

# Global Awakening News

*Commentary and Guidance for Enlightened Change During Rapidly Changing Times*

“A-List” Updates

## Spring Equinox – 20 March 2011 – A-List Telecall Transcript

*Link to transcript: <http://www.pfcn.net/telecall/Transcript-20Mar2011.pdf>*

### **Preface from Alex:**

The March 20<sup>th</sup> group was standing in for so many more and some very good work was done on the evening of March 20<sup>th</sup>, the Spring Equinox and it extended far outward. Ripples forward to present time as this creation and its time-space envelope is cleared and upgraded, “made new” as it would be and a new planetary consciousness.

Thanks to volunteers, a verbatim transcript was prepared that was edited for readability. Paraphrasing of my own and John’s remarks was done to improve readability. Very little editing was done to the comments from callers, and so there are many “um’s” left in place.

We have included perhaps more than most may realize in A-List material of 2011 that is intended to help everyone prepare themselves and to make what changes they find most important, sooner than later.

I also wish to call attention to the coming days of April beginning on the 1<sup>st</sup> for everyone to take added care to attend whatever important material and spiritual needs there may be. This is especially the case given the rapid escalation towards new levels of warfare and the build up of planetary energies that are likely to lead to a major release this month. Possibly on both sides of the Pacific Rim, from Korea north through Japan. I am also noticing the *entire* West Coast of North America. At times it seems that the energy breaking out is more in the northern portion, than southern and then it shifts a little. The planetary instability and changes will be ongoing. Later in September through end of October a space object named “Elenin” will be coming between earth and sun, passing earth at roughly a quarter of the earth-sun (or about 80 to 100 times the distance of the earth to the moon). This may facilitate new challenges for humans on earth, perhaps bridging certain solar-earth energies. Then in early November a 400 meter asteroid will pass by Earth, estimated at 0.84 of the earth-lunar distance. These notes are not meant to diminish the larger challenge to human life of an entire planetary system about the undergo major changes, regardless of what ocean or coast or crustal structures you may live nearest. It is global, solar and even greater in scope.

I would also to remind everyone here about the effects of chaotic fears and becoming drawn in to all the major events involving humans and this planet.

-Alex

**Start:**

**John:** You know there is just a great deal of concern of what’s going to happen in the future; what are we looking at this disaster, that disaster, or multiple disasters. What we should do to prepare, this kind of thing. Now, Alex has a good handle on a lot of this kind of thing. First I want to talk about some of the visions – the visuals – that I’ve been getting about the work that I do on the inner levels. Then I’m going to talk about some of the conversations – just a few, very few of the conversations I’ve had – and then I’ll talk about some future viewing that I’m looking at, some stress points I’m looking at.

Now of the three, I believe it’s incredibly hard to see the future with any real accuracy as it changes day to day, or second to second as is the way it’s actually going.

Alright, first I’ve been incredibly busy for the, most of the time on the inner planes, but I’ve been doing some particular work over the last few weeks, and the notable thing that I found is for a while, for a few weeks, myself and another ‘being’ were going from place to place with the idea that we were looking for habitable places for human beings to transfer to. Some of the places were really beautiful. I was in Savannah-like areas, mountainous areas, some places that you wouldn’t want to take a tank into, but just different areas trying to find the most suitable areas for humans and other species to exist within. I was not the only one of course. It’s just I remember what I was doing during this time. These were very vivid, very strong visions. This kept up for awhile.

Recently it’s changed, and I’m no longer going out and looking for places for peoples to inhabit. What I’m seeing myself is going to various construction sites, and I keep seeing myself working with the ‘primary builder,’ the one that’s the architect, or persons charged of “building the building”, and we keep going over the plans and looking at the structures to make sure that they’re habitable; that they fit the needs of the beings that are going to come into these places.

Now a few comments about just those two items right there. One is I generally don’t see things like this, except in a few months in advance – usually three to maximum a year on this kind of thing. It doesn’t mean that’s what I’m seeing, but if the fact that I was looking at buildings right now, and this felt very ‘now-ish.’ But the fact that I was looking at buildings right at this ‘present’ in partial completion, that indicates that they’re getting ready to start transferring people to these various structures, these various places, these locations. I have no idea about time on this. I just know that they’re very busy getting these ready. I also have no real idea about ‘place.’

Friends suggested Inner Earth – you know the “hollow Earth” theory. I have no idea about that. I don’t see hollow Earth myself, but they thought it was a possibility; could be other planets, could be other planes of existence, other

energetic levels - that, I had no real firm indicator of. In the body I was in, they felt very solid to me, and ‘the push’ was to get this done as quickly as possible, because they were going to be needed soon. And that was something that was emphasized in a couple of conversations that I had. Who knows?

As to the conversations I’ll just mention that I talked to a ‘being’ that came in from WAY outside of this system, from Creator Itself. He’s the head of a council that I work with. I’ve had several conversations with him trying to, well, getting orders, running about here and there, but also just trying to find out something about what’s going to happen next, what are we expecting. And the conversation I’ve had a couple of times is along the lines of “okay, where are we going, and how are the beings going to get there?”

As to when, he said it’s already started. It’s just started on a small scale compared to what it will be. Unfortunately he is not going to tell me how we’re going to get there. He did say some would go through natural causes or natural disasters; the kind of events such as is happening in Japan. But the majority would go by “other means”. And that’s all he would say.

It could be that we would just simply walk out of our bodies and walk to a different place. I don’t exactly see massive amounts of dead bodies laying around everywhere. I do see massive ‘disappearances’ over and over again. The Earth is at best suitable for 25% of the population that it has at this time. That’s the maximum population that it should have. We will have a population that will stay on the Earth. He has been very emphatic about that, but 10% is probably a large percentage of the population that we have now. And I honestly, for myself, don’t think that it’s going to take to 2012 for this to start happening on a major, major scale.

Well, that’s that future part.

Here is a present-and-working-towards-a-future part. I wasn’t allowed to speak of this for a long time. Myself and others were working with a quite a variety of ‘beings,’ and what we would do is we would anchor the being into ‘this’ time and space so that they could find themselves back here very easily. What we were doing was sending them back to change events in the past.

The first ones going back of course were to change to events way back, and then this was to progress forward and change different events, and that’s an ongoing process right now, because as one set of events changes it changes the whole timeline of history. And then you send out another group, and then they change another whole new timeline of history, and then you send out another group. Again, we anchored them very well, because they would need to find themselves back because their present would be changed and they would not necessarily be able to remember where they came from.

My initial belief was that, as Alex and I had talked about this, it was something that had been suggested a long time ago when we were talking about all the

changes needed, coming up with different ways of helping the Earth, or solving the problems that we were all having. Many of these plans didn't get very far.

Well, this one came back around from Creator itself. And these plans are coming from Creator itself. All of that is happening, getting ready to happen. This is not something that we are doing to make happen here on this physical Earth. There is nothing that we can do ourselves to save civilization or save life or anything else. What we are involved in at this time is working on our own selves, our own development, our own “reconditioned self”. Because we are shifting, we are changing very dramatically, even if we don't see it.

I've worked with a number of individuals doing sessions. At one time one of the things I used to do a lot of was removing negative thought forms, entities, and that kind of thing. What I was doing in the last few weeks, has been a lot of 'housekeeping.' It's like I'm going in with a broom and sweeping up all of this debris that has just shaken loose; things that affected them millions of years ago. It's just that there's no place for them anymore, and they just leave. It's not a struggle. It's not a fight. You don't have to do any major hocus pocus to try to make it happen. It's just ready, and I equate that with the changes that are happening in the far past from these 'beings' that are going back and changing our past.

There will come a time when we really don't have the “dark” within us or the real negative energies, negative emotions. There will come a time when that's not affecting us, when we're actually working closer to and closer with the “Real Plan”, the “True Plan” of creation and of creation structure.

What that's going to look like, I don't know, but it will be interesting.

It doesn't mean that the Earth is not going to go through major changes. This is somewhat of a future viewing, or an event viewing that I've been doing just trying to get a handle on what I see, feel, think is going to be happening over the relative term. Unfortunately this relative term may be even actually hundreds of years in the making or the processing, but they're happening now in many ways.

The first thing I'm looking at is that the Earth itself. The Earth itself is going through a growth process. It is getting ready to grow quite a bit in size. I have been told that this growth will include more land mass than is currently on the Earth at this time. That there will still be the same amount of water, but when the physical and energetic changes are through, there will be more land mass available for use by whatever beings are inhabiting the Earth.

When I look at the earth, I'm looking at particular areas that are more unstable than others. I look at the, what they call the Ring of Fire, the Pacific Rim, both north and south. There are several plates in there, and one of them at least, one of the bigger ones, it looks to me like it is wobbling; just shifting and moving up and down and sideways, as well as getting ready to expand. And there is a bulge that I

can see happening more southern part of the hemisphere than northern, that is pushing up and will be, over the years, it could happen tomorrow, I don't know. But I believe it will take time for it to shift, and it will just keep pushing up and up and will eventually form a new continent. It will be somewhat in the northern hemisphere, but more in the southern than in the northern from what I'm seeing here.

I look at other areas that people have asked about. The New Madrid area is one a lot of people ask about. Overall, there is something pushing up, the image I keep getting is like the top of a mountain, the pointed top of a mountain, if you have a mountain ridge is pushing up right on the seam of what would be that fault line, as well as actually a much larger area. And will actually be pushing the United States wider apart. It probably will have some water coming in at times, in and out as this goes through the process, but the overall effect will be a widening of that area that is the United States.

I see that South America probably will break with North America and will move further south, or will at least tilt because of the new land mass that will be coming in. So we probably will not have a land connection with North and South America after this is finished.

The mid-Atlantic ridge, although they talk about it not being a big spreading ridge like the, that ridge that spreads in the Pacific, it is moving as well.

Africa is getting ready to grow. The southern part of Africa is getting ready to widen out a little more. Probably there will be a separation between Africa and the northern continents. I've not seen a lot of the European per se, but I'm getting an indicator that land is growing there as well.

There will be fewer people; yeah. That's my comments, so I'll leave it to you Alex.

**Alex:** Thank you John. Please chime in any time you want. This is like sort of an on and off conversation just with us for the time being. I don't know where to start, because all of the, everything is floating around at the same time. So just “tune in” and you'll get it.

First of all, I want to say that this February-March 2011 *Update* that went out to everyone pretty much covers all the major stuff. What is not included in it is really not of a lot of concern or consequence as far as the bigger picture. If there are some urgent, very important things, we will send out some kind of an update if it very, very important, but it's more important for people to be attendant to their own process right now.

I'm going to just first touch on a few of the major dynamics and what they are about in the world today.

We are using words for talking since we are part of a human embodiment on this planet. This is important and it cannot be ignored, or fancifully dismissed as if it's all fantasy and illusion. At some levels you can, but not until you really get to the next levels.

One of the things is that – unconsciously as well as what is obvious in everyone's field of awareness through the news media and such – is the enormous growth of fear and insanity. And I mean insanity in every respect imaginable. The fears are astonishing. Of course it is all quite understandable. There's no reason if you're worried or fearful, not to address it. It's important. You can't ignore it as if it's not there.

From the various predictions or prophecies about Earth changes and everything, the recent events in Japan triggers these worries. And that's underlying some of it. And of course people are worried about radiation, but that is at a level of ordinary human rationality more than anything and so is more readily addressed.

But these things all become cross-linked. And the social meme controllers are very, very busy at work manipulating people. This affects everyone, not just those who are the “fools” or the “Chicken Littles” who predictably run around spreading further fear as they tell everyone “oh my God, the sky is falling”. They don't bother to look up at the sky, and so they go and tell all their neighbors that the sky's falling. Obviously it is not, but they cannot see that the sky is not falling.

So it is very important for one to keep one's wits about them while the craziness grows. I monitor a lot of things. I get too many emails about all manner of crazy things to look at from people who too often cannot discern for themselves.

And on the other side of it, there's another type of insanity and fear that expresses “it is all going to be fine”. They tell us there's going to be some great ‘social awakening.’ It is all going to be wonderful. But nobody stops to think for a moment that it is not possible from the human level of consciousness and capacity to alter things sufficiently.

So the only conclusion that can come out of that kind of thinking is that everyone will be living in some kind of a mixture of movie plots from *Waterworld*, *Mad Max*, and *Soylent Green*. If you haven't seen those stories, they represent various extremes that have been implanted in the mass consciousness over decades.

Then there is the whole “alien/ET” business that falls into either hope or fear. It too is mostly insanity and irrationality because there are so many people who have been programmed by religions or ancient belief systems from various kinds of alien entities of the return of some “savior” or “messiah” or whatever else fits. It doesn't matter whether it's a religious belief system or some alleged “lord commander gazooga” claiming to have a big space ship.

Whatever it is, all these things involve reacting to these things rather than simply noting it without any urge to react. “Whatever...” Sometimes such unpoetic expressions has some value!

Unfortunately, too many people are programmed that they have to respond either emotionally, intellectually, what have you. And so they wonder, maybe, oh my God, maybe it’s really truly true. Then they spend hours on the Internet...

So this whole problem of saviors, and fears and hopes and everything, has one major effect, and that is that it takes everybody out of their own spiritual evolutionary development and puts them into some kind of other state that has nothing whatsoever to do with them and their genuine awakening as a spiritual being. Consequently, they miss it, or at least during those moments where their energy is misplaced.

And the other side are the feeding frenzies that take place by all manners of entities, including some that are human, that like to feed off the excitement and hopes and fears and all of those kinds of things that get people emoting in ways that are not useful to their own true spiritual awakening.

I’m not going to delve into this much more. I wanted to touch on it because it is a huge thing right now that interferes with the development of a coherent spiritual energy in each and every one of us when we react and send all of our energy and attention to reacting and interacting with these kinds of things.

There is absolutely no need for this. As I like to say, “Of course, look both ways. Look up and down before crossing streets.” So at least you’re aware of what’s going on and what could be coming, but that it doesn’t mean you have to be fearful and stand there. Just wait for the bus to go by, then walk.

I wanted to also touch on some of the things that John brought up before they disappear to me.

It is very difficult, impossible to really predict the future. However...

...What is going on now is that there is sort of a runway, or a roadway, a path, and there is enough of it that can be seen along that path that represents the highly probable direction or vector that we are all on. And it’s possible for those who are in the front lines to notice various exit ramps or bifurcations that are perhaps “color coded” to their “tickets”. And if they’ll look in their pockets, they’ll see, they’ve got the “yellow ticket”, or the red, etc. And there is somebody else reminding them to look in their pockets to begin with.

So there is a little bit that can be known, and I think that’s why there are a number of people in the past few weeks who I’ve been in contact with over years have been seeing similar things. And they’re almost identical. It’s not coming from some psychotronic or other mind control source. It’s coming from seeing

what’s ahead of us on the runway. So I use that as a little analogy to understand how there is a narrow range of temporal events that can be perceived.

To very many people, the traverse from “here” to “there” (the next levels up) seems like an enormous chasm, like approaching the Grand Canyon or some huge canyon on Mars, and so it looks insurmountable. But the closer that you get, you find that there’s not only rope bridges, but there’s now a whole paving crew at work, to use a construction metaphor. So by the time you get there, it won’t be like a ‘white knuckle’ experience on a rope bridge – it will be to just keep going. ...And don’t look down if you’re on the edge of the thing I guess.

It’s very important to be aware that so much is being prepared to help so many individuals – so many human entities – to make the transition in just about every way imaginable and unimaginable. It is also yet another important reason to pay attention to one’s own process, and not presume how it should be for another.

Nor can we fix something for another. We can help from time to time when we are asked for help and support, but it ultimately becomes a very unique and intimate conversation that takes place between your personal human self and the higher levels of your self and beyond. This is how such decisions are usually made: What to do? What are the options? It’s very much like that.

These changes are coming. I have received got letters from people who have reported extraordinary things going on, and they know very well it is these things that we labeled ‘the correction energies.’ There’s no mistaking this to these people.

So, it is imminent. It’s soon in our ‘near future.’

I do want to say that the scene beyond the event horizon is very difficult to know. One of the reasons is that it’s like a road that is being created as we move along. Like those automated road making machines or train track laying machines. When you look in front of it, you only see the general direction you are headed, but there’s nothing there yet, or it’s as if there’s nothing there. And so, it’s really hard to tell exactly what takes place at that point, and I’m calling it that kind of ‘event threshold’ or ‘event horizon.’ And this boundary space is also, in a very enigmatic way, connected with the “correction energies” and is also like an enormous cosmic energy wave that we are moving toward while it is also moving toward us.

The main portion of it has not yet arrived as we consider it in time and space, yet we are being prepared for it in every way possible.

As to the various places/spaces John was describing for humans to go from this level of existence, I thought that’s very interesting, because I have visited various kinds of ‘constructions.’ Others have experienced this, as well as the many types of transition zones.

We are talking about a couple things going on. One is an enormous and growing we can call ‘transition zones.’ These are energetic vibrational spaces for masses of formerly individuated humans to go to when they are in transition. It seems probably that a huge portion will have died from their bodies, but they’ll still be individuated consciousnesses. Many will be wondering what just happened? What was this all about?

So there are many forms of teaching, healing, available. (I would like to fancy there is something like coffee shops and lemonade stands!) There’s information, help, and healing available in these transition zones. It’s not like they’re lost or dissipated into eternity.

Humans who see people dying in enormous catastrophes, or even in lesser scale accidents, do not realize that there is continuity of consciousness for most. They do not realize that those humans who are no longer embodied are in many respects quite free of their previous situation and having a different experience at another level of existence – perhaps reflecting, learning, what have you. Choosing new classes to go to and contemplating how else they can be. So this part about the construction sites, I found very interesting when John first shared it with me because they may well be, to some extent, literal in the form of some other vibrational space or located somewhere else in this vibrational space that we might be in now.

**Alex:** So, if what you are familiar and comfortable with the tropics then you may find yourself in a tropical-like new space. And if you’re more familiar and comfortable with more of a town-like experience with other people, then you find yourself in similarly styled transition space.

These variations of living environments are done to help accommodate the transition to minimize energetic and psychic trauma so to speak.

Part of this has a lot to do with the importance of the human self in the larger scheme of things. I’ll get into this a bit later. It is also important since this becomes a central point of reference for many of us.

Some people may be going into another dimension, or some maybe leaving their bodies, some may have something that appears to be like a spaceship experience. There could be many, many different possibilities, I will just leave it at that. You’ll know when you know, and there’s no reason to accept candy from strangers. And I’m quite serious.

There are many, many different approaches to this, which is why another reason it’s important not be presumptuous, or just because somebody has said, oh well, there’s such and such, you know, it’s going to rescue us or what have you in the fifth dimension. If you don’t know for yourself, then why should you take on something from some else. If you don’t know yet, then just be patient and pay

attention. There’s no reason to follow what someone else thinks they think might the case. This is one of the reasons why I tend to be somewhat vague about these things, because I am quite aware of the wide range of options that is being prepared, and it would be very inappropriate for me to presume what it would be for any individual or groups of people. I have enough trouble dealing with my own situation at times!

John mentioned disappearances and people walking out. Indeed this is something that we’ve been seeing for a while. It may well happen in terms of literally people disappearing to the ordinary perception of others. How this takes place, does not matter. It will not be from any one single source causing this. There may be something akin to a portal. It could be an internal vibrational mode. Yes, it is possibly to even be transported to some kind of an energetic vehicle, whatever you want to call it. There are many possibilities of this.

Consider the fact that roughly 80% of the human population on this planet is concentrated in coastal regions. And of that 80%, there is a large portion at a low elevation range. And when enough of a planetary disturbance takes place, the bodies go in the ocean. This is possibly one of the reasons we are not seeing a large problem with dead bodies everywhere. The transition is very immediate for everyone involved.

Concerning what John described about the changes in time and space, it is something we have been watching for on and off for some time. To me, this is the sort of thing that can be only systematically undertaken in terms of altering what we would call ‘the past,’ if it is part of a coherent and functional plan. With the changes that have taken place last year, since the middle of last year, things are pretty much on track, and so it is no longer a matter of changing agendas and trying this and trying that. It’s no longer in the realm of attempting and analyzing. From my perspectives, everything is a “done deal”. It is more a matter of attending to the process at this point.

Often I tend to look from the future to present, so it’s as if I have already been there and so part of the time I’m more focused on making sure that what we think has taken place, what we expected will have happened, is done as well as possible during the process, if that makes any sense. So in some respect, while I do not know or recall all the details, I find myself looking backwards through time occasionally. Sometimes it seems like there are various ones helping everyone navigate this runway that is under construction. Careful, step there, step here, careful where you’re walking and look out for potholes and those things. Keep on going ahead. You are doing fine. Careful not to get distracted. And that is a lot of what’s going on.

When we take a look from the corrected, or correction perspectives of the remaking of this creation structure, which is really where this is headed, when all is said and done, it will be for most as if the Dark Forces, the whole “problem”, never existed.

I do not want to speculate too much, but I know that there will be those that will hold the learning and the memories so to speak, so that it's part of the “inoculation” of this creation, so that it never does happen again. But for the vast amount of beings involved, it will be as if it never happened.

And what I find quite extraordinary is that this process is now touching down now in our human 3D realm – and people are reporting all kinds of strange little quirks and problems, whether it be technology, or misplaced items, or misplaced time – it's very curious. I nearly misplaced myself, literally, (laughing) and luckily it was a weekend and nobody was around.

So anyway, these are the sort of things that are going around right now. And I bring these up just because they are examples, and from what I and others know of these strange things happening, it provides a little bit of a strange tangibility to these changes.

The big question is where are you in the process. John and I wrote about this and drew some squiggly drawings a few years ago in discussing a transformation process and the “event horizon”. But at the time there were different methods that were being attempted to achieve this.

One of the big problems that has come up and been examined is that of the “dark contamination”. It has much to do with why there will be the removing of the bulk of human population for the time being from their normal, ordinary existence. The contamination extends beyond ideas or memes and has infected all levels of the body of matter here, including the planetary consciousness.

For some people who go to their next stage, maybe the moment before they will thinking with total surprise or panic, what on earth is happening? Once through that initial transition, suddenly all will be different, better. For some they may reflect how it was that they ever thought that their old “life” was what reality really was about?

From the perspective of the human self that's dealing with the stresses and strains of ordinary life, wherever you are on the planet, it is very stressful for most people. If you are not in the thick of it all, anticipation can make it seem as if you are. It is a huge source of stress, worries, fears and everything.

So these are some of the things that we're noticing here.

As to the expanding earth, it was about two years ago that we brought this to the attention of NES Forum readers, sharing what Neal Adams presented on this topic. (Note: This was also considered the largest contributing factor the inundation of coastal regions from seemingly never ending incoming tides from the submarine lands displacing ocean water.) We've been seeing this from the future viewing perspective of changes in the planet.

I don't know whether it leads to a full-blown crustal slip-shift or not. While I think it is likely this will happen, frankly I don't think it matters.

And so it is with many of these concerns and speculation over earthchanges, expanding warfare, etc. Will the crust slip and shift? Yes, there's a good chance it will. Will there be inundations of ocean seawater? Yes, probably will. Will the Sun give off massive energy streams? Yes, probably it will. All of these things that we have all been exposed to, to some extent or another, will probably be occurring in the 3D physical level. For many it will be a matter of what areas of the planet is most affected by (fill in the blank) and to what degree of severity. On the other side of the planet, it may be a little something else.

This gives me an opportunity to say that eventually one can get to the point where it doesn't matter as one realizes what is going on and what is most probable in terms of the near future.

The question then becomes what is most important in one's human life? What is most important to one as a spiritual being that is beginning to awaken to what it really is?

Now we have a new wrinkle in this, and that is something that has not always been the case. Now, in this period, most humans have a more complex “self”. It's not just the tribal or animalistic self. Certainly the human self is laden with a lot of programmed, implanted falsehoods and all kinds of stupid notions, but the point is that despite the social environment and the control systems it has a greater complexity to it. This is something new – there is the potential for some to form a seed or a kernel for a new kind of spiritual being, potentially an important element within the larger soul being that it's been associated with – perhaps even ‘the essential’ element to such a being. I don't know. It's going to be unique in every case.

This was not anticipated, and so it is another reason why there is such a great emphasis at the higher levels upon attending to as many “individuated individuations” of larger beings that right now think of themselves purely as a human being in its social, physical environment. If it was only a matter of the larger soul beings, they would have been yanked out a long time ago. And the physical population of humans and whatever else on the planet left to some other purpose. So it is very, very significant when I compare the present “now” to what we call “really ancient” – hundreds of thousands of years, millions of years, etc. In terms of the base populations, larger beings would come and go from their hosts beings – not always willing ones, but it wasn't necessarily a bad thing. Some were just watching and monitoring, sometimes symbiotically doing good stuff – and some of were parasitizing off of the human experiences because it gave them something of an energy thrill.

At any rate, we have a whole different situation now.

That’s one of the reasons why so much attention, so much care, has been taken in extricating us from 3D, and why it has taken so terribly long to get to this point of how to effect proper changes here in this realm.

I’m sure there will be questions about that. We can talk more about that later.

Another point about this that has to do with one of many reasons why the human/Earth and equivalent environments in the cosmos in Creation were so compelling, so attractive to so many larger beings, soul beings, etc., was because it afforded a reasonably safe but intimate experience of what density was like. Imagine you are a “big being” floating around that has these different dimensional vibrational aspects to you and everything else. You know you are an eternal being, and it is all so very interesting. But if you are trying to complete your own process as a “Grand Being” of many levels, you’ve got to wonder, what does go on “down there” (in the lower density levels)? And until you have “been there, done that” and understand it, you are incomplete. One can go on being a wonderful grand eternal being having all kinds of interesting samples of the cosmic buffet, but you cannot go anywhere with that until you understand enough of the full spectrum of what manifest creation is all about.

So this is an important attraction of 3D. There is the prospect of developing various aspects of yourself as a larger being, taking a micro-holographic portion of yourself as a larger soul being which in most cases also carries with it a micro-holographic fragment of the larger creation energies of true creation. This is an extraordinary experience by itself.

Somewhere along the way, it turns out that something about the human self started to develop a much greater sophistication and complexity, and it too, in a way, has a similar kind of potential. While that has been recognized for a long time, the problem was what to do with this because it was increasingly trapped in a control system that in turn was under the control of higher level dark forces.

It was one of various reasons that 3d reality was not “pulled” or totally dissolved earlier. It would have meant the loss of so much learning and potential for creation could never have really been retrieved. Over time the population grew from mere hundreds of millions of developing beings to billions now.

So this was a very, very profound problem situation, and that was why every effort has been made for so very long and at such enormous risk. Many beings came here, in some form or another, at great risk to their own development and own existence, to understand what was going on here and to learn what the problems were from the dark control. It has taken up until very recently to arrive at this level of understanding and prepare the resolution of these problems.

It’s probably why I find myself humming away to myself a lot more these days because I know it’s done. We just have to attend to details of the process and

make sure that people don't trip on the way out the door to wherever they're going.

I would say now that at this point it is very important to understand a couple of things that are essential to ones own process.

*Number 1:* That the nature of true creation and the nature of true reality was never meant to be like this. It was never intended or required that there be a dynamic of conflictual, antagonistic polarity that we have here. It was never a necessary ingredient of the processes of true creation. This distorted dynamic has caused levels of suffering that is totally unimaginable from the human perspective, and it has been so terrible a thing. It is important to recognize this. The distorted creation of the dark caused many to presume that without conflict and difference, there can be no progress or evolution. This is a human belief system that was encoded and implanted by the dark for so long. It is not necessary.

Outside of this fallen realm that so abuses and distorts the true Light, it is possible to have differences, but these differences are self-regulating for the most part through the higher Oneness that permeates The All of Creation.

It becomes a self-regulating dynamic, so that you can still experience and create all kinds of things, but there is not that conflictual antagonism we have here, and there is not some parasitic entity working against true Creation to set up its own fallen creation system in direct opposition.

If you do not understand this, it becomes too easy for the human self, coupled with distorted human belief systems, to fall prey to all kinds of things that misinform that this is “how things should be” or that the only way to progress is through violent revolutions, or that if enough people die from wars or planetary catastrophes, maybe people will be better in some way. Please, STOP.

These are all false belief systems. If you cannot understand this, at the very least then, try this out “as if” ...as if it is really true that such terrible distorted ways of being are NOT the ways of true Creation.

Otherwise we can spend many, many, many human lifetimes rejecting everything that's wrong, and never arriving at anything that's true or right.

Think about it. That's what most people do – not this, not that, but then 'what'?! And now we're at a point where 'the what,' I call it the high attractor, is available to just about everybody who is ready to take the time to pause and turn away from whatever it is of this false existence that is engaging or distracting them.

*Number 2:* The other thing that is very important to understand is at least a little bit about the self – the human self. I think this is of value, and the reason I think it's of value, and the reason It is so important because it helps to increase the

portion of human self that can maintain its individuated integrity as a portion of a larger spiritual consciousness. Just like the soul being is a larger collective entity in many ways, but it is also an individuation of a greater creation consciousness. As above, so below, etc.

So the larger soul being extends a small portion of itself as an interface, sometimes as an active participant, sometimes more a passive observer with a potential human Self.

The human self is growing some, developing now, to a point to where some are like a newer, smaller version of this process of individuation, like a micro-hologram of a more complete picture.

This is also why I have problems with many psychological and spiritual teachings that, for whatever reasons – good, bad, indifferent – wind up setting one portion of the human self in conflict with another portion of the human self and keeps reinforcing this through trauma and falsehoods and everything.

So to keep it simple, I would say that there is essentially the ‘little Self’ the human personal personality self that has an identity of “John” “Alex”, etc. So, nice to meet you, how are you doing?”

There’s a lower subconscious level of self which has a closer coincident relationship with the physical existence and is much more involved with the physical world and with the body.

And then there’s the higher developing portion of the human self that is connected to higher levels of being. This level of self is directly interfaced with the rest of the human self and something of the higher soul self. So you can have dreams and visions and see things and know things that your logical, rational human mind did not know. You did not learn it from a book, no one told it to you, but you know it to be true. This includes many kinds of non-ordinary experiences and non-ordinary levels of knowing.

So the question then becomes of the question of the unfinished business and personal completion, because one facet of the lower conscious or subconscious self, is that it is a very faithful engineer. It has its own identity, but it is also obliged by its own nature to help keep you going, even when you’re tired, exhausted, or there is a crisis. And it can keep everything moving along, partly out of habit and in many respects because its very nature. And that is what often gets set at odds with the human ego personality self.

It knows in its own ways of your inner desires and urges, it hears your thoughts, and will oblige you, even when your middle self that may be only slightly aware of its own internal dynamics, the lower self will keep on keeping on... Usually only faltering due to disease of trauma and ceasing only upon your death from your body.

Then the day comes when the central human self says, “You know, it’s been great. Isn’t this interesting – the good, the bad, the whatever. But you know, I do not need to do this anymore.”

Now, there is a big difference between speaking to one’s lower self out of despair or hopelessness, and speaking to it from the point of spiritual Realization. Of course for the bulk of humans, it tends to be despair or exhaustion.

When the human self realizes clarity and some measure of free will, the human self can then communicate this directly and instantly to its lower levels of self. It has learned what it needs to learn and does not need to go on batting its head against a wall, because it finally “got the picture”! See? “I got it!” And the lower self responds with, “wow, what have you got?” And some internal exchange takes place. Suddenly the lower self finds it has the potential to be part of a much greater adventure than simply being in charge of keeping you, “keeping on”.

I see this as part of the package for those humans who are developing this, however they may be aware of it, as an enormous possibility that has not been much spoken of much by any spiritual traditions that I know of. One of the reasons for this is that it is a relatively new development.

I bring this all up here because I think these are two very important things. Understanding the fundamental paradigm difference between a fallen realm without even having to worry about all the details, then brings in a high compassion about how so many people are doing such horrible things to one another, whether they’re doing it unconsciously or deliberately. For most, they really cannot help themselves, you know. So we do not need to be a part of all that.

*Number 3:* This now brings me to a third point concerning those two important elements of the nature of the self and who you are as a nascent awakening spiritual entity that is also connected to a larger higher soul being entity that is connected in turn to the higher levels of creation that gave it its existence to begin with. This applies to the vast majority who consider themselves to be humans on the planet now.

One of the things that the human self can be doing as part of the larger transformation process which is going on at the higher levels as we speak, is to call – and I have written this out for everyone – is to call to yourself whatever is of your True Light, and to call yourself to your True Light. So it’s a mutual attractor. At the human ‘as below’ level, you’re developing your own higher attractor, and this in turn has a mutual attraction with the higher levels of your greater being that is operating its own processes as the soul beings are also being cleared.

Also at the same time all of this is going on, you request that the “correction energies”, the high creation energies, whatever you like, to help filter and to aid your process, through the space between the atoms of your body, which represent your sub-atomic or quantum levels of existence and also to bring this in through your higher level of beings so there is a continuous circulating flow. You also request the process to remove now any traces of dark contaminations.

This process can be very revealing. The more you do it, the more you understand, and the freer you feel, and you can discover a whole different existence for yourself as a being.

You start seeing everything very differently.

With that I think I will take a pause. John, do you have anything you want to add now before I open up the microphone?

**John:** Not at this time. No.

**(Open for comments/questions)**

**Caller:** Hi, this is Judy from Columbus, OH.

**Judy:** Just one thing I would like to request could you give some examples of what people have experienced as these collection energies. I would like to know what that experience is someone having. Do you understand the question?

**Alex:** John, do you want to say anything? You have more of a practice with individuals than I do so...

**John:** Ha ha, one of the good indicators is; are you going crazy? If so, probably, yes. Are you losing track of time? Probably, then yes. Are you losing track of time from nanosecond to nanosecond? I am having people reporting having difficulty with that. Alex and I were talking about both of us having that difficulty. Are you having situations in which everything just goes all to crap and back and then suddenly you start feeling better a day or so later. Hmm....All of these things are indicators because things just get really, really difficult, really bad and then they start passing away and they are not so bad and may be you might not even remember why you are having difficult with it.

Also a number of people may not even understand why they are having difficulties. Several of my sessions again have been with people I have to clean up the debris because they were calling me up in a panic because those things they were experiencing, energies and feelings, they just could not comprehend, they could not understand, they could not work with. And when we swept the debris

out within a day they started feeling well or better. And I think a lot of this is we are having a lot of debris come up. It could be memories from this life here. Hmm... It does not mean that is what has been swept out, it just means that the energy has been swept out and the key is to the energy of something that happened here. Hmm... the list goes on and on, but that is what I can think of right of the top of my head.

**Alex:** At a simple level, speech is also becoming incomprehensible at times. Someone you have talked to before may be talking with you and it sounds like garbled babble to one or you... Or you cannot even put two words together that make sense. That occurs. These are the sorts of small things.

As to memories, it is best to be very careful how you deal with them. Are they true memories or distortions or implanted ones? Perhaps it is best not to dwell on some of them.

Detachment is also very important. Simply observe. “What is that?” “Do I need to really do anything?” “Do I react or act?” Detachment often has the quality of “Oh, that was interesting...” Perhaps you say “goodbye” to certain notions.

At more unusual levels what I have been seeing with people and hearing from them both is that they are seeing shadows, seeing shadow entities, perhaps other beings in another vibrational state. Perhaps they are humans, perhaps something else. Or they could be just energy patterns. They are seeing them either front-on or in their peripheral vision. Sometimes things can become pixilated looking. “Reality” is becoming more surreal for some people.

Then there are physical symptoms that run the gamut of aches, pains, and disorientation. Many people who are “Earth sensitives” are having a crazy time of it because they are unusually sensitive and cannot sort out all the sensations. Is it the planet? Is it them? “Is it Memorex?” Who knows?

Higher dimensions are opening up more and to more people. And that becomes unique experience to each person.

Did you know you can see with your eyes closed? Without getting into details, it is an interesting little practice. Are you seeing the room you are in? Do you see deep space? A point of light? Your own core energy? Or what?

And so these are a few simple things people can be doing just to develop a more expanded range of awareness. Develop enough of a mental focus such as the one with eyes closed. There is nothing to do. It is matter of paying attention. It is so simple. You do not need anything, there is no course to pay for, no tapes to buy, nothing. What could be better, right? Just do not drive the car while you are doing it. Ha ha ha... Develop an expanded awareness without drifting away not knowing where you are, for too long. It is fun to do that, you know.

And, so there are a lot things like that people can be doing. Just pay attention to what it is. Because the better you can pay attention, it means the better you are able to collect more of yourself potentially and as may be necessary.

So these are helpful also because then you notice where there might be an inappropriate attempt here and there involving subtle energy, perhaps an attempt to mug you psychically. Often you just tell it/them to go away and then there is no issue.

Overall, I cannot be more specific than ask, “What are your highest intentions?” Then pay attention. And attend to these high intentions. These are things that you could do every day while gardening, while driving a car, while cooking, you know, you could be intending and paying attention and internally listening. This is not a matter of an “inner voice” or the “noise in the head”. We are talking about something beyond that. This becomes a way to bring yourself into a new level of existence, otherwise you can spend all your time trying to suppress or deal with mental chatter. So this detachment helps with the blank mind. At times, nothing occupies your attention except what is important to you.

Anyway there is wide range of experiences that people are having. But at the higher levels of knowing they know very well what is happening. All I can say is in those moments when it occurs, welcome it, be aware of it, and more. It is like conditioning a muscle that has not been used, or never used. You cannot do 100lbs tomorrow, but if you just start to work up a little bit, you know, you will build up that capacity.

**Caller:** Hello, this is Adrienne in San Antonio.

**Adrienne:** Hi, how are you? I have a sense that I have lost a chunk of time the other day, but I do not know if it was in a dream or if it was in a waking state. And lately in the past two, three months my dreams have been really vivid. And I am dreaming a lot about the past, and my family and acquaintances. And I started to remember my dreams. And I never did before. And also it is the fatigue part of it, I am very fatigued, you know. And I do not know if these dreams are part of it or not.

I am dreaming a lot of the past. And hooking up with people I have not seen in long time ago in my dreams. And I do not know if this is part of this process. And I am also wondering if being very fatigued is another part of this. And I feel I lost a chunk of time the other day. But I do not remember if it was in my waking state or if it was in a dream state. Is that crazy?

**Alex:** Yes, it is crazy (smiling). Sometimes, whatever it is, you may not want to retrieve the information, even if you could. A lot of people are having these experiences. I wish to be very careful in what I say about this now, so that people to jump on the wrong ideas. It may mean that it is part of the larger process. And one of the things that you may be doing now while still embodied is processing

this stuff so you have the maximum energetic integrity to your human self. When you make whatever the transition is going to be from your ordinary existence that you know as Adrienne in Texas, then you have the maximum amount consciousness, of energetic consciousness, that is part of you. It is like you are bringing as much as you can of that which is all of the “good stuff”, all the true Light stuff. So you are processing this. This is happening spontaneously to so many people now. “Stuff” is arising in their attention. They did not think about it. Maybe someone else thought about it and they picked up on it. Or it maybe that part of their field of awareness is beginning to knock on their door, saying “hello!”

These things are happening for many because resolution is sought. Perhaps from your end, perhaps from theirs, it could be mutual.

I wrote a letter to someone for whom I had been meaning to write this for years. It is still not done but I sent it to them and can always add to it later. “Why wait?” It said exactly what I wanted to say, about what is truly important. And it was important for me to do this and stayed up until 2AM writing it. Resolution is being sought about many things on many levels.

In talking to one person recently about some family members who passed on from their human lives. As individuals they really did not care for them as persons. It was typical of many family situations where there were many unfortunate qualities expressed. Now that they are no longer around, they offer the projection of their familiar appearance, but now they can express more of their essence. Something they could not express when in ordinary human form. Now when they encounter them on the other side, they will find more of a lightness and joyful quality, even though you may not have liked them much when they were alive.

As to the fatigue thing, there may be moments or extended period when you may feel different qualities of “fatigue”. One of them is a cellular level of fatigue, you know when you are sick, another is from a physical toxin in your body. Cellular level fatigue that occurs from viruses, bacteria, stuff like that and then there is another level of kind of different fatigue with a different kind of tiredness quality to it. It is like part of your core energy is no longer there. It is being replaced, upgraded, and you are waiting for the replacement. You may be missing time is a result of that. And then it comes in and is pretty much pretty smooth and all you know is a slight glitch in time. Or you have a bad pain in your leg or something. OK. So I just thought I would mention that since it is happening with many people these days. (Added note: There is also the tiredness of an energy drain from another human corded into you, or from something other than human doing the same.)

**Adrienne:** OK, thank you.

**Caller:** Shema (?) Couple of questions. The first one is how do you know it is done?

**Alex:** Well, you do not always know. (Cooking metaphor...) You have to get a knife out of the drawer that is clean and sort of carefully poke it on the side to see if it is cooked before you take it out of the oven. And until then it can look like it is done but it may not be.

So I guess I need to ask you the question because this is all an ongoing process of putting everything at whole new stage of evolutionary existence. Are you speaking of the personal internal process or the bigger, bigger one?

**Shema (?):** The bigger one that you have been saying today that we have completed.

**Alex:** Ah. I said it is - *as if* - it is done. I also know it is an ongoing process. There are also major portions to this. Are we successful in removing, deleting, dissolving, etc. the dark and in bringing what is the real Light of creation forward from the dark contaminations that have occurred at all levels of existence, at all levels of physicality, all dimensional levels within this realm. Have we been successful in “taking the mayonnaise apart”?

From one of my perspectives, I have looked back on that and thought “God, we did that!” And that is just one portion of the much bigger process at, whatever you want to call it, the highest creation level. I would not presume to even say at that level how did it turn out, because at that level it is still in process. Here is one of the worst cases. May be it is the worst, one of the worst, toughest situations and it has such huge implications for the origin of creation.

This isn't just any old planet with a bunch of interesting biologic life forms on it some of which have individuated consciousness that goes beyond tribal family consciousness. This was meant to be one of the places to create new creator beings – which is why it is highly contested. This is why it has become one of the prizes for control by the dark and an endless feeding ground for them. And they have been in hope to replicate themselves (which of course is not going to happen) from here.

While from the future perspective it is a done deal, we are now living through the process. But it took a long time to work out the present course without having to delete everything entirely. (Now we must take care in how we navigate it.)

**Shema (?):** Do you think there is one scenario that was tried thinking that the Light could actually clean out the dark from this planetary system. Or was it really known upfront that we would not really succeed in this.

**Alex:** No, I think at first there were many, many genuine (and naïve) efforts. There is so much at stake here. When access to this realm of what we call the human 3D density levels and this whole dark zone that we are floating in, when sufficient access was achieved (and it was only fairly recently from human Earth

time) it was discovered that despite everything, the potential was even more extraordinary than hoped for when the idea for a place to cultivate and develop new creator was conceived of. From when the dark emerged as a cosmic error from a notion of Creation, this area became one of those that were nearly impenetrable from the outside in and from the inside out. The dark has tried every way possible to utilize this “creation garden” for its own ends. Including controlling the soul beings who were attracted and became trapped here.

Despite all the trouble and horrendous things that have taken place here, it is turning out in ways better than expected. And one of the examples I gave that one example of the potential of the awakening human self. That was an unexpected bonus.

There were many, many, many efforts. Yes it was always thought to try everything possible, and then you have number of plan B and plan C’s etc. and some “last resort” measures. But first you really need to know the situation. If you hurt your hand, you do not cut it off, rather you see what can be done to simply improve the situation.

John, do you want to chime in and say a few words?

**John:** This was a grand experiment trying to put a spark of Creator to make very, very small Creator beings. Normally the Creator beings were immensely huge, you know, one way of saying is you can put the Earth inside their belly button and it can get lost in the lint. They were humongous and we were the smallest of the beings on this plane, we were some of the smallest that were ever created, the smallest ever given the true spark of True Creator. So this is just a fabulous place to have an existence within.

Also there have been many, many attempts. There were two major attempts 10,000,000 years ago; 5,000,000 years ago and then over recent history every few hundred thousand years something else would be tried. And then in the very recent history it has been just over the last 10 to 20 years I have seen 50 dozen different plans come up and begin to be tried in a small portion or even larger portion and the beings will realize it is not working. It would not get rid of the dark. And it kept going with that on and on and on until the Creator from the core of everything, that is everything, basically said “Enough. I am making the changes necessary!” and sent a corrective energy and a corrective plan downward and we are in the midst of it.

**Alex:** It has benefited from what has been learned from so many of the prior attempts that partially failed or partially succeeded or what have you. These earlier attempts were not all for naught.

**John:** We are seeing some of the ideas that were floated before. It has taken bits and pieces of it or large chunks of it and has refined it and improved it and is using these. So yes they worked. They were very important.

**Shema (?):** That was really helpful. And the same type of question but more on a micro level with my own individual life...

I guess what I have been doing is in my own little world trying to figure out scenarios and projects that could rid “satan” off the planet. And now so I am in a process of simplifying and cleaning out and finishing up business, I am finding some of that material that I have collected I am resisting letting go, thinking that I have to take some of that memory of information with me in the transition process. And my struggle right now is exploring is that just me trying to hold on to the familiar, or is there information that I need to be holding on to, the learnings and best practices and such in this transition or do I empty and let Creator just give me a whole new program?

**Alex:** I think this just another example of how these correction energies are having an influence. For example, would you have asked such questions, or posed that question to yourself five years ago or whenever? This is very interesting.

One of the things that we know is that the stronger the human belief systems are and the more human individuation organizes itself according to these human belief systems, then the harder it is to grow and evolve while human or upon transition to a new level of existence. The influence of human belief systems persist into the transition to ones next level beyond human embodiment. (Another reason to address such matters as belief systems now.)

Human language is laden with connotations from engineered control memes. Given the limitations of language, it is important to sort out what is distortion distorted from human belief systems or from dark forces that implant these notions.

What represents real truth, for example, is what you have learned of the essence of things while you have been an individuation of a greater consciousness. It is important to be conscious of what and why you choose to retain. Not all are going to retain their human memories, so I think it is really interesting that you are asking this question of yourself. The more self-questioning and self-referencing one becomes the freer one is from the influence of these distortions and you will have answers when needed.

I knew one person who wanted to talk about their loss of memories and were so focused on loss of memories to consider the major transformational changes. They took a position that they had to remember about all those things, wars and “9-11” --they had this huge list. So I asked them why they wanted to remember all that and I took them through a thought exercise. We picked one or two of them and I showed them that that they imagined they needed to remember was mostly false or implanted to begin with. That threw them for quite a “loop” because they were so wrapped up with human believe systems about what was correct or supposedly true, what was right, what was wrong, what were the facts, what were

not the facts. Eventually I said that when you get beyond all that, that is not what it is all about. They will then know that none of it is important or of value.

So find the essence of your learning. The details of such things are usually subject to distortion, especially if you are not a direct participant. And even then there are distortions to deal with. If it is coming through others it is usually distorted.

“What is the essence of what has been learned?”. My wife says I really need to learn to use a proper potholder for taking hot dishes out of the oven!

Recently I wrote a comment that the very notion of the unity of opposites as the essence of material existence is a falsehood. I thought that was interesting. This must have been stored somewhere in my field from several decades ago. I would not have thought this decades ago since I thought at the time, since such analytical insights provided me with an advantage of understanding the larger patterns. But I had no sense decades ago that it was essentially a falsehood of a distorted existence.

**Shema (?)**: So I am hearing you say that there could be material existence without polarity?

**Alex**: That is a big one.

**John**: (Laughs) Yes.

**John**: But no polarity .....

**Shema (?)**: And polarity meaning dark light.

**John**: Hmm.... Dark, light. If you are looking for dark saying dark is bad there should have never been that at all. It should have never had any existence at all.

There is the concept of polarity such as “negative positive” (electrical charges).

There are also whole systems of existence that do not have that, have not had it, do not need, and do not work with it.

So in that regard “Yes” but dark the dark the one dark we just find dark beings that reduced their connection with the Creator with God whatever you want to call it. Because they have reduced their connection to Creator they had to get energy from somewhere so they start siphoning off everybody else as source of energy. No they do not need to exist. Pain the way we have pain and suffering does not have to exist. We do not learn through pain and growth that's where we do learn but we keep repeating the same things over and over again so apparently we do not learn very well. Hmm... But yes there is the entire existences that are not supposed to have that dark that thing that feed off the light of others that

**causes people to fall, causes people to make really bad choices should have never been.**

**ALEX:** I’ll offer two examples. One that you just spoke of John, to me becomes an internal proof as to the failure of this mode of existence. In other words, it does appear that very little is learned in the process of endless conflictual antagonism, because it keeps getting repeated in one form after another after another, and so you have to wonder.

To the other question, I bring up a simple human one: “war and peace”. When you transcend the world of dark polarities , or are you outside of the space of that what I call conflictual antagonistic polarity that has no connection to the original higher oneness and the spark of true creation, you find there is an enormous disparity between fundamental paradigms.

I’ll give an, one example from a high level perspective concerning war and peace. You sort of wonder, why do so many fall for the dichotomy of “I’m for peace, I’m against war” or “I’m for war, it will give us peace”. It is insane, but that is all people have ever known. Then the person who is advocating peace may get so upset over the fact that they really, genuinely and for good reasons really believe in peace, that they’ll hit you over the head with their anti-war sign! It is so crazy.

At the higher level (higher oneness) perspective, there is not this situation -- it could not exist, it does not compute, there is no space for it, it’s never occurred, why would you do this, it is simply not possible – etc. When I look at this from some of these larger creation consciousness spaces -- I don’t know what to call them -- it is what we humanly would call the qualities of a higher oneness -- That internal connection becomes a self regulating thing - an internal feedback process.

In this higher oneness context, at whatever level of existence your operating at, if you “bump into” another individuation of the greater all, you know, there is a recognition, “hello, what are you doing, you bumped into me, isn’t that interesting, is there a problem”? or... “Oh, that hurt, you stepped on my toe, I’m so sorry, I didn’t know that, by the way, what is a toe?”

A silly example of course, but I am only trying to illustrate that there is a self-regulating feedback, and differences do not become conflictual fights or one of you versus or me, I will consume you just to achieve my original program to become a creator god even if I have to kill everybody in the process. That is the dark force perspective, and some of them actually believe that they’re doing “good” in their own twisted way. And that permeates into the human “as below” realm.

So you see there is a world of difference.

The very notion that we have not learned much from all of this (laughs), tells me it’s a total failure, abysmal failure, as a learning system, so therefore the question should be for

anyone who is thinking, why on earth should they “embrace the dark”, why on earth should I even believe the notion that we have to have conflict dynamics in order to progress. (This is not the same as simple electrical charge differentials. This does not mean that the creation space of higher oneness is all “unipolar”! )

I mean all that’s part of the grand learning process, you know, ten different ways to make a planet, they all work, they may not be mutually compatible.

Does that help any with this?

**SHEMA (?)**: Yes it helps a lot, um, I guess the, I’ll just do one more question then I’ll go off, so others can ask questions and then, if there’s silence I’ll probably come back on later, but, um, the other little struggle that I’m going with is the personal development field, and all the, you know I’ve been reading your stuff about the “new age”, but I haven’t read back far enough in your writings to get exactly what you’re saying about that, but you know the mainstream personal development stuff, of you look at your shadow, and you do all these, clearing processes and stuff, where does that all fit, as far as what’s true, and what’s a cultural conditioning, or cultural control mechanism.

**JOHN**: Uh, before you answer I have to say this, if you see your shadow you will have uh, what, four more weeks or six more weeks of winter?

**ALEX**: That’s for Phil, yes! (laughing). Perfect.

**ALEX**: I don’t want to dwell on this very much now but I’ve written a lot on it. Some of these in the human realm may have originated as a very earnest and honest effort to try to correct something, and fathom it all --others perhaps started out as dark manipulations from day one. It actually no longer matters, because what we’ve been saying today, and what we’ve written recently, and as far as I’m concerned, the entirety of all of that stuff, without exception, is now pointless. Who needs it? If somebody does not know the difference and is still thinking they are going, to a wonderful discussion group, and tomorrow they wake up and they still thinking to make sure that their kids gets into to that “right school” so he goes to that good class so he gets that job, or knows stuff, etc., then they haven’t learned a single thing. Maybe they will in a month, so you see it’s like that. Nobody needs to spend their time or energy on any of this stuff anymore, except for the people who are still feeding off the energy of all the people who give them all the money to go to all the classes that allows them to continue to live their lifestyles modest or otherwise.

The point is it is all energy feeding (parasticism). It is one thing to learn something to fix simple burn injury from not using a potholder in the oven. Otherwise I see no purpose to these various programs. There are rare exceptions of course. But for all practical purposes, these are all part of the dark control system, regardless of the original intentions. Those approaches that begin to show any promise, get locked up with the invisible dark side of things. Regardless of whatever those may believe who are involved in such things, even if they believe they are doing good. So the vast majority of all this is control system stuff,

“attitude healing” and all the new age stuff. , I mean most of these programs are money-making businesses that feed off of pain and suffering that develops under a fallen existence.

**SIMONA:** Thank you so much.

**ALEX:** Ok we’ll get back later, ok you know, save it for later perhaps if we have time.

**SIMONA:** Yes.

**ALEX:** Ok, thanks. John, we have a question here asking for an update on the existence of the dark. What’s the status of its existence with respect to our existence and the ongoing correction actions. (While John fixes his phone link, I will start in on a response.)

There are different levels and layers of being, as it is with larger creation principles, and there’s an enormous influence still, here of the lower levels of whatever you call them, from shadowy ET-like and demonic beings and all kinds of stuff. But the major beings, who had the most direct influence and knowledge of what was going on, in the human world in general, pretty much abandoned ship, either they have been knocked out or they surrendered as they may have wondered “I can’t believe I was doing this...”

**JOHN:** (laughs)

**ALEX:** ...and at the very, very, very, highest origins (of the dark), it is like the momentum of a big train that has an elasticity in it, so the front car is stopped but the back car has not (laughs), so at the very highest levels, it’s been disconnected pretty much. But the dark developed such enormous momentum, because it was a type of deformed, insane creator being, that began replicating its own hierarchic structures and sub-ordinate groups, with its own splinter factions and all kinds of nonsense, you know, in its own version of a dark “as above” / “as below” that has been messing around with all types of stuff. There are different levels, some with a closer knowledge and intimate relationship with this realm of humans on earth, and others that had a much greater connection with levels of existence far beyond this galaxy that know nothing about human relations on earth, even if they know something of Earth, etc.

So with the removal of portions of the dark, there is a it’s like dead warlord’s cousin gets called in and they extend their interests this way. So you know it’s, but it’s not quite over because of the momentum and the extent of it, right down to the very subtle levels, where it got woven in. This is why you do not want to mistake it for your true light. One does not need this, once you know the difference of this existence, you then know you don’t need this, you’ve got the picture, thank you... That’s a short answer.

**JOHN:** Spare me the long one, yes, but, (laughs), no not really... It is, essentially what you just said is true, that the greater beings, the ones that actually were responsible for the fall and the darkness, have basically moved on and surrendered and even in the lower levels of existence the big “baddies” have moved on, and it’s just the little sub-lieutenants and their sub-lieutenants, and the, colonels and the privates and the little guys that are now running around without a big leader and big directions, that are still causing mischief and trouble. And they are trying to replicate what the big guys were doing, but they have, they don’t have the power, the energy, the knowledge to do so, and essentially the war is over, they just haven’t “got the memo” yet.

**ALEX:** Yes, there’s still a lot of stuff floating around still doing it’s thing, and of course you this find in the human realm. One warlord group that used to control many other smaller warlord groups falls, dies, leaves, then the smaller groups fight amongst themselves. And they are so busy fighting amongst themselves they didn’t notice that on the other side of the world, there’s another warlord group that noticed the disturbance in the power distribution, and began their moves. At some point the local warlords notice this threat and some of them decide they didn’t want these newcomers interfering.

There will be continued fighting against each other but now they’ve got another problem so some of them are fighting against the “outsiders”. You know, it never stops until it really stops, so that’s part of the clean up. (Meanwhile those of the preyed upon populations don’t understand what is really going on and argue which side of parasitic evil they should support!) (Note – you can also substitute certain “ET/alien” factions for human factions and with the human TPTB convincing people that they need to unite under them to fight the “aliens”.)

This problems also exist at the very subtle or etheric levels with all manner of dark side implants, dark energy parasites, etc. that have infiltrated physical matter and the human field. I mean it is a nasty business.

**JOHN:** Oh yeah, quite nasty, we’ve still got a good ways to go, but from what we were looking at ten years ago, it’s remarkably clearer.

**ALEX:** Yes. ... JJ, are you still there, did you have any other thoughts on this since that was your question.

**JJ:** Thank you for your response. The one thing that struck was, that things are better, the lower echelons don’t know quite yet that things are getting better, um... but I was more wondering about, in terms of the path that humanity is on, if you want to use that term, in terms of these next few steps, is there going to be much, um, how to put it, obfuscation, or problems. Are they going to be able to create much of um, ripples in the pond, shall we say, in terms of getting humanity through these next few months, shall we say, do they still have enough power, are they still trying to block our uh, ongoing awakening, let’s put it that way, um, it seems like they don’t have, from the top down power to do so, but there’s still all

this sort of middle management that’s in there, you know, there causing the problems and the fear and all that sort of stuff, but uh, corrective energies are taking care of some of that, or, time will take care of all of that, I would assume, but in the interim, from now, to the next several months, it, do they have enough oomph, to be able to mess with the process.

**ALEX:** Very good. Your question brings up so many different levels, so I will first focus on one that seems important. I encourage people to understand the patterns of the “as above, so below”. Once you’ve got the picture of the bigger high level meta-patterns, which we touched on at the start of this call, once you’ve got that in place you can start looking at where the pattern works back and forth. At one level of the dark force, at very high levels, there was an impulse, sort of a meta-program, that directed it to “go forth and multiply”, be fruitful and whatever else.

So it had a distorted creational impulse, and it was increasingly *without the light of original creation*, and of equal importance, it was also *without the original intention of creation*, which is something I think we didn’t really explain well enough in the articles on this from a few years ago. As a result, the “Dark” substituted its own version for it, even though it was using what appears to be creation principles, and it was manifesting stuff.

So let’s look at this as an “as above, so below” pattern, If as above, there was a level of a small number that where high level dark beings. They manipulated different aspects of human existence, sometimes for purposes that were at odds with one another. It wasn’t like they were all on the same page together. One way they were known were what came to be called Asuras. They helped cultivate a hierarchy of interests that allowed them to probe and learn at a more detailed, a more defined, a more dense level of existence. And it is no accident that one these beings actually came to be known the “lord of the nations”.

At a very high level of creation, the idea of human nations, of one nation versus another nation, is utter nonsense. It simply makes no sense whatsoever at those levels of consciousness. (Note: So, it is foolish to think that true creator “god” knows or cares one fiddle about one nation or another. However, the false creators “gods” did, especially those who came to suck energy from humans through wars and conflict.)

At the lower levels that have a more intimate knowledge, are more aware of these things, things that they can endlessly manipulate to feed their agendas. If expansion of the human population and increasing the complexity of civilization has served its purpose, then fear and bloodshed, wars and disasters can provide a different sort of energetic buffet for these dark ones. And when that has run its source, they or their agents will show the humans how to make more of themselves, and we’ll have more of that, so the same process went on with the human powers that be.

Initially some of the human powers that be derived their early advantages and learning from these dark lords and masters and for various reasons found it advantageous to control their power through bloodlines. They were very forward looking, looking ahead and planning and positioning for many generations beyond their immediate human selves.

For the most part these were in effect a mostly human comprador class that rules over most humanity, divided into various regions. Like most compradors, they have their own agendas and meta-programs that run them. Today while though the high level beings that mostly guided and directed the human powers that be are no longer in such positions, there, the human elite are operating on their own momentum and their own initiative, a nasty business to the humans that have to put up with it for the time being.

At this moment, there are very influential, powerful, mostly human embodied entities, are operating under a very dark agenda, and it is mostly their agenda. It is all they know, it is all they can do, and they will do their utmost until the day they are gone, to fulfill that programming, cause that’s all they know. Now I don’t have to “embrace and love” them you know, but I am aware of them and their agendas and their fears.

Later in January and through February there were a large portion of awakening humans, being pulled away from their process by the fake social political “global awakening” that the powers that be were advertising, and so these undiscerning people were manipulated into hoping that maybe there really was some true change taking place in number of fifteen or so North African and Mesopotamian countries. There was no thought given to the obvious impossibility of any “righteous” grass roots causes prevailing after all. And much new spiritual energy was dissipated.

There is that “war and peace” paradigm that had traction to bet many to give their energy into a reactive mode and become involved with that dynamic, one that is totally engineered by the powers that be.

It is one thing to wish people well, and wish that they have less ordinary suffering, and I would wish for a speedier awakening. But we do not need to get emotionally, intellectually and energetically involved and engaged. If you do, you are one who has not “got their oxygen mask on” and so is not in a position to be of much help if called upon. So, you can watch, you can observe, and see what it is, and have absolutely no positive, negative reactions. This is not what it is all about once you get to that point of true realization, and yet at the same time you can have profound care or regard for whatever these people are feeling.

When I tuned into it, I it’s like all these many babies with painful digestive upset and crying and no one knows what’s wrong with them, you know and they can’t explain why they’re in pain.

(Summarizing my verbal ramble) -- *So you can simply offer from your higher levels a good energy to help them come into a greater realization. It is very important to focus on one's development at this point. That is a very important act of service. I know many may not see it that way. But that is what it is. When you make a quick list of all the nasty stuff going on, there is nothing whatsoever from the ordinary human level that can be done to change this without become more entangled in something that is scheduled to soon be dissolved in many ways.*

(And more ad lib notes) -- *Every week there are new wild speculations and revelations about various nefarious plans and powerful technologies of death and control. Think about it, there is absolutely nothing that can be humanly done about this and the only useful purpose is to be aware of these, like a big bus coming down the road and so be careful about crossing streets. No one has made the case whether or not human technology was used to trigger major quakes in recent years. If it was, then what are you going to do about it?*

*Be aware that certain powerful interests are keen about enacting a scorched earth policy if they do not retain control over this planet and humans. And that certain global powers are no longer very keen about “managing” a herd of 7 billion humans, they have determined they can do just fine without such a large population.*

**ALEX:** I would not trivialize any of this, you have brought up a very profound question, one that implies within it many profound questions that are important today. When it comes down to it, when we drill down into what's at the essence of it, it's very important to recognize there is nothing that we as ordinary embodied humans can do to alter the present situation of humans on earth. It is what it is and we cannot participate in this system, not contribute to it, and not feed it. Even if we think we're demonstrating for peace, we're actually supporting the paradigm of war, and that is a profound truth that some people think is just an abstract notion. This is yet even more reason for non- engagement, being aware, yes, knowing that it's there, and avoid those “alligators”. So, you know, don't go in there unless you absolutely know you need to.

Does that help JJ? I mean, it was a big question you asked.

**JJ:** I realized it was a big question and it did help. It addressed enough of it. I had not heard or did not get update on where they were. I knew the big guys were not taken out but had exited the scene. And I also realized that it is sort of residual effect was still in place. And I agree with you ...

**Alex:** Remember there is a power vacuum and there are other nasty stuff that has come in here, you know, whatever you want to call them, it does not matter and I do not want to give them a name...

**JJ:** I understand...

**Alex:** So it is, you know, like gang warfare going on here and there is even a gang from across town that nobody knew about.

**JJ:** It is what they knew how to do and they will continue doing it. That is their existence, their beingness. That's fine. And you answered my question and I can take it from there in terms of what you were saying earlier about focusing oneself towards ones higher being or higher self and paying attention at that not the exclusion, you have to look both ways but don't give any energy, don't give any real impetus to the shit we are in, pay more attention to where we are going and it makes it better all way around.

**Alex:** And wipe your shoes when coming into the house. Brigid you wanted to say something?

**BRIDGID:** Alex, yes, hi there, I think this is a perfect time for my question, so, ok, we where all pretty aware of our situation, so what do we do know, what's left? And I think that, there's a lot of agreement between us, that really what's left is just to focus on our own process, our own spiritual evolution, and, being, you know a pretty simple person, for me that's what we've been talking about for years now, the attention on your intention, you know, your highest intention. And I think that for a lot of people, who are new to this group, that's kind of vague and fuzzy and maybe even a little intimidating, and since this is such a personal journey, and such an important one, I was wondering if you would sort offer up some ideas for people to become inspired, like how they can formulate their own highest intentions, for some it is a reconnection with their higher self, for some it is something even vaster, and I think that being, in the, seeing in the ranks of this, you know, three dimensional existence, a lot of us have forgotten how to dream, and we've kind of settled for less than we deserve, so I am hoping you can offer up some ideas for people so that they can go to from there, on how to formulate their own intentions, that make sense?

**ALEX:** John I'd like to just answer that if I could take it first, and then if you would please. I think we have different things to say on this. First of all, at the end of this recent update letter, I wrote a little postscript for the last page. It was a general example that came out of correspondence with someone who needed, some attention on some of these things. Think about this: There are so many people who've lived in this world, just this present life, who did not want to be, a “Bill Gates” type person or whatever. They just wanted to live well, whatever that meant, and also be a “good person”, whatever that meant.

Well for a while time that approach sort of could work, while you did what you do here, have children, do a job, study stuff, whatever your situation. Indeed there are many people who have done well as living as good humans and who have also done well materially. But what else is there to one's existence?

At some point, one may want to go beyond “being a good person” and pursue “real and higher truths”. Sooner or later, this precipitates a bifurcation between living “well” in a world that is fundamentally based upon, parasitism and falsehoods, even for the “best of the best”, the “goodest of the good” –or living according to the higher truths.

As long as you live in this world of humans, human social and energetic collective reality, in its totality is based by the profound and horrible falsehoods and parasitism.

So these become incompatible modes of existence at this level. Sooner or later, you cannot live “the good life” of material well being and fully serve the Real reality. If you try this long enough, there will be the inevitable attacks eating away at whichever is your weak link. Either you will be plugged in to the false dark consciousness and serve them – or you will lose much of your material advantages. Those who understand this, can of course protect themselves some, but they will not be able to utilize material power that ultimately derives from the dark matrix world order.

As to the parasitism of this system, it is most likely that the pair of shoes or computer you purchase was created through suffering and misery. So even if you are not consciously part of all this and don’t want it to be like this, you are generally obliged to participate unless you live in a warm place where you can skip the shoes and grow your own food.

I wrote a short piece about this describing that at some point, these modes of existence simply no longer can function together, and you cannot really have both worlds. (*This is occurring at the personal and collective levels and the dramatic nature of this has only begun on a large scale.*) Furthermore, if you are really becoming awakened and aware of what is Real and what is False, you can no longer treat this sort of discussion or written material as merely something of passing interest and blithely go on with your “matrix life”.

Sooner or later circumstances forces the issue. (So it requires the utmost clarity of intention for those who truly wish to be free of all this or to change all this.)

So suddenly the question is, what is it that is most important. It is like concept, “one year to live” ...there are no “second opinions”, you’ve gotten ten of them already they all say the same thing, it’s over. Now what are you going to do in the last year of your life, it doesn’t matter what it is, one month, one year, ten years, at some point, none of that even matters and the question is, you get the picture.

So what is it that one intends to be about. The question becomes: what am I going to have as my highest attractor? So do I need to be concerned about things like, is my kid going to go to the “right schools”, do I live in the “right neighborhood”, did I get that job promotion or not, etc. At some point, you just know very well that you are doing what you are doing because for the time being you have to do

this in order to continue your physical existence. But even this can become unimportant, and you become more detached from that, even if you do well at whatever you may be doing in the ordinary world.

And so whether you leave that world somehow, or perhaps transcend it, which is very hard for a lot of people because of the social pressure of life, it becomes part of developing your higher attractor.

So if you only had one year to live, what is most important, what have you learned in this life, I've written that out in various ways: what is most important, and people can interpret this however they like, what have you learned in your human life, what is the most essential essence of learning at the deepest levels, and when you think you've gone there, then go further. What is at the essence of everything? This is a self teaching process, no one can tell you, its purely your own. If you do not have the energy, or you lack the capacity, it is most likely because you have been degenerated by this existence. So if you realize this, then that is a near final warning to find every way to extricate yourself from its parasitic grip.

Of course you will get it eventually, perhaps when you eventually leave your body.

Those like everyone here who are involved in this sort of stuff and discussions like this, have the energy, and the capacity for this. But still we all need some encouragement or support from time to time, to go the next mile. It is very easy to get tired of the whole thing, and it's totally understandable, so take a rest, you know (laughs) and then go back to it the next day.

Look at what you see looking around you at this present temporal existence of humans on earth, what are the profound spiritual lessons about this --spiritual is about energy and consciousness --not human belief systems. Once you start penetrating through that, you start looking at the meaning of existence, I mean this becomes deeper, and vaster, and bigger questions, you know.

Recently I wrote a little essay on “spiritual anger” it was partly in response to discussions we've had with people over recent years. You know maybe sometimes getting a little riled up and saying to your higher self, “get with the program I need some help here”! *(A little “spiritual anger” can help in the short run raise up your energies if your intention is well-directed. If it is just anger, well that dissipates your energy.)*

This is really about the power of your intention to intend higher connection. The main thing still comes down to what is your intention, and how you attend to it. That's really so important, it becomes the practice, everything else becomes secondary, this is autodidactic, self teaching, and it becomes internally self referencing. The more you exercise that “muscle”, that virtual muscle of your greater will, you suddenly discover you have more connection to true free will and greater capacity to go farther and expand farther. Things can then come in out of

your field relative to people, issues, events, cosmic stuff, all kinds of things, and it all becomes part of the greater assimilating, of the greater learning.

Some beings here are very much in the process of accumulating and assimilating, vast collective learning, beyond even the human realm. So there are those who excited with what is now being learned from all this. Some are assimilating the essence of the collective existence, beyond this period of time even. That’s what’s taking place, and it’s another symptom of the correction energies working.

John do you want to chime in on this?

**JOHN:** Well, the biggest thing that I can say, is us, be gentle with yourself now, we’re going through a lot of changes, and not all of them are fun, and I know a lot of them aren’t easy, so be aware, be gentle with yourself, and don’t get mad at yourself cause it isn’t happening the way you think it ought to happen, or something is not going exactly right, it is going right or will be right, however you want to look at it, it is happening the way it should, and we’ll get there. Just again, be gentle with yourself, be patient with yourself, and you’ll get there.

**ALEX:** ...And there aren’t any “right or wrong” answers, you know that’s the other thing, and not to worry whether you get everything for a “final exam” when the bell rings. I mean, it’s an ongoing thing at some point and so you have what you have, and times up here, and then what’s next. Something new, something different, you know. Sometimes one gets what they can out of an existence and then later they call upon some “energetic hindsight”. So you reflect upon it and marvel at what was interesting and it becomes part of the learning. There’s no self judgment, it simply becomes part of that great learning and development towards becoming part of a new creation energy.

For those pushing the envelope further consider something I wrote a while ago: What if you were a creator being, what if you were starting in a pristine space, how would you do things differently. If you think about an exercise like that from a slightly expanded human perspective you find all kind of judgmental things that can come up. But from a higher level perspective operating with the benefit of higher oneness, then there many interesting possibilities and things to explore at many levels. What is that, what is this? Seeing from the essence of the various levels, even from what you choose not to do. It becomes a learning process, and there are those that are going through this process now, how to do this differently, how to do the human earth experience differently. (*This is what is going on in the “department of future planning”.*) How would you do it differently, because there’s so much, I don’t know what to say, it’s so engaging, to have some facets, sort of a hand in the pie so to speak, at these levels of individuation in density, that there’s new reasons to be part of it – (*a new earth*), there’s no longer karmic obligations or any of that garbage. For those that have memories, learnings, I don’t mean memories of specifics, but the getting the essence right, then they can set a new pattern. There is that short essay I wrote a while ago that I never finished, on new ways, ways of new creation, that are not

based upon tearing matter apart violently, but are rather based upon higher oneness that permeates all the way down to atoms, or whatever the equivalent is on another, on a new earth.

This is why the notion of new earth is so compelling.

**BRIDGID:** A conscious, conscious agreement, connections and agreements.

**ALEX:** And there are those human individuations of consciousness that are in a process of thinking about or planning to actually merge into the planetary consciousness, that’s an option. Some will simply be aware and connected and some of those will carry certain knowledge as well, as a failsafe just in case a hint of what took place here could ever be re-introduced by accident.

There’s many, levels of this now that are taking place, so this is not a trivial question of if you were doing things differently. But you have to look at it from a greater perspective that sees the “as above so below”. This involves the greater levels of individuation of consciousness, all the way to very specific individuation, such as the human self. So we get your own laboratory, you know it’s a pretty big one, so these are the first of things that I think are important and provide many different kinds of very high level attractors for people while they’re processing what they’ve learned, and suddenly you know, what the president said or the prime minister, or what the value is of the dollar, has absolutely no energetic value or meaning.

**BRIDGID:** I really like what you say about, um, having your own laboratory, because I, I sense some, many people, that there’s just, this fatigue which was the word that was brought up earlier, this fatigue, that ok let’s get going we’ve been doing this for long enough, when, when will we have relief, and I guess you know, um, in a very fundamental way, its when you decide, you when you decide you can have that, um, you know it doesn’t necessarily have to be reflected um, materially or in the 3D realm but in your own lab.

You know what I’m saying?

**ALEX:** Yes, well, you also raised another question, whether you meant to or not. Every time these things come up they imply so many different things, you know, so one of them is about when you are going to have relief for your human self.

Some people are going to find that they have the conscious ability to leave.

**BRIDGID:** Right.

**ALEX:** ...And they’ll know it when it is to happen, or it may happen surprisingly, and they’ll be surprised for a moment “what was that?” and then oh my goodness.

**BRIDGID:** Oh, how fun.

**ALEX:** You know, and in the next moment they'll be thrilled. Or whatever the equivalency is of it. I can't explain this any more in terms of detail because it will be different for each, but what you ask it is an important question that is on many peoples minds and that it will happen. And it will be different for different people.

**BRIDGID:** Well thank you Alex for giving that the loving attention that you did, and you too John.

**CALLER:** This is Barker in Texas could I continue on that?

**Barker:** A previous question was, how to you know when are you done. I had an intuitive response when someone asked me how do you know when you get there some years ago and it just came out of me, you know when you're there is when you quit asking are you there.

And so I've, I find this as an evolutionary process, but, the last questions dealt with steps on getting there, and as much you've suggested Alex, I've found mine to be much of a natural internal process, that's just unfolding itself, it's not something that I'm trying to steer or direct, I just find myself confronted with recognition, or, uh, conscious choice, dealing with, accept this or leave it maintain it, or discontinue it, and I'm, in my way, separating the illusion from the truth or the wheat from the chaff, however one wants to phrase it and I've whittled down, just, almost in a natural way, it's like I've got help doing it, I don't know, I can't take credit, it just seems to be happening, and I've, much of my process has been with the mental the physical, I mean the spiritual, the social, economic, political, human gamesmanship, cultural gamesmanship type arenas, and I must confess, I find myself cluttered with physical tangible things that, I just can't seem to get rid of. I'm on the coast of Texas and I half-wish a hurricane or tidal wave is just going to clear it away from me.

Anyway, my point, that, my question that would lead to the last on how, what are some things to do, to get to this place, my question kind of goes back to one of your first comments when this teleconference opened is, ah, you gave some reference to prior 2012, or perhaps even the end of this year, and I know, clearly its not possible to say with certainty or even public intuitive declarations or anything, but I'm, my preponderance is, I guess not when this release from the illusion or this dark however one wants to call it, will occur, but at what rate once it gets it steam going might this manifest or unfold or transition, uh like a boiler, you know once you get up enough steam it starts turning the pilot wheel and away we go, or is this, a slower dynamic and so individualized that its unrecognized that there's um, uh, a mass process involved, or, is there any intuitive, uh, sense on your end, not predictions or anything, but just on the nature of the dynamic of the transition, that is all but tangible in the air, for me.

**ALEX:** Yes, well first I'd like to address both of those, this is a very good point, the first though, is very important. Yes, we can't push it, we can intend it, we can attend to it, and I like that notion, and you can welcome it. ...it kind of gives me this image of sort of a high wire or trapeze artist, who moves from swing to swing, like the way monkeys go through or flying squirrels go through trees. They let go of one swing and take to another and pretty soon they've gone a mile, you know what I mean, it becomes almost effortless then.

*(PS. Clarification: Indeed, we can push our own envelopes some and be very active in our process, but there are usually limits to how far we can push these things.)*

**Barker:** Yes.

**ALEX:** I kind of liked that image, so there's also a welcoming process. What you bring up has a lot to do with your second question, and so the more people can recognize this, as their intending it or attending to it, and welcoming it, not fighting it, you know, they might say “wow! that's different”. Whatever works to increase their capacity to take on more, to process more, to go farther to be “more of what they could be”, embodied or not it does not matter, because that's how powerful this process is.

As you bring up about the “steamroller effect”, there's two things operating here as far as I can tell. One of them is the influence of the “early ones”, the fraction of one percent who are moving into a higher state of being now. The more that do this, the easier it will be for more to do it, and a pattern of movement is established. So it becomes easier even though at an individuated level it's always unique. Yes, there's an enormous “mass production process” going on here. Those here on this call and others who are more conscious, more awakened to this, will find that as they succeed with this process, how it is an act of greater service. And so they proceed, full speed ahead with this involving ones self. This helps to broaden, deepen and make the patterns of this transformation process much more accessible to so many more. *(And the “steam” builds in capacity.)*

And the other point is that there is kind of a “big wave” out there like an “event horizon” or however you want to imagine it, and we're moving towards it, and it's moving towards us. There comes a time when all of what is here in this reality has moved through this cosmic “wave” and this cosmic wave has moved through this reality, changing everything. So the wave continues moving on and nothing is the same for it. It has done what it is supposed to do and we will find ourselves on the other side of that event horizon.

So this represents a fluid moving point that we are moving into at the same time. Some are moving towards this event wave a little more quickly than others and at some point in the near future, as we mark time, that process will have been completed as far our present existence here as humans on earth is concerned.

We cannot say whether it will be finished in six months, twelve months or sixty years, because this is partly dependent on the capacity of those involved in the process and their uptake rate. If you looked from outside the process completely, you know its conclusion, and you'd see that the wave is moving on in the distance and there's something new on the other side, in its wake.

**Barker:** Well that's helpful, I have been, uh, enjoying my process strangely enough, I find myself more, more and more isolated as I define my, uh, new environment, but it's, it's uh a relief in a sense to have you offer that regardless of six minutes or sixty years or sixty generations once I've come to see the depth of this illusion or what were calling the darkness and the, the uh just the penetration of the parasitism, which I'm seeing more and more of with each step, it's enormously, uh gratifying, just to know that there is an in game at some point, that this just cannot continue, and rationally I can see that to begin with but it's (laughs) it's just nice to see somebody down here say that too, so thank you.

**ALEX:** Bridgid, you brought up the thing about what people can do. One of the things about working on ones self is to that we can feel isolated, or be too isolated. Unless you deliberately construct an insular life.

As to the notion of community, I wanted to bring this up now. There can be a quality of mutual support with conscious community. Now I mean this in a very simple way, because some people think it's so complicated, like they are going to have study groups, teachers, special rituals, etc. Stop. Mutual support can be as simple as you decide to become neighbors because geographic co-location is convenient, and you are going to help share in growing food, of handling common interests such as water, making cookies, whatever it may be.

What is most important about mutual support is not survival or other material concerns. There is that, that provides a simple material context from which more can develop. Most importantly, it is to simply “be there” for one another during this process of intense transformation in our inner and outer world and have tea and coffee and cookies on the porch while you do this, and enjoy a quality of support that eases each others material life as much as possible.

This is not about creating some new civilization or worrying about the real estate values five years from now. It is about the qualities to ones existence, for however long or short it may be in this form.

If you are in a more urbanized environment such things may take different forms than in a rural area such as where we are. But you see it can be simple with no expectations.

So I did want to mention this here to show that it is not that you are “on your own” in a journey that only involves your higher orders of existence. So there is tremendous importance and value to have a conscious community with one another.

**MICHELLE:** Can I mention on that, this is Michelle.

**ALEX:** Hi

**MICHELLE:** From Pennsylvania. Hi.

Listening to everyone one, we have all these grander schemes you know, what's going on and what not, and I think what I don't hear is, as you mention, there is this process, you know all the stuff that comes up, personal, and, and, and really I'm listening to you, we're all talking what's going on higher things, but I know we're all worrying, well what's this mean, what's this, what does this mean to me, and, what I find is that, um, awful thing that have happened to me, um, they don't hold any uh, sway over me anymore, nor do those people, as a matter of fact those people are out of my life completely, um, but I find uh, I'm a mother and I find it most fortunate that um, that these correction now energies are coming in, and my son is, on the verge of being responsible for himself, he's leaving his teen years um, nice coincidence there, and I find too that he and I can be, um, have more, um, enjoyment in each others company, like where before being a mother and I, I mean, I still am because he's at a very critical point, but, this allows me to be um, more flexible with him, and not worry so much, um, and laugh with him, same with my neighbors, um, the isolation... when you talk about community, we're always in community, I mean you go to the store, you know, I have a wonderful community with just people, clerks I see, um, but people isolate themselves from the community that their very, um, that they are, immersed in, so I spend my times, uh, discussing with my neighbors you know, what are these bulbs that are coming up, ah, hey what do you think, “can I plant these bulbs?”, I mean there are just little, little things, but there just so wonderful when, um, you disconnect from things energetically that always held your attention, things that I think the more spiritually advanced have worried about, like world situations, and suffering and whatnot, and when you start to, hm, uh, you care but you don't mind it so much, in a manner of speaking, um, that just, opens up like a whole new world in front of you, that maybe one that you'd forgotten even as you grew older, and became heavier with all these things, so I just find that, I know, because, geez, I'm just lighter, you know I mean, ah, no matter what the situation is here, I just don't, you know, I don't freak, I mean, it's, everything turns out okay, and it really does, um, and I know it has for all of you because your sitting here listening, so, I think maybe, um, yeah take this breath and, and enjoy your life, I mean the little things, that's all I wanted to say, thank you.

**ALEX:** Thank you, that's very good. Speaking for myself, I tend to be very private with people, few know much about me where we live, except maybe that I like cookies, flowers, and I grow too many tomatoes, and that's okay. And there is the appreciation that I'm not asking anything of them, we're just having an exchange on tomatoes, (laughs), or whatever.

**MICHELLE:** Yeah, no agenda.

**ALEX:** Right, or two-penny nails. But there is the other part of this, that is a very important aspect of ones community, that’s different where people actually have more of a consciousness and so you they will support one another, even if two or three people, in terms of their process, cause they know that they have that shared – it is something else that perhaps they cannot really discuss in an ordinary way, as they might at the hardware store. But you know we have met people here, such as certain contractors who turned out to be spiritually advanced, and we have had very interesting conversations. When such permission was given. So thank you.

**PAM:** Can I make some comments? This is Pam in Arizona.

**ALEX:** Hi Pam.

**PAM:** Hi, how are you. Really uh, thankful that your having this conference today, it’s come up at a really good time for me anyway, and uh, boy have I been going through things (laughs), being an earth sensitive, and having my own website, and doing earthquake watches, and storm watches and everything, and being empathy, it’s been quite a ride for me, and uh, I just wanted to share, that I’ve been really in tune with the changes and the earth and for each individual to be preparing for our very next step in the journey, uh, of either continuing here on the earth or going to another world, another dimensions, and uh, I’ve been specifically shown quite a few things personally, and I really can’t say it’s going to happen that way for anyone else, because it is a very unique, and an individual journey for each of us, and uh, I’ve been told certain things of what’s going to be happening, and I’ve shared a little bit through the years, and as of this past year, I’ve been led to share a little bit more, and uh, well as afar as myself as a concern, my time is somewhere in between 2011, and 2016, where I won’t be here anymore, not in this physicality, and I have been told that I’m going to a world that is similar to earth, but doesn’t have what you guys were talking about, the dark side, and it will be quite similar to earth, in that, people will live their lives, fulfill their life’s purpose that they weren’t able to do here and even have children, you know, so um, let’s see, I was uh, I think I was given the task before I came here obviously to develop the talent of being able to translate, uh, the changes in the earth, uh, that were going to be coming about and that’s why many of us chose to be here at this time too, um, maybe not, they don’t recall it consciously but, I’ve been in contact with people from all over the world that d have this knowing, and uh, this is a fantastic time in uh earth’s history, and we’re all here, we’re all in it together, we’re learning from each other and uh, it’s quite, it has been quite an experience uh, speaking of uh, corrective energies (laughs), I had a major corrective energy in February, and uh, it, even though my guide has been telling me uh, certain things, I wasn’t, uh I didn’t know how to go about making the changes, so corrective energies made the change, rather abruptly and, I lost my job February 11<sup>th</sup>, and uh, but I’ve been wanting to leave that job for a number of years, but uh, it’s really helped me to refocus and pay attention to my inner journey, not that I wasn’t, but I needed to do it even more so, and it is eminent for me, and uh, I can really relate to all the craziness and the changes that are

coming, and uh, I had a really hard time sorting my personal stuff from the incoming japan tragedy, uh because I am an empathy, and it took it's toll on me, but I am full, full, fully recuperating, my guide even told me in December, mid-december last year, that a mega-quake was coming and my guide does not tell me specifics about, where a quake will be, I've learned to interpret the body signals unto where that will be, and the closest I got was it was going to be on the uh, Izu Bonin trench or the Marianas trench, uh Japan area, and um, then I got the honshu japan signals and my body, uh, on the day I was, well the day I was, let go of my job, um, and it was, it hit me so hard I wasn't able to gather my wits in time to make a proper watch in the morning, and, but anyway, um, my guide was very right and that was the mega quake that came and were still, were all still dealing with it, ...

So this um, corrective energy has helped me to refocus, and just basically concentrate on my, my next step of the journey, and that is to prepare to leave here, and uh, I've been shown, little by little, that it's going to be, kind of like a translation thing, whether it will happen in my sleep, or, during a meditative time, uh, that is something that I'm still working on to understand, um, the economy, the earth changes, all of it, is just, it's getting to be, majorly difficult for each person to deal with, and it's coming fast and its coming hard, and uh, so I just uh, wanted to share that with you, and let you know that uh, the creator is working with all of us on so many different levels, and uh, we have to trust that, and we have to be in a place where we know that we're loved, and if those, any of you, that I'm talking to now or anyone else, uh, thinks they might want to stay behind and uh, survive it, uh, it's all and individual choice and I'm sure everyone is being guided to the safest places, and uh, the only direction I had for a safe place when I came to Arizona, even before, or when I was guided to leave Southern California was to uh, go north, and, and I went up to North Idaho for a while and that's where I learned that I was an earth sensitive and I came down here to Arizona for a while, so it's been about, it's been nine years now since I was developing uh, uh ability to be able to know where quakes are coming in, and severe storms and volcanos too, and uh, so it's all part of just being in tune with how fast and hard the changes are coming upon the earth, and I really, I really tuned in to, uh, that thing about the earth expanding, I really got a sense of that, and I feel it in my body too, so um, I, I can relate to that, and, oh lets see what else, does anybody want to ask me questions?

**MICHELLE:** Hey Pam, this is Michelle, sorry you lost your job, I know what that feels like. Um, you are talking about economic changes and that, I went, I went through this in 1991, I haven't worked since then. I was um, a microbiologist for different corporations and um, went through downsizing and whatnot lost my, I lost everything.

**PAM:** Yeah.

**MICHELLE:** I lost everything and I cam crawling home like a whooped dog, and then I found out I was pregnant. So it's been, like, that forever and I think that's

one of the things about my life, um, I experienced much of this, oh, so, for so, you know, so long ago, and, and, and, the way I live, most people just wouldn't understand it, um, I live good, I mean I, you know, but that all depends on your perspective, you know, when we don't have money or whatever, it's you know, I just tell myself our wealth's in our refrigerator, we just went grocery shopping or something like that, you know, so it's all perspective, um, and I think that's one of the things that, um, I was quote “blessed” (laughs) with, that I can, you know, be an example for people, it'll, you 'll be ok, you will be ok not matter what comes your way, I learned to quit freaking about stuff a long time ago, you know, everything comes in just, sometimes at the last moment, but it does, it does, and you get to a point and you know that.

**PAM:** Yeah, I was faced with being um, wrongfully fired, ... And uh, but I knew I was in the right and I was able to explain my, my side, and so I got the relief finally, uh, was it yesterday, the day before, that I am now on unemployment, and uh, I was able to turn that around, but, it was, you know, I had to wait from February 11<sup>th</sup> to just the other day, to find out if they accepted it or not, so that was a really trying time... (laughs)

**MICHELLE:** Well there you go, and now you've got it and the weathers nice (laughs).

**ALEX:** Pam and Michelle, we're running short on time – we have about fifteen minutes left - and I would like to know if there any thoughts or questions right now that are, on people's minds? John and I are going to want to conclude soon.

**PAM:** Well I, I just want to emphasize that people really need to go inward, and too, you can get it from the outside, you can compare notes, um, like kind of what we're doing right now, uh, but it's an inward journey, it's very individual and uh, I just pray and wish the best for everyone that they find that, that inner guidance, that we all need, you know. And to not live in fear. And uh, live in love, so that's all I have to say.

**ALEX:** Well thank you Pam, glad you could make it tonight.

**PAM:** Yeah I had to leave for about a half an hour and I came back in so I think I missed about half an hour of it, appreciate you having this. The shift is happening and its happening, and I'm going to be, I'm still going to be posting my watches on my website pamwiseman.com. Anyone wants to check that out, go ahead.

**ALEX:** So does anyone else have any comments or questions at this point? Don't forget to press \*6 if you want to talk.

**MICHELLE:** Yeah Alex, do you want to just briefly touch on, if one does have these vaster ambitions that, to use a term um, things that would hold you back, like this body consciousness, or there, your lower, lower levels, um, working to maintain your body when uh, if, if you've made a conscious decision that that's

not what you want, um some of the uh, pitfalls that could hold you back on that, if one's ready, let's put it that way. Do you give what I'm saying?

**ALEX:** John, you there?

**JOHN:** Again, it's a process we're going through and we will be ready whether we think we're ready or not or have an idea that we're being ready, we're not going to keep ourselves from changing uh, when the creator of everything has decreed that it will happen there's nothing that will stand in that way, there's nothing that can stand in the way of that being, it um, had things stymied until it moved into this system, but nothing will stand in the way, so no matter whether you think your ready or not, you will be ready, and you will go, or you will stay, or you'll be at the right place at the right time, so it's something you don't really have to worry about other than just continue to work on the process of letting go and things that you feel are all keeping you from being yourself, being true to yourself.

**MICHELLE:** Ok.

*(Postscript note: I have written on the importance of unfinished business and personal and spiritual completions. There is also a level of one's human existence that is more the province of the "lower self". To paraphrase what I have said or written on this previously, there is a point where the lower self finds that the personality self is really ready for the next step and for some (I would not presume this for everyone) there can be a willingness for the lower self to engage as a more complete "self" to go on to the next levels. In other words, this is the portion of "self" that knows how to release from the bodily existence –but only when it "right". -ASK)*

**JJ:** Um, just a last thought, actually two, two thoughts related. The other night I was thinking, and I thought to myself, I wonder and I wrote this whole one page shot, and it ended with these two sentences. And I wonder at the marvel of it all, I wonder because it is the time of wonder, some may be more into the wonder of it all that others, personal circumstance or whatever, but what we're about to go through is going to be wondrous. That's what I have to say.

**PAUL:** Well I'm certainly wondering what the hell I'm here for, Michelle. This is Paul from Sydney Australia, I don't know if you can hear me.

**ALEX:** Very good, thank you, hi Paul.

**PAUL:** I just wanted to confirm, um John was talking right at the beginning of the, the conference call about ah, the buildings, and it was kind of curious because for the last, probably a year, I've been having a lot of dreams about building houses which at one level all very "freudian" but um. Now these, the level, the level of detail on these houses and the size of these houses has, and, the fact that I'm remembering them quite clearly when I wake up, was the kind of interesting thing, but, but last week there was a shift in this.

For the first time I saw a house it had glass, it had other worldly features, it was like a crystalline structure and, and secondly it was like, I've finished building these houses now, and like that job has, has just about come to its end, um, it was an unusual uh, quality to that last dream. So to me it was just another marker that we are getting closer to this ah, to this end point in this game. So I thought that was interesting John that you mention that because I hadn't heard anybody else talking about having seeing buildings, or structures, but you know, I've been doing something, somewhere else while I'm asleep, and it seems to be, maybe there's some link there, I don't know. Um,

**JOHN:** Could well be, very much so.

**PAUL:** It's kind of curious too, you mention about the shadow people and we've got a six year old boy who has in the past several months has, uh, been quite adamant that saying “there's someone in the house, and I saw them go past” ... or, they you know wouldn't go into a particular room, and of course, only then would I check clairvoyantly and, you know often there was a situation to be dealt with where, something had to be transmuted, but interesting, that's how he would describe them, um, you know, a black shadow in the shape of a man uh, had walked past mommy or daddy, you know, or uh, hey he went in there, um, so, that sort of caught my attention when you talked about that too.

So we just thought that his abilities were waking up, and that he's probably picked some things up from myself or my wife, which is probably also true, but um, it's just that that, that's how he described them. Um, and just in relation to the fatigue thing, I've um, (laughs), I've been having trouble walking, and it's funny about two years ago sometimes I'd be walking down the street and it'd be like, wow you have to walk around on this planet, that's really weird, it'd be this kind of sense, and just for a moment I'd kind of lose coordination in walking, but now I'm having to devote more attention to walking, it's uh, it's another strange thing, like I have this great fatigue in my legs, and I've had all the medical tests so, uh, they seem to think that I'm like, physiologically ok, so something else is going on, um so anyway, that's that's just ah, you know a little update from my corner of the globe.

**ALEX:** I'm glad you could join us Paul. One of the things about the physical symptoms stuff that has been coming up with so many people, I think has a lot to do with, you know, this energetic handoff that is occurring, in other words, new things are coming in, old things are going out, and at times there are these hiccups, like Adrienne said, lost time, this kind of stuff that goes on. *(PS – Note: Sometimes this is a matter of body processes becoming decoupled from familiar energy and a new energy pattern comes in. This causes physical difficulties at times.)* I'm aware that there are some people that are in the process of experimenting with ways of leaving the physical plane and this ties in with it. And so I just bring this up. It is always good to be able to find out whether there is something of the ordinary physically wrong or not. I have had all sorts of weird

things going on with me that can be disturbing or annoying at times, depending on severity, so these are all the sorts of things that we’re seeing going on. Sometimes cannot one way or not.

**JOHN:** The shadow stuff Paul was talking about the shadow stuff... There are a lot of people noticing that, heck I’m noticing it and I’m usually fairly attentive of that, I’m seeing little shadows and things that I have, never noticed before or things passing through, people starting noticing them, out of the corner of their eyes often.

**ALEX:** Yes, Bridgid, you were going to say something?

**BRIDGID:** Yeah, I just wanted to interject quickly, um, I was talking to Warren yesterday, or the day before that, um, for me when I’m feeling, feeling physical complaints, generally the thing that helps the most is connecting, just connecting with people of like minds, and like hearts it’s just, it has a profoundly therapeutic, uh, pretty much an instant result, so, I invite everybody to experiment with that and um, yeah see how it goes. But, connecting with joy, and connecting with other people who are, you know, taking this, this journey along with us, together, it’s um, it’s really invigorating and, uh, I don’t know, it’s exhilarating, it really, really does renew the, the whole being, so I don’t know if anybody else is finding that, but I definitely am. And that’s really, that’s it, just wanted to offer that little, um, goodie, for people to try, whether it’s with the forum, or just through the heart, um, I really, for years now, I’ve found it to be extremely valuable. That’s it.

**ALEX:** Thank you. Anyone who perhaps hasn’t spoken may have something on their minds, this would be a good time.

**STEPHANIE:** Hello, this is Stephanie, and I had to come on and off the call cause of travelling, and I might of missed this and I apologize, they were talking, there was a man talking about doing sweeping, uh, for assistance, does that particular person do, um, personal appointments?

**JOHN:** Ok, yes I do.

**STEPHANIE:** Ok, um, could you give your contact information please.

**ALEX:** Uh, Stephanie, the easiest thing I think, would be could you email me, and I’ll send it off to you and get you guys connected.

**STEPHANIE:** Sure... **ALEX:** Yeah, yeah that would be best

**ADRIENNE:** This, Adrienne, can you hear me?

**ALEX:** Hi. Go ahead, Adrienne.

**ADRIENNE:** Yeah, I just wanted to comment on, was it Paul, that said he had trouble walking? And that’s funny because right before Christmas, I could hardly walk too, and I’m still having pains in my legs and I’ve had all the tests too, they thought I had a blood clot, and they didn’t find one, and everyday I have pain in my right leg, and they don’t know what it is, and I can walk better now, cause I’m taking some nutrients but, I don’t have any idea, I’ve never had this before, so.

**ALEX:** I think a lot of us are getting this stuff and it’s not just old age. (laughs)

**ADRIENNE:** Yeah, I thought it might be old age, but you know, (laughs) or older age, I mean, I don’t know. But when he said that that I thought I’d comment that I’m having the same problem, and I don’t understand it.

**PAM:** Uh, can I just comment on that, uh this is Pam again. ...Yes, that’s part of the, the earth change symptoms of uh, the earth going through the changes when you get things like in your legs, or any part of your body, everybody’s starting to feel it now, it was just us sensitives for a while and now, everybody’s feeling it pretty much, and uh, it’s just uh...

**ADRIENNE:** Very painful, very painful.

**PAM:** It’s just uh, increased energies, effecting the planet and, we are connected to the planet, we have a polarity in our bodies just like the earth does, and uh, we’re all connected, and, and we’re feeling the changes of the earth is changing, and uh, it’s just increasing and uh, that’s one of the signs, we just need to be more aware of it’s not just you. It’s everyone and the whole earth...

**ADRIENNE:** But these things are going to go away right? Probably?

**ALEX:** You may have to work at these things when these come up, you know, we can only cope with it, and try to help the body, to deal with these things and try to understand it, because it’s very complicated. With the energy changes that each of us are having, that are confounded with planetary, and even larger system changes, just almost impossible these day to sort things out.

**ADRIENNE:** I tried last night, to concentrate on this, and to try to, you know, connect to my, higher self and to try to connect with the correction energies, and (laughs) to give me some relief, and for about half a day my leg was fine, and then it came in again, so you know, so it worked for a little while, you know. Ok, well I just wanted to comment on that.

**ALEX:** Well thank you, and I want to thank everyone for being here. We have never done a call like this before. I don’t know whether we will again. So this was totally impromptu and we are glad everybody could be here. We’ve got three people, or two who said they’d help with the transcript, if anyone else can help, please email me, and I will edit this and make it available to everybody who is on

this call. We will have a recording to download from our website sometime tonight or tomorrow.

John, do you have any words in conclusion here? I have pretty much said all I have to say or written at this point. Everyone can stay in touch with email and the NES Forums.

**JOHN:** I’ve used up all my words of wisdom so, yes (stay in touch as you can).

**ALEX:** This was very helpful tonight. There has been a sense of an enormous settling, where before there was an enormous amount of a nervous (*and worrisome*) “buzzing”. Now it feels like there is quite a settling, almost peaceful, almost. (laughing) I mean this in a good way, so I hope that has been the case with many here. We’ll stay in touch. (*PS Note: and this group this evening in effect has been something of a stand-in for countless others, so this energy is flowing out to everyone.* )

**BRIDGID:** Yes I agree thank you Alex so much and thank you John, thank you everybody.

ALEX: Thanks, Bridgid

JOHN: Thanks

PAUL: Yeah thank you very much for the opportunity.

BRIDGID: Goodnight everyone.

MULTIPLES: Goodnight.

STEPHANIE: This has been extremely helpful, thank you for doing it for us.

ALEX: You are all quite welcome.

Good night.

March 30, 2011

## Postscript to March 20<sup>th</sup> Discussion Group

There are many near term “disaster” scenarios that are likely to play out. Some locations will be more affected than others. These events will vary in intensity and duration. Too many people are still all tied up in knots over irrelevant matters such as whether or not secret/shadow government programs are deliberately engaged in creating planetary catastrophes.

What difference does it make whether the earthquakes, tsunamis, and now multiple nuclear meltdowns are by-products of planetary changes – or partly or entirely the result of deliberate actions by some secret shadowy forces? What difference does it make in terms of what is going on? The entire nuclear industry worldwide is a disaster waiting to happen.

Nearly everything about the human world is a self-maintaining concatenation of falsehoods aided and installed by dark forces beyond the human level. These dark forces are no longer control, but their human counterparts and various interdimensional minions are manipulating the machinery of control “They” cannot fathom that as eternal spiritual beings, this is not our primary residence nor is our existence centered upon such a twisted paradigm of existence.

However, their existence is. If they want to have a short while pretending they are masters of the universe, then so be it. The planetary and larger cosmic processes will make short work of them.

Without any of the dark forces or the detritus of their parasitic civilizations, earth will again host a new creation experiment and will have a new planetary consciousness. Those who understand that should have little concern for the twists and turns of global human affairs at this point, rather should be focusing on their own spiritual evolution and growth.

Despite all that has occurred under the dark, as this world undergoes major changes, it will be giving birth to what become new creator beings.

-ASK

*The following is from my correspondence with someone in the group who has raised some of the most central questions. So here is the substance of my comments:*

I have received some email that has shared something of the effects of the correction energies, but for most, it is a process that continues to grow. There is no one single sign or symptom. It is amazingly unique to each. However at some point, there is a growing awareness of much more to ones existence and to a greater existence and to greater potentials. I continue to urge clear intention and attending to that and the detachment from the distractions of a dying world.

No one knows what this ratio of humans on earth is going to be, nor when in time such a process would appear to be “completed”. Although it does seem sooner than later. This year it seems to begin. I must emphasize “seems” to begin. Not sure what will be the first thing. Perhaps it is the Japan EQ that signals this. I do not know for sure and simply observe until a clear pattern is apparent to me.

What does appear to be the case are two things: one is a very large change in human population due to various factors which I have written about before. Changes in the planetary and space environments – atmospheric, oceanic, crustal, & wars, disease, starvation, -- there is also another factor, that being large numbers of people consciously leaving their bodies behind, those physically “walking out” (disappearing) vibrationally, and those being “removed” however that may occur with the assistance of those “alien” forces that we would consider “beneficent” – in many cases they are aspects of our own larger selves and so the term “alien” would be misleading.

Over what human time line will there be such a large population change? I have no idea. It could be one year, it could be 10 years, it could be 100 years. Like a bell curve distribution, but what we cannot be sure of is where the bulk of the curve will be centered on a calendar time line. But it seems soon.

Various sources of “future viewings” (myself included) are aware of a massive population change of humans on this planet in the near term (whatever that may be). These seem to be in the range of 90% to 75% of the present population gone. This “apparent consensus” from various future viewing sources does not tell us what such a time frame would be in present day calendar terms.

As I wrote in the most recent Update, 80% of the human population is concentrated in coastal regions and dense urban concentrations and thus at very high risk from any combination of physically destructive forces – human and “natural”.

Now let us look at all this from another perspective, one that I have discussed in various ways in various articles: How is it possible for present day humans to continue to live at this level of population, governed by a powerful global elite that has tens of millions of minions enforcing a system of predatory control over billions? In between the layers of tens of million of minions and the billions of human prey, there is a powerful and complex set of social belief systems, implanted and reinforced memes, that make this system of control self-managing. In short, the inmates have been well trained to maintain their imprisonment. Every so often they get to remodel the prison and change the landscaping a bit, but otherwise it is still a prison. Already hundreds of millions are living in world that is rapidly resembling the story “Soylent Green”. The global elite only have a limited capacity for social control and as more things fall apart, it will be easier to quarantine whole countries or regions and/or “eliminate” the “burdensome” population. This is already underway in a slow way

and can be easily accelerated through any number of mechanisms from warfare to disease to mass poisonings. Two immediate examples are the poisoning of millions of people in the GoM region and the practical extermination of the future population in the region around Iraq. This latter effect of course is from a combination of many tons of aerosolized depleted uranium and novel poisons introduced into the environment over the course of 20 years of continuous warfare.

Consider the effects of massive oceanic disturbances – from fast acting ones such as tsunamis to slow ones, such the displacement of ocean waters due to the rising seafloor. The first effect can remove large numbers of people as they are washed out to sea and the second effect forces large numbers of people to relocate. This also implies a loss of food sources, stress factors that multiply disease mortalities, etc.

However anyone looks at the present human situation, it is not a viable one.

Hence the “correction energies” – and the direct intervention from true creation source (not to be confused with the local false creator gods who are insane).

As to why bother relocating, moving away, etc. from harm’s way? This is good question and a personal one for each and every person who considers their situation. A great many will simply have no choice since they lack the means to relocate. A great many will not have a clue until it is too late because they lack the mental faculty to recognize that they are like the frogs in the pot of water and the temperature is reaching critical and there is nothing materially they can do. And a great many will realize the situation, make peace with themselves and others, and like someone who has lived on the slope of an active volcano, may decide that they have had a good life and choose not to leave their beloved mountain. Etc.

There are those who will relocate to survive. And there are those who will relocate to maintain themselves for spiritual reasons. And some of those who relocate initially purely to survive may find spiritual consciousness, although not all will of course.

Hence my remarks that many are here hanging around to witness the great changes and to assimilate a massive amount of spiritual learning. Some will be assisting in various ways, including providing “ground level“ feedback to the higher levels, some will be in a state of partially ascended consciousness and perhaps even altered physical and subtle bodies as well. This is a great service beyond words. This is why I am still here, of course. As long as it is tolerable and appropriate. Some will begin a process of merging with the new planetary consciousness. Many possibilities. Some are already developing a unified field body and may become like balls or clouds of spiritual light.

And I have explained all this in various contexts in various articles to the “A-List”.

Formerly, with this realm tightly under dark control, what appeared to be “next level up” or ascended levels were still trapped within the dark zone. This contributed to so much misdirection, disinformation, and some downright rubbish being channeled to humans from these self-promoting “higher levels”.

However, the dark control is ending here. That means that the high level of parasitic existence is ending. The grand control cycles are ending. I do not support any of the notions some endless cosmic cycling of dark-light/light-dark, etc. ad nauseum. I never have, and certainly do not now. There is to be no more mindless birth/death “recycling” with no real learning occurring. Those who seek such an experience will no doubt find such wishes fulfilled. But overall, I do not see that the “next level up” for the vast majority who make the transition will be found to be another false world under the dark. So far, the near levels up for most have been limited to levels of existence still within a fallen zone. But as we have tried to explain, this is changing and I have never had any sense that with all the great changes going on now, that the “next level up” for most will be another version of the “dark matrix”, albeit perhaps “prettier” (as it was in the eponymous movie).

As to “classes”, indeed I mean this in many ways quite literally. Groups of formerly individual human selves will have commonalities in terms of healing and learning needs, familiar environments, etc. And a joyful holiday! Let’s not forget that! These are prepared already and are being further prepared and expanded at the next levels up. Hence my comment not to worry whether you “get it” (in terms of the essence of spiritual lessons) while human, you will have further opportunities to complete as an individuation. Of course there will be some that choose to no longer maintain an individuation of their human self for any number of spiritual reasons.

I have tried to explain that “Karma” is no longer a control mechanism. So I would not worry about that. What is important is ones “unfinished business” and ones own completion as a human self becoming spiritually awakened entity.

Choosing to be here now? We have spoken of this in so many ways and summarized this in the most recent Update. There are soul beings that are here for one last go-round at learning the essentials of 3d density. This is part of their own completions as larger beings. So, for some of us as human individuations, you could imagine ones larger soul being asking “are you ‘the one’...?” The “one” to help put in place some remaining major pieces of the creation experience overall. Including understanding the dark as well as the true light?

Are you “the one”?

Maybe you carry one small piece to a larger puzzle.

Perhaps “you” will be the nucleus for a new type of spiritual being, one connected to The All through the higher oneness.

There are not human words to describe being part of a new / remaking of creation.

I hope this helps some towards addressing the concerns expressed in your letter.

All my best to everyone here!

-Alex

**END**