.

The first field beyond the physical level is the astral field. The astral field is one vibrational "step" away from *gelair*. Because it does not play host to bedrock-based creatures, it is relatively devoid of the play of attraction and resistance which suffuses the grosser physical level. There is, however, enough of a vibrational sympathy that some of the "waves" of resistance and attraction wash through the astral field, creating an attenuated replica of the physical field. This provides a degree of comfort and familiarity to souls departing the physical level; they find their reflexive ways of operating still hold to a limited extent. Because the astral field is a "way station" both for souls preparing to leap into physical life and those releasing it, its faint echoes of attraction and resistance offer a gentle "bath" resonant of the energies of physical life.

You are certainly familiar with the common experience of near-death survivors: the ascent through a tunnel toward a bright light, being met by deceased loved ones or religious avatars, feeling suffused with ineffable love and acceptance. Most of what the soul encounters immediately following physical death is a hallucination, manufactured both by the soul itself and by its guiding spirits responsible for assisting the transition.

When you are severely injured your body automatically goes into shock, anesthetizing and immobilizing you so you are not racked with unendurable pain nor can you flail about, further injuring yourself. A similar process is triggered upon physical death: the soul "fools itself"

into carrying its sensory equipment into the astral level, though there are no bedrock objects to emit light and sound waves perceptible to eyes and ears. The higher vibrations of the astral level are reduced to familiar sensations, easing the soul's transition from physical life.

A soul's attachment to physical life and willingness to release it determine how long it persists in operating through earthbound sensory processes. A sudden death, particularly where the body is severely mangled, may propel a soul to the astral level with such force that some time passes before the soul even realizes it is no longer bound to an earthbound body; it simply thinks it is dreaming.

Dying in old age with a lifetime of regrets, of bitter grudges zealously nurtured, of thoughtless insults and abuse hurled at loved ones, may leave a soul reluctant to release the earth plane for it wishes to set right its many wrongs, to avoid the inescapable karmic imperative. Souls living good, decent, honest lives and consciously participating in the dying process are much more likely to accept their condition and to shed the artificial crutches of the senses once arrived at the astral plane.

One is bound to the astral plane until one has fully understood and accepted the fact of physical death, understands the process through which one will now proceed as mediated by spirit guides, and has released the dependence on processing experience through sensory impressions. A soul accepting its situation and eager for spiritual growth will move beyond the astral plane to higher realms. Those souls unable or unwilling to understand their situation, to accept it, and to embrace the spiritual path, will remain at the astral level. It is here, at the astral level, that the legions of ghostly visitors to the earth reside.

### Seeping Through the Cracks

Gelair's structure, while highly dynamic and unstable, nonetheless has a relatively uniform consistency (as does gelatin), a "structure" forged of the narrow range of vibrational frequencies found within it. It is a blanket of vibration, a blanket knowing form and structure. Just as the earth's bedrock crust is a solid, dense series of layers, here and there riddled with faults and fissures, so are there "cracks" in gelair's otherwise homogenous consistency. Like lightning

rods, these fissures are capable of carrying vibration of a much higher frequency than gelair itself. Through these fissures, vibration can travel from astral plane through gelair to bedrock, without the deceleration usually required for transmission of vibrational information from higher to lower fields. Highly accelerated vibration can directly impinge on the bedrock level only where such fissures allow.

These fissures are often known as "power spots," areas of unusual electromagnetic activity, recognized by native peoples as sacred for the richness of the visions and prophecies received there. Often such fissures are linked with underground pockets of air, either caves or rock fissures, for the presence of gelair's frenzied dance of resistance provides a "link" to highly accelerated astral-level energy. This is not always the case; there are many more fissures in the gelair layer than there are recognized power spots. Such fissures, like the arteries and veins of your body, range from wide "pipelines" to tiny threads.

As mentioned, what separates the earth level from the astral level is simply the difference in vibration. They both occupy the same "space." One is bound to bedrock, the other floats above it. The fissures between the planes allow a restricted flow of vibration between them. The flow goes both ways: in the dream state or in heightened inspiration your consciousness may ascend a fissure into the astral level, there to swim among knowledge and experience unavailable to you while earthbound. And the downward flow allows those souls on the astral level, under certain circumstances, to descend to their familiar earthly haunts.

### Making a Specter of Oneself

Why would an astral-level soul wish to return to earth? We have already mentioned a few possibilities: sudden death, keen regrets. Resolving unfinished business, bidding a final farewell to those especially beloved, checking up on spouses and children left behind, are several other catalysts for breaching the barrier. Particularly unhappy souls, or those stubbornly refusing to accept the fact of their physical demise, or those frightened by the prospect of spiritual enlightenment and

its attendant loss of individual identity, return to the earth plane as escape from the inevitable. There is no timetable set for any soul to complete its astral-level process and move on; complete freedom is granted every soul to progress at its desired pace. Some, faced with the choice, choose to duck tail and run back to the familiar. Their ability to do so, however, is severely limited by the vibrational disparity between earth and astral levels, and the constricted vibrational flow through gelair fissures.

The success or failure of an attempt to return to the earth plane depends on several factors. One is the nature of one's intent: is it simply to check up on those one left behind, or is it a more direct intervention—making oneself visible to those in flesh, manipulating physical objects? Obviously, the former, merely returning to the earth plane for a scan of current events, is more easily conducted because it does not require manipulation of matter. Loved ones may feel a "presence," a subtle featherlike brush of a familiar hand, as consolation from the departed to the grieving. It is fairly common for a departed soul to remain earthbound for a day or two or three following release of the body, keeping a foot in both realms as a way of easing its own transition and sending consoling thoughts to its loved ones.

Direct manipulation at the physical level is more difficult to achieve successfully. Several conditions must be present: gelair fissures of sufficient number and width that they can transmit a strong flow of energy from the astral level; presence of "magnetic" energies, either inanimate objects or living beings, which anchor and amplify the astral energy; and a psychological openness on the part of those fleshbound souls participating in the experience. Let us look at these conditions in more detail.

Astral energy cannot simply be projected into the bedrock realm anywhere and anytime an astral-level soul desires to make contact. Certain barriers are set up to minimize the cross-barrier

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contact; else your lives would be quickly taken over by swarms of souls eager to remain ensconced within their familiar physical environs. The presence of gelair fissures allows a limited opportunity for such contact, but the fissures constrict and attenuate the astral energy so that it does not overwhelm the denser physical realm, nor can its intrusion be widespread. Think of a dam holding back acres of water, with a few small cracks allowing a trickle of water to escape. This is the effect gelair fissures have on constraining the flow of astral energy to the earth plane.

Like lightning searching for a "ground" to anchor its electrical sizzle, astral energy is most effective at linking with the earth plane when it links with a magnetic ground. Rather than being randomly diffused and dissipated without effect, a magnetic ground pulls the energy in a clean, direct path to the earth. Such magnetic grounds can be either inanimate objects or living beings. Rocks with a high metallic content, crystals, some hardwoods, fabricated metals, all serve as effective grounds. Possessed of a certain vibrational matrix, they play welcome host to the compatible frequencies of astral energies.

Living beings, particularly those offering powerful flows of "excess" energy that the organism routinely expels, are also effective magnetic grounds. An organism in good physical and psychic health and at a stable stage of life is enveloped in a self-contained shell of vibration, not amenable to serving as an anchor to astral energies. Unstable organisms, spewing excess or random energy, serve as "attractants" to astral energy. Human adolescents are particularly effective magnets for astral energy, with their dynamic sexual energies, rapid growth, and psychological instability all blending to form powerfully unstable vibrational fields spewing into the atmosphere.

One of the "rules" governing the physical system is that, while there must be allowance for some contact between physical and nonphysical realms, for the most part earthbound beings are to be left alone. In order to make contact with the physical realm, therefore, astral-level entities seek "permission" to intrude. That permission may be consciously and openly granted, as with couples seating themselves at a Ouija board and seeking

direct intervention; or it may arise subconsciously from a troubled, unstable, chaotic personality whose many energetic fissures and eruptions form "openings" through which astral entities can link with a host body as a magnetic ground.

So astral energy must be grounded to earth before it can effectively manipulate within the physical realm. This linking allows the astral entity to make itself aware of its environs, to detect the inanimate and living entities in its surroundings. In many cases this is all the astral entity desires: to gather information on loved ones left behind without physically intervening.

In cases where such an intervention is desired, a more complex process is triggered. Here several conditions must be met before an intervention can be successful: the flow of astral energy must be sufficiently powerful; gelair fissures of sufficient number and width must allow the flow of such energy; a powerful magnetic ground must anchor and amplify the energy; and, most important, no harm can befall any earthbound creature.

This last is particularly important. As you know from reading *Earthly Cycles*, karma is incurred only by entities at the physical level, and must be resolved at the physical level. For an astral entity to cause deliberate physical harm to an earthbound being would violate this inviolable law. Such intentions are "choked off" as energy flows through gelair fissures; energies imbued with the "intention to cause harm" are not allowed passage.

At best (or worst, depending on one's perspective), an astral entity may cause some *psychological distress* to an earthbound being, simply by manifesting itself or rattling doors. This is not direct physical harm, as a knife in the back would be, because the recipient of such unwanted attentions can respond in any way he chooses, and can always shield himself from further disturbance by defiantly commanding the intrusive spirit to depart.

### Taking Possession

We have mentioned that unstable personalities may serve as attractants for astral entities seeking an opening, a magnetic ground. What about full-bore

possession, however, in which the body seems to be entirely taken over by a disincarnate, often evil, personality?

We reaffirm that you create your own reality and that such possessions would never occur without the express—albeit unconscious—permission and acquiescence of the possessed. Not only that, but much of the expressed behaviors—shocking and blasphemous—are instigated by the host "victim." Again, no astral entity could ever completely take over a living being's body and use it for its own pleasure and benefit.

In cases of genuine possession, where the possessed demonstrates strength and knowledge of which the possessed is normally incapable, a pact is struck between possessed and astral entity. The terms of the pact are that the possessed appears to surrender his will and control over his body to the intruding spirit; the spirit uses the host's permission to manipulate within the physical realm, blending its energies with the host's to create superhuman strengths; and ultimate authority over behavior rests with the host. That is, no behavior is expressed without first passing through the filter of the host's mind, which retains control of all behavior.

Oftentimes possession is a mutually staged psychodrama in which the host liberates himself to express thoughts and feelings considered taboo within his family or culture. With all impulses toward such behavior blocked by convention, the host's psychological chaos may "invite" an astral entity looking for a marionette to manipulate. Together they stage a drama in which the host seems to relinquish all control over speech and behavior while the "evil" spirit takes over. Vulgar language, fascination with sexual and excretory functions, and religious blasphemy are all released in a torrent of long-pent-up energies now suddenly liberated. The family is shocked and scandalized, of course, providing secret delight to the host.

Possession may dissipate on its own as the astral entity has its fill of naughty child's play or the host's long-repressed emotions are spent. Or the psychodrama may continue unabated until an exorcism is staged. An exorcism is simply a myethodrama staged to answer the host's psychodrama. Where the host feels helpless to express himself openly, where he

feels unvalued and afraid and worthless, an exorcism pits the host as the nexus of the ultimate battle of Good versus Evil, Jehovah versus Satan. Who would not be flattered to have such Personages battling over one's soul?

The exorcist takes the role of proxy for God; the host plays proxy for Satan. Together they duke it out, though the outcome is always certain: Good triumphs over Evil. Ultimately the host's body is exhausted, his worth and value affirmed by God's direct intervention, and the psychodrama is drawn to a close. The host returns to the arms of his weeping family, cleanly absolved of any responsibility for the chaos he orchestrated.

### Making Contact

Perhaps the most propitious experience available for direct contact with astral-level entities is using devices allowing them to transmit messages with a minimal expenditure of energy. The widespread use of pendulums, dowsing rods, and Ouija boards testifies to the eternal fascination with communication with the spirit realm, and the spirit realm's eagerness to participate.

In the case of a Ouija board, an astral entity has an opportunity to speak directly, letter by letter, offering a more comprehensive and precisely focused message than a slamming door can provide. There are potential dangers, however, to be aware of.

The first caution is to recognize that astral-level entities are just that: souls lodged in the "way station" between physical and spiritual realms. An astral entity possesses little more wisdom than the human being it animated just recently. How wise is the Average Joe? Send Average Joe to a weekend seminar on spiritual growth and you have an astral entity. What great pearls of wisdom will issue from a disembodied car mechanic? He may be able to offer an "insider's perspective" on the death transition process and his current environs, but that is as far as his spiritual education has progressed.

Average Joe's banal prose aside, there can be something of a danger in using Ouija boards, where the human hosts are too unstable or too trusting. Normally, when a pair sits beside a Ouija board and opens themselves up, that openness is expressed vibrationally as a slender tendril rising from the auric fields, breaking the "seal" of the self-contained energy fields, making the hosts available to the spirit realm. The tendril

provides just enough of a bond that the astral guide can link with the neurological processes feeding brain impulses to the arm and hand. In an unstable individual, or one desperately open to advice from beyond, a larger spout of energy erupts from the astral field, meaning the astral entity can command more of the neurological machinery. This can result in automatic writing, in direct voice transmission, in glossolalia, or in convulsive seizures.

A rule of thumb to use in working with Ouija boards, therefore, is to judge the flavor of the material. Is it respectful, genuinely helpful, perceptive, addressed to the issues raised by the pair whose hands rest on the planchette? Or is it nonsensical, vulgar, rambling, pointless drivel? If the former, pursue the project; if the latter, find another source of amusement.

### Close Encounters

What is the best approach to take if one is suddenly aware of a spectral presence, and one wishes it to depart?

Remember that astral entities may make contact and participate in earthly events only with the permission of the fleshbound beings they contact. Reacting with fear, itself a volatile field of highly charged energy, may only further feed an unwelcome visitor. The best approach is two-pronged: attempt to make calm conversation with the presence, then insist that it depart the earth plane and return to its delayed spiritual evolution.

It may be that a spectral presence has a specific piece of information it wishes to impart, or it seeks information about a specific person. Rather than

shooing the ghost away on sight, attempt to engage it in "conversation." Speaking calmly and rationally informs the specter that you are aware of its presence even as your lack of fear withholds any vitalizing energy. Tell it that it is the soul of a deceased person and that it does not belong on earth; what, then, brings it here? Is there something specific it wishes to impart? Finding a way for it to answer a series of yes-or-no questions may elicit the information.

If attempts at communication are unsuccessful, or the being seems to have malevolent intent, cut off dialogue and announce firmly that it is time for the presence to depart, that it does not belong among the living, and that it must continue its spiritual growth by rising above the earth plane. You might repeat a phrase like, "You are no longer a living person, you must leave the earth level behind, I offer my blessings as you move toward the light." Repeat the phrase until the presence has dissipated.



Our hope is that this essay has illuminated the process through which souls of the departed may make contact with the earth realm; and to reassure that you have nothing to fear from such contact as long as your intentions are pure, your psyche is relatively stable, and your wits are gathered about you. The next time you feel an inexplicable presence, sense a departed loved one close by, or hear the dining room furniture rearranging itself in the dark of night, recognize that all such are natural expressions of the vast commerce raging across the leaky barrier between earth and spiritual realms. Boo!

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## EXPLORING THE BRAIN GATEKEEPER OF YOUR REALITY

The traditional scientific view of the brain is that it is the creator and mediator of all experience, all thought, all sensation: the very font of consciousness. Given that consciousness untethered to form is banished from consideration, this reverential elevation of the brain as the source of all human thought and experience is natural and inescapable. It is also, however, limited and incomplete. For the brain is not the *creator* of human experience; rather, it is the *mediator* of experience. It serves as the gateway between the physical and the nonphysical realms, between earthbound experience and the higher realms of consciousness. Let us explore the brain and its miraculous workings, the better to restore it to its proper place in the creation of your experience.

### The Gray Filter

The primary function of the brain is to *filter information*. As the mediator between physical and nonphysical realms, in every millisecond the brain is bombarded with countless neuronal impulses rising from the body, as well as swarms of information streaming from the higher realms. The brain's primary purpose is to sift through these raging floods of information and to sort them appropriately: what can be handled subconsciously; what can be ignored; what should be retained for future action; and what must be presented immediately to the conscious mind. Let us look at this more closely.

Waking consciousness is a state of outward-directed awareness in which the body receives information from, and acts upon, the physical world. The body spends about two-thirds of each day in a state of fluctuating outer-awareness. During this time the body's needs for food, shelter, clothing, and rest must be secured; relationships must be renewed through speech and touch; plans for the future must be contemplated, discussed, and implemented. In other words, the body must be cared for, the circle of family and friends renewed, and one's contribution to the larger human culture proffered.

Obviously, for such an outward-directed state to be maintained, information streaming from the higher realms must be suppressed. As well, most of the lower body's functions can proceed without conscious awareness. For there can be only "so much" information presented to the conscious mind at any time. Think of the conscious mind as a jar and each neuronal impulse as a grain of sand. The jar can hold only so much sand. When new grains demand entrance, other grains must first be removed.

The conscious mind always contains a blend of externally originating impulses (a picture of the physical world carried through the senses) and inner streams of thought descending from higher levels of consciousness. Because maintaining focus on the external world is more of a "strain" than inner reverie, the relative proportion of inner and outer impulses determines the quality of waking consciousness. Where the focus is entirely external—as in a physical emergency—there is scant room for philosophical abstraction; where the external world is quiescent, the higher orders of thought and contemplation waft to the fore.

The brain's job is to mediate this dynamic flux between inner and outer worlds, sifting their flows of impulse to paint a seemingly consistent picture of the physical world and a stability of one's thought processes while operating within it. The brain allows enough information about the external world to ensure the body's awareness of its surroundings and security within them; once bodily security is ensured, higher flows of thought are granted awareness. The brain fills the jar of conscious awareness from the bottom up: first all necessary information from the body and external world is projected into awareness; and what space remains unfilled in the jar is given to higher thought.

How does the brain decide what information is crucial, what is of moderate importance, and what is irrelevant?

There are two sources of such information: certain hardwired "templates" built into the brain's structure, and a larger field of knowledge carried within the energetic fields encircling the body. The templates are universal, species-wide reactions to specific stimuli portending pleasure or pain. When such stimuli are perceived and transmitted by the senses, the brain matches them with their templates in its brain stem library and reacts accordingly. The roaring crash of a tree, the sting of skin on hot metal, the amorous touch of a lover—all these trigger universal reactions of embrace or flight. In the case of great danger, there is no time for contemplation: impulses toward flight are immediately triggered, without the higher regions of the brain even considering the wisdom of such a course.

Beyond these hardwired templates, decisions as to whether stimuli are to be presented to the conscious mind are made by a more elaborate and sophisticated process involving the energy fields surrounding the body. For here is where the higher self has imprinted its intentions for a lifetime upon the body; here the relative interest levels of various stimuli are sculpted into permanence.

Stimuli rising from the senses which don't match any hardwired template are passed on to the upper part of the brain, the cerebrum, which serves as the interface between physical and energetic bodies. In a process difficult to describe, the cerebrum serves as a "screen" on which sensory impulses are projected, while a layer of energy floating just above the cerebrum scans the projected impulses for their relative importance to the higher energetic fields. Where a powerful "match" is found, the sensory impulse is stimulated by a burst of accelerated energy, which alerts the brain that it is to include the impulse in its constantly updated picture of conscious awareness.

Take the everyday example of walking down a city street. You are bombarded with stimuli pouring through every sense, on top of which you must maintain at least

a minor stream of higher thought as you navigate your course. If you are hungry, visual and olfactory stimuli carrying images of food will trigger hardwired impulses toward eating. If you are looking for a friend, anyone of similar appearance will trigger heightened scrutiny while others pass by unnoticed. If you are childless and aching for parenthood, images of strollers and toddlers will trigger swoons of longing. If you are roiling with anger, the emotion may so crowd out external stimuli that you step in front of a car without even seeing it.

Thus does the brain "create your reality" by sifting and sorting through the infinite reams of information bombarding you. Beyond those hardwired impulses universal to the species, each person carries a unique energetic template specifying which impulses are of interest and which are not. The brain is not the source of such decisions; it simply projects the external impulses it receives and asks: Are we interested in this? It is the energetic field that makes such determinations.

Wakefulness is actually an artificial state in the sense that in deepest terms the physical world is an illusion, a projection of consciousness of apparent substance and durability. One's natural state, or aboriginal state, is of pure consciousness. Where consciousness projects itself into a physical medium and seeks growth through manipulation within that medium, it is forced to operate through processes foreign to the native qualities of consciousness. Thus it is a "strain" to manipulate within the physical world, and that strain can be sustained for only so long before it must be relieved by restoration to a state of pure consciousness, as in sleep.

Wakefulness is a strain because the physical world vibrates at a much slower vibration than pure consciousness. Consciousness must "step down" many levels of frequency in order to manipulate within the physical world. Imagine talking v-e-r-y s-l-o-w-l-y all day so that a foreigner could understand you. You would quickly tire of the strain of speaking slower than your native pace. The same holds true for consciousness, decelerating to operate within the physical realm.

### Brain and Body

Given the materialistic perspective of modern science, it is natural to assume

that all of the body's various functions and processes are regulated by the brain through hormonal and biochemical messengers. Response to injury, maintenance of internal rhythms like the menstrual cycle, and sensory receptors, all appear to have specific governing sites within the brain and to be mediated by observable biochemical processes. All this is true, but the picture is incomplete. Let us sketch it a bit more broadly.

As mentioned, the physical body is but the densest of the cocooned energetic bodies forming the greater physical self. Among the invisible energetic companions of the body is its energetic double, its nonphysical twin. This twin is not a precise replica of the body at any specific stage of life, for it contains all potential expressions of the body from conception to death. It might be thought of as the probable body, a body of infinite potential, of which the physical body reflects just a sliver in any moment. As a physical reflection of this process, each cell of your body carries the genetic information needed to build the entire body—thus each cell carries the probable genetic blueprint of the body even as it manifests only one highly specific cellular form.

It is the probable body that regulates growth and development, maturity, and aging. It is the probable body that instructs the cells of the budding embryo whether they are brain, skin, muscle, bone, or organ (a process still perplexing to science). It is the probable body that decides when puberty will begin, when the vigor of youth mellows to the industrious energy of middle age, then to the quiescence of old age. It is the probable body that shuts off the flow of life-sustaining energy and triggers release of earthly life.

Where is the brain in all of this? For the most part it is simply taking orders. When the probable body determines that puberty shall be launched, it sends energetic stimulation to the hypothalamus, which triggers a hormonal flood throughout the body, initiating the vast changes transforming the child's body into adult form. The brain does not "decide" when puberty should begin; it simply processes the decision once it has been made elsewhere. Its job is to regulate the process and ensure its smooth fulfillment.

The relationship between probable body and the brain might be compared to that between the president of a company and its floor managers. The president sets the overall course and tone of the business; the floor managers handle the many minute details that arise every day in manifesting the president's vision. So the probable body sets the overall look and dimensions of the body, schedules its growth and maturity, and implements physical release when so advised by the higher self. The brain implements these broad plans with the precise, intricate, multifarious processes involved in keeping the body alive, alert, healthy, and on the schedule determined by the probable body.

The brain also apprises the probable body anytime something out of the ordinary occurs. This happens automatically as any unusual condition—such as a sudden mobilization of the immune system in response to attack—generates a frequency perceptible to the probable body. Any time the brain goes on alert, the probable body is instantly apprised of the nature of the crisis condition as the brain generates "crisis" frequencies.

While the brain is entrusted with immediate handling of the situation, any long-term, chronic condition would also be mediated by the probable body as it tries to restore health and function to the body. Again, the brain's repertoire is rather limited to "first aid" responses, while the larger healing process is mediated by the probable body.

### Anatomy of the Brain

As you know, the brain is not a homogenous mass of neurons equally sharing all of the brain's functions. Rather, the brain is divided into regions specializing in various discrete tasks and processes. Let us explore the brain with an eye not only toward anatomy but also to the higher energetic bodies with which the brain works so intimately.

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The brain is often viewed as having distinct regions called the brain stem, the cerebellum, and the cerebrum. The brain stem is the most "primitive" area of the brain, controlling basic physiological processes, experience of pleasure and pain, hunger and thirst, the sex drive, and so on. Most of the brain stem's activities take place beneath conscious awareness. The cerebellum, nestled behind the brain stem, controls balance and coordination. The cerebrum, the uppermost layer of the brain, is where human thought and artistry reside.

In addition, the cerebrum is cleaved into two halves, the right and left cerebral hemispheres. In general the use of language and logic is centered in the left hemisphere, while the right hemisphere hosts artistic ability and spatial visualization. The two hemispheres communicate through a bundle of nerve fibers called the corpus callosum.

This is the map of the brain as drawn by modern science and it is valid as far as it goes. It is true that discrete regions of the brain specialize in mediating various functions and processes. What is missing from this picture, however, is the recognition that the brain itself is, in turn, mediated and directed by still higher fields of energy. In other words, the brain is not the ultimate arbiter and creator of experience, but is one link in the chain of processes through which experience is created.

As with the rest of the body, the brain has a duplicate "twin" within the probable body. It is through the "probable brain" that the higher self sculpts its intentions for the nature of experience to be gained in a lifetime. Removed from the skull, all brains look pretty much alike: the brain of a mass murderer is indistinguishable from that of a saint. What can account for the stark contrast in behavior? The answer lies not in the physical brain but in the probable brain.

Each region of the brain hums at a distinct frequency and with certain signature patterns. This specialization is what allows for differences in thought and behavior, for the probable brain can stimulate certain areas while suppressing others. The probable brain, which encases the physical brain, emits frequencies designed to stimulate various regions of the physical brain. Through "mixing and matching" the suppression and stimulation of various regions of the brain, the

probable brain enforces the higher self's design for the psychological foundation of waking consciousness.

Almost everyone is granted a full and unrestricted flow of stimulating energy to the brain stem and cerebellum. After all, these are largely unconscious processes necessary for the survival of the organism. It is in the higher brain centers, the cerebral hemispheres, that a more precise and sophisticated blend of stimulating energies stamps the template of personality onto the brain and body.

As an example, think of the broad continuum of human sexual behaviors. Everything from long-term monogamy to the rape of strangers lies along this continuum: from the most sublime expression of lifelong love and commitment to the brutal violation of another's bodily integrity. Realize that the originating impulse in the brain stem is identical in all cases: "we want sex now." What moderates this broad, diffuse, imperious urge? The cerebrum, where lies all morality.

The probable brain, stimulating the physical brain with lesser or greater flows to the "morality" regions of the cerebrum, moderates the brain stem's urgent desire: insisting that it be fulfilled in a loving, mutually agreed encounter; allowing some leeway, some duplicitous Casanova smooth talk to land a one-night stand; or placing no restrictions at all, even on the brutal taking of another. The strength of the moderating stimulation from the probable brain determines the extent to which a brain stem impulse will be directed toward socially validated expression.

This is how the various soul ages are imprinted onto the brain and body. A baby soul is virtually unhindered by moral inhibitions, meaning the probable brain emits only enough stimulation to the cerebrum to ensure that one's socially unacceptable violations are hidden from view. If sex is in deepest terms the desire to incorporate another's essence, then a baby soul may murder and cannibalize his "partners," since there is no stimulation to the cerebrum telling him not to. It is a logical way of fulfilling the brain stem's impulses toward sexual union and incorporation with others.

A young soul would receive more guiding stimulation from the probable

brain, leavening brain stem impulses with recognition of his culture's moral code. A young soul may try to "work around" that code, paying it just enough heed to remain within the boundaries of social approbation. The eternal hustler and charmer of women, whose love life is sprinkled with brief romances and one-night encounters, is a young soul whose moral center receives just enough stimulation that he at least acknowledges the ideal of long-term commitment even as he has no intention of realizing that ideal. Young souls play by the rules even as they try to squirm around them in search of immediate gratification.

Mature souls enjoy a full, rich flow of mediating stimulation from the probable brain to the cerebrum's moral center. In fact, their morality is so deep and unimpeachable that it frequently clashes with the cultural moral code du jour. Theirs is a universal, timeless morality rooted in respect and allowance for all beings; it cares nothing for the shifting legal proscriptions of younger souls legislating their restrictive moral code. Sex, to a mature soul, is a rich, warm exchange with another who is cherished first as a unique and precious soul, and only secondarily as a source of sensual pleasure.

Old souls enjoy what might be called "complete sympathy" between probable and physical brains; that is, every stimulating spark of the probable brain triggers an equally powerful impulse in the physical brain. There is no mediation or diminution of the flow between probable and physical brains where the moral center is concerned. As the probable brain itself receives impulses from higher fields, it stands with floodgates wide open, feeding an unhindered flow to the physical brain.

Thus the old soul's morality is even more timeless and universal than the mature soul's. The old soul does not clash with the cultural proscriptions of the day; it simply ignores them as irrelevant. Sufused with the wisdom of the ages, the old soul's cerebrum smothers any brain stem impulse under a blanket of ageless morality. Sex is frequently abandoned altogether by old souls, for they recognize the oneness of all creation and feel no need to "incorporate" the essence of others who, they recognize, are already carried within themselves.

This process of variable energetic

flows stimulating the physical brain carries into all other aspects of human personality and ability. Where artistic talent is desired by the higher self, the probable brain offers high stimulation to the right cerebral hemisphere, as well as to the regions of the brain governing the particular talent sought: visual artistry, musical talent, writing skill. By manipulating a number of such energetic flows, the higher self can imprint both the quality of artistry and its particular medium of expression.

The impulse toward artistic expression is, at base, a desire to plunge into the spiritual realms, the womb of all creation, and to fashion the gleanings gained there into symbolic fragments; then to share such metaphorical insights with the larger culture. Thus the probable brain acts as a gatekeeper between the physical brain and the higher spiritual realms.

Where little artistic talent is desired by the higher self, the probable brain offers little stimulation, little access to the higher realms, forcing attention on the gross material world. Where true artistry is sought, the probable brain "opens the gate" to the upper realms, allowing a steady flow to directly stimulate the cerebrum, which in turn sparks the urge toward artistic creation; to "step down" the spiritual flow into tangible artifacts of inspiration. Obviously, the flow can be adjusted to produce anything from mild "pop" talent to thundering genius.

We have used the examples of soul age and artistic talent to underscore the understanding that the brain is not the ultimate creator of personality and experience; rather, it is the handmaiden of greater energetic fields and the higher self, which determine personality and experience by stimulating or suppressing various regions of the brain. The brain is like a computer, albeit an extraordinarily complex one, in that it faithfully carries out the programming imposed by others.

### Brain and Spirit

We have observed that the brain is largely devoted to ensuring the security of the body housing it and facilitating effective manipulation of the material world. Yet the brain also supports philosophical musing, ethical abstraction, future projection, and spiritual longing. How can the same gray matter handling such mundane functions as heartbeat and blood pressure soar to the lofty heights of spiritual and philosophical refinement?

Humanity is unique in that it is given a maladapted body for the planet on which it lives, which forces creative adaptation and use of tools and materials to fashion shelter, clothing, acquire food, and so on. This requires a region of the probable brain devoted to intellect, to decision making, to projecting the consequences of actions.

Once such a region was established, it opened the doorway to still more refined and abstract uses of thought. It was decided, in establishing the para-meters of earthly human life, that a few strands of the probable brain's flow would offer a higher, more refined quality of energy permitting the highest levels of abstract thought, the realm of the spirit. Questions such as, Who am I? why am I here? are we alone? where do we come from? would be triggered by these strands of what might be called spiritual cogitation.

As with every other quality of thought, the relative intensity of such spiritual stimulation varies from individual to individual as part of the higher self's template for each lifetime. Baby souls, whose energy is focused at the brain stem with little stimulation at the cerebrum, care nothing for such questions, while old souls care about little else.

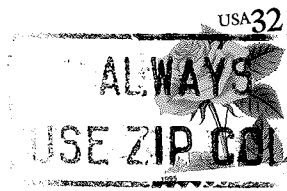
What is curious is that, while individuals blessed with powerful spiritual flows are relatively rare, almost everyone feels some spiritual urgings and a desire to answer the gnawing Great Questions. Although the brain devotes a minute fraction of its energy to contemplating such issues, such contemplation rises in prominence because it is so much more compelling than the humdrum mechanics of the brain stem.

Once the door is opened, however slightly, to realms of the spirit, even those few slender strands pulsing from the probable brain are enough to trigger at least a modicum of spiritual longing in the heart of every person.

It is not intended that every person realize enlightenment; in fact, such would contradict the purpose of earthly life, which is to operate through the facade of material substance. The spiritual realm is meant to be kept largely out of sight. As a result, but a tiny region of the brain is receptive to the ethereal stimulations of the probable brain; just enough to allow for contemplation of the Great Questions while blocking access to the Answers. So spirit and brain join in allowing an occasional peek behind the illusory curtains of material existence, a glimpse of the deeper realities whirring beneath your everyday experience, the better to enrich your earthly journey.

In summation, we regret that we have chopped a few legs off the pedestal on which the brain previously rested, exalted as the ultimate creator of experience. In fact, it is the mediator of experience, the interface between physical and spiritual realms, one link in a chain of processes creating earthly experience. This in no way diminishes its extraordinary capacities and super-efficient processing of vast swarms of information. Rather, we hope to paint a grander picture of your being than has traditionally been painted, one in which the brain and body are enveloped in ever greater fields of energy and consciousness. The brain is diminished in such a picture only because your true reality is so much grander than a three-pound globe of neurons. Think about it!

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## SAVAGES AND STARBABIES SOUL PATTERNS OF THE NEW GENERATION

The news media are filled with stories of violent, almost feral, young people brutally assaulting each other, their parents, their teachers, their world, in paroxysms of mindless savagery of an intensity rarely seen in prior generations. Less well noticed and publicized is the presence of a counterpoint to these amoral warriors, a stratum of young people carrying the perennial wisdom as their innate field of consciousness; bringing a wisdom, a sensitivity, a holism to their dealings with the world, that has likewise rarely been seen in prior generations. Why the dichotomy between these emerging clusters of young people—savages and starbabies—and what is the overarching design lying behind their appearance?

### Soul Clusters

We have written elsewhere about the fields of consciousness from which individual souls spring. Briefly, the soul animating a human body is an offshoot of a greater "higher self" which contains the soul-offshoots of all earthly incarnations. In turn, the higher self is embedded within a still larger family of consciousness which provides the basic essence of consciousness for all of its members; a unique slant or focus contributing to the stability of the larger human culture. It is most accurate to visualize such relationships not as larger bodies of consciousness standing above and apart from smaller units but as concentric circles, with each division of consciousness embedded within still greater fields.

There are no barriers or boundaries within the realm of pure consciousness, no restrictions on association. Where pools of consciousness form, they do so based on natural sympathies, as like attracts like. All the offshoots of a given family of consciousness cluster together because it is most natural for them to do so. There are other natural clusters of association arising as well, which often cross "family" lines. For instance, all the souls born within a given time frame carry a natural sympathy because they are embarking on a common

experience: earthly incarnation as a single generation. Another natural association is among souls incarnating in particular regions: all Americans, Swedes, Peruvians, Japanese, Somalians, enjoy a common bond for sharing a language, culture, and geography. A given soul, a given higher self, carries many such associations simultaneously, just as you may belong to a number of organizations with which you share common values and purposes.

The astral level is the "way station" between incarnating souls and physically based experience. The vibrational frequency of the astral level is sufficiently decelerated that consciousness at that level may "peer into" earth events to determine what is happening where. This aids in choosing a birth mother—the springboard for experiencing a specific cultural framework—on an individual soul level. On a larger level, guides from higher strata assist in assembling and preparing the souls of a common generation for their experience as brothers and sisters of a given age. These higher guides examine the current conditions on earth, observe the trends most likely (but never fated) to unfold, and educate souls seeking birth about their likely experiences in a given age.

It may be that a soul being so apprised decides it would not be fruitful to incarnate at a given time. An old soul seeking a quiescent lifetime of minimal strife to "wrap up" a few loose ends would not find fulfillment in an age of social chaos and cultural breakdown. Conversely, a young Agitator soul eager to wreak havoc and ridicule on a staid culture would do well to avoid eras of such institutional repression that any budding agitator is quickly squelched—on the rack if necessary. There must be at least some potential for fulfillment of life purpose for a soul to choose incarnation in a given age.

Ask yourself what the higher guides, peering down at the events of the Sixties, Seventies, and Eighties, might

have to say to souls seeking incarnation in the last several decades. What sort of world would they be born into? Which life purposes could potentially find fulfillment within this milieu? What larger trends would such souls expect to play a part in? What would you say to a soul asking what the world was like, what it could expect to experience over the 60 or 80 years to come?

### The Age of Polarization

It is apparent to any reasonably conscious person that yours is an age of turmoil and transformation. Surrounding you is the evidence of a culture fragmenting as its foundation rots beneath it. The power of the church, respect for government, faith in technology, the cohesion of the family, economic security—all these are crumbling, are they not? And looming above all societal concerns is the greater ecological crisis, portending degradation or collapse of the life support systems on which humanity, and all species, depend.

All this is the natural and inevitable result of founding a culture on the core value of *separation*. This core value underlies your political, economic, religious, and technological systems. As it must, it can only lead to fragmentation and dissolution of those very structures. Yet these systems still wield enormous power, and their prized offspring of democratic capitalism now spreads across the earth like an uncontrollable virus, sundering families and communities, enriching a few while enslaving many, and despoiling the natural world wherever it takes root.

At the same time, a new consciousness settles upon the globe, a consciousness imbued with a new cultural premise: holism. Working more in obscurity than in direct opposition to the prevailing cultural powers, the holistic worldview sprouts roots in the dust of the crumbling separatist worldview. In politics, in economics, in spirituality, in technology, the holistic paradigm offers an alternative, a new way of seeing and thinking and being in the world.

As the old culture's decline accelerates, those clinging to its premises naturally react with fear, struggling to shore up its crumbling foundation. Reactionary cries thunder through the social conversation, with calls for "back to basics" education, "family values," and chastity until marriage leading the charge backward toward a memory of a stable, orderly society.

This, then, is the setup for the current era and the decades to come: the "final showdown" between the old separatist order and the new holistic worldview. The outcome is not in doubt; the separatist culture must collapse under the weight of its own faulty premises. Humanity, if it learns its lessons, will embrace holism as the foundation of a self-sustaining, self-renewing culture in harmony with the natural world.

Who would choose to be born into such an age? Who would choose to don a mask and costume and slip into the amnesia of human incarnation, playing a part in the unfolding drama of polarization, collapse, and rebirth? Such an era is attractive to souls of many life purposes, given the inherent drama of the background atop which such lives are played. But an era of turmoil and transformation is of particular interest to two types of souls: primitive baby and young souls attracted by the scent of chaos and violence, and mature and old souls offering healing to a wounded, staggering world.

### The Savages

In a stable culture whose strong families patiently mold their children into respectful, productive citizens, a baby soul seeking to experience violence is often stymied by cultural mores and the development of conscience (save in war). In a declining culture, where families splinter and parents abandon their responsibilities, little stands in the way of a baby soul's thirst for raw physical expression. Where a critical mass of such unshaped, amoral young people arises, the law of the jungle takes root, the values of the larger culture are scorned, and allegiance to peers becomes paramount. This scenario breeds mindless violence, attracting souls seeking to express their wants and impulses without restraint of conscience or morality.

This is not to suggest that there is a rogue family of consciousness feeding its violently amoral souls into an otherwise

peaceful society. In fact, the behavior of violent youngsters holds a mirror up to the culture that bred them and shouts: Hypocrites! This is how you live your life too! The paper in your books and magazines comes from murdered trees! An entire ecosystem was swept away to build your house and sterile lawn! The clothes you wear are sewn by virtual slaves, some of them small children! Your economy allows a few to revel in unimaginable wealth while many suffer to enrich them! Your religion has tortured and murdered millions through the ages! Every aspect of your culture is founded on violence! *And you know all this and still you do not change!*

The violent young savages, then, are not a mutation on the body politic, not an accident of birth. They are here as mirrors of the culture that created them. They force attention to the violence that permeates every nook and cranny of your culture. They shock, horrify, and repulse; they maim and kill younger and younger; they trigger a frenzied search for the source of their brutality; *whatever it takes to jar awake a culture slumbering in denial of the violence it employs as it consumes the earth.*

### The Starbabies

The second soul cluster attracted to an era of turmoil and transformation is that working on the "other side" from their violent brethren: the starbabies carrying an accelerated consciousness suffused with the promise of a world founded on holism. These are the weavers of the new order. The challenge they face, ironically, is that while they hold the brightest promise for the future, there are few extant cultural patterns through which they can express their highest, purest selves. Baby souls find limitless opportunities for committing mindless violence—for the culture is "set up" for such behavior—but where are evolved, holistically minded souls to express themselves?

The result is a fairly high degree of frustration manifesting as learning disabilities, attention deficit disorder, behavior problems, and alienation. The starbabies are saying, "We can find no outlet for our energies and yet we cannot force them into your systems." The result is random, chaotic energy spewing forth in physical and mental spasms

for want of an appropriate outlet.

It should be noted that this is not true of all starbabies, yet there is an undeniable rise in the incidence of children with learning disabilities, ADD, etc. Those who cannot adapt to extant cultural patterns, who cannot force their accelerated energies into anachronistic, old-order social structures, find themselves with no other outlet but the random expulsion of their energies.

In adolescence, such starbabies often find their frustration so intense that they simply abandon all hope of fitting themselves into society in a meaningful way; instead they sprout purple hair, disfigure themselves with tattoos and pierced body parts, and scorn academic and career achievement. If such young people look like mutations, that is their intent: to scream that their evolved spiritual natures cannot and will not be satisfied with the stale life path offered by mainstream culture; if this is the best the world has to offer, they will abandon it to develop their own alien species.

Of course not all starbabies exhibit the vivid frustration evinced by children with learning disabilities or Mohawk haircuts. Some find that a few of the traditional avenues offer enough of an outlet for their accelerated energies that some satisfaction can be won by working within the mainstream. Young people tirelessly working on behalf of environmental protection and restoration, caring for the poor and sick, working with AIDS sufferers, or involvement with church youth groups, all find venues of expression for their energies within traditional culture. They have a nagging sense that this is not enough, that this tinkering around the edges of an earth-devouring machine is insufficient to truly heal the world, but they accept that their tender age inhibits making a broader impact.

So star-babies tend to fall into two categories: those so frustrated and alienated that they abandon all hope of meaningful participation in traditional culture;

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and those finding outlets for their energies within the mainstream, while biding their time to make a greater impact later. Both live with the deeply felt certainty that the culture in which they live is deeply and irredeemably flawed, yet they lack a clear blueprint for transforming the world in accordance with their inchoate visions.

## The Mainstream

We do not mean to suggest that all young people fall into the categories of savages and starbabies. In fact, the bulk of the young generation falls squarely in the mainstream, quite content with extant cultural practices and institutions, expecting to live out their lives within the familiar patterns of traditional culture. While this may seem surprising, given that the traditional way of life is ultimately suicidal, the fact is that *most souls choosing to participate in an age of turmoil and transformation want to experience its chaos and upheaval directly, without foreknowledge*. They want the events of cultural transformation to fall on their heads, as it were, without the intellectual insight that would allow them to recognize the larger process in which they are embedded and to prepare themselves accordingly.

If physical life is meant to be a medium of learning and growth, then the most powerful learning arises from direct experience: from the joys and heartaches of romance, the frustrations and rewards of parenthood, the struggle to forge a successful career, the challenges of disease and disability and growing old. The more direct and powerful the experience of these issues, the greater the soul's learning. As a result, those with keen intellects allowing them to step outside their culture and observe it as would alien anthropologists have a secondhand experience, a diminished experience, for the intellect cheats them of pure, raw, animal encounters with the world. Where one is prepared for looming events, and intellectually processes them as they unfold, the soul's direct learning is diminished.

If you are reading these words, coming as they do from an unorthodox source and offering glimpses of the future, chances are you have experienced the frustration of trying to convince others that the world is on a path to certain destruction, that you must change the way you organize society, that there are

new and better alternatives for living in harmony with the natural world. And you have been met with blank stares and shrugged shoulders: What are you talking about? Whatever goes wrong will be fixed by technology and the government. They fix everything. What is there to worry about?

If you can set aside your anger and frustration in facing such willfully bovine ignorance, recognize that those who toddle along unconcerned with the ozone layer, the rain forests, or spiritual poverty, do so *because that is precisely what their souls want them to do*. Their higher selves know as well as any prophet's what looms on the horizon if your course is not righted, but their incarnated offshoots are "tuned" to repel any such awareness. They are here to *directly experience* an age of turmoil and transformation, not to philosophize about it; they must have famine and war and plagues and viruses and cultural collapse; they must be swept up into the maelstrom and feel its full effects with every fiber of their being.

So the majority of the young generation follows in its forebears' footsteps, accepting without protest the life path laid out for them and dutifully plodding along it. This great mass resists the prophetic cries for transforming the world. They roll along, flanked on either side by the brutality of the savages and the visions of the starbabies. When the savages so assault their sensibilities that they decide *something must be done*, they cock a receptive ear toward the starbabies.

When children wantonly kill without remorse, seemingly bereft of all moral fiber, and it is revealed that almost all such killers had no fathers in their lives, the starbabies chime in to urge a more involved fatherhood than has traditionally been the standard. *You mean fathers are more than a paycheck and health insurance!* cries the mainstream. You mean they should spend less time making money and more time hugging their children! What a radical notion! And the mainstream shifts a notch or two toward the visions of the starbabies.

This is the grand seesaw dynamic of social change: a great mainstream army marching along familiar, well-worn cultural tracks; to one side a small band of savages expressing, through

their violent pathology, the darker aspects of the culture; to the other side a chorus of starbabies urging a shift toward more evolved cultural patterns. When the mainstream is sufficiently provoked and repulsed by the pathologies of the savages, they become receptive to the prophecies of the starbabies, evaluate them, and if they deem them worthy, the mainstream shifts onto a higher road.

The challenge in your era is that for the first time in your recorded history, humanity threatens the ecological fabric on which your lives, and those of other species, depend. Damage to the natural world is more insidious and less obvious than the ravages of the savages, meaning that by the time awareness of such degradation registers, it is often too late to repair the damage, and great calamity ensues.

Who sees the ozone layer diminishing day by day? Who notices the voices of the songbirds falling silent as their rain forest refuges are slashed and burned? Who observes the erratic weather patterns portending diminished food production? None but the starbabies notice and warn and urge remedial action while the mainstream plods on, oblivious until disaster crashes through the roof.

## Bringing Up Starbaby

If the young starbabies are the promise of the future, a cluster of souls whose accelerated consciousness perceives the cultural crisis and carries potential solutions, how can such children be encouraged to develop their intuitive natures while still functioning reasonably well in mainstream culture? While such questions may be of greatest interest to educators and parents of young children, even a brief encounter with a young person in which his perceptions and visions are validated by an adult can make the difference between despair and hope, between alienation and commitment. Here are some suggestions for encouraging the highest and truest expression of starbaby consciousness.

The first suggestion, a broad one which holds true for all children in all ages, is to offer them respect. By respect, we mean that a child be accepted for who he is, without being told in word or deed that he would be better off being something or someone else. It means refraining from suggestions, however seemingly helpful, unless the child asks for them. It

means abstaining from comparisons with other (more compliant and successful) children. It means burying lectures and tirades in the compost heap. It means cherishing the unique spark of divinity afire in the child's soul.

This does not mean that children are not trained in the path of conscience, that they are free to run amuck without restraint. Certainly morality and social standards must be inculcated. The respect we speak of is an allowance for the child to find his own way in the world, to express his inner nature without being squeezed into a socially approved pattern contrary to his life purpose. Parents and educators create a safe space in which the child freely explores his potentials, rather than forcing a child to tread the straight-and-narrow path of culturally determined success.

A good practice to get into, then, if you would be respectful friends with children, is to get into the habit of seeing them as teachers, and you the student, rather than vice versa. Recognizing that they bring unique soul qualities to the world, and have a consciousness more accelerated than yours, open yourself up to being educated by asking questions, probing the recesses of their psyches, drawing out the secrets of their souls. You do this by asking questions and simply nodding in reply to whatever they say. Any judgmental response will immediately slam the door closed on further revelations.

As an example of the disrespect well-meaning adults offer youngsters, there is an unfortunate tendency to squelch the aggressive nature of children, especially boys. The campaign against "war toys" seeks to dissolve human aggression by depriving children of toy weapons. This crusade reveals a profound ignorance of childhood and its purposes, and a great disrespect toward the children involved.

Children seek to find their place in the world by donning a thousand disguises, acting out the behaviors of diverse social roles. Good guy, bad guy, doctor, teacher, parent—they play them all, and through their play come to know what feels natural for them, what resonates in their soul. Where such explorations are restricted by misguided adults, shame settles in the soul, shame for being a "bad boy" in wanting to explore weaponry as the answer to conflict.

One of the most powerful tools in raising starbabies is art. At any age, art is the marriage of spiritual insight and

material substance, a hybrid token of the soul's revelations. The "brilliance" of a work of art depends on the depth of the artist's communion with the spiritual realms. Such cutting-edge art is often offensive or confusing to the mainstream, plugging along in its traditional ruts.

By encouraging artistic expression in children, their soul vitality is nourished and strengthened. A careful balance must be struck between offering no guidance at all and providing just enough direction and help that the child's visions can be made tangible while true to their origin. Obviously, a coloring book and box of crayons won't satisfy a starbaby. Providing raw materials—clay, blocks of wood, paints and brushes, string, paper—then allowing the child to fashion them however he pleases, is the best approach.

The ultimate result is irrelevant. The average 5-year-old starbaby will not produce works threatening Picasso's place in art history. It is the *process* that matters: learning to make inner visions tangible, and doing so in a safe and encouraging environment with the guidance of respectful adults. This process tells the child that his inner visions are valid and valued, that time and materials will be provided for their expression, and that adults appreciate the fruits of his labor. This sets the stage for much richer and more meaningful expressions of the soul later in life.

The most powerful art form for expression of starbaby consciousness is music. Music is the body's way of immersing itself in energetic patterns; weaving a cocoon of vibration carrying the energies of distant people and

places. The conscious parent of a starbaby strives to fill the house with music from all eras and cultures, so the child's vibrational field can sample the energetic patterns leading up to the present. Music carries information, cleverly disguised as catchy tunes and thundering symphonies, and the starbaby wants to soak up the musical knowledge of his culture's past and present.

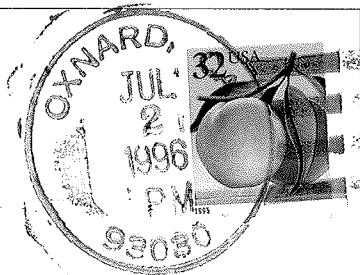
It is seemingly curious that many of today's young people prefer the music of the Beatles to that of their own age; for the Beatles were the premier expression of the energies of joy, affirmation, peace, and love, and their songs validate and reinforce the higher frequencies of starbaby consciousness.

We have offered three techniques encouraging the accelerated consciousness of starbabies. Offer them respect and allowance. Talk with them, ask them questions, elicit their deepest wisdom. Encourage artistic expression. There are many other techniques which wise and respectful adults use in encouraging children's soul growth, but the point is made: Because starbabies' consciousness is so accelerated, care must be taken that their highest essence be cherished and encouraged lest they collapse in frustration and alienation. For from such young people will arise the new order, the vaunted New Age, for which the weary world yearns.

### *Call for Questions*

The September issue will be the annual (and final!) Questions & Answers issue. Please submit questions by August 1.

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## FROM CYBERSPACE TO OUTER SPACE ANSWERS TO READERS' QUESTIONS

*In Spirit Wisdom, Alexander states that one is defined by his/her moment of birth at a characteristic vibration. People born closer to the present have a higher vibration than those born earlier, and this core vibration cannot be changed. People born later are the ones who are really creating their own reality, while people born earlier have trouble because their bodies are not in sync with their thoughts. The idea that this cannot be changed seems to contradict the very idea that there are no limitations—that one can create one's own reality.*

— T.A. (via Internet)

This is a common cry of protest from budding metaphysicians, who mistakenly assume that "creating one's reality" means the ego, the waking self, has absolute control over the events of one's life. When it finds its authority is not supreme, it protests in outrage. As we have discussed elsewhere, it is the *higher self* that creates the overall template of one's life—making choices such as age, sex, race, time and place of birth, soul qualities, etc.—and with the exception of family of consciousness, which never varies, the higher self has unlimited liberty to fashion each offshoot as it sees fit.

The waking self has a great deal of freedom *within the parameters established by the higher self*. For example, the higher self always chooses a life theme, expressed as a polarity such as intimacy-isolation or wealth-poverty, with each offshoot set at a "default" point somewhere along the continuum. It is possible to override that default set point, to slide along the continuum to a stage of greater happiness, *and the higher self expects to see such movement*. Use of affirmations and visualizations can bring pronounced change to the parameters established by the higher self. So there is a great deal of flexibility built into the system.

Certain things, however, cannot be changed. Among them is the vibrational set point determined at birth. There is a larger issue here, the importance of corralling each generation into a common

vibrational/psychological/spiritual framework, and no outraged ego can nullify this overarching principle.

*Is there an appropriate level of forcefulness to use in speaking an affirmation? How loud and at what pace should the affirmation be spoken? When I speak louder and faster there is more tingling sensation in my head but less "body sensation." When speaking softer and slower there is more "body sensation" but less tingling in the head. How can I tell which is having more effect?*

— A.J. (via CompuServe)

An affirmation should be spoken as if one is forcefully making a point in conversation; generally this means fairly loud and deliberate in pace. Remember, at the outset of inculcating a new thought pattern, one is having an "argument" with one's own brain and its neuronal wiring. To overcome this, one must employ tactics of persuasion—firm, clear, loud affirmations spoken deliberately, repeatedly, and with conviction.

*Can you discuss the value of meditation and review the fundamentals? Can you also describe what goes on in the mind and body during meditation. Can you also discuss how it can be used to uncover blocks and gain insight into life purpose?* — A.J. (via CompuServe)

The primary purpose of meditation is to quiet the conscious mind sufficiently that one can link with deeper aspects of oneself while in a conscious state. In a sense, meditation brings about a state of wakened dreaming. When the conscious mind's vigilant concern for safety and security can be relaxed, the membrane between waking and deeper selves becomes more permeable, and strands of intent more easily drift across it. When practiced regularly, this "loosening" of the membrane can become permanently established, so that even when not in a meditative state one enjoys a higher, clearer flow between

waking and deeper selves. This tends to reduce anxiety, to bring a "higher" perspective to life issues, to disengage ego from body, and to promote the body's health and healing.

Meditation cannot really be "used" to uncover blocks or gain insight into life purpose, because to enter meditation with the intent that this will be the result negates the very purpose of meditation, which is to quiet the conscious mind completely, silence the ego, and simply *be* in a state of heightened communication between waking and deeper selves. It may well be that such benefits *result* from regular meditation, but one cannot force such results without compromising the process. If one has specific goals in mind along these lines, it is better to use affirmation, which begins with creating a meditative state but is then guided by the conscious mind to specific outcomes.

*In the 9/95 Journal, Alexander says, "The law against killing is absolute." In reply to another question, he talks about higher selves agreeing among themselves to acts of violence to be acted out by "the fleshbound soul." Well, don't the higher selves know about the law against killing? Aren't they knowingly violating it by setting up circumstances in which the "fleshbound soul" as either perpetrator or victim will participate in a killing or rape or robbery or any other kind of violence?*

— J.G. (via Internet)

Higher selves are well versed in the laws of karma. They also know that the creation and dissolution of karmic braids provides one of the finest opportunities for soul growth available in the earth plane. To start from a primitive murder and gradually grow toward the dissolution of the karmic braid through love and healing, not retribution, is a fiercely powerful lesson like no other.

It should be noted that higher selves *never* dictate the specifics of a karma-creating act. It may well be *assumed* that two baby souls set up to clash repeatedly and ferociously against each other may

well end up with a karma-creating act of violence, even murder. The specifics are determined by the conscious choices of the offshoots involved, not the higher selves.

Many people sit in armchairs at home and plan "adventure travel" trips which will force them to endure great miseries, to push their bodies to the limits of endurance, all in the name of adventure, personal growth, and triumph of the will. The same holds true for higher selves designing the lives of offshoots: from the pain and misery comes deeper wisdom.

*Could you elaborate more on the growing phenomenon termed attention deficit disorder (ADD)—its causes and the most appropriate way to deal with its effects. Are ADD symptoms indicative of a different wavelength or vibrational frequency on some level?*

— C.P., Cedar Rapids, IA

The symptoms of ADD include distractibility, forgetfulness, wide-ranging curiosity, high energy, and difficulty making transitions. Apart from innate neurological causes, there are two "higher" causes of such symptoms. One is the Agitator family of consciousness. Of the seven families of consciousness, the Agitator family has the most volcanic, dynamic, even chaotic field of consciousness, as befits a family whose members are forever chipping away at ossified dogma and convention, shrilly protesting against authority, and igniting chaos at every opportunity. When such a consciousness marries its human form—its sturdy, consistent, bedrock body—the consciousness finds it cannot smoothly integrate with its fleshly anchor. The deep, sturdy rhythms of the body are too uniform to harmonize with volcanic consciousness. As a result, mind and brain never fully mesh, and mental qualities others take for granted—the ability to focus for long periods of time, to pursue tasks to completion, to remember minor and major details—elude the Agitator's mental processes.

As mentioned in the last *Journal*, a second family of ADD members arises from the disparity between the consciousness of the Starbabies (highly evolved souls) now incarnating and the extant energies of the planet. We peg the Starbaby generation's first members as incarnating about 1967. While the Star-

babies come prepared to ride accelerating energies to a new cultural order, as of today the energies of the old order still largely hold sway. Starbaby consciousness cannot mesh with present-day energies; thus such young people have the same difficulties with certain mental processes that Agitators have always suffered. In the meantime they act as Agitators, disrupting families, classrooms, and Sunday schools across the land, and in the process helping to crumble the foundations of these institutions. Once the dust has settled, the Starbabies can assume their rightful place as leaders of the new order.

*Should visualization be done until the specific results appear or discontinued when it is sensed that its "message" has been accepted by the psyche?*

— A.J. (via CompuServe)

The latter—since one never knows the precise form in which the visualized images will manifest. It is best to allow some "leeway" and not insist on concrete images as the only acceptable manifestations. Allow the psyche and higher self to assist you in manifesting what is in your overall best interests.

*Are we born with an inherent moral code? Are we "good" from birth and some simply become corrupted and confused?* — C.P., Cedar Rapids, IA

Humanity is too complex to be born with an intrinsic moral code that holds true for all cultures in all times and places. Human children are born with a feral morality, shared by your animal brethren: that one should respect those bigger and stronger, and not worry about the rest. Each culture must impose its own moral code on its children. In even the most "primitive" human societies, the child is taught to sublimate immediate desires to the greater good of a healthy, smoothly functioning tribe. Gradually the child learns that it is in his interests to maintain the health of the tribe, for from such a secure foundation one more easily meets the body's requirements for food and shelter, finds love and companionship, and a skill at which to excel.

When a culture breaks down—and particularly when men abdicate their role as carriers of the moral code—children remain forever at the level of feral morality, seeking immediate

gratification of the body's pleasures, incapable of feeling empathy for those they hurt as they wantonly seek fulfillment of their impulses.

*In Alexander Journal #13 you speak about generating electrical energy by use of sound. Can you elaborate on this mechanism?* — S.M., Denmark

As we have discussed before, energy-generating devices utilizing sound lie in your future because the vibrations of the planet do not currently allow for such technology. Technology always rides the planetary energies as they accelerate and decelerate, so technology "advances" during rising acceleration and "declines" during deceleration. Where you stand now, any physical substance being stimulated by sound vibration "captures" most of the sound energy and releases either none or a trickle.

As earth energies accelerate and metals can be produced whose pattern allows more "air" between molecules of denser materials, metals will take on more of the qualities of air and less of bedrock. Since air is an unstable, high-energy field, whereas bedrock is a solid, low-energy field, their relative proportion determines how much energy is captured by a metallic substance, and how much is released. When metals can be produced with a greater proportion of air, they will capture less sound energy and release a greater portion.

The design of a sound-driven, energy-amplifying technology includes the following: Sheets of paper-thin metal, translucent and almost invisible, are arranged about an inch apart inside a chamber whose walls are made of the same substance in thicker, sturdier form (many such sheets bonded together). At either end are small openings. When sound is injected into the chamber through one end of the chamber, its waves bounce about the walls and among the metal sheets, stimulating them to vibrating. Because air is the primary constituent of the metal, each sheet releases almost as much energy as it absorbs. Each sheet is further stimulated by its neighbors' vibrations, which in turn are reinforced and enhanced by the vibrations swirling about the chamber walls.

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The net effect is that air's highly stimulative quality, when anchored to bedrock molecules to just the right degree so as not to instantly dissipate sound energy, results in an amplification of the sound energy, an increase in total energy over the original sound stimulus. This energy then travels out the chamber on a wire, some of which can be routed back to restimulate the chamber. The result is a perpetual energy machine, one producing more energy than it takes in. Perhaps your great-grandchild will win the Nobel Prize for designing such a contraption!

*My question is related to the subject of "dowsing," i.e., the use of a dowsing rod or pendulum for the purpose of connecting with the psychic realms or contacting the inner self. Is this a valid art? Can it be used to determine what vitamins or flower/mineral essences the body could benefit from?* — L.K. (via CompuServe)

The use of dowsing rods, pendulums, and other similar devices reflects an understanding that the body's energy fields are carriers of electrical impulses born of mental activity, including subconscious activity. That is, one can use such devices to access realms of information normally not accessible to the conscious mind. There is an especially strong flow of energy leading from the head down the arms and ending in mid-palm. Thus, a device held against the palm is especially susceptible to influence by these energetic flows.

It is most fruitful to seek answers through the use of yes/no questions. A "no" thought pattern—a falsehood—disrupts the smooth flow of energy. A "yes" thought pattern—a truth—invigorates the flow. Holding the expectation in mind that a "yes" will trigger a certain response in the device, while a "no" triggers either its opposite or no response at all, informs the mind/body how it should manifest a yes or no. The subconscious mind's response is manifested according to these consciously held expectations.

Dowsing is useful for much more than locating water underground; it is applicable in almost every situation where one seeks guidance from the inner self. Rather than holding a device, one can simply state aloud that a finger on the left hand signals "yes" while the same finger on the right hand means "no," then pose a question and observe the body's response. Such a process is especially helpful in seeking information about the body and

its condition and possible treatments—whether certain vitamins, minerals, flower essences, herbs, or allopathic treatments should be applied. The "respect" inherent in asking the body's perspective also helps to open and vitalize the mind-body channel.

*It has been stated that our perception of time as linear is merely a convenient illusion; that all time is truly simultaneous. I have read that a soul spends "time" reflecting on its life, and, aided by master spirits, spends much "time" deciding on specific events and circumstances for the "next" life. Does this mean that there is actually some sort of linear timeline on the "other side," or is this another illusion created for convenience's sake, or is it a place where time really is simultaneous—where you're coming as you're going with everything in between?*

— C.D. (via Internet)

Any level of the spiritual dimension which is involved in earthly experience—including the astral plane and the levels above it, where souls rest and study between incarnations—is to some extent affected by the parameters of earthly life, including linear time. It is most "comforting" to an individual soul, freshly departed from its body, to have its surroundings "work" as they did on earth. So the illusion of linear time holds true for levels of the spiritual dimension to the extent that they are involved in earthly life. Above such levels, of course, linear time has no validity.

*In issue #35 Alexander states, "The law against killing other beings is absolute and allows for no mercy" exceptions." This puzzles me because elsewhere he states that raising animals for food is acceptable. Also, life on this planet is based on a food chain, so that killing is a built-in pattern. How can there be a "law" against it?*

— G.S. (San Luis Obispo, CA)

Perhaps we need to clarify the distinction between "killing" and "taking" life. Taking life means ending another's life so that one may feed oneself. It is the immutable basis of physical life, this recycling of corporal constituents, and carries no karmic weight. "Killing" means the deliberate destruction of another life not out of physical need, but because one has arrogantly assumed that

doing so is in the best interests of oneself or the world, with no regard for the victim's right to life. Whenever one *decides* that another being is better off dead, and proceeds to terminate that life, one has assumed the mantle of God—which no mortal may wear—and committed an act of murder. In one case, the taking of a life perpetuates the greater cycle of life; in the other, killing disrupts that cycle. Therein lies the karmic distinction.

*Is some rough quantification possible of the population of the earth today in terms of family of consciousness?*

— B.H., Houston, TX

The proportion varies from culture to culture. A highly technological culture is heavy on Directors and Builders; a "primitive" culture has a more even spread. The average "template" of human society holds approximately these percentages: Directors, 30%; Builders, 30%; Cradlers, 20; Innovators, 10%; Watchers, 5%; Agitators, 5%; Avatars, 0-1%. These can be considered the "ideal" proportions for the healthiest, most balanced culture. The extent to which a culture varies from these percentages indicates imbalances likely to result in social dysfunction.

Your technologically sophisticated culture, where Directors run at or above 50%, leaves less room for the emotional balm of the Cradlers, the creative genius of the Innovators, the shrill prophecies of the Agitators. As a result, the culture is slower to recognize its problems, slower to act on them, and less likely to forge genuinely creative and lasting solutions to them.

*In Conscious Life Alexander outlined the desired characteristics of the evolved soul and the "true revolutionary." Serenity seems to be the watchword. Where does this leave the Agitator family of consciousness? Its very essence seems to be the antithesis of such serenity. What place will there be for Agitators in the new order, once it is well established?*

— B.H., Houston, TX

It is true, the ideal "revolutionary" of the new order is one who meets rising social chaos with equanimity and inner peace. These qualities, alas, are not the hallmark of the Agitator family. Agitators, however, are infinitely adaptable, and where a culture is harmonious and balanced, they'll turn their attention elsewhere: on the family, for instance.

Agitators love being born to parents enduring a cold marriage, and raising such a ruckus (through misbehavior or disability) that the parents' uneasy truce is shattered: they must either forge a closer bond or split apart.

And as the "new order" slowly ossifies into yet another old order, the Agitators will have their work cut out for them, frothing over pockets of decay, corruption, and stale dogma. No need to worry about the Agitators' employment prospects in the new order: an Agitator's work is never done!

*I am reading the Koran because of the presence of Islam in our world. Thus far I have found it to be incredibly repetitive, nearly devoid of authentic philosophy, saturated with threats and menace while constantly boasting of "mercy," and backward in every way. Alexander once stated that longevity was a measure of the degree of truth a religion contained. How can this be true of Islam? Also, I question Mohammed's status as an avatar. Was he? What was going on back then? (Name withheld)*

It is axiomatic that when the western mind meets the Koran, it is rarely a smooth or pleasant read. For the Koran is meant to be *recited*, not read, and carries its power in the intonations of Arabic, its language of origin. It is not meant as literature, but as a series of proscriptions as to the imperatives of a moral life.

Judaism, Christianity, and Islam form a triumvirate of great religions arising in the Middle East. In all cases, the founding fathers of these religions were born into corrupt and decaying societies, given to worship of many gods and idols, holding the sanctity of marriage in mocking contempt, given to sexual and intoxicant excess. An avatar must speak in words his culture can hear, at a level of spiritual development just a few notches above the extant cosmology. Moses, Jesus, and Mohammed did just that, addressing themselves to their followers in terms resonating as "truth" for its relative refinement compared to the prevailing values.

Moses, Jesus, and Mohammed all affirmed, first and foremost, that *there is only one God*. "Allah" means "the God," underscoring that there is only one. This is an intermediate step between the Greek/Roman worship of pantheons of all-too-human gods, and the realization of Universal Oneness which lies before you in time. Moses' Jehovah was a wrathful, fear-inspiring God, as was necessary for

the people of his time to listen and obey. Jesus offered a revised version, a more loving and forgiving God, as the next step. Given the licentiousness of his times, Mohammed's projection of Allah was a combination of Jehovah and New Testament God, both merciful and punishing. Each "picture" of the creator spoke directly to its time and place of origin.

The Avatar family has two branches: a very few genuine Avatars, and a larger body of Teachers. You know Mohammed was a Teacher, not a genuine Avatar, for two reasons: (1) he had wives; (2) he wielded earthly power and led armies in battle. Genuine Avatars exist in a rarefied realm where all beings are seen as elements as one indivisible gestalt; and no one individual may be singled out as a special companion, a wife (Buddha left his wife upon realizing enlightenment; Jesus never married). In addition, romantic love involves fantasy, projection, and individuation, all psychological processes unknown to genuine Avatars. And no genuine Avatar would wield earthly power, the administration of a political realm, and certainly would never lead troops in battle.

Mohammed was a Teacher, then, a highly inspired intuitive who often went into a trancelike state while dictating the Koran. His accomplishments were remarkable, for within his lifetime he united an enormous empire and wrought profound improvements in the personal and cultural life of his people.

The Middle East, birthplace of great religions, is today the birthplace of many baby and young souls enthralled

with personal gratification and tribal identification. Orthodox Judaism, orthodox Christianity, and orthodox Islam are powerful forces, for they mold baby and young souls' selfish urges into socially validated expression. Lest they become wild savages, baby and young souls often need a boot camp of some sort, either a genuine military or a religion demanding strict obedience and brooking no questioning of dogma. Militant Christians, militant Jews, militant Muslims are all juvenile souls struggling to sublimate their impulses into a larger, grander scheme, and for this they willingly surrender their individuality and die for the glory of Jesus, Jehovah, or Allah.

Thus the "truth" contained in the Old and New Testaments and the Koran still rings true for legions of baby and young souls, for whom the rarefied wisdom of Buddhism and the Tao seems so foreign it's almost extraterrestrial. It is best to respect the soul qualities and paths of others, and allow them their truths, however foreign they ring in refined western ears.

*A prophecy is that the earth is coming into a "photon belt" soon, which will render all electricity inactive. What does Alexander have to say on the subject?*

— C.H., Cincinnati, OH

Our readers would be better forewarned about the "nonsense belt" which approaches with the coming millennium, which may render all rational discourse inactive.

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Dear Readers,

This issue marks the end of our journey together via the *Alexander Journal*. It is our host's desire to move on to new realms of endeavor and of course we respect and support his decision to do so. We appreciate the support he has received from many of you in this matter, and the gratitude you have expressed for the material we have been able to deliver through the *Journal*.

Taken together, the information contained in the *Journal* and our books is intended not so much to offer a radically original cosmology as it is to restore you to your innate knowledge and wisdom which is often smothered under the precepts of a western upbringing. The internal spark of recognition you may feel when reading our material and that of others reflects that inner recognition of aboriginal knowledge lying latent beneath consensus culture. Our purpose in delivering this information has been to reawaken your greater self, restore your self-awareness to a broader field of being, and to urge embrace of a richer, more comprehensive worldview, one which can carry you through an era of turmoil and into a new age of cultural transformation.

In the deepest sense, then, we are simply restoring you to yourself. For that process to continue, you need not look to Alexander or any other external source of guidance, however helpful it may be to have such illumination on the path toward transformation. The time arrives when one must take the knowledge one has gained from outside sources and take responsibility for one's own journey. To put a positive spin on the *Journal*'s cessation, then, you may view it as a "graduation" from the ivy-covered halls of book learning and a gentle shove toward direct encounter with the real world, with your inner self.

In our realm of existence it is considered a rare privilege to be able to communicate directly with your distant world. We have been fortunate to have such an eloquent and tireless scribe as in our host Ramón Stevens, and to have you as the recipients of our collaboration. As each of you learns and grows from our material, our purpose is fulfilled; and as you spread the fruits of your growing wisdom among your circles of friends and family, you yourselves become the bearers of enlightenment and transformation.

Our blessings on your journey.

Alexander