

# Global Awakening News

Commentary and Guidance for Enlightened Change During Rapidly Changing Times

## “A-List” Updates

September 10, 2010 – v1.1

## “A-List” Update #7

Link to this update: <http://www.pfcn.net/Bulletins/Update-Sep10-2010.pdf>

Link to previous update: <http://www.pfcn.net/Bulletins/Update-Aug06-2010.pdf>

*“...we foresee the end of all humankind’s history of apparent separation from spirit and source. As more and more people all over the world are experiencing new levels of awareness of themselves, they are discovering hidden potentials, feelings of vastness, and experiencing other realities. It is as if a marriage –between heaven and earth –spirit and matter –is in the process of giving birth to something new and wonderful. ... Within the cells of matter are found the elements of creation and of unlimited potential –the  
(from first draft, circa 1993)*

## Preface

Summer is turning to fall here in the Bitterroot Valley of Western Montana and there is dusting of snow on the high peaks. Despite the light planting we did this year, we enjoyed strawberries and fresh salads from the protected grow frames beginning in late March. Now the open garden corn is ripening, late raspberry and strawberry are fruiting, melons, cucumbers, peppers, green beans, pea pods, chard, tomatoes, and more are in season from the combination of outdoor garden, extended season extending grow frames and greenhouse. The summer weather has been nearly ideal.

We recently discovered that our neighbors are considering selling their property and (once again) we are considering staying on here –if there are those who could help acquire the land here. (So far a handful of people have indicated their interest but no specific offers have been made. Perhaps it will take two or three parties to make this happen? (See end of this update for more on this.)

Having some cash, perhaps gold and silver, is all well and good, but having land and food growing and other economic capacity with a semblance of cooperative and supportive neighbors is priceless.

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During September and October, I will be editing and trimming three years of Global Awakening News for the website. A 3-hole punched, color print version will also be made upon request and a price set for its cost.

For those who have not heeded the practical warnings and advice of last year, later this year and into 2011 etc., the social-economic situation will develop multi-layered crises that few people are prepared to cope with. Take care of your physical well-being as best as possible and find ways to buffer your physical self from the “vice-grips effect”. The planetary changes will only compound these problems.

It is clear that even among those of humanity who seek to move on with the “main agenda” of spiritual evolution, there are severe problems. One of these has to do with all those “induced traps” of the control system itself, the traps of patterns habituated into human existence, and the traps of deceptions within deceptions, especially those embedded in the spectrum of new age “spiritual” memes. One of these distortions is the notion that you can live in “heaven” even if everyone else around you may seemingly be in “hell”.

Various interests continue their planned steps toward widespread global war. This includes intense polarization of various national, religious, ethnic, etc. differences. The Gulf of Mexico situation is now influencing the portions of the Atlantic Ocean. While there are “bloggers” who are prematurely announcing the end of the world, it is a slow-moving global catastrophe-in-the-making. Already people far inland from the coast are documenting toxic water and land and air and weather and more are discovering they are gradually being poisoned. Only in the recent weeks has there been sufficient information gathered, including human blood and water testing. There is ample information that the entire Gulf zone and far inland that is causing illness and exceeding “industrial” toxicity limits. A recent survey in the people in the two coastal states showed 40% of the people exposed and of those 40% reporting symptoms. A quarter said they expected they would have to move away. Those who are hoping this will go away will most likely find their health severely compromised and they will be unable to continue their lives as they have been accustomed.

If anyone had doubts about weather warfare, consider the dangerous weather patterns this year all over the world leading to extreme flooding, droughts, fires, cold, and more. Those who have watched the Eastern Pacific and Atlantic hurricane forecasts this season have seen numerous storms systems develop, build, and vanish, sometimes within less than a day. And it was for 2010 that most meteorologists predicted an extreme hurricane season! Now you see it, now you don't.

The recent New Zealand quake made noticeable changes in the crustal topography and presages more events soon of comparable or greater energy. My inner sense has been indicating early stages of shifting of the crustal zone relative to the earth's inner zones. The notion of an expanding earth might be worth reviewing again – (see <http://newearthsummit.org/forum/index.php?topic=988.0>)

the higher vibrational changes that are attempting to take hold. Choose carefully how you utilize these nascent energies. Do you prematurely dissipate them or do you concentrate and cultivate them? Be prepared spiritually, as well as materially as best as possible as if “this is it”.

The more we focus on the "apparent" human reality that is so twisted and decrepit, the harder it is for those who are more aware to proceed to the next day. The more we are connected to the higher levels that are our "future present selves" the easier it can be to 'float' or 'fly'.

The tiredness or mental fatigue that many are experiencing recently, may well be part of an overwhelming yet gentle surrendering process and an unhooking from one set of energies (that are going away) while hooking up to the new incoming energies.

There are multiple experiments going on now.

One has to do with the ongoing pursuit of the transformation of matter of the earth and the matter of cells of our human biology. Another has to do with the preparation of a higher level of existence for our individuated consciousness. For some this may mean a new physical incarnation into a higher vibrational biological body. For some this may mean their human individuation and higher bodies occupying some less-than-physical body. And some others may for a while forego having something as definite as a body structure.

While there are a few public people here and there speaking to some portions of the problems as well as potential solutions, few if any have a sufficient grasp of the big picture to be clear guides. Certainly there is no place for the typical guru roles. Given the inability for most people to discern the truth of much of anything, there is little possibility for any type of cognitive breakthrough. This is a facet to the fundamental problem of there being no solutions from the present state of humanity for the situation humanity finds itself in.

Although it is all changing, in the near term there is the pernicious influence of the momentum of preceding millennia and invisible contemporary influences.

And so there is a poignant and urgent need for a greater descension and distribution of the higher correction energies while the overall matrix of physicality becomes refined.

And so there are those who are “going quiet” while staying in touch with one another however appropriate, and who are focusing on their own inner knowing and connection to the higher level ‘correction energies’.

Some will develop simple and practical cooperative relationships with others, from which new levels of relationships can develop. For others it will be at a level such as those described as conscious awakened community: trust, caring, and service in a larger spiritual context.

As we have said before, the ‘grand changes’ are incoming from outside this realm, emanating from Creator and Origin of All. Thus the consciousness and energy fields will change, that of the individual personality, the body consciousness, as the process goes on.

While attending to higher spiritual evolution, it is never too late to engage in new forms of local community based upon the highest workable commonalities. In some cases this can help support ones higher processes, in some cases the pull of the physical through such activities can become excessive. We do not know how the transformation changes will take hold and spread. Meanwhile forming local community of mutual support and cooperation could function as an island or lifeboat of sanity and gladness.

The changes in the ‘as below’ realm includes human society and the earth environs. The sun influences the Earth’s atmosphere energetically and mechanically. Deflections in the atmosphere in turn influences the Schumann resonance, ocean dynamics, the earth’s axis of rotation, the earth’s magnetic fields, and the dynamics of the fluid plastic mass of the earth. It is a complex system that is only partly under any sort of conscious control with many various forces manipulating atmospheric and planetary energies, and worse more.

In recent years, we have been tracking major developments in the ‘as-above’ and ‘as-below’, disclosing various “mysteries” of ordinary and spiritual reality, and offering suggestions for becoming self-referencing and recovering ones true free-will. NES Forums and GA:News have been ways to share notes from a living exercise concerned with the potential of humans, this earth, and the spiritual dynamics as a whole to proceed to a new level of existence and a new pattern of spiritual evolution. In its own way, this began to take shape as a somewhat public practice beginning in 1993.

The simple formulation of trust, caring, service in conscious relationship to higher levels associating with the new creation is very important. Trust is the first element. This is a new creation principle. Try it, test it. It is eminently applicable to yourself internally, to any community of humans, and can be extended to all levels of existence. It is one of the most important suggestions toward developing greater self-referencing capacity. It is one of the elements to the new creation process itself and is a requirement in the “department of new creator beings”.

## Discussion/Salon Group Wrap-Up

List)  
that in turn was self-selecting from a much larger group that was of course self-selecting as well. ‘Self-selection’ is how things proceed in keeping with the ‘new ways’. The initial main group was a combination of people who each represent qualities of humanity. Some were leaders of organizations, some were spiritual teachers, most were just individuals and their personal networks who had some calling to be of service to humanity and the planet. Of this initial larger group, there was a wide spectrum of expression including political, social innovation, new economic paradigms, and of course a wide spectrum of spiritual orientations, etc. From this group emerged the current ‘A-List’, a self-selecting group who were most keen on tracking and “getting” spiritual awakening and the great transformation.

Some in the discussion group never contributed anything of themselves by way of email or postings and preferred to remain in the ‘back row’ for various reasons. This was to be

expected. Those who self-selected to participate via phone call-ins, private email, and forum postings, also represent a spectrum of tendencies. Regardless of their awareness of this, each of them in turn became a stand-in for countless others in the larger mix of humanity.

It was up to each person in the group, auditing or live, to derive the most out of this window of opportunity to probe themselves as well as to ask the deeper questions to John and I and the group so that we could speak to these matters.

Over time, I will be parsing the discussion transcripts to produce an article or two from the remarks of John and mine. I will also (once again) be revisiting the work of a few pioneering spiritual explorers and teachers and will prepare an article or two to share.

NES has a section for the discussion group <http://newearthsummit.org/forum/index.php#7>.

## You Can't Have It Both Ways...

actually be a country/nation in the world with a basis for becoming a “country of god” –or that there are key world leaders who are really closet “good guys” deserving of public support.

There is the question as to the nature of their “god”? To those who advocate such notions for whatever their motivations, such notions can only be based upon the twisted darkness of the religions. Further, religious beliefs and religious leaders have complex vested interests and the would only “unite” for purposes far away from anything benevolent. Which nation under which god you say? And of course there is the ever hopeful (and usually false), tendencies prompting join-a-new-movement-to-make-the-world-better, etc.

All of these work to keep human ‘invested’ in a paradigm and system of control that has no business even existing.

If one is called to the spiritual breakthroughs, it is not workable to become mired in the truly endless situations of the humans. For those called to be of some material aid, do so, but be careful of being held back by the consciousness of material survival.

## From the Masses, to the Masses... As per the Powers-That-Be

*always*

especially in the USA. The large majority of USA households have essentially *equal access*

to the “matrix world”. Yet it is there, for the asking, despite the heavy censorship and distortions. Of course there is the ongoing problem of limited reliable, first hand information. But then that also has always been a problem.

While there may be those, such as myself, who will notice and filter six different articles presenting differing angles on Israel-Iran-USA war moves, these days it requires perspicacity that even ‘information seekers” lack. Most prefer to stay with their “favorite channel” and thus become polarized into ignorant stupidity while imagining themselves to be “informed”. This same situation exists within the metaphysically-inclined people concerning both the dynamics events in the human world and the spiritual world.

So this is what it has come to, a severe lack of personal capacity to pay attention, coupled with the mostly unconscious influence of denial. Discernment requires a frame of trustworthy frame of reference as well as a capacity for critical testing. This too is vanishing rapidly. It is that simple.

For those on a spiritual path, there is little point to researching all this since it only discloses the falsehoods of a false reality and control system, yet does not illuminate the existence of what actually constitutes the vastness of creation that lies beyond the controlled boundaries.

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*More data does not lead to better information, more information does not lead to real knowledge, more knowledge does not lead to real wisdom. Wisdom about the human-defined reality does not lead to knowing what is Real.*



## Origins and Resolutions

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## Turning Evil to Good?

## The Body, The Cells, & The Changes

*(Link - <http://www.pfcn.net/Bulletins/The%20Crystal%20Body%20Exercises-%20May%202009.pdf> and see short exercise for clearing ones energy centers at the end of this update).*

*not sine qua non*

*What must also change is the basic paradigm of ones consciousness.*

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state of the human and respective soul beings. This was not available 10, 20 or 50 years ago. Placing your attention to the energies between or around your cells and atoms of your body is one avenue to access the higher energies, another is a direct connection via your central energy column. Yes, these energies are also present within the cells but are intermixed with others.

While one of the challenges to the greater transformation rests upon the upgrading of matter itself, there is the problem of the imprinting upon all level of consciousness by the dark forces and their various miscreant outputs within the fallen sector. This has affected nearly all levels. This has been one of the major problems behind the apparent durability of the dark so far. Hence the need for the “ultimate” in “software” that is both “anti-virus” and new “operating system”.

Once the individual awareness has reconnected to the forces of the higher correction energies and higher level oneness, much of this imprinting can be dissolved and new levels of higher level free-will become available to guide the individual at various levels, not only human.

This power has been potentially available, but until now it has been generally been too risky to the majority of human organisms, likely resulting in premature death from the body.

Whatever your path, the considerations touched upon above are part of the suggestion to think and act as if you are now in ascension mode and evaluate the nature of your present existence both from your human being and higher level being. From this then, consider the full sweep of the nature and lessons of human existence on this planet.

As I look further into the possibilities and problems of the transformation of living cellular matter I find myself (yet again) considering closely the implication of the earlier work of

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Mirra Alfassa and Aurobindo. (See section in this update titled “Beyond the Human Species...”)

(See *Global Awakening News* for previous discussion on ascension and transformation. Articles at link: <http://www.pfcn.net/napsun-bul1.html> ).

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*“The more we focus on the "apparent" human reality that is so decrepit, the harder it is for those who are more aware to proceed to the next day. The more we are connected to the higher levels that are our "future present selves" the easier it can be to float.”*

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*the Human Species      The Mother*

Each is about 500 + pages in length. I recommend starting with Beyond the Human Species. A thread has been started at NES forum, anyone posting on this topic should have completed both these books first. Link:

<http://newearthsummit.org/forum/index.php?topic=1139.msg4816;topicseen#msg4816>

the 20<sup>th</sup> century. If I were to name two individuals whose work I found encouraging and challenging (in a good way), it is theirs.

As you immerse yourself in this material –and immerse is the only word I can use since mere reading is not sufficient –please bear in mind that in those days the main source of spiritual and occult training available was generally from the dark side.

Aurobindo and Mirra were both very aware of the creation structures of this sector and were the first (and perhaps only) 20th century spiritual teachers to disclose the nature of the dark forces. While some of what is explained of the dark principles in the world is insightful and timely, I notice how apparently unaware Aurobindo and Mirra seemed to be of the higher level dark forces that were at play in the human world and of the higher agendas of the higher levels of dark. The problem exists today as well. I would say even more so given the intensity of this period of the ending of one era and the beginning of something new and ‘other’.

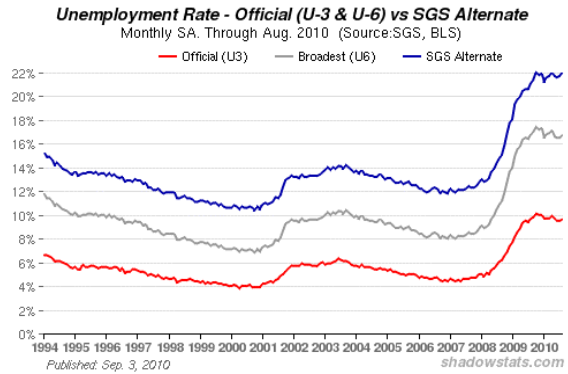
As well, it would be good to bear in mind that the materialization of the supramental involving the psychic being was the preferred course of action taken by these two courageous individuals and a small number of others of similar focus. This is key to “ascension” and hints at what may be beyond the human species, not the actual physical transformation of the present material human body.

Is this the only course of action in the transformation of the human individual being or the human species as a whole? I would say not. Not from what we know these days.

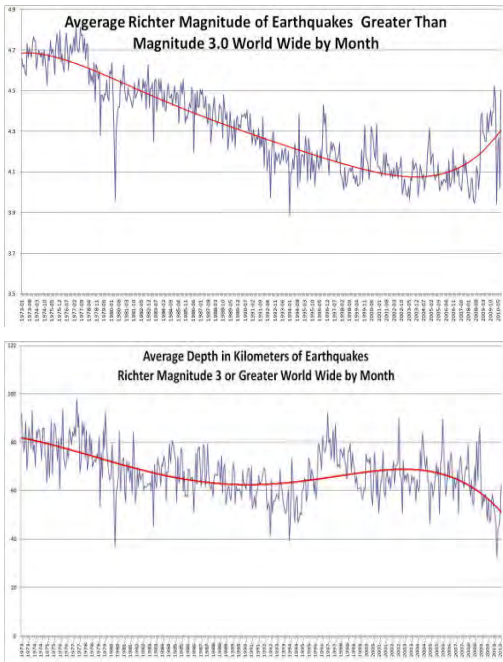
I am reviewing another short book that was an edited compilation on spiritual psychology drawn from the their work. When I am done, I will comment on it.

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Some recent data graphs tell an interesting story: Corrected unemployment data for the USA, is considerably higher than official announcements. The point is that simply it is not possible for a society to absorb 22% unemployment, especially when there is no regard for human well-being, which is the case globally and very much the case in the USA. Thus there can only be an increase in violence between people, more suicides, more incarcerations, and increased crowding of families, just like in “Third World” countries. What is more, there must be new and major warfare. This is one way to diffuse tensions and reduce the population pressures in the urban areas. In addition that would be various other population reduction measures, some of which readers are no doubt aware. Graph



[http://www.shadowstats.com/alternate\\_data/unemployment-charts](http://www.shadowstats.com/alternate_data/unemployment-charts).

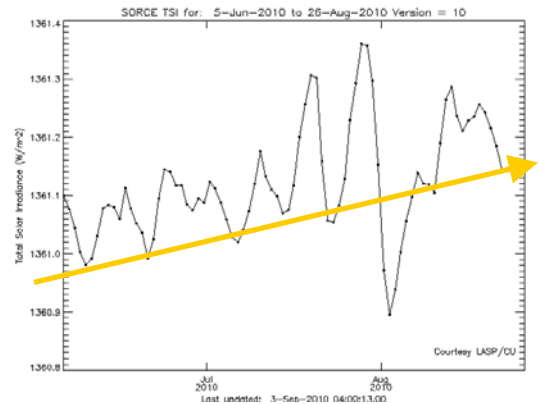


phs for 1974 to present, show that since around 2001-2002 the magnitude in power has been increasing, depth decreasing.

I cannot avoid speculating that this is could be early evidence of a crustal slippage in process and that most axis monitoring is simply not yet registering. A crustal slip shift means a change in the surface orientation to the earth axis. The tilt of the rotational axis may or may or may not change much, but for the surface dwelling reference to the sun may change drastically, leading to very sudden and very extreme changes to the surface and atmospheric environments.

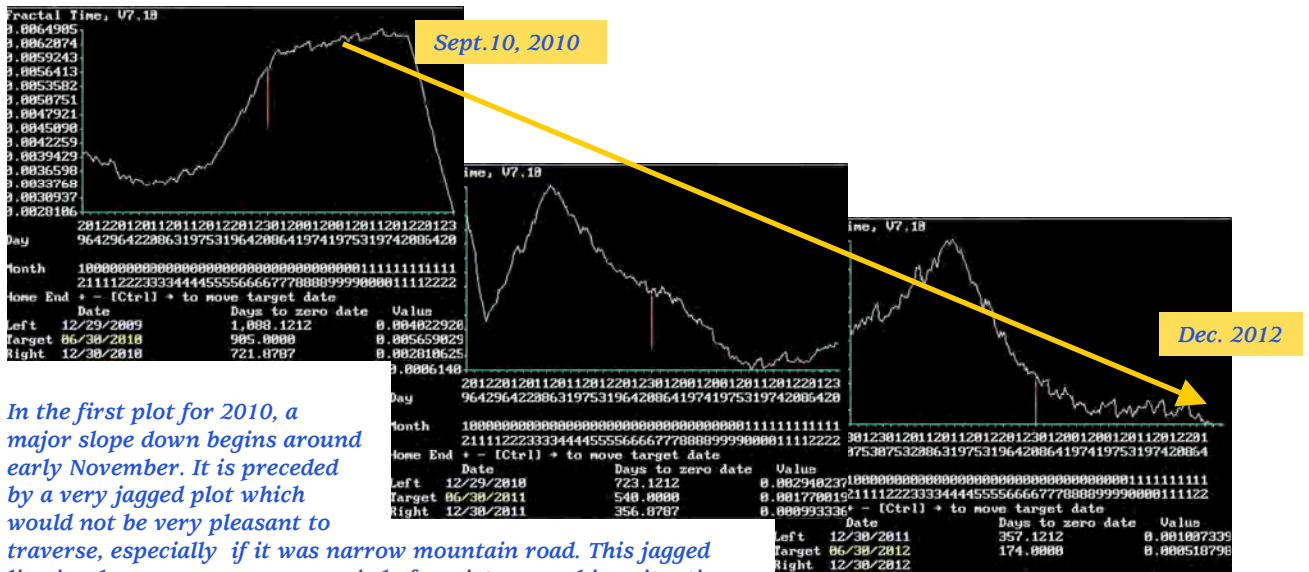
Graphs from <http://urbansurvival.com/week.htm>

28 of this year for a large solar disturbance. This is partly based upon official confirmation of the predictive models for the most recent solar events. Graph from [http://lasp.colorado.edu/sorce/instruments/tim/tim\\_science.htm](http://lasp.colorado.edu/sorce/instruments/tim/tim_science.htm)



# Fractal Time/TimeWaveZero & 2010, 2011, and 2012

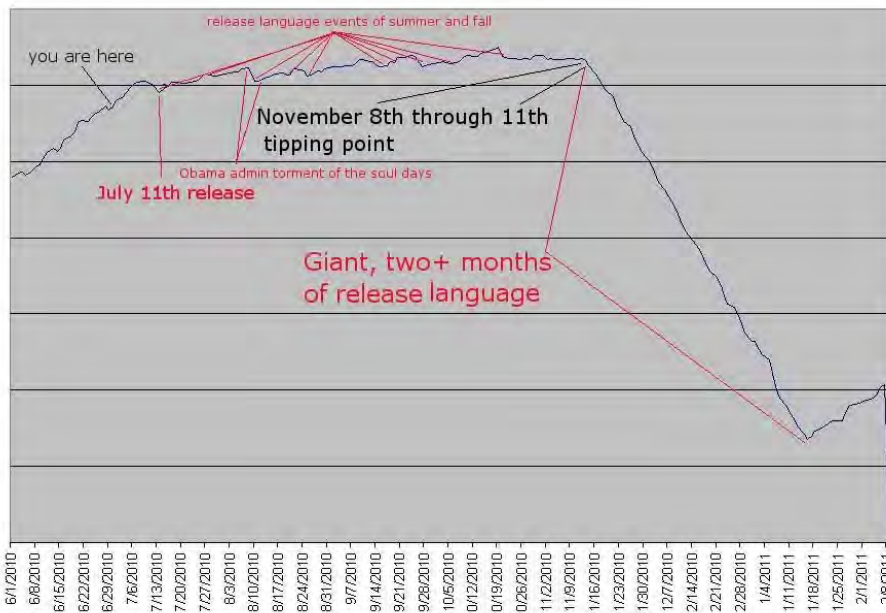
*It is Not About Any Calendar!*



*In the first plot for 2010, a major slope down begins around early November. It is preceded by a very jagged plot which would not be very pleasant to traverse, especially if it was narrow mountain road. This jagged line is where we are now, a myriad of anxiety-provoking situations. At the ending of 2012, the data series ends as well.*

<http://www.pfcn.net/Bulletins/twz%202007-2012.pdf>. The graph below of June 2010 through February 2011 is from HalfPastHuman whose work offer possible content to these waveforms.

Link- <http://www.halfpasthuman.com/Mistake.html>.



# Energizing The Power Body

(from John Crawford)

**1.** breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing in energy through the back chakras and out through the front chakras.

Pay attention to the crown chakra. As you take an in-breath, visualize energy entering in through the crown. As you breathe out, visualize energy going out through the base chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the second chakra at the back. As you breathe out, visualize energy flowing out the front of the second chakra.

Move your attention up to the third or solar plexus chakra. As you breathe in, visualize energy coming in the back of the third chakra and going to the center of your body. As you breathe out, see the energy flowing out through the front of the third chakra and into the luminous energy field.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in, feel the energy coming in through the back of the fourth and into your heart. As you breathe out, feel the energy flowing out the front of the heart chakra and into the luminous body.

Next, go to the throat chakra. As you breathe in, see energy coming in through the back of the throat chakra. As you breathe out, see the energy going out the front and into the luminous energy field.

Go now to the brow chakra, the sixth chakra. As you breathe in, visualize energy coming in through the chakra at the back of the head. As you breathe out, see the energy flowing out through the brow or front sixth chakra.

Now, breathe in through the crown chakra and out through the base chakra again. This time when you pull in the energy, you are going to pull the energy from the crown chakra into the center of the body at the third chakra. Breathe out through the base chakra.

**2.** First, pay attention to your breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing in energy through the back chakras and out through the front chakras.



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Pay attention to the base chakra. As you take an in-breath, visualize energy entering in through the base chakra. As you breathe out, visualize energy going out through the crown chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the second chakra at the front. As you breathe out, visualize energy flowing out the back of the second chakra.

Move your attention up to the third or solar plexus chakra. As you breathe in, visualize energy coming in the front of the third chakra and going to the center of your body. As you breathe out, see the energy flowing out through the back of the third chakra and into the luminous energy field.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in, feel the energy coming in through the front of the fourth and into your heart. As you breathe out, feel the energy flowing out the back of the heart chakra and into the luminous body.

Next, go to the throat chakra. As you breathe in, see energy coming in through the front of the throat chakra. As you breathe out, see the energy going out the back and into the luminous energy field.

Go now to the brow chakra, the sixth chakra. As you breathe in, visualize energy coming in through the chakra at the brow or front of the head. As you breathe out, see the energy flowing out through the back sixth chakra.

Now, breathe in through the base chakra and out through the crown chakra again. This time when you pull in the energy, you are going to pull the energy from the base chakra into the center of the body at the third chakra. Breathe out through the crown chakra.

**3.** This exercise has two parts;

In the first part of this exercise is on in which you will be breathing in from all of the back chakras and crown chakra and breathing out through the front and base chakra in one breath.

The second part of this exercise is to breathe in through all of the front chakras and the base chakra and out through the back chakras and the crown chakra in one breath.

This exercise takes a bit more concentration because you need to visualize all of the chakras at once and see them doing the same thing at the same time. It may take a bit of practice but the results are worth it.

Visualize all of the chakras. On the in breath breathe in energy through the crown chakra and all of the back chakras. Hold this for a few seconds (around 3) then exhale sending out energy through the front chakras and the base chakra.

Now breathe in energy through the front chakras and the base chakra. Hold this for a few seconds then breath out energy through the back chakras and the crown chakra.



**4.** In this exercise we will be breathing in through the front and back chakra at the same time energizing the power body at the core of the body.

First, pay attention to your breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing energy through both the front and back chakra at the same time.

Pay attention to the base chakra, the crown chakra as well as the power body. As you take an in-breath, visualize energy entering in through the base chakra and the crown chakra at the same time. As you breathe out, visualize energy going out through the base chakra and the crown chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the front and back of the second chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the second chakra back into the luminous body.

Move your attention up to the third or solar plexus chakra. As you breathe in visualize energy coming in through the front and back of the third chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the third chakra back into the luminous body.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in visualize energy coming in through the front and back of the fourth chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the fourth chakra back into the luminous body.

Next, go to the throat chakra. As you breathe in visualize energy coming in through the front and back of the throat chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the throat chakra back into the luminous body.

Go now to the brow chakra, the sixth chakra. As you breathe in visualize energy coming in through the front and back of the brow chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the brow chakra back into the luminous body.

Now, breathe in through the base chakra and the crown chakra at the same time. As you are breathing in see the breath energizing the power body and see it glowing brighter.

Hold this breath for a few seconds then breathe out from the crown and base chakra.

**5.** For the last exercise we will breathe in through all of the chakras at once. Hold this breath for a few seconds seeing the power body energized and becoming bright.

Now Just Breathe

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## PS: BBS Interview

Lance B White (“Zany Mystic”) was zany enough to initiate a broadcast interview with me. It is always interesting and surprising what comes up when someone such as Lance poses these sorts of questions. So we started something that perhaps can be continued another time. Thank you Lance!

For those interested in listening in, here is the mp3 recording (about 13MB or 50 minutes) –initially our lines were dropped for a few minutes then reconnected -

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Lance’s website “A Fireside Chat” is [http://www.bbsradio.com/bbc/a\\_fireside\\_chat.php](http://www.bbsradio.com/bbc/a_fireside_chat.php).

**A Reminder to check New Earth  
Summit Forum**

Link to bookmark:  
<http://newearthsummit.org/forum/>